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# Children's Heart Surgery Fund appeals to help local children like Alayna

**Children's Heart Surgery Fund (CHSF) are asking for donations over Ramadan to help local Muslim babies born with heart disease.**

The charity support the Leeds Congenital Heart Unit at Leeds Children's Hospital with everything from the medical equipment which saves young patients, to accommodation for their concerned parents.

Almost 1 in 100 babies in the UK are born with congenital heart disease (CHD), and here in Yorkshire, almost 18% of all young patients are from the South Asian population.

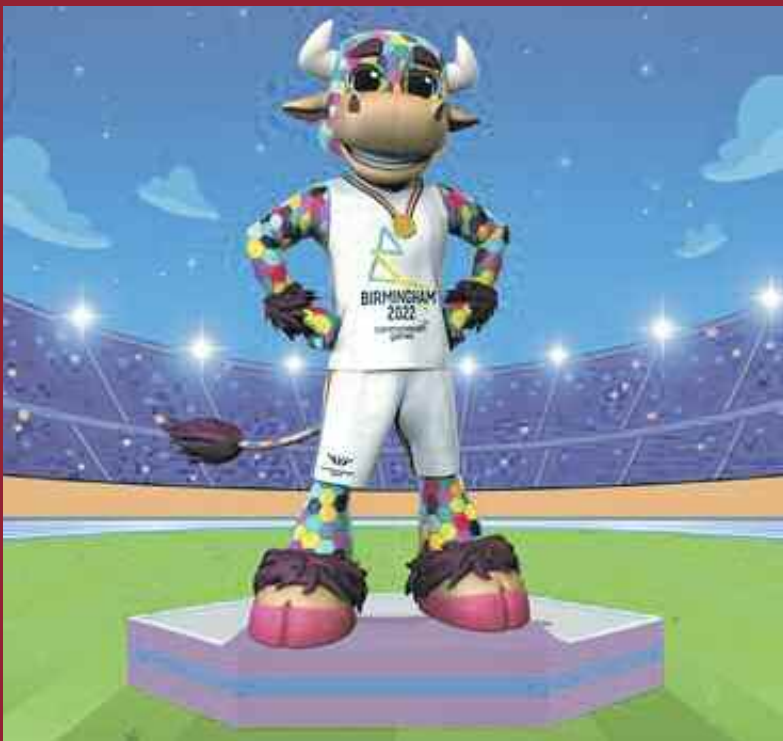
More than 40% of the children who

have an operation will need long-term care, and each year over 17,000 patients of all ages are treated at the heart unit.

CHSF relies completely on public donations and like so many charities, the pandemic has reduced vital income.

Almost 200 young patients from the South Asian community were treated at the Leeds Congenital Heart Unit in 2020, and four-year-old Alayna's mum, Sameeda, says CHSF's support is a lifeline.

**Continued on page 8**



### Who is Perry?

Perry, the friendly, kind and cheeky bull, is named after the Perry Barr area of Birmingham, the home of the Alexander Stadium, which will host the athletics events at the Games, as well as the opening and closing ceremonies. The stadium is undergoing a £72 million transformation in time for the Games.

The mascot's rainbow coloured hexagons represent the coming together of the Commonwealth in equal partnership with the diverse

communities of Birmingham and the West Midlands at the Games in 2022.

Users can summon an animated, 3D version of Perry into their living rooms, pose for pictures with him, and can share their photos on social media.

The bull's relationship with Birmingham has been synonymous for centuries. The city has had a market area known as the Bull Ring since the 16th century; the site is close to the current Bullring shopping centre, with an iconic bronze bull statue at its entrance.

# Mascot for Birmingham 2022 Commonwealth Games revealed



The official mascot for the Birmingham 2022 Commonwealth Games has been revealed as Perry, a bull adorned with a patchwork of multi-coloured hexagons.

Perry becomes the first mascot at any multi-sport Games who will be brought to life through augmented reality, giving people the opportunity to #PoseWithPerry using their mobile phone camera, and via a special filter on Facebook and Instagram.

He's inspired by the design of ten-year-old Emma Lou, the winner of a national design competition that took place over the summer of 2020. The competition tasked children aged 5-15 with creating a mascot that reflects the identity, heritage and culture of Birmingham and the West Midlands.

The winning design was combined with the findings of the first ever Virtual Mascot Summit in July 2020, hosted by Olympic heptathlon champion and President of Commonwealth Games England Denise Lewis OBE and TV Presenter Radzi Chinyanganya from Wolverhampton.

Now Perry becomes an icon for the Birmingham 2022 Commonwealth Games, the biggest sports

event to be held in the UK for a decade and will be seen by a global audience of more than one billion people.

**“From today, Perry becomes a powerful icon for Birmingham 2022 all over the world, and you'll be seeing a lot more of him during the countdown to the Games.”**

Chief Executive of Birmingham 2022 Commonwealth Games, Ian Reid, said: “Perry is everything I hoped our mascot would be and more: bright, colourful, energetic and totally representative of

modern Birmingham and the West Midlands. Perry celebrates diversity, community, and our region's heritage as well as its future.

“From today, Perry becomes a powerful icon for Birmingham 2022 all over the world, and you'll be seeing a lot more of him during the countdown to the Games. He is a symbol of the coming together of the Commonwealth in Birmingham, and I am sure young and old will love him as much as I do!”

Emma Lou was told the news she'd won the competition with a special visit from Perry to her home. She said: “I feel as if I'm in a dream! I think the mascot is great, he looks so cute. I am really excited to come to the Commonwealth Games and it will be amazing to see Perry in the Opening Ceremony.”

“I chose a bull because of the Bullring in Birmingham, and I decided to use hexagons because they are the strongest shape and the whole world depends on each other. I am so excited that my design will be seen by so many people!”

To find out more about Perry, head to [www.birmingham2022.com/mascot](http://www.birmingham2022.com/mascot) – including how to #PoseWithPerry using augmented reality on a mobile phone.

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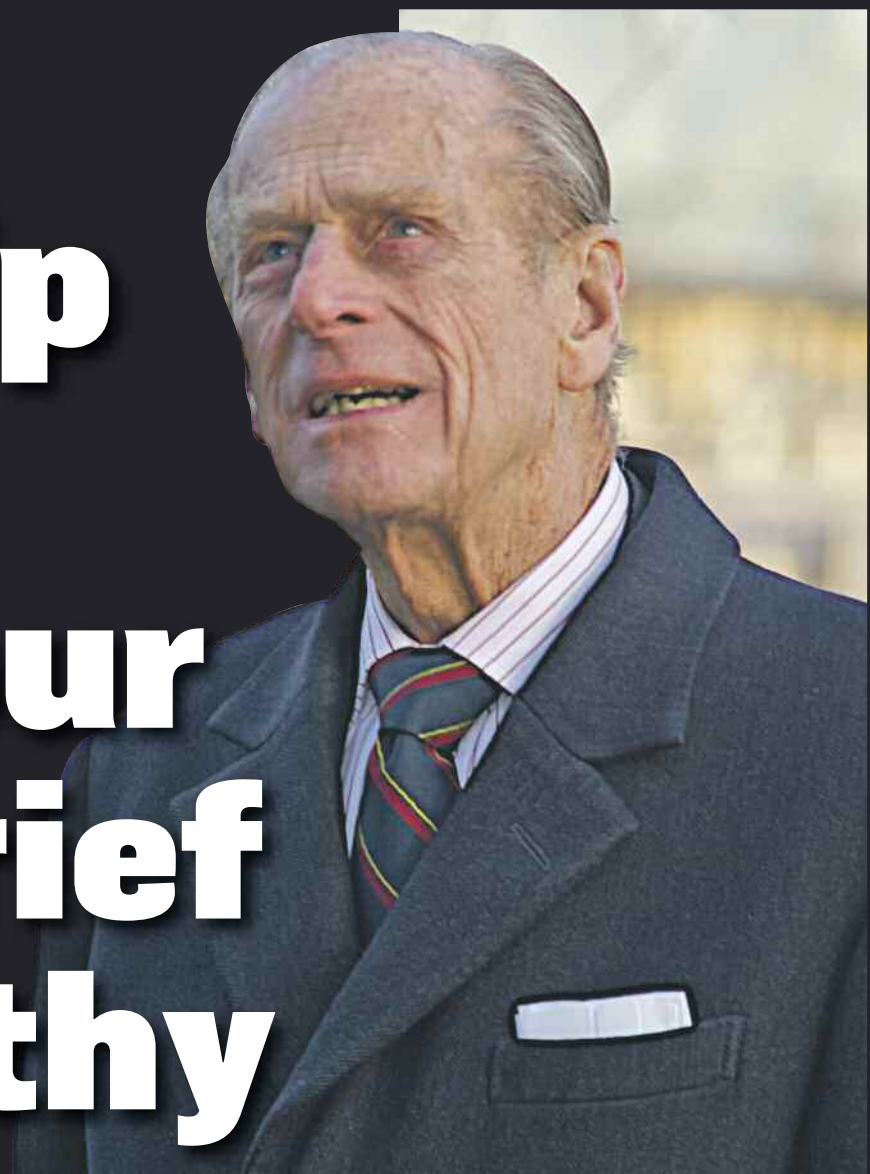
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THE INDIAN

# Death of Prince Philip prompts huge outpour of public grief and sympathy



**The Duke of Edinburgh has died aged 99, Buckingham Palace announced on Friday 9th April.**

Prince Phillip, husband and consort to Queen Elizabeth II, recently spent four weeks in hospital, his longest stay ever.

In a statement, Buckingham Palace said: "It is with deep sorrow that Her Majesty The Queen has announced the death of her beloved husband, His Royal Highness The Prince Philip, Duke of Edinburgh."

"His Royal Highness passed away peacefully this morning at Windsor Castle."

Boris Johnson said he "inspired the lives of countless young people".

Speaking at Downing Street, the prime minister added: "He helped to steer the Royal Family and the monarchy so that it remains an institution indisputably vital to the balance and happiness of our national life."

Mr Johnson said he received the news of the duke's death "with great sadness".

"Prince Philip earned the affection of generations here in the United Kingdom, across the Commonwealth, and around the world," he said.

Paying tribute to the duke's role as the longest serving consort in history, Mr Johnson also remembered Prince Philip as one of the last surviving people to have fought in World War II.

"From that conflict he took an ethic of service that he applied throughout the unprecedented changes of the post-War era," Mr Johnson said.

"Like the expert carriage driver that he was, he helped to steer the Royal Family and the monarchy so that it remains an institution indisputably vital to the balance and



happiness of our national life."

The prince married Princess Elizabeth in 1947, five years before she became Queen, and was the longest-serving royal consort in British history.

In March, the Duke of Edinburgh left hospital after a month-long stay for treatment. He underwent a procedure for a pre-existing heart condition at another London hospital - St Bartholomew's.

Prince Philip and the Queen had four children, eight grandchildren and 10 great-grandchildren.

Their first son, the Prince of

Wales, Prince Charles, was born in 1948, followed by his sister, the Princess Royal, Princess Anne, in 1950, the Duke of York, Prince Andrew, in 1960 and the Earl of Wessex, Prince Edward, in 1964.

Prince Philip was born on the Greek island of Corfu on 10 June 1921. His father was Prince Andrew of Greece and Denmark, a younger son of King George I of the Hellenes. His mother, Princess Alice, was a daughter of Lord Louis Mountbatten and a great-granddaughter of Queen Victoria.



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# Morrisons launches Ramadan bumper food box!



Morrisons is making it easier for customers to observe Ramadan this year by offering a dedicated food box, packed full of traditional foods for the occasion, which can be delivered to doorsteps across the country.

It includes 29 portions of halal chicken, chickpeas, yoghurt, naan bread, 2kg of gram flour and plenty of sauces and spices. Customers will also receive a large bottle of fresh mango lassi and a gift box of dates.

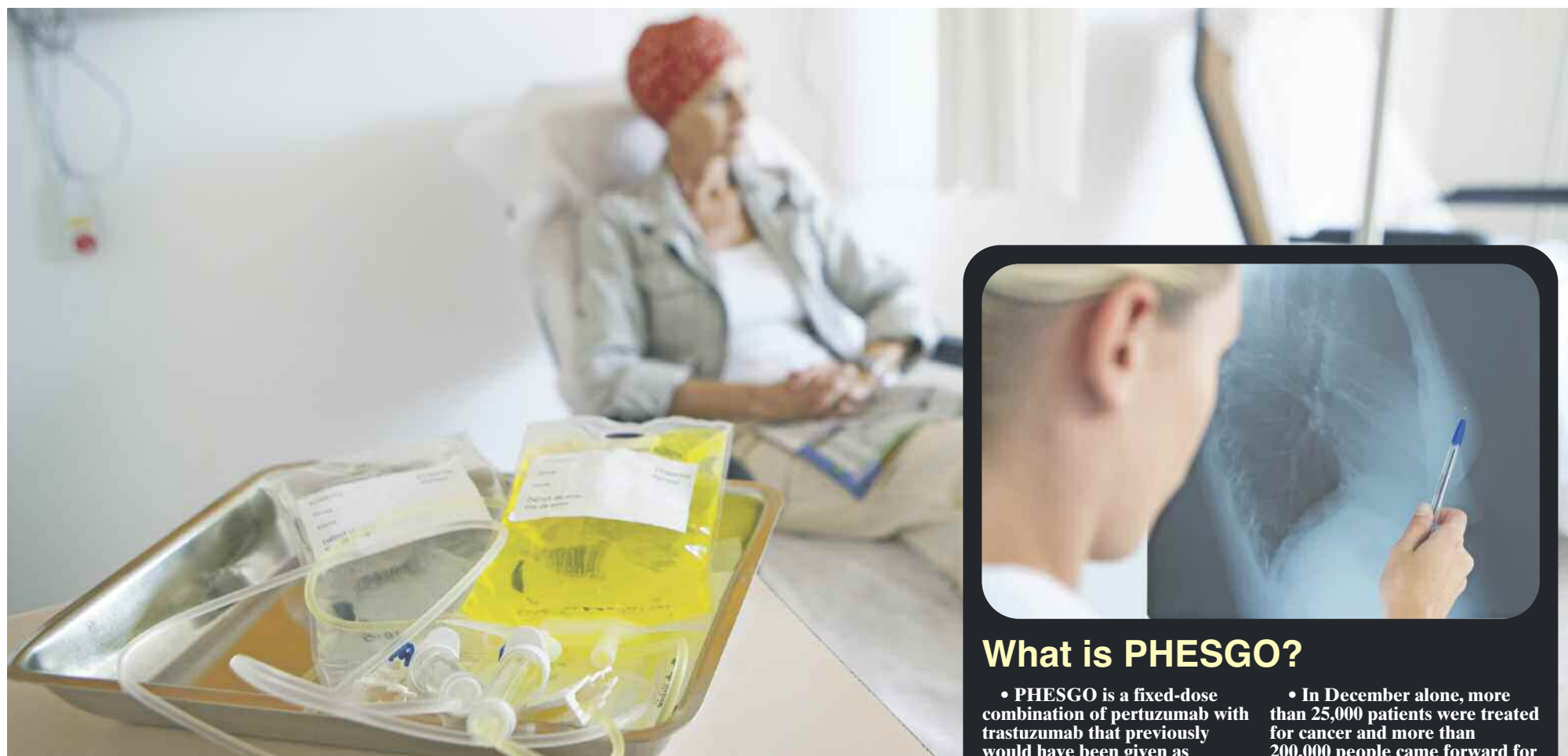
Priced at £33, the Ramadan Essentials Food Box can be ordered

online via Morrisons food boxes website. The cost of the box includes next day (if ordered before 3pm) or nominated day delivery by courier. Customers will receive a text message on the morning of the delivery with a one hour time-slot - the ultimate convenience.

Morrisons introduced the Ramadan Food Box last year in response to the coronavirus pandemic. This year, even though lockdown restrictions are easing and more people are shopping in stores, demand for Morrisons food boxes remains strong.

Noor Ali, World Foods Buying Manager at Morrisons said: "Many of our customers are still choosing to shop online, whether for convenience or because they are still shielding. Our Ramadan Essentials Box contains products we know our customers love and will help them create tasty dishes throughout the month of Ramadan."

Morrisons Ramadan Essentials Food Box is available to order now from Morrisons Food Boxes website - <https://www.morrisons.com/food-boxes/box/ramadan-box>



## The five-minute breast cancer treatment

**An injection that cuts the amount of time breast cancer patients spend in hospital from two and a half hours to as little as five minutes is being rolled out across the country by NHS England.**

Breast cancer patients undergoing chemotherapy will be offered a new combined treatment called PHESGO, which is injected and takes as little as five minutes to prepare and administer, compared with two infusions that can take up to two and a half hours.

More than 3,600 new patients each year will benefit from the treatment, as well as others who will switch from the treatment they are on to the single injection, following an NHS deal with the manufacturer.

The injection will be offered to eligible people with HER2-positive breast cancer, which accounts for 15% of all breast cancers, and can be given alongside chemotherapy or on its own.

The five-minute jab significantly cuts the Covid infection risk for cancer patients by reducing the amount of time spent in hospital and

freed up time for clinicians in chemotherapy units.

### Innovative

The announcement is the latest in a series of innovations in cancer care during the pandemic, including Covid-secure surgery hubs that were set up across the country and £160 million invested by NHS England in 'covid-friendly' cancer drugs, that treat patients without having such a big impact on their immune system or offer other benefits such as fewer hospital visits.

Since the start of the pandemic, 228,000 people have started NHS treatment for cancer, 95% of whom did so within a month. Hospitals across England have also carried out more than two cancer procedures for every patient they treated for coronavirus last year.

Care providers were told they could begin offering the treatment in February and the agreement between the health service, NICE and the manufacturer means it comes at no extra cost to the NHS.

Paula Lamb, 51, who is a housewife from Newton-le-Willows, is one of the

first patients to receive the treatment. She was diagnosed with breast cancer in 2014 and then developed secondary lung and liver cancers and is receiving treatment at the Clatterbridge Cancer Centre.

“

**It feels absolutely amazing to be one of the first people to receive this treatment through the NHS and it really could not have come at a better time as lockdown lifts and I can stop shielding.**

She said: "I'm currently on a combination of medications which take about an hour and a half to two hours to administer all together, and I have to go in to hospital to have them every three weeks."

"It feels absolutely amazing to be

### What is PHESGO?

- PHESGO is a fixed-dose combination of pertuzumab with trastuzumab that previously would have been given as separate IV infusions.
- The NHS has prioritised cancer care during the coronavirus pandemic and the latest figures show that hospitals carried out more than two cancer treatments for every patient they treated for COVID-19.

- In December alone, more than 25,000 patients were treated for cancer and more than 200,000 people came forward for checks
- More than 228,000 people have started treatment for cancer during the pandemic.
- January also saw 171,231 cancer referrals – more than double the number in April – with 22,942 patients beginning treatment, up more than 2,000 on the April COVID peak.

one of the first people to receive this treatment through the NHS and it really could not have come at a better time as lockdown lifts and I can stop shielding. Having a five minute treatment means I'll have more time to get out on walks, for my gardening, knitting and to help my daughter practise her cricket skills. It's a real life-changer."

### Medical advancement

NHS national clinical director for cancer, Peter Johnson, said: "The NHS has continued to adopt new treatments rapidly throughout the pandemic, to improve cancer care for patients. This new injection, which can substantially cut treatment time for people with breast cancer, is the latest in a series of changes which have meant the NHS has been able to deliver vital cancer treatment while keeping patients safe from Covid."

"I am delighted that this is now available to people having breast cancer treatment, limiting the time they need to spend in hospital and giving the NHS another way to

continue treating as many cancer patients as possible, as we have done throughout the pandemic."

Baroness Delyth Morgan, Chief Executive at Breast Cancer Now, said: "Approval of PHESGO being used on the NHS in England is fantastic news as thousands of women with HER2 positive breast cancer will now benefit from a quicker and kinder treatment method."

"Reducing the time patients need to spend in hospital, this more efficient treatment method also promises to free up precious time for healthcare professionals when the NHS is already under unprecedented strain due to COVID-19."

"This announcement reflects the latest of continued advances in breast cancer treatment, and now we hope to see Roche and NHS decision-makers working together to ensure PHESGO is rapidly made available across all of the UK so that even more patients and healthcare professionals alike can reap its benefits."

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# Face coverings in schools and colleges to remain in place

It's been confirmed that face coverings should continue to be worn in secondary school and college classrooms as a precautionary measure when students return after the Easter break.

This cautious approach will help limit the risk of transmission and enable continued monitoring of the effect of school and college returns, as twice weekly testing is established and embedded in pupil's routines.

It is expected that face coverings will no longer be required to be worn in classrooms, or by students in other communal areas, at step 3 of the roadmap, which will be no earlier than 17th May. At that point the next stage of easements, including increased social contact indoors, will be confirmed following a review of the latest data on infection and vaccination rates. It will also allow time for the vaccination programme to reach everyone in priority groups one to nine with their first dose before any change is committed.

All changes will be confirmed with one week's notice and all other safety measures will remain in place, including regular asymptomatic

testing, smaller group bubbles, increased hygiene, ventilation, and social distancing where possible.

Professor John Simpson, Head of Public Health Advice, Guidance and Expertise Pillar (PHAGE) at Public Health England, said:

"The return to school after Easter

“

**Wearing face coverings in secondary schools is an extra control measure to reduce the risk of transmission to support children continuing their education in the classroom.**

will allow us to continue monitoring the impacts of measures to reduce the spread of Covid, as we encourage families to test regularly.

"Wearing face coverings in secondary schools is an extra control measure to reduce the risk of transmission to support children continuing their education in the classroom."

Education Secretary Gavin Williamson commented: "The return to school and college from 8th March has been an incredible success and I would like to thank staff, parents and pupils for their compliance with the guidance on reducing transmission of the virus. Our latest data also showed that attendance in school remains higher than at any point during the autumn term."

"On top of the protective measures previously in place such as regular handwashing and ventilation, we introduced face coverings in the classroom for secondary schools and colleges to help reduce transmission in parallel with the introduction of twice weekly testing."

"Schools and students have done a great job adapting to Covid secure

“

**Schools and students have done a great job adapting to Covid secure guidance and working hard to make sure it doesn't impact learning.**

guidance and working hard to make sure it doesn't impact learning. We obviously all want to get back to facemask-free classrooms and we will do this in line with the latest scientific data while balancing the interests of students, teachers and the wider community."

The ongoing review of evidence on the use of face coverings in schools and colleges took into consideration a number of factors including scientific evidence and data from

PHE and stakeholder intelligence gathered by the Department for Education on the experiences of face covering use in classrooms.

Rapid testing will continue to play a crucial role in keeping schools and colleges safe, as millions of tests are now taken each week by students and staff. With as many as one in three people who have the virus not displaying symptoms, testing is helping find and isolate cases, stopping outbreaks before they develop. Since 4th March this year, around 17 million coronavirus tests were taken across all nurseries, schools and colleges.

Alongside rapid testing, the available scientific evidence is that, when used correctly, wearing a face covering reduces the emission of virus-carrying particles when worn by an infected user, helping to protect others.

Those who are currently exempt from wearing face coverings will remain so, including pupils or staff who are speaking to or providing assistance to someone who relies on lip reading, clear sound or facial expression to communicate.

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# Children's Heart Surgery Fund appeals to help local children like Alayna

## Cover story continued

She said: "CHSF have been amazing - they provided accommodation while Alayna was being treated in Paediatric Intensive Care and the High Dependency Unit.

"My room was within the hospital building which was a relief as I could go to Alayna at any time."

"Alayna was born with multiple life-threatening heart conditions and had her first operation at just 8 months - the Glenn Shunt.

"This procedure improves the flow of blood to the lungs in complex conditions where only one ventricle is working properly.

"Although this was a success, the doctors knew she would need a more complicated surgery when she was

older."

Alayna, now four-years-old and had the Fontan procedure earlier this year, which was a much more invasive open heart surgery.

Again, clinicians were pleased with the results and now Alayna is back home in time to celebrate Eid with her family.

She will need to be monitored into adulthood, but Sameeda says treatment and support has continued away from the hospital: "Alayna will be on Warfarin for the rest of her life, but her blood thickness can be tested at home with the help of an INR kit, provided by CHSF."

"The INR kit is great as it means we can send test results back to the hospital from home, and it is much quicker and easier for our family."

"We can't thank CHSF and the Leeds Congenital Heart Unit enough for everything they do. Please donate if you can to help future children like Alayna."



Sharon Milner is approaching 15 years as CEO of CHSF, and has no doubt as to the reasons for the charity's longevity.

"We owe everything to both the skill and passion of the staff at Leeds Congenital Heart Unit - a world-class centre of excellence, and the incredible fundraising of local supporters for over 30 years."

"Please help us to continue saving local children like Alayna and support NHS staff in the wake of this pandemic."

"All donations will fund revolutionary equipment, ground-breaking research and help keep our region's families together. Thank you."



Hanif Malik, CHSF ambassador added: "Ramadan is not only a month of fasting but one of charity. Every year the Muslim community donates tens of millions of pounds to worthy causes around the world."

"This year we are asking our fellow Muslims to consider donating a small amount of sadaqah to local causes such as CHSF which carries out life-saving and life-changing work in the Yorkshire area."

"Your donation can make all the difference to seriously ill children in our region."

Established in 1988, Children's Heart Surgery Fund (CHSF) is a charity providing support for babies, children, teenagers and adults born with Congenital Heart Defects.

To donate to Children's Heart Surgery Fund over Ramadan and Eid, simply visit [chsf.org.uk/ramadan](http://chsf.org.uk/ramadan).

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# Ramadan and the Covid jab

Senior NHS figures stress Muslims **CAN** get coronavirus vaccine whilst fasting

■ Senior GP Dr Farzana Hussain stresses that getting the jab does not break the fast for Muslims observing Ramadan

Two leading Muslim figures working in the NHS have today joined other medical leaders and Islamic scholars in stressing that Ramadan should not stop anyone from getting the NHS Covid vaccination.

Imam Yunus Dudhwala, Head of Chaplaincy at Barts Health NHS Trust, and Dr Farzana Hussain, a senior GP, stressed that getting the jab does not break the fast observed by Muslims during daylight hours over Ramadan.

Some NHS vaccination sites across England are extending their opening hours so that Muslims can receive the jab after they have eaten and make it easier for people to find a convenient slot.

However, Dr Hussain, a practising Muslim who works at The Project Surgery in East London, said that there was no

need to avoid daylight hours and it is a religious duty for Muslims to get vaccinated when their turn comes.

Dr Farzana Hussain said: "Getting an injection does not break the fast as it's not nutrition and so there is absolutely no reason why you shouldn't have it if you are eligible and have been invited for your Covid-19 vaccine and those scheduled for their second dose, should take it."

"The Quran says saving your life is the most important thing: to save one life is to save the whole of humanity. It's a responsibility of a practising Muslim to take their vaccine."

**Muslim Council of Britain**

The British Islamic Medical Association, an affiliate of the Muslim Council of Britain, has issued specific advice, recommending the vaccine and insisting it is okay to have during

Ramadan as it is not nutritional, nor does it contain any animal or foetal products. Full ingredient lists are published by the MHRA.

Dr Hussain said: "Numerous studies have proven that the vaccine is safe and effective with minimal side effects. Anyone concerned about requiring painkillers should remember that while side effects are unlikely, breaking the fast to take medication is allowed during Ramadan if you are unwell, regardless of the cause."

"Vaccination clinics are also extending their hours in response to make the vaccine as accessible as possible to everyone. The Covid-19 vaccine could help save your life so it is vital you don't delay your appointment when invited."

Imam Yunus Dudhwala,



**"The Quran says saving your life is the most important thing: to save one life is to save the whole of humanity. It's a responsibility of a practising Muslim to take their vaccine."**

# ***“Getting an injection does not break the fast as it’s not nutrition and so there is absolutely no reason why you shouldn’t have it...”***

Head of Chaplaincy Barts Health NHS Trust, said: “This Ramadan will continue to be different. The vast majority of scholars have deemed taking the vaccine whilst fasting as permissible and stated that it does not break the fast.

“The experts have stated that the COVID-19 vaccine is effective and the best way of protecting yourself and your loved ones. I ask my Muslim brothers and sisters to consider taking the vaccine when called.

“If you have concerns about the vaccine, please talk to a healthcare professional and make an informed decision. I would like to extend my best wishes to all, especially my colleagues working in the NHS, for the month of Ramadan – Ramadan Mubarak.”

The NHS last month revealed its blueprint to tackle vaccine hesitancy, spearheaded by director of primary care Dr Nikki Kanani, which detailed efforts on encouraging uptake among ethnic minorities.

This includes engaging with community and faith leaders, translating materials into 20 languages and reaching communities with pop-up clinics and in places of worship, including Mosque’s such as those in Finsbury Park, Croydon and Brent, with Islamic scholars including Sheikh Mohammed Mahmoud OBE of East London Mosque and Imam Qari Asim, chairman of the Mosques and Imams National Advisory Board supporting the call to get the Muslim community vaccinated.



Vaccine Deployment Minister Nadhim Zahawi said: “Vaccines are the best way to protect people from Coronavirus and are already saving thousands of lives and we want to make sure everybody can get a vaccine when it’s their turn - including those fasting this Ramadan.

“I know how important it is for people to be able to observe Ramadan as they would like so the government is working closely with local authorities, charities, faith and community groups to ensure people get the best advice and information about the COVID-19 vaccine, including on getting it.

“Vaccines are crucial in our fight against the virus and they help keep us and our loved ones safe, while enabling us to safely progress back to normal life.”

This builds on the highly successful NHS campaigns supported by BBC’s

Adil Ray and Bake Off star Nadiya Hussain. There was a sharp increase in uptake of around 20% among Asian, and Bangladeshi communities in particular, from late February as a result.

Almost 27 million people have been vaccinated since the launch of the largest vaccination programme in the history of the NHS last December.

The NHS made history when 90-year-old Maggie Keenan was the first recipient in the world outside a clinical trial of a Pfizer vaccine at Coventry Hospital on 8 December 2020.

Brian Pinker, 82, was the first person to be vaccinated with the Oxford/AstraZeneca coronavirus vaccine on 4 January 2021 by the NHS in the city where the jab was created.

**“Vaccines are the best way to protect people from Coronavirus and are already saving thousands of lives and we want to make sure everybody can get a vaccine when it’s their turn - including those fasting this Ramadan.”**

Vaccine Deployment Minister Nadhim Zahawi

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# Vaccines: Your Questions Answered

## Experts address common queries about the Covid-19 vaccines

**M**illions of people across the UK have now received their first dose of a Covid-19 vaccine. The vaccines give you the best protection against Covid-19 by teaching your body's immune system how to fight the real virus, should it need to.

We have now vaccinated more than half the UK's adult population. This phenomenal achievement is testament to the efforts of the NHS and GPs around the country, but it is absolutely crucial

that everyone gets a vaccine when their time comes.

The two vaccines currently being administered in the UK have met strict standards of safety, quality and effectiveness set by the independent Medicines and Healthcare products Regulatory Agency (MHRA). But, as with any new medicine, people may have questions they would like answered.

Below, experts provide answers to some of the most common ones.

### Do religious groups endorse the vaccine?

Dr Sonya Babu-Narayan, Associate Medical Director at the British Heart Foundation says: "People ask if the vaccine is compatible with their faith, and many religious leaders have said 'yes'.

The British Islamic Medical Association considers all types of the vaccine as recommended, as does the Muslim Council of Britain, the British Sikh community, the Church of England and the Catholic Church.

There is also a letter from 80 Jewish doctors in the UK to confirm that the vaccine does not contain ingredients considered non-Kosher."

**I am young and fit, so why do I need it? I wouldn't be expected to have the flu jab – why is this any different?**

Dr Farzana Hussain, a GP in Newham, East London: "Covid is not like flu. Young people don't get long-term side effects from flu and they don't die from flu; it's mainly elderly people that die. While for Covid, if you're younger, you are less likely to die, but various factors can put you more at risk, for example

people from ethnic minority backgrounds who, according to the latest evidence, are more

likely to suffer long-term impacts and poor outcomes from COVID-19

**I've had Covid, so have the antibodies. Why should I have the jab?**

Dr Farzana Hussain: "What we don't know is how long that immunity lasts after you've been infected, and, of course, we know there are lots of variants. It's still important for people to have the vaccine – it will give you better immunity for much longer."



**Auditor Mary Adeson, 34, from south London, is a carer for her mother**



"Having the vaccine has been life-changing for me. My anxiety level had been off the scale. I'm a carer for my mum who has a mental health disorder. This is a responsibility I share with my siblings. I've been caring for her for a long time, and I'm

very conscious of the impact it has on my own wellbeing.

"In addition to this, I have an underlying health condition that causes me to have difficulty breathing. The Covid symptoms suggest I could die a painful death if I get it."

**I've been called up for the vaccine, but want to wait for more people to have it to ensure it is safe. Is this wise?**

Dr Raghav Ali, Senior Clinical Research Associate at the MRC Epidemiology Unit, University of Cambridge, and a frontline NHS doctor: "Millions of people have taken the vaccine around the world. We don't need to wait any longer – we know it's safe. Some people get short-term side effects, such as fever, fatigue or tiredness. In my case, I experienced some of these for a couple of days. I've seen the alternative, which is getting Covid and potentially ending up in intensive care or dying."

**Was the vaccine tested on all sectors of society to ensure it**



# COVID-19 Vaccine



**Dr Sonya Babu-Narayan,**  
Associate  
Medical Director  
at the British  
Heart Foundation

**I accept that the trials have shown the vaccine to be safe, but how do I know that dangerous side effects won't show themselves in a few years' time?**

**Dr Nikki Kanani,** a GP in South West London and medical director of Primary Care for NHS England: "Our confidence comes from knowing how other vaccines behave. We have vaccinations all the time, either in childhood or when we go abroad. When side effects occur,



they usually happen within 24 hours or a few weeks, rather than years. Plus, scientists have been testing the vaccines for months and using them in the real world since December. All the data show that serious side effects are very, very rare."

**Do the vaccines protect against new variants of Covid?**

**Dr Nikki Kanani:** "Everything that we've seen so far says that they do, probably to differing extents. We also know that over time all viruses change, which results in the need for new vaccines – as happens every year for flu – and that scientists will be able to tweak them relatively

quickly."

**Why is it important to get my second dose?**

**Dr Nikki Kanani:** Having your second dose is really important when the time comes. The first dose of the vaccine provides a high level of protection, but for that protection to last longer, everyone needs to get a second dose."

**How effective are the vaccines?**

**Dr Nikki Kanani:** The most recent study on the effect of vaccines from Public Health England showed vaccines provide a high level of protection, they reduce your risk of catching Covid-19, reduce the number of people getting serious Covid-19 and needing hospital treatment and reduce the number of people who die from Covid-19."

**The vaccine was developed so quickly – I don't understand how they've managed to make a vaccine for such a new illness?**

**Reverend Dr Temi Odejide,** resident pastor of House on the Rock London, a Christian church, and a qualified medical doctor: "If you talk to people in this field, you understand that, yes, the vaccines were produced extremely quickly, but none of the safety processes were compromised. Technology has advanced significantly, funding was already in place, trials were run concurrently, all so we can now produce vaccines at scale much faster than before."



**is safe for everyone?**

**Dr Raghiv Ali:** "Vaccine trials have been carried out all over the world, in Asia, South America, China and Africa. So people of every background have taken part in these trials, including ethnic minorities in the UK. We know that it works in all ethnic groups. The other point is that our immune systems do not really vary based on ethnicity."



are very rare – there have only been a handful of cases. As long as you do not have an allergy in response to the ingredients themselves, it is safe to take the vaccine."

**Is the vaccine safe for people with underlying conditions such as diabetes, heart disease or asthma, and will it interact with my medication?**

**Dr Raghiv Ali:** "It is perfectly safe in people with diabetes, heart disease and asthma – there are no increased side effects and it does not interact with any medications used to treat these conditions. If you are concerned, ask your doctor."

**Can I ask my doctor for a specific Covid jab? Is it right that some have**

**worse side effects than others? Was the testing of some more rigorous than others?**

**Dr Raghiv Ali:** "No – both the Pfizer/BioNTech and Oxford University/AstraZeneca vaccines are effective, equally well tested and equally safe. There is also no evidence that the side effects from one vaccine are worse than for any other."

**Why is there a gap between the required two doses?**

**Dr Raghiv Ali:** "The interval is based on advice from the Joint Committee on Vaccination and Immunisation and the UK's Chief Medical Officers. Data from clinical trials show that a 12-week gap is best for the Oxford vaccine, and is also fine for the Pfizer vaccine. This saves more lives overall than we could do by giving two quick doses to half as many people."



**Zena Forster, 65,** who lives just outside Newcastle, has heart disease and suffered a stroke in 2016. Zena is a supporter of the British Heart Foundation

"I had my first dose a couple of weeks ago. I'm thrilled and delighted to have had it. It's about protecting yourself, but also your family, friends and loved ones. I would feel terrible if I was responsible for passing the virus onto someone else."

■ A gangs unit operation in Birmingham last week

# Tackling Birmingham's criminal groups

## Police vow their team will “get under skin” of urban street crime gangs

The West Midlands police force has acted on a pledge to tackle organised criminality in Birmingham by expanding and restructuring our gangs unit to better target the city's crime groups.

Extra officers have been brought in to create two units – one covering central Birmingham and another for east of the city – to tackle Organised Crime Groups (OCGs) and Urban Street Gangs (USGs).

The move enhances their ability to disrupt gang activity, improve our intelligence gathering, and enable us to strike swiftly against those who pose a danger to our communities.

Working alongside neighbourhood police teams the units carry out regular suppression operations – on the lookout for people and vehicles linked to gangs and organised crime

– and proactive raids on target addresses.

Last month the teams made 10 arrests – including one man found hiding up a tree – executed eight search warrants, seized four vehicles linked to gang crime and recovered drugs, cash and weapons.

Other officers specialise in offender management to ensure gang members adhere to any bail conditions, exclusion zones and curfews, plus offer support for anyone wanting to exit a gang lifestyle.

Inspector Dawn Burns runs the central Birmingham team. She said: “The new structure allows us to really get under the skin of gangs and grip those who cause the biggest risk of serious harm.

“The way a gang operates or recruits young people in central

Birmingham can differ from the challenge in other parts of the city. We are getting smarter at how we address those challenges and tailoring our response to tackling the specific threats. It's not a one-size-fits all approach.

“We're sending out a clear message: anyone who affiliates themselves with gang crime runs the very real risk of arrest and spending a long time locked up in prison.

“We will use all the tools and tactics at our disposal to go after offenders and safeguard our young people from exploitation by people intent on grooming them into gangs.”

The units operate regular patrols in areas linked to gangs and can call upon other specialist teams, such as firearms or rapid entry units, to assist on planned operations.



**“We're sending out a clear message: anyone who affiliates themselves with gang crime runs the very real risk of arrest and spending a long time locked up in prison.”**

Members of the team also work with youth services, charities and communities to divert vulnerable young people away from exploitation by organised criminals, and offer improved life choices.

And Birmingham Police Partnership Teams have also been delivering vital gangs workshops to school staff during the Covid-19 lockdown.

The video presentations give teachers and youth workers the latest insight of the city's gang scene and help to recognise signs that may indicate a child is getting drawn into gangs, including different bandana colours linked to group affiliation.

The aim is to identify impressionable young people who may be at risk of falling into gangs and to offer support before it's too

late.

Inspector Sharon Revitt runs the east Birmingham team. She added: “To successfully tackle organised crime groups requires a partnership approach, including the public sector, charities and the community. We can't address it alone and it's not just about arresting and jailing offenders.

“Together we need to present young people with opportunities in education and employment as an alternative to guns, gangs and organised crime.

“Alongside youth services, our Exploitation Hub aim to support those who want to turn their lives around and desist from criminality – but for those who chose to remain involved in gang crime, people can rest assured we will deal with them robustly.”

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# During Bowel Cancer Awareness Month people urged to be aware of symptoms

As part of Bowel Cancer Awareness Month during April, health and care organisations across Leeds are urging people of all ages to be more aware of the signs of the disease and see a GP if they have any concerns.

Bowel cancer is the fourth most common cancer in the UK and the second biggest cancer killer. Over 42,000 people are diagnosed with bowel cancer every year in the UK. Around 268,000 people living in the UK today have been diagnosed with bowel cancer.

Bowel Cancer is the UK's second biggest cancer killer.

Every 15 minutes in the UK someone is diagnosed with bowel cancer. It's more common in older people but it can affect people of all ages. Around 268,000 people living in the UK today have been diagnosed with the disease.

1 in 15 men and 1 in 18 women will be diagnosed with bowel cancer during their lifetime. If it's caught early, there's a really good chance of recovery.

Dr Sarah Forbes, Associate Medical Director at NHS Leeds CCG and joint clinical lead for the Leeds Cancer Programme, said: "Despite incidences of bowel cancer steadily falling in the last decade, unfortunately, cases of bowel cancer are still too common.

"While the disease is more common in people over the age of 50, bowel cancer can affect at any age with more than 2,500 people under the age of 50 being diagnosed in the UK every year. It's never been more important to make people from every age group aware of the symptoms.

"Being aware of the key symptoms and visiting your GP if things don't feel right can help increase chances of an early diagnosis. Survival rate increases significantly if bowel cancer is diagnosed at the earliest stage; however this drops significantly as the disease develops."

For more information on screening and symptoms go to NHS website at [www.nhs.uk/conditions/bowel-cancer/](http://www.nhs.uk/conditions/bowel-cancer/) or visit Bowel Cancer UK.

## Bowel Cancer Symptoms

Through the Leeds Cancer Programme, the city has recently introduced an improved and easier to use and more accurate Bowel Cancer Screening test, called the

Faecal Immunochemical Test (FIT test). This test can be given to patients by their GP which to complete in their own home with the following symptoms:

- Blood in your poo
- Diarrhoea or constipation for no obvious reason
- A feeling of not having fully emptied your bowels after going to the toilet
- Pain in your stomach or back passage (anus)
- Unexplained weight loss

Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. However, if you have one or more of these, or if things just don't feel right, see your GP.



## #STOPbowelcancer

## Prolific burglar jailed

A prolific burglar has been jailed for over three years following a series of offences at the beginning of the year.

Between January and March 2021, a number of burglaries of garages were committed across various location in Bradford. Properties were broken into during the three-month spree and items such as power tools and electrical equipment were stolen.

Police investigating the incidents were able to forensically link Jerome Williams to multiple scenes and on 13 March, he was charged with six counts of burglary.

Jerome Williams, 27, of no fixed address, appeared at Bradford Crown Court today (7 April) after he pleaded guilty to all six offences and was sentenced to a total of three-and-a-half years in prison.

Detective Constable Jessica Levitt, of Bradford's District Crime Team, said: "We welcome the sentence which has been handed down to Williams today, following the high volume of offences he committed in a short period of time.

"The team did extensive enquiries into this series of offences and worked tirelessly to ensure we caught the individual responsible.



We were able to forensically link Williams to each of the offences.

"We hope that this sentence will act as a reassurance to the public that all offences of burglary are taken very seriously and we are committed to bringing the perpetrators to justice."



## Serving police officer charged with indecent image offences

DC Paul Allgood, 60, attached to the Met's Economic Crime Unit pleaded guilty to three counts of making/possessing indecent images of children and three counts of outraging public decency when he appeared at Wood Green Crown Court on Thursday, 8th April.

He is due to appear on bail at the same court on Tuesday, 25th May for

sentencing.

The court heard that on 4th June 2019 officers from the Online Child Abuse and Exploitation Unit (OCSAE) executed a search warrant at his home address in Enfield.

Officers arrested Allgood at the address on suspicion of being in possession of indecent images of children.

In total, 20 devices were seized from his home. Allgood was released on conditional bail pending

further enquiries.

The devices were analysed, and indecent images of children were found.

Of the 20 exhibits seized, five electrical devices i.e. laptops, USB, hard drives were found to have indecent images of children.

Allgood was charged by postal requisition on 23rd November 2020.

He was suspended from all duties in January 2021.



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# Cooking up a storm

The 76-year-old grandma dishing out **THOUSANDS** of free meals



**A 76-year-old grandmother has handed out more than 2,200 free vegan ready meals to frontline NHS workers, the elderly and those shielding at home from Covid-19 during lockdown.**

Akila Chokkalingam, was determined to make the healthiest and tastiest Indian food in Britain and in 2018 started testing and trialling gourmet curries out of her kitchen in Keighley, West Yorkshire.

Chef Akila, who was born and raised in South India says she noticed a lack of nutritious but tasty curries for sale in supermarkets and takeaways.

Combining her 60 years of culinary experience along with input from nutritionists, health experts and doctors, including her son, NHS consultant Dr Senthil Kumar, Akila created healthier versions of her traditional recipes.

The vegan range, made up of nine dishes including vegan Tikka Masala and Spinach dal Kootu, is gluten-free and is registered with The Vegan Society's Vegan Trademark.

Since its official launch last year, the business has already accumulated multiple accolades, including 24 Great Taste Awards.

decided to start delivering curries to hospitals, and also offered discount codes for subsidised prices to keyworkers. Curries were also dropped off to elderly and vulnerable people in the local area.

On top of this, the company has donated more than 50,000 meals to children in India over the last 12 months as part of its "buy one - feed one" initiative.

Akila, who has spent the majority of the pandemic in her kitchen says: "We are incredibly grateful to have experienced such a growth in 2020, and even happier that we were able to give something back during the pandemic."

“

**It's fantastic to see a company that is registered with the Vegan Trademark going above and beyond for those in need during what has been an incredibly difficult year.**

“

**We are incredibly grateful to have experienced such a growth in 2020, and even happier that we were able to give something back during the pandemic.**

But, since the nation went into lockdown a year ago, Chef Akila has witnessed an unprecedented 680% increase in sales and had to take on new members of staff to cope with the demand.

As the pandemic unfolded, Akila

Ericka Durgahee, at The Vegan Society added: "It's fantastic to see a company that is registered with the Vegan Trademark going above and beyond for those in need during what has been an incredibly difficult year."

"We're delighted to hear that frontline workers and elderly and vulnerable people have been able to enjoy top quality and tasty vegan meals."

The Vegan Trademark has been helping users identify that a product is suitable for vegans since 1990. Look out for the Vegan Trademark on over 48,000 products worldwide, including cosmetics, clothing, food, drink, household items, and many more.



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■ Lawyer Sana Waheed kindly model's the hijab approved for Court

# Two junior barristers launch a range of hijabs for court



■ Maryam Mir

**Two groundbreaking junior barristers from human rights chambers Doughty Street have just launched a hijab suitable for court.**

Criminal advocate Maryam Mir, from Leeds and regulatory and crime lawyer Karlia Lykourgou developed the hijab for Muslim advocates who struggle to find the right legal attire to wear in court.

They first met in 2006 at the University of Leeds where they studied law. Their paths diverged until they began working together as criminal barristers at Doughty Street Chambers, the same human rights set as Amal Clooney and Jennifer Robinson, Julian Assange's barrister.

In June 2020, Karlia launched Ivy & Normanton (I&N), the first legal outfitter specialising in court wear for women. The hijab, available in black or white, was officially launched on 31st March 2021, and is available online through the website.

Maryam suggested I&N develop a range of hijabs for Muslim women at the Bar and explained the difficulties she experienced finding a hijab that was the right size, shape, colour, thickness, texture and design for court.

The pair mulled over a range of fabrics, finally settling for organic bamboo silk as a sustainable option that ticked all the boxes.

Their instructing lawyer, Sana Waheed, kindly agreed to model the hijab making it a project with legal women at its heart!

Karlia says: "To keep encouraging diversity at the Bar we have to make sure those who don't fit the white, male stereotype have the tools they need, so other young people can see them and believe they have a place in the profession too."

"It seemed ridiculous to me that Maryam, as a busy and brilliant barrister, should lose any time trying to find something as simple as a hijab for court that's the right size, shape, colour and design."

"The I&N hijab was developed so other women could easily find a piece of clothing that expresses their identity as a Muslim and an advocate, and get on with the job."

Maryam says: "It used to be the case that there was so little accommodation in the legal professional clothing market for women generally and that

■ Karlia Lykourgou



***"To keep encouraging diversity at the Bar we have to make sure those who don't fit the white, male stereotype have the tools they need, so other young people can see them and believe they have a place in the profession too."***

was indicative of the fact that women generally were not fairly represented at the bar.

"Women now make up almost 50% of the bar and the diversity stats are slowly improving as people wake up to the multiple layers of discrimination women face in their professional careers."

Ivy and Normanton is a brand that tailors specifically for women and celebrates the diversity of professional women.

"I was delighted when their founder Karlia Lykourgou contacted me to run a series of trials for court appropriate hijabs," adds Maryam.

"She was so sensitive and listened carefully to what I said

was missing from the market; that ability to understand and cater for real women's needs is what is unique about her brand. I am honoured and excited to have been a part of it."

"The message I want to send is universal, not just to Muslim women: it's time for the professional world to celebrate all people in all facets of their identity."

"You do not have to compromise who you are to succeed."

"Don't let anyone dictate what you should look or sound like. Be true to yourself and confident in your identity and success will come to you."



***"Don't let anyone dictate what you should look or sound like."***

**Junior Barrister  
Maryam Mir**

For more information, visit the Ivy & Normanton website:  
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# Vital support for the blind

## How an organisation helping blind Asians stepped up during the pandemic

**A local organisation that supports blind Asians says the impact of the pandemic has had a massive effect on their service users.**

The Association of Blind Asians (ABA), a charity based in Leeds, supports over 350 individuals, carers, and families from the Black, Asian, and Minority Ethnic (BAME) community who suffer from visual impairments.

“

**Blind people face huge barriers to everyday life - going to the shops or online shopping is just not an option for them.**

Most service users are over the age of 50. Attendees benefit from reduced isolation, improved confidence, better health, and a better understanding of how to cope with their impairment.

But because of Covid-19, all of these one-to-one activities had to stop.

During lockdowns, and coronavirus restrictions, ABA's team took over with friendly phone calls to ensure basic needs were met.

ABA Manager Debbani says: "The impact of the pandemic had a massive effect on our service users."

"Although many service users live with extended families, we also have a growing proportion who live by themselves and don't have any close friends or family to help.

"Limited language, finances, older age, illness and visual impairment can mean that these people face considerable barriers to everyday life.

"As English not being their first language, and not being technology savvy, our service users struggle to shop online for daily essentials," adds Debbani.

"Going to the shops or online shopping is just not an option for them."

But it's not just the mental and physical health of our service users at the top of the agenda. ABA has also made sure their most vulnerable service users are fed and have their daily essentials.

"We worked in partnership with various organisations for the delivery of essential food items, and with the help of our volunteers, we also delivered home-cooked hot meals to isolated service users," adds Debbani.

Recently as an endorsement of ABA's crucial work within the local community, The Henry Smith Charity awarded a further three-year funding to continue their work.

Debbani says: "We as a local charity play a vital role in the day-to-day lives of many people living in Leeds. To operate to this scale, we need funding and support for the survival of our charity."

"During Covid-19, funding had been challenging for all charities at large. But now we will be able to protect and preserve our work with the support of the recent funding we secured from The Henry Smith Charity."

The new funding will support ABA in moving forward and help the BAME visually impaired community. It will enhance their 'Roshni' project supporting the community as well as working with other organisations.

If you are visually impaired or a carer of a visually impaired person and need help with your changed circumstances like benefits, please feel free to contact the Association of Blind Asians 0113 210 3347.



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# Business news

## Ready to open for business!

Trinity Leeds and White Rose Shopping Centres set to re-open with additional safety measures in place

Trinity Leeds and White Rose Shopping Centres are ready to re-open for non-essential retail on 12th April with additional measures in place to help keep guests safe.

David Maddison, Centre Director at Trinity Leeds, said: "The entire team here at Trinity Leeds is looking forward to welcoming our brand partners and guests back. The health and safety of everyone who visits our centre is our number one

priority, as it has been throughout this crisis and we continue to follow the Government's guidelines.

"Our teams are incredibly experienced in keeping the centres safe and clean. A huge thank you to our team for all their hard work in preparing for this moment, they are now very well practiced in managing the re-opening of non-essential retail."

**Continued on page 27**



# BUSINESS



## YOUR LOCAL &

## The Coronavirus Is Not The Plague

**R**eaders of this publication may recall that in January of this year, the Supreme Court ruled in the Financial Conduct Authority's test case (Financial Conduct Authority v Arch Insurance (UK) Limited and others) that insurers would have to pay out to policyholders who had business interruption insurance cover if their businesses had been disrupted by the Coronavirus. However, in a subsequent decision in the case of Rockcliffe Hall Limited v Travelers Insurance Company Limited the High Court struck out Rockcliffe Hall's claim for business interruption cover due to the specific wording in its insurance policy.

Rockcliffe Hall was a golf course and a hotel whose business was devastated by the COVID-19 pandemic. It sought to recover some of its losses under its business interruption insurance cover with Travelers, but Travelers rejected the claim on the basis that COVID-19 was not covered by the policy. The policy covered "infectious disease" and it

defined 34 specific diseases including "the plague", but it did not include COVID-19. Rockcliffe Hall argued that COVID-19 was covered by "the plague" because that referred to a general term for an infectious disease with a high mortality rate which includes an epidemic or pandemic. However, Travelers contended that the cover provided by the policy extended only to losses resulting from the diseases specified in the policy and that the list of diseases was a "Closed List" and one which was exhaustive.

The Judge agreed with Travelers and held that, properly construed, the policy only covered for losses resulting from the diseases listed within the policy. The Judge dismissed the argument that the list included COVID-19 due to the fact that the plague was included because the word "plague" was obviously intended to refer to a specific disease caused by the Yersinia pestis bacteria.

The Judge rejected Rockcliffe Hall's argument that the list was similar to the list of Notifiable Diseases in the insurance policies considered in the FCA test case whereby a disease was included if it bore a reasonable similarity to the diseases listed. Instead, the Judge said that the Notifiable Disease clause expressly referred to an externally maintained and dynamic list which was regularly updated by the UK government while the policy in this case set out its own static list including the diseases known to the parties at the time the policy was taken out.

Although the FCA test case provided clarity for policyholders in relation to business interruption claims, this case highlights that all insurance policies are still subject to contractual interpretation in which the precise wording of the policy will be crucial in determining whether a specific loss is covered by the policy.

If you have a business interruption policy, then Blacks Solicitors can advise you as to whether you will be able to pursue a claim under that policy. Please contact Luke Patel on 0113 227 9316 or by email at "LPatel@LawBlacks.com".



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## Digital future for museum

### Royal Armouries secures substantial investment in its digital future as the museum marks 25 years in Leeds

The Royal Armouries has been awarded £429,600 from The National Lottery Heritage Fund for the rollout of a transformative Digital Vision project. This substantial funding award comes as the Royal Armouries Museum marks the 25th anniversary of its opening in Leeds.

When the purpose-built museum opened on 30th March 1996, the aim was to tell the story of the objects in the national collection of arms and armour and bring the subject to life for a new audience.

Over the last 25 years, over six million people have visited its five galleries and 8,500 objects on display in Leeds.

This project extends those principles of widening participation to the digital sphere, and will enable the Royal Armouries to engage new audiences at a time when online experiences are ever more critical.

The Royal Armouries digital ambitions are to attract, empower and engage audiences with one of the world's greatest collections of arms and armour and to create a 'digital first' culture throughout the museum. The rollout of the project will:

- Transform the museum's capacity to produce accessible, engaging, and relevant digital content for its growing audiences;

- Deliver a seamless online experience, enabling audiences to draw media from across the museum's digital resource in a user-friendly way;

- Create relationships with online visitors based on a more detailed understanding of what they expect and need from their digital museum experience;

- Develop and install a new welcome in the form of a digital playground on site at the Royal Armouries Museum in Leeds.

Digital volunteers will be key to the project's success and the Royal Armouries looks forward to working with an advisory panel made up of volunteers with an interest in creating new digital content to tell the stories of the collection.

Dr Edward Impey, Director General & Master of the Armouries said:

"What better way to celebrate the 25th anniversary of the opening of the Royal Armouries Museum in Leeds than by announcing our innovative digital plans. Thanks to National Lottery players we will be able to harness the power of digital to reach even more audiences and to share the wonders of our world-leading collection of arms and armour".

David Renwick, Area Director for the North, The National Lottery Heritage Fund said: "It is fantastic news that thanks to National Lottery players,

we have been able to support the Royal Armouries with this forward-looking digital project.

"The Covid-19 crisis has shown us the value of engaging digitally with communities and so we are keen to support projects that use digital innovation to connect people with their heritage. Whilst everyone is keen to get back to engaging with heritage directly, it is important to develop all channels that help open up important collections to wider audiences."

Claire Cox, Head of Development at the Royal Armouries said: "We are delighted with this award from The National Lottery Heritage Fund and thank all the staff and volunteers for their hard work in helping us to prepare for the bid.

"This project was already a priority for the Royal Armouries but with the emergence of Covid-19 and its impact on us and the communities we serve, it has become even more important to our future.

"The new digital content we developed during lockdown has already proved successful, but we can achieve so much more with this support. We are enormously grateful to The Heritage Fund for supporting this project at a time of uncertainty for the heritage sector".

# BUSINESS ROUND-UP BUSINESS

## Trinity Leeds and White Rose Shopping Centres set to re-open with additional safety measures in place



# Ready to open for business!

Continued from page 25

Steven Foster at White Rose Shopping Centre, added: "We'd like to remind everyone that it's a legal requirement for all guests coming into the centre to wear a face covering. And one-way systems, signs and floor stickers are there to keep everyone safe."

"We'll again be managing the capacity of the centre closely, and at busier times you may be asked to queue outside. Please visit our website and social channels for the most up to date information before setting off."

"We're very much looking forward to

opening our doors again and welcoming people back for a safe and enjoyable experience at White Rose Shopping Centre."

According to research by Landsec, 84% of people say they are likely to visit their local high street or shopping centre the week following non-essential shops reopening, while 55% are most excited about bundling socialising and leisure activities (e.g. music, sports) alongside an in-person shopping trip this April. The poll also revealed that three-in-four (76%) UK adults believe they will revert to the same level of in-person shopping that they engaged in before the pandemic, by the autumn.

### Safety measures include:

- Hand sanitiser points located throughout the centres
- A one-way system to help maintain social distancing, with limited capacity
- A queuing system for entry to the centres if capacity is reached, to help maintain social distancing
- All centre staff wear a face covering
- Signs and floor stickers to remind guests to keep a safe distance apart.



**Post Title: Maintenance/Caretaker Position**  
**Hours: 22 hours per week**  
**Salary Scale: National Living Wage - £9 per hour**  
**Duration: Permanent**

#### Purpose of Post

Hamara HLC are currently recruiting a Maintenance/Caretaker. The successful candidate will be responsible for providing an efficient and effective maintenance/caretaking service across the Hamara premises.

The post holders will be responsible for including ensuring that the security and general appearance of the buildings and surrounding areas are maintained in accordance with Hamara HLC required standards.

The Maintenance/Caretaker part of the role will include locking up and opening the Hamara premises, maintaining a key register, attending the building out of hours to deal with emergency situations as per the rota and attending and accompanying where necessary personnel visiting the site such as Contractors.

A Handy Person element of the role will include portage tasks such as setting up and clearing away furniture, painting and decorating as required and first line maintenance of fixtures and fittings.

#### Candidates must have:

- Previous relevant experience of work in a relevant post e.g. Caretaking, property maintenance, Security or Health & Safety.
- Demonstrate a basic practical knowledge and understanding of building and resource maintenance i.e. joinery, plumbing, grounds maintenance, painting and decorating and glazing.
- Physically fit, with the ability to lift, carry and work at height
- An awareness of Workplace Health and Safety legislation
- Ability to open and close the Hamara premises according to timetable and management requirements.
- Ability to work independently
- Ability to communicate within a team and also with outside contractors.
- Ability to carry out health and safety checks and maintain relevant records
- Ability to manage contractors and site projects

If you are interested in applying, please request an application form from [admin@hamara.co.uk](mailto:admin@hamara.co.uk) and return by email.

**Closing Date: Monday 12th April 2021 at 12.00pm**  
**Interviews to be held: W/C Monday 19th April 2021**

Applications received after the closing deadline will not be considered. Please note that these vacancies may close before the closing date if there is a large response.

**Post Title: Projects Co-ordinator**  
**Hours: 37 hours per week (5 days a week)**  
**Salary Scale: £25,951 pro-rata**  
**Duration: 12 Months Contract**

#### Purpose of Post

You will have entire responsibility for ensuring Hamara Projects, monitoring and reporting procedures and practices are compliant with all relevant legislation and standards, and meet the required service level agreements. This role will also have a high level of overall responsibility for ensuring all projects run by Hamara have operations in place, which are compliant with relevant legislation and standards and meet mandatory quality levels, as well as ensuring all operational functions of Hamara are supportive of its successful development.

You will maintain effective and responsive working relationship with a range of professionals and stakeholders, developing and nurturing positive partnerships to further embed and develop Hamara's services. You will also monitor and analyse Hamara's current staff to determine their: level of quality, effectiveness, efficiency and compliance, in accordance with Hamara's aims and objectives.

#### Candidates must have:

- A minimum of 2 years' experience of working within the third sector, or, extensive experience of community health development work and supporting a third sector organisation;
- Ability to liaise with voluntary and statutory agencies;
- A minimum of 2 years' management experience
- Experience of implementing and maintaining monitoring systems which measure quality of a project and/or process or
- Experience of leading and managing change in the workplace
- Knowledge of third sector organisations within the locality;
- Excellent communication skills both written and verbal;
- Experience of liaising with organisations;
- Ability to work as part of a team and work independently with minimum supervision from the Operations Managers.

If you are interested in applying, please request an application form from [admin@hamara.co.uk](mailto:admin@hamara.co.uk) and return by email.

**Closing Date: Monday 12th April 2021 at 12.00pm**  
**Interviews to be held: W/C Monday 19th April 2021**

Applications received after the closing deadline will not be considered. Please note that these vacancies may close before the closing date if there is a large response.



## Job Vacancies

**Post Title: Better together health Project Worker**  
**Hours: 22 hours per week (3 days a week)**  
**Salary Scale: £21,658 pro-rata**  
**Duration: 12 Months Fixed Term Contract**

#### Purpose of Post

To develop activities to improve and address local people's health. By the end of the project, a series of Workshops and One-To-One Sessions would have been delivered using a new community development approach for supporting individuals in taking preventative approach to support people to lead more healthy lifestyles. The approach will be peer led, targeted towards promoting healthier lifestyles and better self-management by enabling individuals who experience barriers to better health to overcome them.

#### Main Duties

- To deliver effective Workshops, sessions and other groups that help people make more informed choices about their health and lead healthier lifestyles.
- To sign post and refer service users to a range of support and provision around the city that can help to address needs such as physical and mental health, physical activity, positive food choices, debt and welfare etc.
- To liaise with local partner agencies in a clear and effective way so as to give our clients smooth and timely access.
- To assist in working towards achieving health objectives by monitoring activity and evaluating the service with the support of the Co-ordinator.
- Any other duties commensurate to the post.

#### Candidates must have:

- Experience of working within the third sector, or, extensive experience of community health development work and supporting a third sector organisation;
- Ability to liaise with voluntary and statutory agencies;
- Experience of supporting individuals to develop their health and well-being including planning of health activities;
- Knowledge of third sector organisations within the locality;
- Excellent communication skills both written and verbal;
- Experience of liaising with organisations;
- Ability to work as part of a team and work independently with minimum supervision.

If you are interested in applying, please request an application form from [admin@hamara.co.uk](mailto:admin@hamara.co.uk) and return by email.

**Closing Date: Monday 19th April 2021 at 12.00pm**  
**Interviews to be held: W/C Monday 26th April 2021**

Applications received after the closing deadline will not be considered. Please note that these vacancies may close before the closing date if there is a large response.

**Social media and marketing officer**  
**Hours: 15 hours per week (2 days per week)**  
**Salary Scale: £23,541 pro-rata**  
**Duration: 6 Months fixed-term Contract**

#### Purpose of Post

To support in developing, maintaining and implementing Hamara HLC's marketing and communication strategy and to provide and ensure that electronic media (websites and e-news) are accurate, professionally written and designed. To maintain and update Hamara HLC's Social Media accounts e.g. Facebook, Twitter and Instagram in order to promote Hamara profile.

#### Candidates must have:

- Experience in a communications/PR/marketing environment (minimum 2 years)
- Experience of using design software such as Adobe InDesign, Canva
- Knowledge and experience of media and stakeholder relations
- Knowledge and experience of using social media platforms e.g. Facebook, Instagram, Twitter, LinkedIn and management and monitoring tools.
- Knowledge and experience of using email marketing software such as MailChimp.
- Knowledge and experience of video production and editing.
- Knowledge and experience of using website content management systems.

If you are interested in applying, please request an application form from [admin@hamara.co.uk](mailto:admin@hamara.co.uk) and return by email.

**Closing Date: Monday 12th April 2021 at 12.00pm**  
**Interviews to be held: W/C Monday 19th April 2021**

Applications received after the closing deadline will not be considered. Please note that these vacancies may close before the closing date if there is a large response.



# ...life & style

## Colossal amount of clothing thrown away every FIVE minutes

**This thought-provoking image feature 3.5 tonnes of fashion items which were set for landfill - until recently.**

But the mass of garments is just a drop in the ocean compared to the 350,000 tonnes of clothing binned every year in the UK – with £2.7 billion spent on outfits worn once before being discarded.

To highlight the ongoing problem of fast fashion, stylist Miranda Almond has sifted through the rejected items to curate a new collection, the 'Rewear Edit'.

A behind the scenes video reveals how the collection was put together and offers a sneak peak of what to expect in it - including classic black dresses, tailored suits, chunky knitwear and denim looks. Miranda Almond said: "Before

you go out and buy something new, before you throw away that item that's been unloved and unworn lying in the bottom of your wardrobe, think again.

"With a little imagination, love and restoration that item can be reworn and reimagined to have a super stylish second life.

"Think about reweaving as the most timeless style statement yet!"

Stain Removal brand, Vanish, which sponsors London Fashion Week and is in partnership with British Fashion Council, also commissioned research of 1,000 adults into their attitudes towards clothing.

The study found as many as 64 per cent have purchased items they've worn just once with no intention of ever doing so again.

While half (50 per cent) have


gone one step further and bought items they've never worn.

When asked what they've done with unwanted clothes, nearly a third (31 per cent) have taken the garments to a clothes bank.

While 16 per cent have simply put the items in the bin - shunning more sustainable routes like giving them away to friends of family - or making small adjustments to give the piece a new lease of life.

One in five said they have disposed of clothes because they are stained and 19 per cent have done the same as a result of 'minor damage'.

The study carried out through OnePoll also found 34 per cent of adults admitted to having a tendency to buying clothes in the spur of the moment – only to change their mind later on.



With 3.5 tonnes of unwanted clothing sent to landfill every five minutes in the UK, Vanish is inspiring the nation to let their clothes live longer lives with the launch of the Rewear Edit, a high fashion shoot made entirely from waste during this year's London Fashion Week. Assisting Vanish on this mission is fashion stylist and sustainability advocate Miranda Almond who hand selected the Rewear Edit's iconic looks straight from the waste pile. (picture credit SWNS)



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# FOUR COVID measures which will be here to stay...

The government is aiming to remove all restrictions on social contact on 21 June. But that doesn't mean life will revert back to exactly how it was before 31st January last year, when the UK's first two confirmed coronavirus cases were announced.

When a country is hit by a pandemic of this scale – 456,807 people have been admitted to hospital and 126,670 people have

died to date – it changes the way we live.

So, while the rules the government has imposed on us over the past year will eventually be dropped, it doesn't mean all of the measures set out within them will stop being part of our lives.

Here are some of the coronavirus measures which we think are here to stay... even when the pandemic is over.

## 1. Face masks

When the Prime Minister announced England's road map out of lockdown on 22nd February, there was no indication if face masks will still be required when people are in shops and using public transport.

Instead, a review was commissioned, and this has yet to be published.

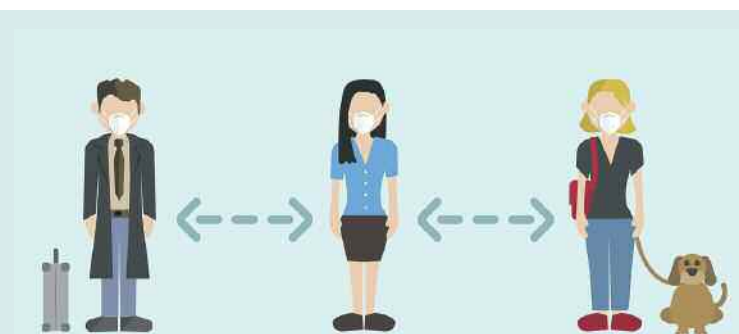
However, one of the UK's leading coronavirus scientists has suggested that while masks are unlikely to remain a legal requirement, this measure could remain in place more out of people's habits.

It's quite possible that this pandemic, which has been an immensely traumatic event for this country and for the world, will cause significant long-term cultural



changes, behavioural changes in the population.

For example, it is routine in south-east Asia for people to wear masks if they have a cold or any sort of respiratory disease; and we'll eventually see COVID as something that has to be managed, rather like flu.



## 2. Social distancing

Like face mask use, the government is reviewing how social distancing could be removed once lockdown ends.

But the reality is that – as we have been regularly told by the likes of England's chief medical officer Prof Chris Whitty – COVID is not going away.

And comments from leading scientists have suggested there will be a need for some social distancing measures even when restrictions have been lifted.

Scientific Advisory Group for Emergencies (Sage) adviser Prof

Mark Woolhouse warned of the need to be "alert" for many years to come. "There are still going to be situations where we might need to use personal protective equipment, we might well need to do some kind of social distancing, put some kind of biosecurity measures in place," he said.

Also suggested is that "lower-level" restrictions – such as social distancing as well as face masks – could be in place for a "few years" until the rest of the world is better vaccinated against COVID.



## 4. Hand sanitiser in shops

It's a feature of shopping we've all become used to over the past year: hand sanitiser stations at the entrances of stores.

Among the shops which have been open throughout lockdown are supermarkets, with many confirming they will continue to provide sanitiser for their customers after lockdown.

Given the virus will continue to circulate after the lockdown ends,

and that Prof Chris Whitty has warned there will still be "significant numbers" of COVID deaths later this year, it feels implausible that Downing Street would suddenly stop telling shops to offer hand sanitiser.

The pandemic has changed a lot of things. It has changed the way we approach hand hygiene, with many of us carrying hand sanitiser around with us now.



## 3. Remote working

As with face masks and social distancing, the government's work from home guidance is also under review.

While many workers have missed face-to-face interaction, many others have enjoyed the flexibility that home working offers, not to mention the removal of the morning commute.

One thing for sure, though, is that chancellor Rishi Sunak doesn't want permanent home working to continue.

Whether he likes it or not,

however, a degree of home working is here to stay.

Bank of England deputy governor Sir Charlie Bean became the latest prominent figure to declare the traditional office-based working week is over, predicting firms will adopt a new flexible model after the pandemic.

Sir Charlie said that while few firms will stay with a completely remote working model, most will take a hybrid approach combining home and office.





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# “Terrible injustice”

## TV chef Nadiya Hussain calls for water for all to protect families from the impacts of climate change

■ Author, TV chef and WaterAid ambassador Nadiya Hussain MBE is supporting WaterAid's call to ensure families everywhere have clean water



■ 12-year-old Ansha from Frat in Ethiopia, who spends hours each day collecting dirty water from a river



**A giant 60-metre wide sand portrait of a 12-year-old Ethiopian girl, who spends hours each day collecting dirty water from a river, was created to highlight how climate change threatens water access for world's poorest communities.**

WaterAid created a striking portrait in the sand on Whitby Beach showing a child carrying water on dry, cracked ground next to the rising tide, to highlight the impact climate change is having on people's access to water.

Extreme weather such as prolonged droughts dry up water sources like springs and wells, while rising sea levels and flooding contaminate ill-protected water supplies, with potentially devastating consequences.

It is making life harder for the 785 million people already living without clean water close to home and currently struggling to meet their basic needs. By 2040, the situation is predicted to be even worse with climate change making water perilously scarce for 600 million children – that's 1

in 4, and an increase of 20 per cent since 2010.

Author, TV chef and WaterAid ambassador Nadiya Hussain MBE is supporting WaterAid's call to ensure families everywhere have clean water, improving children's health and education and helping them protect themselves from the impact of climate change.

WaterAid's artwork was created as a stark reminder that climate change is happening and those who have done least to cause it are feeling its effects first and most severely.

It took artists from Sand in Your Eye four hours to create the portrait of 12-year-old Ansha from Frat in Ethiopia, who spends hours each day collecting dirty water from a river. After only an hour on Whitby Beach, Ansha's image was washed away by the rising tide – highlighting how excess rainfall and rising sea levels can lead to flooding, contaminating water and endangering lives.

Nadiya Hussain said: "WaterAid's sand portrait is a poignant reminder that climate change is already affecting families around the world. It's a terrible injustice that millions of children's lives are threatened because of a lack of clean water, and that climate change is making the situation even harder for those in the world's poorest places who have done the least to cause it."

"Every child should be able to grow up free from the burden of collecting water so dirty it could make them sick. That's why I'm supporting WaterAid's work to help bring clean water to families

across the world, enabling them to break the cycle of poverty and protect their children from disease, helping them reach their potential and fulfil their dreams, whatever the future holds."

WaterAid is calling on the UK government to ensure that at least one third of its committed international climate finance is channelled to locally-led adaptation projects that meet the needs of communities impacted by climate change.

Tim Wainwright, Chief Executive for WaterAid, said: "The thought-provoking portrait of Ansha will be swept away by the rising tide but we cannot allow the same to happen to the futures of the vulnerable communities impacted now by climate change."

"Unless you know that you will be able to get clean water each and every day, the rest of life is a struggle and a drudgery. For many people in the world getting clean water has been made more difficult by climate change, but if they had just a simple tap or pump that always worked then they would be protected by the impact of climate change."

"Time is running out to crack the climate crisis however and change needs to come from the top too. We want to see leadership from the British Government in making sure that sufficient resources are put into making sure that everyone everywhere has clean water now and forever."

Players of People's Postcode Lottery have supported WaterAid's work since 2013, helping bring clean water, decent toilets and good hygiene to millions across the world. In 2021, their support will help communities in countries such as Ethiopia and Bangladesh who are facing the impacts of climate change today on their water supplies.

Find out more about WaterAid's work [www.wateraid.org](http://www.wateraid.org)

# GLIT

## Entertainment

THE **LATEST ENTERTAINMENT** AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD



### TV fame matrimonial aunt refused to find 'rishta' for actress because she was a Muslim

Actress Nausheen Ali Sardar made a shocking statement of how Sima Taparia of 'Indian Matchmaking' fame refused to find the Indian television 'Kkusum' star a groom because "she did not cater to Muslims or Catholics."

Nausheen's spouse-hunting process has been challenging during Covid. Going with the 'modern problems require modern solutions' tactic, her family enrolled her on a matrimonial site, and also got in touch with one of the top

matchmakers of the country – Sima Taparia. Yes, the same 'Sima Aunty' who made headlines in 2020 for her hit web series, 'Indian Matchmaking'.

However, to their shock, Taparia refused to even let Sardar enrol with her agency and the reason being 'religion'.

Talking about her bitter experience in an interview with Pinkvilla, the 38-year-old actress elaborated: "We were in for a shock when she blatantly told us on our face that she did not cater to Muslims or Catholics."

The shocked actress added: "I couldn't fathom the fact that such a mentality existed even in today's

era. I mean it's 2021! Yes, I am a Muslim, so what? I have an equal right too in society. Her show that was a hit on OTT never portrayed that she is a woman with such a mindset."

"I had gotten so annoyed at this that I put this entire bitter experience on her social media page where I had asked her to broaden her mindset," she added.

"But my family feared for me and they got me to pull the post down. They feared that somebody would harm me because of my venting out."

Nausheen also spoke on how she has faced the wrath of many people in the prevailing society

just because she is a Muslim. During her house-hunting process, she says: "I was refused houses by a lot of people, staying in various localities before I finally managed to lock in my current house."

"They straight away told me that they do not give houses or flats in their building to Muslims."

"I was shocked! It's so important to respect every religion and if any society is going to be so rigid in their thoughts, it will be extremely difficult to survive there," says Nausheen.

The actress believes that society fakes progression whereas, in reality, it still is miles away from truly being progressive.

■ Actress Nausheen Ali Sardar says Sima Taparia of 'Indian Matchmaking' fame discriminated against her because she's Muslim

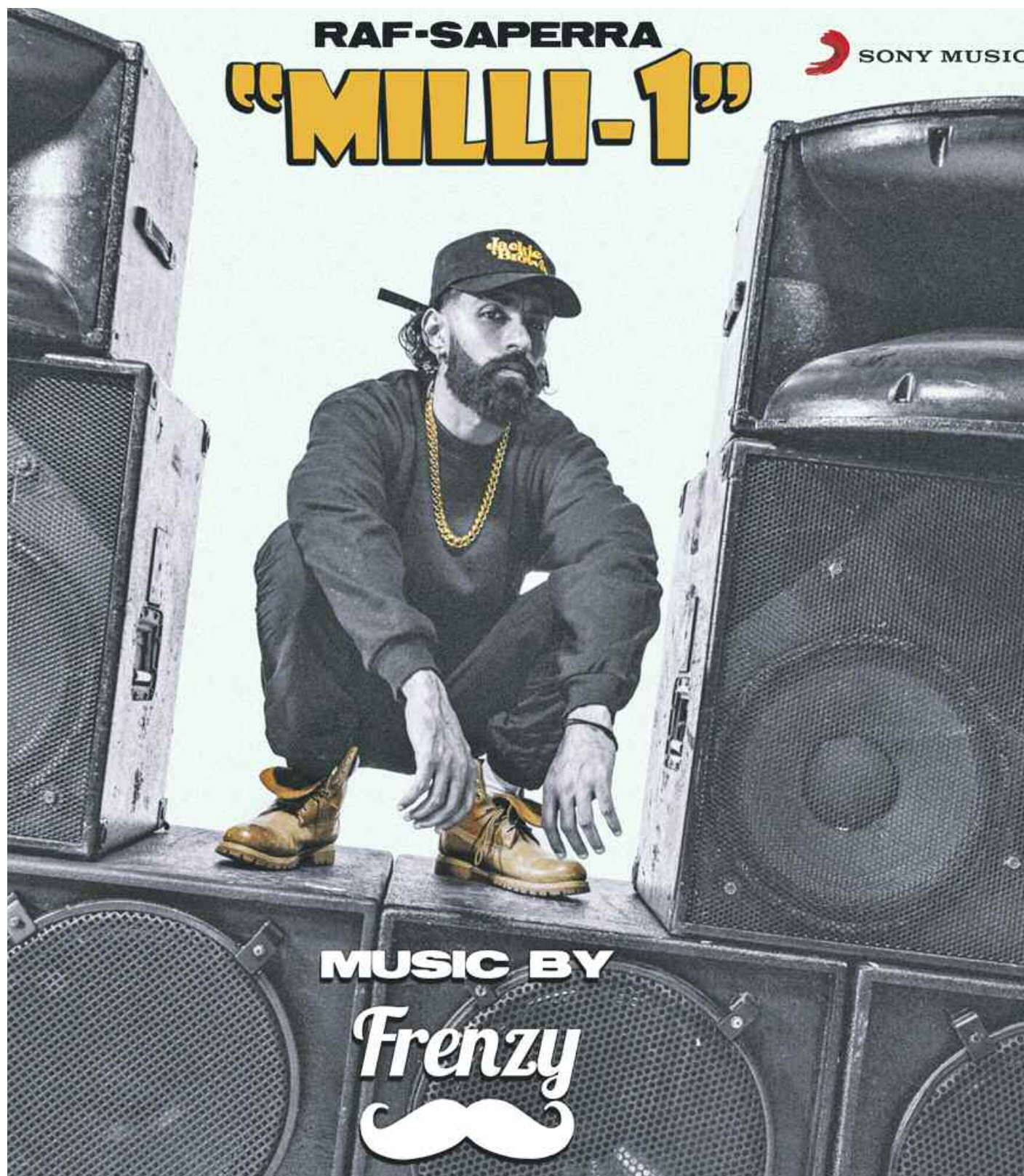
# South London's finest, Raf-Saperra returns to the airwaves

Back by popular demand, South London's finest, Raf-Saperra returns to the airwaves with his much-anticipated, second single featuring music by DJ Frenzy, 'Milli-1'.

Released by Sony Music India, Saperra's collaboration with DJ (aka Desi) Frenzy on 'Milli-1' is a musical tour de force that combines heritage, Punjabi folk roots with an urban kickback.

The track bears all the hallmarks of a dancefloor classic. Fierce and feisty, "Milli-1" celebrates living life authentically and on one's own terms, without compromise.

Following the global success of his debut track, 'G'Lassy Riddim', in late 2020, Raf-Saperra was announced as one of the most exciting Asian artists with their coveted Future Sounds 2021 list. While Desi Frenzy is already a global brand that we've come to recognise as the 'Remix King' who showcased his musical prowess through his debut single, Keep Moving, featuring Jaz Dhami, which reached the Number 1 spot on the Official UK Asian Charts in 2020.



## WONDER WOMAN 1984

Wonder Woman 1984 arrives this week on DVD and Blu-ray - both in standard definition and 4K.

The highly-anticipated sequel to 2017's groundbreaking Wonder Woman - once again directed by Patty Jenkins and starring Gal Gadot and Chris Pine - turned out to be a surprisingly polarising release, especially given the good will built up by the mostly outstanding and widely praised first movie.

The 4K Ultra HD Blu-ray disc of "Wonder Woman 1984" features DolbyVision™ HDR, which dramatically expands the colour palette and contrast range, and uses dynamic metadata to automatically optimise the picture for every screen, frame by frame. It will also

feature HDR10+™, a new HDR technology that optimises brightness levels and contrast for each scene, making bright areas brighter and dark areas darker to deliver a lifelike viewing experience.

The 4K Ultra HD Blu-ray disc of "Wonder Woman 1984" will also feature a Dolby Atmos® soundtrack remixed specifically for the home theatre environment to place and move audio anywhere in the room, including overhead.



# PRIYANKA CHOPRA

## among BAFTA Awards presenters

Priyanka Chopra Jonas joins Prince William, Renée Zellweger, and Leslie Odom Jr as part of the star-studded line-up set to appear at the BAFTA Film Awards on 10th and 11th April at the Royal Albert Hall.

Prince William, who has served as president of BAFTA since 2010, will make a second appearance, delivering a speech via video that will celebrate the resilience of the film industry over the last year.

This year's EE BAFTA Film Awards will see eight craft category winners revealed on the night.

Awards presenters will include Asim Chaudhry, Priyanka Chopra Jonas, Sophie Cookson, Phoebe Dynevor, Chiwetel Ejiofor, Cynthia Erivo, Hugh Grant, Richard E. Grant, Tom Hiddleston, Felicity Jones, Gugu Mbatha-Raw, James

McAvoy, David Oyelowo, Pedro Pascal and Jonathan Pryce.

They will be joined by additional presenters tuning in from a studio in Los Angeles including Rose Byrne, Andra Day, Anna Kendrick and Renée Zellweger.

Priyanka, who is currently in London, took to Instagram Stories to repost from the official BAFTA Instagram page, announcing the news.

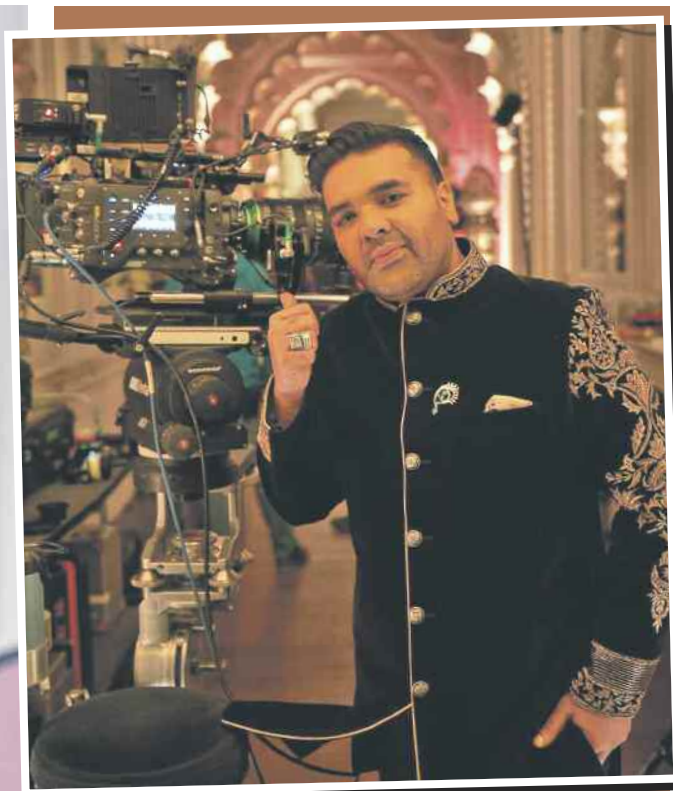
"So honoured and excited to be presenting at the #EEBAFTAs this Sunday!" she wrote.

Ahead of the show, title sponsor EE and platinum-selling artist Liam Payne will present an EE BAFTA AR music performance, played out live and in real-time through mobile handsets. The experience will give UK fans a first-look

at Liam Payne's AR Avatar.

Other musical guests on the night include Brit Award winner Celeste performing 'Hear My Voice' from best film nominee "The Trial of the Chicago 7," as well as a duet of "A Change is Gonna Come," featured in "One Night in Miami..." to be performed by Leslie Odom Jr. from Los Angeles and Corinne Bailey Rae in London.

Emma Baehr, executive director of awards and content at BAFTA, said: "We're delighted to bring a whole weekend of BAFTA programs to the BBC this year, where we get to share our passion for the art and craft of filmmaking and celebrate the very best in film along with our exciting new hosts, special guest presenters and musical performances."



## What's love got to do with it?

### Naughty Boy to bring new collaborations and recordings for Shekhar Kapoor and Jemima Khan's new movie

British-Pakistani record producer, DJ, songwriter and musician Naughty Boy is bringing his production and writing skills to Shekhar Kapur and Jemima Khan's 'What's love got to do with it?'

He'll collaborating on new, original, recordings for the upcoming romantic comedy.

Pictured exclusively on set Naughty Boy has partnered with a well-known Pakistani artist for the project, with further details to follow closer to the film's release in 2022.

Naughty Boy comments "It was an honour to be asked by Jemima and Shekhar to be a part of the soundtrack for 'What's love got to do with it?' - my first step into the film music realm, and to be doing this with one of Pakistan's biggest artists is a dream come true.

"As a composer, playing with instruments and grooves I wouldn't normally have opened up this soundtrack to a universal sound which I am excited for everyone to hear. It will definitely get you dancing and the world really needs that right now!"

'What's love got to do with it?' is a new cross cultural romantic comedy starring Lily James (Baby Driver, Darkest Hour, Mamma Mia! Here We Go Again, Rebecca), Shazad Latif (Star Trek: Discovery, Penny Dreadful, The Second Best Exotic Marigold Hotel) with Emma Thompson (Beauty and the Beast, Bridget Jones's Baby, Saving Mr Banks) set to star.

Rounding out the cast are Sajal Aly, Shabana Azmi, Rob Brydon and Asim Chaudhry. The film is directed by Shekhar Kapur and written by Jemima Khan.

The film is produced by Khan (The Clinton Affair, The Case Against Adnan Syed, Ww Steal Secrets: The Story of Wikileaks) and her Instinct Productions with producer Nicky Kentish Barnes alongside Working Title Films' Eric Fellner and Tim Bevan.

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## New limited-edition model from Mercedes-AMG

The CLS will come to the starting line in April 2021 with a sharpened design. The front end in particular, with new radiator grilles and bumpers, expresses the dynamism of the four-door coupé even more strongly. At the same time, the interior has been upgraded with additional leather and trim combinations as well as a new generation of steering wheel.

As a coupé, the CLS, together with all roadsters and cabriolets, belongs to the category of dream cars at Mercedes-Benz.

A strictly limited special model of the Mercedes-AMG CLS 53 4MATIC+ forms the sporty-exclusive spearhead, with only 300 units of the new Limited Edition planned.

To date, more than four million examples have been sold to customers all over the world, including more than 450,000 CLS models since the launch of the

first generation in 2004. The reason most frequently cited by customers for buying the CLS is its design: Sportiness is the true luxury in this customer segment.

20-inch AMG 5-twin-spoke light-alloy wheels, painted black and with a high-sheen rim flange, are also standard. The AMG Night package, selected exterior elements are finished in high-gloss black. These include the front splitter of the AMG front apron, the housings of the exterior mirrors and the surrounds of the side windows.

Now the CLS shows off an even sportier look. The entry-level model with AVANTGARDE Exterior as standard features a new front apron with striking air intakes, two louvres at the sides, and a front splitter in silver chrome. The rear apron has a black diffuser-look insert and a silver-chrome trim strip. Two new designs are

available for the 19-inch light-alloy wheel: 5-twin-spoke or multi-spoke rims.

In addition to the more distinctive exterior, the interior has also been enhanced. Two new trim finishes, including for the centre console, are available in open-pore brown walnut and high-gloss grey wood. The range of leather seat upholstery has also been expanded.

In addition to the familiar petrol models, the CLS 300 d 4MATIC launched in March 2021 (combined fuel consumption 5.8-5.5 l/100 km; combined CO2 emissions 153-144 g/km)[2] has a mild hybrid powertrain.

Its four-cylinder diesel engine (OM 654 M) comes with an integrated second-generation starter-generator and 48-volt electrical system. The output is 195 kW plus 15 kW electric boost.

The first models are expected in July.



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# Edd China is back!

Internationally renowned as the enthusiastic mechanical virtuoso on the spanners in *Wheeler Dealers*, Edd China is back with his own weekly show, *Edd China's Workshop Diaries*, broadcast on YouTube later this week.

The series will focus on the practical aspects of Edd's workshop life, revelling in the detail of the fixes and exploring old and new technologies; covering a wide range of projects from classic cars to amphibious vehicles, tractors and bikes to planes – whatever takes their fancy.

China relishes the upcoming project, which invites viewers into his personal workshop facility in

Buckinghamshire.

“I'm really excited to finally be able to bring this project to our fans as it is something they repeatedly have been asking for,” said China. “Workshop Diaries will let viewers really get stuck into the project and the detail of the fixes, and also provide a platform for instant feedback and interaction. It's an exciting prospect and it's great to finally get going!”

The show's format is as flexible as the content, promising the ability to surprise every week. Episode one airs on Good Friday (April 2nd).



# 10 MILLION electric miles



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**The UK's largest free retail electric car charging network has hit 500,000 charges – providing over 10 million miles of complimentary carbon neutral motoring.**

Tesco, in partnership with Volkswagen and Pod Point, is installing free charging points at 600 supermarkets around the UK as part of their commitment to improving electric car charging infrastructure.

The partnership has now provided its 500,000th free top-up – and during this period **THREE MILLION** kWh of free, carbon neutral electricity has been given out.

This is enough power to drive a new all-electric Volkswagen ID.4 SUV around 10.4 million miles.

Based on the average new petrol or diesel car sold in the UK, the

scheme has reduced carbon emissions by approximately 2,120 tonnes - the same as more than 2,770 acres of forest will manage in a year.

The announcement was welcomed by Transport Secretary and EV owner Grant Shapps, who said: “As we accelerate towards a cleaner and greener transport future, it’s great to see one of Britain’s most iconic household names leading the way with electric vehicle chargepoints.

“In the time it takes to pick up the groceries, drivers up and down the country can now quickly and easily charge their cars and with £2.5bn of government support to encourage their take-up, there has never been a better time to switch to an EV.”

The Tesco Extra in Slough has been the busiest supermarket for

free charging - with the sockets used more than 10,000 times.

It finished ahead of Tesco supermarkets in Stourbridge, Crawley, Altrincham and Bromley by Bow in the top five.

Making up the rest of the top 10 were the Tesco supermarkets in Watford, Orpington, Elmers End, Havant and Lichfield.

Director of Volkswagen, Andrew Savvas, said: “Our partnership with Tesco and Pod Point emphasises our commitment to carbon neutral mobility for all and we’re delighted to have reached this milestone - helping owners of all electric car brands top up with free renewable energy while they’re doing their grocery shop.”

Tony Hoggett, chief operating officer at Tesco, said: “We are committed to reducing carbon emissions in all our operations and

aim to be carbon neutral in the UK 2035.

“As part of this we want to encourage our customers to play their part with the rollout of free-to-use EV chargers to 600 of our stores.

“Providing customers with charging points offers them a sustainable choice and giving them the opportunity to charge their car for free while they shop is a little help to make this easier.”

The partnership, which has been running for two years, was announced to improve the charging infrastructure as the UK prepares for an electric future.

According to the Society of Motor Manufacturers and Traders, 108,205 battery electric vehicles were registered in the UK in 2020, an increase of 185 per cent on 2019.

They can use the 7kW chargers along with 22kW rapid chargers where available for free, while 50kW rapid chargers are available for the market rate.

Erik Fairbairn, Pod Point Founder and CEO, added: “Reaching the 500,000 charges milestone is testament to the growing appetite for EVs as well as the ease and convenience of the charging experience.

“The partnership is making great strides towards our goal of delivering the nation’s largest retail EV charging network – one that is reliable, accessible, secure and free making it even easier for drivers to choose electric and accelerate adoption.

“We look forward to powering up even more local areas as we continue our roll out.”



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<b>A212 JAN</b> OFFERS OVER £5,000 TEL: 07817 615 022	<b>AM11 SAR</b> £2,500 TEL: 01274 414141 MON - FRI: 9-5-30	<b>AS14 NJT</b> £10,000 ONO TEL: 07976 024 735	<b>BH54RAT</b> OFFERS (BHARAT) TEL: 07970 026 653	<b>DR 5 500D</b> £8,000 T: 07740 784 983 privateplates@hotmail.co.uk	<b>EY1ISUF</b> £15,000 (E YUSUF) TEL: 07985 455 057	<b>GY1ISUF</b> £15,000 (G YUSUF) TEL: 07985 455 057	<b>J4IALLS</b> £15,000 (J ALLALS) TEL: 07985 455 057	<b>KK1IMAR</b> £15,000 (K KUMAR) TEL: 07985 455 057	<b>MA1I RYM</b> £1,500 TEL: 01274 414141 MON - FRI: 9-5-30	<b>MS1IUGH</b> £15,000 (MS HUGH) TEL: 07985 455 057	<b>MS1IASH</b> £15,000 (MS HAYSH) TEL: 07985 455 057	<b>PA1I SHN</b> £2,500 TEL: 01274 414141 MON - FRI: 9-5-30	<b>RY1ISUF</b> £15,000 (R YUSUF) TEL: 07985 455 057
<b>A212 JAN</b> OFFERS OVER £5,000 TEL: 07817 615													

<div><div>GB</div><div>SH04 BEK</div><div>£1,995 ONO TEL: 07764 656 667</div></div>	<div><div>GB</div><div>SHA2D</div><div>£25,000 TEL: 07867 861 193</div></div>	<div><div>GB</div><div>TAIHAS</div><div>£3,000 ONO (TALHA) TEL: 07946 162 099</div></div>	<div><div>GB</div><div>TVIJAY</div><div>£10,000 (T VIJAY) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>VY55 HAL</div><div>£3,500 TEL: 07588 326 444</div></div>	<div><div>GB</div><div>WDIIEEP</div><div>£7,000 (W DILEEP) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>XX 56XY XX</div><div>£8,000 ONO TEL: 07908 472 121</div></div>	
<div><div>GB</div><div>SHIOAEB</div><div>£2,000 TEL: 07754 852 402 no withheld numbers</div></div>	<div><div>GB</div><div>SOII BYA</div><div>£2,000 TEL: 01274 414141 MON - FRI: 9-5.30</div></div>	<div><div>GB</div><div>TAIIMAD</div><div>£10,000 (T AHMAD) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>TYIISAF</div><div>£15,400 (T YUSAF) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>VY55 HNU</div><div>£3,500 TEL: 07588 326 444</div></div>	<div><div>GB</div><div>WGIPTA</div><div>£6,995 (W GUPTA) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>XYIISAF</div><div>£15,400 (X YUSAF) TEL: 07985 455 057</div></div>	
<div><div>GB</div><div>SHIOABY</div><div>£4,000 ONO TEL: 07828 695 464</div></div>	<div><div>GB</div><div>SPIRTY</div><div>£15,000 (SPORTY) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>TAIIYRS</div><div>£1,500 (TAHYRS) TEL: 07867 886 786</div></div>	<div><div>GB</div><div>TYIISUF</div><div>£15,000 (T YUSUF) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>WQIIVER</div><div>£6,500 (W OLIVER) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>WKIIMAR</div><div>£15,000 (W KUMAR) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>YIINES</div><div>£OFFERS (YUNAS) TEL: 07834 016 393</div></div>	
<div><div>GB</div><div>SHIOKET</div><div>£2,000 ONO TEL: 07754 852 402 no withheld numbers</div></div>	<div><div>GB</div><div>STIIGGG</div><div>£20,000 ONO TEL: 07786 510 000</div></div>	<div><div>GB</div><div>TAI3BYS</div><div>£1,600 ONO TEL: 07557 387 547</div></div>	<div><div>GB</div><div>UAIIMAD</div><div>£10,000 (U AHMAD) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>W2I JAS</div><div>£1,200 ONO TEL: 07527 757 677</div></div>	<div><div>GB</div><div>WMIILES</div><div>£7,500 (W MILES) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>YSIILMA</div><div>£4,000 ONO (SALMA) TEL: 07969 598 969</div></div>	
<div><div>GB</div><div>SHIOKUT</div><div>£OFFERS T: 07754 852 402 no withheld numbers</div></div>	<div><div>GB</div><div>SUR87IT</div><div>£1,500 (SURBJIT) TEL: 07985 589 631</div></div>	<div><div>GB</div><div>TA55LYM</div><div>£4,895 ONO TEL: 07779 324 610</div></div>	<div><div>GB</div><div>UDIIEEP</div><div>£7,000 (U DILEEP) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>W33DDY</div><div>£5,000 ONO TEL: 07779 994 695</div></div>	<div><div>GB</div><div>WSIISAN</div><div>£7,500 (W SUSAN) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>Y55ANA</div><div>£OFFERS TEL: 07835 316 786</div></div>	
<div><div>GB</div><div>SHII AED</div><div>£1,000 TEL: 01274 414141 MON - FRI: 9-5.30</div></div>	<div><div>GB</div><div>SYIISAF</div><div>£15,400 (S YUSAF) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>TA55TEE</div><div>£5,000 T: 07740 784 983 privateplates@hotmail.co.uk</div></div>	<div><div>GB</div><div>UKIORD</div><div>£OFFERS TEL: 07522 190 997</div></div>	<div><div>GB</div><div>W33DY K</div><div>£5,000 ONO TEL: 07779 994 695</div></div>	<div><div>GB</div><div>WYIISAF</div><div>£15,400 (W YUSUF) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>Y9 ALT</div><div>£30,000 TEL: 07525 817 453</div></div>	
<div><div>GB</div><div>SHII AFS</div><div>£1,500 TEL: 01274 414141 MON - FRI: 9-5.30</div></div>	<div><div>GB</div><div>SYIISUF</div><div>£15,000 (S YUSUF) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>TA55TYE</div><div>£5,000 T: 07740 784 983 privateplates@hotmail.co.uk</div></div>	<div><div>GB</div><div>UMM444R</div><div>£4,995 TEL: 07707 747 776</div></div>	<div><div>GB</div><div>W33NTD</div><div>£1,800 (WANTED) TEL: 01202 877 038</div></div>	<div><div>GB</div><div>WYIISUF</div><div>£15,000 (W YUSUF) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>YAIIMAD</div><div>£10,000 (Y AHMAD) TEL: 07985 455 057</div></div>	
<div><div>GB</div><div>SHIAHZ</div><div>£5,000 TEL: 07921 576 971</div></div>	<div><div>GB</div><div>TOYSR</div><div>£15,000 ONO TEL: 07973 787 934</div></div>	<div><div>GB</div><div>TA67 ETS</div><div>£6,000 ONO TEL: 07908 472 121</div></div>	<div><div>GB</div><div>UYIISAF</div><div>£15,400 (U YUSAF) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>W4JLD</div><div>£1,995 TEL: 07954 389 874</div></div>	<div><div>GB</div><div>X3 SINGS</div><div>£3,500 (SINGHS) TEL: 07833 333 870</div></div>	<div><div>GB</div><div>YAIIYAA</div><div>£15,000 (YAYYAA) TEL: 07985 455 057</div></div>	
<div><div>GB</div><div>SHII ANY</div><div>£2,000 TEL: 01274 414141 MON - FRI: 9-5.30</div></div>	<div><div>GB</div><div>TIUUCS</div><div>£OFFERS TEL: 07581 169 231</div></div>	<div><div>GB</div><div>TAHIR</div><div>£10,000 (TAHIR) TEL: 07403 302 725</div></div>	<div><div>GB</div><div>VOIIRAS</div><div>£2,000 (VOHRA) TEL: 07867 886 786</div></div>	<div><div>GB</div><div>W4KY R</div><div>£10,000 TEL: 07786 615 234</div></div>	<div><div>GB</div><div>X 7BY X</div><div>£1,500 TEL: 07767 778 798</div></div>	<div><div>GB</div><div>YEIICOM</div><div>£49,000 (YELL COM) TEL: 07985 455 057</div></div>	
<div><div>GB</div><div>SHIIKEL</div><div>£4,995 ONO (SHAKEL) TEL: 07863 845 709</div></div>	<div><div>GB</div><div>TI4 REK</div><div>£OFFERS (TARIC) TEL: 07508 066 661</div></div>	<div><div>GB</div><div>TBIATT</div><div>£7,000 (T BHATT) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>VOIIVER</div><div>£6,500 (V OLIVER) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>W4LYT</div><div>£2,000 TEL: 07854 435 656</div></div>	<div><div>GB</div><div>XAL IIX</div><div>£15,000 TEL: 07733 244 444</div></div>	<div><div>GB</div><div>YDIIEEP</div><div>£7,000 (Y DILEEP) TEL: 07985 455 057</div></div>	
<div><div>GB</div><div>SHII OBY</div><div>£1,000 TEL: 01274 414141 MON - FRI: 9-5.30</div></div>	<div><div>GB</div><div>TI9 ARX</div><div>£OFFERS (TIGER X) TEL: 07837 790 981</div></div>	<div><div>GB</div><div>TDIIEEP</div><div>£7,000 (T DILEEP) TEL: 07967 193 033</div></div>	<div><div>GB</div><div>V 4RFN</div><div>£1,000 TEL: 07967 193 033</div></div>	<div><div>GB</div><div>WAIIEEM</div><div>£15,000 (WAHEEM) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>X BAIG</div><div>£50,000 TEL: 07947 979 777</div></div>	<div><div>GB</div><div>YKIIMAR</div><div>£15,000 (Y KUMAR) TEL: 07985 455 057</div></div>	
<div><div>GB</div><div>SHIIPER</div><div>£15,000 (SHIPER) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>TILI 786</div><div>£1,500 ONO TEL: 07974 179 156</div></div>	<div><div>GB</div><div>TERIK</div><div>£7,000 (T KING) TEL: 07739 413 695</div></div>	<div><div>GB</div><div>V 44MJD</div><div>£850 ONO TEL: 07803 012 253</div></div>	<div><div>GB</div><div>WAIISHA</div><div>£9,000 (W AISHA) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>X K04SER</div><div>£OFFERS TEL: 07811 146 312</div></div>	<div><div>GB</div><div>YUIONES</div><div>£OFFERS T: 07754 852 402 no withheld numbers</div></div>	
<div><div>GB</div><div>SHIYLA</div><div>£10,000 TEL: 07969 914 041</div></div>	<div><div>GB</div><div>T44 RKK</div><div>£2,200 ONO TEL: 07926 095 168</div></div>	<div><div>GB</div><div>TJIDGE</div><div>£15,500 (T JUDGE) TEL: 07985 455 057</div></div>	<div><div>GB</div><td><div>VAIIMAD</div><div>£10,000 (V AHMAD) TEL: 07985 455 057</div></td></div>	<div>VAIIMAD</div> <div>£10,000 (V AHMAD) TEL: 07985 455 057</div>	<div><div>GB</div><div>WAIITAD</div><div>£10,000 (WANTED) TEL: 07778 881 126</div></div>	<div><div>GB</div><div>X KIIAN X</div><div>£2,700 TEL: 07786 087 155</div></div>	<div><div>GB</div><div>YVIIJAY</div><div>£10,000 (Y VIJAY) TEL: 07985 455 057</div></div>
<div><div>GB</div><div>SHI2ADH</div><div>£3,000 ONO TEL: 07870 993 553</div></div>	<div><div>GB</div><div>T444BYS</div><div>£995 ONO TEL: 07886 606 431</div></div>	<div><div>GB</div><div>TKIINGS</div><div>£14,000 (T KINGS) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>VBIATT</div><div>£7,000 (V BHATT) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>W4H330K</div><div>£2,500 (WAHEED K) TEL: 07973 199 979</div></div>	<div><div>GB</div><div>XKIIMAR</div><div>£15,000 (X KUMAR) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>Y44SCR</div><div>£2,500 ONO TEL: 07828 159 318</div></div>	
<div><div>GB</div><div>SHI2ANH</div><div>£3,000 ONO TEL: 07870 993 553</div></div>	<div><div>GB</div><div>T8WHD</div><div>£15,000 (TAWHEED) TEL: 07842 955 147</div></div>	<div><div>GB</div><div>TMIILES</div><div>£7,500 (T MILES) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>VDIIEEP</div><div>£7,000 (V DILEEP) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>W4J33D</div><div>£2,995 TEL: 07793 628 670</div></div>	<div><div>GB</div><div>XSHIACS</div><div>£4,500 (X SHAKS) TEL: 07985 455 057</div></div>		
<div><div>GB</div><div>SHI3 MLA</div><div>£5,000+ (SHIMMLA) TEL: 07973 165 474</div></div>	<div><div>GB</div><div>T9RYK</div><div>£OFFERS TEL: 07863 289 625</div></div>	<div><div>GB</div><div>TRII HAD</div><div>£2,500 TEL: 01274 414141 MON - FRI: 9-5.30</div></div>	<div><div>GB</div><div>VSIISAN</div><div>£7,500 (V SUSAN) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>W4J33D</div><div>£2,995 TEL: 07793 628 670</div></div>	<div><div>GB</div><div>XXIO MAR</div><div>£10,000 TEL: 07928 473 771</div></div>		
<div><div>GB</div><div>SH54ZHD</div><div>£5,725 TEL: 07802 183 450</div></div>	<div><div>GB</div><div>TAIATS</div><div>£1,500 (TALLAT) TEL: 07867 886 786</div></div>	<div><div>GB</div><div>TSIISAN</div><div>£7,500 (T SUSAN) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>VYIISAF</div><div>£15,400 (V YUSAF) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>W4J33D</div><div>£2,995 TEL: 07793 628 670</div></div>	<div><div>GB</div><div>XXIO MAR</div><div>£10,000 TEL: 07928 473 771</div></div>		

<div><div>GB</div><div>5 NAS</div><div>£30,000 TEL: 07540 176 854</div></div>	<div><div>GB</div><div>CHIEFS</div><div>£20,000 ONO TEL: 07786 615 234</div></div>	<div><div>GB</div><div>PIINEM</div><div>£2,995 ONO (PUNEM) TEL: 07305 700 800</div></div>
<div><div>GB</div><div>ATT4H</div><div>£8,500 ONO TEL: 07786 424 251</div></div>	<div><div>GB</div><div>K7 PPA</div><div>£3,995 ONO TEL: 07890 201 854</div></div>	<div><div>GB</div><div>UK I IORD</div><div>£OFFERS TEL: 07522 199 997</div></div>
<div><div>GB</div><div>H4 SSB</div><div>£12,995 ONO TEL: 07440 766 843</div></div>	<div><div>GB</div><div>L99HOR</div><div>£OFFERS TEL: 07850 706 930</div></div>	<div><div>GB</div><div>YA55EEM</div><div>£75,000 ONO TEL: 07887 837 553</div></div>
<div><div>GB</div><div>J4 MEL</div><div>£15,000 ONO TEL: 07870 496 535</div></div>	<div><div>GB</div><div>NOO2HAT</div><div>£2,000 ONO (NUZHAT) TEL: 07813 011 702</div></div>	

<div><div>GB</div><div>A84DLA</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>AWA15S</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>F9TMA</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>K4HN.V</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>M44YAT</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>S4FTR</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>SHIFYK</div><div>£OFFERS TEL: 07522 173 297</div></div>
<div><div>GB</div><div>AI.2GGY</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>AWIIS.X</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>FAIIZAM</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>K4UR.X</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>MAI4RYA</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>S4JAO</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>SIDOFYN</div><div>£OFFERS TEL: 07522 173 297</div></div>
<div><div>GB</div><div>AAI2OMA</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>AY55HAS</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>FI2ANA</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>K44HNY</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>MAI4RYM</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>S4TPL</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>T4RAK</div><div>£OFFERS TEL: 07522 173 297</div></div>
<div><div>GB</div><div>AAI3EZA</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>BIG ACN</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>FI2LAT</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>KE55AR.B</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>MAQ4DAS</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>S500AAN</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>T4SDK</div><div>£OFFERS TEL: 07522 173 297</div></div>
<div><div>GB</div><div>AA55HAD</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>BAO.5HAN</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>FI7RAN</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>KA55YM.A</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>MEIIZAN</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>SAI4HYL</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>T5PAN</div><div>£OFFERS TEL: 07522 173 297</div></div>
<div><div>GB</div><div>ABIIDLA</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>BD5.7HUG</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>HIGFSA</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>KE55AR.J</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>MUIIAMO</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>SHO2ZEB</div><div>£OFFERS TEL: 07522 173 297</div></div>	<div><div>GB</div><div>TIGYUB</div><div>£OFFERS TEL: 07522 173 297</div></div>
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# Blind England footballer changes perceptions

**A blind England international footballer is looking to educate thousands around the world about disability through his ground-breaking initiative.**

Rochdale-born Azeem Amir, 22, has created his own team of coaches and is launching a unique workshop programme - he is already gaining UK-wide interest and is in talks with the Football Association and other organisations about delivering them internationally.

The workshops, delivered through his business Learn With ESS (Education, Sport and Speaking), look to address stigmatised issues surrounding disability and change perceptions through team building activities and away days.

Azeem, who was born with no sight in his right eye and just light perception in his left, plays blind football professionally around the world with England and is an aspiring Paralympian.

In 2019, he started Learn With ESS with the help of GC Business Growth Hub, after attending a programme they delivered at the Launch business incubator, based at the University of Salford.

Aimed at educational institutions such as schools and colleges, professional and grassroots sports clubs, as well as corporate businesses, Learn With ESS aims to offer a unique life lasting experience.

Working with the Hub, Azeem developed a workshop which incorporates classroom based activities on learning, visual and hearing impairment awareness, followed by a practical Paralympic taster session on sports such as blind football and goalball, and a motivational talk from a local role model or athlete.

**Continued on page 46**



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## EVERYTHING THAT HAS A BEGINNING WILL HAVE AN END – BOXER CARL FRAMPTON RETIRES FROM PROFESSIONAL BOXING

By Khalil Alam

**Boxing is a brutal sport, both inside and outside of the ring.**

Having been a boxing coach for several years and involved with both Amateur and Professional boxing, I have noticed a lot of good things and the bad. It seems that every one in boxing has a story to tell you from the promoters, managers, coaches to the boxers themselves. However, in a sport where it would seem that loyalty is hard to find and it seems everyone is in it for themselves, there are sometimes nice guys you come across like Irish boxer Carl Frampton.

I have followed Frampton's career from his early amateur's days and when he turned professional, I predicted that he would one day become Ireland's most successful world champion boxer since Barry McGuigan. It was clear to see that Frampton had that "star quality" in the way that he conducted himself and his boxing toughness and ability was evident from the start, I was right.

Ironically, Frampton started his boxing career with Barry McGuigan and his son Shane and they helped steer his career to success where he went on to win multiple world titles in two weight divisions.

However, nothing can last for ever and even the greatest boxers of all time like Muhammad Ali lost their one time boxing youth, power, skill and ability with age (Ali suffered career ending boxing losses against Trevor Berbick and Larry Holmes that may have even contributed to his illness).

On Saturday night we witnessed another great boxer's fall from grace as Frampton suffered a one sided boxing defeat to American Jamel Herring.

Herring ended Frampton's boxing career as he stopped the 34 year old Irish challenger in the



sixth round to retain his WBO super-featherweight world title. Had Frampton beaten Herring then he would have been the only Irish boxer to win world titles in three different weight categories. Herring dominated the fight with his clear reach advantage over Frampton as Frampton struggled to get close to his opponent to land any clear punches.

Frampton was being out-boxed for the first time in his career and in the sixth round the American landed a brutal uppercut that dropped Frampton, the towel was thrown in from Frampton's corner and the referee waved the end of the contest.

Frampton who ended his career after 31 bouts and almost 12 years as a professional told the interviewers that it was time to quit his boxing career and concentrate on spending more time with his family and kids.

The American boxer Herring who won the contest convincingly told the interviewers of his own demons he had to face prior to boxing that included being in the army and going onto two tours in Iraq, experiencing combat killings, hiding for weeks whilst under fire from mortar rounds and snipers, watching his army friends being blown up.

After the war Herring suffered from PTSD and then suffered the tragic loss of his daughter who died suddenly from infant death syndrome.

Herring said: "It's been a lovely time out here in Dubai. The people have been so welcoming. I

wanted to do more but had to take care of business, but I will be back soon.

"It was an emotional rollercoaster to get here. My last outing wasn't the best, but I wasn't going to quit. Carl Frampton is a tremendous champion and I have been a fan since day one.

"He's one of my favourite fighters. He's a two-division world champion and has done great for the sport of boxing. It was an honour to share the ring with him, and I hope he gets home safe to his family.

"It was a great night for me, and now I want another title. To any of the other champions out there, if you want the fight then we can make it happen."

Frampton conceded: "I got beat by the better man." He was also close to tears when he said: "I'm deeply upset. I said I'd retire if I lost this fight and that is what I'll do. My wife and kids have made so many sacrifices. I have missed them so much. I just want to dedicate my life to my family. Boxing has been good to me. It's also been bad to me."

In this fight it was clear that Frampton had lost his boxing ability that included his timing, agility and toughness that he once had and I believe that had he fought Herring a couple of years earlier then Frampton who have beaten his American opponent, but this fight was the end of his boxing road and the right time to retire.

We wish Frampton the best of luck in his retirement.



## Blind England footballer changes perceptions

Continued from page 45

Azeem and his team started successfully piloting his business last March in local schools and colleges and was due to launch before the pandemic hit.

Like many businesses, they switched to delivering online and over the last year more than 20 schools, football clubs and businesses nationally have benefited from a virtual programme.

Now with restrictions easing and pupils returning to the classroom, several schools and organisations in the region have already signed up for Covid-secure face-to-face workshops.

And Azeem is keen for even more people to benefit from the programme.

He said: "Many people like myself who have overcome barriers in their lives can positively inspire and motivate others, so I thought, get these like-minded individuals and athletes together and develop it into a brand to change mindsets and create a more resilient and understanding nation."

"The coaches and I are really excited to formally launch Learn With ESS and my ambition is to have every school and grassroots sports team in the country signed up."

"The Hub have played a big part in getting Learn With ESS off the ground, particularly my advisor Isabelle and the Launch Incubator, and I can't thank them enough for their support."

Azeem added: "Talking to The Football Association and others

about taking this programme international is really exciting. I'm also hoping to take this programme to corporate clients as a team away day.

"I have already partnered up with global brands such as Nike and Santander, and this is an area I will be looking to develop in the future. I would like to thank everyone who has helped and supported Learn With ESS to get this far so quickly and I know it's just the start!"

GC Business Growth Hub advisor Isabelle Farquhar supports Azeem offering 1-2-1 mentoring and advice on everything from branding, website content to employing staff and social media.

She said: "Azeem is brilliant. He is a very enterprising and enthusiastic individual, who sees the positive in things and his disability hasn't stopped him whatsoever."

"Azeem is passionate about what he does and it has been a pleasure to work him for the last 18 months."

"We helped him to research and set up the business whilst he was on the Launch programme, and we have been with him on every step of his business journey."

"Covid was a challenge but Azeem rose to it. We worked together to ensure his business survived and I helped him redefine his strategy."

"Whilst he has been developing his business with us, we have also supported him with other opportunities that have come along. He really is an inspiring individual."

Azeem is also currently

**"The coaches and I are really excited to formally launch Learn With ESS and my ambition is to have every school and grassroots sports team in the country signed up."**

studying for his Master's, is a TedTalks speaker as well as an ambassador for several disability awareness charities and organisations.

Since Azeem started his business, he has also partnered with the National Citizen Service to introduce his programme into English Football League Clubs and community trusts including Blackburn Rovers, Oldham Athletic, Preston North-End, Salford City FC and Rochdale AFC.

Local partners who are working with Learn With ESS include Link4life, EdStart, and Manchester City Council. National partners include Association of Colleges, Coach Core and many more!

To find out more about booking Learn With ESS, visit [www.learnwithess.com](http://www.learnwithess.com) or email [info@learnwithess.co.uk](mailto:info@learnwithess.co.uk). Follow @LearnWithESS on Social Media.



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# Indian international Shreyas Iyer joins Lancashire Cricket

**Lancashire Cricket has just announced the overseas signing of Indian international batsman Shreyas Iyer for the 2021 Royal London Cup.**

Iyer will arrive at Emirates Old Trafford on Thursday 15th July ahead of the start of the 50 over tournament and will remain with the Red Rose for the duration of the month-long group stage.

The top-order batsman is regarded as one of the most attacking and fluent stroke players in the Indian ranks and has played in 50 One-Day and T20 Internationals for his Country.

26-year-old Iyer is a star name of the Indian Premier League (IPL) and captained Delhi Capitals to the final last year crashing 519 runs - the fourth highest in the tournament - at a strike rate of 123. Following the conclusion of the last IPL, Iyer played in all three matches of India's 2-1 ODI series victory in Australia and is currently part of the ongoing India series against England.

In total, Iyer has scored over 6,000 One-Day runs across his career so far hitting nine centuries. He averages just short of 45 in ODI cricket with eight fifties and a century to his name,

since debuting in 2017.

The signing of Shreyas Iyer signals the latest step in Lancashire's long association with Indian cricket, which stretches back more than 50 years when Indian International wicketkeeper batsman Farokh Engineer joined the county in 1968. He would go on to become a Lancashire legend and now serves as a Vice-President of the Club.

Since Engineer retired, four further Indian Internationals - Murali Kartik, Dinesh Mongia, V.V.S. Laxman and Sourav Ganguly - have represented the Red Rose with distinction. In addition to this, legendary Indian batsman Sachin Tendulkar hit his maiden Test Century at Emirates Old Trafford in August 1990.

More recently, Lancashire Cricket has continued its multi-layered strategic relationship by hosting last year's pre-season training camp in Mumbai and, in a first for an English County, during 2020 Lancashire Cricket matches were streamed live to Indian fans on the subcontinent via the popular JioTV.

In anticipation of the England v India Test Match Series at Emirates Old Trafford from 10-14 September, and as

celebration of Shreyas' arrival, Lancashire Cricket will be hosting a special Indian Summer events schedule during 2021. A series of events will take place that aim to bring the energy and excitement that Indian cricket supporters are famous for to Emirates Old Trafford on a regular basis.

Speaking after agreeing to join Lancashire for the 2021 Royal London Cup, Shreyas said: "Lancashire is a legendary name in English Cricket with a long-standing association with Indian Cricket. I am extremely humbled and honoured to carry the legacy forward of greats like Farokh Engineer, Sourav Ganguly and VVS Laxman at Lancashire."

"Emirates Old Trafford is a world class international stadium and I am looking forward to meeting my teammates and the supporters of the Club."

Lancashire's Director of Cricket, Paul Allott, added: "Shreyas is one of the shining lights of a new generation of Indian batsmen and a leader, and we're delighted that an opportunity to bring him to Emirates Old Trafford has presented itself."

"With the expectation that we

will be fielding a younger side in this year's Royal London Cup due to the Hundred, it was important that we brought in a top-order batsman with experience at the highest level to enhance our prospects in the tournament.

"Shreyas has experience of captaining in an IPL final as well as playing in top level international fixtures, so his on-field skills, and ability to remain calm in high pressure situations, will serve our young squad well this summer."

"His current form against England has been hugely impressive and we're looking forward to welcoming him to Lancashire Cricket and Emirates Old Trafford later this summer."

"We hope that this signing will reward Members' patience for not being able to attend Lancashire fixtures last year and demonstrates our continued commitment across all three domestic competitions this summer."

Lancashire Cricket will kick off their Royal London Cup campaign at home to Sussex on Friday 23 July, with a friendly fixture against Cumberland CCC on Tuesday 20 July.

- FA Cup semi-final is a pilot event testing how crowds can return to venues safely
- Government has stressed that the events are scientific tests of the protocols
- It's hoped the testing programme will allow large crowds to later in the summer
- Carabao Cup, FA Cup final and World Snooker Championships also test events



## Fans will return to Wembley

**FA Cup semi-final between Leicester City and Southampton expects 20,000 attendees**

### Back page continued

Health service workers may also be invited to attend the event, which is the first step on the road to returning large crowds - and even full houses - at sporting events later in the summer or next season.

The government has stressed that the pilot events are designed to investigate how to keep people safe in crowds, rather than provide an opportunity for clubs' supporters to see their teams in action.

However, the hope is that the results of this and the other pilots, which will take place in

April and May, will lead to significant numbers in the latter stages of Euro 2020.

The government is expected to announce a list of around 14 pilot events soon. The FA Cup semi-final will be one of the first. The list also includes the Carabao Cup final on April 25 and the FA Cup final on May 15.

It is hoped the numbers will ramp up with the possibility that the FA Cup final could be played in front of 20,000 people.

Wembley is reportedly hoping to admit 45,000 fans in the 90,000-seat arena for the semi-final and final of Euro 2022.





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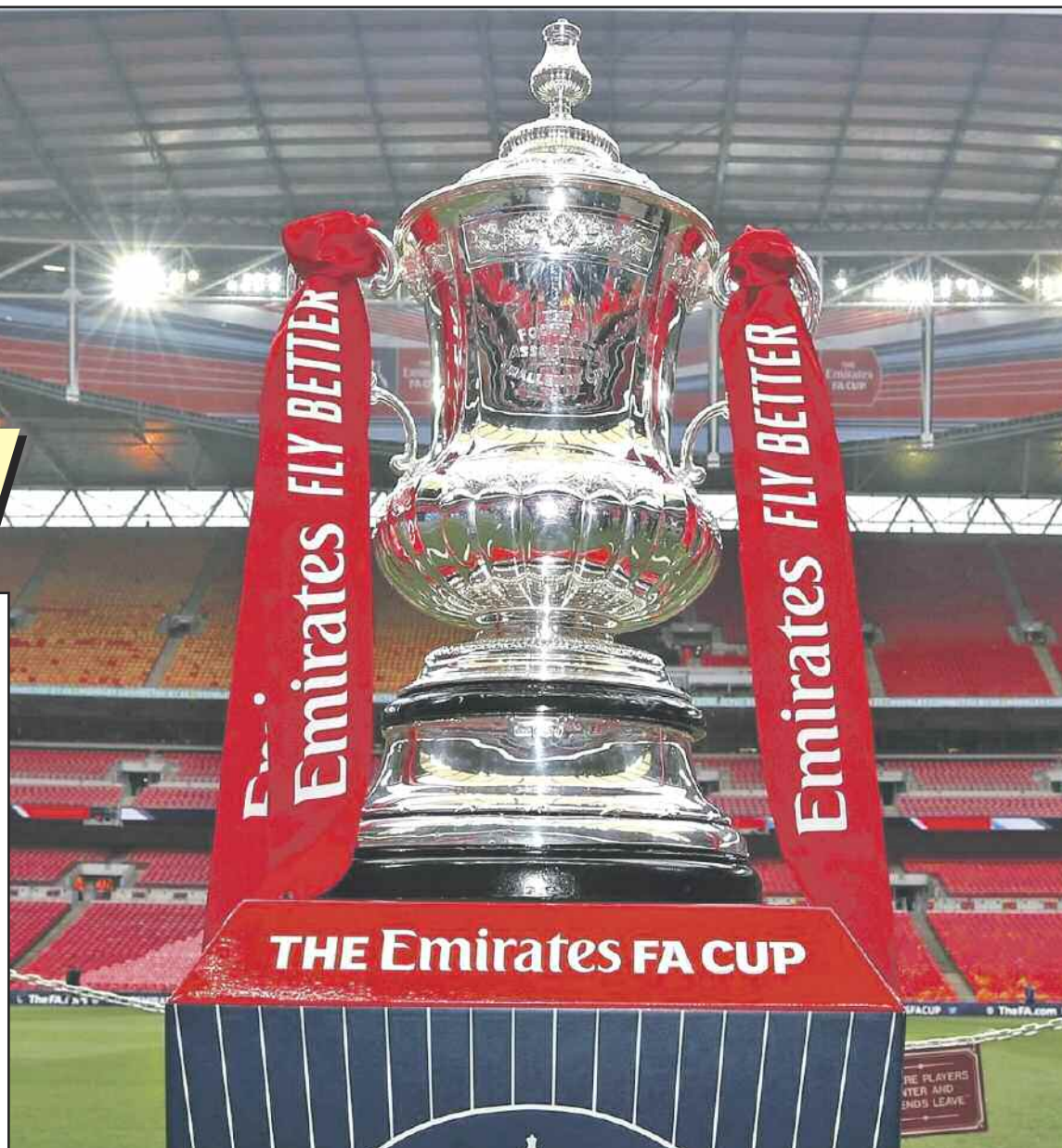


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# Fans will return to Wembley



## FA Cup semi-final between Leicester City and Southampton expects 20,000 attendees

The FA Cup semi-final between Leicester City and Southampton has been selected by government as the first football test event for the return of fans.

The match on 18th April will be played in front of 4,000 people at Wembley Stadium, who are expected to be residents of the borough of Brent, rather than spectators of the clubs.

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