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AUGUST 1ST EDITION 2024

Yorkshire



See pages 44 & 45

former Royal Marine raising £10,000 for education of Afghan Girls



seriously injured. Following widespread misinformation that the attacker was Muslim, hate spewed across the length and breadth of the country with around 35 far-right anti-Muslim rallies witnessing a troubling resurgence of fascist extremist voices.

Riots erupted across towns and cities, with 420 people arrested so far.

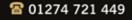
See pages 14 & 15

Cardiff-born 17-vear-old Axel Rudakubana, was named as the suspect in the stabbings in which Bebe King, six, Elsie Dot Stancombe, seven, and Alice Dasilva Aguiar, nine, were all killed at a dance class

But the murders were seized on by anti-immigrant and anti-Muslim groups as misinformation spread online that the suspected attacker was a radical Islamist who had just arrived in Britain.

Continued on page 6

The raging Islamophobic fallout from Southport's dark day



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A woman has been sentenced to 10 years in prison for a nationwide prolific shoplifting and fraud scheme that defrauded retailers of approximately £500,000.

Narinder Kaur, from Cleverton. Wiltshire, orchestrated the scheme by tricking over 1,000 stores across the UK into giving her refunds for items she had stolen.

In March 2023, Kaur was convicted of 25 offences, including fraud, possessing and transferring criminal property, and perverting the course of justice.

Judge Ian Lawrie KC, at Gloucester Crown Court, described her as "thoroughly dishonest" during sentencing, which took place in her absence

Prosecutors explained that the 54-year-old exploited a loophole with large retailers, returning stolen items without receipts and receiving refunds. She would buy a low-value item to obtain a receipt, then return both for a refund.

Kaur's operation spanned numerous locations, including Solihull, Worcester, Cheltenham, Malvern, Shrewsbury, Cardiff, Trowbridge, Reading, and Yeovil, targeting major retailers like Boots, Debenhams, Homebase, John Lewis, House of Fraser, Monsoon, M&S, and TK Maxx

Her fraudulent activities occurred over a thousand times between July 2015 and February 2019.

Additionally, Kaur was found guilty of defrauding eight law firms by directing them to sue her brother using accomplices and stolen credit cards. She also attempted to defraud Wiltshire Council of £7,400 by overpaying with stolen credit cards

and then requesting a refund.

Kaur provided false documents to evade convictions for speeding offences, hoping to ease her bail conditions. West Mercia Police fraud investigator Steve Tristram described the case as the most sophisticated and extensive fraud operation he had

encountered.

Mr. Tristram noted that Kaur's scheme was a full-time endeavour, involving hiring cars to avoid detection and using fake identities to open new bank accounts after her original accounts were flagged and

He expressed satisfaction with the 10-year sentence, seeing it as a strong message against retail fraud. Kaur did not attend her sentencing, which Mr. Tristram suggested reflected her character, as she seemingly recognised the inevitable outcome and chose not to face it.

Shoplifter jailed for £500k crime

spree

Narinder Naul's fraudulent activities of refunds for stolen items occurred over Narinder Kaur's a thousand times



NEWS ALERT!

UK Spouse Visa

The new Home Secretary, Yvette Cooper, has announced a pause on the proposed increase of the spousal visa salary threshold from £29,000 to £38,700 until a comprehensive review of the family visa policy is completed.







KORT Housing for Widows Project

UK charity hands over 30 keys to vulnerable women and their young children in AJK as part of housing project

Kashmir Orphan Relief Trust (KORT), renowned for their charitable work in Pakistan over the last 18-years, has just handed over keys to 30 widows and their children.

The project 'KORT Widow Housing Project', spearheaded by KORT chairman Chaudhry Mohammed Akhtar, began a year ago with a mission to build 100 two-bedroom dwellings in Azad Jammu Kashmir to house widows and their children.

The keys to the first 30 houses, located in Muzaffarabad, the Neelum Valley and Leepa Valley, were handed over to 30 deserving beneficiaries at a ceremony in Muzaffarabad.

Ch Akhtar says: "KORT took this initiative a year ago, and decided to build 10 houses in each of AJK's districts.

"Some 30,000 young widows and children are in desperate need of housing, and we have committed to assist these vulnerable individuals.

"We began work a year ago

to provide shelter for needy and deserving widows with small children who don't have a roof over their heads. Ayesha Bostaan, says: "We all remember those who stand by you when you have nothing, during your most testing times

"Some 30,000 young widows and children are in desperate need of housing, and we have committed to assist these vulnerable individuals."

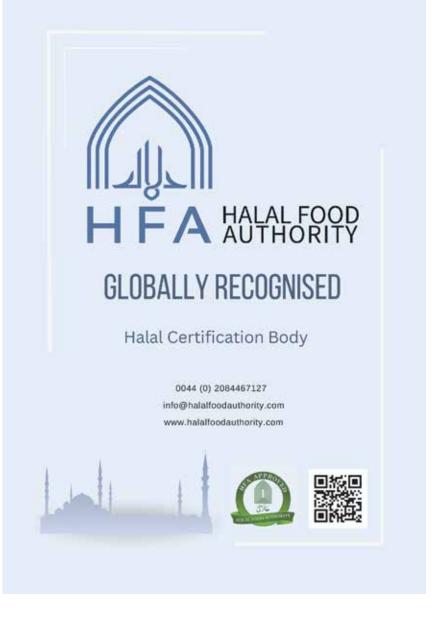
"I'd like to thank our donors across the world, particularly those in the UK, who have always come to our assistance whenever we have asked for it in support of KORT.

"For them to grant guardianship of their donations to KORT for our projects for the needy is a huge honour - one which we take great care to ensure it's delivered to those who need help the most."

A recipient of one of the homes,

"For most people here having a two bedroom home is difficult, and for people like us [widows] - it's impossible for us to even begin to dream about having a two bedroom dwelling.

"I put my case forward to KORT, and I was accepted. I am eternally grateful to Kort and their chairman Chaudhry Mohammed Akhtar for giving me and my young children shelter."



"Listen to your body"

GP advises as she recalls her rare cancer journey with a 4kg tumour

In a startling reminder that cancer can strike anyone, London GP Kripa Shortt found herself on the other side of the stethoscope when a 4kg tumour - equivalent to a small bowling ball - was discovered in her abdomen.

In January 2022, Kripa noticed that her tummy seemed to be getting bigger. At first, she thought this was due to the aftereffects of her pregnancies and that she was getting older.

However, over the next few months, her belly continued growing bigger and bigger despite living a healthy lifestyle and exercising regularly. She noticed that she could see a strange bulge in her belly when doing sit-ups.

Towards the end of 2022, she noticed that her belly size was increasing at a much faster rate. Concerned that her body had changed so quickly, she went to get checked out.

In January last year, about a year after she had first noticed her belly getting bigger, a CT scan revealed that Kripa had retroperitoneal liposarcoma.

Retroperitoneal sarcoma cancers develop deep within the abdomen and pelvis, often with very subtle or ambiguous early symptoms. Kripa said there were no symptoms such as weight loss, change in bowel motions or vomiting.

Cer journey
Mour

Kripa and Oille and their two sons

Doctor Kripa Short! first thought her proving helly was due to aftereffects of pregnancy

after their lical advice when out a lump, new

"I advise everyone to trust their instincts and seek medical advice when they have concerns about a lump, new symptoms or changes in their body."

Within less than a week of diagnosis, Kripa underwent surgery. The tumour measured 20 x 16 cm when removed and weighed 4kg. Kripa also had a hemicolectomy, which is the removal of part of her large intestine.

"As a GP, I recognise the importance of living a healthy lifestyle. I have always exercised regularly with running, weight training and yoga and eating a healthy diet," Kripa recounts.

"Yet, I found myself battling sarcoma. Sarcoma can happen to anybody, but regardless of this, we should try our best to maintain a healthy lifestyle. I'm grateful I sought medical advice when I recognised that something was different in my body.

"I advise everyone to trust their instincts and seek medical advice when they have concerns about a lump, new symptoms or changes in their body. I am very lucky to have been diagnosed early, and my treatment enabled me to overcome the cancer. I advise everyone to be aware of their own body, and when something seems worrying, please see

their GP to get checked."

Kripa is now cancer-free but must go for six-monthly checks to ensure the cancer hasn't returned.

Inspired by her ordeal and eager to raise awareness of sarcoma, her husband, Ollie Shortt, ran the London Marathon for Sarcoma UK in April this year dressed as a bone. He won an award from the Guinness Book of World Records as the fastest person to run a marathon dressed as a human body part.

Richard Davidson, Chief Executive of Sarcoma UK, said: "Kripa's experience is a powerful reminder of how crucial early diagnosis is in the fight against sarcoma. As a rare and often misunderstood cancer, sarcoma can be challenging to detect.

"Kripa's journey underscores the importance of listening to our bodies and seeking medical attention when something doesn't feel right. Remember, if you notice any persistent changes in your body, don't hesitate to consult your GP. Early detection can make all the difference in the world of sarcoma."

It's one of the most natural and beneficial things, but UK rates of breastfeeding are amongst the lowest in the world. That's why during World Breastfeeding Week, Bradford District Care **Trust's Community Infant Feeding** Team is launching the new **Bradford District Breastfeeding** Friendly scheme to support local mums to breastfeed 'here, there and everywhere'.

Local organisations from cafes and restaurants, to hairdressers, shopping centres, Family Hubs, transport hubs and leisure facilities, are being encouraged to sign up to the Breastfeeding Friendly initiative, by ensuring their staff understand the importance of breastfeeding,

Boosting breastfeeding

providing a warm welcome for breastfeeding mums and displaying the Breastfeeding Friendly sign on their premises.

Strategic breastfeeding lead for Bradford district Jane Dickens explains: "The theme of this year's World Breastfeeding Week is 'closing the gap - breastfeeding support for all' and everyone can help, not just trained health workers. The Breastfeeding Friendly scheme is central to this and important because babies have tiny tummies and when they need feeding, they

need feeding right now!
"Although breastfeeding in public is protected by law, if mum is out and about, she can feel uncomfortable and at times unwelcome to breastfeed. That needs to change if we're to support mums to continue breastfeeding and so reduce the incidence of common childhood illnesses such as ear, chest and gut infections.

"We've recently been working closely with Start for Life so we can increase the number of Baby Feeding Support Sessions available

through Bradford Council's four Family Hubs - Bradford East, South and West, and Keighley and Shipley.

"We want every single new mum in Bradford district, however she is feeding her baby, to feel she can get the support she needs and to feel confident to breastfeed wherever and whenever her baby needs. We also have our NHS Chat Health number to text with any questions or concerns about feeding and our team will respond - 07312 263233."

"The theme of this year's World **Breastfeeding Week** is 'closing the gap - breastfeeding support for all' and everyone can help, not just trained health workers."



Together we are stronger

A message to the district from Cllr Denise Jeffery, Leader of Wakefield Council.

'I'm asking all our communities and residents to keep pulling together. And to continue supporting each other with love, kindness and

"I see the way so many of you care for your communities, families, your friends and neighbours. This is what you do on a daily basis. And something this district can be very proud of.

The unrest we've seen across the country this weekend is appalling. The violence is senseless and the division doesn't help anyone.

"Our district respects the right to free speech. And we also respect the law. We choose to work together to address the challenges that our people and communities face. We do not choose hate and violence.

"We are stronger together. My heartfelt thanks for your continued kindness and support for each other and our communities







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Cover story continued

Police have blamed online disinformation, amplified by high-profile figures for driving the violence. One of the most prominent of these, Stephen Yaxley-Lennon (aka Tommy Robinson) who led the anti-Islam English Defence League group, has been blamed by media for spreading misinformation to his followers on X.

Elon Musk, the owner of X, also weighed in on the violence. Responding to a post on X that blamed mass migration and open borders for the disorder in Britain, he wrote: "Civil war is inevitable."

The (false) claim that the suspect was an asylum seeker or immigrant has been viewed at least 15.7 million times across X, Facebook, Instagram and other platforms, a Reuters analysis showed.

Separately, a Channel 4 analysis showed that 49% of traffic on social media platform X referencing 'Southport Muslim' – in reference to an unevidenced claim about the attacker's religion – came from the US with 30% coming from Britain.

As the echoes of that tragedy reverberated across the UK, a flurry of anti-Muslim and anti-migrant protests engulfed cities and towns.

The riots, cloaked in a guise of mourning and anger, carried an undercurrent of dark, divisive rhetoric. The narrative of the protests has been hijacked by well-known far-right figures, their messages of "Enough is Enough" and "Save Our Children" masking a more insidious agenda.

Among the most disturbing were the threats targeting mosques

A NATION ON EDGE

in Liverpool. In Manchester, the tension mounted around temporary asylum accommodation sites, where protestors threaten to bring their anger to the doors of the displaced and marginalised. In Bolton missiles were thrown as police came under attack from a gang of demonstrators when a protest turned ugly. In Rotherham a far-right-led mob of masked rioters attempted to set fire to a hotel housing asylum seekers.

The days ahead, it seems, are shrouded in uncertainty, with rightful concerns from Muslim communities about their safety.

Other numerous accounts of Islamophobic hate incidents have been cited across social media channels. Meanwhile many political leaders have been criticised for not classifying the anti-Muslim hate as 'Islamophobia', which has a significant role to play in identifying the hate crimes being experienced.

As Britain stands on the brink, authorities and community leaders plead for calm.

They urge the public to resist the siren call of hatred and misinformation, to stand firm against the forces that seek to tear the fabric of society apart. The coming days will test the nation's resolve, as it confronts not just the aftermath of a heinous crime, but the very soul of its communal identity. The raging Islamophobic fallout from Southport's dark day



Prime Minister Sir Keir Starmer announces "standing army" of specialist officers on standby to help tackle riots after an emergency COBRA meeting. It comes after far-right rioters attacked mosques, Muslims, hotels housing asylum seekers and caused widespread violent unrest across the country.









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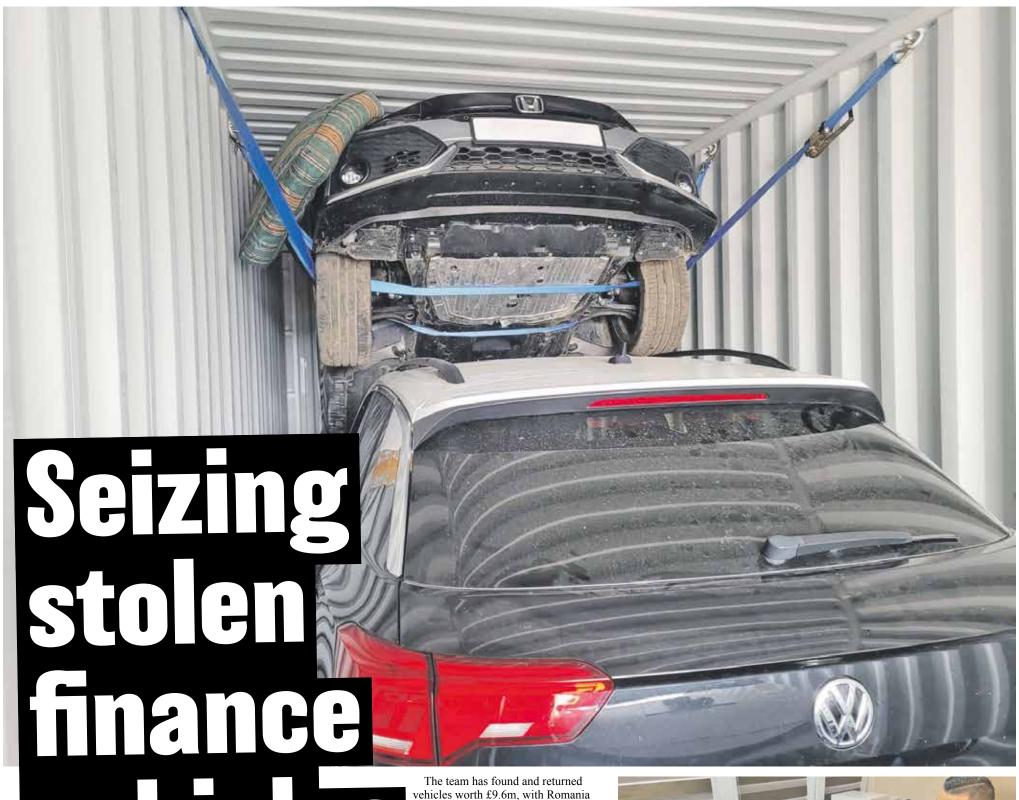
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Dedicated police team recovers cars from across Europe, with Romania and Bulgaria being top destination markets

facilitate the seizure of stolen finance vehicles from across Europe.

The National Vehicle Crime Intelligence Service (NaVCIS) has prevented the theft of or returned 320 stolen finance vehicles across Europe since 2021 with the support of HPI

The NaVCIS is funded by the

NaVCIS, a UK national police unit, Finance and Leasing Association (FLA) to recover stolen finance vehicles. The dedicated team has recovered cars from across Europe, with Romania and Bulgaria consistently being the top destination markets. These thieves are in possession of the keys, obtaining finance to acquire the vehicle either in their own name and failing to pay or by fraud using a false identity.

vehicles worth £9.6m, with Romania and Bulgaria accounting for 60% of the value seized. HPI Check supports the work by sponsoring NaVCIS with vehicle data, which is made available to European Law Enforcement to aid in identifying stolen vehicles.

Re-registration centres in countries across Europe rely upon HPI Check to identify stolen UK finance vehicles.

NaVCIS say criminal gangs will take out vehicles on hire purchase agreements, and the offenders will fit the cars with false plates and then default on the payment. The vehicles leave the UK through ferries, shipping containers and the channel tunnel.

When vehicles are being reregistered in the destination country, the intelligence and data provided by the NaVCIS and HPI Check help to identify stolen vehicles so they can be seized and returned to UK finance

NaVCIS conduct operations (OPs) to detect, deter and disrupt serious organised crime. The sharing of intelligence between UK law enforcement and overseas law enforcement agencies is essential in fighting this crime. The team also develop best practice to overcome and prevent vehicle finance crime.

Commenting on the scheme, Sharon



Naughton, head of NaVCIS said: "These are complex crimes operating across international borders, and it requires the tireless work of the NaVCIS team of experts, alongside partners across Europe, to identify and seize these vehicles.

"Our data partnership with HPI is essential to the process, which is time critical to prevent onward transit of stolen cars, reducing opportunities for seizure and allows vehicles to be checked for outstanding finance, theft and a wide range of other factors.

More foreign police services are interested in cooperating with NaVCIS. HPI, part of the global automotive data company Solera, has committed to

supporting an expansion to help track down and secure stolen vehicles.

Jon Clay, data director (identification) at HPI, said: "Advanced technology ensures that our data is updated in real-time, and we're pleased to support the vital work undertaken by NaVCIS. A HPI Check helps motorists establish if a car has been reported stolen or has outstanding finance, alongside discrepancies, such as accident data or mileage tampering.

"By building up a comprehensive vehicle history, any discrepancies are highlighted, giving car buyers the information they need to purchase a vehicle with confidence.





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Bradford Stands Strong

Demand for immediate action against far-right violence

A statement from the Bradford Independent Group calls for measures to ensure the safety of Muslim communities.

> together against hate and continue to push for stronger measures against extremism the statement says: 'We are deeply outraged and gravely concerned by the recent surge of violence by farright groups across the

These brutal acts attack our

and respect. We vehemently condemn those who seek to sow division and fear within our community

Our heartfelt sympathies go out to the families in Southport, mourning the tragic loss of three beautiful girls, Bebe King, Elsie Dot Stancombe and Alice Dasilva Aguiar and the many injured children who now face not only physical but deep emotional scars from this devastating attack.

Instead of uniting in support of these families, the far-right has hijacked this tragedy to spread Islamophobic and racist rhetoric, causing chaos, damage, injuries, and fear in our peaceful communities nationwide. Years of effort to live in harmony, promote peace, and celebrate our

threat. The actions of the far-right must be recognised and called out as terrorism.

Bradford, with its rich cultural diversity and significant Muslim community, is particularly vulnerable to such hateful acts. We urge the Council Leader and the Police Chief Superintendent to take immediate and decisive action to protect our communities and uphold our shared values of peace and unity

We would like an immediate call for action as follows:

- 1. Implement all necessary measures to ensure the safety of every citizen.
- 2. Increase Police presence in vulnerable areas, places of worship especially around Mosques and Muslim

- 3. Enhance community engagement to strengthen solidarity across Bradford.
- 4. We also urge the council to work closely with agencies to curb the spread of misinformation and fake news on social media platforms

It is essential that the public receive clear and consistent reassurances that their well-being and safety is paramount, and that every possible measure is being implemented to prevent any incidents of violence, intimidation and threats in Bradford.

The Bradford Independent Group is committed to working hand in hand with law enforcement, political/community leaders, and residents to safeguard

These brutal acts attack our core values of humanity, freedom, and respect. We vehemently condemn those who seek to sow division and fear within our community.

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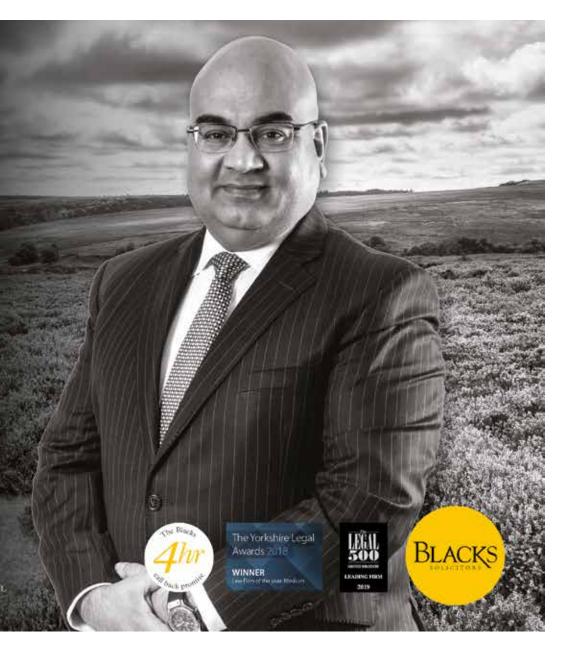
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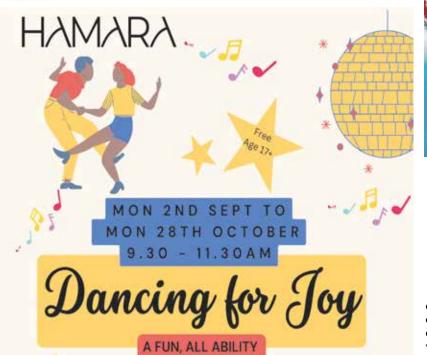
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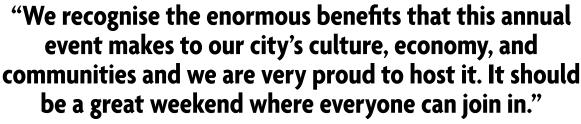
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Community



Leeds is set to celebrate its rich cultural diversity with the return of the Leeds West Indian Carnival on the August Bank Holiday weekend, this year with a slightly updated route.

Leeds West Indian Carnival is Europe's oldest of its kind, having been going since 1967. It is also the largest outside of London, drawing an estimated 100,000 visitors each year.

Taking place on Monday 26 August, the parade will take a different route this year, requiring less road closures, impacting on fewer residents and causing less disruption.

These roads will be fully closed on the day of the parade from 6am to 10pm, with most public transport links and access to St James's Hospital being maintained.

There will also be some road closures on Chapeltown Road and

Harehills Avenue on Sunday 25

Starting at 2pm at Potternewton Park on bank holiday Monday, carnival troupes will do two laps of the new route, giving spectators more opportunity to take in the parade's vibrant journey.

The first lap allows judges to evaluate the array of stunning displays and the second lap is for the troupes to enjoy the celebrations ahead of returning to the park and delivering their final performances.

The carnival relies on funding from Leeds City Council, whose finances, like councils around the country, are under significant pressure. The Council alongside event and community leaders have now started looking at a long-term strategy to change the way that Leeds West Indian Carnival is funded to help guarantee its future.

Ahead of this year's event a

donation scheme will be launched, so that everyone passionate about the carnival can contribute to ensuring its longevity. Organisers are asking people in Leeds to "Help us keep carnival alive".

Councillor Mohammed Rafique, Leeds City Council's executive member for climate, energy, environment and green space, said: "We recognise the enormous benefits that this annual event makes to our city's culture, economy, and communities and we are very proud to host it. It should be a great weekend where everyone can join in."

Arthur France MBE Hon LLD, founding member and chairperson of Leeds West Indian Carnival, said: "We pride ourselves on welcoming everyone to Carnival – ours is an open invitation... we invite you to celebrate."



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In a determined effort to support the education of young girls in Afghanistan, which is currently restricted under Taliban rule, a local advocate and father is embarking on an extraordinary challenge.

On August 17th, James Knight will participate in Ironman Kalmar in Sweden to raise £10,000 for the Afghanistan and Central Asian Association (ACAA). The race involves a 2.4 mile swim, followed by a 112 mile bike ride and to finish a full marathon!

Having visited Afghanistan multiple times, James, a former Royal Marine, has seen firsthand the struggles faced by young girls deprived of educational opportunities.

Motivated by his experiences and as a father of daughters, he is passionate about changing the lives of those less fortunate.

"I believe in the power of education and the difference it can make in these young girls' lives," said James Knight. "This Ironman challenge is not just a personal goal but a mission to support a cause that is close to my heart."

"I am reaching out to raise £10,000 for the Afghanistan and Central Asian Association, an organisation dedicated to supporting impoverished girls in Afghanistan in accessing education.

"This cause resonates deeply with me, not only as a father of daughters but also as a former Royal Marine who has spent significant time in Afghanistan.

"During my service, I witnessed firsthand the resilience and potential



of the Afghan people, particularly the young girls striving for a brighter future despite immense challenges.

"By contributing to this cause, you are helping to provide these girls with the education they deserve, empowering them to break the cycle of poverty and build a better future for themselves and their communities."

The ACAA, led by Dr. Nooralhaq

Nasimi MBE, is dedicated to supporting Afghan refugees in the UK, ensuring they have access to opportunities often taken for granted. The charity's work is driven by a group of committed individuals who deliver exceptional value far beyond their budgetary constraints.

"The dedication and selfless approach of the ACAA team in helping Afghan

refugees thrive is truly inspiring,"
James added. "Dr. Nasimi's leadership
is instrumental in driving the charity's
impactful initiatives."

The funds raised will directly contribute to providing education for two young Afghan girls, helping to break the cycle of poverty and oppression. The impact of this initiative is significant, offering hope and a

brighter future to those in need.

Supporters can contribute to this life-changing cause by sponsoring James by visiting: justgiving.com/page/james-knight-1717605023775.

For more information about the Afghanistan and Central Asian Association and its work, visit: acaa.

"This cause resonates deeply with me, not only as a father of daughters but also as a former Royal Marine who has spent significant time in Afghanistan."



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Brits have revealed their most red-faced gut-related moments, including publicly breaking wind, loud stomach gurgles in a job interview and leaving a public toilet smelly.

A poll of 2,000 adults found as many as 79 per cent have experienced embarrassing stomach issues.

With 73 per cent suffering from symptoms such as bloating, constipation and diarrhoea at least one day a week – which is equivalent to seven weeks a year.

And 54 per cent find gut health confusing, whilst two fifths don't know what foods are good for their digestion and 43 per cent are clueless about the key role fibre plays.

In light of the lack of awareness around gut health, registered nutritionist, Rhiannon Lambert, working with California Almonds which commissioned the research, said: "Knowing the right foods is an easy first step to treating these awkward symptoms, and research reveals that fibre-rich foods like almonds can support a healthy gut."

The research went on to find that despite many being affected by digestive troubles, more than a third don't know these can indicate poor gut health and only one in five think symptoms cause health concerns.

Most common food myths surrounding gut health

MYTH: You should go to the toilet every day – you may be constipated if you notice that you haven't passed a stool for longer than you would normally. Consuming almonds may support increased bowel movements.

movements.

MYTH: Lemon water is great for your gut – adding a slice of lemon to your water, while tasty, is unlikely to do anything for your gut microbiome or provide any sort of 'detox' effect..

Drinking plenty of water is enough to keep your gut functioning normally, as dehydration can result in constipation.

MYTH: You get enough of your fibre from cereals – most don't reach the

recommended 30g of fibre per day, so if you enjoy cereals for breakfast, look for varieties that contain whole foods sources such as almonds, oats, and complex

MYTH: Giving up gluten is good for the gut – cutting out food groups has no benefit to the gut and can limit a variety of healthy foods in the diet so unless you have Coeliac disease or a confirmed intolerance, consuming gluten will likely have no negative effects. Wholemeal breads can be a great source of fibre, which is a key nutrient for supporting a healthy gut

Only 30 per cent would turn to a nutritionist and just 27 per cent would see a doctor after an embarrassing stomach incident.

Top excuses include gut health not being a big issue (51 per cent), believing that symptoms were normal (35 per cent) and not wanting to waste doctors' time (28 per cent).

Instead, more than two thirds (69 per cent) would opt to self-medicate by changing their diet (56 per cent), drinking more water (50 per cent) and taking over-the-counter medicine (46 per cent).

Popular TikTok "remedies", include charcoal supplements, ginger shots and lemon water, which many are willing to try, according to the stats via OnePoll.

Rhiannon lambert added: "Our gut health is certainly something that we shouldn't overlook – looking after it helps not just our digestion but overall wellbeing and can even prevent more serious diseases such as colon cancer and inflammatory bowel disease (IBD) later down the line.

"For most of us, the key to good gut health is ensuring we're eating a varied and balanced diet that supports our gut microbiota."

"Adding almonds is a great option to do this, and the latest scientific research shows eating whole and ground almonds can increase the short chain fatty acid butyrate, which is associated with multiple health benefits, including better sleep, decreased inflammation and decreased risk of colon cancer."

Busting myths surrounding **Busting myths surrounding Busting myths surrounding**





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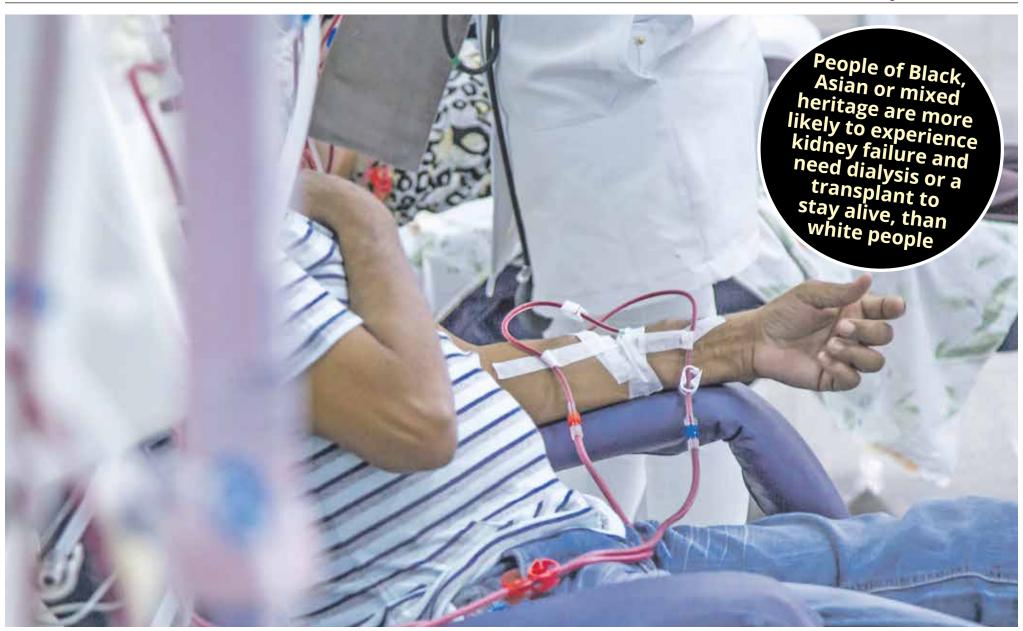
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Time to act on kidney health inequalities of kidney disable worse outcome of kidney disable worse outcome of kidney Reserved from the college Lond of kidney Reserved from the college Res

The UK's leading kidney research charity is calling for urgent action to address the social and economic inequalities that put some people at greater risk of kidney disease, and can prevent patients from accessing appropriate care and treatment.

In a new report, Kidney Research UK reveals a grim picture of inequality facing people simply because of their ethnicity, age, sex, education, location or lack of wealth.

The report, 'Time To Act: A
New Review of Kidney Health
Inequalities', sets out the reality
facing many people across the
UK. Published five years after
the charity's report of kidney
health inequalities outlined 27
recommendations for change in
clinical and research practice, this
review exposes the limited progress,
impacting people's health and risk of
disease.

The updated evidence confirms

some communities remain impacted more by kidney disease than others, and disease progresses faster in some people. The report concludes that quality of care can vary and that a lack of focus on some groups of people in research studies means that their needs and experiences are overlooked.

Often, inequalities overlap and many people experience them in multiple ways, which further increases their risk of poor kidney health.

The report shows how easy it is for this to happen, for example, people of Black, Asian or mixed heritage are more likely to experience kidney failure and need dialysis or a transplant to stay alive, than white people.

Black people are more likely to live in deprived areas and kidney failure is twice as likely in under 70s living in deprived areas. In addition, many people struggle with their mental health as a result of their kidney disease and it can have a cyclical effect, people with mental health conditions being at greater risk

of kidney disease progression and worse outcomes.

Professor Liz Lightstone, trustee at Kidney Research UK and Professor of Renal Medicine at Imperial College London, said: "This latest review of evidence shows that injustice persists, some people are still experiencing barriers and are being unfairly denied good kidney health. It is time to act. Kidney Research UK will continue to work tirelessly for patients by providing focused research investment.

But to create and deliver true change and to increase engagement and trust, those in research and healthcare delivery must work together. Eradicating unjust kidney health inequalities is an urgent priority and must become everyone's responsibility.

"Our politicians, including those newly elected to Westminster, must ensure that everyone has their fair chance of good kidney health. Explicitly including kidney disease in government health strategies, programmes and action plans addressing health inequities, prevention, long-term conditions, multimorbidity and screening could make an enormous difference."

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Record-breaking rocket launched by University of Sheffield students year. The engine was tested in March earlier this year, producing almost

A supersonic rocket that has broken a series of UK and European altitude records, has been built by a team of students at the University of Sheffield.

The rocket, called Desert Winds, was built by the team in less than six months alongside their studies and has seen them achieve their dream of becoming the first students in the UK to launch a liquid-fuelled rocket - a propulsion system used by the likes of NASA and SpaceX to launch crafts into space.

The Sheffield students launched their rocket from the Mojave Desert in California and witnessed it travel at supersonic speeds to reach an altitude of 26,879 feet - the highest that any UK team has reached with a rocket of this type since the 1970s, including aerospace companies.

The launch also set a new European altitude record for liquid-fuelled rockets built by students, beating the record

previously held by Danish students of 21,274 feet.

Project Sunride, as the students are known, built the rocket as part of the University of Sheffield's Engineering Student-Led Projects - an extracurricular programme to help STEM students develop skills and experience for careers in the field of engineering.

of Sheffield and Director of Project Sunride, said: "Designing, building and launching a liquid rocket in six months initially seemed like a crazy idea. We knew it was something we wanted to achieve as a team, but at first we thought it might take us until 2025 or 2026. The team took some convincing but slowly everyone came around to the idea and everyone became very

the team was overloved, as we were just 30 days away from the launch and we'd finally proven that the feed system would work. During the trip to the US to launch the rocket, we encountered a number of last minute issues, but I'm so proud of how the team worked together to overcome these.

"The launch sounded incredible and the flame from the engine was a half a tonne of thrust. The engine was 3D printed out of aluminium and is regeneratively cooled - a technique in which the fuel is used to cool the combustion chamber before it is burned, which increases the engine's efficiency and saves weight.

Fintan Cluskey, Co-Director of Project Sunride and also an aerospace student at the University, said: "It's been incredible to see how far we've come as a team to launch this rocket. From not knowing anything about liquid propulsion last summer, to designing and hot firing a liquid rocket engine by March and then launching six months later, has been an amazing experience and shows the passion and exceptional talent in our team.

"The feeling of flipping the switches to open the valves to start the propellant flow, and seeing all our hard work pay off when the rocket lit and accelerated off the launch rail will be hard to top. All the hard work of the team went into that moment of lift-off and the team has absolutely smashed any expectations we had for this year and truly gone above and beyond.'

"The launch sounded incredible and the flame from the engine was a brilliant sight to see. It's such a great feeling to set a new altitude record on our first ever attempt."

Project Sunride are aiming to be the first UK student team to launch a rocket into space by passing the Kármán line, at 62 miles above the ground.

Tom Danvers, an aerospace engineering student at the University invested

"The successful testing of the engine back in March gave everyone a major confidence boost and motivation to push forwards. When further testing - the cold flow test - worked in May,

brilliant sight to see. It's such a great feeling to set a new altitude record on our first ever attempt.'

The Sheffield students designed and built their own rocket engine, Sunfire III, over the course of the past academic

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Find out more at borninbradford.nhs.uk/what-we-do/our-programmes/my-life-my-city

My life, my city

Young people making their own films of life in Bradford

"You don't need a fancy camera – your phone is fine for

new footage - and it can be a documentary, a musical, an

animated film; it's entirely up to you. What the judges are

really going to be looking for are character and creativity."

An initiative developed to drill down into the detail of the health and wellbeing of Bradford's youth is hoping to inspire young people to tell their own stories by mixing photos and video from family archives with newer footage shot with their phones.

Bradford already has a long affinity with film and photography, boasting the national museum and the birthplace of David Hockney, one of the 20th century's most influential artists.

But Born in Bradford's My Life, My City project is hoping to unearth contemporary talent by challenging TikTokkers and Insta aces aged 11 to 18 to compile their own five-minute movie, with generous prizes on offer for those judged to be the best.

But it's not just a contest for the seasoned filmmakers. All who sign up will be offered learning packs as well

as hands-on advice and guidance from professionals via webinars and at dropin sessions.

The best five films will win their makers £500 vouchers. Ten more will also receive £100 voucher each. All 15 prize winners will then be invited to spend a day at the School of Arts and Creative Technologies at the University of York where they will get hands-on experience of television production and

learn how to create their very own TV show!

Born in Bradford's Age of Wonder programme coordinator, Zarina Mirza said: "We'd love to see as many young people as possible have a go so we've made it as easy as we can. This is your chance to make history in the most fun and positive way for our awesome city.

"You can use existing images or video footage which might already be

in family collections and then mix that up with more recent material or new video filmed this summer if you prefer. It's up to each entrant to decide how they put their film together.

"If you're still not comfortable working on your own, it's fine to join up with a group with friends.
"But, other than a summer of fun and

"But, other than a summer of fun and positivity, what we hope the project also achieves is to provide an absorbing and authentic insight into what life is like for Bradford's young people – told in their own words and with their own images."

As a project director and competition judge, Pishdaad Moderassi also assured young entrants that technical proficiency is by no means essential.

He said: "You don't need a fancy camera – your phone is fine for new footage – and it can be a documentary, a musical, an animated film; it's entirely up to you. What the judges are really going to be looking for are character and creativity.

"There are lots of editing apps out there but everyone who signs up will be added to our mailing list so they can receive a help pack as well as invitations to join in with workshops and webinars on how to film and edit your project."



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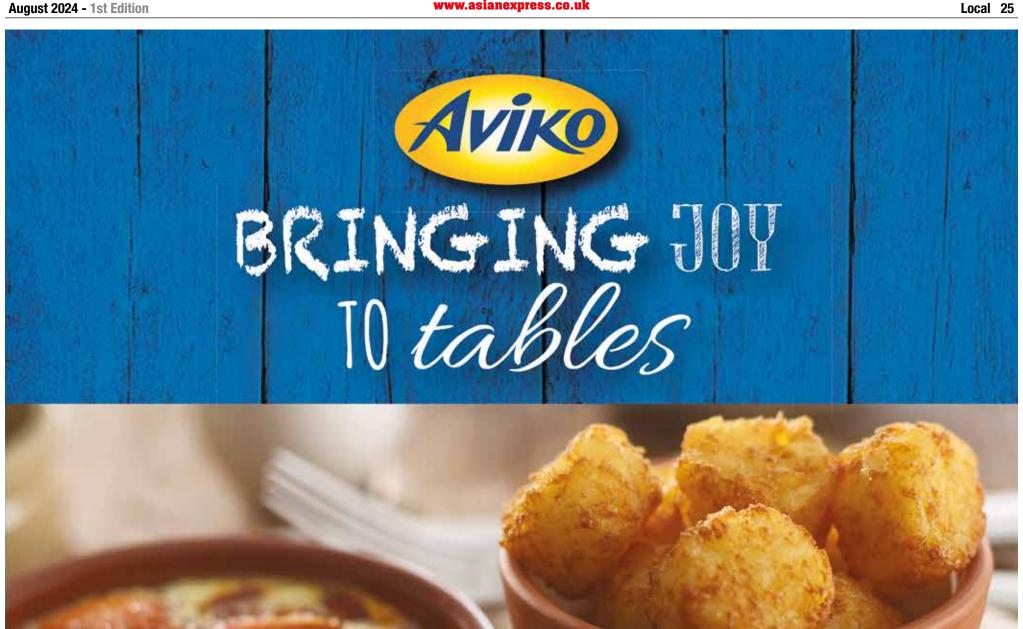








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University of Huddersfield alumna returns

to campus as Mayor

Mayor of Kirklees and University of Huddersfield alumna Nosheen Dad returned to campus a decade on from her role as the first female Muslim president of its Students' Union.

Deputy Vice-Chancellor Professor Tim Thornton was delighted to welcome Councillor Dad back to the University on an official visit after becoming the 50th and youngest Mayor of Kirklees, as well as the first Muslim woman to hold the office.

The Mayor was able to speak to Professor Thornton in the Vice-Chancellor's Office, before being given a tour of the Students' Union and Jo Cox Building as well as meeting the current Students' Union executive team.

Cllr Dad graduated from the University in 2012 and then took on a role within the Students' Union, becoming its president for the 2013-14 year at a time when the campus was undergoing many changes.

She was at the helm when the new Student Central building was being constructed and was there with University Vice-Chancellor Professor Bob Cryan to officially open the new-look facilities which now house the Students' Union itself.

Professor Thornton commented: "It was a pleasure to welcome such a successful former student back to campus and to showcase the numerous positive changes that have taken place at the University of Huddersfield since Nosheen graduated more than a decade ago. What an inspiration she must be to so many of our students."

The 34-year-old mother of two spoke of how thrilled she was to be back on campus after all this time and to see a number of familiar faces.

"Everything that I learnt in my time here, not just as an undergraduate, but in offices as Vice-President for Wellbeing and Equalities and then as President of the SU, it was certainly the foundation for me to then be able to build on in terms of my career to get me to where I am today."

She continued: "One of the main things as SU president was the relationship with

the University and working collaboratively for our student population - this was a very positive experience. I was involved with the new Students' Union and Student Central right from the start when it was just a shell and a construction site. I had a lot of input into what they were going to look like which was appreciated. It was great that we were able to influence the building as much as possible.'

In an effort to inspire the current cohort of students, Cllr Dad added: "If you've got a passion for something, got fire in your belly, keep fuelling that fire and I promise you will make something of it and great things will happen."

Cllr Dad grew up in
Dewsbury and was a commuter
student during her time at the
University of Huddersfield.
She was first elected to
represent the Dewsbury South
ward for Labour in 2015, just
three years after graduating.
In 2023 she served as the
district's Deputy Mayor, before
taking over as first citizen in
May.



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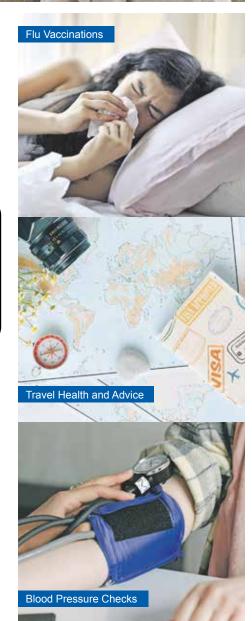
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Leeds City Council is named one of the UK's top 100 apprenticeship employers

Leeds City Council has earned a place in a prestigious index of the country's best employers for providing apprenticeship opportunities.

The Department for Education's (DfE) top 100 apprenticeship employers list showcases the most outstanding apprenticeship employers from across the UK.

Leeds City Council enters the rankings for the first time since before the pandemic and secures the best spot for a local council, coming in at number 90. Only one other council has reached the top 100, ranking 97th.

Over 632 council employees are currently on apprenticeships from level 2 (equivalent to GCSE) to level 7 (masters level). In the 12 months

to 31 March 2024, 316 employees started apprenticeships on pathways ranging from social care, child care, housing, digital and project management to building trades, civil engineering and more.

Leeds City Council is proud to be a living wage employer. All employees, including apprentices of any age, are paid a salary that matches or exceeds the Living Wage Foundation minimum rate.

In addition, the council supports other organisations in sectors where there are skills shortages to create and deliver apprenticeships for their employees through its transfer of levy funds and via Leeds Apprenticeship Hub.

The DfE's top 100 apprenticeship

employers list was compiled by analysing data from apprenticeship employers across different industries and employment sectors. Over 1,000 employers entered by submitting data from the 12 months to 31 March 2024 on their apprenticeship starts, successful apprenticeship completions and the diversity of their apprentice cohort



BUSINESS NEW YOUR LOCAL &

Supreme Court Eradicates Japanese Knotweed Claim

Readers of this publication may recall the case of Davies v Bridgend County Borough Council regarding Japanese knotweed which has featured in previous articles.

In that case, Mr Davies bought land in South Wales that was next to land belonging to the Council which had suffered from Japanese knotweed. The Council had treated the knotweed, but Mr Davies claimed that the value of his land had been reduced because of the ongoing plight caused by the Knotweed and the stigma attached to it. The Court of Appeal agreed and ruled that the diminution in value of a property following encroachment of Japanese knotweed from neighbouring land was a recoverable loss and allowed Mr Davies' claim. The Council appealed that decision.

Prior to Mr Davies purchasing his land in 2004, the knotweed had already spread from the Council's land. In 2004, the encroachment of Japanese knotweed onto neighbouring land was not an actionable private nuisance but it was in 2013 by which

point the Council



to succeed in establishing the tort of private nuisance he had to establish that the Council's breach of duty did in fact cause the loss suffered. The question which the Court had to address was, would the diminution in value of Mr Davies' land have occurred "but for" the breach of duty by the Council between 2013 and 2018? If the diminution in value would have occurred in any event, then the Council's breach of duty was not the cause of the diminution in value so there would be no causal link between the Council's breach of duty and the diminution in value of Mr Davies' land

The Court found that the diminution in value in Mr Davies' land had occurred long before any breach by the Council of its duty which first occurred in 2013. Accordingly, the application of the "but for" test eliminated the Council's subsequent breach of duty as a causative factor as the diminution in value would have occurred anyway. No evidence was put forward by Mr Davies to show that the Council's breach of duty between 2013 and 2018 had materially contributed to the diminution in the value of his land. Instead, the encroachment and resultant diminution had occurred long before any breach by the Council. The Council's subsequent breach was therefore of no consequence and it was not a causative factor. Accordingly, the Supreme Court ruled that the diminution in value of Mr Davies' land was not caused by the Council's tortious conduct and therefore no damages should be awarded.

This decision will make it more difficult for property owners to pursue claims against neighbouring owners whose properties suffer from Japanese knotweed if the knotweed was already present before they purchased their property. From a practical perspective, purchasers are advised when acquiring properties at risk to seek full and specific disclosure on the existence (or not) of Japanese knotweed and to undertake professional inspections from a suitable expert (horticultural consultant) as the findings may impact on the purchase price. If you are involved in any

If you are involved in any dispute concerning land, then Blacks Solicitors can assist. Please contact Luke Patel on 0113 227 9316 or email him at LPatel@LawBlacks.

Please contact Luke Patel on 0113 227 9316 or by email at L.Patel@lawblacks.com





Mapping change

Two friends and their award-winning architectural practice is shattering industry barriers

A female-led architectural practice founded by school friends, and is smashing stereotypes, has been honoured with the prestigious accolade.

HAD & CO based in Burnley, Blackburn, and Manchester was set up by Saira Hussain and Nixie Edwards, and has been awarded the IE100 2024 Global Award being recognised as the Most Influential Female-Led Architectural Practice.

Saira Hussain, who attended Huddersfield and Northumbria Universities, and Nixie Edwards, who pursued her education at Leeds University and are both Burnley born. They have shattered industry barriers and are leading a pioneering path in the male-dominated world of architecture and construction.

In a joint statement, Saira and Nixie highlighted the challenges women face in the architectural industry, emphasising the sparse representation of women in architecture and construction.

They expressed their gratitude for being

recognised with the IE100 2024 Global Award, acknowledging the significance of this achievement in breaking gender norms and fostering diversity in the industry.

"We are profoundly honoured to receive this recognition as an influential female led practice.

"Through our journey, we have faced numerous obstacles, showcasing the struggles women encounter in this field.

"The scarcity of women in architecture and construction magnifies the significance of this recognition, portraying a beacon of hope for aspiring female professionals," stated Saira and Nixie.

Noteworthy for its exceptional services, the practice excels in various domains including architecture, planning permission, heritage work, interior design and more. This accolade further solidifies their commitment to delivering groundbreaking projects and redefining industry standards.

"The scarcity of women in architecture and construction magnifies the significance of this recognition, portraying a beacon of hope for aspiring female professionals."

BUSINESS ROUND-UP BUSINESS

The new government must immediately address the problem of low pay in adult social care by urgently consulting the sector on a separate minimum wage and a national pay scale, two leading think tanks have said.

A new report by the Nuffield Trust and the Health Foundation examines five national policy options to increase wages for social care workers in England: better minimum wage enforcement, increasing the National Living Wage, bonuses for social care staff, a sector-specific minimum wage, and a national pay scale similar to the NHS's Agenda for Change.

The study comes as the Labour government has pledged to consult with the sector on introducing a fair pay agreement to set pay, terms and conditions in social care.

The report reveals how an inadequate national policy approach

New government must urgently tackle illegal underpayment of wages in social care

to social care pay and funding has trapped staff in a cycle of low wages and poor career prospects.

Care workers in the independent sector earn on average £4.88 per hour less than the average UK wage of £15.88 per hour, and 1 in 10 social care roles is currently vacant. Care workers with significant experience are insufficiently rewarded, being paid only 8 pence more per hour than new starters.

Despite this, there have been no national policy attempts to improve pay in the sector in England, beyond increases to economy-wide minimum wages.

Underfunding and problems regulating the sector mean that around 15% of low-paid social care staff in the UK are paid less than the national living wage.

Despite a 24% real-terms increase in the sector's total wage bill from 2013/14 to 2022/23, driven largely by rising demand for care and increases to the national living wage, government spending on social care only increased by 17%.

The previous government's

approach to leave wage setting to commissioners and employers in local areas has left the sector with entrenched low pay, leading the authors to conclude that a more comprehensive national approach, underpinned by extra funding and stronger enforcement, is needed.

The research draws on discussions with care workers, people receiving care, policymakers, and providers, and examines case studies from New Zealand, Australia, France, Scotland and Wales.

Commenting on the report, Nina

Hemmings, Researcher at the Nuffield Trust said:

"For too long, care workers have been undervalued and underpaid. A shockingly high number are still not even paid the legal bare minimum to travel to and care for the hundreds of thousands of people in need of social care.

"Other countries have introduced bold pay reform for care workers. But the new government will need to pay careful attention to the design and implementation of any new policies to ensure pay reaches workers' pockets and experienced staff are retained."

Lucinda Allen, Senior Policy Officer at the Health Foundation said: "Beyond boosting staff pay and conditions in social care, the new government must enact wide-ranging reforms to improve access to care, better support unpaid carers, and protect people against care costs."









"Neglecting the boiler during the summer can lead to costly repairs, inefficient heating, and even complete breakdowns in the winter. Regular maintenance can prevent these issues, saving thousands of pounds. Book a summer service now and ensure the boiler is ready for the cold months ahead!"

a car after it's been sitting unused for

half a year - it's likely to struggle, and

Mark McShane from Boiler Cover

UK reveals why you shouldn't ignore your boiler this summer and how a

little attention now could save you

the boiler is no different.

Continued on page 34

Leaving the Boiler On

Many people mistakenly leave their boilers on throughout the summer, thinking it will prevent issues come winter. However, this can lead to unnecessary energy consumption and higher bills. Instead, switch the boiler to a summer setting or turn it off entirely if it's not needed.

• Ignoring Unusual Noises

Strange sounds coming from the boiler can be easy to overlook in the hustle and bustle of summer activities. However, these noises often indicate underlying issues that, if left unaddressed, can lead to costly repairs. It's essential to investigate any unusual sounds immediately.

Overlooking Insulation Needs

In the summer, it's easy to forget

Summer mistakes that cost you more

about the importance of proper insulation. Poor insulation can lead to heat loss, forcing the boiler to work harder than necessary once winter arrives. Check and improve insulation during the summer to ensure the boiler operates efficiently year-round.

The benefits of summer maintenance

Avoid the winter panic

During the winter, heating engineers are inundated with calls from households experiencing boiler issues. By scheduling boiler maintenance in the summer, the rush can be avoided, and a convenient time for a thorough inspection and service can be booked.

Peace of mind

Knowing that the boiler is in good working order allows for enjoyment of the winter months without the constant worry of a potential heating disaster. Regular maintenance can extend the lifespan of a boiler, ensuring it serves well for years to come.

Cost savings

A well-maintained boiler is more energy-efficient, saving money

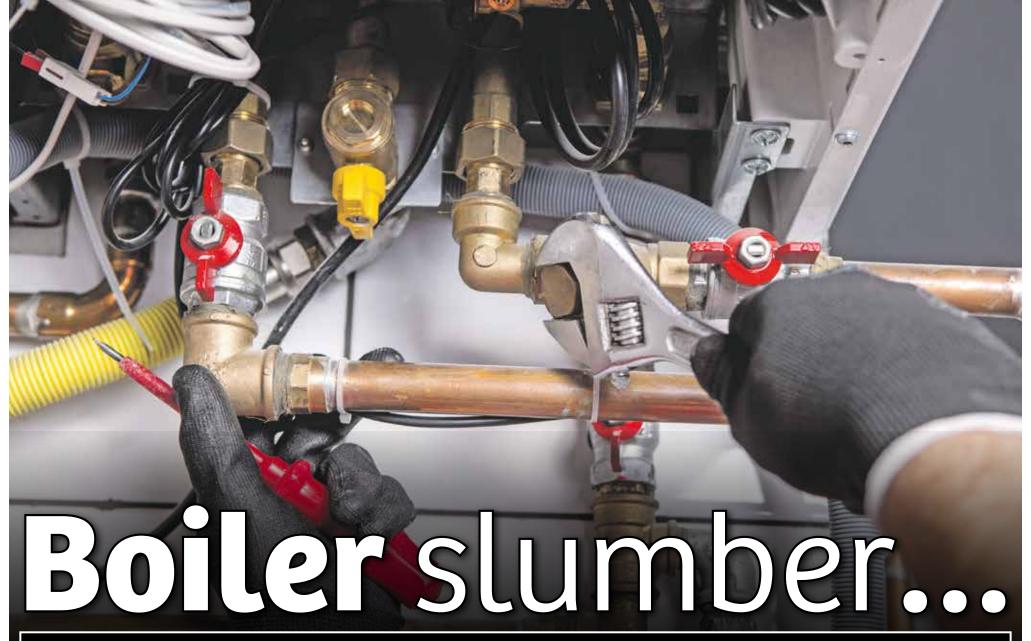
on energy bills. Additionally, catching and fixing minor issues early prevents costly repairs or replacements down the line.

What you can do now

Schedule a Professional Service: Book a summer service with a qualified heating engineer. They can perform a thorough check-up, clean the components, and ensure everything is in working order.

Check for Warning Signs: Look out for unusual noises, leaks, or inconsistent heating. These could be signs that something isn't quite right with the boiler.

Test the Boiler: Turn on the heating for a short period to ensure it's working correctly. This can help identify any issues early and prevent a surprise breakdown when it is needed most.



Don't ignore your boiler this summer - it could cost you thousands this winter



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Quiet Blue, artisanal providers of luxury aromatherapy wellbeing candles, diffusers and natural soaps, has released its new 'Sail' Wellbeing collection designed to support symptoms of perimenopause and menopause.

The functional fragrance wellbeing brand, uses clinical Aromatherapy blends for their purposeful candles, reed diffusers and artisanal soaps that are designed to support women during perimenopause, menopause and those struggling with PCOS.

With over 35 million women in the UK, all of whom will be affected by the symptoms of menopause, Quiet Blue's mission is to create pure aromatherapy candles to help women live better and feel better.

With a prior career as a Pilates instructor and a degree in Interior Design, founder Jackie Stapleton has combined her two loves to spread awareness of toxins to women in perimenopause.

Clean, luxury fragrances in travel-inspired collections to take you on a journey, and 'sail' to better health & wellbeing.

This inspired Quiet Blue's highly anticipated launch of the 'Sail' wellbeing collection. Consisting of three candles, the range is curated with the help of a Clinical Aromatherapist and is the first of its kind to harness the benefits of aromatherapy inhalation in such a directional way.

The soy wax candle, featuring a wooden wick, burns for up to 50 hours, giving off aromatherapy blends designed to support feelings of anxiety, brain fog and elevate mood.

Each candle is presented in a stunning white minimalist container with palm printed detail, presented within a muslin bag, and sealed in a printed matt box using natural vegetable dye ink.

Jackie Stapleton, founder of Quiet Blue said; "We are delighted to be able to offer a three-stage wellbeing candle range that naturally addresses the challenges of mid-life perimenopause and menopause.

"As a woman who has suffered with an autoimmune disease for most of my adult life, I have made it my mission to harness the benefits of inhalation aromatherapy in a beautiful, luxury purposeful product.

"Recruiting a Clinical
Aromatherapist to our team to help us
develop our range was a game changer
and I am confident the Sail range is
ideal for those facing the common midlife challenges of hormonal changes."

The products are currently being sold online at www.quiet-blue.com and will be available at selected retailers by mid-2024.





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Signs and Symptoms of an According to data from Google Trends, searches for "gut health" has increased by 2900% in the UK over the last five years. An unhealthy gut can contribute to several health problems, including diabetes, high blood pressure, and even anxiety. With that being said, health experts at superfood supplement store Human Tonik have revealed five foods that can contribute to a healthier gut, which may improve your overall health.

1. Upset stomach -

this could include gas, bloating, and even heartburn

2. Unexplained weight changes - gaining or losing

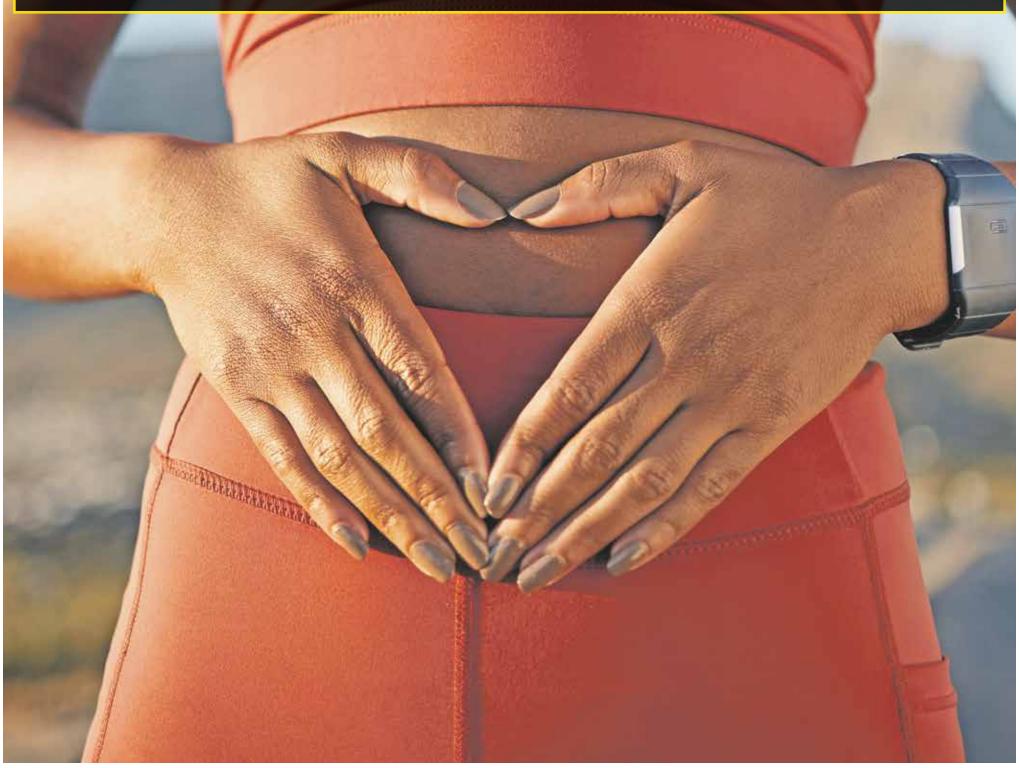
changes – gaining or losing weight. An imbalanced gut can make it difficult for your body to regulate blood sugar and store fat.

3. Fatigue -

Poor gut health can cause broken sleep cycles, which may cause extreme tiredness

4. Skin issues -

Poor gut health can contribute to eczema, psoriasis, acne other skin conditions



1. Ginger

Ginger is a superfood that has many surprising health benefits. It can help with congestion, reduce heartburn and even promote weight loss.

However, ginger can also be used to provide relief for an upset stomach and other digestive issues and support a healthy gut.

Gingerol, a natural compound found in fresh ginger, is packed with anti-inflammatory and antioxidant properties that can help restore gut balance. Ginger also helps promote digestion, meaning food doesn't linger around in your gut for an extended period.

There are plenty of ways to add ginger to your diet. Add chopped ginger to your tea or hot water in the mornings. You can also blend it into a smoothie. If you'd rather take supplements, ginger capsules can be taken daily to improve gut health.



Bananas are another food that can contribute to improved gut health. Bananas contain a fibre called inulin, a substance that stimulates the growth of good bacteria in the gut. Inulin is a prebiotic that can help develop a microbiome and provide fuel for good bacteria to live in your gut. Eating inulin-rich foods can help your

2. Bananas

bacteria perform activities that keep your gut healthy.

Bananas are also a rich source of fructooligosaccharides, which act as a probiotic and promote the growth of good bacteria in the digestive tract, which ultimately helps with digestion.

The carbohydrates in bananas are also easily broken down. The fruit is gentle enough to be eaten if you are suffering from stomach ailments, and it restores lost electrolytes back into the body. Eating one or two bananas a day can seriously improve gut

3. Yogurt

Yogurt is probably the first food you think of when it comes to gut health. Rich in probiotics, which are live microorganisms that keep the git microbiome healthy,

yogurt can help with gut issues such as bloating.

Having a proper balance of bacteria in your gut improves digestion and can block dangerous organisms that can cause infections and boosts your immune system. Foods such as yogurt can also help your body absorb vital nutrients from food.

However, not all yogurt is live with probiotics, so be sure to read the label and search for ones that contain live bacteria. High-protein yogurt with minimal sugar is the best.

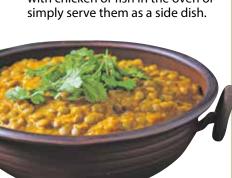
4. Lentils

Lentils are a versatile food rich in nutrients such as iron, B vitamins, magnesium, potassium, and zinc, as well as resistant starches, which are brilliant for gut health.

Resistant starches are carbohydrates that do not break down into sugar and are not absorbed by the small intestine. They pass through most of the digestive system unchanged, usually fermenting in the colon. They then decrease the pH level in the colon to help create an environment where

beneficial bacteria thrive.

There are many ways to add lentils to your diet. You can add them to your soup, pasta, and salads. You can also bake them with chicken or fish in the oven or simply serve them as a side dish.



5. Almonds

Almonds are high in fibre, which can increase the production of butyrate, a short-chain fatty acid that promotes gut health. Eating a handful of almonds a day can positively affect our overall gut health.

Butyrate is produced by gut bacteria and supports digestive health. It promotes the growth of villi, microscopic extrusions that line the intestines, and enhances the production of mucin, a gel-like substance that coats the inside of the gut and keeps it healthy.

However, it should also be noted that almonds are high fat, so while a handful of almonds a day is recommended for gut health, be sure only to eat them in moderation. Adding almonds to your breakfast smoothies or yogurt is a great way to get them into your diet.





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THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD



The Queen Of My Dreams to release in cinemas

Peccadillo Pictures has announced that it will release Fawzia Mirza's award-winning feature directorial debut The Queen Of My Dreams in UK cinemas on 6th September.

The film, which features outstanding performances from the entire cast, is joyful, funny and affecting.

Spanning two different generations and times, the film follows Azra (Amrit Kaur) as she travels to Karachi after her father's death to reconnect with her estranged mother Mariam (Nimra

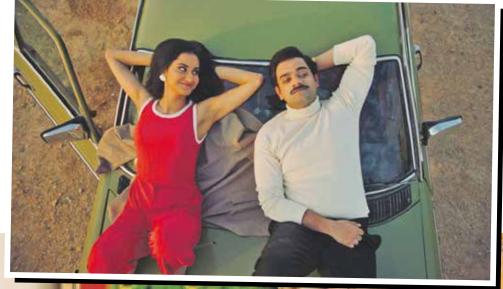
Azra must come to terms with mourning her

idealised late father while trying to understand her equally complex mother through their joint obsession with Bollywood.

The Queen Of My Dreams explores not putting loved ones on pedestals and the reality of navigating mother-daughter relationships. It examines intergenerational divides, culture

clashes and self-realisation.

The film's lies in writer/director Fawzia Mirza's personal look at her family dynamics and her journey as a queer Canadian woman. It's an insightful and humorous examination of South Asian identity.





Written and directed by Moin Hussain, his debut feature - 'Sky Peals' is an unconventional sci-fi drama about alienation in modern Britain.

It stars rising talent Faraz Ayub (Screw, Suspicion, Line of Duty), who was selected for the BAFTA Elevate initiative in 2019. Support comes from Natalie Gavin (Ali & Ava, The Arbor), Claire Rushbrook (Ali & Ava, Secrets & Lies), Simon Nagra (Love Without Walls, Three Girls), Steve Oram (Sightseers, A Dark Song) and Jeff Mirza (What's Love Got To Do With It?, Mogul Mowgli).

In his mid-thirties, Adam works night

In his mid-thirties, Adam works night shifts at a burger restaurant in a motorway service station and lives a small and lonely life of isolation. When his estranged father, who had recently been trying to contact him, suddenly dies, Adam tries to piece together a picture of a man he never knew, who, his uncle tells him, believed he was 'sent here from somewhere else'.

With the strange black out episodes Adam has been experiencing lately, along with his inability to communicate and connect with people, he begins to wonder if his father was actually a being from another place. And if he was, what does that make Adam?

Sky Peals had its world premiere at the Venice Film Festival in Critics' Week last autumn; its UK premiere was at the BFI London Film Festival. Following the theatrical release, it will be available on BFI Player and released digitally on 23 September 2024.

London-born Moin Hussain is a writer and director, now based in Nottingham. His short films have screened in competition at festivals around the world, including Cannes' Semaine de la Critique, Sitges, BFI London Film Festival and Edinburgh International Film Festival. Moin was named one of Screen International's 'Stars of Tomorrow' in 2018.

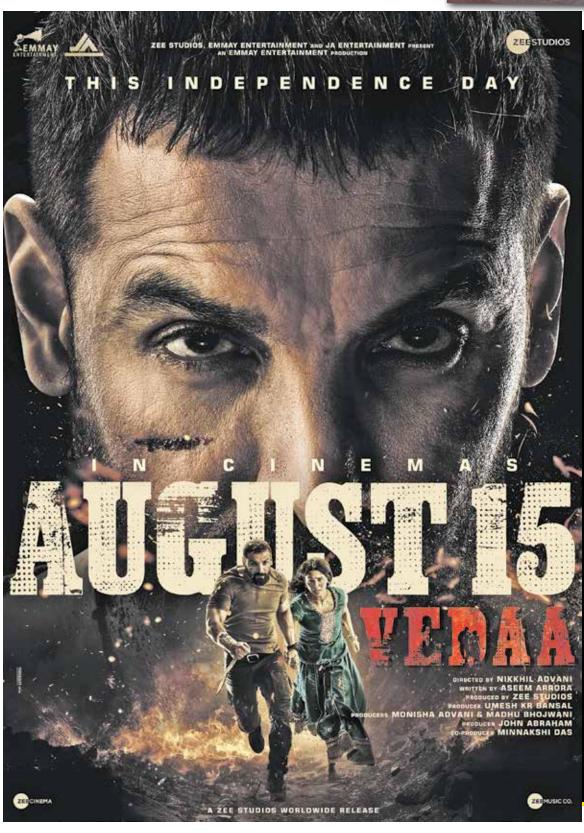
SKY PEALS, produced by Michelle Stein, is an Escape Films production, supported and funded by Film4, with support of the BFI awarding National Lottery funding, and invested in through Screen Yorkshire's Yorkshire Content Fund. It was developed in conjunction with Film4, the Torino ScriptLab and took part in the Cannes Cinefondation L'atelier.

Sky Peals will be released in UK & Irish cinemas on 9 August 2024.

Join the conversation: #SKYPEALS@BFI

SKY PEALS: Moin Hussain's debut feature film





Zee Studios, Emmay Entertainment, and JA Entertainment today unveiled the much-awaited trailer of their upcoming action-packed drama, Vedaa. Directed by Nikkhil Advani, the film stars John Abraham and Sharvari in lead roles.

Vedaa is a powerful story of resilience and the indomitable human spirit. The film follows the journey of a young woman, Vedaa, who dares to challenge the status quo. Her fight for justice is fuelled by the unwavering support of a former soldier who becomes her shield and her weapon.

The trailer promises an adrenaline-pumping experience, filled with high-octane action sequences and emotionally charged moments. It offers a glimpse into the world of Vedaa and the challenges she faces as she embarks on a perilous quest for justice.

John Abraham, known for his powerful and action-packed roles, is set to deliver another stellar performance. He shares, "I am excited to be part of a film like Vedaa. It's a story that will resonate with audiences and inspire them to stand up for what is right"

Advani, whose tenth directorial feature film this is, says, "I feel very strongly about presenting

A powerful story of resilience and the indomitable human spirit

a film that entertains but also delivers a message, provokes a thought that stays with its audience for a long time after the film ends. I hope Vedaa is that film."

Umesh Kr Bansal, CBO, Zee Studios adds, "We are proud to be associated with Vedaa. It's a powerful story with strong characters, and we believe it will connect with audiences at a deep level."

Finally, Madhu Bhojwani of Emmay Entertainment shares, "We are thrilled to bring Vedaa to the audience. This film is a testament of our commitment to storytelling that inspires and empowers. We are very proud of our film and excited to bring it to cinemas."

The film also features Abhishek Banerjee in a pivotal role, along with Tamannaah Bhatia in a special appearance. Directed by Nikkhil Advani and written by Aseem Arrora, Vedaa is produced by Zee Studios, Umesh Kr Bansal, Monisha Advani, Madhu Bhojwani, John Abraham, and co-produced by Minnakshi Das

co-produced by Minnakshi Das. Presented by Zee Studios, Emmay Entertainment, and JA Entertainment, an Emmay Entertainment production, Vedaa is set to release in cinemas on August 15, 2024!

Join the conversation: #Vedaa

WHAT'S ON

in cinemas this month

Despicable Me 4

Starring: Steve Carell, Will Ferrell, Joey King, Kristen Wiig, Sofía Vergara, Miranda Cosgrove, Dana Gaier, Madison Skyy Polan, Pierre Coffin, Steve Coogan, Stephen Colbert, Chloe Fineman, Brad Ableson, John DiMaggio

Director: Chris Renaud

Cert: U Genre: Animation/Comedy/Family

Release Date: 12/7/2024

Gru faces a new nemesis in Maxime Le Mal (Emmy winner Will Ferrell) and his femme fatale girlfriend Valentina (Emmy nominee Sofia Vergara), and the family is forced to go on the run.



Deadpool & Wolverine

Starring: Ryan Reynolds, Hugh Jackman, Emma Corrin, Morena Baccarin, Rob Delaney, Karan Soni, Leslie Uggams, Matthew

Macfadyen

Director: Shawn Levy

Cert: 15

Genre: ActionComedySci-Fi Release Date: 25/07/2024

Deadpool's peaceful existence comes crashing down when the Time Variance Authority recruits him to help safeguard the multiverse. Deadpool needs to save his world by finding a Wolverine from another universe who may be vital to completing that task.





Twisters

Starring: Glen Powell, Daisy Edgar-Jones, Anthony Ramos, Daryl McCormack, Brandon Perea, David Corenswet, Maura Tierney, Katy M. O'Brian, Kiernan Shipka, Tunde Adebimpe, Nik Dodani, Harry Hadden-Paton

Director: Lee Isaac Chung Cert: 12A
Genre: Action/Family/Thriller Release Date: 17/7/2024

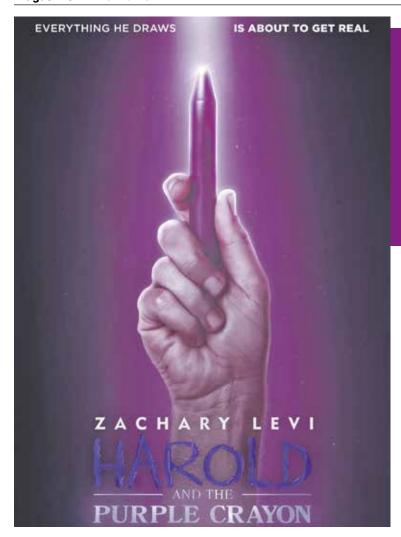
This summer, the epic studio disaster movie returns with an adrenaline-pumping, seat-gripping, big-screen thrill ride that puts you in direct contact with one of nature's most wondrous—and destructive—forces.

From the producers of the Jurassic, Bourne and Indiana Jones series comes Twisters, a current day chapter of the 1996 blockbuster, Twister. Directed by Lee Isaac Chung, the Oscar-nominated writer-director of Minari, Twisters stars Golden Globe nominee Daisy Edgar-Jones (Where the Crawdads Sing, Normal People) and Glen Powell (Anyone But You, Top Gun: Maverick) as opposing forces who come together to try to predict, and possibly tame, the immense power of tornadoes.

Edgar-Jones stars as Kate Cooper, a former storm chaser haunted by a devastating encounter with a tornado during her college years who now studies storm patterns on screens safely in New York City. She is lured back to the open plains by her friend,

Javi to test a groundbreaking new tracking system. There, she crosses paths with Tyler Owens (Powell), the charming and reckless social-media superstar who thrives on posting his storm-chasing adventures with his raucous crew, the more dangerous the better.

As storm season intensifies, terrifying phenomena never seen before are unleashed, and Kate, Tyler and their competing teams find themselves squarely in the paths of multiple storm systems converging over central Oklahoma in the fight of their lives. Twisters also stars Golden Globe nominee Anthony Ramos (In the Heights) as Javi, alongside David Corenswet (upcoming Superman: Legacy), and features an exciting new cast, including Nope's Brandon Perea, Sasha Lane (American Honey), Daryl McCormack (Peaky Blinders), Kiernan Shipka (Chilling Adventures of Sabrina), Nik Dodani (Atypical) and Golden Globe winner Maura Tierney (Beautiful Boy).



It Ends With Us

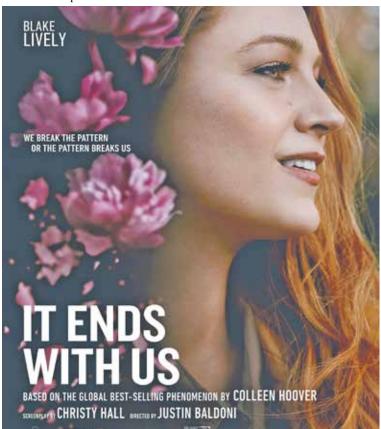
Starring: Blake Lively, Justin Baldoni, Brandon Sklenar, Jenny Slate, Hasan

Minhaj, Amy Morton

Director: Justin Baldoni Cert: 15

Genre: Drama/Romance Release Date: 9/8/2024

It Ends With Us, the first Colleen Hoover novel adapted for the big screen, tells the compelling story of Lily Bloom (Blake Lively), a woman who overcomes a traumatic childhood to embark on a new life in Boston and chase a lifelong dream of opening her own business. A chance meeting with charming neurosurgeon Ryle Kincaid (Justin Baldoni) sparks an intense connection, but as the two fall deeply in love, Lily begins to see sides of Ryle that remind her of her parents relationship. When Lilys first love, Atlas Corrigan (Brandon Sklenar), suddenly reenters her life, her relationship with Ryle is upended, and Lily realises she must learn to rely on her own strength to make an impossible choice for her future.



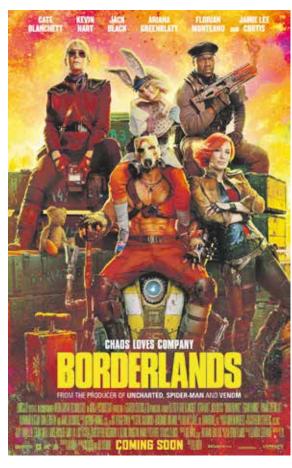
Harold and the Purple Crayon

Starring: Zachary Levi, Zooey Deschanel, Lil Rel Howery, Alfred Molina, Ravi Patel, Jemaine Clement, Tanya Reynolds Director: Carlos Saldanha Cert: PG Genre: Comedy/Family Release Date: 31/07/2024

Inside of his book, adventurous Harold (Zachary Levi) can make anything come to life simply by drawing it. After he grows up and draws himself off the book's pages and into the physical world, Harold

finds he has a lot to learn about real life—and that his trusty purple crayon may set off more hilarious hijinks than he thought possible. When the power of unlimited imagination falls into the wrong hands, it will take all of Harold

and his friends' creativity to save both the real world and his own. Harold and the Purple Crayon is the first film adaptation of the beloved children's classic that has captivated young readers for decades.



Borderlands

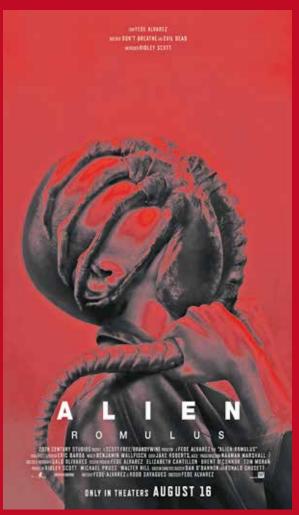
Starring: Cate Blanchett, Kevin Hart, Jamie Lee Curtis, Ariana Greenblatt, Florian Munteanu, Jack Black, Gina Gershon, Édgar Ramírez, Bobby Lee, Benjamin Byron Davis, Haley Bennett, Charles Babalola, Janina Gavankar

Director: Eli Roth

Cert: 12A

Genre: Action/Sci-Fi Release Date: 8/8/2024

Lilith (Blanchett), an infamous bounty hunter with a mysterious past, reluctantly returns to her home, Pandora, the most chaotic planet in the galaxy. Her mission is to find the missing daughter of Atlas (Ramírez), the universe's most powerful S.O.B. Lilith forms an unexpected alliance with a ragtag team of misfits — Roland (Hart), a seasoned mercenary on a mission; Tiny Tina (Greenblatt), a feral pre-teen demolitionist; Krieg (Munteanu), Tina's musclebound protector; Tannis (Curtis), the oddball scientist who's seen it all; and Claptrap (Black), a wiseass robot. Together, these unlikely heroes must battle an alien species and dangerous bandits to uncover one of Pandora's most explosive secrets. The fate of the universe could be in their hands — but they'll be fighting for something more: each other.



Alien: Romulus

Starring: Cailee Spaeny, Isabela Merced, Archie Renaux, David Jonsson, Spike Fearn

Director: Fede Alvarez

Cert: TBC

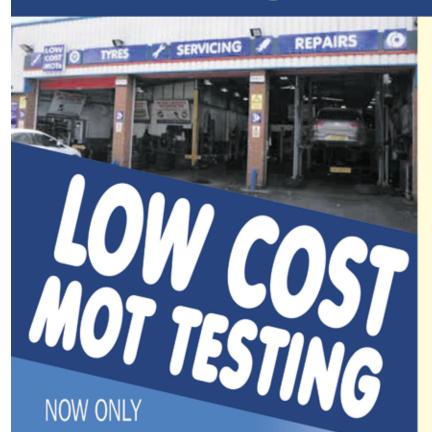
Genre: HorrorSci-Fi
Release Date: 16/8/2024

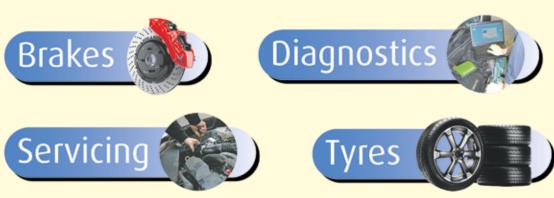
The sci-fi/horror-thriller takes the phenomenally successful "Alien" franchise back to its roots: While scavenging the deep ends of a derelict space station, a group of young space colonizers come face to face with the most terrifying life form in the universe. The film stars Cailee Spaeny ("Priscilla"), David Jonsson ("Agatha Christie's Murder is Easy"), Archie Renaux ("Shadow and Bone"), Isabela Merced ("The Last of Us"), Spike Fearn ("Aftersun"), Aileen Wu. Fede Alvarez ("Evil Dead," "Don't Breathe") directs from a screenplay he wrote with frequent collaborator Rodo Sayagues ("Don't Breathe 2") based on characters created by Dan O'Bannon and Ronald Shusett. "Alien: Romulus" is produced by Ridley Scott ("Napoleon"), who directed the original "Alien" and produced and directed the series' entries "Prometheus" and "Alien: Covenant," Michael Pruss ("Boston Strangler"), and Walter Hill ("Alien"), with Fede Alvarez, Elizabeth Cantillon ("Charlie's Angels"), Brent O'Connor ("Bullet Train"), and Tom Moran ("Unstoppable") serving as executive producers.

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What to do if your car overheats:

Guide on what to do if your car overheats

Recognise the Signs of Overheating

Before you can address the issue, you need to recognise the signs that your car is overheating. Common indicators include:

Temperature Gauge: The temperature gauge on your dashboard rising into the red zone or showing a warning light.

Steam or Smoke: Seeing steam or smoke coming from under the bonnet.

Strange Smells: Noticing a sweet smell, which could indicate leaking coolant, or a burning smell, which might suggest oil or other fluids overheating.

Immediate Steps to Take

Turn Off the Air Conditioning: If your car is overheating, switch off the air conditioning to reduce the strain on the engine. Instead, turn on the heater to full blast, which can help draw heat away from the engine.

Pull Over Safely: Find a safe place to pull over as soon as possible.

Advice from Motoring Expert

Experiencing an overheating car can be a stressful and inconvenient situation, especially if you're not sure what steps to take.

In the UK, where unpredictable weather can sometimes exacerbate the issue, it's important to know how to handle an overheating vehicle safely and efficiently.

James Granton, a motoring expert from Zego Car Insurance says: "Dealing with an overheating car can be daunting, but by following these steps, you can handle the situation safely and effectively. Remember, the key is to act quickly and calmly, ensuring both your safety and the health of your vehicle.

"Regular maintenance and preparation can significantly reduce the likelihood of experiencing such issues, allowing you to enjoy a smoother and more reliable driving experience."

Ideally, choose a location away from traffic to minimise danger. If you're on a motorway, try to reach the hard shoulder or a service area.

Turn Off the Engine: Once you've safely stopped, turn off the engine. This helps to prevent further damage and allows the engine to begin cooling down.

After Stopping the Vehicle Do Not Open the Bonnet

Immediately: It's crucial to wait at least 15-30 minutes before opening the bonnet. Opening it too soon can be

dangerous, as hot steam or coolant can cause severe burns.

Check Coolant Levels: After the engine has cooled, check the coolant level in the reservoir tank. If it's low, you might need to add more coolant. However, ensure the engine is completely cool before removing the radiator cap to avoid injury.

Top Up Coolant: If needed, top up the coolant. If you don't have coolant available, you can use water as a temporary measure. However, it's best to use the correct mixture of coolant and water recommended for your vehicle as soon as possible.

Inspect for Leaks: Look for any obvious signs of leaks, such as puddles under the car or damp areas around the radiator or hoses. If you spot a leak, it's advisable to call for professional assistance.

Long-Term Solutions

Visit a Mechanic: Even if you manage to temporarily resolve the overheating, it's essential to visit a mechanic to diagnose and fix the underlying issue. Overheating can be caused by a variety of problems,

including a malfunctioning thermostat, a failing water pump, or a clogged radiator.

Regular Maintenance: Regularly check your coolant levels and top up as necessary. It's also wise to have your cooling system inspected during routine maintenance checks.

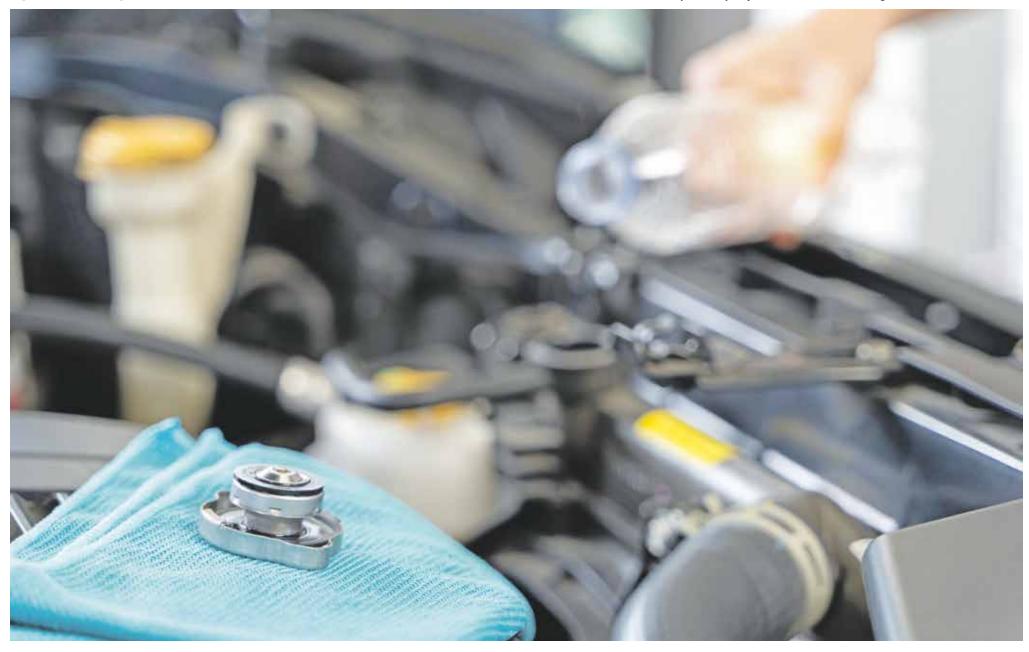
Prepare for Emergencies: Keep a spare bottle of coolant and a bottle of water in your car for emergencies. Additionally, consider carrying a roadside assistance kit, including warning triangles, a high-visibility vest, and a first aid kit.

Preventative Measures

Monitor Your Temperature Gauge: Pay attention to your car's temperature gauge, especially during long journeys or in hot weather.

Routine Checks: Regularly check the condition of your radiator, hoses, and other cooling system components for signs of wear and tear.

Fluid Levels: Ensure all fluids, including coolant, oil, and brake fluid, are at the recommended levels. Low fluid levels can contribute to overheating.



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Inspired by victories

AC Cars reveals groundbreaking AC Cobra GT Coupe



Since 1901

Continued from page 47

The Clubsport Edition will be followed by the series production coupe, available with either a normally aspirated 450bhp (456 PS) V8 or 720bhp (730 PS) supercharged option.

Speaking of the new model, David Conza, Chief Executive Officer of AC Cars, said: "The reveal of the AC Cobra GT Coupe is a proud moment for us, and the story of a road-going AC Cobra coupe is one years in the making.

To have been able to combine the timeless AC Cobra design into a car using the latest design and construction techniques breaks new ground for AC Cars. This means the limited Clubsport Edition will provide an incredible, racing carlike experience on either the road or the track.'

A race inspired AC Cobra Coupe for the open road

Despite the AC Cobra's legendary status, the original car was only ever available from the factory as a roadster, so the new AC Cobra GT Coupe represents a watershed for the marque. As befitting a company with such a storied heritage, AC Cars looked to its past when starting work on the new coupe.

Carrying over the distinctive shoulder line of the modern AC Cobra GT Roaster provided a very obvious connection to the brand's current styling code, but an historic race car - the one-off AC A98 coupe – provided significant

inspiration. This introduced the distinctive

design element employed by leading Italian race teams and AC Cars in the 1960s.

Intended to help reduce drag, and boost performance at high speed, the Kammtail design was included on the AC A98 coupe - AC Cars' factory entry for the 1964 24 Hours of Le Mans. Finished in time to take part in Le Mans testing in April that year, it returned to the UK and gained infamy as the car was reported as driving 180mph on the recently completed M1 motorway.

In order to honour this legacy of speed, the new AC Cobra GT Coupe will feature an evolution of the potent powertrain in the GT Roadster - with up to 450bhp (456

However, for the limited Clubsport Edition power will rise to 799bhp (810 PS) to deliver an extremely agile and ferocious roadlegal car. Pared back and honed it is envisaged as unrivalled in its class.

Extremely light and with exceptional torsional rigidity, AC Cars' unique chassis construction is already suitable for competitive use, and with future development from within the motorsport sector the new AC Cobra GT Coupe will provide a responsive drive like no other.

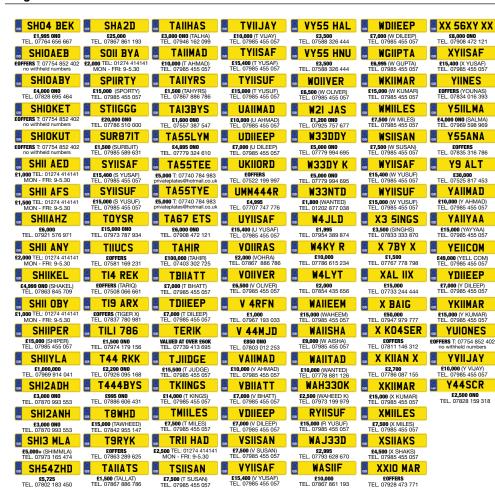
With the same dimensions to the existing roadster, the new coupe has a wheelbase of 2570mm, and is 4225mm long and 1980mm wide. Once again it will feature near perfect 50:50 weight balance front to rear, with a low centre of gravity.

The new AC Cobra GT Coupe's kerb weight will be confirmed ahead of production, but the Clubsport Edition has a set target of under



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|---|--|--|---|---|--|---|---|--|---|--|--|---|---|
| TEĹ. 07985 455 057 | TEL. 07733 244 444 | TEL. 07985 455 057 | TEL. 07530 612 171 | TEL. 07815 114 201 | TEL. 07985 455 057 | TEL. 07908 472 121 | TEL. 07985 455 057 | TEL. 07779 324 610 | TEL: 07985 455 057 | mR 57NOH | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07867 861 193 |
| £1,275 0N0 TEL. 07852 290 229 | £2,995 TEL. 07867 861 193 | £8,000 (ASHOK M) TEL. 07985 455 057 | £13,000 0N0 TEL. 07879 230 103 | £8,000 (DR HOPE) TEL. 07985 455 057 | £8,500 (ETHAN R) TEL. 07985 455 057 | £7,500 (G SUSAN) TEL. 07985 455 057 | £0FFERS T: 07740 784 98: privateplates@hotmail.co.ul | | £1,500 0N0 (MAIDA) TEL. 07946 162 099 | £8,000 (MR SINGH) TEL: 07731 464002 | £9,000 (N CLARK) TEL. 07985 455 057 | £11,000 (PAUL SG) TEL. 07985 455 057 | £29,000 (R GIGGS) TEL. 07985 455 057 |
| IBZ 786 OFFERS OVER £10,000 TEL 07889 184 532 | E5,500 TEL. 07947 979 777 | £4,500 (ASH RAJ) | BCIIARK £9,000 (B CLARK) | E8,000 (DR HORN) | £8,500 (ETHAN T) TEL, 07985 455 057 | £15,000 (GUIDES) | JON80SS £6,995 | E10,000 TEL: 01274 41414 | E1,500 ONO (MAIDAH) TEL 07946 162 099 | MR N4S £0FFERS | £7,000 (N DILEEP) TEL. 07985 455 057 | PAILSR £11,000 (PAUL SR) | £15,500 (R JUDGE) |
| IKKY | ALII EEF | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07985 455 057 | ETIIANW | GUIIFAM | TEL. 07530 612 171 | MON - FRI: 9-5.30 | MAIIEKZ | TEL. 07787 334 567 MSIIOPE | NAS555A | TEL. 07985 455 057 | TEL. 07985 455 057 |
| OFFERS OVER £35,000 TEL. 07971 827 913 | £1200 0N0 TEL. 07884 115 115 | £2,500 (ASHRAF) TEL. 07985 455 057 | £7,000 (B DILEEP) TEL. 07985 455 057 | £15,000 (DR IANS) TEL. 07985 455 057 | £8,500 (ETHAN W) TEL. 07985 455 057 | £3,000 0NO (GULLFAM) TEL. 07946 162 099 | £900 ONO (JAT OK) TEL. 07581 423 143 | £8,000 TEL. 07921 576 971 | £1,500 ONO (MALEK) TEL. 07946 162 099 | £9,500 (MS HOPE) TEL. 07985 455 057 | £4,500 TEL. 07867 861 193 | £10,000 (P AHMAD) TEL. 07985 455 057 | £15,000 (R SHAUN) TEL. 07985 455 057 |
| 55ABR £4,000 TEL. 07733 244 444 | E3,000 ONO (ALI HASSAN TEL. 07946 162 099 | | E2,995 ONO TEL. 077970 914 137 | £12,000 (DR HARY) TEL. 07985 455 057 | £10,000 (E VIJAY) TEL, 07985 455 057 | OFFERS OVER £5,000 TEL. 07597 629 845 | £1500 0N0 TEL. 07774 246 877 | E1,000 TEL: 01274 414141 MON - FRI: 9-5.30 | £20,000 (M AHMAD) TEL, 07985 455 057 | £9,500 (MS HALE) TEL, 07985 455 057 | E29,000 (NEIL FOX) TEL. 07985 455 057 | E9,000 (P AISHA) TEL. 07985 455 057 | £10,000 (R VIJAY) TEL, 07985 455 057 |
| 386 KAM | AMO3EAR | TEL. 07985 455 057 ASI4 NAK | BD55TAN | DRIIAYS | EVIIKAR | GVIIJAY | J4 NGS | KHIINGZ | MAIIMED | MSIIALY | N KIIANZ | PAII VEZ | RYIISAF |
| £25,000 TEL. 07733 244 444 | £3,000 0N0 TEL. 07506 342 385 | £1,500 0N0 TEL. 07983 590 591 | £2,495 TEL. 07954 389 874 | £8,000 (DR HAYS) TEL. 07985 455 057 | £650 0N0 (EVIL CAR) TEL. 07411 953 337 | £10,000 (G VIJAY) TEL. 07985 455 057 | £10,000 TEL. 07815 114 201 | £13,000 TEL. 07921 576 971 | £29,000 (M AHMED) TEL. 07985 455 057 | £9,500 (MS HALY) TEL. 07985 455 057 | £1,500 0N0 (NKHANZ) TEL. 07946 162 099 | £1,500 TEL: 01274 41414 MON - FRI: 9-5.30 | TEL. 07985 455 057 |
| 786 MAK £10,000 0N0 TEL. 07887 690 098 | £3,000 0NO TEL. 07506 342 385 | E1,500 ONO TEL. 07983 590 591 | £19,000 (BEHOLD) TEL. 07985 455 057 | DR 5INGG £0FFERS TEL. 07720 376 861 | £15,400 (E YUSAF) TEL, 07985 455 057 | £15,400 (G YUSAF) TEL, 07985 455 057 | £2,495 TEL, 07954 389 874 | E3,000 TEL. 07970 281 994 | £1500 (MAHMUD) TEL, 07867 886 786 | E9,500 (MS HAWK) TEL. 07985 455 057 | E7,000 (N LUCAS) TEL. 07985 455 057 | £7,000 (P DILEEP) TEL. 07985 455 057 | E15,000 (R YUSUF) TEL. 07985 455 057 |
| 82 GK | E2.000 TEL: 01274 41414 | ASI4NSX | BH04GUL | DR5ISHA | EYIISUF | GYIISUF | JAIIALS | KKIIMAR | MAII RYM | MSIIAYS | NOII SHN £2,500 TEL: 01274 41414 | PD55ESS | SOIILJA £10.000 (SOULJA) |
| TEL. 07787 334 567 | MON - FRI: 9-5.30 | 1 £15,000 0N0 TEL. 07908 472 121 | E0FFERS (BHOGUL) TEL. 07970 026 653 BH54RAT | TEL. 07834 531 683 | £15,000 (E YUSUF) TEL. 07985 455 057 | £15,000 (G YUSUF) TEL: 07985 455 057 | TEL. 07985 455 057 | £15,000 (K KUMAR) TEL. 07985 455 057 | £1,500 TEL: 01274 41414' MON - FRI: 9-5.30 MAIITAB | £9,500 (MS HAYS) TEL. 07985 455 057 | MON - FRI: 9-5.30 | 1 £1,500 ONO (POSSESS) TEL. 07971 732 789 PHIIFOX | TEL. 07786 615 234 |
| £5,000 0N0 (AMJED) TEL. 07971 732 789 | £5,000 TEL: 01274 41414 MON - FRI: 9-5.30 | | £0FFERS (BHARAT) TEL. 07970 026 653 | £8,000 T: 07740 784 983 privateplates@hotmail.co.u | | £1,950 0N0 (HUSSAIN) TEL. 07956 214 163 | £10,000 (J AHMAD) TEL. 07985 455 057 | £15,000 (K SHAUN) TEL. 07985 455 057 | £18,000 (M AHTAB) TEL. 07985 455 057 | £15,000 (MS HUGH) TEL. 07985 455 057 | £15,000 (N SHAUN) TEL. 07985 455 057 | £29,000 (PHIL FOX) TEL. 07985 455 057 | £0FFERS TEL. 07787 334 567 |
| 8 A2SSM £1,499 0N0 | E5,000 TEL: 01274 41414 | ASKI #70,000+ | BKIIMAR | DSIIAUN £15,000 (D SHAUN) | FI7 STX | HO55AYN 58.895 0N0 | JAIMED | KU55 00M | MA55 UDD £4,000 | MSIISAN £7,500 (M SUSAN) | NSIISAN | PKIINGS | SII ETK |
| TEL. 07875 337 224 | MON - FRI: 9-5.30 | TEL. 07854 012 093 | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07904 018 063 | TEL. 07779 324 610 | TEL. 07985 455 057 | TEL. 07588 326 444 | TEL. 07588 326 444 | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07815 114 201 |
| £0FFERS OVER £5,000 TEL. 07817 615 022 | £2,500 TEL: 01274 41414 MON - FRI: 9-5.30 | | £15,000 (B SHAUN) TEL. 07985 455 057 | £7,500 (D SUSAN) TEL. 07985 455 057 | £4,500 TEL. 07825 040 037 | £7,500 (H OLIVER) TEL. 07985 455 057 | £8,895 TEL. 07779 324 610 | £10,000 (K VIJAY) TEL. 07985 455 057 | £2,800 TEL. 07588 326 444 | £10,000 (MOHAMMAD) TEL. 07867 886 786 | £1,500 TEL: 01274 41414 MON - FRI: 9-5.30 | | £5,000 TEL. 07900 895 552 |
| £1,500 TEL: 01274 414141 | | AVIIJAY 1 £10,000 (A VIJAY) | E1,500 ONO (BISSMILA) | E10,000 (D VIJAY) | F44TMA £7,500 | EREASONABLE OFFERS | JAV333D £5,500 | E15,400 (K YUSAF) | M ALIIS £0FFERS | MUII SAH £1,500 TEL: 01274 414141 | | PSIISAN £7,500 (P SUSAN) | SII OHL £0FFERS |
| MON - FRI: 9-5.30 | MON - FRI: 9-5.30 | TEL. 07985 455 057 | BU55TE0 | TEL. 07985 455 057 | FAII RYD | TEL. 07525 927 144 H8 ABU | TEL. 07867 861 193 | TEL. 07985 455 057 | TEL. 07787 334 567 | MON - FRI: 9-5.30 | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07545 218 365 |
| £15,000 (A AHMAD) TEL. 07985 455 057 | £1,500 ONO (ANSAAR) TEL. 07946 162 099 | £10,000 (AWESOME) TEL. 07985 254 294 | £5,000 0N0 (BUSTED) TEL. 07985 455 057 | £15,400 (D YUSAF) TEL. 07985 455 057 | £1,000 TEL: 01274 41414 MON - FRI: 9-5.30 | 1 £950 ONO TEL. 07968 642 402 | £7,000 (J DILEEP) TEL. 07985 455 057 | £3,800 TEL. 07588 326 444 | £4,000 0N0 TEL. 07990 116 644 | £1,500 (MOHAMMAD) TEL. 07867 886 786 | £15,400 (N YUSAF) TEL. 07985 455 057 | ESERIOUS OFFERS TEL. 07707 146 047 | £0FFERS TEL. 07919 583 618 |
| £20,000 (AALIYAA) TEL. 07985 455 057 | E1,000 TEL. 07983 480 777 | £9,500 (A YUNUS) TEL. 07985 455 057 | £10,000 (B VIJAY) TEL. 07985 455 057 | £15,000 (D YUSUF) TEL, 07985 455 057 | £9,000 (F AISHA) TEL, 07985 455 057 | £12,000 (HAILEE X) TEL. 07985 455 057 | E20,000 TEL. 07786 615 234 | E3,500 TEL. 07588 326 444 | £1400 (M DAWOOD) TEL. 07428 657 147 | £10,000 (M VIJAY) TEL. 07985 455 057 | E15,000 (N YUSUF) TEL. 07985 455 057 | PWIISON £15,000 (P WILSON) TEL. 07985 455 057 | SI3AF X £1,200 0N0 TEL, 07791 919 237 |
| AAI2JAN | ANJ33M | ASIISAF | BYIISAF | EAIIMAD | FAIIMAD | HAIIEYX | JKII ANN | LII KJY | MDIIEEP | MYIINUS | NY 5.5 AAR | PYIISAF | S40YB K |
| £15,000 (ARJAN) TEL. 07731 464002 | £4,995 TEL. 07867 861 193 | £15,400 (A YUSAF) TEL. 07985 455 057 | £15,400 (B YUSAF) TEL. 07985 455 057 | £10,000 (E AHMAD) TEL. 07985 455 057 | £10,000 (F AHMAD) TEL. 07985 455 057 | £12,000 (HAILEY X) TEL. 07985 455 057 | £2,500 (J KHAN) TEL. 07815 114 201 | £1,195 0N0 TEL. 07867 770 940 | £7,000 (M DILEEP) TEL. 07985 455 057 | £9,500 (M YUNUS) TEL. 07985 455 057 | 21,250 TEL. 07588 326 444 | £15,400 (P YUSAF) TEL. 07985 455 057 | £1,495 (SHOYB/SAQYB K) TEL. 07786 424 251 |
| £0FFERS TEL. 07977 612 479 | £10,000 0N0 (ANWAAR) TEL. 07946 162 099 | £15,000 (A YUSUF) TEL. 07985 455 057 | £15,000 (B YUSUF) TEL. 07985 455 057 | £15,000 (E AHMED) TEL. 07985 455 057 | £15,000 (F AHMED) TEL. 07985 455 057 | £10,000 (H AHMAD) TEL. 07985 455 057 | £15,000 (J KUMAR) TEL. 07985 455 057 | £3,000 (U 4 USY / LUSY) TEL. 07786 424 251 | £2,500 (MOHAMMAD) TEL. 07867 886 786 | £3,000 (MY IPOD) TEL. 07985 455 057 | E1,250 TEL. 07588 326 444 | £15,000 (P YUSUF) TEL. 07985 455 057 | S44JED £0FFERS yourplate@yahoo.co.uk |
| AA55HAK | ANW444R | AYII UBS | CII EWY | EA55TAL | FAH44D | HAIIMED | JSIISAN | L IMRN | MEIIBUB | MY5ISHA | OOIIOYD | ROIIANG | S48 EYA |
| £8,895 0N0 TEL. 07779 324 610 | £10,000 0N0 (ANWAAR) TEL. 07946 162 099 | £2,000 TEL: 01274 414141 MON - FRI: 9-5.30 | E2,500 TEL. 07764 656 667 | EA55TLE | ik TEL. 07530 612 171 | £15,000 (H AHMED) TEL. 07985 455 057 | £7,500 (J SUSAN) TEL. 07985 455 057 | £10,000 0N0 (IMRAN) TEL. 07759 097 070 | £19,000 (MEHBUB) TEL. 07985 455 057 | £995 (MY SHISHA) TEL. 07834 531 683 | £20,000 (OO LLOYD) TEL. 07985 455 057 | £9,500 (ROHAN G) TEL. 07985 455 057 | £2,500 TEL. 07588 326 444 |
| TEL. 07588 326 444 | £3,000 (A SHAHS) TEL: 07815 114 201 | £0FFERS TEL. 07971 850 490 | £7,500 (CLASSY) TEL. 07815 114 201 | £0FFERS T: 07740 784 98 privateplates@hotmail.co.u | £5,500 | OFFERS OVER £5,000 TEL. 07973 165 474 | £15,000 (J SHAUN) TEL. 07985 455 057 | £2,000 0N0 TEL. 07427 677 989 | £19,000 (MEHMUD) TEL. 07985 455 057 | £7,500 T: 07740 784 983 privateplates@hotmail.co.uk | £15,000 (OO HARY) TEL. 07985 455 057 | £9,500 (ROHAN K) TEL. 07985 455 057 | £1,200 0N0 TEL. 07791 919 237 |
| E15,000 | S ASII AKS £1,500 TEL: 01274 41414 | BO55Y BO 1 £5,000 T: 07740 784 983 | E999 0NO | EAS7S FREASONABLE OFFERS | FAZ 786 | HAI7 GEL | YALIIVL | E675 OND (LAIBA) | MEIITAB | NOO5HEN EOFFERS | CAIIMAD £10,000 (O AHMAD) | ROIIANP | S7KCK |
| TEL. 07733 244 444 | MON - FRI: 9-5.30 | privateplates@hotmail.co.uk | TEL. 07427 677 989 | TEL. 07974 179 156 | TEL. 07765 555 786 | TEL. 07908 472 121 | TEL. 07985 455 057 | TEL. 07779 050 970 | TEL. 07985 455 057 | TEL. 07870 696 399 | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07508 341 074 |
| £10,000 TEL. 07733 244 444 | £2,000 TEL: 01274 41414 MON - FRI: 9-5.30 | | £9,000 (C AISHA) TEL. 07985 455 057 | £7,000 (E BHATT) TEL. 07985 455 057 | £8,500 (F BLACK) TEL. 07985 455 057 | £0FFERS TEL. 07866 947 665 | £9,500 (J YUNUS) TEL. 07985 455 057 | £7,000 (L DILEEP) TEL. 07985 455 057 | £25,000 (M JUDGE) TEL. 07985 455 057 | £1,500 0N0 TEL. 07427 677 989 | £5,000 0N0 (QASSER) TEL. 07967 350 957 | £12,500 (ROHAN X) TEL. 07985 455 057 | £500 TEL. 07473 865 081 |
| AAZI5 £0FFERS | S9,500 (ASHOK B) | BIS NAD EREASONABLE OFFERS | E10,000 (C AHMAD) | EBIIACK £8,500 (E BLACK) | FDIIEEP £7,000 (F DILEEP) | HAB333B | JYIISAF £15,400 (J YUSAF) | £15,500 (L JUDGE) | MKIIMAR £20,000 (M KUMAR) | E15,000 0N0 | E8,500 (O BLACK) | RI2I SAM | S8XXY £2.995 0N0 |
| TEL. 07977 612 479 ABIOCHO | TEL. 07985 455 057 | TEL. 07834 016 393 | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07867 861 193 | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07774 112 121 | TEL. 07985 455 057 | TEL. 07962 394 890 | TEL. 07949 891 313 |
| £0FFERS NO WITHHELD No TEL. 07754 852 402 | £9,500 (ASHOK C) TEL. 07985 455 057 | £2,500 TEL. 07405 763 319 | £0FFERS T: 07740 784 983 privateplates@hotmail.co.uk | TEL. 07985 455 057 | £2,495 TEL. 07954 389 874 | £16,000 (HEAVEN-HAVEN TEL. 07731 464002 |) £15,000 (J YUSUF) TEL. 07985 455 057 | £4,500 (L LUONG) TEL. 07985 455 057 | £1,495 TEL. 07794 820 437 | £2,500 TEL. 07969 914 041 | £9,000 (O CLARK) TEL. 07985 455 057 | £0FFERS TEL. 07707 707 609 | £6,995 TEL. 07867 861 193 |
| £3,250 0N0 (ABID SAB) | £9,500 (ASHOK D) | £6,995 | EOFFERS T: 07740 784 983 | EGO 80Y | FE5IALL £4,999 TEL. 07846 480 112 | £15,000 (HELEN H) | £50,000 | £7,500 (L SUSAN) | £3,000 TEL: 01274 41414 MON - FBI: 9-5.30 | N333RAA £0FFERS | £7,000 (O DILEEP) | RI2SYY SOFFERS | S88 TAL SOFFERS (SHEETAL) TEL 07786 510 000 |
| TEL. 07773 995 142 | TEL. 07985 455 057 ASIIOKF | TEL. 07530 612 171 | privateplates@hotmail.co.uk | TEL. 07787 334 567 EH55ANS | FGIIPTA | TEL. 07985 455 057 | TEL. 07815 114 201 | TEL. 07985 455 057 | MRO4LLY | TEL. 07751 427 106 N444HEM | TEL. 07985 455 057 | TEL. 07816 488 420 | TEL. 07786 510 000 |
| £8,500 (A BLACK) TEL. 07985 455 057 | £9,500 (ASHOK F) TEL. 07985 455 057 | E0FFERS TEL. 07866 860 894 | £4,000 0N0 TEL. 07908 472 121 | OFFERS OVER £4,000 TEL. 07513 257 029 | £6,995 (F GUPTA) TEL. 07985 455 057 | £15,000 (HELEN M) TEL. 07985 455 057 | £800 0N0 TEL. 07774 112 121 | £10,000 (L VIJAY) TEL. 07985 455 057 | £1,900 0N0 (MR D ALLY) TEL. 07774 246 877 | £5,500 0N0 TEL. 07766 645 325 | £20,000 (DELL BOY) TEL. 07815 114 201 | OFFERS OVER £400 TEL. 07866 992 500 | £1,500 ONO (SAIDAH) TEL. 07946 162 099 |
| £0FFERS TEL. 07707 146 047 | £9,500 (ASHOK G) TEL. 07985 455 057 | E3,495 TEL 07954 389 874 | £7,000 (C BHATT) TEL. 07985 455 057 | £15,500 (E JUDGE) TEL. 07985 455 057 | £15,000 (F KUMAR) TEL. 07985 455 057 | £15,000 (HELEN P) TEL. 07985 455 057 | £100,000 0N0 TEL. 07506 342 385 | £15,400 (L YUSAF) TEL, 07985 455 057 | EOFFERS TEL. 07928 473 771 | N44DLM SERIOUS OFFERS TEL. 07969 914 041 | £6,995 (O GUPTA) TEL. 07985 455 057 | E3,000 ONO (RIZWANA) TEL. 07779 300 128 | \$AIIHAS £1,500 0N0 (SALIHA) TEL. 07946 162 099 |
| ABIZAAR £3,500 0NO (ABRAAR) | SIIOKH | BI9 FRR | CDIIEEP | EKIIMAR | FLIICAS | HEIIENR | K4JOL OFFERS OVER \$5,000 | LYIISUF | MRIIOOK | N4SUR | OJIDGE | RISHS | SAIIKAS £1,500 ONO (SAIKA) |
| TEL. 07946 162 099 | £9,500 (ASHOK H) TEL. 07985 455 057 | £995 (BIG FRR) TEL. 07971 850 490 | TEL. 07985 455 057 | TEL. 07985 455 057 | £7,000 (F LUCAS) TEL. 07985 455 057 | £15,000 (HELEN R) TEL. 07985 455 057 | FAZ911@MSN.COM | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07954 389 874 | TEL. 07985 455 057 | TEL. 07427 677 989 | TEL. 07946 162 099 |
| £10,000 0N0 (ABDUL) TEL. 07946 162 099 | £9,500 (ASHOK J) TEL. 07985 455 057 | £2,500 TEL. 07764 656 667 | £0FFERS Panaceahealthcare@hotmail.co.uk | £7,000 (E LUCAS) TEL. 07985 455 057 | £4,900 TEL. 07867 861 193 | £15,000 (HELEN T) TEL. 07985 455 057 | £10,000 (KAURS) TEL. 07815 114 201 | £0FFERS TEL. 07787 334 567 | £9,500 (MR HOBB) TEL. 07985 455 057 | £950 TEL. 07896 699 241 | £15,000 (O KUMAR) TEL. 07985 455 057 | £0FFERS TEL. 07962 394 890 | £15,000 (S AHMAD) TEL. 07985 455 057 |
| ABR44R £10,000 0N0 (ABRAAR) | ASIIOKK £9,500 (ASHOK K) | BILRL £0FFERS (BILAL) | E7,000 (C BHATT) | ELIISAA £20,000 (ELISA A) | FSIISAN £7,500 (F SUSAN) | HEIIOO X £1,500 0N0 (HELLO X) | K40SUM £3,500 | MOIIEB X | MRIIOWE £15,000 (MR HOWE) | N4 WED £10,000 (NAWED, NAWEED) | OMILES £7,500 (O MILES) | R34 RAJ | SAIIMAZ £3,500 ONO (SAIMA/SALMA) |
| TÉL. 07946`162 099´ | TEL. 07985 455 057 | TEL. 07808 950 492 | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07985 455 057 | TEL. 07946 162 099 | TEL. 07867 861 193 | TEL. 07787 334 567 | TEL. 07985 455 057 | TEL. 07731 464002 NAIIEED | TEL. 07985 455 057 | TEL. 07928 473 771 | TEL. 07946 162 099 SAI3 BAH |
| £7,000 (A DILEEP) TEL. 07985 455 057 | £9,500 (ASHOK L) TEL. 07985 455 057 | 7,30 7 TEL. 07815 114 201 | £10,000+ (CHOWDRY) TEL. 07973 165 474 | £8,000 (EMILY C) TEL. 07985 455 057 | £15,400 (F YUSAF) TEL. 07985 455 057 | £7,000 (H DILEEP) TEL. 07985 455 057 | £2,500 0N0 (KAABAH) TEL. 07779 300 128 | £7,000 (MONTY P) TEL. 07985 455 057 | £29,000 (MR LLOYD) TEL. 07985 455 057 | £15,000 (NAHEED) TEL. 07985 455 057 | £3,500 0N0 TEL. 07962 394 890 | £0FFERS TEL. 07779 675 730 | £0FFERS TEL. 07983 104 538 |
| £0FFERS TEL. 07867 861 193 | £9,500 (ASHOK M) | B4 RUF £0FFERS TEL 07706 008 786 | £10,000+ (CHILLER) | £8,000 (EMILY D) TEL, 07985 455 057 | £15,000 (F YUSUF) TEL, 07985 455 057 | #KIINGS | E0FFERS T: 07907 318 66 | MOIIVER £10,000 (M OLIVER) | E9,500 (MR HACK) TEL, 07985 455 057 | NAII DEA £2,500 TEL: 01274 414141 | E7,500 (O SUSAN) TEL. 07985 455 057 | E0FFERS | £10,000 0N0 |
| AFII AAK | TEL. 07985 455 057 ASIIOKN | TEL. 07796 008 786 | TEL. 07973 165 474 CSIO NGH | EMILYE | ■ G I30XD | TEL. 07985 455 057 HKIIMAR | no withheld numbers K7 PPA | TEL. 07985 455 057 MO 5IDDK | MRIIALE | MON - FRI: 9-5.30 | YALIIVO 📰 | TEL. 07868 572 069 | SAF333R |
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PUBLIC NOTICE

Licensing Act 2003

NOTICE OF APPLICATION FOR GRANT/VARIATION* OF PREMISES LICENCE PREMISES CERTIFICATE

Notice is hereby given that we, The Meat Drunkery Ltd, have applied to Kirklees Council under the Licensing Act 2003, for the grant of a premises licence premises certificate in respect of premises known as:

The Meat Drunkery Ltd, 9 Bradford Road, Cleckheaton, BD19 5AG

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

Sale of alcohol Late night refreshments **Recorded music** Live music

Operating hours Monday - Sunday 08:00 - 00:00 The hours of live music, recorded music, late night refreshment and supply of alcohol shall end at 00:00 Monday to Sunday.

Interested parties and responsible authorities may make representations regarding the application where they believe that the proposed activities would undermine any of the four licensing objectives

Any representations must be submitted in writing to the Licensing Office, Flint Street Depot, Flint Street, Fartown,

Huddersfield, HD1 6LG or by email at licensing@kirklees.gov.uk by 27th August 2024

Persons wishing to inspect the Licensing Register may do so at the above address during normal office hours or online at www.kirklees.gov.uk/licensing

It is an offence to knowingly or recklessly make a false statement in connection with an application.

This notice must be published in a local newspaper circulating in the vicinity of the premises on at least one occasion within 10 working days of making application to the Council

PUBLIC NOTICE

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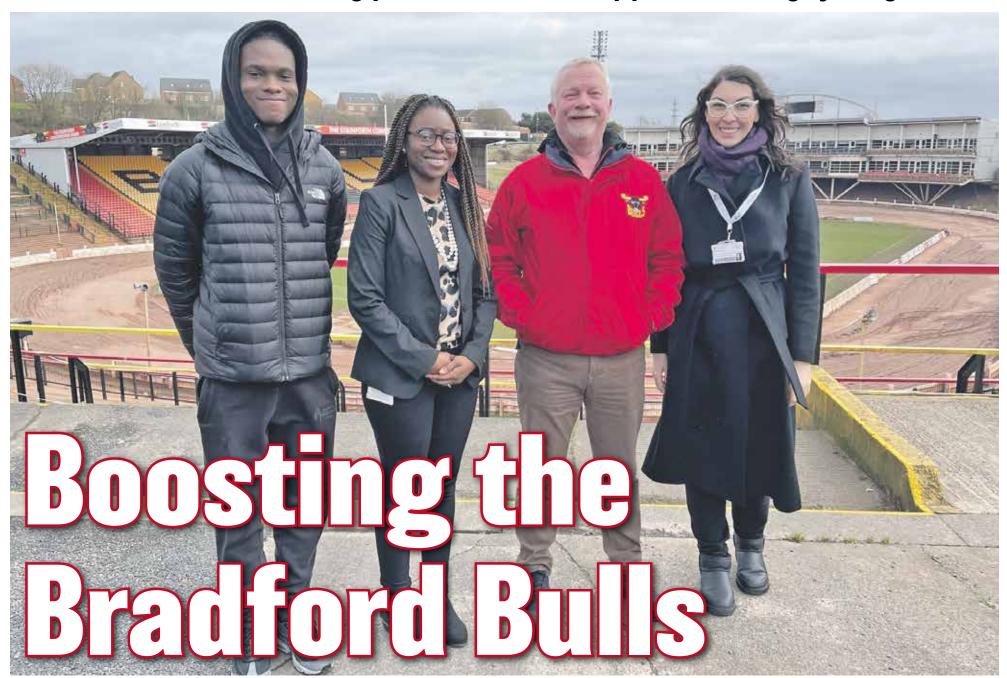
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Students offer marketing plan to broaden appeal of a rugby league club



A group of University of Bradford students presented their ideas to further broaden the appeal of a rugby league club as part of a marketing project.

For their Interactive Services
Marketing module, students from
the university's BSc Marketing,
Accounting and Finance, Business
and Management, Human Resource
Management courses were tasked
with creating a marketing strategy that
looked to further promote Bradford
Bulls to the public.

The students' marketing plans included ways to increase Bulls' visibility, propose recommendations on partnerships between the university and the club, boost diversity within

the club's fanbase and increase activities on matchdays.

The participating students, who presented the findings of their marketing plans to Ian Stafford, Bradford Bulls Commercial Manager, said it was rewarding to be involved in the project.

Student Hadia Arain said: "I really enjoyed presenting for the Bradford Bulls, it was great to share my ideas and to look at other student's perspectives.

"I look forward to seeing the Bradford Bulls implement the proposed marketing strategies into their business."

Student Aleksandra Brzyskiewicz said: "I am very grateful that I had

this opportunity, and I am also pleased that a few of my ideas will be implemented into the Bradford Bulls marketing plan strategy."

Student Ines Monel said: "Participating in the Bradford Bulls marketing project was a rewarding experience.

"It allowed me to develop a targeted strategy to engage Generation Z and deepened my understanding of sports marketing issues.

"This experience enabled me to acquire practical knowledge that will be beneficial for my future projects."

Student Iqra Bibi said:
"Researching and planning to help
Bradford Bulls marketing strategy
has been a useful and enjoyable

experience for myself."

Dr Oluwaseun Olabode,
Director of Undergraduate Studies,
Assistant Professor of Marketing
and International Business at the
University of Bradford, said: "The
students presented well-researched
and detailed marketing strategy
ideas, partnership strategy ideas, and
insightful recommendations on matchday activities, and physical facilities
maximisation for Bradford Bulls.

"I am looking forward to working with Ian, the wider Bradford Bulls team, and colleagues at the University of Bradford as we now begin to implement some of the strategic recommendations."

The project kicked off in February

2024 when a group of 60 final year undergraduate students went to the club's home, Bartercard Odsal Stadium, to learn more about the Bulls and their history.

Mr Stafford said: "On behalf of everyone at Bradford Bulls, I'd like to express my sincere thanks to Aleksandra, Hadia, Ines and Iqra for presenting such a detailed marketing plan on how we could increase our diversity within our fanbase, improve our social media reach and better integrate within the University of Bradford.

"The creative solutions presented were outstanding, several of which I have already shared within the club."



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Hamza Shaikh named England U19 **fouth Test captain**

Hamza Shaikh has spoken of the "incredible honour" at being named captain of England's Under-19s Test side.

Shaikh captained the U19s in two Youth Tests against Sri Lanka at Wormsley CC, High Wycombe (8-11 July) and Cheltenham CC (16-19 July). The 18-year-old

who's progressed through
Warwickshire's Youth
Pathway since the age of
10 – has 15 U19 caps to his
name but it's the first time he's

skippered the national side.

"Captaining England at
any level is an incredible
honour," said Shaikh, who
played two Youth Tests against
Australia last summer and
has an average of 53 in his 13
Under-19 ODIs.

"I've got to know the guys
well over the last couple of
years so I know I'll have great
support and experience to
draw on.

draw on.
"I've captained
Warwickshire's Second XI
several times this summer.
At times I've been captaining

Chris Woakes, Liam Norwell and Jake Lintott. They've helped me and given me more confidence in my leadership on and off the field, advising

placements.

"But I've also captained sides that have been predominantly made up of Academy and youth pathway players where the lads have looked up to me for guidance. So I've experienced both sides of captaincy."









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Inspiring the next generation

Northern Superchargers unveil Adil Rashid mural at Bradford Park Avenue



A mural depicting Yorkshire, England and Northern Superchargers bowler, Adil Rashid, has been unveiled in his home city of Bradford.

The first Northern Superchargers game began this week as part of brand new cricket competition, The Hundred, the mural showcases Rashid's iconic bowling action and takes pride of place at his local cricket ground, Bradford Park Avenue.

Rashid commented on the mural: "It's an honour to have this amazing piece of artwork created, especially in a ground that means so much to me personally.

"I've spent many hours in the nets here and working with the team, hopefully this inspires the next generation of talent from the local area.

Nasa Hussain, Head Groundsman at Bradford Park Avenue Cricket Ground, added: "We are very proud to unveil this mural at Bradford Park Avenue.

"Adil is an icon in the area and this is a fantastic tribute to somebody who has had such a positive impact on the local community.

"There is a lot of cricketing talent in the area already and hopefully Adil representing the Northern Superchargers in the new 'The Hundred' competition will inspire more children in the area to take up the sport."

"The first Northern Superchargers game is this weekend and I'm really excited to bring this brand new format of the game to both existing fans and those new to the sport."

The Hundred is a brand new sports competition launching this summer. It fuses blockbuster entertainment with world-class cricket, inviting everyone to fall in love with the game.

Combining a new short, fast format of cricket, with each game lasting less than three hours, and incredible entertainment beyond sport, The Hundred aims to make cricket more accessible to reach a broader audience. It's simple: 100 balls per team, most runs wins, and every ball counts.

The Hundred will feature eight brand new teams from seven cities across England and Wales, with men's and women's competitions taking place side by side.

The team based in Leeds, 'Northern Superchargers', will play four home games at Emerald Headingley from 24 July, with key players like world-cup winners Ben Stokes,

Lauren Winfield-Hill and master bowler, Adil Rashid.

Imogen Ward, Fan Engagement Manager at The Hundred, said: "Adil is a well-known name in the sport and one of Bradford's greatest sporting heroes, so we wanted to celebrate him in style with the creation of this stunning artwork.

"We know the players here are going to love seeing it at the ground. Hopefully it can inspire people across the Bradford community, and we hope they'll be backing the Northern Superchargers this summer."



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The Lord Mayor of Bradford's Charity Appeal cricket match, hosted at the iconic Bradford Park Avenue Cricket ground, is set for another stellar year, highlighting the transformative power of sport.

A key participant in this year's event is Sported, a UK-based charity dedicated to empowering community groups through sport.

By supporting over 2,500 community groups, Sported support its members who tackle social issues, promote community cohesion, and improve the physical and mental health of participants.

The organisation's involvement in the Lord Mayor's Charity Appeal cricket match underscores the vital role sport plays in fostering positive community outcomes.

Lord Mayor of Bradford Cllr Bev Mullaney said: "I am delighted that this cricket event will be raising funds for my appeal and also raising the importance of sport as a power for good.

"Sport can have a huge impact on people's lives and local communities and this cricket match will be helping to raise vital funds and show that sport can shape lives."

Humayun Islam BEM, CEO of Muslim Friendly Employers, expressed his enthusiasm about the collaborative effort: "We are delighted to be supporting the Lord Mayor's Charity Appeal. And to collaborate with some great partners such as Sported, Sport Campaign Against Racism, Yorkshire Cricket Foundation amongst others is a fantastic opportunity to showcase the importance of Sport for Good."

The event brings together various stakeholders committed to the cause of Sport for Development. The Sport Campaign Against Racism, represented by its Director, Faisel Ali, echoes this sentiment: "We are thrilled to be hosting this event and excited at the prospect of using the power of sport to bring people together and discuss how sport & physical activity can make a positive difference to people's

The Yorkshire Cricket
Foundation, another prominent
participant, leverages cricket
to drive social impact across
Yorkshire. Sohail Raz, Diverse
Communities Manager at the
foundation, highlighted the synergy
between the organisations: "Here at
the Yorkshire Cricket Foundation
we use the power of sport to make a
lasting, positive impact on the lives
of those living in Yorkshire. As
such we are delighted to collaborate
with Sported to showcase the good
work of the Foundation."

For more information on Sported and their initiatives, visit sported.



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