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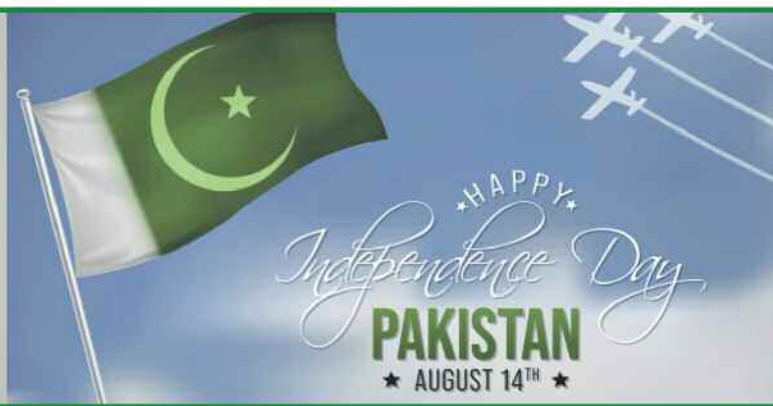
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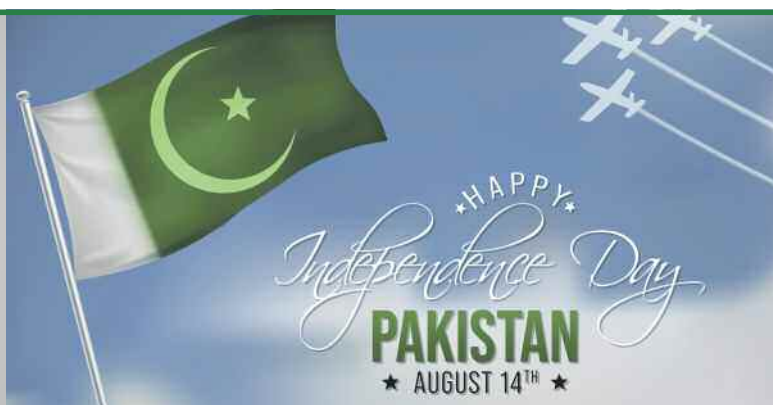
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See page 56

Husband reveals heartbreak after wife and daughter die two days apart

A grieving widower has spoken of his devastation following the double heartbreak of his wife and child dying in hospital two days apart.

Kasim Butt is calling for lessons to be learned after an inquest concluded "a lack of clinical leadership" contributed to his wife's death.

Teacher, Sumera Haq, who was eight months pregnant with the couple's third child, was admitted to Whipps Cross Hospital in Leytonstone, East London, complaining of severe abdominal pain and increasing

shortness of breath.

Sumera was diagnosed with covid pneumonitis. Whilst initially treated on a labour ward, she was transferred to a medical ward two days later. Her condition deteriorated and she suffered a cardiac arrest.

Sumera and Kasim's child, Ayra Butt, was delivered by caesarean section. However, she had no signs of life and despite attempts to resuscitate her, Ayra was pronounced dead shortly after birth.

Sumera received emergency treatment but her condition

continued to deteriorate and she died aged 37.

Following her death Kasim, 41, instructed expert medical negligence lawyers at Irwin Mitchell to help secure answers and support the family - including the couple's other children aged eight and five - through an inquest into Sumera's death.

Continued on page 6



'LIVING NIGHTMARE'

■ TRAGIC: Sumera Haq had been eight months pregnant with her third child when she died due to medical negligence

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Published by Media Buzz



BSMART TEAM: (top row l-r) Gurmy Sirha, Raihiem Singh, Danny Rabbeth, Baldev Sirha, Manny Sirha and Natalie Pemberton (second row l-r) Managing Director Amandeep Sirha and Bina Sirha

Fast... but not furious

Female car boss revvs up the turbos for local charities

A stunning event featured 24 sensational looking show cars all in an effort to raise funds for the world-leading palliative care organisation - St Gemmas Hospice, and for mental health charity Mind.

Amandeep Sirha, managing director of Bsmart Autocentre in Leeds, lost her grandmother to cancer recently and says she had a dream while on holiday in Dubai,

after which she felt the urgent need to do something for charity.

With reallocated funds originally put away for a new site location for her business, Amandeep, backed by her team and a cohort of business donating prizes for the raffle, set about arranging a sensational fundraiser to help pull in the crowds and hit their fundraising mission.

“We as a team have always

wanted to do something which was giving back to our local community,” explains Amandeep.

“So, with that in mind we wanted to pick charities that was a common theme with anyone that we spoke to.

“St Gemmas and Leeds Mind were chosen because some of us have had family member or friends’ families that have passed away from cancer or life-threatening illnesses;

A total of £3,650.55 was raised, which has been split between St Gemmas Hospice and Leeds Mind.



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and without the fantastic work and support of places like St Gemmas I'm not sure we would have coped.

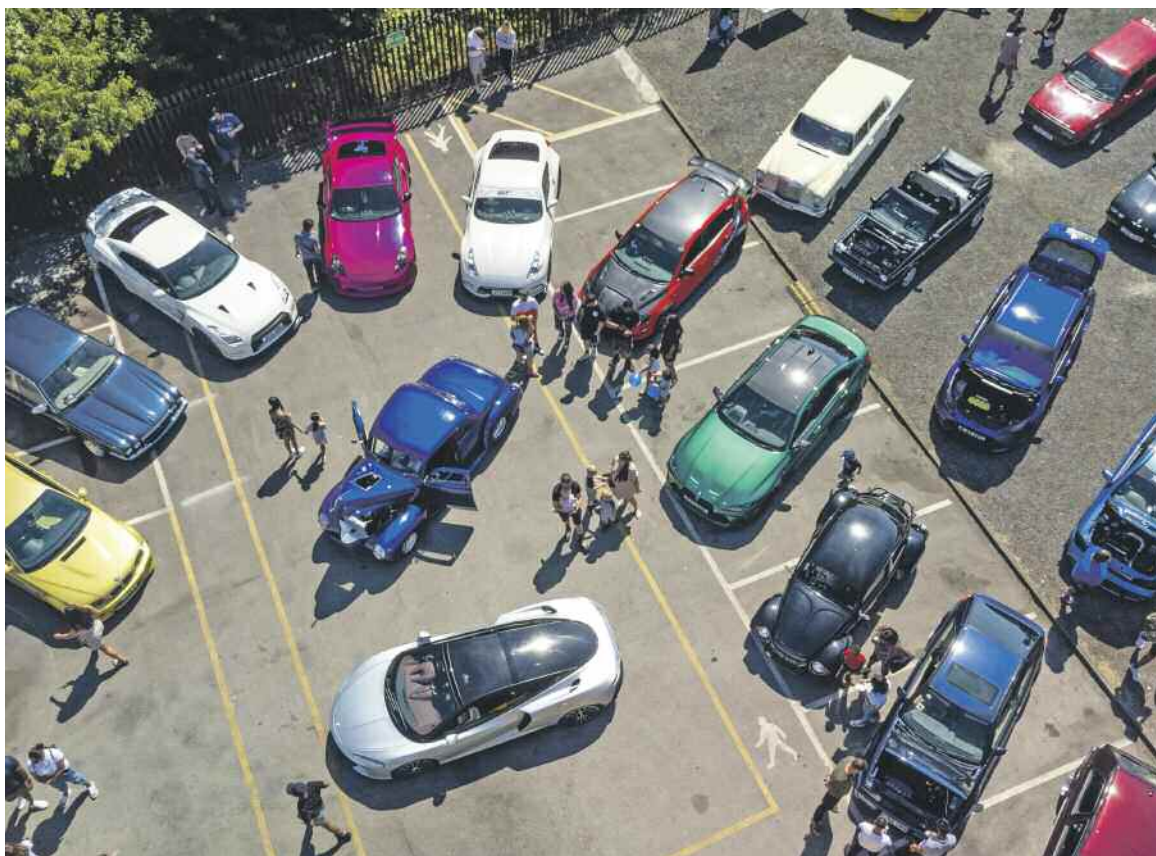
"Many of us have suffered with our mental health whether it be the effects of the pandemic or that life has just got too much for us and we can't see a way out and sometimes our loved ones aren't the people we want to share our troubles with.

"This is where Leeds Mind can step in and help us with coping strategies and promote good

mental health.

"We want to thank every single person that has made this event possible. Thank you to everyone that has taken time out to bring their cars to make this event special, thank to all the businesses that have donated a raffle prize, and a huge thank you to my team that made this event possible."

A total of £3,650.55 was raised, which has been split between St Gemmas Hospice and Leeds Mind.



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New Google data has shone a light on people's Google searches during Boris' premiership, revealing exactly where it all went wrong for him.

It highlights what people searched for about Boris Johnson himself, as well as the various scandals that ended his premiership.

The research was conducted by search agency Content Drive using data from Google Trends, Keyword Planner and SEO software Ahrefs to find out the most Googled queries about Boris Johnson during his time in power.

The research found some fascinating results. The second most-Googled query related to Boris Johnson was 'How many children does Boris Johnson have?' with an average of 9,700 searches a month.

The report also looked at some of the scandals that dogged the soon-to-be former Prime Minister.

Despite the Chris Pincher scandal ultimately being the final straw for many of his Cabinet, it seems that the public were far more outraged with the Partygate scandals and subsequent Sue Gray report into this. This was shown by the fact that

Partygate-related terms were the most searched for of all the scandals, with an average of 61,000 searches a month over the last 12 months.

Other scandals such as the Downing Street flat refurbishment, paid lobbying (Owen Patterson) and Chris Pincher drew much less attention online.

Johnson was often described as the 'Teflon PM' for his ability to avoid being fatally wounded by the scandals surrounding him. Search volume data from Google Trends revealing the peaks and troughs of public interest also supports this depiction. The data shows how short the public's attention span be meaning that our initial interest (and outrage) tends to be short-lived.

An interesting finding from the Google Trends data was that there were 23% more searches for the redacted Sue Gray report in January 2022 than for the full report in May, suggesting public interest waned and Boris Johnson did benefit politically from the various delays with the report.

It also showed how public interest in a scandal drops over time, with searches often flatlining after an initial spike as shown with searches for 'Downing Street Flat Refurbishment' falling to almost zero after they peaked in November 2021 and January 2022.

New Google data shows what people REALLY think about Boris Johnson

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‘LIVING NIGHTMARE’

Husband reveals heartbreak after wife and daughter die two days apart

Cover story continued

An inquest at East London Coroner’s Court concluded Sumera was inappropriately transferred to a medical ward and died following a lack of clinical leadership, a lack of multi-disciplinary planning and lack of close monitoring as well as a lack of appropriate escalation in light of her deterioration before she suffered the cardiac arrest.

Husband Kasim, a delivery driver, said: “It’s almost impossible to find the words to describe the hurt and pain our family feel. The last year has been a living nightmare which I wouldn’t wish on anyone.

“Sumera was a wonderful wife and the best mum any child could ever want. She went out of her way to help others and her death at an age when she had her best years ahead of her, has been particularly difficult to come to terms with.

“Those few days and trying to come to terms with the death of Ayra, whilst Sumera was also slipping away from us is something I’m not sure I’ll ever get over.

“When I saw Ayra she was beautiful. I just held her and cried my eyes out. I’ll cherish what little but precious time I had with her.

“Being at Sumera’s bedside and holding her hand as her body shut

down in front of my eyes and knowing there wasn’t anything I could do to help or save her was heart-breaking.

“I couldn’t stop thinking about our other children and how I was going to tell them their mummy wasn’t coming home.

“For nearly a year we’ve had so many questions about what happened. While the inquest and listening to the evidence has been incredibly traumatic it was something I needed to do to honour Sumera’s memory.

“I know nothing can bring Sumera back, or fill the void in our lives, but our family take some comfort in at least now having some answers to our questions. I just hope nobody else has to go through the pain we have.”

Taylor Hackett, the expert medical negligence lawyer at Irwin Mitchell representing Kasim, said: “This is a truly tragic case in which Kasim and the rest of Sumera’s family remain traumatised by their loss.

“Understandably Kasim has had a number of concerns and questions about the events that unfolded in the lead up to his wife’s death.

“While nothing can make up for what’s happened we’re pleased to have at least been able to support the family in their search for some answers.

“It’s now vital that lessons are learned following the several concerns

that the inquest has identified in Sumera’s care.

“In the meantime we’ll continue to support the family to help them try and come to terms with their loss the best they can at this distressing time.”

Sumera, who tested positive for Covid-19 in late July was admitted to Whipps Cross by ambulance on 7 August after complaining of severe abdominal pain and increasing shortness of breath. She had sought medical advice in the previous days for her symptoms.

After initially being cared for on a labour ward she was moved to a medical ward in the early hours of 9 August after her respiratory function worsened.

Observations showed that Sumera was suffering an acute kidney injury and on 11 August her level of haemoglobin – protein that carries oxygen round the body – was considered to be concerning low, the inquest was told.

In the early hours of the following morning on 12 August, 2021, her condition deteriorated, the hearing heard. At 7am she was administered blood thinners and not long after, the emergency buzzer was pressed and she required assistance from the healthcare staff. Her observations were monitored and she continued to deteriorate.



HAPPIER TIMES: Husband Kasim Butt with wife Sumera and his other two children

Shortly after 9am Sumera suffered a cardiac arrest. A decision was made to deliver Ayra by caesarean section at 9.30am. Sadly, Ayra was born with no signs of life, CPR was commenced. Sadly, resuscitation attempts were unsuccessful and the decision to stop the resuscitation was made at 15 minutes of age.

In the meantime, Sumera was rushed to emergency surgery. During the surgery, doctors found a haematoma – collection of clotted

blood – in her abdomen, but couldn’t locate the source of the bleeding, the inquest was told. Surgeons performed a hysterectomy and Sumera was transferred to intensive care and put on a ventilator.

Sumera’s condition continued to deteriorate and she sadly died on 14 August, 2021.

The inquest found she died from multiple organ failure, abdominal bleeding, Covid-19 infection and pneumonia.

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The United Kingdom is one of the most popular choices among South Asian students, as it's home to some of the world's most prestigious universities.

The Indian government has now signed a memorandum of understanding (MoU) with the British government, which is thought to be highly beneficial for Indian students who wish to study in UK.

Undergraduate and postgraduate degrees will now be recognised in both the countries. This means that an Indian student who has a degree from one of the Indian colleges will now be eligible to pursue higher studies in the UK and vice versa.

This also means that Indian degree holders will now be treated on par with UK degree holders and will be

UK and India sign agreement recognising each other's education degrees

eligible for jobs in the UK as well.

The UK government has plans to attract more international students to its universities and hence, will be giving an economic boost.

"The agreement will make UK universities even more appealing to Indian applicants and is likely to provide an economic boost, as the

benefit to the UK of welcoming non-EU students is estimated by industry to be around £109,000 per person," the UK government said in a statement.

The two countries also signed two more agreements – on maritime education and a framework agreement on the healthcare

workforce.

The latter pact will facilitate the training of healthcare professionals and nurses in India by the UK government, as the country is facing a shortage.

The maritime MoU paves the way for the governments to recognise the degrees, training and competency in

maritime education in the respective countries.

The MoUs are part of the UK-India Enhanced Trade Partnership (ETP), which was agreed upon by Prime Minister Boris Johnson and Prime Minister Narendra Modi last year.

Trade between the two countries is worth \$24 billion.

"Our investment relationship supports over half a million jobs. Since 2017 the UK Government has secured new access to India's market, which businesses estimate will unlock approximately £92m of additional UK exports every year in spirits, oats, pork products, and more. India is projected to become the world's third largest economy by 2050," the UK statement read.

"The agreement will make UK universities even more appealing to Indian applicants and is likely to provide an economic boost."

■ The UK is home to some of the world's most renowned universities such as Oxford, Cambridge and LSE





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Financial abuse

One in six don't know the signs of financial abuse: Here's how to spot them

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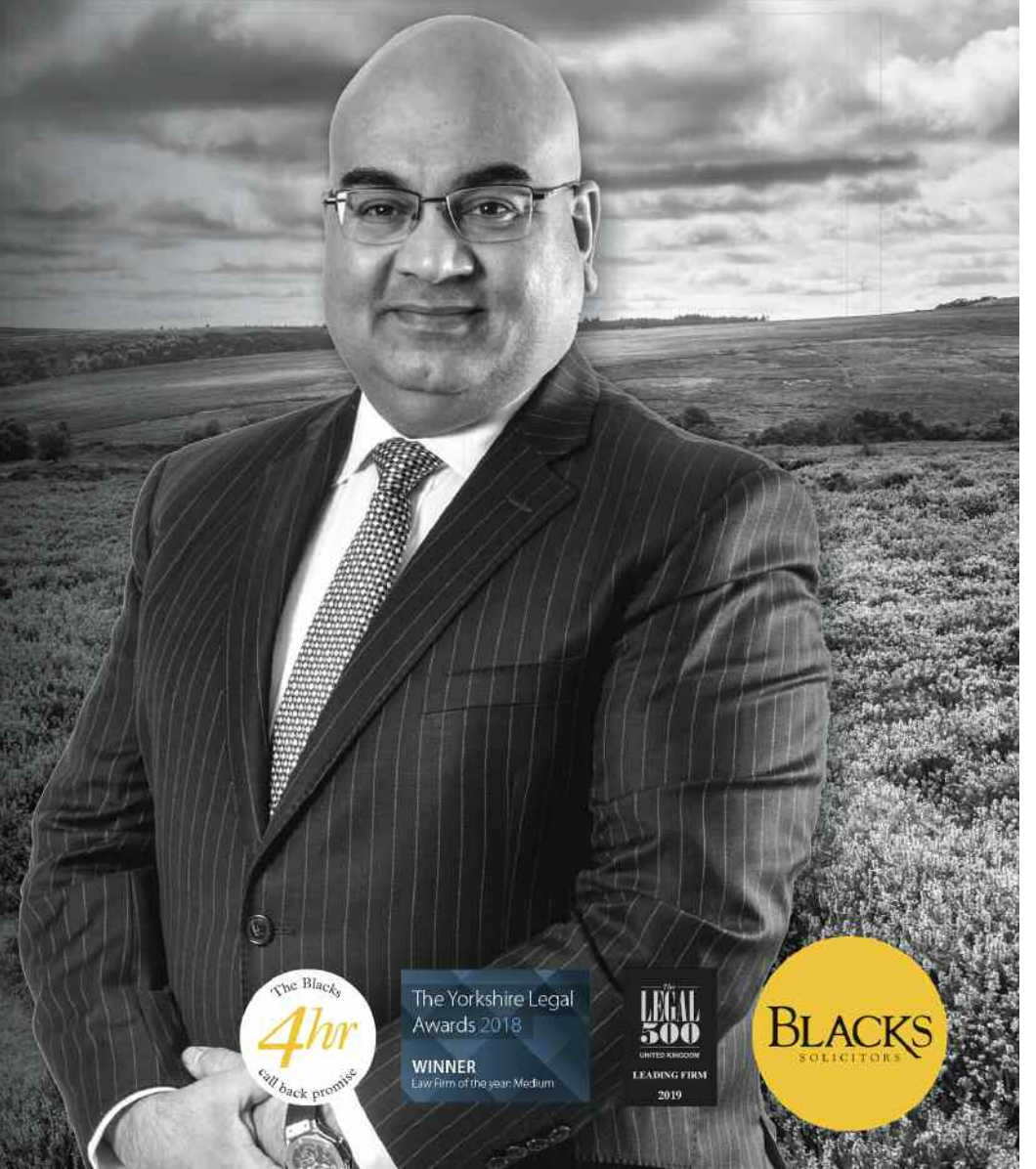
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Research shows that almost one in five (18%) of British adults have experienced financial abuse in a current or past relationship. Of this, one in five women (21%) and one in seven men (15%) have been a victim.

Financial abuse is a type of domestic abuse where someone has power over you and your finances. There are several types of financial abuse, and sadly it can happen to anybody – regardless of age, gender or ethnicity.

Credit management company Lowell has conducted research to reveal how confident Brits are in spotting the signs of financial abuse, in order to raise awareness around the hard-hitting topic.

A customer panel was asked about their experience with financial abuse, and found that 37% have been a victim of it directly, or know of someone who has.

having vital things such as sanitary products or food withheld is abuse. Those are all things I suffered with my ex-husband.

“I’m over seven years free of his hold now, married to my best friend and yet my credit score is a joke.

“I have debt from when I was with him because he put my name on the bills, I have debt from fighting him in family court to keep my children safe.

“I still feel like I need to justify a purchase or explain an expense to my husband who always kindly brushes it aside and reminds me he doesn't need to know because I'm my own person.

“The dark cloud of money worries my ex has left me with won't vanish any time soon, the lasting legacy of financial abuse cripples many survivors' lives long after they leave, and some

51% of respondents mentioned someone spending money without telling you.

41% brought up someone deliberately withholding funds to stop you from seeing other family and friends.

38% said that their abuser kept track of every single thing they buy.

When it comes to the different forms of financial abuse, over half (51%) of respondents mentioned someone spending money without telling you. Over two-fifths (41%) brought up someone deliberately withholding funds to stop you from seeing other family and friends, and finally, 38% said that their abuser kept track of every single thing they buy.

One in six (15%) admitted that they don't know how to spot the signs of financial abuse.

Natasha Saunders, an active campaigner and independent consultant for causes against domestic abuse, spoke to Lowell about her experiences: “Financial abuse is a crippling pandemic that has been occurring since time began.

“Speaking out about financial abuse often brings ridicule and disbelief.

“Having your bank accounts monitored, keeping receipts to prove the cost of things, and

even go back because the step into the unknown is scarier than the devil they know.”

John Pears, UK CEO at Lowell, adds: “The results from our research around financial abuse are both shocking and deeply upsetting to read. The lasting impact of financial abuse can be devastating, but it's important to know that if you, or someone you love, are at risk from suspected financial abuse, you are not alone. There are many specialist organisations who can help.

At Lowell, we put our customers' wellbeing first, and we'll always make sure customers can access the support they need by sharing where to find independent support and advice services.

You can also find more information about the signs of domestic abuse and information on support and helplines available on the GOV website, or you can contact Refuge's National Abuse Domestic Helpline directly on 0808 2000 247.”

Signs to look out for financial abuse

- Being asked to prove where you're spending money and what on
- Telling you how you can, and can't, spend your money
- Adding their name to your account or taking control of your accounts
- Leaving you to pay off debt after making you take out money or getting loans in your name
- Preventing you from accessing your accounts

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RISKING IT

We're leaving a massive online trail could increase the chances of identity theft

We will leave behind an online trail of 9,828 photos, 10,811 social media posts and 126 email addresses across their lifetime.

A study of 2,000 adults found more than a third (36 per cent) of our lives are now shared online, which will be viewable - even when we're no longer here.

Adults share an average of 276 posts on Instagram, 170 on Facebook and 141 tweets annually - amounting to 17,369, 10,680 and 8,911 collectively, over the average lifetime.

Similarly, adults have two active email addresses for both personal, and work use, and will have signed up to over 500 mailing lists.

When quizzed on the safety aspect of this, 47 per cent do worry about the risks of putting so much of their life online - despite 29 per cent failing to be 'savvy' when it comes to protecting themselves.

A spokesperson for Aloha Browser,

which commissioned the study, said: "We all put so much of our lives online nowadays because it's considered 'the norm'.

"But we are not giving our online privacy the attention it deserves.

"It really is simple to protect your privacy online but far too many people aren't taking the simple, yet necessary steps."

Using secure passwords is the top thing people do to improve their internet privacy (47 per cent).

Becoming more 'internet savvy'

- While four in 10 never disclose their main email address - or phone number - and a further 39 per cent refrain from using public storage websites, such as Google Docs or Dropbox.

- But despite strong passwords being the main way people protect themselves, 57 per cent still receive warnings about them potentially being compromised.

- Nearly half (49 per cent) are apprehensive about online safety with not wanting to be scammed (67 per cent) cited as the top reason for this.

- And two thirds worry about having their identity stolen whereas 33 per cent would be embarrassed if they ever got 'tricked', according to the OnePoll study.

- The average adult is recipient of three scam attempts every month, with 34 per cent agreeing it's only a matter of time until their data is compromised.

- What's more, 37 per cent don't know what a VPN is, but as many as 83 per cent admit they regularly use them in public places.

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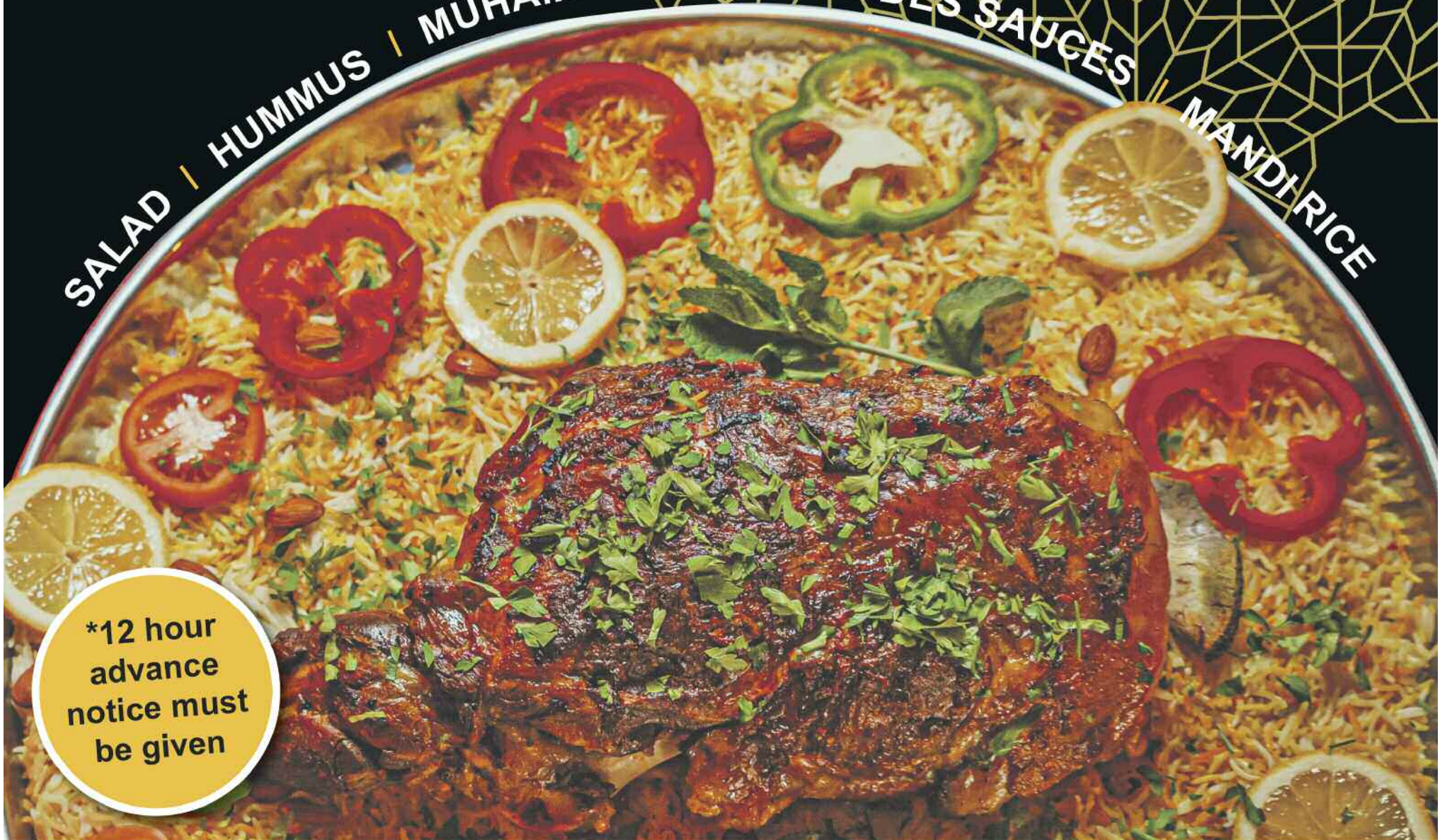
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Johnson & Johnson to stop making and selling its talc-based baby powder

Johnson & Johnson (J&J) will stop making and selling its talc-based baby powder around the world from next year.

The announcement comes more than two years after the healthcare giant ended sales of the product in the US.

J&J faces tens of thousands of lawsuits from women who allege its talcum powder contained asbestos and caused them to develop ovarian cancer.

Talc is mined from the earth and is found in seams close to that of asbestos, which is a material known to cause cancer.

A 2018 investigation by the Reuters news agency claimed that J&J knew for decades that asbestos was present in its talc products.

Reuters said that internal company records, trial testimony and other evidence showed that from at least 1971 to the early 2000s, J&J's raw talc and finished powders

sometimes tested positive for small amounts of asbestos.

In response to evidence of asbestos contamination presented in court rooms, media reports and to US lawmakers, the firm has repeatedly denied the allegations.

In October, J&J created a subsidiary, LTL Management, assigning its talc claims to it. It later placed it into bankruptcy, which paused the pending lawsuits.

Before the bankruptcy filing, the company faced costs from \$3.5bn (£2.87bn) in verdicts and settlements, including one in which 22 women were awarded a judgement of more than \$2bn.

Johnson's Baby Powder has been sold for almost 130 years and became a symbol of the company's 'family-friendly image'. Baby powder is used for preventing nappy rash and for cosmetic uses, including as a dry shampoo.

Gaza: Calls for international investigation into killing of children

The Norwegian Refugee Council (NRC) has confirmed that three children supported by the organisation's education and psychosocial support programme were among those killed in Al-Falluja cemetery, west of Jabalia refugee camp in the northern Gaza Strip on Sunday 7th August.

Hamed, 16; Mohammad, 16; and Nathmi, 15, were all in the tenth grade.

Jan Egeland, NRC's Secretary General said: "I am deeply heartbroken by the news that three children who received trauma support and joined our education activities were among those killed during the escalation in Gaza over the weekend. I send my condolences to their families

and friends.

"Our teams in Gaza had worked with the three boys to help them overcome the traumatic events they experienced during last year's May escalation. These children were needlessly killed in a conflict they had nothing to do with. They should have been allowed to dream of a better, safer future.

"We call for a full investigation to hold the perpetrators to account. Once again, it is the children of Gaza who have to pay with their lives, this suffering cannot be allowed to go on.

"As long as Israel continues its siege and occupation of Gaza, there can be no long-term solution to this tragedy and vicious cycle of violence."



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Consider a family 'tech agreement'

One way to set ground rules with your child is to create a Family Tech Agreement. A family tech agreement answers as many questions as possible about internet and device use so boundaries are clear to all family members. It's a good way for the whole family to talk about safe and responsible online behaviours.

- To create a family agreement, discuss topics like:
 - What apps, games, or sites does the family use most?
 - What rules do we want to include in our agreement?
 - How long should we spend on our devices?
 - What information is safe to share (or not)?
 - What do we do if we see something inappropriate?
 - What email address do we use to sign up for accounts?
 - Do we know how to use in-app safety features like blocking and reporting?
 - Who can we talk to if we feel uncomfortable with something online?
 - Who is safe to talk to?
 - What happens when someone breaks the agreement?
 - When might parents be forced to break the agreement for safety?
 - This is a starting point: your family may discuss more topics on internet safety for kids depending on the ages of your child or teens and what devices you use.

Report any harmful content that you see

Flag or report all harmful content or contact you or your child experiences using social media apps using in-app reporting features. For cybercrimes, cyberbullying, or harmful content, use in-app features like Twitter's safe mode to report it. Most social media companies have their own safety and privacy policies and will investigate and block content or users. Apps geared towards kids, like Facebook Messenger Kids, have clear guidelines and safety features so that users can block content or contacts and have a safer experience in the app.

Set parental controls

It may seem obvious, but parental controls are crucial to your child's safety online. Parent controls are built-in features included on devices and apps. With these features, parents customise their child's online experience. What parental controls are available on each device or app varies, but in general, they limit screen time, restrict content, and enhance user privacy.

- Features of parental controls:
- Limit screen time.
 - Turn off in-app purchasing.
 - Prevent inappropriate or mature content.
 - Limit website access.
 - Play, message, or send/receive content with approved contacts only.
 - Monitor device location through GPS.

Take time to look at what parental controls are available on your child's commonly used apps. Then, set them to reflect the type of experience you think is best for your child or teen's online safety.



Internet expert reveals how to protect your child online this summer

With the summer holidays beginning, children will inevitably have more access to screen time, especially in the form of the internet. Internet safety has become an increasingly worrying problem amongst parents, however internet expert Allison Troutner from VPNOverview.com has listed the best ways to keep your child safe online.

Keep the computer in a common space

If possible, keep computers and devices in a common space so you can keep an eye on activity. It prevents children from doing things that might be risky. Also, if harmful or inappropriate content appears through messages, you can address it with your child straight away.

Password-protect all accounts and devices

If possible, keep computers and devices in a common space so you can keep an eye on activity. It prevents children from doing things that might be risky. Also, if harmful or inappropriate content appears through messages, you can address it with your child straight away.

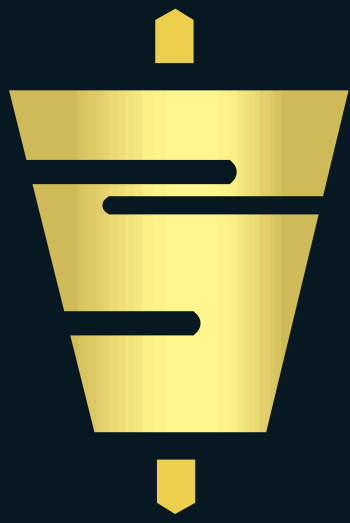
Update your operating systems regularly

All of your devices from mobile phones or tablets to computers and smartwatches receive important updates in response to security issues on a regular basis. Be sure to install them regularly so you have the most up-to-date security fixes and remain safe online. Our recommendation is to set updates to install automatically so your device is less vulnerable to known attacks. Usually, you can find this feature in Settings, then select Automatic Updates, but it varies between devices.

Install security or antivirus software programs and a VPN on your computer

Additionally, cybersecurity or antivirus software programs prevent spyware or viruses that may harm your computer if your child visits a malicious site. Using these programs, parents can also set up regular virus checks and deep system scans to make sure there is no harmful activity happening under your nose.

A VPN hides users' internet activity from snoops and spoofs your location. This protects your kids by making sure hackers or predators can't detect their actual location. You can install a VPN on your router so that the location is spoofed on all connected devices.



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Wealthy Brits fleeing UK to escape tax hikes

Affluent Brits are leaving the UK amid rising taxes, a specialist has claimed.

Forbes Dawson, which manages tax affairs for some of the UK's most successful business owners, claimed recent tax changes are forcing Britain's entrepreneurs to consider moving abroad.

The Manchester-based firm, which is celebrating a decade in business this year, said the number of enquiries from people looking to escape the UK because of the rises in taxes has skyrocketed "fourfold" since the start of the Covid-19 pandemic in 2019.

Forbes Dawson tax director Angela Carey said that countries such as Portugal and Dubai were becoming increasingly popular destinations for UK sun-seeking tax-savers.

"Whereas four or five years ago clients were coming to us asking how best to structure their affairs while remaining as a UK resident, we are now

seeing an increasing appetite for advice on how to leave the UK altogether," she said.

"The 1.25% increase in dividend rates on 6 April 2022 could be the straw that broke the camel's back".

She added: "In the case of Portugal, expats can qualify for favourable tax exemption which, if correctly followed, can allow dividends to be extracted from their UK company free of tax.

"The fact that resorts like the Algarve are also nice places to live is the icing on the cake."

In April, the government applied a 1.25% increase to National Insurance (NI) and dividend tax. Employers were also ordered to pay an additional 1.25% employer's NI.

Soaring fuel, energy and rent costs – combined with a swathe of tax hikes – have also led to a surge in inflation. The Bank of England has set the interest rate at 1.25% - the first time the rate has been higher than 1% since January

2009.

Meanwhile, economic challenges such as Brexit and the Covid pandemic two years ago have further added to the UK's financial woes.

Mrs Carey said: "We have been approached by several high net worth clients who are curious to explore their options around breaking UK tax residence and moving abroad."

"While this remains a complex area to advise upon, the tax rules have become notably easier to navigate since the introduction of a statutory residence test in 2013".

"Under the new rules, an individual can be assured that so long as they do not exceed a maximum number of permitted days in the UK, they will not be UK resident".

In a further warning to policymakers, Forbes Dawson said that the increase in the UK's corporation tax rate from 19% to 25% from April 2023 could be the "tipping point" for company owners in deciding whether to take the plunge and move overseas.

"From April 2023, many business owners will effectively suffer tax of over 50% on their profits due to a combination of corporation tax and dividend tax. Given that Covid has taught them how easy it is to work remotely, moving abroad is now seen as a much less drastic step than it was before," Mrs Carey said.

"With information published by HMRC pointing towards the fact that the top 1% of UK earners pay nearly a third of all the income tax, a mass exodus of entrepreneurs, or 'brain drain', could have a very damaging effect."

Forbes Dawson tax director Angela Carey said that countries such as Portugal and Dubai were becoming increasingly popular destinations for UK sun-seeking tax-savers.



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Smashing stereotypes

Four-year-old Sahib Singh becomes Burberry children's first Sikh model

A four-year-old boy has featured as Burberry's first child model, and the support his family have had has been 'overwhelming', says mum.

Smiling youngster Sahib Singh is featured in the brand's Autumn-Winter 2022 campaign. He's pictured wearing a padded puffer jacket with a matching cardigan, shorts and T-shirt.

A first for the British luxury fashion brand, Burberry says it's another step towards their commitment to represent diverse communities.

Sahib's mother, Harjot Kaur, who runs his Instagram page said she wants her children to feel confident within themselves and didn't get her son into modelling to become "famous".

She said: "When we look at online stores and adverts we just felt like they're missing certain sectors of representation.

"There's not enough people wearing turbans, the kippah, hijabs... or there's just not enough brands picking them."

Comments have flooded Twitter with the four-year-old going viral online.

Sahib Singh who also has a love for sports first started modelling for a family friend's clothing company before getting signed with model and talent agency.

Harjot Kaur said she hopes to expose her children to experiences that are not the typical Asian routes whilst representing who they are.

She said: "Our culture and religion is really important to us and we want to install that in our children".

She added the support on social media has been "overwhelming".



■ Four-year-old Sahib Singh

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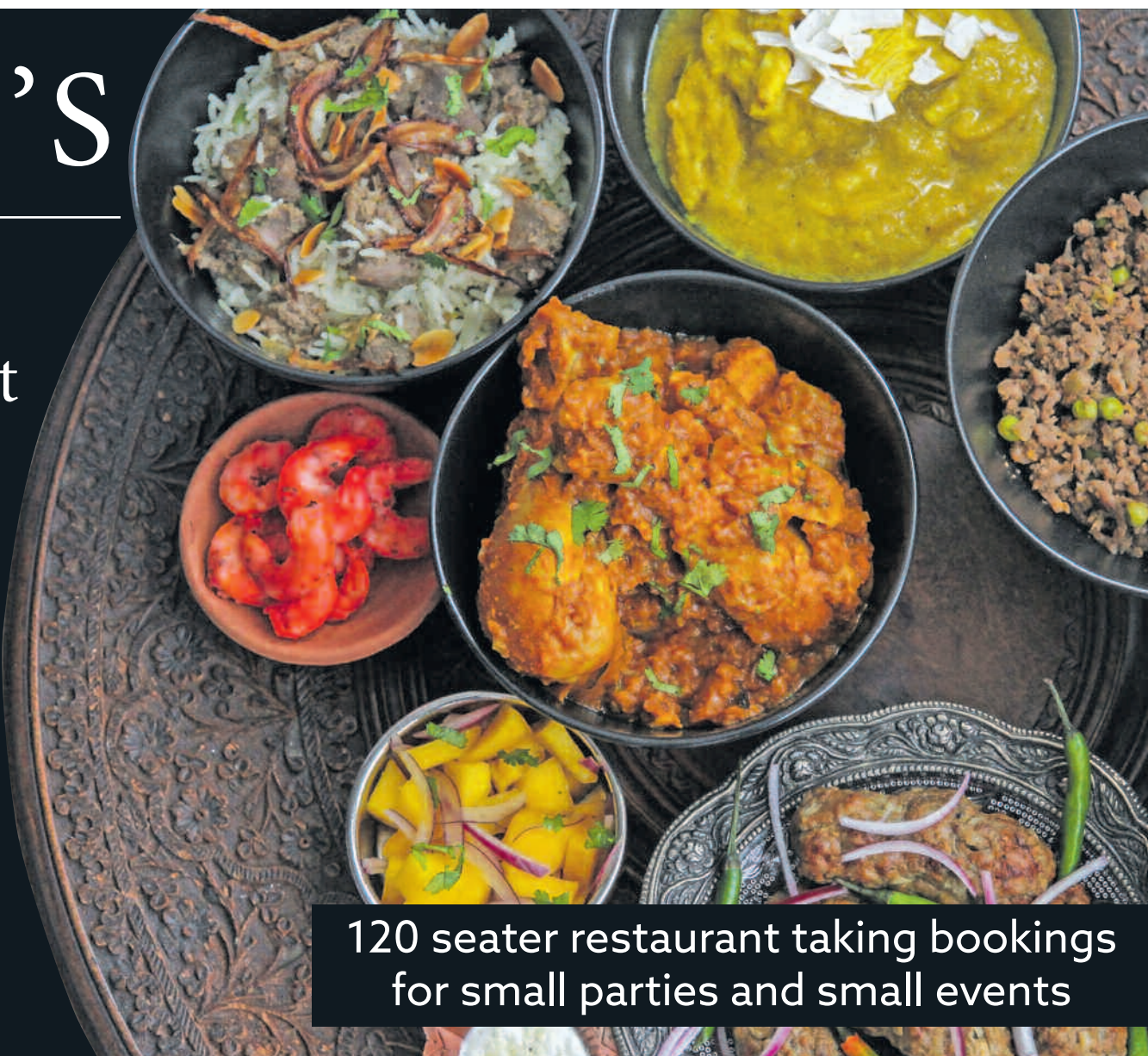
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Mum, 38, overcomes adversity and language barriers to graduate from university

A mum-of-one has overcome a language barrier and personal loss to graduate from university.

Zohreh Nasr Abadi, originally from Iran, returned to education at age 38 by enrolling on the University of Central Lancashire (UCLan) Health & Social Care Assistant Practitioner Degree Apprenticeship.

After facing several setbacks with her studies, including issues accessing learning materials following a visa delay, and the loss of a close friend, Zohreh's resilience and hard work have been rewarded with a new role at the social enterprise as an assistant practitioner.

She began the work-based apprenticeship while working for social enterprise Six Degrees, a mental health and bereavement service based in Salford, in March 2020.

The mum to six-year-old daughter Rosa said: "I feel very happy and I am so glad I could finish the course successfully.

"I got my bachelor's degree from my home country when I was studying in my own language but deciding to go back to University after a big gap and studying in English was another challenge for me.

"It was also challenging to manage work, study and my personal life but I overcame these difficulties and I finished the course."

She added: "My knowledge has increased a lot with regards to mental health. And my communication skills also have improved. I have experienced different situations while attending the course but all are life lessons learned."

Zohreh now has a thirst for learning and added: "I'm thinking I will continue studying at University and enrol for the trainee psychological wellbeing practitioner course."

She was one of nearly 4,000 students who graduated in front of family and friends at UCLan's Preston City Campus including a married dad-of-two, who has found mixing business with biology has been a recipe for success.

Mohammed Rahman has combined running takeaways and grocery shops with studying full-time for a biology degree.

The 39-year-old, from Rossendale, has been running his own companies since 2006 but in 2016 he sold his first business and decided to use that spare time to gain the GCSEs he didn't achieve while at school.

A couple years later, he wanted to prove to himself and his family that he could succeed further in his education despite having dyslexia.

But for Rahman, Covid-19 interrupted his studies and that led to issues.

He said: "The biggest difficulty to overcome was dealing with the waves of Covid-19 right in the middle of my degree. Learning from home and not having the one-to-one support wasn't ideal and on top of that my businesses were booming as the demand for food being delivered at home, along with having a shop that supplied groceries and home utilities, meant I was really busy.

"There was a point where I considered taking a year out or even calling it a day but the staff at UCLan, especially my lecturer Dr Barbara Tigar, reassured me that doing a degree from home was possible.

"I'm really pleased I stayed the course and it's a big relief that all my hard work paid off. It was very hard, being dyslexic, being a full-time dad, studying full-time and being a landlord and running businesses.

Rahman is now looking ahead to the future. He added: "I'll look into teacher training and hopefully someday in the future I'll be able to teach children who had similar difficulties in high school.

"I want my experience to inspire other people, especially mature students, because the hard work and effort is well worth the rewards, and I've met lots of new friends."



■ Zohreh Nasr Abadi

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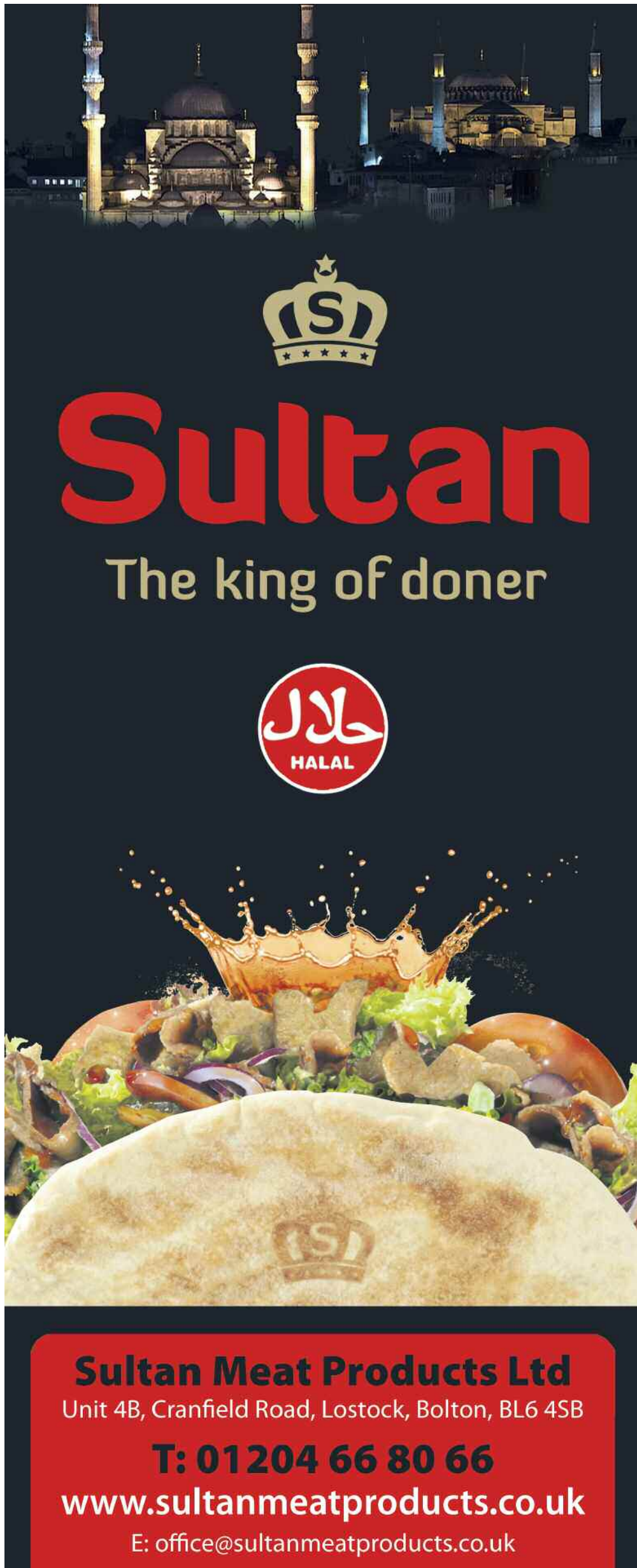
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■ Dame Lynne Owens is the former head of the National Crime Agency

Dame Lynne Owens announced as Interim Deputy Commissioner

Incoming Commissioner Sir Mark Rowley has appointed Dame Lynne Owens as Deputy Commissioner of the Metropolitan Police Service.

The former head of the National Crime Agency will return to policing to take on the role for six months while a recruitment process is run.

The interim appointment has been made with the full support of the Home Secretary and the Mayor of London.

Sir Mark said: "Lynne is exceptional. She is an outstanding leader, who brings immense operational expertise and experience driven by the value of public service."

"She is a dynamic chief officer who is prepared to confront challenges and is passionate about the relationship between police and communities. We are fortunate to have her join the team."

The Mayor of London, Sadiq Khan, said: "I welcome the appointment of Dame Lynne Owens as interim Deputy Commissioner as she returns to policing."

"Dame Lynne brings decades of experience, from her senior roles in the Met, Surrey Police and most recently as lead for the National Crime Agency. Her knowledge and insight will

be invaluable in the coming months as the Met focuses on change and improvement.

"I look forward to working closely with Dame Lynne and Sir Mark to restore trust and confidence in the police and build on the significant success we have made in driving down violence and crime in our city."

Dame Lynne said: "I am enormously pleased to have this opportunity to return to the Met to support Sir Mark in delivering his plan for London as well as its communities and its officers, staff and volunteers."

"His intent is undoubtedly the right

one, requiring a team effort to renew policing by consent with less crime, higher standards and more trust. I can't wait to get started!"

Dame Lynne will join the Met on 12 September.

The Home Secretary will run a process in consultation with the Mayor and the Commissioner to appoint a permanent Deputy Commissioner.

Dame Lynne has spent more than 32 years in policing and national security culminating in her leadership of the National Crime Agency.

She has held senior roles in policing including Chief Constable of Surrey and Assistant Commissioner in the Met.

"I welcome the appointment of Dame Lynne Owens as interim Deputy Commissioner as she returns to policing."

The Mayor of London, Sadiq Khan

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An increase in the number of non-COVID-19 respiratory infections should be expected this winter, say scientists.

The warning comes following the results of a new study, published in The Lancet Regional Health – Europe, which found that over 55% of respiratory disease hospitalisations during the pandemic's peak were caused by non-SARS-CoV-2 infections.

The University Bristol-led study funded and conducted in collaboration with Pfizer, is the first to compare the number of hospitalisations from respiratory disease infections caused by

COVID-19 and non-SARS-CoV-2 infections.

Using data from 135,014 hospitalisations from two large hospitals in Bristol between August 2020 and November 2021, researchers identified 12,557 admissions attributable to acute Lower Respiratory Tract Disease (aLRTD) with patients admitted with signs or symptoms of respiratory infections including cough, fever, pleurisy, or a clinical or radiological aLRTD diagnosis.

Following further analysis showed

that hospitalisations, 55% (6,909) were due to infection with no evidence of SARS-CoV-2, while confirmed SARS-CoV-2 infection only accounted for 26% (3,178) of respiratory infections. The remaining 17% (2,161) were due to infection with no infective cause.

Adam Finn, Professor of Paediatrics at the University of Bristol, Director of the Bristol Vaccine Centre at Bristol Medical School and lead of Bristol UNCOVER (Bristol COVID Emergency Research Group), said: "What is really surprising from our

results is just how much other non-COVID respiratory infections there was during this time, other infections clearly didn't just disappear and despite significant public health measures, including both vaccination and non-pharmaceutical intervention such as masks, our findings show there was still a high incidence of non-COVID-19 disease causing hospitalisations alongside COVID-19 patients."

Dr Catherine Hyams, Post-Doctoral Clinical Research Fellow,

Principal Investigator for the AvonCAP study and one of the study's lead authors at the University of Bristol, added: "Our results really highlight not only the huge burden of respiratory infection on the NHS and other healthcare systems, but also how bad things may get this winter."

"It is therefore essential that appropriate healthcare planning and resource allocation is undertaken to care for patients with respiratory conditions, in addition to implementation of public health measures to reduce respiratory disease burden and improve patient outcomes."



Increase in non-COVID-19 respiratory infections predicted this winter



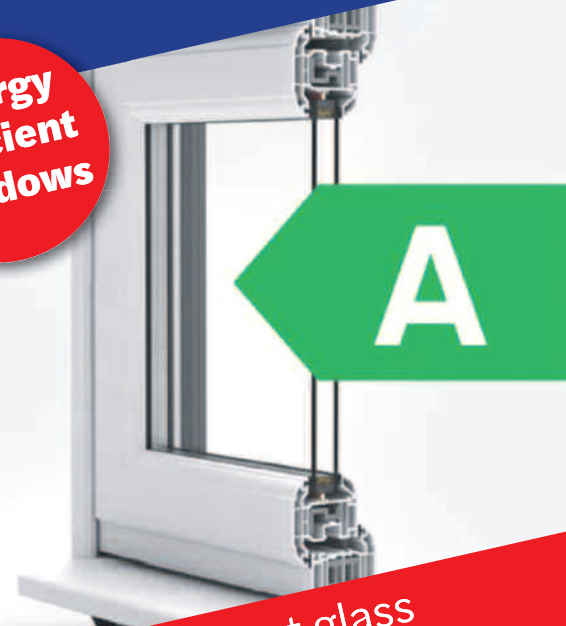
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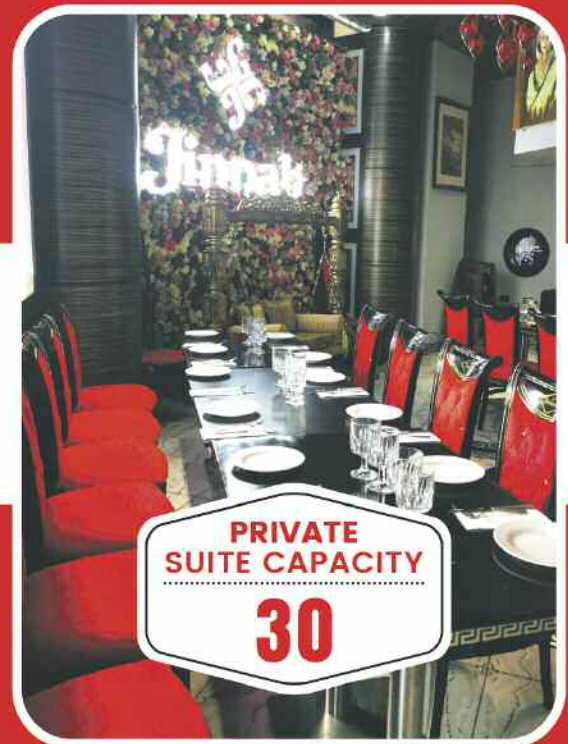
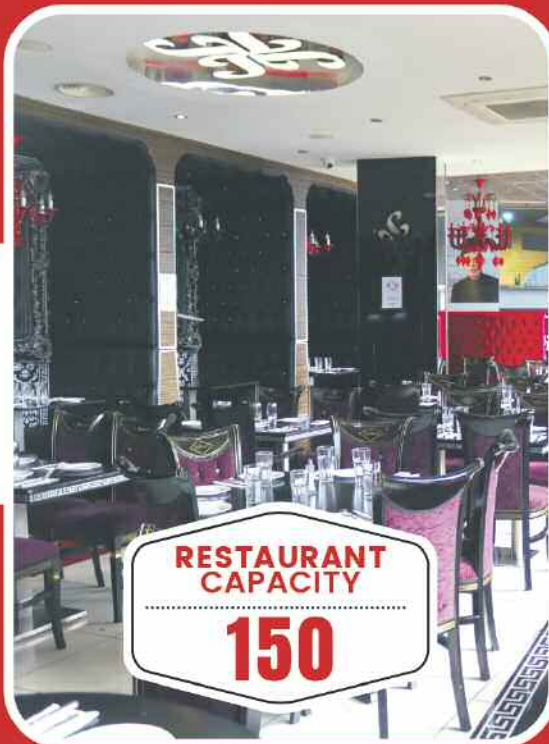
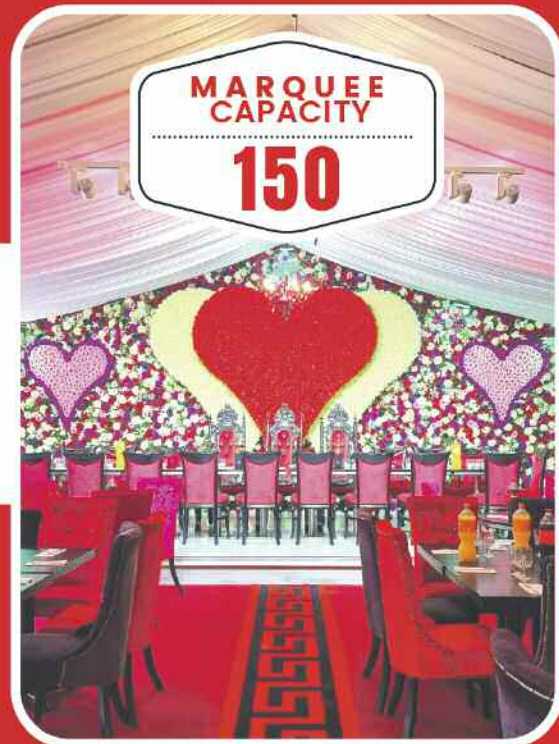
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LanguageCert through the viewscope: How a man from South Africa achieved success passing his B1 SELT exam

Fulfilling the dream

When Gert Griesel fulfilled his childhood dream of visiting Scotland, he realised he had discovered his spiritual homeland.

Originally from South Africa, Gert had grown up with the image of the Wallace Monument in Stirling as his computer screensaver.

But when he finally visited Scotland in 2004, the true beauty of the country struck him. After a stint working at a white-water rafting company in Perthshire, he moved to Edinburgh in 2007.

The aim of staying in Edinburgh

Fast-forward to today and Gert – a full-time photographer – has two children with his Polish wife and calls Edinburgh home.

But it wasn't until the pandemic hit that Gert and his wife decided that formally putting down roots and applying for British Citizenship was the right thing to do for his family.

"Citizenship had been on the cards, but the pandemic made us look at our lives differently," says Gert.

"We love Edinburgh and don't want to leave. Becoming a citizen was the next step for us.

"My English is good but self-taught, mainly acquired by watching films, listening to

music and reading English media but it hadn't occurred to me I needed to formally verify my standard of English.

"I discovered I needed a B1 very close to my application deadline so after some quick research I found LanguageCert."

Going all the way with LanguageCert

"As soon as I registered, LanguageCert made the process seamless and quick and easy. It had a centre close by with availability and the team on the day was great," Gert recalls.

"I really enjoyed doing the test because the experience was so friendly, despite the restrictions that were still in place. LanguageCert really did make it effortless."

Gert received his results and certificate three days later. He is now a British Citizen and expects his wife to follow his footsteps soon. Though Gert only needed a B1 for his application he can see the value for anyone who wants to live and work in Britain.

He adds: "My B1 has served its purpose but it's definitely good to have in the back pocket and would be a great benefit to anyone who wants to broaden their horizons."

For more information about LanguageCert SELT exams, visit www.selt.languagecert.org/



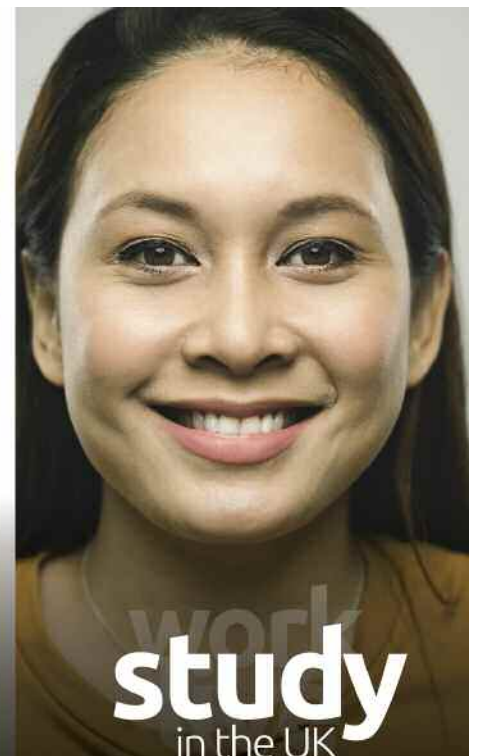
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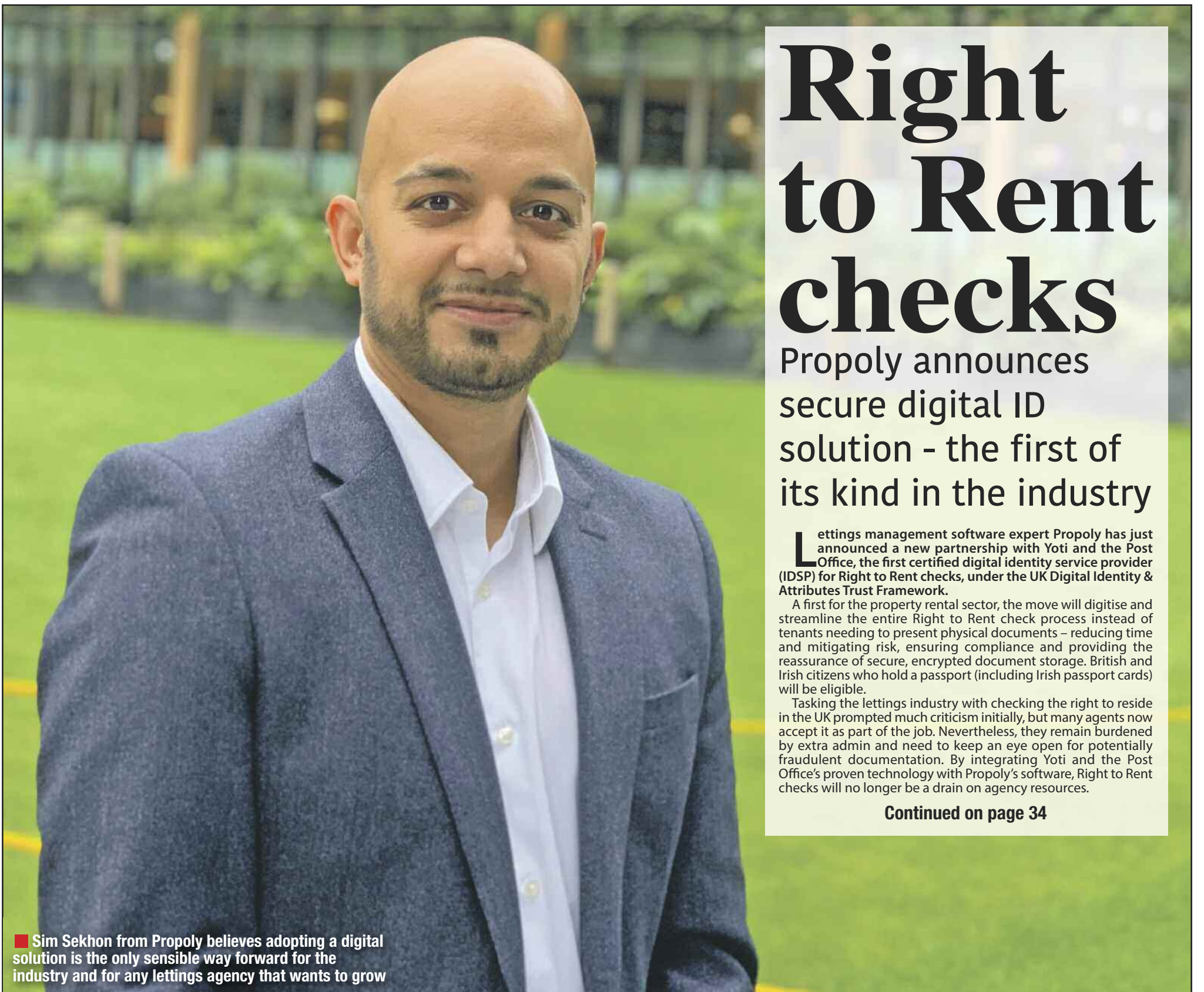
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Right to Rent checks

Propoly announces secure digital ID solution - the first of its kind in the industry

Lettings management software expert Propoly has just announced a new partnership with Yoti and the Post Office, the first certified digital identity service provider (IDSP) for Right to Rent checks, under the UK Digital Identity & Attributes Trust Framework.

A first for the property rental sector, the move will digitise and streamline the entire Right to Rent check process instead of tenants needing to present physical documents – reducing time and mitigating risk, ensuring compliance and providing the reassurance of secure, encrypted document storage. British and Irish citizens who hold a passport (including Irish passport cards) will be eligible.

Tasking the lettings industry with checking the right to reside in the UK prompted much criticism initially, but many agents now accept it as part of the job. Nevertheless, they remain burdened by extra admin and need to keep an eye open for potentially fraudulent documentation. By integrating Yoti and the Post Office's proven technology with Propoly's software, Right to Rent checks will no longer be a drain on agency resources.

Continued on page 34

■ Sim Sekhon from Propoly believes adopting a digital solution is the only sensible way forward for the industry and for any lettings agency that wants to grow



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What tips do experienced HMO landlords give to new investors?

By Richard Nicholls (The Property Advantage)

“Create an HMO that you’d live in yourself” - this is the general, generic comment that we hear quite a lot from landlords.

And why not!

It’s a great rule to live by, to develop and operate HMOs to...

I often poll self-managing HMO landlords for their tit-bits of advice once we have completed on their sales.

One recent client gave me these three key points;

1. Maintain the house to a standard that you would want it be to be if you were living in a room in shared house – as that decreases tenant turn and improves occupancy.

2. When refurbishing or developing the property spend the money that buys away future maintenance - it works out cheaper and is less hassle even though it’s a little more expensive at the beginning.

3. Location is everything – do your research before buying.

This landlord had not only bought well and developed well but also managed the properties to near full occupancy for nearly a decade and

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then sold at the peak of the market when the time was right to 'retire' from HMOs - as it happens, he's the sort of person who should be doing a course rather than sitting in the background!

I love the "buy away your maintenance" quote and have seen how this can keep HMOs more manageable and less costly to operate first-hand - notwithstanding the fact that, actually, they become nicer places for the tenants to live in for the long-term too...

I'm this instance, having obviously been to the HMOs in question the landlord "bought down his further maintenance" not just with good quality appliances, furniture and boilers, etc but with additions such as recessed coir matting in every entrance hall ("so even lazy tenants have their feet wiped when they come in"), floors tiles instead of carpets in heavy-use areas and shower board panels in the en-suites which are all designed to stand the test of time and the many occupiers that live there.

Wendy Whittaker-Large of Best Nest in Crewe gave the following sage words to me a while ago...

"My top tip on running HMOs successfully is to understand the nature of the relationship between yourself and your tenant. Whether you are an agent, investor or landlord, you need to have boundaries and also flexibility in that relationship".

"My top tip on running HMOs successfully is to understand the nature of the relationship between yourself and your tenant. Whether you are an agent, investor or landlord, you need to have boundaries and also flexibility in that relationship.

"You neither want to become so indifferent that the tenant feels irrelevant and unimportant nor become their personal

heating, cleaning and maintenance slave.

"I have seen HMO landlords fail because they cannot navigate that tricky line between being the tenant's best friend, and being their master and squire. (Both of which are unreasonable)!

"There has to be a professional line drawn between yourself and your tenant so that you manage the relationship and expectations effectively. This is the way to keep tenants long term and keep yourself sane!"

Some more great advice from an experienced operator.

Focusing on the people management with respect, tactfully and with experience plays a huge part in operating successful HMOs - it's a people business Wendy was essentially saying.

But back to the opening comment, and the bit of advice we hear the most..

"Create an HMO that you'd live in yourself..."

It wasn't until recently when a landlord improved this statement and, unknowingly, created an anecdote that I'll be using over and over again.

Wait for it...

"I feel it's important to create an HMO that I'd live in myself, if I was in the same circumstance as the tenant..." she said.

With just the simple addition of "if I was in the same circumstance" this statement can now be ubiquitous and apply to so many more HMOs and situations.

A light bulb went off for me, anyway!

Developing HMOs, contrary to what you see on Facebook, Instagram or on courses, isn't about creating high-spec, high-end boutique finishes in all circumstances or conditions.

It's not a one size fits all sort of thing.

It's about knowing your market.....properly.

Sticking to the original sentiment "create an HMO that you'd be happy to live" may mean that you're actually developing a product that's not appropriate for the tenant type or the proposed use.

It may mean that you over spec (or under spec if you are a sloppy git yourself), over spend, or alienate your target tenants type.

The circumstances and living habits of HMO tenants vary so much across locations and demographics.

Focus on the last part, "if I was in the same circumstance"

This creates a chance to actually consider the tenant you are catering the HMO for and for you to think about what's the best HMO that you could create for them.

If you were a young professional moving near London for the first time, what type of HMO would you want?

If you were an Eastern-European factory worker moving to Doncaster for 2 years, what type of HMO would you want?

A student in Bristol?

Someone coming out of prison looking to get themselves back on your feet?

If you worked in the hospitality industry and came home late from shifts? Or if you worked night shifts...

If you were a vulnerable person?

If you worked away from home Mon-Friday in a different town/city?

You can't apply the same quote to all of these (and the many more that make up the HMO world) unless you add "if you were in the same circumstances"...

It provides individual thought, tenant empathy and actually makes the developer/landlord think about creating the best HMO possible for the tenants they are appealing to.

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Right to Rent checks

Propoly announces secure digital ID solution - the first of its kind in the industry



Continued from page 31

Using Yoti and the Post Office for Right to Rent is fast, convenient and eliminates the risk of human error. It also solves the problem of agents faced with having to scrutinise, copy and store a wide variety of unfamiliar documents, passports, Home Office paperwork and other forms.

Potential tenants will have the option of an entirely digital solution or will, in the future, be able to access the service through Post Office branches, for those unable or unwilling to use a digital solution. The partnership of Yoti and Post Office is the first to be a certified digital identity service provider (IDSP) under the UK Digital Identity & Attributes Trust Framework.

Propoly's Sim Sekhon is very excited about the move.

Sim said: "The industry needs this. Whether agents feel they should be carrying out Right to Rent checks or not is no longer the issue.

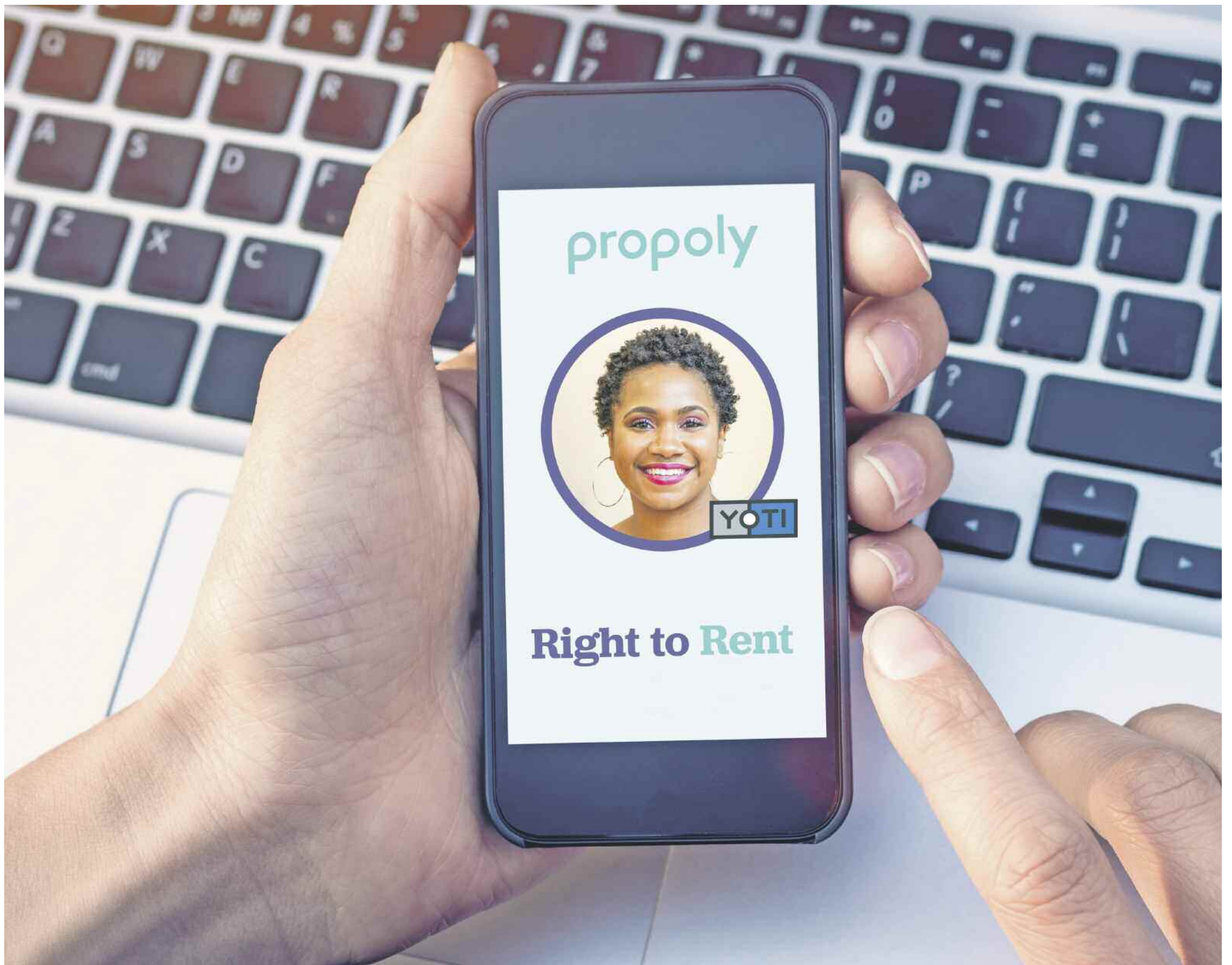
"The issue is how to make them so simple, safe and reliable that they are not a problem. Adopting a digital solution is the only sensible way forward for the industry and for any agency that wants to grow.

"By embedding this functionality within a Propoly reference, agents will now be able to fulfil their Right to Rent obligations without manual involvement. Results from the check will be available as part of your reference report."

John Abbott, chief commercial officer at Yoti, says: "Being the first IDSP to be certified, alongside our partner the Post Office, shows our commitment to the market and is a testament to the quality of our digital identity technology.

"We're delighted to help Propoly offer digital Right to Rent checks; this will speed up the lettings process, is more secure and could enable tenants to move sooner than if they have to travel and then have their documents photocopied and physically checked.

"Certification under the Digital Identity and Attributes Trust Framework represents the gold standard of Digital Identity service provision with security and privacy prioritised, meaning clients have no concerns about GDPR."





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* According to inhouse data sampling 1-5 bedroom properties in south leeds



Before you make an offer on a house, take time to consider all the factors.

Does the property and its location meet your requirements? If the property needs a lot of work for example and you don't feel this has been considered in the price, you could try and negotiate.

Some buyers are in a more favourable negotiating position. If any of the following applies, be sure and let the agent know. It could make the difference between whether your offer or someone else's being accepted!

Let the estate agent/vendor know if you are a first time buyer, you are not in a chain (you haven't got anything to sell before you buy) and that you have a pre-arranged mortgage offer.

Before you make an offer find out the seller's position. If they have had the property on the market for a long time they may be willing to accept a lower offer. On the other hand, a seller who is in no hurry to move may be more prepared to hold out for a higher price.

The process differs slightly in Scotland Request the Home Report. If you viewed the property and loved it, it's time to request the Home Report from the seller.

A Home Report (which is provided free of charge to the buyer) contains three elements:

- the single survey which assesses the condition of the property
- the energy report which gives the property an energy efficiency rating
- the property questionnaire which gives an overview of other useful information such as the property's Council Tax band and alterations that have been made

If you want to proceed after seeing the Home Report, it is usual to ask your solicitor to note your interest to the seller's estate agent. Once this has been done your interest will be noted and you will be advised if a closing date is arranged.

If the seller accepts your offer, their solicitor will send a qualified acceptance letter to the buyer's solicitor.



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Ref: HEO-FFL10X7CR9



Thorn Street, Bradford, BD8
Offers Over £90,000
3 bed Mid Terraced House For Sale
Ref: TOL-GBB12XT1VA




Park View Terrace, Bradford, BD9
Guide Price £179,995
4 bed Mid Terraced House For Sale
Ref: TOL-G4511F1TAS




St. Leonards Road, Bradford, BD8
£110,000
2 bed Mid Terraced House For Sale
Ref: TOL-GAE12VS3D6



Laverton Road, Bradford, BD4
£120,000
2 bed Semi-Detached House For Sale
Ref: TOL-GAC12VPL7F



Jennings Place, Bradford, BD7
£60,000
1 bed Mid Terraced House For Sale
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4 bed Mid Terraced House For Sale
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Church Street, Bradford, BD8
Guide Price £99,950
2 bed Cottage House For Sale
Ref: TOL-G9812S7ZCP



Laverton Road, Bradford, BD4
£125,000
2 bed Semi-Detached House For Sale
Ref: TOL-G8F12QFYKN




Kensington Street, Bradford, BD8
£169,500
4 bed Mid Terraced House For Sale
Ref: TOL-G7D12N4NZP



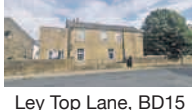
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£105,000
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Lady Royd Close, BD8
£190,000
3 bed End Terraced House For Sale
Ref: TOL-G0J115V7GC



Ley Top Lane, BD15
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Ideal for development S/Approval
3 bed Detached House For Sale
Ref: TOL-G6412KBBES




SALE AGREED
Bradford, BD3
Guide Price £140,000
Ideal for Investors For Sale
Ref: TOL-GBU12WQSEA




Sticker Lane, Bradford, BD4
£79,000
Shop For Sale
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Lumb Lane, Bradford, BD8
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Ref: TOL-G9C12SFVA0



Upper Floor Mill Hey, Bradford, BD22
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Restaurant For Sale



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Business news



Why digital literacy is more important than ever - and how to develop these skills

The last few years, particularly during the pandemic, has shown first hand the importance of digital skills.

During lockdown, millions relied on technology to work and stay connected from home, but it's not just remote working where digital literacy becomes important.

With businesses increasingly adopting new technologies like artificial intelligence, cloud platforms and data analytics, employees will need to continue

developing new skills and adapting to change.

However, what's alarming is that research shows how 11.3 million people don't have the complete range of basic digital skills while 4.3 million people have none. Additionally, a survey by Korn Ferry found predicts a global shortfall of skilled workers where 85 million jobs are unfulfilled. Clearly, this needs to change. But how?

Why shortages happen

We're in an incredibly exciting

but somewhat daunting period at the moment, where automation and digitisation is accelerating at a rate of knots and technology keeps advancing quicker than most of us expect.

While there's a lot of scaremongering over robots making humans redundant, the reality is we won't have enough humans to fill the jobs that are available. The issue is that they'll be less traditional or unskilled roles, but a great deal more skilled ones. This shift in the

balance is what is creating a major challenge for employers and nations alike, and one that needs fundamental change to address. And quick change at that.

Digital skills shortage falls down to three clear things

• **Fear:** a lot of people fear technology. They see digital roles as roles for 'techies', and as such, would never consider re-skilling. This is a major cultural challenge that needs to be overcome by employers, educators and

government alike.

• **Awareness:** even when people decide to explore the advancement of their digital skills, potentially while at school or university, or as a driver to a potential career change, there simply isn't enough awareness about how to go about developing digital skills, or how they can learn whilst working. It can easily become quite daunting.

Continued on page 40

BUSINESS



YOUR LOCAL & BUSINESS ROUND-UP

Forfeiture: The Landlord's Weapon Of Last Resort

The economic climate for commercial tenants has never been tougher. Having survived the pandemic, many will now have to deal with the devastating effects of an impending recession.

Some tenants' businesses may not survive whilst others will try to cling on, maintaining cashflow by neglecting to pay the rent. With a tenant on the brink of insolvency, most likely the landlord will just want them out. Commercial leases can seldom be brought to a close quickly and termination in the regular scheme of things can be a protracted process. If a landlord wants to cut a tenancy short based on the failures of the tenant, the only real option is forfeiture.

Forfeiture, in theory, allows the landlord to take back the property immediately by the means of "peaceable re-entry". The landlord simply re-enters the property, the lease ends and the landlord, if wise, changes the locks. Whilst attractive to most commercial landlords, forfeiture is however a legal minefield. The right to forfeit only exists if it is granted in the lease. Most modern leases will have such a clause but leases granted informally or verbally will not. Where there is no forfeiture clause, there is no right to forfeiture.

Peaceable re-entry only applies to rent arrears. If the tenant's fault is a failure to repair or an unlawful subletting then the tenant must first be given notice (known as a Section 146 Notice) to remedy the breach. The landlord must allow a reasonable time for the tenant to comply, with 'reasonable' depending on the nature of the breach.

The biggest problem with forfeiture, however, is the landlord waiving the right to do so. The right to forfeit arises at a specific time (as per the clause in the lease). At that time, the landlord must elect whether or not to exercise the right of forfeiture and terminate the lease. If the relevant breach is ongoing, such as a subletting, then the right arises again the next day but if the breach was a one-off, such as a failure to pay a specific instalment of rent then failure to exercise the right means the right is lost. The landlord cannot forfeit until the next missed payment.

The landlord's subsequent contact with the tenant is critical. If the landlord takes any step to confirm the ongoing nature of the lease that is communicated to the tenant – even chasing that last unpaid rent – then the

landlord-tenant relationship is reasserted and the right for that breach to forfeit is lost. Any landlord looking to get rid of a tenant quickly is therefore advised to keep in mind any dates on which the right to forfeit might arise, take legal advice if necessary and avoid communication with the tenant.

Post-forfeiture, the tenant can apply for relief, meaning that the lease is reinstated and the tenant returns. However this usually involves the tenant having to remedy the breach (i.e. pay the rent, and often the landlord's costs) before the Court will consider the application. However, such reinstatement is possible and landlords with new tenants about to move in should bear that in mind.

Blacks Solicitors Property Litigation Team can assist with all types of property disputes. Please contact Luke Patel on 0113 227 9316 or by email at "L.Patel@LawBlacks.com"



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SOLICITORS



Why digital literacy is more important than ever - and how to develop these skills

Continued from page 39

• **Education:** As technological advancement gathers more and more pace, our education systems are struggling to keep up. Once they catch up with one skill (e.g.; a particular coding language), the demand for that skill may start to reduce as a new one comes along to replace it. Education going forward needs to become an agile 'whole career' thing, not just age 5-21 schooling. Re-training will just become the done thing.

Why tech skills are important

The modern world is dominated by technology. Pretty much everything around us today is controlled by a computer, whether it's the cars we drive, the TVs we watch or the phones we use to communicate with.

And changing habits in things like shopping, which has shifted heavily to online, and even social interaction, are ensuring technology is a core part of society - and not just a luxury good.

To respond to changing consumer habits, businesses are investing billions into technology. And a lot of that investment is in people and skills. There are various reasons why people should develop digital skills, but the main reason is so they can keep up. We all know how far things like mobile phones and cars have advanced in the last decade alone. Fast forward 10 or 20 years, and who knows where we'll be.

The number of roles not requiring digital skills is already reducing rapidly, and it'll be almost extinct in the coming decades. So, to

guarantee a secure career and income, digital skills are paramount.

Closing the skills gap

We're entering a fourth industrial revolution, which the World Economic Forum describes as "a fundamental change in the way we live, work and relate to one another" made possible thanks to

"extraordinary technology advances". We can't just tinker and expect the skills gap to reduce.

This requires an evolved way of thinking, and an evolved way of educating.

By now, we all know that more traditional roles will continue to decline as technology takes over. So, it's important that individuals get used to digital skills becoming a core part of every role and sector going forward. Tech is no longer just for 'techie's'.

Once we accept what's coming and get over the fear, there's a much higher chance that people will start to think forward and consider how they, personally, might be able to upskill and gain improved digital skills.

That's where awareness and education comes in.

We need to collectively do a better job at facilitating learning, remembering that everyone will have

different learning styles and circumstances, such as families to feed and mortgages to pay, meaning going back to school isn't always the answer. With that increased awareness and engagement in digital skills, there's a good chance that, gradually, the existing workforce will start to move towards upskilling.

We're entering a fourth industrial revolution, which is a fundamental change in the way we live, work and relate to one another made possible thanks to extraordinary technology advances

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Buying a new mattress?

The foundation of good sleep is a comfortable bed and the right mattress. An uncomfortable one can rob people of up to an hour's sleep each night.

But do you know your pocket spring from your coil spring? Is

memory or latex foam better for hotter weather? And does size matter when choosing a new mattress?

With so much choice, buying a new bed can be more confusing than many realise, and mattresses are

among the biggest regretted purchases, so it's worth spending a little bit of time researching what bed most suits your needs before making a decision.

To help consumers navigate and understand all the options, the

National Bed Federation (NBF) has produced a handy online Bed Buyers Guide. With so much choice, we know that many consumers are confused, it should point you in the right direction for a good night's sleep.

It's a useful resource that not only explains how different mattresses are filled, but also offers advice on choosing the right bed for the right person and questions to ask retailers.

A poll of 2,490 people by interiors specialists Hilarys put mattresses at the top of the list of household product consumers most regretted buying. They found 29% regretted their purchase, compared to 25% for sofas and 19% for coffee machines.

Continued on page 44



The NBF's Bed Buying Guide is available from
www.bedfed.org.uk/bed-buyers-guide/suppliers

Quick bed buying tips



- Do your research before you step inside the shop. Think about what your priorities/concerns are. Is it price, storage, access to the bedroom, mattress type or health issue? Make sure your retailer understands your needs.
- It's always a good idea to buy a mattress and base together as they are designed to work in harmony. However, if you only want to replace your mattress, make sure you measure your base first as bed sizes are not standardised, even if they have the same name (e.g. king size). Speak to your retailer to find out if the mattress suits the base. Also, be aware that your guarantee may be invalid when putting a new mattress on an old base.
- Try it! It may sound obvious but get on the bed and see how it feels. Don't be afraid to spend at least 10 minutes lying on the bed in your normal sleeping position. If you'll be sharing the bed, make sure you take your partner with you and try it out together.
- Ask how to look after the mattress. The retailer should be able to provide you with care instructions for the bed. For example, this will include details of how often you need to turn or rotate the mattress. If you live on your own, you may want a 'no-turn' mattress.
- While most beds sold in the UK are 'as described', not every manufacturer or retailer is honest, and some do sell beds with inaccurate descriptions of fillings, or even worse - second hand mattresses with a new cover. One way to be sure that what you are buying is safe, clean and as described is to look out for the 'NBF Approved' label. NBF members are independently audited to ensure they comply with flammability, hygiene and trade descriptions regulations.
- For partners of widely different size or weight (three stones or more), different mattresses might be a good option. Some manufacturers make double beds from two single mattresses zipped together or combine different degrees of firmness in a mattress.

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Job Vacancy Operations Manager (Quality)

Service Area: The organisations operations, policies and procedures.

Responsible for: The organisations overall quality of operations and services provided, in accordance with all relevant legislation and standards.

Responsible to: Operations Director

Type of Contract: Permanent

Hours: 23 hours per week

Salary: £32,500 (SCP 28) SO2 scales pro rata to hours worked

Job Summary:

As an Operations Manager (Quality) you will have entire responsibility for ensuring Hamara policies, procedures and practices are compliant with all relevant legislation and standards, and meet the required quality levels. This role will also have a high level of overall responsibility for ensuring all projects run by Hamara have operations in place, which are compliant with relevant legislation and standards and meet mandatory quality levels, as well as ensuring all operational functions of Hamara are supportive of its successful development.

This role's main duty is to implement, maintain and improve the quality of Hamara's services, in accordance with business aims and objectives and all relevant legislation and standards. You will maintain effective and responsive working relationship with a range of professionals

and stakeholders, developing and nurturing positive partnerships to further embed and develop Hamara's services. You will also monitor and analyse Hamara's current operations to determine their: level of quality, effectiveness, efficiency and compliance, in accordance with Hamara's business aims and objectives.

This is an important management role and you will be required to skilfully manage and deliver our service model, embedding a shared vision for the service, communicating it effectively and consistently to staff, service users and stakeholders.

If you are interested in applying, please complete or download an application form from <https://www.hamara.org.uk/contact-us/vacancies/>

We strongly advise submitting an application early.
We reserve the right to close posts early on sufficient number of applications.



Job Vacancy HALO Support Worker

Hours: 20 hours per week

Salary: £9.50

Contract Type: Fixed term -1 Year

Hamara HLC are currently recruiting for a Support Worker. The role of a Support Worker will involve supporting and enabling clients to be independent whilst promoting dignity and choice.

The Support Worker will deliver support, social and prompt personal care to the client, ensuring that a person centred approach is used so that the clients can maximise their independence. Support Workers will support the client by promoting the use of leisure and educational facilities and employment and volunteering activities in the local community.

The role will involve producing support plans and keeping up to date with the client's family and care provider. Accurate record keeping will be essential. Other tasks will include facilitating outings and trips for the clients and encouraging integration into the local and wider community.

If you are interested in applying, please complete or download an application form from <https://www.hamara.org.uk/contact-us/vacancies/>

Closing Date:

Sunday 21st August, 5:00pm

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



Job Vacancy - Bid Writer

Hours: 22.5 hours per week – 3 days a week

Salary: £30,000 pro-rata

Contract Type: Permanent

Responsible to: Director

Purpose of Post

The VSCE sector is dynamic and a very competitive environment at present due to the current climate. Demand for support and services is higher now than ever before, throughout the pandemic Hamara has become an anchor across the city and plays a vital role in tackling Health inequalities and improving the wider determinants of health within the diverse communities that reside in Leeds.

This exciting new role will make up a pivotal position in the Senior Leadership Team and will be a valued team member, who is part of Hamara's Business Development function. Due to continuous growth, the post holder will work on writing compelling bids, collate relevant data and content to support and prepare professional tenders. Building on each strand of our work streams to meet the current demand and secure grants to fund the required interventions and services.

Hamara has various staff benefits such as employee assistance helpline, flexible working and a generous 26 days bank holiday per year + 8 bank holidays.

Candidates must have:

- Must have excellent proposal writing experience working on large scale, complex strategic bids, and minimum 5 years bid writing experience.
- A minimum of 2 year's experience of working within the third sector, or, extensive experience of community health development work and supporting a third sector organisation;
- Have effective written communication skills and attention to detail
- Experience of implementing and maintaining monitoring systems, showcasing bids/grants applied for which measure quality of work and/or process
- Be educated to degree level
- Have strong analytical and problem solving skills

If you are interested in applying, please request an application form from our website <https://www.hamara.org.uk> And return a typed application by email.

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



Job Vacancy - Youth Development Worker

Hours: 37 hours

Reporting to: Youth Team Manager

Location: Hamara HLC, Tempest Road, Leeds LS11 6RD

Salary: £21,589 (pro rata)

Contract Type: Fixed term Contract for 1 year

Hamara is a well-established community organisation delivering a range of community based services in South Leeds. We are looking for someone with experience of working with young people to lead on several youth projects (Youth Club, Positive Destinations & VRU). Evening and weekend shifts will be required.

Purpose of Post:

To plan and lead on youth activities which will provide local young people with education, support and positive opportunities to enrich their lives. The role is initially until the end of March, however this may be extended subject to funding.

Duties:

- To publicise and promote the projects through networking, marketing material, developing partnerships with a wide range of agencies and establish referral processes
- To work in partnership with other organisations to provide activities and opportunities for local young people.
- To develop and deliver mentoring, coaching and skills development activities within weekly activities
- To develop programmes that develops

resilience and confidence in young people to avoid risky behaviours.

- To attend regular supervision, team meetings and training and maintain own professional practice, identifying own training and development needs
- To develop monitoring and evaluation processes and maintain appropriate records
- To work with the manager in completing reports to the funder
- To undertake any other appropriate duties that are relevant to the projects and that may be required by Hamara
- Experience of working within the third sector, or, extensive experience of community health development work and supporting a third sector organisation;
- Search for funding opportunities to develop additional projects
- Ability to liaise with voluntary and statutory agencies;

If you are interested in applying, please complete or download an application form from <https://www.hamara.org.uk/contact-us/vacancies/>



Jaw-some!

Rex-press Delivery: T-Rex roars into Trinity Leeds ahead of Jurassic trail launch

An awesome Tyrannosaurus Rex has roared its way into Trinity Leeds as a team of dedicated dino engineers worked throughout the night to assemble the spectacular super-sized predator.

The enormous T-Rex was carefully transported along Briggate and craned into its prime location underneath the atrium at Trinity Leeds.

Teams worked during the dead of night until sunrise to put together the impressive T-Rex statue, with work continuing over the coming days, ahead of the Leeds Jurassic Trail launch on Saturday 30th July.

A Nasutoceratops was also

carefully lifted into Trinity Kitchen overnight, where it will surprise shoppers grabbing a bite to eat over the summer.

The impressive prehistoric visitors complete the Jurassic Island at Trinity Leeds, which also features an 8-metre-high erupting volcano and eye-catching flower installation, including orchids, lilies, hibiscus and birds of paradise.

Guests are invited to snap selfies with the stunning installations – including two cracking dinosaur eggs – for the chance to win £500!

The Leeds Jurassic Trail runs from 30th July to 4th September.



For more information, visit www.trinityleeds.com or www.leedsjurassictrail.co.uk



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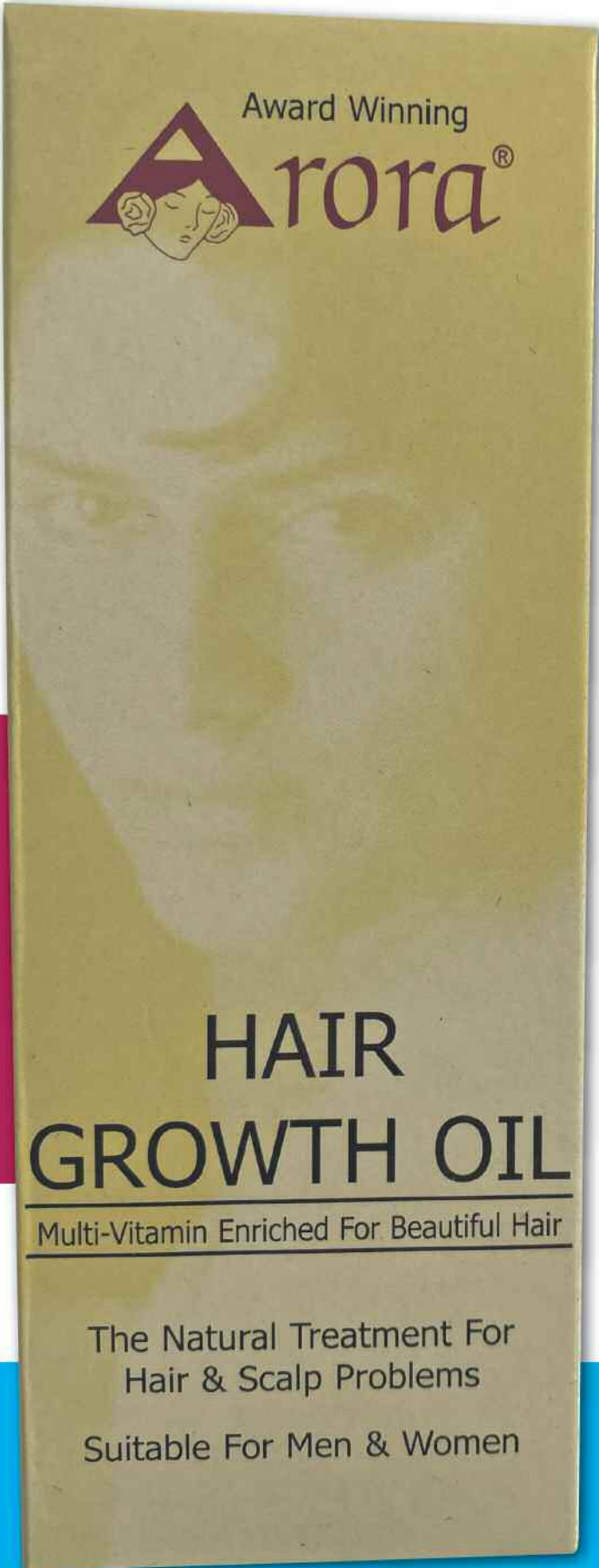
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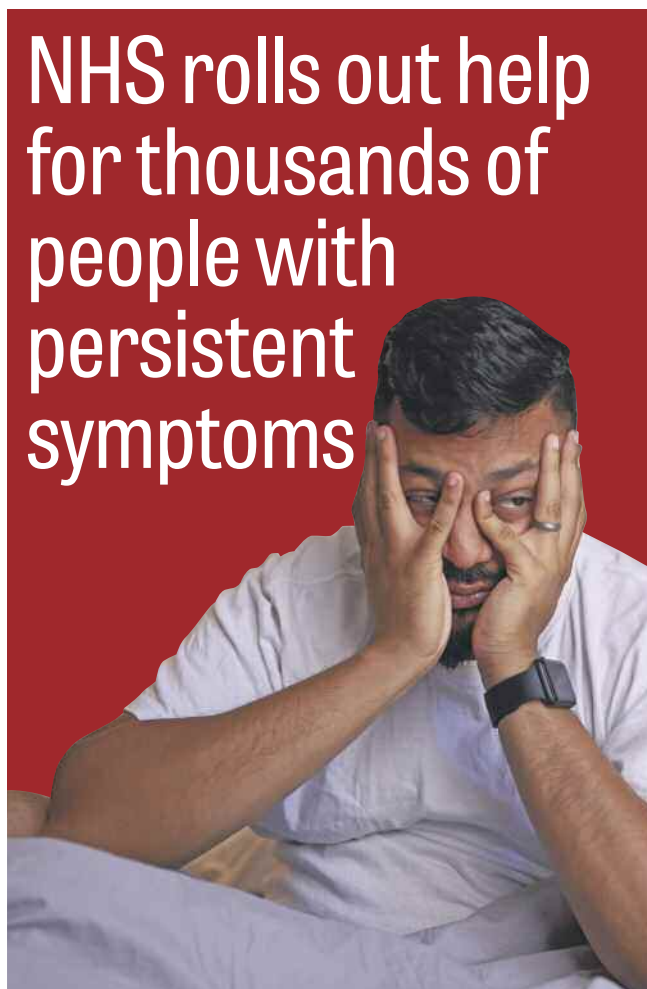
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Long Covid action plan



NHS rolls out help for thousands of people with persistent symptoms

Patients with long-lasting symptoms from Covid will have access to more convenient tests and checks closer to home, under new NHS measures announced.

Specialist clinics, dedicated to long Covid, will now be able to send people for tests at local one stop shops and mobile clinics, rather than people going back to their GP practice for multiple different tests.

Backed by an additional £90 million investment, the updated long Covid plan includes ambitions for all patients to have an initial assessment within six weeks to ensure they are diagnosed and treated quickly.

Latest estimates from the ONS show that around 1.6 million people in England are experiencing ongoing Covid symptoms lasting more than four weeks, with around one in five saying it has a significant impact on their daily life.

The plan, which has been developed with expert insights from patients, clinicians and partners across the health and care system, shows the NHS has already made significant progress on delivering the 10 commitments it set out for long Covid services just over one year ago.

This includes establishing a nationwide network of 90 specialist long Covid clinics, 14 hubs for children and young people and investment in training and guidance to support GP teams in managing the condition. A community

outreach van in Mid and South Essex is already seeing patients with suspected long Covid symptoms for booked appointments and walk-ins before referring them for further assessments where needed.

The mobile service offers a range of checks including blood pressure, heart rate, oxygen saturation, spirometry and other tests for breathlessness as well as electrocardiography.

Dr Kiren Collison, GP and chair of the NHS long Covid taskforce said: "Long Covid can be devastating for those living with it, and while we continue to learn more about this new condition, it's important people know they're not alone, and that the NHS is here for them."

"In just under two years, the NHS has invested £224m to support people experiencing long term effects from Covid - from setting up specialist clinics, hubs for children, and an online recovery platform, to providing training for GP teams."

"These plan builds on this world-leading care, to ensure support is there for everyone who needs it, and that patients requiring specialist support can access care in a timely and more convenient way."

Support

Many of those experiencing long term symptoms, will make a full recovery with support from their community healthcare or GP team, but for those suffering from the more complex and severe symptoms, the NHS has set up specialist long Covid clinics across the country.

Long Covid clinics offer a comprehensive multidisciplinary service including physical, cognitive and psychological assessments and management and can also refer patients

for further rehabilitation, treatment and other support.

Lizzie Burr, 62 from Warwick, was referred to her local specialist long Covid clinic, she said: "I caught Covid in early 2020 and initially managed my symptoms at home expecting they would pass, however over a month later I was still really poorly, and my condition didn't seem to be improving."

"I was struggling with fatigue and breathlessness, which has severely limited my mobility, as well as nausea, loss of appetite and difficulty sleeping."

"I was referred to the long Covid clinic in Stratford by my GP, and following an initial assessment, I received specialist support from a respiratory physio to improve my breathing, as well as a dietician who has helped me with food and exercise."

"Whilst I'm still in the process of recovery, I can't speak highly enough of the long Covid clinic, for me it's been a lifeline and has helped me both physically and mentally. I would encourage anyone who is worried about long Covid to seek help and speak to their GP team".

In the last year, over 45,000 people experiencing severe or complex symptoms have been seen by a specialist post-Covid service.

Anyone who is concerned about ongoing symptoms following Covid-19 can find information and advice on the NHS Your Covid Recovery website.

This online platform provides expert advice on what people can do if they are recovering from the infection, as well as what to look out for if symptoms persist and signposting on where to access support for long lasting symptoms.

Since launching, the online service has been accessed by over 10 million people worldwide and is now available in 17 languages including Arabic, Chinese, Gujarati, Hindi, Polish, Ukrainian and Urdu.

If they remain concerned, or are not recovering as expected, they should contact their GP team.

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THE LEGEND OF maula jatt

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OCTOBER 13
ONLY IN CINEMAS

Story of an epic hero

Anticipated Pakistani action film 'The Legend of Maula Jatt' announces release date

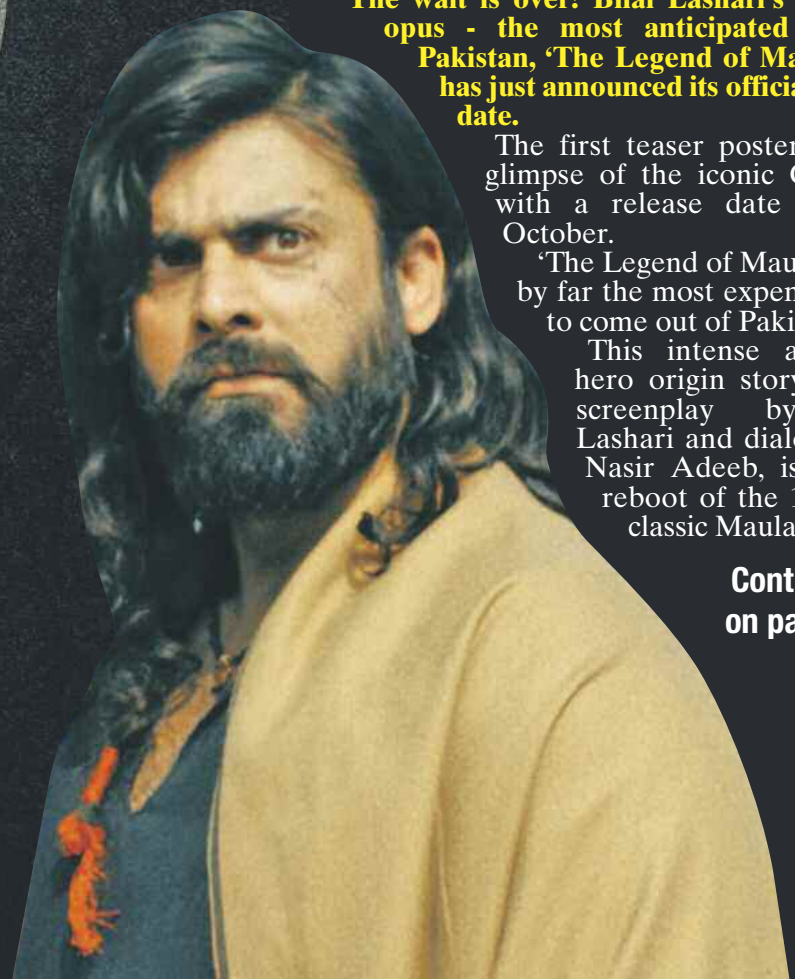
The wait is over! Bilal Lashari's magnum opus - the most anticipated film of Pakistan, 'The Legend of Maula Jatt' has just announced its official release date.

The first teaser poster gives a glimpse of the iconic Gandasa, with a release date of 13th October.

'The Legend of Maula Jatt' is by far the most expensive film to come out of Pakistan.

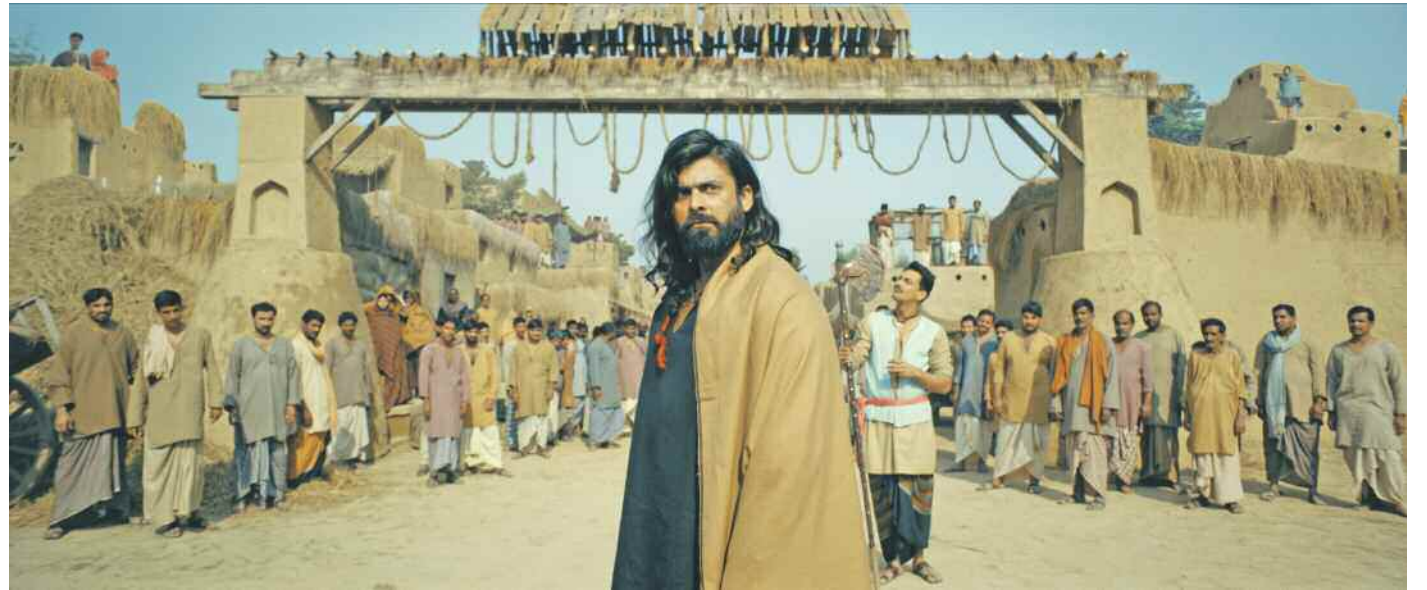
This intense and epic hero origin story, with a screenplay by Bilal Lashari and dialogues by Nasir Adeb, is a hard reboot of the 1979 cult classic Maula Jatt.

Continued on page 52



Story of an epic hero

Anticipated Pakistani action film 'The Legend of Maula Jatt' announces release date



Continued from page 51

The movie's first look teaser released in 2019 managed to receive a thunderous response worldwide for its cinematic grandeur, exceptional star cast and mega scale production.

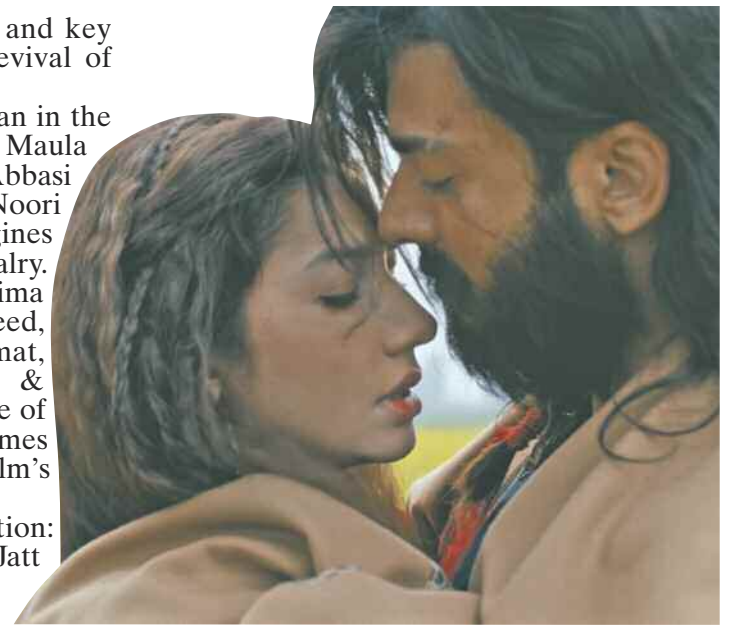
The film is directed by Bilal Lashari, known for his directorial debut, the box office megahit film 'Waar', and produced by Ammara Hikmat under the joint venture of Encyclomedia & Lashari films in association with AAA Motion Pictures.

The filmmakers have partnered with Geo Films as their presenting partner, the

largest media group and key contributor of the revival of cinema in Pakistan.

Starring Fawad Khan in the role of the legendary Maula Jatt and Hamza Ali Abbasi as his arch nemesis, Noori Natt, the film reimagines cinema's greatest rivalry. Mahira Khan, Humaima Malick, Gohar Rasheed, Faris Shafi, Ali Azmat, Shafqat Cheema, & Nayyer Ejaz are some of the other leading names that add to the film's ensemble star cast.

Join the conversation: #TheLegendofMaulaJatt



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DC LEAGUE OF SUPER-PETS

The DC League of Super-Pets is an anticipated animated film themed on the DC Comics superhero team Legion of Super-Pets, which features a bunch of DC Universe super-powered pets.

Krypto the Super-Dog and Superman are inseparable best friends, sharing the same superpowers and fighting crime in Metropolis side by side.

When Superman and the rest of the Justice League are kidnapped, Krypto must convince a rag-tag shelter pack - Ace the hound, PB the potbellied pig, Merton the turtle and Chip the squirrel - to master their own newfound powers and help him rescue the Super Heroes.

Metropolis Super Dog Krypto prides himself on being Superman's superpowered best friend—he can fly and has X-Ray vision, heat vision, “freeze” breath and super hearing, just like his two-legged



some help from a motley crew of shelter pets newly infused with powers of their own. To save the world, he'll have to get his nose dirty. Literally.

Dwayne Johnson stars as the voice of Krypto the Super-Dog. The film also stars the voices of Kevin Hart ('Jumanji' and 'Secret Life of Pets' films), Kate McKinnon ('Saturday Night Live', the 'Magic School Bus Rides Again', 'Ferdinand'), John Krasinski (the 'Quiet Place', 'Free Guy'), Vanessa Bayer ('Saturday Night Live', 'Office Christmas Party', 'Trainwreck'), Natasha Lyonne ('Show Dogs', 'Ballmastrz 9009'), Diego Luna ('Rogue One: A Star Wars Story'), Marc Maron ('Joker', 'GLOW'), Thomas Middleditch ('Godzilla: King of the Monsters', 'Captain Underpants: The First Epic Movie'), Ben Schwartz ('Sonic the Hedgehog', 'Duck Tales'), and Keanu Reeves (the 'Matrix' and 'John Wick' films).

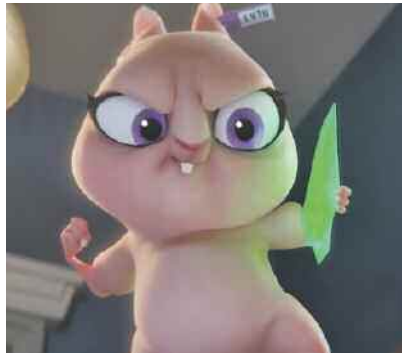
DC League of Super-Pets is out in cinemas now.

Kryptonian counterpart. But the mutts down at the dog park aren't feeling his whole vibe.


The dude has tons of powers and zero chill.

When his bestie and the rest of the Justice League need his help, Krypto mysteriously finds himself stripped of his otherworldly abilities.


To save Supes, Krypto will have to learn to be a normal dog, with




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From Khaleesi to Wildling, the vast and expansive fantasy world of Westeros created by George R.R. Martin is full of weird and wonderful words and terms unique to the series.

With the new Game of Thrones prequel series 'House of The Dragon' premiering this month, the team at Preply have gone through the original show's past 8 seasons to provide a breakdown of the meanings surrounding the common words heard.

CROW

The word crow is used as a nickname for the rangers of the Night's Watch, an army of soldiers clad in black with fur cloaks that guard the wall that separates the civilised land of Westeros from the dangerous tribes of Wildlings and White Walkers that lie far north beyond the wall. The nickname was given by the free-folk beyond the wall as they fear trying to cross the wall.

Example: Ygritte: "In your hearts all you crows want to fly free." - Ygritte, Season 3 Episode 1.

HODOR

Spoilers ahead! Hodor is what we thought was the name of House Stark's stable keeper, a man that sadly cannot speak and only says the word Hodor.

He was a loved character and Hodor became an iconic catchphrase. However, after his heart wrenching death in season 6, we learn that Bran's gift as the three-eyed Raven gave Hodor the name from the future.

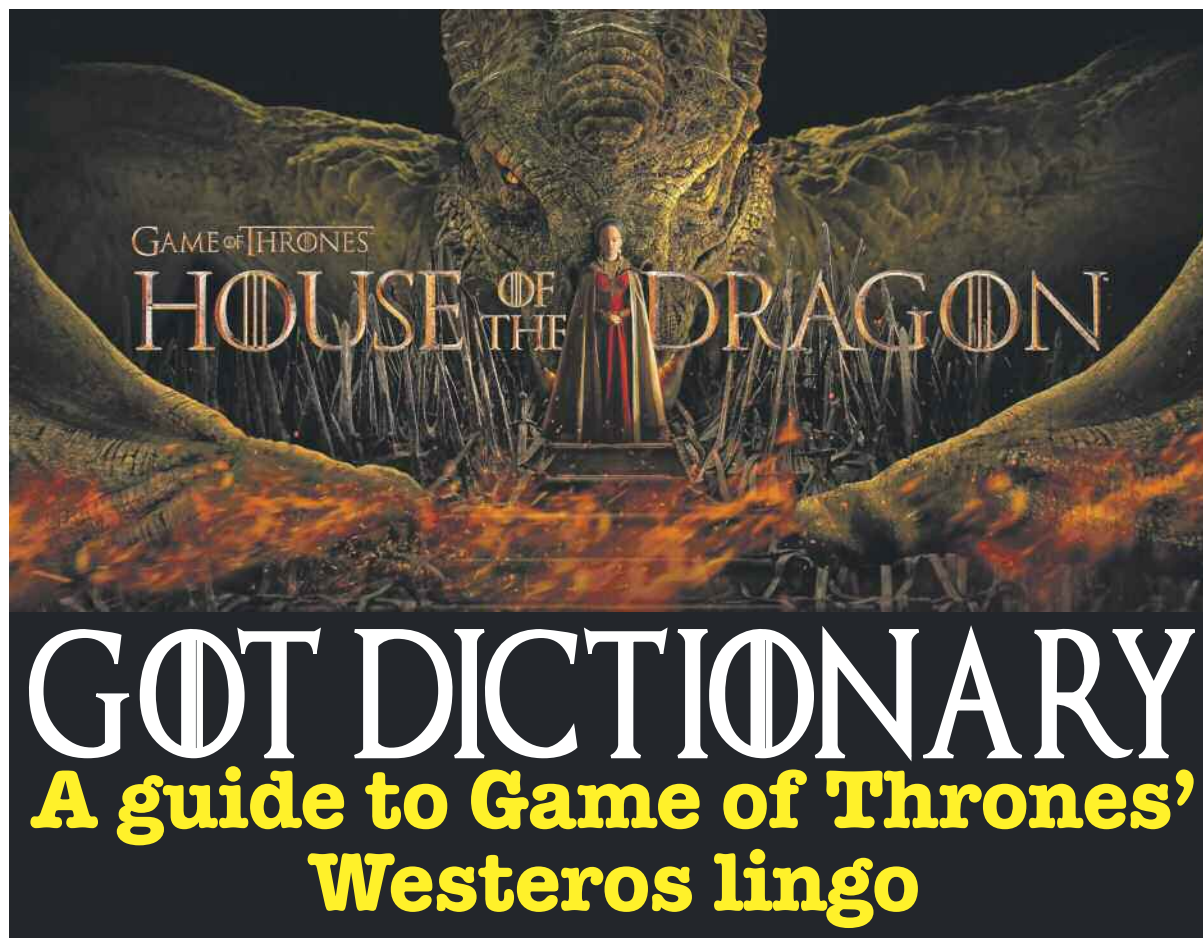
As Bran was present in Hodor's past looking at him as a young boy who could speak, Hodor died holding the door to stop the White Walkers. As Meera shouted "Hold the door" to Hodor as he died, a young Hodor in Bran's vision hears this and has a seizure, making him unable to speak and only being able to say the word "Hodor" for the rest of his life.

Example: "Hold the door! Hold the door! Ho d door! Hodor!" - Hodor, Season 6 Episode 5

KHALEESI

Khaleesi is the title given to the queen of the Dothraki tribe over in Essos, the eastern continent in Game of Thrones.

The Dothraki are a tribe of brutal warriors that pillage and steal their way across the lands, brutally



murdering those that fight back. They're led by the Khal, and the wife of the Khal is known as the Khaleesi, which at first was Daenerys Targaryen in the show as she married Khal Drogo.

Example: "I am a Khaleesi of the Dothraki. I am the wife of the great Khal and I carry his son inside me. The next time you raise a hand to me, will be the last time you have hands." - Daenerys Targaryen, Season 1 Episode 4.

MAESTER

Maester is the term given to those in Westeros who are "scholars, healers and learned men." Many are Doctors to the noble houses and they all wear black robes and chains around their necks that signify the skills and expertise each Maester holds.

Maesters study their craft at The Citadel, a town with an enormous building that acts as a university that holds a giant library and knowledge

for Maesters to hold.

Example: "You're no maester. Where's your chain?" - Jaimie Lannister, Season 3 Episode 5

PYROMANCER

The word Pyromancer is the name given to those that specialises and practises divination in fire. This could either be a chemist such as Hallyne in King's Landing that makes the green explosive wildfire used to destroy Stannis Baratheon's fleet in season 2 and the King's Landing sept in season 6. Another example is the knight Beric Dondarion who has the magical ability to light his sword on fire.

Example: "He had his pyromancer place caches of wildfire all over the city." - Jaimie Lannister, Season 3 Episode 5

RAVEN

Whilst we have DHL and Fed-Ex,

those in Game of Thrones had ravens. Reflecting real medieval history, the characters in Game of Thrones send each other mail and letters by sending the letter off with a raven in the hope the raven flies to the location they want to send the letter to. Whilst it doesn't seem like a very reliable courier service, the ravens seemed to always get to where they needed to in the show. Impressive!

Example: "Did you send the ravens?" - Jeor Mormont, Season 3 Episode 1

THE SEVEN

The Seven, also sometimes referred to as The Seven Faced God, or The New Gods, are the Gods predominantly worshipped by those throughout Westeros. The Seven have seven aspects: the Father, the Mother, the Maiden, the Crone, the Warrior, the Smith, and the Stranger. Not much is known about them, but they're regularly mentioned throughout the

show and even cursed upon at times.

Example: "Seven Hells, don't start with her again! The girl will die and I'll hear no more of it." - Robert Baratheon, Season 1 Episode 6

VALYRIAN

Valyrian, divided into Low and High, is the language of the Valyrian Freehold, an empire that reigned uncontested for 5,000 years until a cataclysmic event known as 'The Doom' laid waste to the Valyrian capital.

As a result, Valyrian recorded history, spells, and knowledge were lost, as well as its dragons. Only one of the mighty families of dragonlords survived, House Targaryen. Valyrian steel is a form of metal that was forged in the days of the mighty Valyrian Freehold, and is extraordinarily sharp, strong, and expensive.

Example: "Is that Valyrian?" - Robb Stark, Season 3 Episode 7

WARG

A warg is a person with the ability to enter the minds of animals and control them. In the stories of J.R.R. Tolkien, a warg is a "particularly evil" kind of wolf, says the Oxford English Dictionary. In Game of Thrones, Bran Stark, who is a warg, first encounters his abilities in dreams in which he sees through the eyes of his pet direwolf, Summer. He then goes on to learn how to control his abilities and see through the eyes of animals as well as look back to events in the past.

Example: "He's a warg. He can enter the minds of animals and see through their eyes." - Mance Rayder, Season 3 Episode 2

WILDLING

Wildling is a derogatory term for the Free Folk, people who live north of the Wall kept out of Westeros by the Night's Watch.

A wildling is also a plant that grows wild, a wild animal, or anything that is wild; not cultivated or domesticated. It also refers to the act or practice of going about in a group threatening, robbing, or attacking others, something which the Wildlings are stereotyped for.

Example: "We can learn to live with the wildlings, or we can add them to the army of the dead. Whatever they are now, they're better than that." - Jon Snow, Season 5 Episode 5.

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TERMS AND CONDITIONS: The Competition is organised between the Asian Express Newspaper and Odeon. The Asian Express Newspaper reserves the right to cancel or amend the Competition, the Competition Notice or these Rules at any time without prior notice. Competition entries must be made in the manner and by the closing date specified on the Competition Rules. Failure to do so will disqualify the entry. In the event of any dispute regarding the Rules, Competition Notice, conduct, results and all other matters relating to a Competition, the decision of the Asian Express Newspaper shall be final and no correspondence or discussion shall be entered into. To qualify to enter the Competition you must be resident in the United Kingdom and aged 16+. Only one entry per person per Competition is allowed and multiple entries will result in an entrant being disqualified. Additional eligibility requirements may apply to a specific Competition, e.g. identification such as a valid passport, student card and/or driver's licence. Prizes are non-transferable and there is no cash alternative. Winners may be requested to take part in promotional activity and the Asian Express Newspaper reserves the right to use the names of winners, their photographs and audio and/or visual recordings of them in any publicity. Any personal data relating to entrants will be used solely in accordance with current UK data protection legislation and will not be disclosed to a third party without the individual's prior consent. The Competition and the terms and conditions of this agreement will be governed by English law.

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Formula One performance



Rodin FZERO: The new track hypercar enters production

New Zealand performance car manufacturer Rodin Cars has announced that their new track hypercar, with a revolutionary 4.0-litre V10 twin-turbo, is officially entering production.

Three years after it was first revealed as Rodin's next venture, the forward-thinking company has released more FZERO production details, including some impressive specs, a release date and the public unveiling of major completed vehicle components at their Donington Park showroom.

Rodin's most ambitious and eagerly anticipated car yet, the FZERO continues where the previous model, the FZED, left off.

Where the purpose of the FZED is to deliver a driver experience aligned with being behind the wheel of a modern Formula One car, the FZERO takes that a leap further, aiming to be the ultimate in track performance, far beyond that of anything seen before.

Continued on page 60

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Formula One performance

Continued from page 59

Building a car without restrictions of road laws or race series regulations, means it can be developed with no limits, allowing for performance that would otherwise be unobtainable. The singular goal of the Rodin FZERO is to be the fastest car around track, without exception.

“The Rodin FZERO is the physical representation of the ultimate heights in vehicle performance. Without the restrictions of building to a set of rules, we are able to make the car lighter, more powerful, and produce significantly more downforce.

“The only real restrictions we face are the laws of physics, and we have even pushed those to the absolute limit. We look forward to bringing

the most intense driving experience conceivable to tracks around the world,” says David Dicker, Founder of Rodin Cars.

The Rodin FZERO will be available to customers in a configuration of their choice, allowing them to customise specific aspects of the car based on their driving style and the track on which they will be using it.

In addition, Rodin owners receive

access to custom race-wear services, vehicle storage and delivery, and full driver training at Rodin’s picturesque private race tracks.

Based in New Zealand, David Dicker has crafted Rodin Cars from the ground up, resulting in possibly the most unique and technically advanced vehicle manufacturing facility in the world.

Located on a remote 550-hectare property in the South Island, in the

shadow of a jagged mountain range, the impressive site, complete with a manufacturing plant, build facility, world-leading 3D printing resources and three test tracks, certainly has the credentials to achieve the company’s vision – to build the fastest car on earth.

27 Rodin FZEROs will be available to buyers, with the first coming off the assembly line in the summer of next year.



Rodin FZERO: The new track hypercar enters production

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Back on track

Maserati to race in the Fanatec GT2 European Series Championship in 2023



Another big step in the Maserati motorsport strategy: the MC20 - designed ever since its early stages of development to bring the Trident back on track in closed-wheel competitions - will feature in the Fanatec GT2 European Series Championship, making its debut in 2023.

MC20 GT2 is based on the road version, from which it inherits its best-in-class specifications. These include the innovative Nettuno engine with new Maserati Twin Combustion (MTC) technology, double-wishbone suspension with semi-virtual steering axis and carbon fibre monocoque.

Maserati's return to the track in GT competitions represents the ideal link between the brand's new era and the victories achieved by the frequently victorious MC12 in the FIA GT Championships from 2004 to 2010.

Specifically, to highlight the link between the MC12 and MC20, at the 24 Hours of Spa - won three times by the MC12 (in 2005, 2006 and 2008) - Maserati is ushering in the new Maserati Corse era with an experience dedicated to the glorious milestones in its sporting history.

In the words of Davide Grasso, Maserati CEO: "We are driven by our passion, both on the road and on the track."

"We have a long history of world excellence in motorsport and we are extremely proud to race with the extraordinary MC20."

"Racing has always been Maserati's natural habitat and now, both in the Fanatec GT2 European Series Championship and in the Formula E Championship, this brand is making a new start from its roots to build the future".



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Nine tips to reduce how much petrol or diesel you use

Petrol is at an average 187.5p per litre, while diesel is not far off £2 at 196.1p. Things are so bad that some people are unable to afford the fuel to get to work - sparking fuel protests. While help from the government would be welcomed by motorists, there are things they can do themselves to cut costs amid the fuel crisis. Here are nine tips to help you run things more smoothly...

Fill up at a supermarket

Every month figures are released by the AA showing the cheapest places to buy fuel, and supermarkets are almost always the cheapest.

Drive as smoothly as possible

Driving as smoothly as possible will maximise your car's fuel efficiency. Accelerate gently - and importantly, avoid excessive speeds and heavy braking. Most dashboards now tell you your MPG - you could set yourself weekly targets to try and get this up. If you do, take note: many cars are most efficient when driven between 45mph and 50mph.

Driving on hills

On hills, gain momentum by accelerating a little before you reach them, then ease off as you drive up.

Take off roof boxes

Roof boxes create wind resistance and raise fuel consumption - take it off when not using it. Empty roof racks add 16% drag when driving

at 75mph, according to the Energy Saving Trust.

Mind the air con

Look at how often you use air con and heating - they drain fuel.

Remove extra weight inside

Declutter your car - extra weight means more fuel is needed to power the vehicle.

Keep tires inflated to right pressure

Check your tyres are inflated to the pressure stated in your owner's manual. Under-inflated or over-inflated tyres cut fuel economy.

Round trips are better

Warm engines are more efficient than cold ones, so making one round trip is better for fuel efficiency than several short journeys, even though the mileage could be the same.

Walk, cycle, run

Do you have to drive? Consider walking or cycling rather than driving for short journeys.

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PUBLIC NOTICE

Public Notice - Licensing Act 2003

Notice is hereby given that I Zulfiqar Hussain, have made an application under section 17 of part 3 of the Licensing Act 2003 for the grant of a premises licence for the premises known as:

The Cat's Pyjamas, 53 Otley Road, Leeds LS6 3AB

We intend to conduct the following licensable activities on or from the premises:

Sale by Retail of Alcohol

Mon - Sat from 11:00 – 00:00 and Sun 11:00 – 23:30

Late Night Refreshments

Mon - Sat from 23:00 – 00:00 and Sun 23:00 – 23:30

Recorded Music Every Day 11:00 – 00:00

Responsible authorities or any other person may make written representations to Leeds City Council about this application until 2nd September 2022 which should be sent to

Entertainment Licensing, Leeds City Council, Civic Hall, Leeds, LS1 1UR

For full details and to view a copy of the application please contact Entertainment Licensing on 0113 378 5029 or email entertainment.licensing@leeds.gov.uk

It is an offence to knowingly or recklessly make a false statement in connection with an application and the maximum fine for which a person is liable on conviction for this offence is an unlimited fine.

PUBLIC NOTICE

LICENSING ACT 2003 - APPLICATION FOR A NEW PREMISES LICENCE

Name of applicant: Mr Shamji Kanji Devji Patel

Premises Name: Shamnews

Premises Address: 3 East Park Road, Leeds LS9 9JD

TAKE NOTICE that the above named has applied to Leeds City Council ('the Licensing Authority') for a new premises licence in respect of the above premises. The application seeks permission for the following licensable activities:-

Consumption of Alcohol OFF the Premises

The proposed hours during which the licensable activities will take place are:

Monday to Sunday: From 08:00 to 23:00

Opening hours: Monday to Sunday from 06:00 to 23:00

A copy of the application may be inspected at the Entertainment Licensing, Leeds City Council, Civic Hall, Leeds, LS1 1UR during office hours or on their website.

If you wish to object to this application, you must do so in writing to the Licensing Unit at the Council Offices or by e-mail to entertainment.licensing@leeds.gov.uk by **5th September 2022** after which date, no objections will be considered.

Date: 8th August 2022 Signed: Mahir Kilic, NARTS 53 Stoke Newington High Street, London N16 8EL, 02072413636.

The Council will not entertain representations where the writer requests that his identity remains anonymous. Copies of all representations will be included in the papers presented to the Licensing Committee and will therefore pass into the public domain. Representations must relate to one or more of the four Licensing Objectives: the prevention of crime and disorder, public safety, the prevention of public nuisance and the protection of children from harm.

IT IS AN OFFENCE, LIABLE ON CONVICTION TO A FINE OF UP TO LEVEL 5 ON THE STANDARD SCALE (CURRENTLY £5000) UNDER SECTION 158 OF THE LICENSING ACT 2003 TO KNOWINGLY OR RECKLESSLY MAKE A FALSE STATEMENT IN CONNECTION WITH THIS APPLICATION.

PUBLIC NOTICE

Licensing Act 2003

Notice is hereby given that I, **Rahat Javed** have made an application under section 17 of part 3 of the Licensing Act 2003 for the grant of a premises licence for the premises known as:

Shimlas Leeds, 293 Roundhay Road, Leeds, LS8 4HS.

I intend to conduct on or from the premises the following licensable activities:

Playing of recorded music within the premises from

11:00 to 00:00, Monday to Sunday.

Serving of late night refreshments from

23:00 to 03:00, Monday to Saturday and 23:00 to 02:30 on Sunday.

Interested parties or responsible authorities (within the meaning of the Act) may make written representations to Leeds City Council about this application until 31/08/2022 which should be sent to the following address: Entertainment Licensing, Leeds City Council, Civic Hall, Leeds, LS1 1UR

For full details and to view a copy of the application please contact the Entertainment Licensing Section on 0113 378 5029 or email entertainment.licensing@leeds.gov.uk

It is an offence to knowingly or recklessly make a false statement in connection with an application and the maximum fine for which a person is liable on conviction for this offence is an unlimited fine

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Better Lives charity, which raises vital funds to support the work of Bradford District Care NHS Foundation Trust, is inviting local people to sign up to their Yorkshire Three Peaks challenge on Saturday 10th September.

The three peaks are Pen-y-ghent, Ingleborough and Wharfedale, all found in the Yorkshire Dales National Park, and are the highest in the county. The walk is circular and will cover a total of 24.5 miles to be completed within 12 hours.

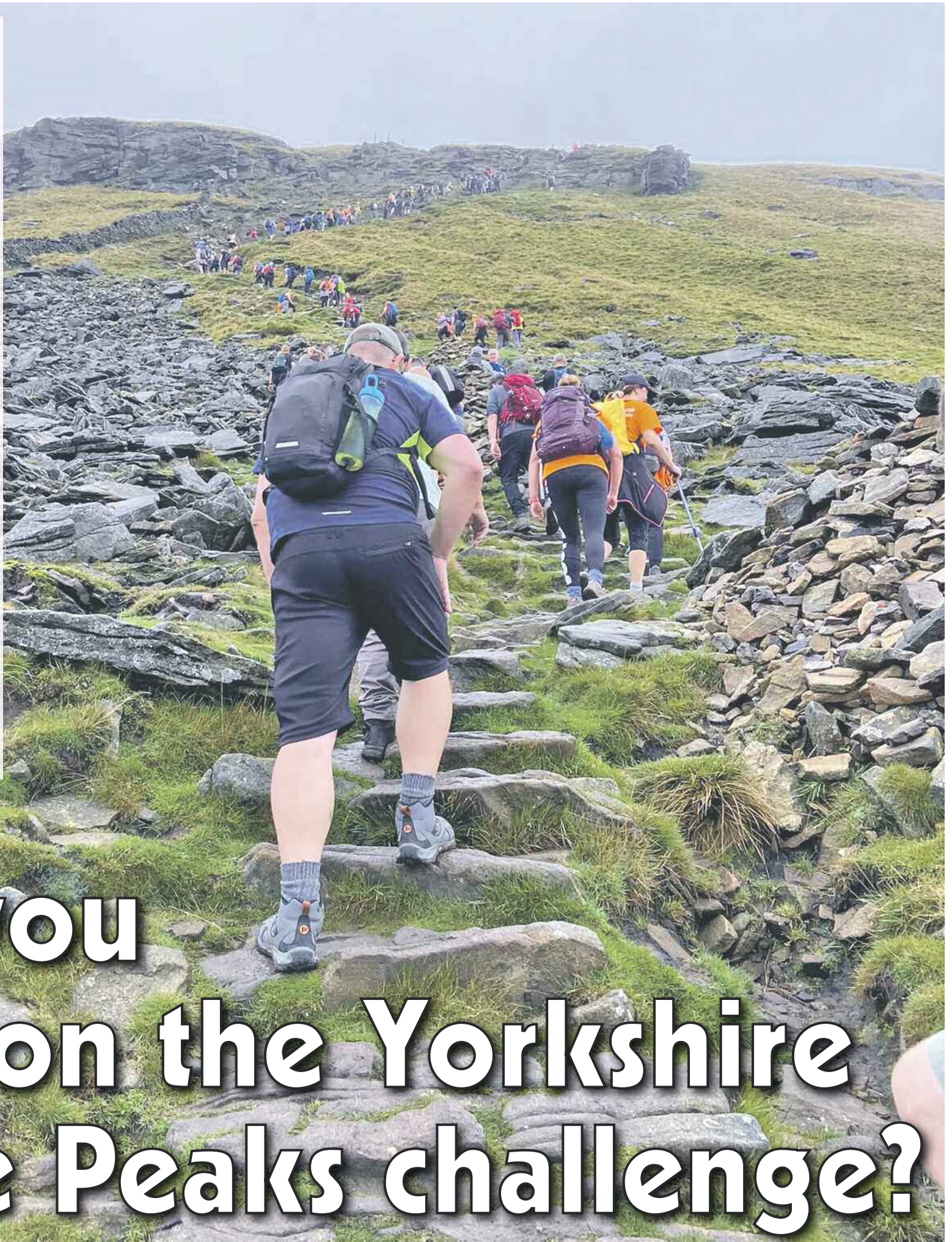
Participants need to register to take part and are encouraged to seek additional sponsors for their efforts to raise even more funds to support the charity. Every penny will go directly towards supporting the services that the Care Trust provides, to enhance patient care and go over and above the core facilities it offers.

Catherine Jowitt, charity, and volunteer lead at the Trust, said: "We are very happy to be able to invite members of the public to tackle the challenge with us. These events raise vital funds that allow us to enhance our services. This event will be a big mental health boost, spending time in the fresh air on a wonderful but challenging walk."

"I walked it last year and it was fantastic, great camaraderie and support, and we hope for more of the same this year. I am looking forward to meeting everyone at the registration, and the checkpoints along the route, it's also a great feeling to welcome everyone back at the finish point!"

The challenge is open to all and an ideal opportunity to walk our three Yorkshire Peaks, with like-minded walkers, all wanting to support the NHS. We are partnering up with three other NHS charities this year, so there'll be plenty of banter and a great team atmosphere.

To find out more and to register, email betterlivescharity@bdct.nhs.uk



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For mum with love...

Professional boxer Aqib Fiaz, has raised over £50,000 for a UK humanitarian charity in memory of his late mother.

He started fundraising for Human Appeal in April and exceeded his goal of £50,000 by raising £53,491 in online donations.

The campaign was a group effort with Aqib's team all creating fundraising pages and carrying out their joint campaign with family, friends and contacts under the name Team Fiaz. The Oldham local chose to raise the money for Human Appeal's orphan fund.

Despite being only 22, Fiaz, has had a remarkable career as an amateur and professional boxer.

Winning nine area amateur titles, and in 2017 won the Nation Youth Title in amateur boxing, he went professional in 2019, and in 2020 fought at Manchester Arena. He has a remarkable 100% win rate.

Fiaz's next fight will

take place at Utilita Arena Sheffield on August 6th 2022.

Fiaz has become an ambassador for Human Appeal and used his professional boxer status to raise funds in the lead up to this fight. He has raised over £50,000 for the Orphan and Children Fund, with thanks to his large and growing following and supporter base.

The Human Appeal Orphan and Children Fund provides monthly sponsorship to over 19,996 orphans in various parts of the world. This sponsorship covers basic needs, from food and shelter to clothing and education.

The majority of children and orphans sponsored by this fund have been left disadvantaged by conflict, extreme poverty and natural disasters. The fund works to enable orphaned and heavily disadvantaged children maintain access

Professional boxer Aqib Fiaz raises over £50,000 for orphans to honour his mother

to the fundamental necessities of life and have equal opportunities to their peers.

Aqib Fiaz says: "I've always been taught success is not based on what you do for yourself, however it is based on what you do for others."

"I would like to thank everyone who supported me raise over £50k for orphans as without them this would not be achieved. All we can do is try our best and leave the rest in God's hands."



Hijab-wearing female boxing pioneer unveiled as a 'Hometown Hero'



Continued from page 68

When she became a coach, one of her main goals was to push forward and have a hand to play on changing the rules around clothing.

"I think regardless of the faith of a woman, we should be judged on our athletic performance and nothing else," she says.

Haseebah says since the change to the rule she has witnessed much more female participation in boxing in her community - with membership numbers increasing and confidence growing.

She has become an incredible ambassador for women's sport.

She began training at Windmill Boxing Gym in Smethwick as a young girl alongside her four older brothers.

Since then, she's gone on to become one of the gym's most respected coaches, working hard to specifically develop female participation in boxing amongst her community.

She spends most of her evenings and weekends at the club, but it has never felt like a chore for Haseebah, as she is focussed on getting the best out of her community and unlocking their potential.

Loved by 170 members of her club, Haseebah is known for her bubbly character and for making others feel welcome and comfortable.

Haseebah is one of the 14 Commonwealth Games 'Hometown Heroes'. The category is made up of coaches, managers, umpires, and fundraisers who have dedicated their lives to grassroots sport.

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Hijab-wearing female boxing pioneer unveiled as a 'Hometown Hero'

England's first hijab-wearing boxing coach has been unveiled as one of the 14 Commonwealth Games 'Hometown Heroes'.

Haseebah Abdullah has smashed all stereotypes as a first hijab-wearing boxing coach, and was the first to challenge the rules on what is worn in the ring.

It's thanks to her that female boxers across the country are now able to compete in full length clothing and headscarves.

She explains that, as a woman who wears a headscarf for religious reasons, she "wasn't willing to compromise that for amateur bouts".

So when she was unable to compete in the sport due to the official clothing rules, she set to work on making change happen.

Continued on page 67



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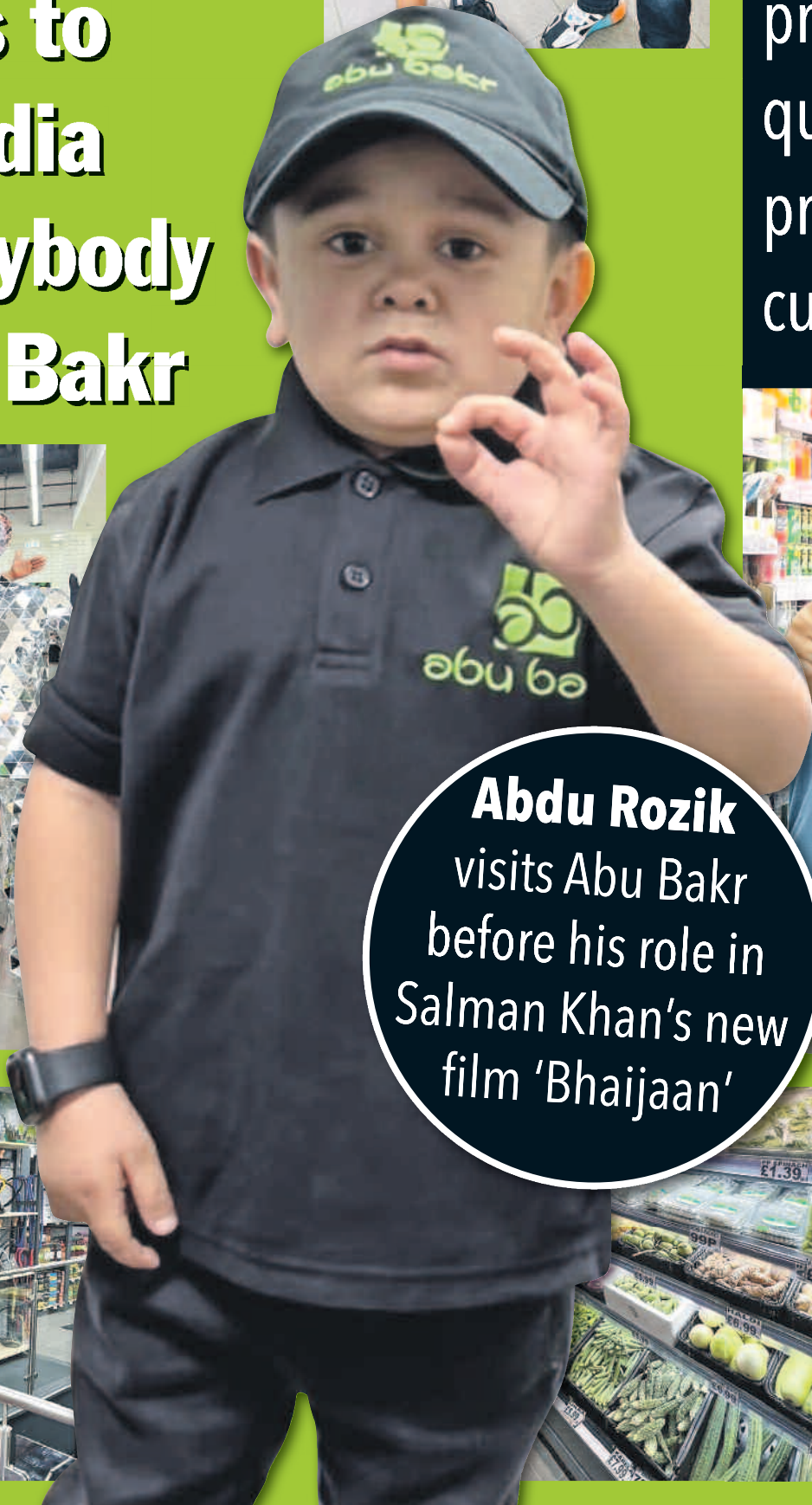




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