

**END
WORLD
HUNGER**

See pages 2 & 3



**UK Asian
Film Festival
announces dates
for next event**

See page 35



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RELENTLESS



**Return of the
'Ramadan Runner'
for the eighth
consecutive year!**

Bradford's famous 'Ramadan Runner' will be taking on the physically daunting challenge for the eighth consecutive year of completing a 10K run, all whilst fasting 18-hours!

With no access to food or water, careers advisor, Nazim Ali will be running locally as part of the Virtual Hamburg (Germany) 10K Run. He'll be taking a route from Bradford's Lister Park to Cottingley and back, to raise funds for the SKT Welfare Trust, who'll be building homes for internally displaced Syrians.

Continued on page 8

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QUOTES FROM NGO SIGNATORIES



Interim CEO of Islamic Relief Worldwide, Tufail Hussain:

"Cutting aid in the middle of a pandemic is morally abhorrent and risks rolling back decades of development. Failure to act now will cast a shadow over generations to come, as malnutrition affects young children's cognitive and physical development for the rest of their lives. The world must not wait for famine to be declared before helping people who are starving right now. We are calling for global solidarity to end hunger and stand with the world's poorest people."



Save the Children's CEO, Inger Ashing: "We have warned donors over and over again – their inaction

is leading to death and despair among children, as we see in countries across the globe every single day. A pledging conference for Yemen in early March did not even raise half of the funds needed, and that country is at a tipping point. It's painful, because governments have the money. That

thousands of children will be dying of hunger and disease in 2021 is a political choice – unless governments radically choose to help save the lives of children."



Oxfam International Executive Director, Gabriela Bucher: "The richest countries are

slashing their food aid even as millions of people go hungry; this is an extraordinary political failure. They must urgently reverse these decisions. And we must confront the fundamental drivers of starvation – global hunger is not about lack of food, but a lack of equality."



David Miliband, CEO and President of the International Rescue Committee: "The worsening rate of global hunger is horrifying to

witness. Every day we are seeing the human cost of hunger play out in the countries where we work. World leaders must act now to prevent unprecedented levels of suffering, through increased funding and diplomatic efforts to end conflict and improve humanitarian access."

END WORLD HUNGER



Aid organisations call on governments to give a single day's military spending to fight hunger

A year on since the UN warned of "famines of biblical proportions", rich donors have funded just 5 percent of the UN's \$7.8bn food security appeal for 2021.

More than 200 NGOs published an open letter on Tuesday 20th April, calling upon all governments to urgently increase aid to stop over

34 million people, from being pushed to the brink of starvation this year.

The \$5.5bn additional funding recently called for by the UN WFP and FAO is equivalent to less than 26 hours of the \$1.9 trillion that countries spend each year on the military. Yet, as more and more

people go to bed hungry, conflict is increasing.

At the end of 2020 the UN estimated that 270 million people were either at high risk of, or already facing, acute levels of hunger. Already 174 million people in 58 countries have reached that level and are at risk of dying from

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Only 26 hours of global military spending is enough to cover the \$5.5 billion needed to help most at risk

malnutrition or lack of food, and this figure is only likely to rise in coming months if nothing is done immediately. Globally, average food prices are now the highest in seven years. Conflict is the biggest driver of global hunger, also exacerbated by climate change and the coronavirus pandemic. From Yemen, to Afghanistan, South Sudan and Northern Nigeria, conflicts and violence are forcing millions to the brink of starvation. Many in conflict zones have

shared horrifying stories of hunger. Fayda from Lahj governorate in Yemen says: “When humanitarian workers came to my hut, they thought I had food because smoke was coming from my kitchen. But I was not cooking food for my children – instead I could only give them hot water and herbs, after which they went to sleep hungry. I thought about suicide several times but I did not do it because of my children.” At the outset of the COVID-19 pandemic the UN Secretary General called for a global ceasefire to address the pandemic but too few leaders have sought to implement it. Global leaders must support durable and sustainable solutions to conflict, and open pathways for humanitarians to access those in conflict zones to save lives. Amb. Ahmed Shehu, Regional Coordinator for the Civil Society Network of Lake Chad Basin said: “The situation here is really dire. Seventy percent of people in this region are farmers but they can’t access their land because of violence, so they can’t produce food. These farmers have been

providing food for thousands for years – now they have become beggars themselves. Food production is lost, so jobs are lost, so income is lost, so people cannot buy the food. Then, we as aid workers cannot safely even get to people to help them. Some of our members risked the journey to reach starving communities and were abducted – we don’t know where they are. This has a huge impact on those of us desperate to help.”

Farmers who have been providing food for thousands for years - now they have become beggars themselves



CARE International Secretary General, Sofia Sprechmann Sineiro: “Whether Yemen, Syria

or the DRC, funding to respond to the hunger crisis is not materialising. Yet trillions are invested in rescue packages for corporates all over the world. Donors must step up. It is not a matter of affordability; it is a matter of political will. CARE’s evidence base tells us that for every dollar women earn, 80 cents go back into the family, compared with 30 cents of every dollar men earn. Gender inequality is a key predictor of the occurrence and recurrence of armed conflict. If we fail to grasp this simple fact, we will fail to prevent or effectively counter famine.



The Danish Refugee Council Secretary General, Charlotte Slente:

“Among the growing number of refugees and displaced persons, lack of access to food severely worsens an already critical situation. DRC calls on all governments to act now to prevent global hunger from adding further destitution to the world’s most vulnerable groups of people.”



World Vision International President & CEO, Andrew Morley: “Let me be direct: there is no place or excuse for famine in the 21st century. The fact we have reached this point shows there has been a clear and catastrophic moral failure by the international community. A generation of girls and boys needs us to bring hope, supporting and empowering them to reach their full potential. Children of the world are looking to us to act.”



Anne-Birgitte Albrechtsen, CEO of Plan International: “We are witnessing a devastating global hunger crisis, which will hit girls and women the hardest. In countries like South Sudan, we are already hearing reports of hunger-related deaths and families going entire days without food. Others are making heartbreaking choices, marrying their daughters early or saving what little food they have for working members of the household. It is critical that world leaders step up and provide more funding for humanitarian assistance – otherwise, we risk millions of avoidable deaths.”



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"Take up among people from a Pakistani background is more than four times higher than it was in February and a five-fold increase in people taking up the vaccine, from a Bangladeshi background."

Uptake from all ethnic minority backgrounds has **TRIPLED**

Speaking at a recent Downing Street press conference, medical director of primary care for NHS England, Dr Nikki Kanani, said: "One big area that I know rightly has been an area of concern, is uptake among people from ethnic minority backgrounds. That feels really personal to me, both as a GP and as a person of colour in our country."

"And this is why two months ago on behalf of the NHS I set out our action plan to boost uptake across people from

ethnic minority backgrounds. And I'm pleased to say we have made really significant progress."

"Since we set out our plan in February, uptake from all ethnic minority backgrounds has tripled, outpacing the national average across all ethnicities."

"Take up among people from a Pakistani background is more than four times higher than it was in February and a five-fold increase in people taking up the vaccine, from a Bangladeshi background."

"The progress is a direct result

of a combination of NHS teams who know and understand their communities, community and faith leaders who've worked really closely with us, practical considerations about Ramadan and other local nuances and really strong high profile backing from high profile people such as Bake Off's Nadiya Hussein, comedian Lenny Henry and TV star Adil Ray."

"So I want to thank everyone involved in this effort: you've saved lives."

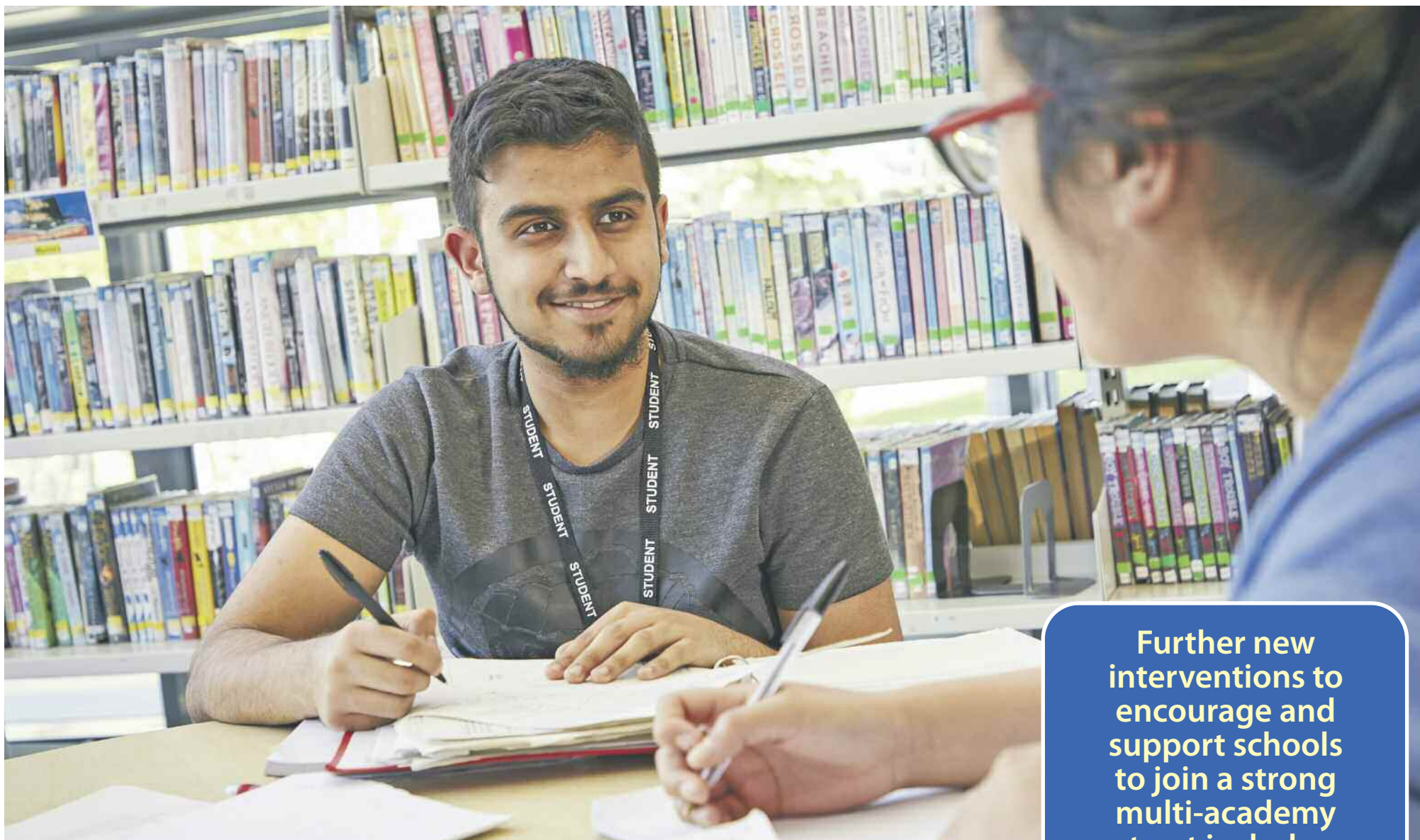
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Drive for stronger school system to benefit all pupils

An education at a Good or Outstanding school that is part of a strong multi-academy trust has been hailed by the Education Secretary as a key part in building back better from the pandemic.

In his speech to the Confederation of School Trusts annual conference, Gavin Williamson said the government's vision is for the school system to continue to move decisively towards a single model built on strong multi-academy trusts as its foundation, bringing the current pick-and-mix system of local authority maintained and standalone academy schools to an end.

All schools have gone above and beyond through the pandemic, with all teachers and staff playing a vital role in the country's frontline response. But the pandemic has brought to the fore the benefits of strong multi-academy trusts in providing outstanding support for both children and staff, through their collaborative approach and being able to pool resources and knowledge.

The Education Secretary also stated his ambition to bring schools with a history of long-term underperformance, which have had three consecutive Requires Improvement or worse judgements by Ofsted, into strong multi-academy trusts. He committed to consult fully with the sector on any such changes.

All schools will now have the option to 'try

the academy experience before they buy' – associating with multi-academy trusts for a defined period to experience the benefits for themselves and their students, with no commitment.

“

I know from my own experience, that when parents set out to choose a school for their child, they want something very simple – a Good or Outstanding school with excellent teaching, in a wider school environment that supports their child to fulfil their potential.

A new National Behaviour Survey will also be launched to give parents a termly snapshot of the state of behaviour in schools, including disruptive behaviour and bullying. It will not be an accountability tool, but will provide parents and stakeholders the data they need to build a picture of behaviour in schools over time and improve the government's ability to support schools with any challenges they are facing.

Education Secretary Gavin Williamson said: “I know from my own experience, that when parents set out to choose a school for their child, they want something very simple – a Good or Outstanding school with excellent teaching, in a wider school environment that supports their child to fulfil their potential.

“And this is exactly what parents can expect when their child's school is part of a strong multi-academy trust. The vast majority of Requires Improvement or Inadequate schools that become an academy and join a trust go on to be rated at least Good the next time they are inspected.

“That is why I am determined to finish what we started and end the pick-and-mix approach to school types, building back fairer from the pandemic to make sure every parent has the certainty that their child is at a school that is backed by a strong trust.

“This is one of the most important things I can do to make sure every child has the opportunity to catch up on any education, development or emotional support they may have missed during the pandemic.”

The new National Behaviour Survey builds on the £10 million Behaviour Hubs programme, matching the best multi-academy trust leaders and academy heads with partner schools and trusts to help embed outstanding behaviour policies that support children to thrive.

Further new interventions to encourage and support schools to join a strong multi-academy trust include:

- An expanded £24 million fund due to launch in May to develop more, and grow existing strong multi-academy trusts, providing more capacity for trusts to take on and support schools converting into academies

- Updated guidance for trusts and prospective academy converters, published today, which sets out how strong trusts improve educational outcomes, how local authority schools can convert and the support they can expect to receive

- A pilot programme, in partnership with the Church of England and Catholic Church, to set up new faith academy trusts, as well as a new turnaround trust to support Catholic schools in need of intensive support

- An updated trust and school improvement offer, providing underperforming schools with leadership support to help drive progress



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Return of the **'Ramadan Runner'** for the eighth consecutive year!

RELENTLESS

Cover story continued

So far from his previous seven Ramadan runs, Nazim has raised £126,000. He hopes his upcoming efforts on Sunday 9th May will see him hit the £150,000 mark during the Islamic holy month.

"This Ramadan, I am aiming to, In Shah Allah (God willing), raise at least £25,000, which is enough funds to build 20 new homes in northern Syria. These homes are for families currently living in makeshift tents, Syrian widows, the elderly, and those with disabilities."

"Each home costs around £1,250, and donors will receive full feedback with a personalised plaque, video and beneficiary background details."

"These homes are being built in safe villages in northern Syria and also include a masjid, a school,

“

This Ramadan, I am aiming to, In Shah All (God willing), raise at least £25,000, which is enough funds to build 20 new homes in northern Syria.

women's safe space, and will be close to SKT's hospital which has been running since 2014. This new accommodation will provide protection from the harsh winters and summer heat, as well as improving lives with a clean place to live and help to fight off death from diseases."

Nazim adds: "As ever I will keep you updated of progress -

transparency and accountability is at the heart of my success."

For over 23 years Nazim's been at the forefront of community and humanitarian initiatives at local, national and international levels and has raised a mind-blowing figure of over £320,000 for a plethora of causes both in the UK and abroad.

Much of his voluntary work has been largely covered by Asian Express over the years, and he's received numerous local and national awards during his fundraising commitment.

"I have distributed, in person, aid to the Turkey/Syria border on seven occasions; and to Rohingya refugees in Bangladesh, Iraqi refugees in war torn Mosul (Iraq), poverty stricken Malawi and to refugees in France and Belgium - all in the last five years."

"And for nine years I have run the

five-times a year 'Creating Smiles Gifts Initiative' here in Yorkshire, distributing well over a thousand gifts to Bradford Royal Infirmary and Airedale Hospital wards."

And as if the full time careers advisor hasn't got enough on his plate, for the last seven years he's committed to weekly homeless feeds in Bradford via the Curry Circle Food Provision.

"I am eternally thankful to the donors for their kind donations and on-going support which is humbling."

“

I have distributed, in person, aid to the Turkey/Syria border on seven occasions; and to Rohingya refugees in Bangladesh, Iraqi refugees in war torn Mosul (Iraq), poverty stricken Malawi and to refugees in France and Belgium - all in the last five years

It is because of you - the donors, that I am able to do what I do, and this all would not be possible without you."

Last year during the 2020 Ramadan Run, Nazim raised over £40,000 which contributed towards transforming 116 houses which he successfully project-managed in poverty-stricken Malawi (Africa).

To donate towards Nazim's Ramadan Run this year, please make a donation (Zakat applicable) to

**[www.sktwelfare.org/
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■ From 1-18 July 2021, events will take place safely in indoor and outdoor locations across Greater Manchester (Picture: Manchester International Festival)



Manchester International Festival announces performance highlights

Manchester International Festival (MIF), the world's first festival of original, new work and special events, has just unveiled its 2021 programme, which will take place across 18 days.

From 1-18 July 2021, events will take place safely in indoor and outdoor locations across Greater Manchester, and a rich online offer will provide a window into the Festival wherever audiences are, including livestreams and work created especially for the digital realm.

With almost all the work created in the past year, MIF21 provides a unique snapshot of these unprecedented times.

Artists have reflected on ideas such as love and human connections, the way we play,

division and togetherness, equality and social change, and the relationship between the urban and the rural.

As one of the first major public events in the city, MIF21 will play a key role in the safe reopening of the city's economy and provide employment for hundreds of freelancers and artists.

Manchester International Festival Artistic Director & Chief Executive, John McGrath said: "MIF has always been a Festival like no other – with almost all the work being created especially for us in the months and years leading up to each Festival edition. But who would have guessed two years ago what a changed world the artists making work for our 2021 Festival would be working in?"

"I am thrilled to be revealing the projects that we will be presenting from 1-18 July this year – a truly international programme of work made in the heat of the past year and a vibrant response to our times. Created with safety and wellbeing at the heart of everything, it is flexible to ever-changing circumstances, and boldly explores both real and digital space.

"We hope MIF21 will provide a time and place to reflect on our world now, to celebrate the differing ways we can be together, and to emphasise, despite all that has happened, the importance of our creative connections – locally and globally."

Tickets will be on sale on from 20 May 2021. For the full festival programme, please visit mif.co.uk.



■ Rashid Rana, artist and academic, widely considered to be the leading Pakistani artist of his generation will present a project conceived entirely around the concept of EART, a term coined by the artist to describe moments of self-expression and creative practise inclusive of, but not limited to the arts. A major element of this project will be an anti-consumerist pop-up grocery store that will open as a fully functioning Manchester shop. The shop will sell generic, locally sourced and unbranded produce, seeking to eliminate the power of branding and reframe the act of buying, turning capitalism and consumerism upside down. (Images courtesy of Manchester International Festival)

PERFORMANCE COMMISSIONS FOR THE 2021 FESTIVAL INCLUDE

• Choreographer Boris Charmatz invites audiences to join an extraordinary new dance piece on the opening night of MIF21 - Sea Change - a huge human flipbook sprung to life on the streets of Manchester.

• Aaron Dessner, Bryce Dessner, Jon Hopkins, Aoife McArdle, Cillian Murphy, Max Porter present All of This Unreal Time, a unique cross artform collaboration which candidly explores one man's failings.

• Manchester Camerata, Dobrinka Tabakova and Hugo Ticciati present the World Premiere of The Patience of Trees, an intimate, site specific concert inspired by the healing potential and power of the natural world.

• Notes on Grief, Chimamanda Ngozi Adichie's powerful reflection on family, love and loss journeys from page to stage in Rae McKen's new production.

• Following the sell-out success of The Welcoming Party at MIF17, Theatre-Rites returns with The Global Playground - an uplifting new show mixing dance, music, theatre and puppetry for children and family audiences.

• Postcards from Now presents five films from leading international artists including Akram Khan & Naaman Azhari, Lola Arias, Lucinda Childs & (LA)HORDE, Ibrahim

Mahama and Angélique Kidjo. Commissioned and created at the height of the global lockdown, they consider what happens next?

• Deborah Warner presents Arcadia - the immense open spaces of the Factory site will be transformed for one weekend only in a new sound and light installation by the theatre and opera director.



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By Deepak

As a Hindu, I try to understand and assimilate the deep spiritual and philosophical aspects of my faith into my everyday life.

One of the values that is central to my belief is respect – respect for other people, respect for nature and respect for life.

So you can imagine my shock, when a trip to my local supermarket left me feeling disrespected, disheartened and disappointed.

Hinduism is known as the world's oldest religion, and followed by approximately 900 million people worldwide. It allows worshippers to create a personal and unique connection with god in the form that is most aligned to their being.

Some worship the stoic yogi Shiva, others the powerful goddess Parvati, but all will have a connection with the much loved elephant-headed Ganesh. He is seen as the epitome of auspiciousness (Mangal-Murti), remover of obstacles (Vighan-Harta), and the lord of all (Vinayaka).

He is depicted symbolically; big ears to show we should listen more, an elephants head and trunk to show strength, a big belly to teach us to peacefully digest life, holding an axe to cut material bonds and a rope as a lifeline to pull us towards enlightenment.

My vast multi-faceted culture has been reduced to curry, Bollywood and arranged marriages. My Ganesh, and all he represents, is reduced to an exotic 'object' – one to be plonked into your flowerbed for the summer and then forgotten about.

This is nothing more than cultural appropriation – the inappropriate act of adopting elements of one culture by a dominant culture without treating it with due respect and awareness.

Ganesh is NOT an aesthetic 'object', and most certainly not seasonal as this supermarket would have us believe.

Some might ask 'what's the harm?'. I felt I was never fully accepted for having Indian heritage, but all of a sudden a white celebrity wearing a bindi or sari meant we were in vogue – we were the fashion of the season. All of a sudden we were acceptable – but just the bindi part – not the entirety of us.

A symbolic dot placed to show enlightenment from my culture was reduced to a fashion accessory and therefore acceptable, but our values and struggles were not of interest to the dominant culture. Why bother about systemic racism, cultural biases, and the mistreatment of others when we could just focus on 'the pretty sparkly dot on your forehead'?

I went to a medical appointment in which the non-

My Ganesh, and all he represents, is reduced to an exotic 'object' – one to be plonked into your flowerbed for the summer and then forgotten about.

He is worshiped daily on clean and sanctified altars with diyas (clay candles), flowers, incense and sweets.

Annually, he is bought into Hindu homes with great pomp and ceremony in an 11-day festival known as Ganesh Chaturthi, after which he is carefully returned to nature by immersion in water (Ganesh Visarjan).

So why was my beloved and revered Ganesh placed on a dirty supermarket shelf as a 'object' in the 'seasonal' aisle being sold as a garden ornament? Why had a major British supermarket culturally appropriated this deeply symbolic iconography as a summer garden aesthetic? And all this in 2021, in a period we are all working so hard to understand race, power and privilege to make the world a better place?

As a member of a minority ethnic group, I've grown up knowing the face of racism – both explicit and implicit. I've been told I don't belong, that I should 'return home', and that my presence in England was an insult to its 'glory days before immigration'.

Asian practitioner enquired if I was Indian on seeing my name, and simply uttered 'bhangra', and then proceeded, without invitation, to show me his very bad version of a popular bhangra dance step he's learnt at an Indian wedding.

The harm comes when the experiences of an entire minoritised people is completely overshadowed by a dominant culture who clinically isolates one aspect and then uses it to the advantage or enjoyment.

This supermarket wasn't spreading spirituality; it wasn't respecting Hindu belief, nor was it celebrating diversity – it was simply looking to make a profit from an ancient belief system through the blatant disrespect of its origins and meanings.

I'm also bewildered around their choice to sell a religious item in a supermarket.

Do we see sales of the Quran under the dates on the shelves at Eid? Have we ever seen statues of Jesus Christ on the cross next to the baked beans at Christmas? So, why is Ganesh being sold in Spring 2021 between a squirrel and a plump robin?"

UPDATE FROM ASDA

Since this piece was published in Asian Express on 16th April, Asda confirmed it has pulled the Ganesh statue from sale. In a statement, a spokesperson said: *"At Asda we always aim to create products our customers will love and it is never our intention to cause offence. We have taken the decision to no longer sell this item and we are hoping to donate any remaining statues to charitable causes."*



Bread, milk, ...Ganesh?

A supermarket tale of 'Cultural Appropriation'

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May the force feed you

Police officer on a mission to get nightshift colleagues fed and serves up 1400 meals in 18 days!

A local police officer decided it was time to roll up his sleeves, rope in family and friends, and get cooking to feed hundreds of officers who've been missing out on meals during gruelling night shifts.

PC Dharmesh Mistry, who works in Bradford's Central Assessment Unit, has been in the force for over 16-years. During the pandemic being on the beat has been more demanding than ever.

PC Dharmesh says he took action after hearing that numerous colleagues often missed meals during their busy and demanding night shifts.

"I have heard about the immense public support for the well-deserved NHS heroes but felt that my colleagues deserved our support as they seemed to be left to 'get on with it'.

"I was aware that the police force and

other organisations were facing an unprecedented situation. Therefore I took it upon myself to help."

PC Dharmesh liaised with an inspector about the idea to serve up some meals.

With the support of the Bradford Hindu Council, close family and numerous friends jumped at the chance of making home-cooked meals for the police frontline. They served up a whopping 1400 meals over 18 days!

"We wanted to support the officers while they are working long and challenging long hours. Many have to deal with unprecedented situations, verbal abuse, and even assaults like spitting.

"I decided to focus on the five night shift Response Teams throughout the Bradford District. This included, Trafalgar House, Lawcroft House, Javelin House,





Shipley and Keighley Police Stations, and even the Divisional Control Room, Custody, CID, and the helpdesk.

“All the meals were made by our families and friends, who all came together and just wanting to say ‘Thank You’. Without them, this amazing support would not have happened.”

PC Dharmesh and his little army of volunteers served up over 80 meals per night.

“Children have helped with the meals and have drawn pictures for the officers, these have brought smiles and a well-deserved boost to

colleagues. It's brought emotional responses, smiles and has provided much-needed morale boosting amongst the force,” he adds.

“The response from colleagues at work has been excellent. It's these little things that make life that bit easier right now”

Since the start of this project, PC Dharmesh and his team have also helped paramedic/responders from Bradford, Keighley, and Skipton stations. They even go across the border to support Pudsey response officers.

“All I wanted was my



colleagues to be felt valued and also that we all appreciated the amazing work they were doing under these difficult and scary times.

“Thanks to the support of the Bradford Hindu Council and its community, it was delivered and accepted with such positivity, bringing community engagement to the forefront.”

“All the meals were made by our families and friends, who all came together and just wanting to say "Thank You". Without them, this amazing support would not have happened.



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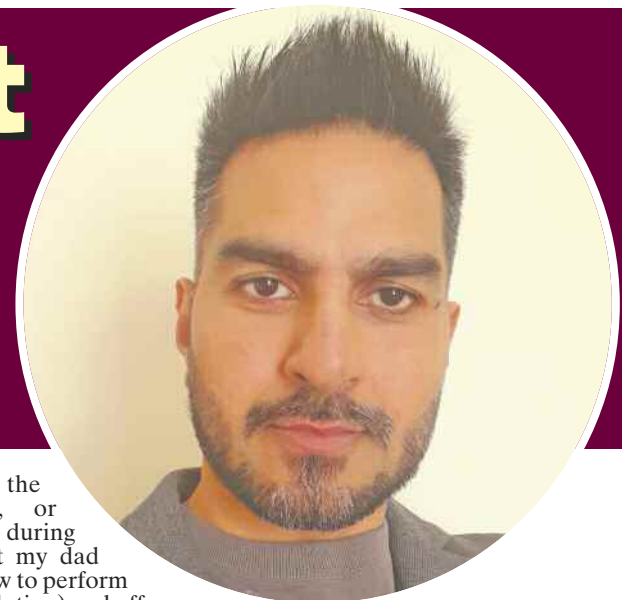
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My wife put a short sweet post up about Ramadan...



By Kam Akram

"I saw that my wife put a short sweet post up about Ramadan, so I thought what the heck? I'll put one up too... except mine aren't always short."

I've read that fasting has been used therapeutically since at least the 5th century BC, when Greek physician Hippocrates recommended abstinence from food or drink for patients who exhibited certain symptoms of illness.

This explains the importance of intermittent fasting for several reasons, not just to lose weight: but the benefits of fasting are many.

I'm crawling into bed at 5.47 am in the morning after praying the morning salat feeling blessed that I've been given another opportunity and another year to go through Ramadan; not just for losing some belly fat!

With the memories of my dad buried deep, I remember how he

encouraged me at a young age to fast; how delighted and proud he would be that I showed determination to fulfil an Islamic deed. Fasting is one of the core pillars of Islam.

My father came to this country in the late 70s and worked his way through factories in various towns and cities to finally settle in Wakefield. I was born in Wakefield – a city for which, to this day, hold an effortless passion and love towards.

I am the youngest of four, and grew up in a multicultural community. I grew up looking up to my siblings as inspiring role models and for guidance. My father was not English literate and was very dependent on my eldest brother who ran the chores.

My dad was strict he was stubborn but he was determined. I'd say he was religious, but how do you measure or even identify what is 'religious'?

Never the less, I think he was religious or definitely pious. The month of Ramadan was his prime moment of the year.

"It was at the age of six, or maybe seven, during Ramadan that my dad showed me how to perform the whudu (ablution) and offer salat (prayer) as well as the prayers of opening and closing the fast."

It was at the age of six, or maybe seven, during Ramadan that my dad showed me how to perform the whudu (ablution) and offer salat (prayer) as well as the prayers of opening and closing the fast.

He would food-shop to his hearts content and pray infinitely.

He performed extra prayers, recited the Quran daily, and then helped in the arrangements with my mum to prepare for the opening of fast – Iftaari – the most exciting hour of the day.

I watched the excitement build with my brothers and sister.

When the moment came to open fast we would sit together eagerly and impatiently waiting for him to finish his short prayer (dua) so we can dive into the delicious smelling food. It was the best feeling ever!

Growing up, Ramadan has had a massive spiritual impact on me. It's taught me obedience, discipline,

patience and self awareness. The importance of Ramadan and its endless blessings were engraved in me from a young age.

Today I'm without my dad, yet I've been gifted with a son, who I can share those same experiences with, like my dad shared with me.

This month is the time of joy and a time to repent. I will cherish this opportunity with my family. I am blessed to have what I've been given and appreciate the way its been given to me.

This year will be challenging, as have previous years. Yet my heart is filled with passion and courage to reach the end of the month taking advantage of this blessed month.



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Local pharmacies stock free COVID tests

Community pharmacy teams in West Yorkshire are now offering free coronavirus (COVID-19) test kits as they help to support the lifting of national restrictions and the pandemic recovery.

The new 'Pharmacy Collect' service makes coronavirus test kits – known as lateral flow devices – readily available to people without symptoms free of charge from local NHS pharmacies.

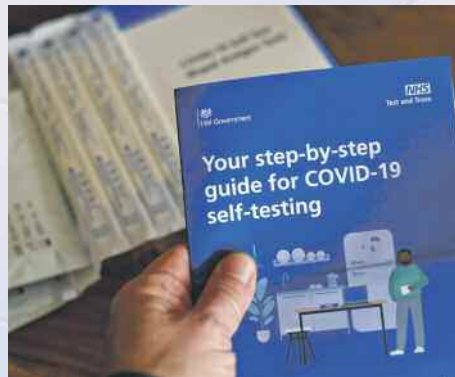
Pharmacy Collect offers a convenient location to collect these test kits from.

NHS Test and Trace research found that people prefer to access testing close to home, with pharmacists trusted by their local communities. The consumer healthcare association, Proprietary Association of Great Britain (PAGB), also found that since the start of the pandemic, almost one in three people are now more likely to visit a pharmacy for advice before seeking help elsewhere.

Anyone can request a box of test kits from the pharmacy counter for regular testing at home or elsewhere.

The test distribution service from pharmacies, along with other locations, sits under NHS Test and Trace and forms part of the Government's COVID-19 roadmap plan.

Prime Minister Boris Johnson announced on Easter Monday that everyone in England would be given access to two free coronavirus tests a week. It is hoped that widening the offer of tests will help



to identify COVID-positive cases in the community and break the chain of transmission, avoiding the need for further lockdowns.

Kiran Verdi, The Pharmacy Group Alwoodley said: "As a community pharmacist, I am really excited about starting the Pharmacy Collect service."

"Our pharmacy has been offering public health services for several years and my patients have been extremely positive about these. There is so much that pharmacists and their teams can do to help our communities as the COVID restrictions are eased."

Community pharmacies are the most accessible healthcare locations; we offer convenient access to medicines and a range of health services without the need for an appointment. This will be of particular value in this service, where we can really help those who may not be able to travel far to access these tests.

"Pharmacy hasn't stopped during the pandemic: community pharmacies in England continue to have 600,000 informal healthcare consultations a week. This shows that patients value the convenience of being able to choose to get health services from their local pharmacy."

Ruth Buchan, Community Pharmacy West Yorkshire, said: "Community pharmacy provision of COVID testing means that people across West Yorkshire will have greater access to this service. Many people may choose pharmacy for health services because they can visit pharmacies in a variety of locations and at a time that suits them."

Community pharmacists are looking forward to doing their bit as people return to work and education. This is just one of many examples of how pharmacy teams have helped support patients, the public and the nation during the pandemic."

Alastair Buxton, PSNC Director of NHS Services, said: "It's fantastic that people without symptoms are able to walk into local community pharmacies to access free lateral flow tests to use at home."

"Pharmacies are at the heart of local communities: they have offered face-to-face healthcare advice throughout the COVID-19 pandemic and they are pleased to support the national testing programme. Many pharmacies have already begun offering this service, with many more expected to start in the next two weeks."

You can use the 'NHS Test and Trace Site Finder' map to locate participating pharmacies in your area: <https://maps.test-and-trace.nhs.uk/>

Pharmacy's role in COVID-19

There are approximately 11,300 NHS community pharmacies in England providing accessible healthcare alongside the dispensing of medicines. NHS community pharmacies have remained open throughout the COVID-19 pandemic, adapting to provide services in a COVID-secure way for their local communities and offering face-to-face advice and healthcare on a walk-in basis.

Key statistics:

- Patients have relied on pharmacies more than ever before: almost one in three people (31%) who would not previously have visited a pharmacy for advice before seeking help elsewhere said they were more likely to do so following the pandemic. (PAGB Survey, July 2020)

- Over 600,000 consultations responding to patient symptoms are carried out in English community pharmacies per week, and nearly 185,000 consultations are carried out where pharmacies give patients additional support for a known medical condition. (PSNC Pharmacy Advice Audit, September 2020)

- These consultations mean that patients avoid needing nearly 500,000 GP appointments and 57,000 weekly A&E and walk-in centre visits every week. (PSNC Pharmacy Advice Audit, September 2020)



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The Great Yorkshire Vegan Festival

The Great Yorkshire Vegan Festival is happening this June and will showcase the best of the vegan lifestyle with over 80 fantastic stalls, world food caterers and free samples to try running throughout the day.

With vegan going mainstream this is one of the best places to start try vegan food and many of the other exciting products associated with this popular compassionate lifestyle. Whether you're vegan, veggie or just vegan-curious, this family-friendly event has something for everyone...

There will be a wealth of global food on offer including delicious fayre, plus there'll be loads of free food samples to try as well as vegan recipes and info.

There will also be skincare, make-up, toiletry, candle and crafts on offer

from stalls including Blissful Sole, Naturally Smart Skincare, Pura Cosmetics and the York Candle Company. Newshome Candles will be selling a wide selection of vegan candles and vegan wax melts.

And iUVO Skincare will have their special range of luxury handmade skincare range that incorporates gentle, natural and organic ingredients that were created whilst going through cancer.

There will also be a chance to purchase the latest vegan fashions from Viva La Vegan, HeartCure, Pet Respect, The Sierra Foxtrot Clothing LTD, Vegan Slogans, and Wear Your Voice.

VFest UK will also be attending – this event is new for 2021 and will provide the ultimate vegan food and camping experience this June.

This brand new event features exciting headline acts, a club night, circus skills workshops, assault course, zip wire, climbing wall, boating on the lake, yoga, entertainment, fun shows, international speakers, stalls, global food caterers and much more, including TV Chef Matt Pritchard and Guinness World Record Holder Fiona Oakes (www.vfestuk.co.uk)

100% of the ticket money from the Great Yorkshire Vegan Market goes to animal welfare charities as the event is 100% voluntarily run.

The Great Yorkshire Vegan Market takes place on Sunday 20th June 2021, 10am – 4pm at Leeds Kirkgate Market, Vicar Lane, Leeds City Centre LS2 7HY, admission £5, (under 16's free) or £15 for VIP tickets in advance from



<https://buytickets.at/vegan-festival/483029>, which includes a fast track entry and a goody bag full of vegan products, samples, discounts and offers. Visit their website, www.veganeventsuk.co.uk/ or find the event on Facebook.

This event will be going ahead subject to the relaxation of lockdown. Please note that the organisers will be following strict social distancing measures according to laws laid out at the time of the event.

Stories that shaped Bradford

Author Martin Greenwood's book documents critical moments of the City

Bradford is one of the most fascinating places in the country. It grew in the 19th century from a small market town to one of the UK's largest cities. It built its new wealth on factory production of woollen goods, a classic case study of the Industrial Revolution.

This book is no conventional narrative of Bradford's history. It celebrates each day in the year with some important story from 1212 to 2020 – the impact of a strong-minded or talented individual, a critical event of success or disaster, or an important moment in the development of the city, its buildings or its institutions.

Bradford has experienced good and bad times, periods of growth, decline and regeneration, and several waves of immigration. Often rising above adversity and strife, many individuals have made outstanding contributions to the city and the nation. They feature businessmen such as Sir Titus Salt and Samuel Lister, who made large fortunes through hard work and innovation, and creative giants with international reputations such as JB Priestley and David Hockney.

Many mill-owners became very wealthy, but many more workers suffered from poverty and ill-health. Not for nothing did Friedrich Engels describe Bradford as a 'stinking hole' or TS Eliot refer to silk hats on Bradford millionaires in his most famous poem.

The stories cover a wide range of topics – industry, commerce, politics, arts, leisure, sport, education, health etc. They include social issues such as the extreme poverty and squalor in the 19th century and women's rights and multi-culturalism in the 20th. The accent, however, is on the positive – the unusual, the brave, the eccentric and the amazing.

In 2021 the city is preparing a bid for UK City of Culture 2025. This history provides a unique reference of what Bradford has achieved and how it can build on that foundation.

Never before have such stories about everyday life in and around Bradford across the centuries been brought together in one volume. Martin Greenwood has built a remarkable kaleidoscope of life in his home city from medieval times to the current day.

'Every Day Bradford' is published by Kirklands Publications in conjunction with Writersworld, and is produced entirely in the UK. It is available for sale at over 3,500 bookshops, internet book retailers and libraries in over 100 countries and is distributed by Gardners Books Limited, the United Kingdom's largest book wholesaler.



ABOUT THE AUTHOR

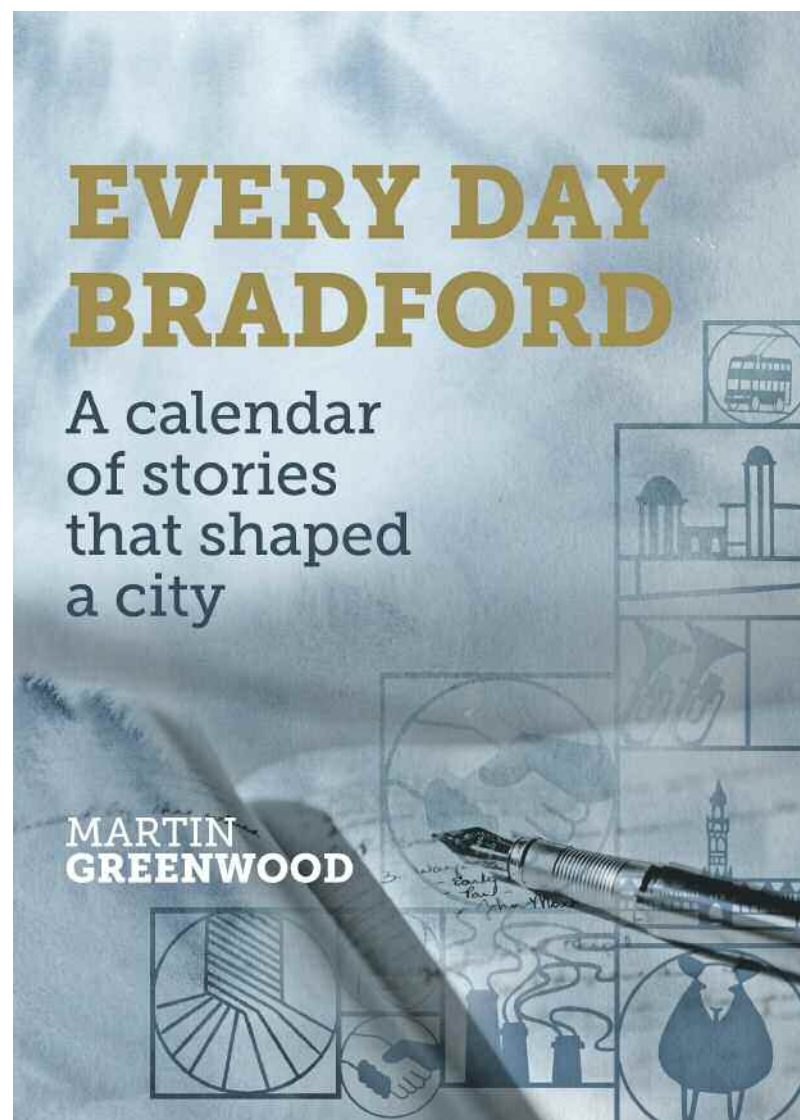
Martin Greenwood was born and brought up in Bradford.

He was educated at Bradford Grammar School and New College, Oxford University.

During his career, he wrote widely on the business implications of information technology.

In 2018 he published a biography of his celebrated grandfather – Percy Monkman: An Extraordinary Bradfordian. In researching his family's past, he discovered what a fascinating history Bradford possesses.

In this new book Martin shares what he has learnt about the city.





Bradford arts centre gets over £60,000 funding

Kala Sangam, Bradford's Arts Centre, has been awarded £61,500 as part of the second round of the Government's Culture Recovery Fund (CRF).

This money will cover core costs and protect the future of the city centre arts venue, which has been closed to the public for over a year as a result of the coronavirus pandemic and lockdown restrictions.

The money will also support a further round of Kala Sangam's Back to the Studio programme, which has been helping freelance dancers and performers restart their creative practise after a year away from the studio. So far, the scheme has provided 26 individuals with financial support to cover living expenses and a week of no pressure studio time.

Alex Croft, Creative Director of Kala Sangam said:

"We are all breathing a huge sigh of relieve today. This Culture Recovery Funding will not only cover our core costs, but will allow us to continue to offering vital support to the freelance sector – many of whom lost all their income over 12 months ago.

"We can now confidently start to plan for reopening to the public again safely, programming performances, providing meeting room space and supporting The Rooftop Café to start serving delicious food and drink again.

"Like so many arts organisations, lockdown restrictions meant we have been unable to put on any performances for over a year, but we also lost almost all of our commercial hire income so we are very grateful to have received Culture Recovery Fund money.

"We can't wait to be able to welcome audiences and visitors back to Kala Sangam to see and experience great art and culture."

The Government's £1.57 billion Culture Recovery fund was announced last year to support cinemas, performance venues, museums, heritage sites and other cultural organisations dealing with the immediate challenges of the coronavirus pandemic.

In the first round, announced in October 2020, Kala Sangam received £123,000. The second round of awards made today will help organisations, like Kala Sangam, to look ahead to the spring and summer and plan for reopening and recovery.

Kala Sangam will be gradually reopening to the public over the coming months, with the Rooftop Café planning to reopen in May.



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Infant mortality

Pakistani Birmingham families disproportionately affected by high number of deaths says report

A new taskforce which is being set up to tackle high infant mortality rates in Birmingham has been welcomed by health campaigners. Figures show infant mortality rates in the city are nearly twice the national average, with families from Pakistani backgrounds disproportionately affected.

A report released by Birmingham Council's Health and Social Care Scrutiny Committee that was first reported by the Guardian shows the infant mortality rate in Birmingham is seven deaths per 1,000 live births, compared with 3.9 deaths in England as a whole.

Death rates are highest in the areas of the city with the worst deprivation, a key longstanding issue for the city where 28.1% of children live in low-income families compared with 17% nationally.

The data shows one in 188 Asian and Asian British babies were stillborn compared to one in every 295 white British babies. A fifth of all infant deaths are due to birth abnormalities - the risk of which is doubled by consanguineous marriage (marriage between couples related as second cousins or closer).

Last week Birmingham councillors voted in favour of establishing a new multi-agency taskforce with the goal of reducing infant mortality in the city by at least 50% by 2025. The taskforce will also work with community groups and faith leaders in the city to help minimise risk factors associated with high infant mortality.

Caroline Lee-Davey, the Chief Executive of Bliss, the UK's leading

charity for babies born premature and sick, said: "We welcome this new multi-agency taskforce and hope it will help identify the actions that need to be taken to reduce infant mortality rates in Birmingham."

"It is deeply concerning that the infant mortality rate in the city is nearly twice the national average, with families from Pakistani backgrounds disproportionately affected."

"Asian and Asian British babies had a 59% increased risk of neonatal mortality compared to white babies."

"This variation points to ongoing health inequalities which must be addressed as a matter of urgency to ensure every baby born in Birmingham has the best chance of survival."

Shabana Qureshi, the wellbeing manager at Ashiana Community Project in Sparkbrook, an inner-city area with the second-highest non-white population in Birmingham, contributed to the report. "In terms of the scientific rationale as to why intermarriage is such a risk, I think there's some awareness but it's limited," she said.

"There is awareness that when you marry a closer relative, there is a higher risk that your child may have some complications surrounding its birth. But I think that's often dismissed because the communities we are working with are predominantly of Pakistani origin and in Pakistan 50% or more of the population practice consanguinity. It's something that's quite normalised."

Infant mortality rate in Birmingham is seven deaths per 1,000 live births, compared with 3.9 deaths in England as a whole





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Sanya Zubair
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“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...”

Ramadan and the Covid jab

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

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, 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

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



“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.”

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.



Black, Asian and Minority Ethnic people continue to face persistent racial inequalities in the search for work

Under-35s are bearing brunt of the jobs crisis

The Office for National Statistics (ONS) has revealed under-35s are bearing brunt of the jobs crisis, with younger people accounting for 80% of 811,000 payroll job losses. Yet as we begin to exit the lockdown period and return to work, the entirety of the UK workforce will navigate unprecedented challenges.

These challenges are far from balanced, with recent research from Future Strategy Club and Resolution Foundation highlighting the disparity in employment opportunities for the BAME community.

Today, Black, Asian and Minority Ethnic people in the UK continue to face persistent racial inequalities in the search for work, with the Resolution Foundation report revealing that the unemployment rate among Black young people (16-24) is now at 34% compared to just 13% of their white counterparts.

Continued on page 26



BUSINESS

YOUR LOCAL & BUSINESS ROUND-UP

Colin v Cuthbert: Battle Of The Caterpillars

Over the past few weeks the news of Marks & Spencer suing Aldi for infringing its trade marked "Colin the Caterpillar" cake has dominated the headlines.

M&S launched its beloved caterpillar-shaped chocolate cake back in the 90's and has multiple registered trade marks over "Colin the Caterpillar", giving it the exclusive right to use of "Colin the Caterpillar" and preventing others from using its trade marks without the supermarket's consent.

M&S has issued a claim in the High Court against Aldi for infringement of its trade marks on the basis that Aldi's similar caterpillar inspired cake, "Cuthbert the Caterpillar", is so similar that it "rides on the coat-tails" of the success and reputation of "Colin". M&S is seeking an Order from the Court that "Cuthbert" be removed from Aldi's stocks and Aldi be prohibited from selling future goods which are similar or identical to "Colin".

In order to establish that its trade mark has been infringed by Aldi, M&S will need to persuade the Court that "Cuthbert" is similar to its registered trade mark and that Aldi is seeking to take unfair

advantage of M&S' trade mark which has built up a reputation since it was created.

One difficulty for M&S is that Aldi is not the only supermarket to jump onto the success of the cake as all the other major supermarkets have created their own version of "Colin" as there is "Clyde the Caterpillar" by Asda, "Curly the Caterpillar" by Tesco, "Wiggles the Caterpillar" by Sainsbury's and "Morris the Caterpillar" by Morrisons. This factor is likely to weaken M&S' case, as the Court will probably consider that the presence of multiple caterpillar-shaped cakes in the market means that consumers are accustomed to seeing numerous caterpillar inspired cakes from different retailers and as such do not associate such cakes solely with "Colin".

In a twist to this saga, Aldi announced that it would be launching a "Special Edition Cuthbert" with the profits to be donated to cancer charities including M&S' partner charity, Macmillan Cancer Support. Aldi has suggested that "Colin and Cuthbert be besties" and that the two supermarkets should "raise money for charity, not lawyers". M&S has responded by telling Aldi that a cake based on Aldi's "Kevin the Carrot" commercials would be better and said: "That idea's on us". The duelling supermarkets appear to be locked in two separate battles, one in a court of law and the other in the court of public opinion. What is certain is both battles will be interesting and entertaining to follow as the lawyers and publicists play out their strategies.

What lessons can be learned from these wrangles? In order to avoid others gaining from your "unique" goods it may be worthwhile applying for an early registered trade mark. If you are granted the trade mark, then you will be afforded statutory protection against those who seek to use an identical or similar marks to your trade mark.

Whilst it does not prevent your trade mark being breached, it does at least give you some protection as in the registration process any objectors could come forward and dispute the application for registration of the trade mark.

Blacks Solicitors can assist you with the registration of intellectual property rights and the protection of those rights including any disputes that may arise. Please contact Luke Patel on 0113 227 9316 or by email at "LPatel@LawBlacks.com".

Key findings from the data

- 57% of young people (18-24) and 58% of the BAME community are concerned that post-pandemic finding the right kind of work for them will be harder

- 35% of young people (18-24) and 28% of the BAME community worry

that they won't be able to make the right connections at work to ensure their employment progresses

- 25% of 18-34-year-olds are now considering freelancing as a permanent career option

Under-35s are bearing brunt of the jobs crisis

Continued from page 25

Further to this, new data from Future Strategy Club has unveiled that 58% of the BAME community are now concerned that finding the right kind of work post-pandemic will be harder for them. This is in comparison to only 43% of their white counterparts.

This disparity exists at every level of work and applies to both graduates and non-graduates, with university leavers struggling to find their first job as well as young people already in employment being made redundant.

This trend is supported by landmark data from Future Strategy Club, an inclusive and diverse members club of the UK's most experienced c-level consultants and leading creative talent, which highlights how worried young people are about their career prospects in future and how that affects their choices.

In a bid to create a workplace of equal opportunity, access to freelancing, like all other options, is extremely important and comes with a continuous stream of benefits that help to democratise the UK workplace. To name a few; flexibility, greater job satisfaction, variety and ultimately, the opportunity to become your own boss.

This is why many individuals, especially high-level talent, have begun to look towards this. Future Strategy Club recognises that freelance work gives

employees back control, allowing them the ability to shape what they want their career to look like. Future Strategy Club champion and support all freelancers, at every stage of their career, ensuring equal pay and opportunities for every freelance member.

Justin Small, CEO and Founder of Future Strategy Club, discusses the disparity and the impact on young people of successive lockdowns: "This report highlights the disproportionate impact that the pandemic has had on the working population."

"There has already been a significant wave of concern amongst young people on their future employment prospects. Yet this is a concern that is seemingly being felt considerably more amongst some BAME employees."

It is clear that the pandemic has exacerbated feelings of anxiety amongst young people, but to see that many workers in the BAME community are being unevenly impacted is incredibly disheartening, as is the data itself. Today, more needs to be done to ensure the fight for better rights, equality and diversity continues, in order to ensure equal opportunities for all.

"We're encouraging young people to take control of their careers and challenge today's worsening unemployment rates. It wouldn't be surprising if 2021 becomes the year of the mass exodus from the 9-5 and towards self-employment for young people."



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No idea what affects life insurance premiums?



More than half of Brits have no idea what affects their life insurance premiums - with almost one in 10 believing you don't need it if you're single.

A survey of 2,000 adults revealed more than half (54 per cent) currently don't have life insurance.

While not being able to afford it (32 per cent) was the top reason for not taking it out, more than one in 10 believe they are 'too young' to get it.

Others don't think they are able

to get life insurance or don't need it as they aren't the breadwinner in their household or don't have a young family to worry about.

And more than one in twenty believe you aren't able to take it out if you are over a certain age as you are considered 'too old'.

It also emerged one in 10 didn't think you could get cover if you had pre-existing health conditions.

David Rees, chief operating officer at Smart Insurance, which commissioned the survey, said:

"There are a lot of common myths around life insurance - understanding what it really is, what it costs and how it can provide for your loved ones is key.

"It's so important to do your research and to be informed - you may think you don't need life insurance if you're single, or young and healthy.

"But life changes over time and taking out a policy now may help you secure cheaper premiums and give you peace of mind that

you're covered when those milestones occur."

The study also found that of those who have taken out life insurance, a fifth claim it changed their lifestyle and saw them opt for a healthier outlook.

This included a third (32 per cent) who started drinking more water, 24 per cent who lowered their BMI, 21 per cent who joined a gym and 16 per cent who went vegetarian.

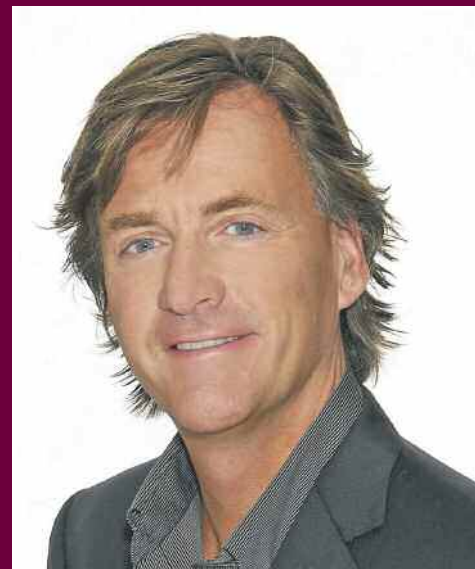
And one in three improved their diet after getting insured,

while 27 per cent quit smoking and 21 per cent gave up alcohol.

The research, carried out via OnePoll, also showed only a third of respondents felt they knew enough about life insurance.

A third even said it's a taboo subject that isn't talked about enough within their family.

It is Londoners who claim to know the most about life insurance (43 per cent), while those in Yorkshire and the Humber are least likely to know enough (26 per cent).



World Book Night:

Friday 23rd April 2021

We all could do with some light relief from reality...



This year's theme, "Books To Make You Smile" is a response to the impact of Covid-19 on mental health, highlighting the proven power of reading and the benefits it brings to well-being. This also coincides with the launch of "Stories to Make You Smile" – a new collection of short stories compiled by The Reading Agency together with Specsavers.

To mark its 10th anniversary this year World Book Night will be hosting a number of virtual events, book giveaways, online activities, exclusive releases and promotions, calling for the whole nation to celebrate reading for pleasure.

Over the last ten years, The Reading Agency has distributed over 2,800,000 books to help spread the joy of reading, with 245 titles by 205 authors distributed by over 90,000 volunteers and organisations

Last year, the estimated social media reach of #WorldBookNight and #ReadingHour was 14.3 million.

across the UK. As lockdown gradually eases, The Reading Agency encourages everyone to share the pleasure of reading whether virtually or safely in person, as bookshops and libraries are due to re-open from Monday 12th April, and book clubs will be able to meet again outdoors.

Celebrations on World Book Night itself will be marked by a livestreamed event in partnership with The British Library, hosted by World Book Night Ambassador Sandi Toksvig and featuring best-selling authors David Nicholls and Bolu Babalola, and World Book Night founder and Canongate CEO Jamie Byng (8-9pm).

Join in with the 'Reading Hour'

Prior to the event, The Reading Agency is inviting the whole nation to join the #ReadingHour (7-8pm), when everyone is encouraged to spend time with a good book, alone or with others, reading in any format they want and wherever they like.

Last year, the estimated social media reach of #WorldBookNight and #ReadingHour was 14.3 million.

Celebrations on the night itself will also include a virtual event hosted by The British Library, featuring Nobel Prize-winner Kazuo Ishiguro in conversation with Kate Mosse, bestselling author of *The City of Tears* and founder of the Women's Prize for Fiction.

Sandi Toksvig, World Book Night 2021 Ambassador, said: "I am so excited to be the lead ambassador for The Reading Agency's World Book Night 2021 campaign, bringing the nation together to celebrate the power of books and reading on Friday 23rd April."

"This year marks the campaign's 10th anniversary, and it feels more important than ever to celebrate the power of reading to inspire, entertain and challenge."

"We all could do with some light relief from reality which is why this year's theme 'Books to Make You Smile' is so perfect. It's great to have the support of Specsavers on this vital campaign, who have teamed up

with The Reading Agency as they pursue their mission to improve lives through reading."

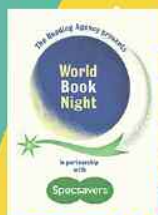
Karen Napier, CEO of The Reading Agency, said: "We're hugely excited to celebrate the 10th Anniversary of World Book Night with such a fantastic array of events. Given the challenges of the past year, our theme feels particularly resonant, and we're immensely grateful for the support from authors, publishers, bookshops and libraries to help spread the proven power of reading."

"We plan for this year's World Book Night to be the biggest and best yet, and look forward to celebrating the Reading Hour with people across the country, ahead of what we're sure will be a brilliant livestreamed event at The British Library – which is sure to make us all smile!"

TEN UPLIFTING TALES FROM
BESTSELLING AUTHORS

STORIES TO MAKE YOU SMILE

EDITED BY
FANNY BLAKE



Stories to Make You Smile

As well as online activities, The Reading Agency has commissioned a new collection of short stories exclusively for World Book Night 2021, *Stories to Make You Smile* (published by Simon & Schuster).

The commissioned book is edited by writer, former Costa Book Award judge and Quick Reads editor Fanny Blake, and featuring contributions from high-profile comedians and authors Richard Madeley, Jenny Éclair, Helen Lederer, Mark Watson, Eva Verde, Vaseem Khan and more.

Now available for pre-order in various formats, *Stories to Make You Smile* will be released on World Book Night, with 3,000 copies of the book being given out to customers through Specsavers competitions and giveaways, a free e-book version available to download on the day, and the audiobook narrated by Hugh Bonneville (Downton Abbey, Notting Hill), Adjoa Andoh (Bridgerton, Doctor Who) and Samantha Bond (Downton Abbey, James Bond) available for pre-order now ahead of release on World Book Night.

Giveaway On World Book Night, The Reading Agency will be giving away 100,000 books in various formats – twice as many as last year. The

Reading Agency's mission is to spread the joy of reading to those who don't regularly read for pleasure or have access to books, by distributing books to organisations such as prisons, hospitals, food banks, youth centres, care homes and mental health groups.

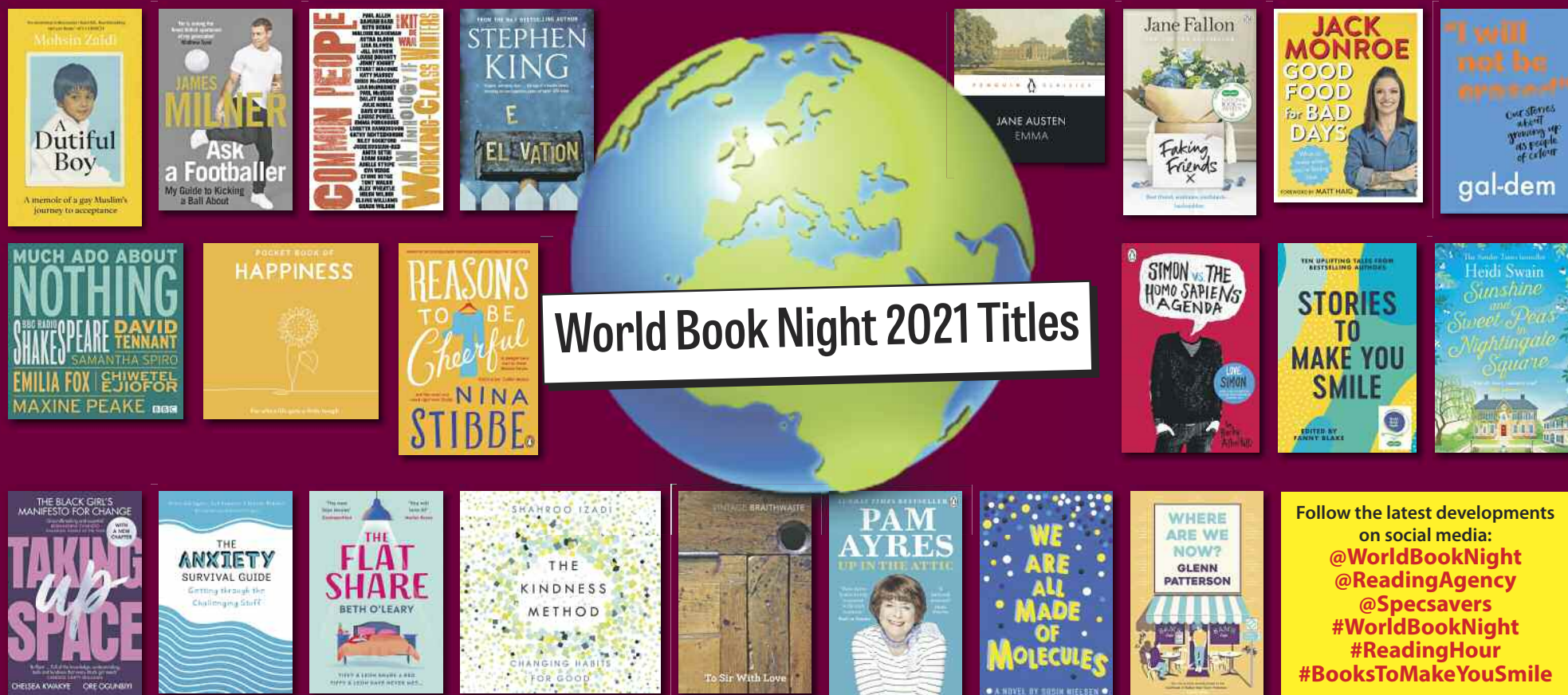
In addition to print books, The Reading Agency is giving away 6,000 free audiobooks, as part of their efforts to make reading available to the widest possible audience. This year's audiobooks include *Emma* by Jane Austen, narrated by Tanya Reynolds, BBC Audio's *Much Ado About Nothing* by William Shakespeare, narrated by David Tennant and Samantha Spiro and Shahroo Izadi's *The Kindness Method*. Anyone can apply online to receive an exclusive download code for an audiobook of their choice.

Also planned, is a Bookshop.org partnership, with authors sharing their reading recommendations for World Book Night (and beyond) on the online platform supporting independent bookshops. Waterstones will also be partnering up with The Reading Agency, supporting the #ReadingHour on social media and offering prize giveaways.



■ A seriously entertaining collection of feelgood stories guaranteed to put the smile back on your face written especially by ten bestselling novelists, including Vaseem Khan. From a hilarious race against time to a moment of unexpected eavesdropping, from righting wrongs in rural India to finding joy in unlikely places, these stories are all rich in wit and humour, guaranteed to lift your spirits and warm your heart. *Stories to Make you Smile* is a co-commission between The Reading Agency and Specsavers as part of World Book Night 2021.

World Book Night 2021 Titles



- **A Dutiful Boy** by Mohsin Zaidi (Vintage)
- **Common People: An Anthology of Working-Class Writers** by various authors, ed. by Kit de Waal (Unbound)
- **Ask a Footballer** by James Milner (Quercus)
- **Elevation** by Stephen King (Hodder)
- **Emma** by Jane Austen, narrated by Tanya Reynolds (Penguin Random House Audio)
- **Faking Friends** by Jane Fallon (Michael Joseph)
- **Good Food for Bad Days** by Jack Monroe (Pan Macmillan)
- **"I Will Not Be Erased": Our Stories About Growing Up as People of Colour** by gal-dem (Walker Books)

- **Much Ado About Nothing** by William Shakespeare, narrated by David Tennant and Samantha Spiro (BBC Audio)
- **Pocket Book of Happiness** (Welbeck Balance)
- **Reasons to be Cheerful** by Nina Stibbe (Penguin General)
- **Simon vs. the Homo Sapiens Agenda** by Becky Albertalli (Penguin Random House Children's)
- **Sunshine and Sweet Peas in Nightingale Square** by Heidi Swain (Simon & Schuster)
- **Stories to Make You Smile** by various authors, ed. by Fanny Blake (Simon & Schuster)
- **Taking Up Space: The Black Girl's Manifesto for Change** by Chelsea Kwakye and r Ogunbiyi (Cornerstone)

- **The Anxiety Survival Guide** by Bridie Gallagher, Sue Knowles and Phoebe McEwan (Jessica Kingsley Publishers)
- **The Flatshare** by Beth O'Leary (Quercus)
- **The Kindness Method** written and narrated by Shahroo Izadi (Pan Macmillan)
- **To Sir With Love** by E.R. Braithwaite (Vintage)
- **Up in the Attic** by Pam Ayres (Ebury)
- **We Are All Made of Molecules** by Susin Nielsen (Andersen Press)
- **Where Are We Now?** By Glenn Patterson (Head of Zeus)

Follow the latest developments on social media:
 @WorldBookNight
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 @Specsavers
 #WorldBookNight
 #ReadingHour
 #BooksToMakeYouSmile

Warning: WhatsApp LOOPHOLE

A loophole in WhatsApp lets someone block your account if they know your number

A rather worrying loophole has been uncovered on WhatsApp that means anyone can temporarily suspend your account if they know your number.

Here's how it works: An attacker installs WhatsApp on a new phone and puts in your number to activate the app.

WhatsApp sends a 6-digit authentication code to your phone – which they don't have.

The attacker then inputs

a wrong code too many times, which blocks the ability to log in for 12 hours.

They then send an email to WhatsApp from their email address and claim that your phone (with the original number) has been lost or stolen.

WhatsApp responds with a 'verification' email back to the attacker, which then suspends access to your account. If the process is repeated, the account stays locked away with no input from you.

This doesn't actually capture your account, so there's no danger of any

confidential information being obtained. But it's still a major inconvenience to be blocked from your own WhatsApp account.

The method was uncovered by a pair of security researchers, Luis Márquez Carpintero and Ernesto Canales Pereñ, and so far it doesn't seem like there's any way to stop it.

The best way is to assign an email address alongside a phone number for two-factor authentication (2FA) on your WhatsApp account. This should make it much harder for an attacker to spoof your identity.

Your WhatsApp account can be suspended by anyone with your phone number

HOW TO ACTIVATE TWO-STEP AUTHENTICATION

1. Open WhatsApp 'Settings'.
2. Go to 'Account'.
3. Click on 'Two-Step Verification'.
4. Select 'Enable' and add a six-digit pin number (of your choice), then confirm.
5. Add an email address, which only you have access to, and verify by typing it in again.



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England's busiest towns and cities in the week since non-essential retail opened

New research has highlighted England's ten busiest towns and cities for both footfall and in-store retail in the week since non-essential stores reopened on Monday 12th April. Results include Saturday 17th April, the first available data for the first post-lockdown Saturday.

Chelmsford tops the list for footfall with an increase of 71.9% over the past week, but Exeter has seen the greatest rise in people actually going into non-essential stores, with more than three times as many store visits (up 227.3%).

While the South of England dominated the increase in footfall on high streets, cities from around the country saw an increase in people visiting non-essential stores, with Ipswich (up 183.3%), Nottingham (up 170.6%) and Manchester (up 137%) all appearing in the top ten.

Many of the increases across both rankings centre on commuter towns around London and England's other large cities, according to the real-time analysis available for download here.

The research was carried out by Huq Industries, a mobility research business, using its Community Vision product, for use by local councils to support decision-making around the future of our cities, towns and high streets.

Huq's extensive dataset of real-time population mobility data, comprised of 1bn+ mobile geo-location data-points daily, is used by retailers, investors and the public sector to measure footfall across a range of consumer, business and industrial settings.

Conrad Poulson, chief executive officer at Huq Industries, comments: "This data highlights that commuter towns and residential areas around London and the big conurbations of the North are seeing the greatest rises in footfall since non-essential retailers were allowed to re-open.

"Importantly, it also shows that footfall and economic activity are not always the same thing. Many of the towns and cities that are seeing people moving around in increasing numbers aren't necessarily seeing an increase in retail activity. Retail behaviours are shifting with the growth in e-commerce and it's becoming harder than ever to turn a town centre visitor into a shopper."

Top ten towns for increasing footfall

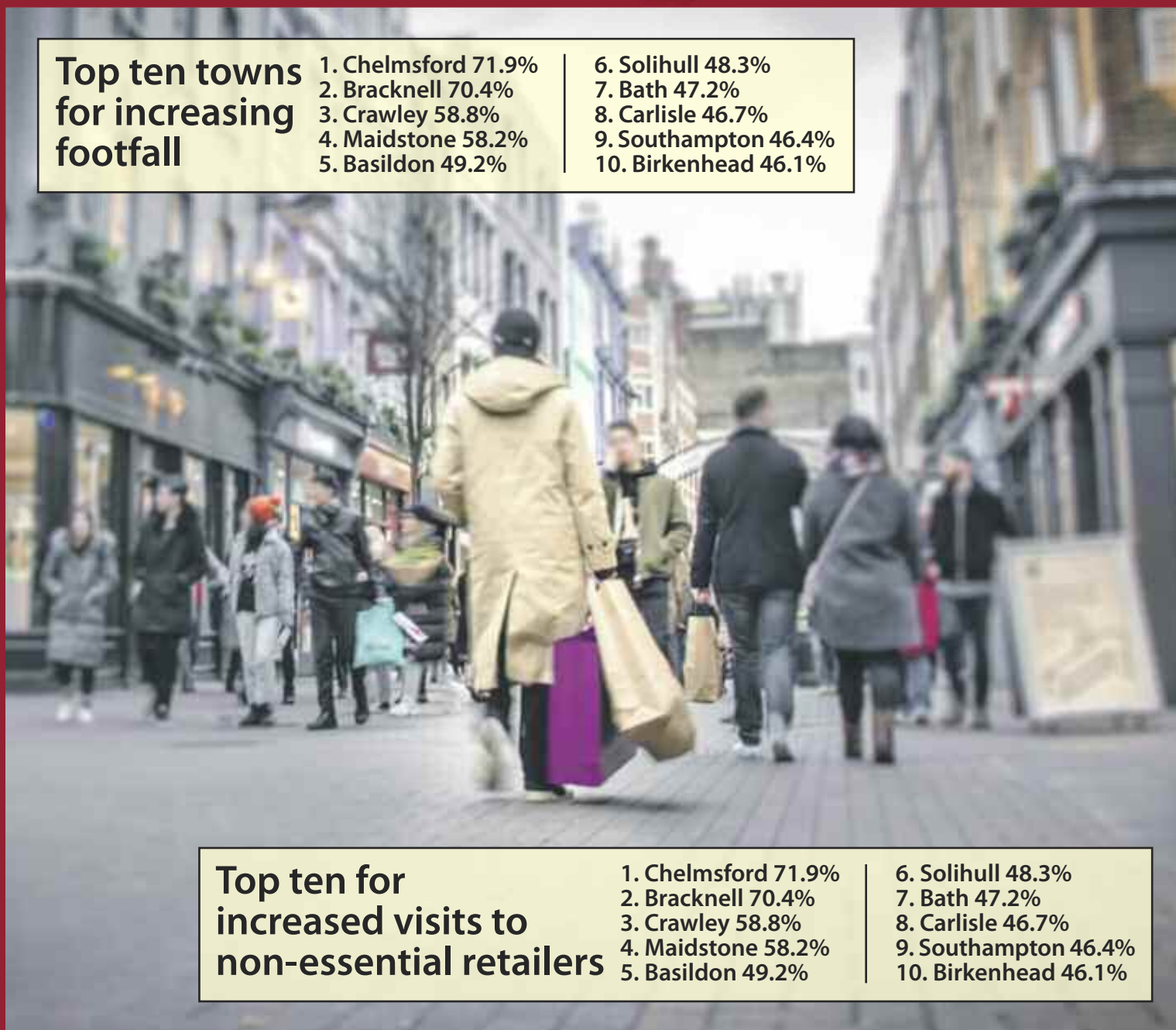
1. Chelmsford 71.9%
2. Bracknell 70.4%
3. Crawley 58.8%
4. Maidstone 58.2%
5. Basildon 49.2%

6. Solihull 48.3%
7. Bath 47.2%
8. Carlisle 46.7%
9. Southampton 46.4%
10. Birkenhead 46.1%

Top ten for increased visits to non-essential retailers

1. Chelmsford 71.9%
2. Bracknell 70.4%
3. Crawley 58.8%
4. Maidstone 58.2%
5. Basildon 49.2%

6. Solihull 48.3%
7. Bath 47.2%
8. Carlisle 46.7%
9. Southampton 46.4%
10. Birkenhead 46.1%



GLIT

Entertainment

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

A 'ray of hope'

UK Asian Film Festival announces dates for next event

The world's longest running South Asian film festival outside India, UK Asian Film Festival, announces its 23rd annual event.

At a time of global unrest and displacement, the curation of this year's festival is inspired by the theme Ray Of Hope.

This year's line-up highlights stories of resilience and bravery, celebrating those who take a stand against oppression and injustice. At a time of great division and inequality, this year's festival content will feature characters, stories and storytellers that strive for a better world through films that highlight inclusivity, kindness and, above all, empathy.

UK Asian Film Festival, presented by Tongues on Fire, historically showcases South Asian feminist films and the work of pioneering female artists and auteurs.

The festival will run from 26th May – 6th June 2021 in venues across London, Manchester, Leicester, Coventry, Glasgow and Stockton.

UKAFF is supported by the BFI and Arts Council England using funds from the National Lottery and the Department for Digital, Culture, Media and Sport (DCMS). #HereforCulture

Continued on page 37

Tongues on Fire
UK ASIAN
FILM FESTIVAL
26 MAY – 6 JUNE 2021



Programme to run at venues across London, Manchester, Leicester, Coventry, Glasgow and Stockton
From 26th May – 6th June



Music maestro AR Rahman talks about his writer-producer debut



Music maestro, AR Rahman, will be making his writer-producer debut with 99 Songs, set to release on 16th April.

To mark this new achievement, he recently hosted an international press conference to talk about the film and its soundtrack. The much-awaited album is released by Sony Music India and has already won the hearts of global audiences with tracks like 'Jwalamukhi', 'Teri Nazar' and 'The Oracle'.

The film features 14 tracks including the musical talents Shaswat Singh and Bela Shende. In Rahman's signature style, each song creates a mood, a thought, drives the narrative and imbibes meaning to every frame of the film. The brilliance of the musical genius doesn't stop there.

The film is releasing in three languages – Hindi, Tamil and Telugu – each demanding enormous effort to understand, translate and execute. Speaking to the media, he jokes: "If I knew earlier that we'd do three languages, I would have only made five songs and not 14!"

He did not want the film to simply be a dubbed, multi-lingual film. He wanted each to retain its essence in the languages they were making it in and the soundtrack songs released so far have received an incredible amount of love and support from the South Indian audience.

Talking about his inspiration behind the film, Rahman explains: "I wanted to be imaginative and do something I believed in."

He adds that Indian films and music have undergone tremendous transformation in

the past five years and new age India wants to be more worldly: "This movie has heart and soul. The film's narrative and the music are like the seasons." The film follows a very creative arc, with its highs and lows mirrored by the music of the film.

He says audiences can expect the film to be 'an experience'.

Shedding light on the tough and unprecedented time that we are living in due to the pandemic he says: "At a period where we are all unaware of the future, I think this movie will definitely bring hope into your lives. It talks about dreams; it talks about how you struggle and come out as a winner. It talks about the internal struggles of a creative person, which not a lot of movies deal with. Like the line in the trailer – music is the last magic left in the world."

On his inspiration to innovate and make new music, he adds: "I've been working since 1981."

I worked with so many different composers doing almost two sessions a day. Those ten years of my life were like 40 years of experience. I've done the traditional things – folk, Carnatic... and this repetitive work actually led me to want to do something else.

"Even though I wasn't intending to continue as a film composer at that time, love is a magnetic force. The more you get from people, the more you want."

99 Songs is directed by Vishwesh Krishnamoorthy and introduces Ehan Bhatt and Edilsy Vargas in the lead roles. Aditya Seal, Lisa Ray and Manisha Koirala also feature in the film as supporting cast.

UK Asian Film Festival announces dates for next event

A 'ray of hope'



Continued from page 35

The Opening Film will be the UK Premiere of *Raahgir* (The Wayfarers) (UK/ India, 2019, Director: Goutam Ghose) on Wednesday 26th May at BFI Southbank.

Featuring Adil Hussain, Tillotama Shome, Neeraj Kabi, this epic and elemental journey through relentless monsoon and breathtaking nature tells the story of a man and woman driven by hunger to search for work in the nearest town. Nathuni leaves behind a paralytic husband and two children, while Lakhua is a permanent wonderer who lives on the fringes of society. In sharing their difficult journey, they exchange life stories and find themselves drawn into a life and death struggle. The screening will be followed a Q&A.

The closing film will be the world premiere of *The Beatles And India* (UK/ India, 2021, Director: Ajoy Bhose, Co-Director Peter Compton) on Sunday 6th June at BFI Southbank followed by a Q&A.

This fascinating documentary explores the life and times of The Beatles' love affair with India, its religions and its culture and, in turn, the impact of their music and style on a young generation in India. Drawing on a rich seam of archive and interviews, the film features leading figures from both sides

including musical genius and film composer, Ravi Shankar, in this nostalgic celebration of Anglo-Indian collaboration.

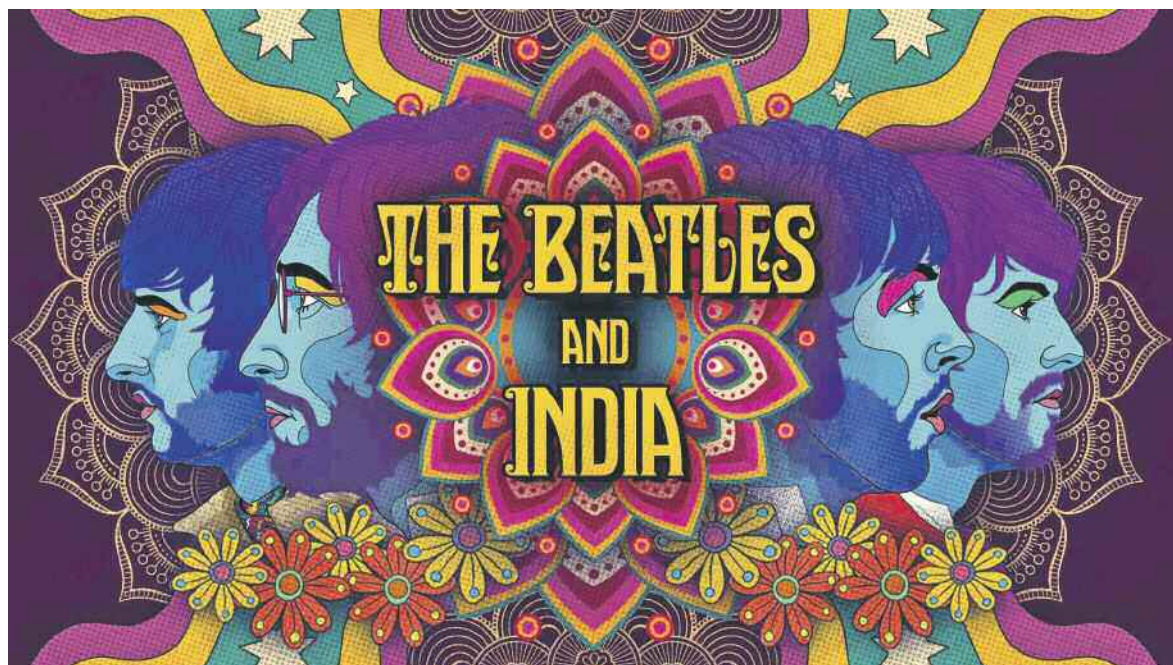
UK Asian Film Festival Founder and Director, Dr Pushpinder Chowdhry MBE says: "We are thrilled to bring the magic of the cinema back again!

"After a year of virtual living, we are proud to be working with our partners to create safe spaces for our audiences to enjoy films in person. We have shifted our dates during this exceptional time to adhere to government regulations and to take into account religious festivities to make sure we continue to serve all South Asian communities.

"We have also curated a selection of online premieres to make sure we reach new, UK-wide audiences."

UK Asian Film Festival Creative Director, Samir Bhamra says: "Cinema has been a ray of hope for all of us during this pandemic. Its power to entertain, provide escapism and boost our wellbeing has held us all together during this pandemic.

"And just as characters in films go on a journey of growth, UKAFF has expanded to Coventry this year. Working in partnership with Belgrade Theatre, we are delighted to be one of the key headline events during the UK City of Culture to celebrate the best of South Asian culture, positivity and creativity."



For further information visit: www.ukaff.com.

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COUNTDOWN

**New Ferrari limited-edition
V12 gets set for world
premiere**

The first official images of Ferrari's latest limited-edition special series have been published in the build-up to its world premiere, which will be broadcast live on the Maranello marque's social media channels on 5th May at 14:30 CEST.

Continued on
pages 40 & 41



“ LIVING
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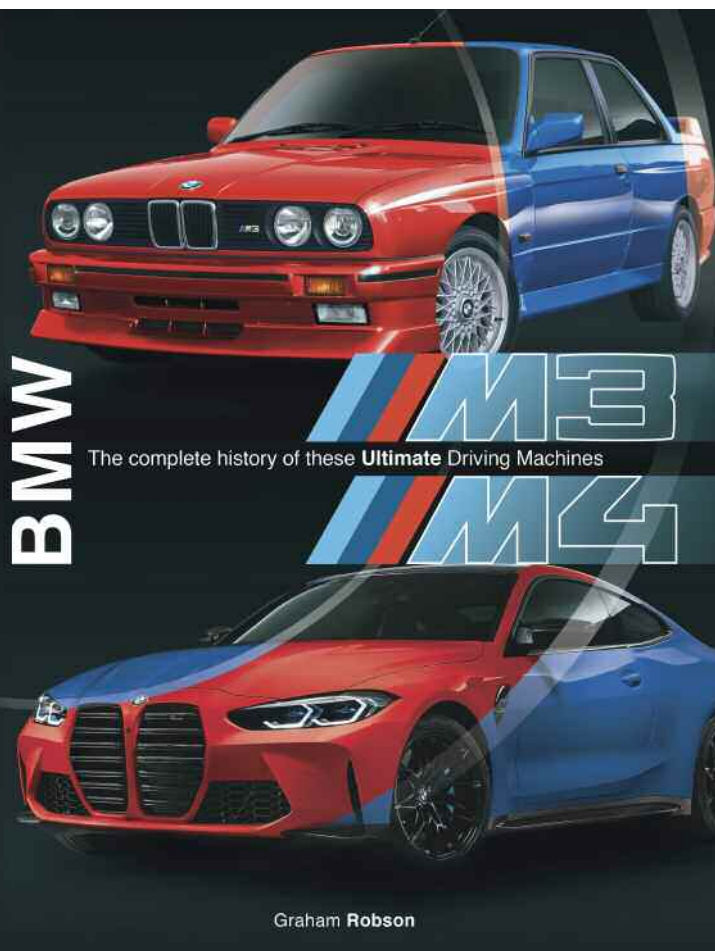
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BMW M3 & M4

The complete history of these ultimate driving machines

- A comprehensive model history of the BMW M3 and M4
- Covers the early development of the M3 as a racing and road car
- Details the racing career and successes of the model
- Featuring a lavish array of colour photographs and cutaway drawings
- New edition featuring up to date material of new models produced between 2013 to 2021
- Full model specs and special editions included



Graham Robson

This new edition explores all aspects of the M3's history, including the race and rally successes worldwide, supported by full and detailed specifications for each generation of the model.

Written by world-renowned motoring historian Graham Robson, the new book expands on the previous edition, to bring the story right up to the present

day, with details of all models produced between 2013 and 2021, including the new M4.

Developed in the 1980s, the BMW M3 was intended to be the world's most successful racing saloon car. Not only did it achieve that in its very first season of motorsport, but went on to achieve lasting commercial success as a high performance road car.

Fully illustrated throughout, with a lavish array of colour photographs and magnificently detailed cutaway drawings of mechanical equipment, this comprehensive and authoritative book is a must for all BMW M3 and M4 enthusiasts.

The book is available to buy from all good book retailers, and is priced at £40.

About the author

After a varied career in the automotive industry Graham Robson has gained a worldwide reputation as a motoring historian, and has nearly 170 books to his credit.

Born in 1936, and educated at Ermysteds Grammar School in Yorkshire, Graham then went on to study Engineering at Oxford University. He joined Jaguar Cars as a graduate trainee, becoming involved in design work on the Mk II, E-Type and Mark X. Beginning as a hobby, he became a rally co-driver, eventually joining the Sunbeam 'works' team in 1961, taking part in rallies up to International level (once with Roger Clark), but stopped

rallying by 1968.

During this time he joined Standard-Triumph in Coventry, in 1961, as a Development Engineer, mainly on sports car projects. He then ran the re-opened 'works' motorsport department from 1962 to 1965, this being the period of the birth of Spitfire Le Mans cars, TR4, Vitesse, Spitfire and 2000 rally car developments.

Graham Robson's writing began with rally reports for magazines which evolved into a job with Autocar from 1965-1969. He was recruited back to industry at Rootes to run the Product Proving department, then after a brief period in 1972 as technical director of a safety belt company, became an



independent motoring writer. Graham has lived 'by the pen' and 'by the voice' ever since, not only writing but commentating, presenting and organising events of all types.

Place of birth: Skipton, Yorkshire • **Hometown:** Bridport • **Nearest city:** Bournemouth

COUNT

New Ferrari limited-edition V12 gets set for world premiere

Continued from page 39

The new model is the ultimate expression of Ferrari's concept of an extreme front-engined berlinetta, honing the characteristics of the critically-acclaimed 812 Superfast to a level never seen before. The result is a car that encapsulates and epitomises the company's 70-plus years of experience on the world's circuits, drawing on its thoroughbred sports car DNA to deliver a perfect marriage of performance, form, and function. Aimed at Ferrari's most passionate collectors and connoisseurs, it features numerous uncompromising engineering solutions to guarantee peerless driving pleasure.

As is the case with all Ferrari's cars, the most striking feature lies at its very heart: in this instance the latest evolution of Maranello's legendary 65° V12 engine, which reaches the highest output of any Ferrari road-car engine – 830 cv – and revs to 9,500 rpm, again the highest of any Ferrari ICE. The use of state-of-the-art materials, the redesign of many of the engine's key components, a new valve timing mechanism and a new exhaust system are just some of the technical solutions that allow the most noble of Ferrari engines to deliver performance levels that are unprecedented in the V12 segment.

The pure yet brutal power unleashed by the powertrain is paired with class-leading vehicle dynamics controls to ensure that the performance

can be fully exploited and to guarantee maximum fun behind the wheel. Most distinctive of these solutions is the adoption of independent steering on all four wheels. This extends the feeling of agility and precision when cornering as well as providing unparalleled responsiveness to steering inputs. Another noteworthy engineering achievement is the development work undertaken to reduce the car's overall weight compared to the 812 Superfast. This was achieved in particular by extensive use of carbon fibre, both on the exterior and in the cockpit. Lastly, the new model premieres version 7.0 of the renowned Side Slip Control vehicle dynamics system.

One of the most striking aspects of this new model is how in-depth aerodynamic research has altered the car's lines. Working in close synergy with the Ferrari Styling Centre, the aerodynamicists have adopted solutions that are extreme in form featuring profiles that are unprecedented for a road-legal car. The aerodynamic redesign of the whole car was aimed at maximising downforce levels: from the new front air intakes, rear diffuser and exhaust configuration to the patented design of the rear screen – which now hosts vortex generators – every modification is a faithful expression of Ferrari's core belief that form must always follow function.

From a design point of view, this new special series has a strong personality all of its own

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that differentiates it significantly from the 812 Superfast on which it is based: this was achieved by choosing styling themes that further enhance the architectural design and dynamism of the 812 Superfast, pushing its sporty vocation to new extremes.

One example of this is the decision to replace the glass rear screen with a single-piece aluminium structure. The vortex generators it sports improve the car's aerodynamic efficiency, but the design solution chosen, which is fully integrated with the roof, simultaneously creates a

backbone effect that underscores the car's sculptural forms.

Together with the carbon-fibre blade that traverses the bonnet, this motif changes the overall perception of the car's volumes: the bonnet seems shorter, emphasising the width of the car, and the tail now has a more powerful, fastback look, thus making it appear more compact and competition-like despite it sharing the 812 Superfast's silhouette, proportions and formal balance. Even the rear spoiler now looks more imposing: it is higher but the specific design

treatment used also makes the tail look very wide, almost horizontal.

The interior architecture very much reflects that of the 812 Superfast, retaining the main dash and door panel interfaces and volumes, including the signature diapason motif. Along with other elements of the interior, the door panel has been redesigned to reduce weight and, combined with the introduction of the H-gate theme on the tunnel, this lends the cockpit a sportier, more modern edge that reflects the car's racing spirit.



Pure Performance

New ID.3 brings 45 kWh battery and lower entry price with City and Style specifications

The Volkswagen ID.3 is now available from £28,370 in new Pure Performance guise.

Two trims – entry-level City and design-focused Style – become available with the new powertrain, in addition to the Pro, Pro Performance and Pro S versions already on sale in the UK. The Pure Performance is differentiated by its lighter 45 kWh (net) battery, 150 PS power output and 310 Nm of torque.

The new Pure Performance variant majors on performance and value, offering a 150 PS and smaller range alternative to the punchier, and larger Pro, Pro Performance and Pro S powertrains, while still providing a muscular 310 Nm of torque. In Pure Performance guise, the ID.3 reaches 62 mph from a standstill in 8.9 seconds, and matches the 99 mph top speed of the rest of the ID.3 range.

Both specifications can regain up to 137 miles of range from a 100 kW rapid charger in 30 minutes, while a 7.2 kW home charger takes around seven and a half hours to take the ID.3 Pure Performance from 5% to 100%.

The City specification also brings a new, even lower entry price for ID.3 ownership – the model now starts at £28,370 for the ID.3 City Pure Performance. The ID.3 Style, meanwhile, provides an even more design-oriented option in the already stylish line-up, and is priced from £32,470.

The highly competitive pricing also means that both of the new variants qualify for the Government's Plug-in Vehicle Grant (PIVG), under the recently realigned £35,000 threshold for the scheme, doubling the number of ID.3s available under the PIVG to four.

Included as standard for the ID.3 City are a 10-inch Discover Pro Navigation infotainment system and a Comfort

Package including heated front seats and a heated steering wheel; rain-sensing wipers and an auto-dimming rear mirror; two rear USB-C ports; and door mirrors with electric adjustment and folding, with integrated projection lights.

The model is also fitted with all-LED headlights and tail lights. The ID. Light interface, meanwhile, allows the ID.3 to communicate with the driver through different light patterns corresponding with functions including navigation instructions, phone commands and battery charge status. Further enhancing the ID.3's interior with light is 10-colour ambient lighting, while natural voice control and Wireless App Connect bring additional convenience and connectivity.

A suite of driver assistance features is also standard-fit for the ID.3, with the City fitted as standard with Adaptive Cruise Control (ACC) with Front Assist as well as a Driver Alert system; Lane Assist; forward collision warning; and extended and proactive pedestrian protection, while

front and rear parking sensors further aid the driver.

The ID.3 Style, priced from £32,470 is identifiable over the ID.3 City by its 18-inch 'East Derry' alloy wheels, while the fitment of the Design Package gives the model IQ.Light LED matrix headlights; animation for the LED taillights; 30-colour interior ambient lighting; tinted windows and an illuminated light band between the headlights and Volkswagen logo. The Comfort Package Plus provides 2-zone climate control and a variable boot floor, while a rear-view camera; 'Kessy Advance' keyless entry system; and illumination for the door handles are also included as standard, thanks to the addition of the Assistance Package for the ID.3 Style.



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<div><div>A212 LAM</div><div>£1,500 ONO (A212 LAM) TEL: 07985 455 057</div></div>	<div><div>AN1I SER</div><div>£2,500 TEL: 07737 334 567</div></div>	<div><div>AV1IJAY</div><div>£10,000 (A VIJAY) TEL: 07985 455 057</div></div>	<div><div>BT55MLA</div><div>£7,500 TEL: 07825 040 037</div></div>	<div><div>DV1IJAY</div><div>£10,000 (D VIJAY) TEL: 07985 455 057</div></div>	<div><div>F44TMA</div><div>£7,500 TEL: 07825 040 037</div></div>	<div><div>H1I RAA</div><div>£7,500 (H OLIVER) TEL: 07985 455 057</div></div>	<div><div>JAV333D</div><div>£5,500 TEL: 07867 861 193</div></div>	<div><div>KY1IASF</div><div>£15,400 (K YUSAF) TEL: 07985 455 057</div></div>	<div><div>MA55 UDD</div><div>£2,800 TEL: 07588 326 444</div></div>	<div><div>MU1I SAH</div><div>£1,500 ONO (MU1I SAH) TEL: 07787 334 567</div></div>	<div><div>NB1IACK</div><div>£8,990 (N BLACK) TEL: 07985 455 057</div></div>	<div><div>NY1IASH</div><div>£10,000 (N VIJAY) TEL: 07985 455 057</div></div>	<div><div>PS1ISAN</div><div>£7,500 (P SUSAN) TEL: 07985 455 057</div></div>	<div><div>S1I OHL</div><div>OFFERS TEL: 07545 218 365</div></div>
<div><div>AN1IAD</div><div>£15,000 (A AHMAD) TEL: 07985 455 057</div></div>	<div><div>AN544N R</div><div>£1,500 ONO (ANSAAR) TEL: 07946 162 099</div></div>	<div><div>AW555OM</div><div>£10,000 (AW555OM) TEL: 07985 455 057</div></div>	<div><div>BU575TEO</div><div>£5,000 ONO (BUSTED) TEL: 07985 455 057</div></div>	<div><div>DY1ISAF</div><div>£15,400 (D YUSAF) TEL: 07985 455 057</div></div>	<div><div>F44TMA</div><div>£7,500 TEL: 07825 040 037</div></div>	<div><div>H1I RAA</div><div>£7,500 (H OLIVER) TEL: 07985 455 057</div></div>	<div><div>JAV333D</div><div>£5,500 TEL: 07867 861 193</div></div>	<div><div>KY1IASF</div><div>£15,400 (K YUSAF) TEL: 07985 455 057</div></div>	<div><div>MA55 UDD</div><div>£2,800 TEL:</div></div>					

<div>GB</div> <div>SH04 BEK</div> <div>£1,995 ONO TEL: 07764 656 667</div>	<div>GB</div> <div>SHA2D</div> <div>£25,000 TEL: 07867 861 193</div>	<div>GB</div> <div>TAIHAS</div> <div>£3,000 ONO (TALHA) TEL: 07946 162 099</div>	<div>GB</div> <div>TVIJAY</div> <div>£10,000 (T VIJAY) TEL: 07985 455 057</div>	<div>GB</div> <div>VY55 HAL</div> <div>£3,500 TEL: 07588 326 444</div>	<div>GB</div> <div>WDIIEEP</div> <div>£7,000 (W DILEEP) TEL: 07985 455 057</div>	<div>GB</div> <div>XX 56XY XX</div> <div>£8,000 ONO TEL: 07908 472 121</div>
<div>GB</div> <div>SHIOAEB</div> <div>£2,000 OFFERS T: 07754 852 402 no withheld numbers</div>	<div>GB</div> <div>SOII BYA</div> <div>£2,000 TEL: 01274 414141 MON - FRI: 9-5.30</div>	<div>GB</div> <div>TAIIMAD</div> <div>£10,000 (T AHMAD) TEL: 07985 455 057</div>	<div>GB</div> <div>TYISAF</div> <div>£15,400 (T YUSAF) TEL: 07985 455 057</div>	<div>GB</div> <div>VY55 HNU</div> <div>£3,500 TEL: 07588 326 444</div>	<div>GB</div> <div>WGIPTA</div> <div>£6,995 (W GUPTA) TEL: 07985 455 057</div>	<div>GB</div> <div>XYIISAF</div> <div>£15,400 (X YUSAF) TEL: 07985 455 057</div>
<div>GB</div> <div>SHIOABY</div> <div>£4,000 ONO TEL: 07828 695 464</div>	<div>GB</div> <div>SPIRTY</div> <div>£15,000 (SPORTY) TEL: 07985 455 057</div>	<div>GB</div> <div>TAIIYRS</div> <div>£1,500 (TAHYRS) TEL: 07867 886 786</div>	<div>GB</div> <div>TYIISUF</div> <div>£15,000 (T YUSUF) TEL: 07985 455 057</div>	<div>GB</div> <div>WQIIVER</div> <div>£6,500 (W OLIVER) TEL: 07985 455 057</div>	<div>GB</div> <div>WKIIMAR</div> <div>£15,000 (W KUMAR) TEL: 07985 455 057</div>	<div>GB</div> <div>YIINES</div> <div>£OFFERS (YUNAS) TEL: 07834 016 393</div>
<div>GB</div> <div>SHIOKET</div> <div>£2,000 OFFERS T: 07754 852 402 no withheld numbers</div>	<div>GB</div> <div>STIIGGG</div> <div>£20,000 ONO TEL: 07786 510 000</div>	<div>GB</div> <div>TAI3BYS</div> <div>£1,600 ONO TEL: 07557 387 547</div>	<div>GB</div> <div>UAIIMAD</div> <div>£10,000 (U AHMAD) TEL: 07985 455 057</div>	<div>GB</div> <div>W2I JAS</div> <div>£1,200 ONO TEL: 07925 757 677</div>	<div>GB</div> <div>WMIILES</div> <div>£7,500 (W MILES) TEL: 07985 455 057</div>	<div>GB</div> <div>YSIILMA</div> <div>£4,000 ONO (SALMA) TEL: 07969 598 969</div>
<div>GB</div> <div>SHIOKUT</div> <div>£2,000 OFFERS T: 07754 852 402 no withheld numbers</div>	<div>GB</div> <div>SUR87IT</div> <div>£1,500 (SURBJIT) TEL: 07985 589 631</div>	<div>GB</div> <div>TA55LYM</div> <div>£4,895 ONO TEL: 07779 324 610</div>	<div>GB</div> <div>UDIIEEP</div> <div>£7,000 (U DILEEP) TEL: 07985 455 057</div>	<div>GB</div> <div>W33DDY</div> <div>£5,000 ONO TEL: 07779 994 695</div>	<div>GB</div> <div>WISIISAN</div> <div>£7,500 (W SUSAN) TEL: 07985 455 057</div>	<div>GB</div> <div>Y55ANA</div> <div>£OFFERS TEL: 07835 316 786</div>
<div>GB</div> <div>SHII AED</div> <div>£1,000 TEL: 01274 414141 MON - FRI: 9-5.30</div>	<div>GB</div> <div>SYIISAF</div> <div>£15,400 (S YUSAF) TEL: 07985 455 057</div>	<div>GB</div> <div>TA55TEE</div> <div>£5,000 T: 07740 784 983 privateplates@hotmail.co.uk</div>	<div>GB</div> <div>UKIORD</div> <div>£OFFERS TEL: 07522 199 997</div>	<div>GB</div> <div>W33DY K</div> <div>£5,000 ONO TEL: 07779 994 695</div>	<div>GB</div> <div>WYIISAF</div> <div>£15,400 (W YUSUF) TEL: 07985 455 057</div>	<div>GB</div> <div>Y9 ALT</div> <div>£30,000 TEL: 07525 817 453</div>
<div>GB</div> <div>SHII AFS</div> <div>£1,500 TEL: 01274 414141 MON - FRI: 9-5.30</div>	<div>GB</div> <div>SYIISUF</div> <div>£15,000 (S YUSUF) TEL: 07985 455 057</div>	<div>GB</div> <div>TA55TYE</div> <div>£5,000 T: 07740 784 983 privateplates@hotmail.co.uk</div>	<div>GB</div> <div>UMM444R</div> <div>£4,995 TEL: 07707 747 776</div>	<div>GB</div> <div>W33NTD</div> <div>£1,800 (WANTED) TEL: 01202 877 038</div>	<div>GB</div> <div>WYIISUF</div> <div>£15,000 (W YUSUF) TEL: 07985 455 057</div>	<div>GB</div> <div>YAIIMAD</div> <div>£10,000 (Y AHMAD) TEL: 07985 455 057</div>
<div>GB</div> <div>SHIAHZ</div> <div>£5,000 TEL: 07921 576 971</div>	<div>GB</div> <div>TOYSR</div> <div>£15,000 ONO TEL: 07973 787 934</div>	<div>GB</div> <div>TA67 ETS</div> <div>£6,000 ONO TEL: 07908 472 121</div>	<div>GB</div> <div>UYIISAF</div> <div>£15,400 (U YUSAF) TEL: 07985 455 057</div>	<div>GB</div> <div>W4JLD</div> <div>£1,995 TEL: 07954 389 874</div>	<div>GB</div> <div>X3 SINGS</div> <div>£3,500 (SINGHS) TEL: 07833 333 870</div>	<div>GB</div> <div>YAIIYAA</div> <div>£15,000 (YAYYAA) TEL: 07985 455 057</div>
<div>GB</div> <div>SHII ANY</div> <div>£2,000 TEL: 01274 414141 MON - FRI: 9-5.30</div>	<div>GB</div> <div>TIUUCS</div> <div>£OFFERS TEL: 07581 169 231</div>	<div>GB</div> <div>TAHIR</div> <div>£10,000 (TAHIR) TEL: 07403 302 725</div>	<div>GB</div> <div>VOIRAS</div> <div>£2,000 (VOHRA) TEL: 07867 886 786</div>	<div>GB</div> <div>W4KY R</div> <div>£10,000 TEL: 07786 615 234</div>	<div>GB</div> <div>X 7BY X</div> <div>£1,500 TEL: 07767 778 798</div>	<div>GB</div> <div>YEIICOM</div> <div>£49,000 (YELL COM) TEL: 07985 455 057</div>
<div>GB</div> <div>SHIIKEL</div> <div>£4,995 ONO (SHAKEL) TEL: 07863 845 709</div>	<div>GB</div> <div>TI4 REK</div> <div>£OFFERS (TARIC) TEL: 07508 066 661</div>	<div>GB</div> <div>TBIATT</div> <div>£7,000 (T BHATT) TEL: 07985 455 057</div>	<div>GB</div> <div>VOIIVER</div> <div>£6,500 (V OLIVER) TEL: 07985 455 057</div>	<div>GB</div> <div>W4LYT</div> <div>£2,000 TEL: 07854 435 656</div>	<div>GB</div> <div>XAL IIX</div> <div>£15,000 TEL: 07733 244 444</div>	<div>GB</div> <div>YDIIEEP</div> <div>£7,000 (Y DILEEP) TEL: 07985 455 057</div>
<div>GB</div> <div>SHII OBY</div> <div>£1,000 TEL: 01274 414141 MON - FRI: 9-5.30</div>	<div>GB</div> <div>TI9 ARX</div> <div>£OFFERS (TIGER X) TEL: 07837 790 981</div>	<div>GB</div> <div>TDIIEEP</div> <div>£7,000 (T DILEEP) TEL: 07985 455 057</div>	<div>GB</div> <div>V 4RFN</div> <div>£1,000 TEL: 07967 193 033</div>	<div>GB</div> <div>WAIIEEM</div> <div>£15,000 (WAHEEM) TEL: 07985 455 057</div>	<div>GB</div> <div>X BAIG</div> <div>£50,000 TEL: 07947 979 777</div>	<div>GB</div> <div>YKIIMAR</div> <div>£15,000 (Y KUMAR) TEL: 07985 455 057</div>
<div>GB</div> <div>SHIIPER</div> <div>£15,000 (SHIPER) TEL: 07985 455 057</div>	<div>GB</div> <div>TILI 786</div> <div>£1,500 ONO TEL: 07974 179 156</div>	<div>GB</div> <div>TERIK</div> <div>£7,000 (T KING) TEL: 07739 413 695</div>	<div>GB</div> <div>V 44MJD</div> <div>£850 ONO TEL: 07803 012 253</div>	<div>GB</div> <div>WAIISHA</div> <div>£9,000 (W AISHA) TEL: 07985 455 057</div>	<div>GB</div> <div>X K04SER</div> <div>£OFFERS TEL: 07811 146 312</div>	<div>GB</div> <div>YUIONES</div> <div>£OFFERS T: 07754 852 402 no withheld numbers</div>
<div>GB</div> <div>SHIYLA</div> <div>£10,000 TEL: 07969 914 041</div>	<div>GB</div> <div>T44 RKK</div> <div>£2,200 ONO TEL: 07926 095 168</div>	<div>GB</div> <div>TJIDGE</div> <div>£15,500 (T JUDGE) TEL: 07985 455 057</div>	<div>GB</div> <div>VAIIMAD</div> <div>£10,000 (V AHMAD) TEL: 07985 455 057</div>	<div>GB</div> <div>WAIITAD</div> <div>£10,000 (WANTED) TEL: 07778 881 126</div>	<div>GB</div> <div>X KIIAN X</div> <div>£2,700 TEL: 07786 087 155</div>	<div>GB</div> <div>YVIJAY</div> <div>£10,000 (Y VIJAY) TEL: 07985 455 057</div>
<div>GB</div> <div>SHI2ADH</div> <div>£3,000 ONO TEL: 07870 993 553</div>	<div>GB</div> <div>T444BYS</div> <div>£995 ONO TEL: 07886 606 431</div>	<div>GB</div> <div>TKINGS</div> <div>£14,000 (T KINGS) TEL: 07985 455 057</div>	<div>GB</div> <div>VBIATT</div> <div>£7,000 (V BHATT) TEL: 07985 455 057</div>	<div>GB</div> <div>WAH330K</div> <div>£2,500 (WAHEED K) TEL: 07973 199 979</div>	<div>GB</div> <div>XKIIMAR</div> <div>£15,000 (X KUMAR) TEL: 07985 455 057</div>	<div>GB</div> <div>Y44SCR</div> <div>£2,500 ONO TEL: 07828 159 318</div>
<div>GB</div> <div>SHI2ANH</div> <div>£3,000 ONO TEL: 07870 993 553</div>	<div>GB</div> <div>T8WHD</div> <div>£15,000 (TAWHEED) TEL: 07842 955 147</div>	<div>GB</div> <div>TMIILES</div> <div>£7,500 (T MILES) TEL: 07985 455 057</div>	<div>GB</div> <div>VDIIEEP</div> <div>£7,000 (V DILEEP) TEL: 07985 455 057</div>	<div>GB</div> <div>W4J33D</div> <div>£2,995 TEL: 07793 628 670</div>	<div>GB</div> <div>XMIILES</div> <div>£7,500 (X MILES) TEL: 07985 455 057</div>	
<div>GB</div> <div>SHI3 MLA</div> <div>£5,000+ (SHIMMLA) TEL: 07973 165 474</div>	<div>GB</div> <div>T9RYK</div> <div>£OFFERS TEL: 07863 289 625</div>	<div>GB</div> <div>TRII HAD</div> <div>£2,500 TEL: 01274 414141 MON - FRI: 9-5.30</div>	<div>GB</div> <div>VSIISAN</div> <div>£7,500 (V SUSAN) TEL: 07985 455 057</div>	<div>GB</div> <div>W4J33D</div> <div>£2,995 TEL: 07793 628 670</div>	<div>GB</div> <div>XSHIACS</div> <div>£4,500 (X SHAKS) TEL: 07985 455 057</div>	
<div>GB</div> <div>SH54ZHD</div> <div>£5,725 TEL: 07802 183 450</div>	<div>GB</div> <div>TAIATS</div> <div>£1,500 (TALLAT) TEL: 07867 886 786</div>	<div>GB</div> <div>TSIISAN</div> <div>£7,500 (T SUSAN) TEL: 07985 455 057</div>	<div>GB</div> <div>VYIISAF</div> <div>£15,400 (V YUSAF) TEL: 07985 455 057</div>	<div>GB</div> <div>W4J33D</div> <div>£2,995 TEL: 07793 628 670</div>	<div>GB</div> <div>XXIO MAR</div> <div>£10,000 OFFERS TEL: 07928 473 771</div>	

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

<div>GB</div> <div>A84DLA</div> <div>£OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>AWA15S</div> <div>£OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>F9TMA</div> <div>£OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>K4HN.V</div> <div>£OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>M44YAT</div> <div>£OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>S4FTR</div> <div>£OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>SHIFYK</div> <div>£OFFERS TEL: 07522 173 297</div>
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<div>GB</div> <div>AAI2OMA</div> <div>£OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>AY55HAS</div> <div>£OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>FI2ANA</div> <div>£OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>K44HNY</div> <div>£OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>MAI4RYM</div> <div>£OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>S4TPL</div> <div>£OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>T4RAK</div> <div>£OFFERS TEL: 07522 173 297</div>
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EXCLUSIVE EUROPEAN SUPER LEAGUE IS A BETRAYAL

A wake-up call for the custodians of the game on the values and ideals of football

One of Liverpool FC's prominent and highly influential member and Football Association National Game Board personalities, Abu Nasir has rejected the plans for a proposed European Super League claiming it betrays the values of not only Liverpool FC, but football as a whole.

Nasir was part of the original Liverpool FC Official Supporters Committee and fans representative on the Board and advised the leadership team and owners, playing a key role in reshaping the club after the acquisition of Liverpool FC by Fenway Sports Group.

He claims that the proposals could kill the game we all love so much, and that it only serves the purpose of the elite who have no real interest of supporters and those who matter.

"This was a very ill and absent-minded plan without any consultation or regard for not only supporters, but every individual and stakeholder connected to the game.

"I appreciate the need to ensure the long-term sustainability of the game through attracting significant investment, but this proposal only serves the elite and based only on greed.

"There is a fine line between balancing business and football, which is a working class sport loved by millions.

"I have been concerned about the direction football is heading during the past two decades.

Continued on page 46





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■ Abu Nasir pictured with Liverpool's American owners after the acquisition of the club in 2011



EXCLUSIVE EUROPEAN SUPER LEAGUE IS A BETRAYAL

A wake-up call for the custodians of the game on the values and ideals of football

Continued from page 45

"I feel the game is moving towards serving the purpose of the privileged in so many aspects, from grassroots right through to the professional game and becoming unaffordable in terms of participation but also attending matches".

Nasir is a respected football executive who works closely with billionaire football investors and is a lifelong Liverpool fan who has followed the Reds through thick and thin since the age of seven and follows the club home and away and in Europe.

He was involved in a fans takeover over the club back in 2009 after the previous Liverpool owners nearly bankrupted the club.

Talking about Liverpool's American owner John W Henry - a Vice President of the proposed European Super League, Nasir says: "John W Henry is an astute businessman and I have learnt a lot from FSG (LFC owners), which inspired me to set up my own football business. I am certain he will take into account the views of fans and everyone who is against these proposals."

However, he also stated the likes of UEFA, FIFA and the Premier League also need to take a long and hard look at themselves, as they have not entirely served the game in relation to the best interests of supporters and the wider football community.

"There is a lot of work to be done, particularly around tackling racism and discrimination, and ensuring diversity within the game from grassroots right through the boardroom.

"I hope this is a wake-up call for the powers within the game to take a long hard look at themselves and ensure a level playing field and fair distribution of income.

"There has been significant progress in addressing these concerns and I am confident the powers within the game will make the positive changes planned.

Nasir who was an applicant for the vacant FA Chair position, with an announcement to be made very soon, claims the game needs real football people in the board rooms and not just business expertise and should serve the diverse football family.



■ Abu is pictured with Mohamed Salah collecting the Football Writers Player of the Year Award

About Abu Nasir

Abu Nasir has been involved in football and sports since the age of seven as a player, then went on to becoming a coach, and is now a sports business executive at both grassroots and professional level.

He has a strong background of leading, managing and developing high profile multi-agency programmes in the sports industry, and in the public and private sectors, as well as managing his own businesses which includes a global sports management consultancy. He is the Founder Chairman of Luton Sporting Club which has been successfully operating since 1995.

He has managed business turnover of

£800m to date and successfully delivered projects and programmes circa £1bn.

His career highlights include roles with Liverpool FC, the Premier League and Government and as a political advisor and is involved in commercial deals in professional football.

Nasir is also a FIFA licensed football intermediary. He currently advises and manages investment partnerships for several international investors. He also hosts a sports show on TV One which is broadcast to over 68 countries within the Sky TV platform. He also spends significant time on charitable causes and fundraising to tackle global poverty.



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25 Marathons in 100 days

Bradford born personal trainer has completed a 100 Day Running Challenge in aid of Alzheimer's Society..

Chris Sutcliffe, 33, was inspired from a personal double tragedy to raise money in memory of both his grandparents - Kenneth Brame, 93, and John Sutcliffe, 79, who were both diagnosed with dementia.

During the first wave of Coronavirus, 1 in 4 people who died of COVID 19 had dementia. The WHO reports that dementia is perhaps the 21st century's most serious health challenge.

Worldwide around 50 million people live with dementia, and by 2050 this number is expected to reach 152 million.

His achievement is more remarkable as this was achieved at the height of last Covid-19 lockdown.

Since New Year's Day 2021 Chris ran 10k every day for 50 days straight. On day 51 a half marathon was completed this was followed up by an Ultramarathon on day 52.

On the final day he managed to achieve a marathon personal best time of 3 hours 29 minutes around

an outdoor athletic track at Temple Newsam in Leeds.

He shaved off 11 minutes from his previous best time all without taking a day's rest. Overall completing a total distance of 1075KM in 100 days straight from January 1st - April 10th. (averaging over 10km every day and run the equivalent of 25 marathons).

His recorded runs can be viewed on the running app Strava: CSS Fitness

Chris has currently raised £1000 so far for Alzheimer's Society and hope to increase this further, and has setup a just giving page called CSS Daily Distance Running. **To donate, please visit:** <https://www.justgiving.com/fundraising/cssfitness>



Kickboxing ace!



Five-year-old achieves his first belt in under two months

Continued on page 47

"Therefore, I encouraged him to try a few activities such as football and kickboxing. I realised that he had a preference for kickboxing, so I focused on that.

"I was initially sceptical how Azar Farooq Kickboxing's online sessions would progress, but surprisingly the whole experience has been hugely positive.

"Tayyub continued developing and gaining confidence, and I think this has

been largely effective because of the tutor (Mr Farooq) and his enthusiasm for the subject and my ability to provide a safe and secure environment for my son to practise his sessions."

Now working towards his yellow belt, little champion Tayyub beamingly says: "I do two classes every week. I really, really like Mr Farooq. He never gets cross."

Dad adds: "The challenges parents of young children have faced with school closures over the last 12-months has brought a great degree of uncertainty.

Children like structure, and for this structure to be disrupted has caused a degree of anxiety.

"Nevertheless, I feel it is important to embrace change positively and to keep the children cognitively and physically challenged whilst ensuring they are happy and having fun in doing so.

"As a parent, I will urge other parents is to sit down and talk to your children about what they would like to do and explore and see what works best.

"When they have chosen an interest or activity, then encourage the child towards this direction. Don't be too concerned if they will be successful at it, that is incidental, the main objective is that child enjoys the activity."

"Finally, I'd like to add that children are a blessing. They are like clay and can be moulded to be anything they want to be."



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Kickboxing ace!

Five-year-old achieves his first belt in under two months



At just five-years-old, Tayyub Warris has become the youngest in his online classes to achieve his first belt in kickboxing.

The determined little Reception student from Bradford, only just began online kickboxing classes in February during the last lockdown, and has made fantastically promising progress at such a young age.

Showing great aptitude for the sport, the young martial art ace's white belt achievement comes in less than two-months since he first started, surprising not only his parents, but tutor Mr Farooq as well.

Proud dad Mohammed Warris Sheikh says: "I had just recently received contact with my child, after a year long family dispute and naturally although I wanted to make up for loss of time.

"I realised that Tayyub needed to increase his confidence, and feel an integral part of something alongside rebuilding his relationship with the extended family.

Continued on page 47

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