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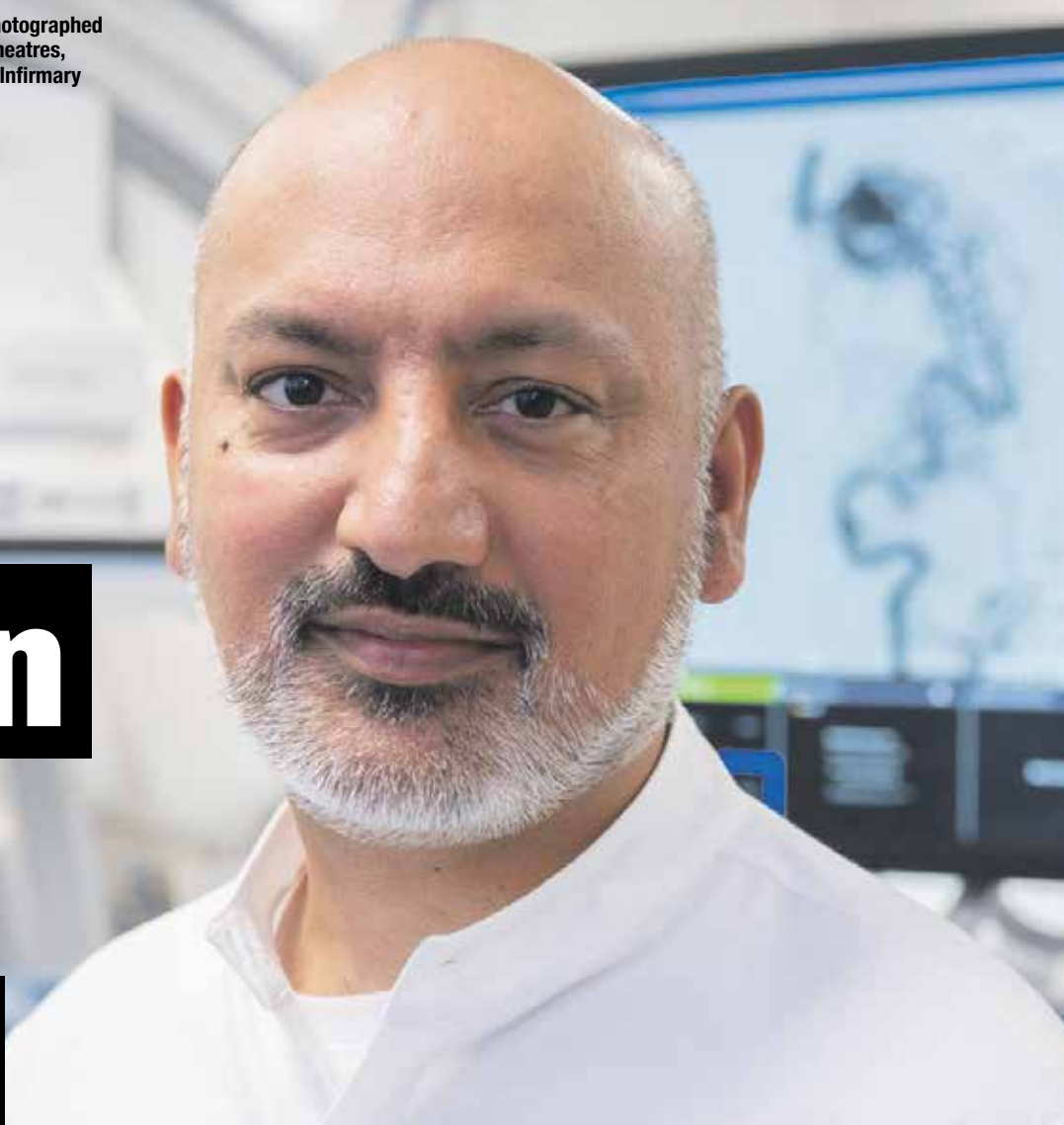
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8 PAGE LEEDS ROAD FESTIVAL PULL-OUT

See pages 21 to 28

UK FIRST: Bradford man's deadly brain condition cured after 15-year battle

Zehair Ayub photographed
in Radiology Theatres,
Leeds General Infirmary



A Bradford man who spent 15 years living with the threat of a potentially catastrophic brain haemorrhage has become the first patient in the UK to receive a groundbreaking treatment for a rare and life-threatening abnormality deep inside his brain.

Zehair Ayub had been living with an

arteriovenous malformation (AVM) - a dangerous tangle of abnormal blood vessels where arteries and veins connect directly instead of allowing blood to flow normally through the brain.

His condition was particularly serious.

Continued on pages 8 & 9

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Zara Ishfaq and husband Omair

Zara Ishfaq, a 31-year-old accountant is campaigning for improved maternity care

Mum left with life-changing injuries after childbirth tear went undiagnosed for two years

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Studies found women of South Asian heritage are at up to six times greater risk than white women to suffer a serious tear during their first natural birth

A mum is campaigning for improved maternity care after suffering a life-changing birth injury that went undetected - and was diagnosed two years later.

Zara Ishfaq, a 31-year-old accountant suffered the serious perineal tear while giving birth to her first child at Whipps Cross Hospital in East London.

But despite repeatedly seeking medical help in the days and months that followed, the severity of her injury went unrecognised.

Today, despite undergoing repair surgery, she continues to live with serious bowel complications and has a stoma, where an opening in her abdomen allows waste to pass into a bag.

Now Zara, is sharing her story in the hope that other women - particularly those from South Asian backgrounds - do not have to endure the same experience.

Research suggests women of Asian heritage can face a significantly greater risk of serious childbirth tears, yet Zara believes too many women still struggle to have their concerns heard.

A traumatic three-day labour

As a first-time mum, Zara gave birth to her son Aariz on 21 December 2021 following a prolonged labour lasting three days.

During the delivery, Aariz's head became stuck and forceps were used. Zara also underwent an episiotomy.

Her son, who weighed 7lb 7oz, was not injured.

Zara, however, suffered a serious bleed after delivery, losing around two litres of blood. "The only way to describe my prolonged labour was traumatic," she said.

"Even as a first-time mum I felt something wasn't right. It was terrifying when Aariz's head became stuck and I was just hoping he would be okay."

She was discharged from hospital two days later. But within days, Zara was seeking medical help.

On Boxing Day, she attended a post-natal appointment reporting pain, swelling and a suspected infection. Two days later, she sought further help after her pain increased and she developed a fever, alongside concerns about how her wound was healing.

Despite those concerns, Zara said she was reassured following another post-natal check in January 2022 that her condition appeared to be improving.

Her problems did not go away. **Nobody seemed to think there was anything to worry about**

Over the following months, Zara began experiencing changes to her bowel habits.

By June 2022, she was reporting more frequent and loose bowel movements as well as leakage. She was advised to carry out pelvic floor exercises.

Six months later, she was still experiencing symptoms and told clinicians she needed to wear an incontinence pad.

"In the days after giving birth I didn't feel right," Zara said. "I was in pain and developed a fever.

"But each time I sought medical advice I was given the impression that nobody seemed to think there was anything to worry about.

"That started what felt like a constant back and forth trying to get to the root of my issues."

The impact extended far beyond her physical health.

"While my friends were meeting in the park and attending baby groups, I was barely able to leave the house," she said.

More than two years waiting for answers

Zara was eventually referred for specialist assessment and was seen in July 2023.

Further investigations followed.

In May 2024, more than two years after Aariz was born, she received confirmation that the severity of the perineal tear she suffered during childbirth had been underestimated.

She was told she would require major surgery to try to repair the damage.

"In some ways I was pleased to finally get a diagnosis," Zara said. "It felt like a vindication that what I'd been through was genuine. I started to get a sense of understanding as to why my symptoms were so severe and debilitating."

Zara underwent repair surgery in May 2025, but continues to experience bowel problems and now lives with a stoma.

She instructed medical negligence lawyers at Irwin Mitchell to investigate her care and help secure access to specialist treatment, therapy and rehabilitation.

Barts Health NHS Trust, which runs Whipps Cross Hospital, has admitted a breach of duty in relation to Zara's care.

Following legal submissions, the Trust admitted Zara suffered a tear during delivery and that its severity had been underestimated.

It also accepted that, had the injury been detected earlier, it would have been repaired sooner and, on the balance of probabilities, the serious complications Zara subsequently experienced would have been avoided.

What should have been a joyous time ended in years of pain

Madeleine Nugent, the medical negligence lawyer at Irwin Mitchell representing Zara, said her experience demonstrated how devastating an unrecognised birth injury could become.

"Zara's traumatic experience not only highlights how serious birth injuries can go unrecognised but the devastating impact they have," she said.

"What should have been such a joyous time for Zara welcoming her child into the world ended up in years of worsening pain and complications, many of which we feel could have been avoided."

She added that Zara had been left trying to navigate a complex medical system while searching for both a diagnosis and answers.

Lawyers are now working towards a settlement intended to provide Zara with access to the specialist support she requires.

"It's vital that lessons are learned to improve maternity safety for other mums," Ms Nugent said.

South Asian women face greater risk

Zara has since begun researching birth trauma and obstetric anal sphincter injuries, known as OASI.

These are serious tears occurring during vaginal childbirth that extend into the muscles controlling the anus.

Research cited by birth injury charity The MASIC Foundation suggests around one in 20 first-time mothers experiences an OASI during childbirth.

Other studies have found women of Asian heritage may be at up to six times greater risk of suffering an OASI during their first vaginal delivery compared with white women.

For Zara, those figures raise important questions about awareness, communication and the maternity care offered to women from different ethnic backgrounds.

She wants women to feel able to ask questions about their individual risks and delivery options - and, crucially, to feel that concerns about their bodies are taken seriously.

It's not just the physical injuries

Zara has since welcomed a second child, daughter Elayna, now one. But the injuries from her first birth affected her second pregnancy too.

She suffered hyperemesis, or severe pregnancy sickness, alongside complications related to her existing injuries. She experienced infections and, at one stage, developed sepsis.

"After giving birth I went from a strong, independent and resilient woman to someone reliant on others," Zara said.

She said learning more about childbirth injuries afterwards left her questioning whether different discussions around delivery options could have changed what happened.

"I wasn't offered a caesarean but knowing what I know now, if I'd have been offered one, I definitely would have chosen that delivery method," she said.

Despite everything she has endured, Zara describes herself as blessed to have her two children.

But she believes the impact of birth trauma - particularly its psychological consequences - needs to be discussed much more openly.

"It's not just the physical injuries that affect you, it's the psychological toll of having a reduced quality of life," she said.

"Too many women are suffering unnecessarily and more needs to be done to improve maternity care but also break the taboo around birth injuries to mums."

Her campaign is now about turning an intensely personal experience into something that might protect another mother.

"My story isn't just about what happened to me," Zara said.

"It's about trying to make sure it doesn't happen to the next woman and empowering mums to know their bodies and make sure they're involved in their maternity care."



Zara with her firstborn Aariz

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Leeds twins receive exceptional GCSE results

Twice as nice

Leeds twins Lochan and Lokesh, students at The Grammar School at Leeds (GSAL), are seeing double after receiving their GCSE results.

Both Lochan and Lokesh received similarly outstanding results with 19 grade 9s between them.

Both will stay on at GSAL to study A-levels in maths, further maths, biology and chemistry and have aspirations to study medicine at university.

“Ever since I was in primary school, I’ve wanted to become a doctor. I’ve always been fascinated by science and the opportunity to make a meaningful difference to the lives of patients,” said Lochan.

Lokesh agreed: “I’ve always loved science too – and it’s incredibly fulfilling to help people.”

Lokesh said that studying together in the run-up to exams helped keep nerves at bay. “We worked as a team to make notes, write out essays and complete lots of past papers. It saved us so much time and made the whole exam season a lot less stressful!” he said.

“Putting our two minds together definitely

helped to build my confidence. It meant I always had somebody with me to strengthen my knowledge and test my understanding,” added Lochan.

Outside of their academic studies, Lochan and Lokesh share a passion for debating as well as music. Both have reached the finals of the International Competition for Young Debaters and are preparing to sit their grade 7 clarinet exam this summer.

Michael Hall, Principal at GSAL, said: “We’re so proud of what Lochan and Lokesh have achieved – yes, these incredible results, but also their commitment to the clarinet, school band and holding their own against the best debaters from all over the world. We can’t wait to see what they go on to do at sixth form.”

GSAL’s GCSE Class of 2026 includes a Yorkshire cricketer, a Team GB showjumper, two junior golfers and a Bradford City footballer. Six students had particular cause for celebration after receiving 9s – the highest possible grade – in 10 subjects. 35 students achieved grades 8 and 9 across the board.

GSAL twins Lokesh and Lochan celebrate receiving top GCSE results



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Race equity leader Shaheen Myers brings REND to Bradford

Business and community leaders from across Yorkshire are being brought together for an evening aimed at turning conversations around race equity, representation and allyship into meaningful connections and action.

Shaheen Myers, Executive Director of Balance-Ed, and winner of the BPA Empowering Women Awards, is hosting and organising REND Leeds Bradford – the Racial Equity Networking Dinner – at The Madisson, Bradford, on Friday 23 October.

The event brings the national REND movement to the region, with Shaheen, widening the conversation beyond education by bringing together figures from business, politics, public services and local communities.

“Race equity cannot be a conversation that global majority communities continue to have with themselves,” Shaheen said.

“We need leaders from business, education, politics, public services and our communities, and critically, we need allies who are prepared not simply to agree with the need for change, but to be part of it.”

Speakers will include Bradford West MP Naz Shah; Humma Nizami - CEO of the Race Equality Network; Andleeb Hanif - Co-founder and Editor of Asian Express; and Sufian Sadiq - Chief Talent and Transformation Officer at Chiltern Learning Trust and founder of the national REND movement.

Rather than following a traditional networking format, the event combines dinner with speakers and conversation, allowing guests to discuss race, representation, leadership and belonging while building connections across different sectors.

“You don’t have to work in race equity to have a role in race equity, If you are a business leader, employer, educator, public servant or community leader, this conversation belongs to you too.”

“You don’t have to work in race equity to have a role in race equity,” Shaheen said.

“If you are a business leader, employer, educator, public servant or community leader, this conversation belongs to you too.”

“I particularly want to see more white allies joining us. Progress cannot depend solely on the people who experience inequity doing the work to change it.”

The not-for-profit event has attracted backing from Yorkshire businesses, with SBL Group becoming Exclusive Headline Sponsor and Official Transport Partner. Asian Express is Official Print Partner and Sunrise Radio Official Media Partner, while Janan and Al-Murad Tiles are also supporting the event.



To attend REND, book tickets: www.eventbrite.co.uk/e/rend-leedsbradford-tickets-1987808461619, or for further information, email: info@balance-ed.co.uk.

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UK FIRST: Bradford man's deadly brain condition cured after 15-year battle



Zehair Ayub with Dr Fathallah Islam

Cover story continued

The AVM was buried deep inside his brain and had developed a large aneurysm, which was pressing against the nerves responsible for his sight.

His vision was deteriorating. He suffered seizures and weakness on the right side of his body. He also lived with the knowledge that the fragile blood vessels could rupture, causing a devastating or fatal brain bleed.

After years of failed treatments and being told conventional surgery was simply too dangerous, doctors at Leeds Teaching Hospitals offered him one final option.

It would make medical history in Britain. **"Everything changed almost overnight"**

Zehair was first diagnosed in 2011.

Until then, he had been fit, healthy and active, playing football and cricket and regularly going to the gym.

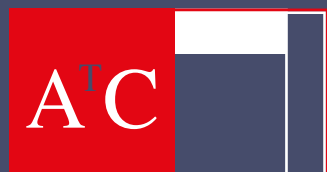
"When I was diagnosed, I was fit and healthy," he said. "I played football and cricket, went to the gym, and was always active. Then almost overnight, everything changed."

"I had gone from never hearing of an AVM to being told I had this rare condition that could cause a catastrophic bleed."

"I had a young family and my own business. I just wanted to get back to normal and carry on with my life."

He underwent Gamma Knife therapy in Sheffield, a highly targeted form of radiation treatment, but it failed to eliminate the AVM.

Over the following years, other possibilities were explored.



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None offered a good enough chance of success.

Because of the AVM's position deep inside Zehair's brain, conventional surgery was considered too risky.

So he was left living with it.

15 years with a 'ticking time bomb'

As the years passed, Zehair's symptoms became increasingly severe.

He experienced seizures, weakness on his right side and worsening problems with his sight and coordination.

At the same time, the risk of a major haemorrhage remained.

"For 15 years I lived with the AVM, but I was eventually told there were no treatment options left," he said.

Everything was worsening quickly. My eyesight was failing, my coordination declining, and I knew I needed help.

After exhausting all viable treatment options over 15 years, Zehair Ayub was offered hope after meeting Consultant Interventional Neuroradiologist Dr Fathallah Islim, at Leeds Teaching Hospitals.

Dr Islim had completed a fellowship at a German centre involved in the European trial of an innovative treatment that offered a potential new way to tackle complex AVMs.

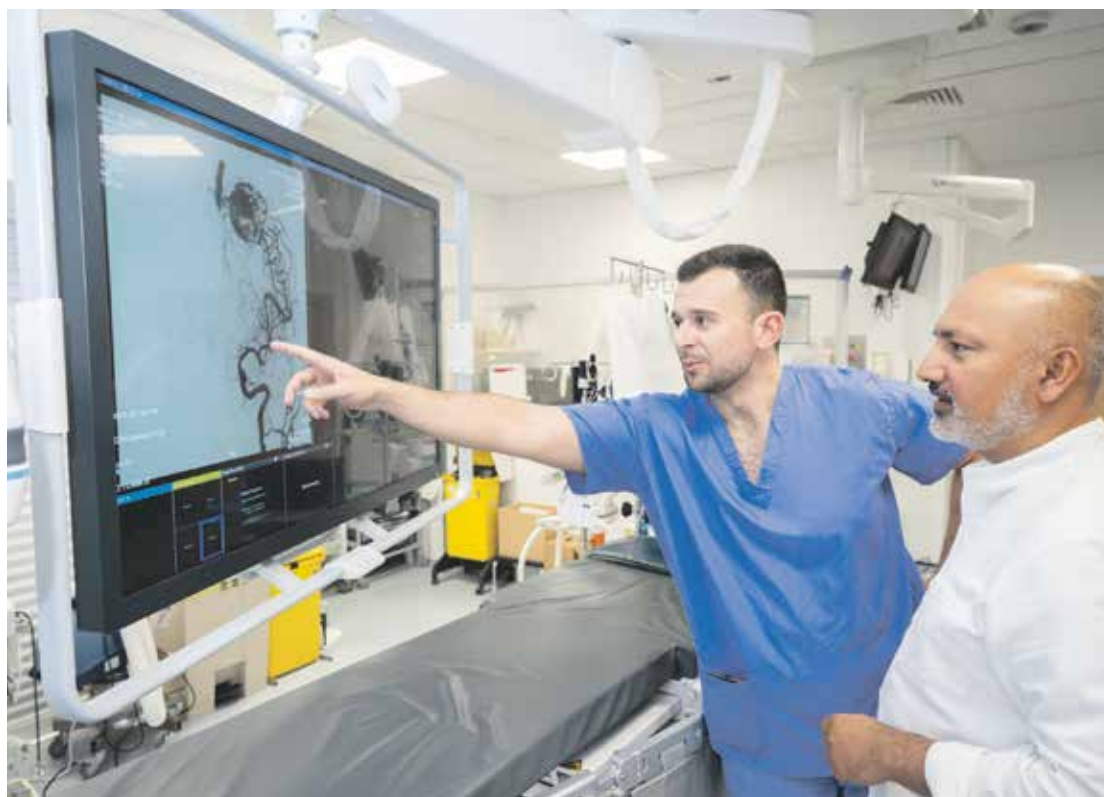
The treatment was not being trialled in the UK.

But given the severity of Zehair's condition and the lack of viable alternatives, Dr Islim secured special approval to use it on compassionate grounds.

The treatment that changed everything

At the centre of the breakthrough is ihtObtura, a new liquid embolic agent.

The material is injected through blood vessels leading to the AVM, helping close them and stop abnormal



blood flow through the dangerous tangle.

But it has an important difference from existing embolic materials.

After a short period, ihtObtura is no longer visible on medical scans.

This means doctors can see the blood vessels more clearly during subsequent procedures, potentially allowing large and complex AVMs to be treated safely over several stages.

International experts involved in the trial travelled to Leeds General Infirmary to work alongside the Leeds team.

Between September 2025 and May 2026, Zehair underwent four rounds of

treatment.

The outcome was remarkable: his AVM is now completely closed.

The aneurysm has disappeared, and his physical symptoms have significantly improved.

"I knew I was taking a chance"

For Zehair, agreeing to undergo a treatment never before used on a patient in Britain meant stepping into the unknown.

"I knew I was taking a chance on a new treatment, but I had complete confidence in the team," he said.

"Having experts from Leeds working alongside colleagues from Germany and Spain gave me real reassurance

that I was in the best possible hands."

Dr Islim said treating brain AVMs from inside the blood vessels can carry significant risks, particularly in cases previously considered untreatable.

"Endovascular treatment of brain AVMs is often reserved for untreatable AVMs," he said.

"The risks are high and daunting for both the clinician and patient.

"Obtura is a new, innovative material that has helped cure Zehair's AVM and help him get his life back, which made us very happy for him and his family.

"We are eager to get European and UK approval for use and help other patients in the near future."

• Father lived for years knowing abnormal blood vessels deep inside his brain could rupture at any moment

• Leeds doctors turned to pioneering treatment after conventional options ran out - and the dangerous mass is now completely closed

For Zehair, the UK-first procedure has ended a medical ordeal stretching back to 2011.

"I'm incredibly grateful to everyone involved," he said.

"Dr Fathallah and the whole team gave me hope when I thought I'd run out of options.

"Thanks to this treatment, not only has my own life changed, but I know other patients will benefit from it in the future too."

The Leeds team is now hoping the treatment will secure European and UK approval so it can potentially be offered to other patients with complex brain AVMs.

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When kidney stones are more than just kidney stones:

Understanding Primary Hyperoxaluria Type 1

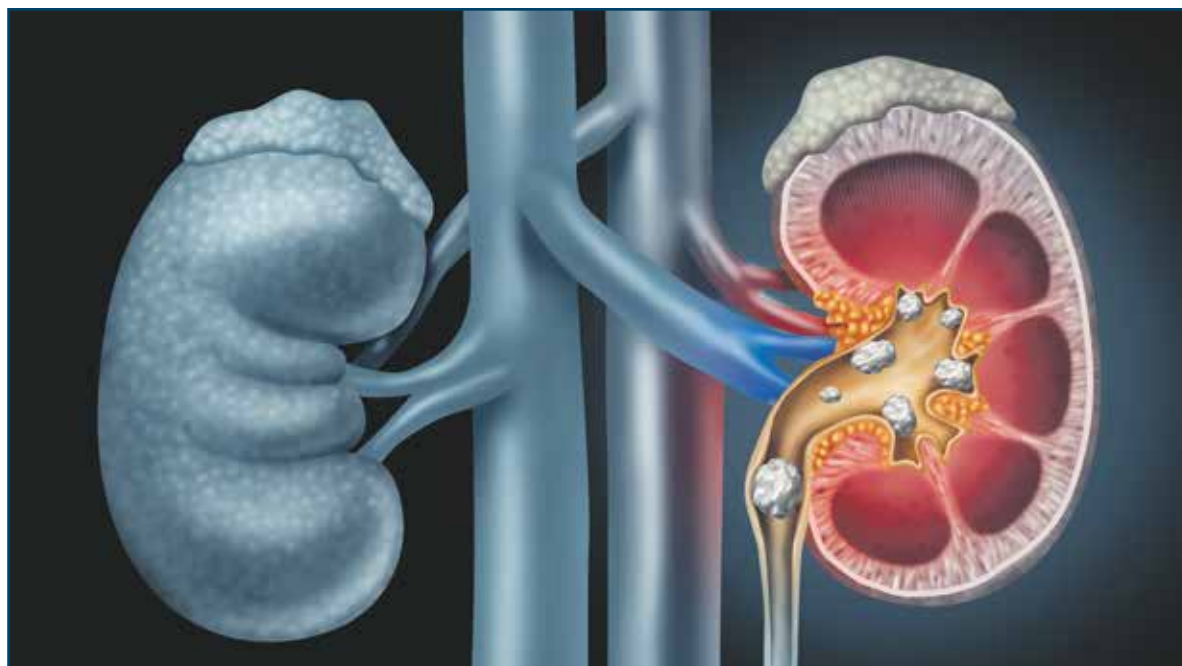
For most people, kidney stones are painful but treatable. However, when they occur repeatedly—especially in children, teenagers or young adults - they may be a sign of something much rarer: Primary Hyperoxaluria Type 1 (PH1), a genetic disease that often goes undiagnosed until significant kidney damage has already occurred.

Although PH1 affects only around one to three people per million worldwide, experts believe it is underdiagnosed because its symptoms resemble those of more common kidney conditions. Raising awareness is therefore essential to help people receive an earlier diagnosis and appropriate specialist care.

A rare disease that starts in the liver

Despite primarily affecting the kidneys, PH1 originates in the liver. The condition is caused by inherited changes in the AGXT gene. When the gene does not function properly, the liver produces excessive amounts of oxalate, a waste product that the body cannot break down.

The kidneys must filter this excess oxalate, which combines with calcium to form crystals. These crystals can lead to recurrent kidney stones,



calcium deposits in the kidneys (nephrocalcinosis) and progressive kidney damage. As kidney function declines, oxalate may also accumulate elsewhere in the body.

Recognising the signs

Recurrent kidney stones at a young age are one of the main warning

signs of PH1, although not everyone experiences the disease in the same way. Other symptoms may include blood in the urine, back or side pain, urinary tract infections and declining kidney function. Because PH1 is inherited, a confirmed diagnosis may also be relevant for other family

members, who could benefit from genetic testing.

Why diagnosis matters

PH1 is often mistaken for more common causes of kidney stones, meaning many patients experience years of investigations before the underlying condition is identified.

By the time PH1 is diagnosed, some people have already developed chronic kidney disease or kidney failure.

Earlier recognition allows patients to receive specialist assessment and management before irreversible kidney damage occurs.

Diagnosis and long-term care

Diagnosis usually involves reviewing a patient's medical and family history, alongside urine and blood tests to assess oxalate levels and kidney function. If PH1 is suspected, genetic testing can confirm the diagnosis, while imaging may identify kidney stones or calcium deposits.

Because PH1 is rare and complex, patients are often managed by multidisciplinary teams including nephrologists, urologists and genetic specialists.

Living with PH1

PH1 requires lifelong monitoring and ongoing management to help preserve kidney function. Alongside the medical aspects, patients and families often face emotional and practical challenges. Access to specialist care, reliable information and appropriate support can make a meaningful difference throughout the disease journey.

For anyone seeking to learn more, the Living with PH1 website provides educational resources for patients, families and caregivers, including information on symptoms, diagnosis, disease management and specialist care. The website also includes practical resources and patient stories to help people better understand living with PH1.



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“Many Rohingya in Bangladesh don’t have any hope right now. They are alive and that’s it.”

More than 1.2 million Rohingya refugees remain in overcrowded camps in Bangladesh, facing a triple crisis of shrinking aid, no safe path home, and a generation growing up with little hope for the future.

As the Rohingya displacement crisis enters its tenth year, the Rohingya risk being largely forgotten by the world. Islamic Relief is calling for a durable solution that improves immediate humanitarian needs, enables people to live in dignity, and creates conditions for a voluntary, safe, dignified and sustainable return.

Islamic Relief aid workers report the funding shortfalls are now so severe that only basic life-saving assistance can be maintained and malnutrition rates among children are rising.

In Cox’s Bazar – the world’s largest refugee settlements – the recent deadly monsoon floods destroyed many shelters and over 50% of shelters now need repairs, but there is little funding to repair and rebuild.

Ongoing attacks and protection risks in Myanmar continue to prevent people returning and force even more

Rohingya refugees face deepening triple crisis after almost a decade of displacement

Rohingya to seek safety in Bangladesh. At least 154,000 more people have arrived in Bangladesh over the past two years, adding to the dangerous overcrowding in the camps.

More than half of the Rohingya in Bangladesh (52%) are children, many of whom have never been to Myanmar. But schools have had to shut down due to lack of funding, leaving a generation with dwindling hope for the future and vulnerable to exploitation. Crime in the camps is rising as people become increasingly desperate.

Hossain Shahid, Islamic Relief’s programme manager for Cox’s Bazar, said: “Many Rohingya in Bangladesh don’t have any hope right now. They are alive and that’s it. They fear for the future of their children. We are doing our best to support them with essential lifesaving services but funds are running critically low.

“This situation is not sustainable. Most Rohingya ultimately want to return home, but the situation in Myanmar does not allow for safe, voluntary, dignified and sustainable return.

“We need the international community to step up efforts to ensure their safety and rights in Myanmar, and in the meantime ensure funding to ensure people can live in dignity and hope here.”

Hashmotullah, 25, has lived in Cox’s Bazar since fleeing Myanmar as a teenager in 2017. He told Islamic Relief that the Rohingya do not need aid alone – they need justice, dignity, citizenship and safety in Myanmar:

“We came here to seek safety and

protection. Before leaving Myanmar, Rohingya people faced severe violence and persecution. Children were killed and women and girls faced sexual violence and abuse.

“Life in the camps is challenging. Eight of us live in a small shelter measuring only 15 feet by 10 feet and the limited space makes daily life very difficult.

“Over the years, overcrowding and limited resources have increased pressure on food, shelter, water, sanitation, education, and other essential services. Many families still face difficulties meeting their nutritional needs. Shelters are mostly temporary and can be affected by heavy rain and strong winds.

“I believe there is a risk of losing an entire generation if young people are not given proper education, skills development, protection, and hope for the future.

“We need a safe, voluntary, dignified, and sustainable return to Myanmar with our rights, citizenship, and security protected.”

Bangladesh has generously hosted the vast majority of Rohingya who have fled Myanmar since 2017, but international support has rapidly decreased over the past few years – affecting both the Rohingya population and local Bangladeshi host communities.

As repatriation is unlikely to be possible soon, it is vital to continue providing lifesaving assistance and also increase focus on providing education and skills for youth, to ensure a sustainable return when it happens.

Islamic Relief supports Rohingya communities and local host communities in Cox’s Bazar and Bhasan Char. In 2026, Islamic Relief helped more than 150,000 Rohingya refugees by constructing new shelter, supporting schools, improving water and sanitation facilities, providing vouchers so people can buy food of their choice, and distributing liquefied petroleum gas (LPG) to reduce dependency on firewood that depletes the local environment and creates fire hazards.

About 97% of people there still live in temporary shelters made of materials such as bamboo and plastic tarpaulin.

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Leeds schoolboy, 10, reaches Children's Mayor final with bold mental health campaign

Bahrawar's practical plans to improve support for young people have earned him a place among the city's final 12 candidates, with a vision built on one simple belief: every child deserves to be heard

While most 10-year-olds spend their summer thinking about football, holidays, or adventures with friends, Bahrawar has been busy campaigning to become the next Leeds Children's Mayor. He wants to make sure no child feels they have to struggle alone.

Bahrawar, a Year 5 student, is now one of 12 finalists in the 2026/27 Leeds Children's Mayor elections. Judges were impressed by his manifesto, which focuses on improving children's mental health and wellbeing.

Many children his age are still exploring the world, but Bahrawar is already thinking about how he can help improve it.

Bahrawar's determination comes from the values he has seen throughout his life.

He grew up watching his grandfather, Haji Riaz Ahmad, spend decades serving the community. His parents and siblings have also followed this tradition, helping others whenever they can.

In his family, helping others was always seen as normal, not something special.

This everyday kindness has shaped how Bahrawar sees the world and those around

him.

A campaign inspired by compassion

Bahrawar enjoys rugby, boxing, and adventure like many boys his age. But he also pays close attention to classmates who might be having a hard time. He notices when someone is quieter than usual, when a friend seems different, or when children are carrying worries that others might not see.

His empathy and determination to help others led him to look into the Leeds Children's Mayor competition on his own.

When he learned that applicants needed to write a manifesto about improving life for young people in the city, he wrote his and gave it to his headteacher to submit.

In the weeks that followed, his ideas were reviewed along with entries from 40 other schools in Leeds. Panels from Leeds City Council and the Leeds Youth Council judged the entries, and he received exciting news: he was shortlisted as one of the final 12 candidates.

Putting children's mental health first

Instead of focusing on playgrounds or entertainment, Bahrawar decided to

address what he sees as one of the biggest challenges for young people today.

His manifesto focuses on mental health and wellbeing. He says many children struggle in silence, not because help is unavailable, but because they do not know where to find it, how to ask for help, or even when they need it.

Rather than just pointing out the problem, he has suggested practical ideas that he believes could really help.

One idea is to create a website that lists all the mental health services available to children in Leeds. This would make it easier for young people and their families to see what support is out there and where to go for help.

He also suggests having trained wellbeing ambassadors in schools. These pupils would check in on classmates, encourage conversations about mental health, and help spot children who might be struggling.

He also proposes a city-wide "Your Mind Matters Day." This would give pupils a break from school pressures and let them join activities like sport, music, and art, all while focusing on their emotional wellbeing.

A young voice with a big vision

For Bahrawar, becoming Leeds Children's Mayor is about helping make Leeds a place where children feel safe to ask for help, confident to speak openly, and supported enough to enjoy being kids.

Making it to the final 12 is already a big achievement, but those close to Bahrawar think this is just the start. Whether he wins or not, his campaign has shown that leadership is about compassion, courage, and standing up for others, not age.

At only ten years old, Bahrawar has shown both adults and children that big ideas can come from young voices. For him, this campaign is not the end, but the first step toward a lifetime of serving the community that has always inspired him.



Bahrawar Ahmed with LCC Deputy Leader councillor Salma Arif



Voting for the Leeds Children's Mayor is now open. Anyone aged 18 or under who lives in Leeds or goes to a Leeds school can take part.

Polls close at 5pm on Friday, 25 September.

To vote, visit:

www.surveys.leeds.gov.uk/s/LCMVoting2026/



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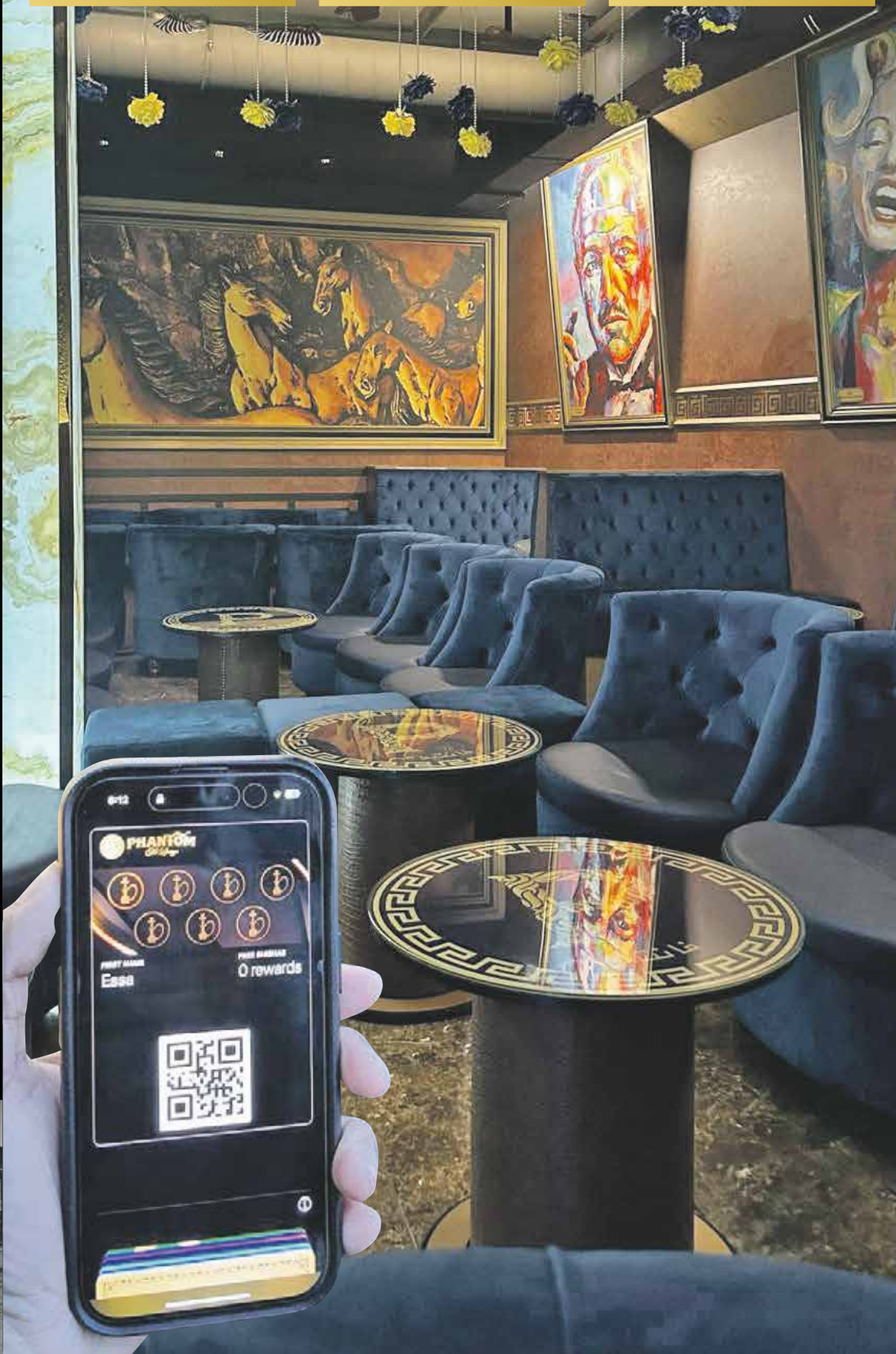
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West Yorkshire's NHS prescription bill soars to almost £800m - among the highest in England

West Yorkshire is now one of England's biggest prescription hotspots. The NHS spent almost £800 million on medicines there in just one year, making it one of the most expensive areas for prescriptions in the country.

A new study shows that the NHS West Yorkshire Integrated Care Board (ICB) is the third most expensive area in England for prescription spending per person. On average, each resident costs £292.42 a year in prescriptions.

Only Cambridgeshire and

Peterborough (£379.82) and Herefordshire and Worcestershire (£347.81) spend more per head.

The data also shows that West Yorkshire gave out more prescriptions per person than any other area in England.

A total of 96.2 million prescription items were given to 2.7 million people in West Yorkshire. That means each resident got an average of 35.5 prescriptions, the highest rate in the country.

That unprecedented demand pushed the region's annual medicines bill to a staggering £791.8 million – the largest

overall prescription spend of any NHS Integrated Care Board in England.

These findings are based on an analysis by Cured Pharmacy, which looked at NHS Business Services Authority prescription data and compared spending across England's Integrated Care Boards.

West Yorkshire tops England for prescription volume

West Yorkshire ranked third for spending per person, but no other NHS region gave out more prescription items.

Researchers say the high



medicines bill in the region is mainly due to the large number of prescriptions, not because the drugs are unusually expensive.

The high number of prescriptions is putting additional pressure on NHS budgets, especially as demand for healthcare continues to rise.

England's biggest spenders Cambridgeshire and Peterborough spent the most in the country, at £379.82 per resident, even though they gave out far fewer prescriptions than West Yorkshire.

Their medicines were some of the most expensive in England, averaging £17.12 per item.

Herefordshire and Worcestershire were second, spending £347.81 per person. Prescription costs there were also high, at £17.11 per item.

London spends less than half as much

At the other end of the list, London had most of the lowest-spending areas.

North West London had the lowest prescription spend in England at just £115.74 per person. That is less than half of what Cambridgeshire and Peterborough spent, and almost £177 less per resident than West Yorkshire.

South East London, South West London, North Central London, and North East London made up the rest of the five lowest-spending areas.

Tarun Kumar, Co-Founder and Superintendent Pharmacist at Cured Pharmacy, said the differences between regions are remarkable.

“What stands out is the enormous variation across England. Cambridgeshire and Peterborough spends more than three times per person what North West London does, and that gap is largely driven by the cost of individual prescriptions rather than the volume.

“This could reflect differences in the types of medications being prescribed, such as higher proportions of specialist or newer treatments in certain areas.”

The figures highlight stark regional differences in prescribing across England, with West Yorkshire standing out not only for its enormous medicines bill but also for issuing the most prescriptions in the country.

West Yorkshire was third on the list, ahead of:

- Nottingham and Nottinghamshire – **£243.79**
- Cheshire and Merseyside – **£218.32**
- Lincolnshire – **£210.93**
- Staffordshire and Stoke-on-Trent – **£210.82**
- Lancashire and South Cumbria – **£201.80**
- Sussex – **£201.72**
- Black Country – **£200.21**



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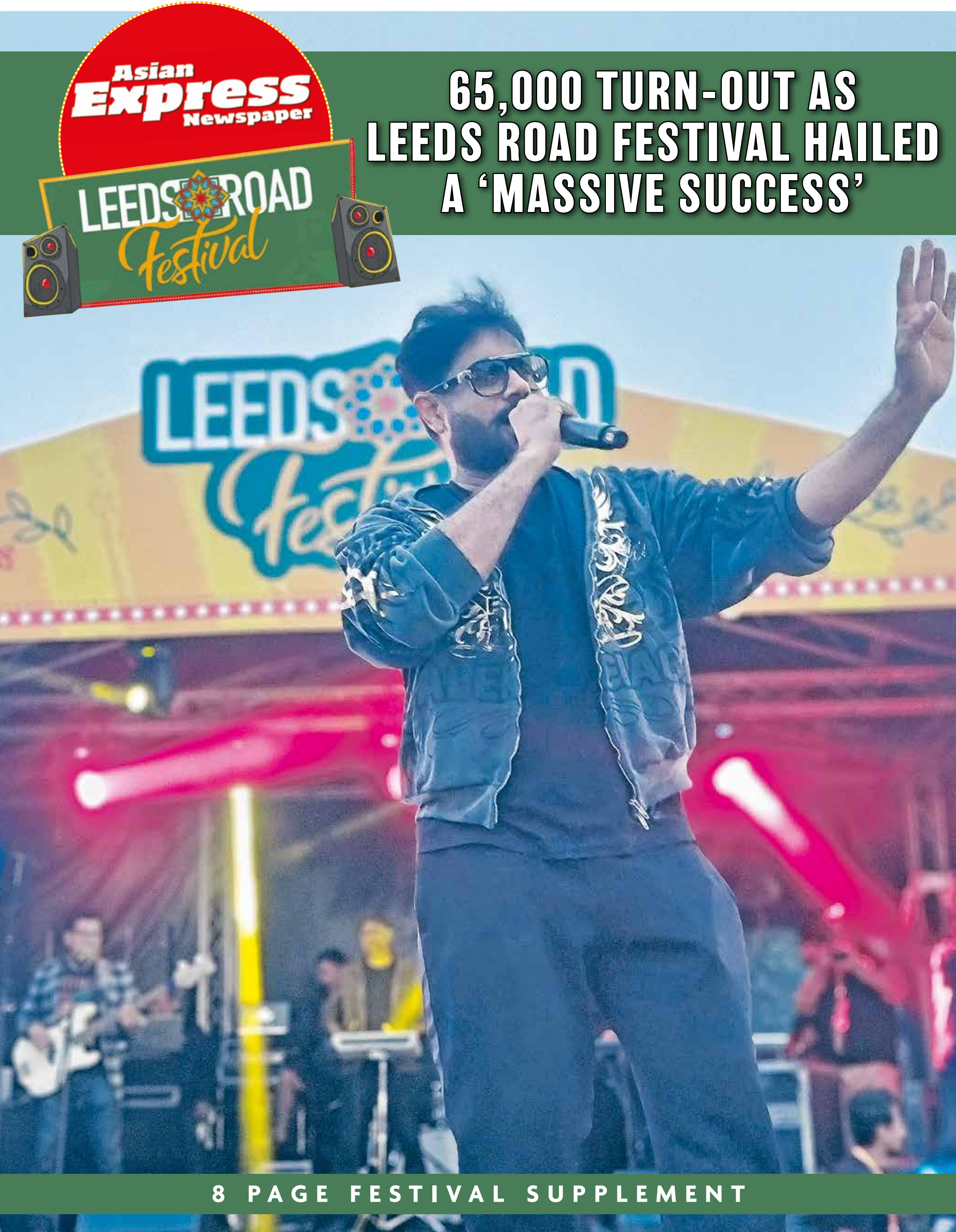


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65,000 turn-out as Leeds Road Festival hailed a 'massive success'



Pictures courtesy of
Israr Ahmed





Bradford's Leeds Road Festival has been hailed a huge success after an estimated 65,000 people packed Bradford Moor Park for a weekend of music, food, dance and culture.

Now in its second year, the festival returned bigger and bolder for 2026, transforming one of Bradford's best-known areas to a colourful celebration of the people, businesses and cultures that call the city home.

And if there was any doubt Bradford knows how to throw a party, the crowds soon put that to rest.

Thousands descended on Bradford Moor Park on Saturday and Sunday for an eclectic line-up spanning Bhangra, Bollywood, reggae, rap, Punjabi folk, Pakistani pop, soul, electronic music and live bands.

Sunday built towards a huge finale, with performances from Jenna Jia, Sher Yar Khan and Nazia Iqbal before Pakistani music superstar Abrar Ul-Haq took to the stage as the festival's headline act.

His closing performance brought the two-day main event to a fitting end. The park was packed as audiences enjoyed some of the songs and sounds that made him one of the biggest names in Punjabi and Pakistani music.

But this year, Leeds Road Festival was about much more than one weekend.

From Bradford Live to Bradford Moor Park

For 2026, organisers expanded the event to a week-long celebration, beginning with a special launch at Bradford Live on Sunday, August 9, bringing together business, civic and community leaders.

Events

continued throughout the week on Leeds Road itself, alongside fringe activities celebrating the businesses, food, culture and communities that helped make the area one of Bradford's most distinctive destinations.

A new addition for 2026 also spotlighted Bradford's foodservice and wholesale sector, bringing manufacturers and supply-chain businesses together to network and showcase the industry's contribution to the city and wider regional economy.

The celebrations culminated in the main festival weekend at Bradford Moor Park on August 15 and 16.

Festival co-founder Saleem Akhtar said organisers had been determined to build on the success of the inaugural event.

"After the immense success of our inaugural festival in 2025, we pulled out all the stops to be back bigger and better for 2026."

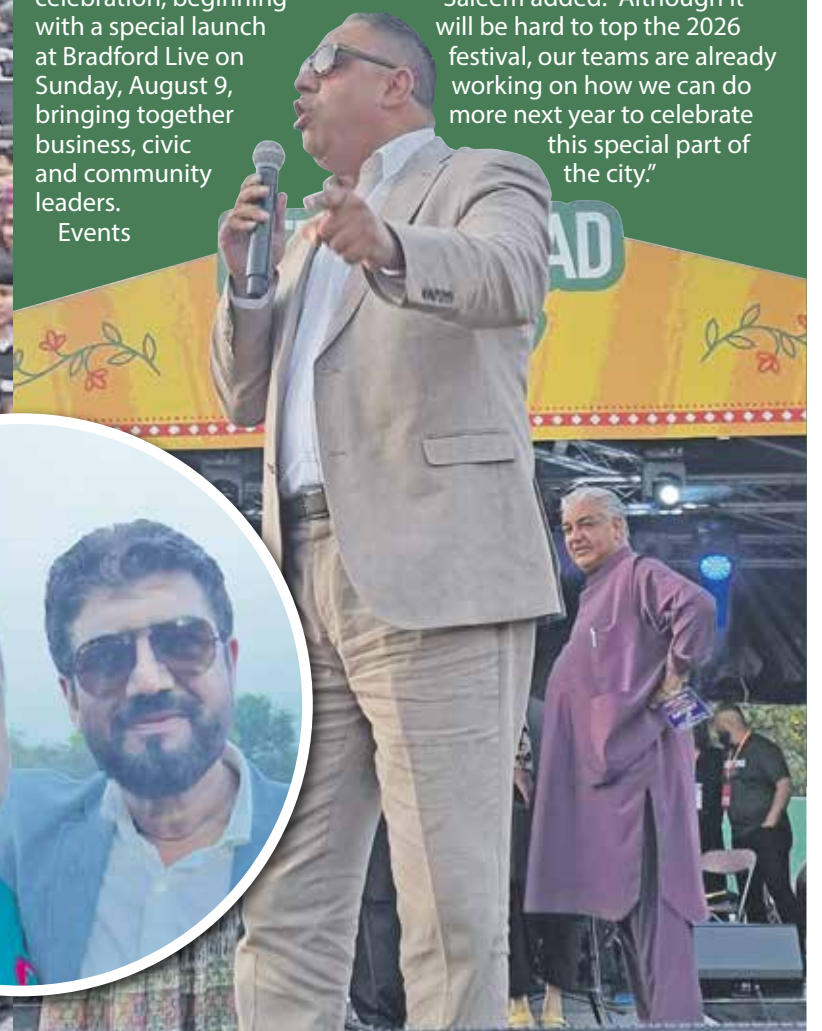
"The crowds that gathered in Moor Park on Saturday and Sunday surpassed our high expectations, a fitting tribute to the Leeds Road area and the immense economic impact it delivers to the city and wider region."

He also paid tribute to the hundreds of volunteers involved in making the event happen, alongside its corporate and civic supporters.

"The festival would not be possible without the hard work, dedication and energy of hundreds of volunteers, who made this year's event something that will stay in memory for a long time."

And organisers are already looking ahead.

Saleem added: "Although it will be hard to top the 2026 festival, our teams are already working on how we can do more next year to celebrate this special part of the city."



More than Bradford's 'curry mile'

For decades, Leeds Road has been synonymous with Bradford's famous food scene.

But the bustling corridor to the city has grown into much more.

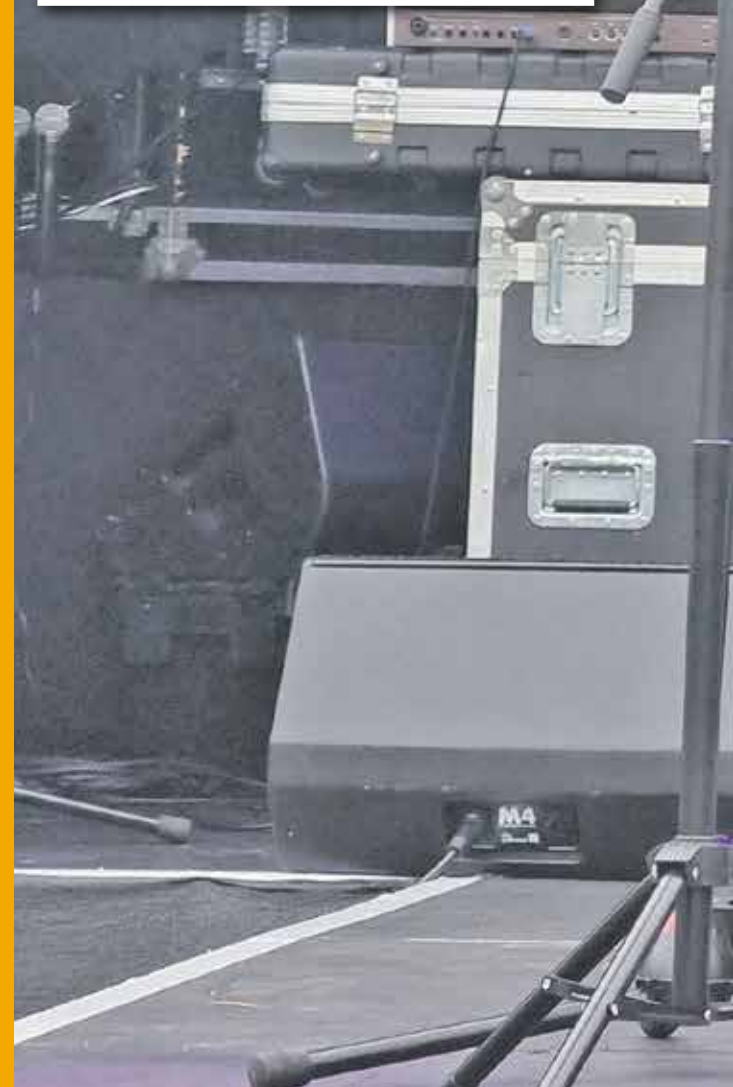
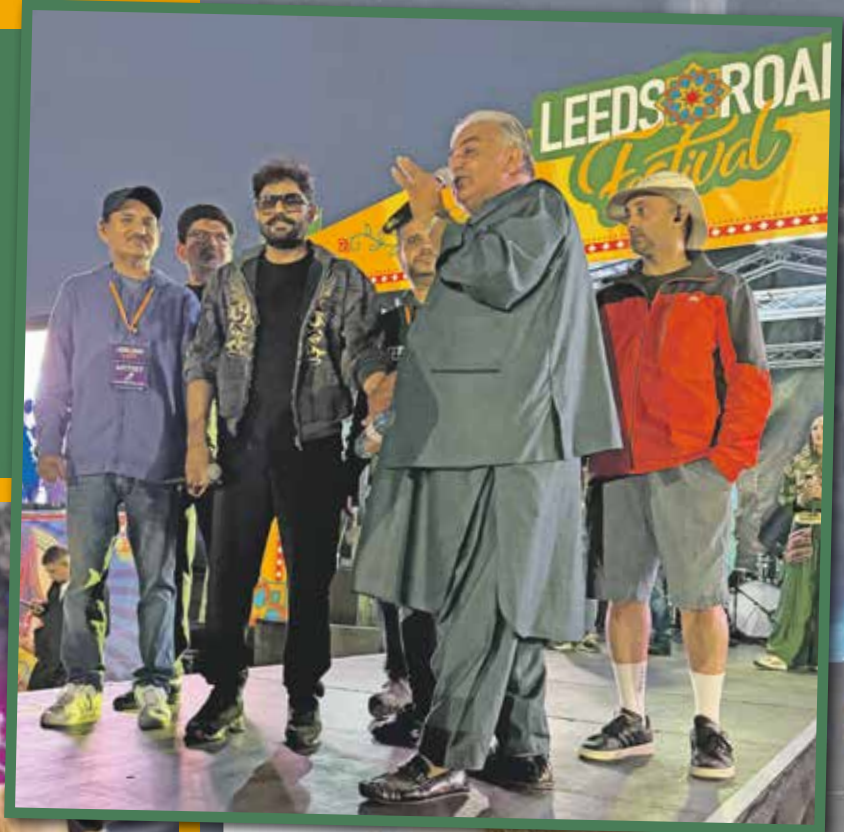
Home to hundreds of independent businesses, restaurants, wholesalers and retailers, it has become a major destination for South Asian fashion and the wedding industry, drawing customers from across Yorkshire and beyond.

The festival was created not only to celebrate that commercial success but to bring different communities together and challenge perceptions of the area.

That spirit was reflected in a line-up that jumped effortlessly between cultures and musical genres across the weekend.

Alongside Abrar Ul-Haq, Jenna Jia, Sher Yar Khan and Nazia Iqbal, audiences saw acts including Signature, Kay Kay & Co, Oojami, Wajid Ali Baghdadi, Tayyba Khan, Natural Rhythm, Third Floor, Wilko Wilkes, Steeldrumsband and Nachde Tapde, among others.

With an estimated 65,000 people attending the weekend events, the numbers suggest the festival, launched only last year, is rapidly establishing itself as a major fixture in Bradford's cultural calendar.





KING OF CURRY'S LEGACY LIVES ON

Akbar's takes centre stage at Leeds Road Festival as family and community pay heartfelt tribute to founder Shabir Hussain



The later Shabir Hussain

Akbar's has once again been at the heart of Leeds Road Festival – with the Bradford restaurant that helped transform the famous thoroughfare hosting one of the weekend's most poignant events: a special tribute to its late founder, and CEO, Shabir Hussain.

Family, friends, business figures and members of the community gathered at the landmark Leeds Road restaurant on Saturday, 15 August, to remember the entrepreneur affectionately known as the 'King of Curry'.

Almost two years after his death, the event celebrated the extraordinary journey of a Bradford businessman who started with a modest 28-seat restaurant in 1995 and went on to build one of Britain's best-known South Asian restaurant brands.

For Shabir's family, Leeds Road Festival has become about much more than a weekend of celebration. The tribute became a passionate rallying cry for the city Shabir called home.

His family acknowledged that Bradford has faced its share of negative headlines – but said

those headlines should never be allowed to define the city

They pointed to a young, diverse city where more than 100 languages are spoken and generations of entrepreneurs continue to start businesses, create jobs and generate opportunities.

And they had a direct message about the Bradford they want the rest of the country to see.

"That is the Bradford we should be talking about. That is the Bradford we should be showcasing. And that is the Bradford our young people should believe in," said Shabir's daughter Samiara.

"The Leeds Road Festival is, for our family and for the Akbar's Group, about much more than celebrating a road. It is about celebrating the life, achievements and legacy of our father."

THE ROAD HE BELIEVED IN

When Shabir opened Akbar's in 1995, Leeds Road was a very different place. Much of Bradford's established South Asian commercial activity was concentrated around Great Horton Road and White Abbey Road.

But Shabir spotted something others had not. "Our father believed in Leeds Road," said his daughter. "He believed in its people, its businesses and its potential." And he backed that belief with investment.

As Akbar's grew, Shabir continued putting

money, time and energy into the road where his journey had started rather than taking his success elsewhere.

His family added: "Through hard work, perseverance and a genuine commitment to the area, he helped play a part in changing the atmosphere and profile of Leeds Road."

Today, the family has three establishments there – Akbar's, Vanilla Rooms, and a couture gold and diamond jewellery business Durrani's.

That deep connection to the area has made Akbar's a natural part of Leeds Road Festival and its celebration of the businesses, food and communities which have transformed the district.

FROM 28 SEATS TO A CURRY EMPIRE

Shabir didn't just build restaurants. He helped change expectations of South Asian dining in Britain.

Akbar's combined authentic Pakistani food with striking interiors, professional service and ambitious presentation at a time when perceptions of the traditional curry house were very different.

And then came perhaps his most famous innovation – the naan tree.

Faced with the problem of Akbar's enormous family naans taking over customers' tables, Shabir came up with the hanging naan stand.

It became synonymous with Akbar's and was subsequently imitated by restaurants across





the country. Shabir would later joke that he wished he had patented it.

But the bigger ambition was always about creating something that could grow far beyond one restaurant while remaining rooted in Bradford.

From those original 28 seats, the Akbar's name expanded across the country and became one of the most recognisable brands in British South Asian dining.

HE BELIEVED IN OPPORTUNITY

Those closest to Shabir say his measure of success wasn't simply turnover, restaurants or expansion. He wanted other people to progress with him.

Staff, suppliers, fellow businesses and young entrepreneurs were part of a philosophy built around collective growth.

new generation.

Central to that is the newly announced Shabir Hussain Foundation, which will support local causes and help young people access skills, projects and opportunities.

The Foundation will aim to turn those values into something practical, particularly for younger generations looking for the chance to develop their skills and ambitions.

'WE WILL NEVER FORGET HIS SUPPORT'

For Asian Express CEO Nadim Hanif, who knew Shabir since he was a teenager, the tribute gathering also brought back memories of a man who was prepared to back other businesses when they were taking their first steps.

"When we started Asian Express 26 years ago, Shabir was one of the first people to back us and support the newspaper," he said.

"At a time when that support mattered, he believed in what we were trying to do.

"We will never forget that.

"I knew Shabir for more than 40 years and what always struck me was his entrepreneurial spirit, but also his willingness to support other people.

"His legacy isn't simply about how many restaurants he opened. It is about the people he encouraged, helped and inspired along the way."

Shabir's contribution to business was also recognised at the Business Power Awards 2025, where he was posthumously presented with the Special Recognition Award.

AKBAR'S NEXT CHAPTER

Now his daughters are pushing ahead with the next phase of the Akbar's story.

Alongside establishing the Shabir Hussain Foundation, sisters Samina, Samiara and Iram are continuing to develop the businesses their father built, while looking at new opportunities for the brand.

The latest expansion will take a taste of the famous Bradford restaurant beyond its dining rooms.

The family has unveiled a new range of Akbar's curry sauces, taking some of the flavours associated with the restaurant into customers' homes.

The new Akbar's curry sauce range is expected to launch in September.

"He believed in people. He believed in giving people opportunities. And when he succeeded, he wanted the people around him to succeed too."

General Manager of Akbar's, Sammy, said: "He believed in people. He believed in giving people opportunities. And when he succeeded, he wanted the people around him to succeed too." That ethos is now being taken forward by his daughters Samina, Samiara and Iram, who are carrying their father's business and community legacy into a

LEEDS ROAD Festival

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Deadline for entries 11th October 2026

Businesses and entrepreneurs can put themselves forward, while customers, colleagues, employees, friends and members of the public can nominate someone they believe deserves recognition. The Business Power Awards Night & Gala Dinner will be held at Cedar Court Hotel, Bradford, on Wednesday 25th November 2026. Nominate now at

businesspowerawards.co.uk/nominate

Businesses, entrepreneurs and community champions are being urged to step forward as nominations gather pace for the Business Power Awards 2026.

Some of the region's brightest business talent will be celebrated later this year as the Business Power Awards returns to Cedar Court Hotel, Bradford.

The Awards Night & Gala Dinner will shine a spotlight on the people and organisations driving the region's economy – from established companies and family firms to start-ups, rising entrepreneurs and individuals making an impact through leadership, innovation and community work.

With nominations now open, organisers are calling on the public and business community to make sure deserving success stories are recognised.

The Business Power Awards were created to celebrate

achievement at every level, not simply among the biggest companies.

It could be an entrepreneur who took a chance on an idea, a family business that has served its community for decades, a young businessperson making their mark or an employer creating opportunities for others.

Business Power Awards CEO Nadim Hanif said: "Across our region there are incredible businesses and individuals achieving remarkable things, but many simply don't shout about what they do."

"The Business Power Awards are about finding those stories, putting them in the spotlight and recognising the hard work and determination it takes to build something successful."

"You don't have to run a huge company or have a household name. If somebody is doing something exceptional, we want to hear about them."



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What is a Freezing Order?

A Freezing Order, also known as an Asset Freezing Order or Freezing Injunction (and previously known as a Mareva Injunction) is a court order preventing the disposal of assets by the Defendant.

A Freezing Order is typically obtained by a Claimant in court proceedings where there is a risk that assets might be dissipated or moved by the Defendant before proceedings are concluded. It is an important tool for a Claimant seeking to preserve any assets which a Defendant may have to ensure that those assets are available to satisfy any judgment that the Claimant may ultimately obtain against the Defendant.

A Freezing Order can only freeze assets over which a judgment can be attached. These can be tangible or intangible assets, for example, money held in bank accounts, land, vehicles, shares, bonds or other financial instruments. Assets can also include those held beneficially for another party, for example assets held on trust or assets which the Defendant has the power to treat as his own. The Courts have also been willing to view digital assets such as crypto currency as constituting

property and therefore capable of being the subject of a Freezing Order.

If the Claimant believes that the Defendant has assets outside of the UK, the Claimant can ask the Court for a Worldwide Freezing Order to freeze assets wherever they are located.

It is important for the Claimant to act quickly when bringing an application for a Freezing Order. Applications are most often made prior to court proceedings being issued. However, a Freezing Order can be sought during the course of proceedings or even after judgment has been given, to prevent the disposal of assets before the judgment is enforced.

The Court has a wide discretion to grant a Freezing Order and will only do so when it considers that it is just and convenient. In order to obtain a Freezing Order, the Claimant must:

- Demonstrate that he has a good arguable case on the merits. Although the Claimant does not need to show that the case will definitely succeed, the Court will give consideration to the strength of any defence.
- Have grounds to believe that the Defendant has sufficient assets over which it has control.
- Show that there is a real risk that the Defendant will dissipate his assets before a judgment is granted, which would make it difficult or impossible to enforce the

judgment. Mere suspicion or fear of dissipation based is insufficient to establish a real risk on its own.

- Provide an undertaking to the Court to pay any damages to the Defendant if it is later shown that the Freezing Order should not have been granted. This means that if the Freezing Order was wrongly obtained, for example, if the claim is ultimately unsuccessful, the Claimant will have to pay damages to the Defendant for any losses caused by the Freezing Order.

If you are seeking or have been made the subject of a Freezing Order, Blacks Solicitors can provide advice and assistance. Please contact Luke Patel on 0113 227 9316 or email him at "lpatel@lawblacks.com".

**Please contact Luke Patel on 0113 227 9316
or by email at LPatel@LawBlacks.com**

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Bangor has been named Britain's biggest "where's my parcel?" hotspot, as new research reveals where frustrated shoppers are searching most often for missing deliveries.

The Welsh city recorded an average 818.95 monthly searches relating to missing parcels per 100,000 people, putting it ahead of Chichester on 750.95 and Truro on 723.16.

The study, compiled by courier marketplace Porta Delivery, analysed search volumes for more than 500 terms connected with missing parcels across UK cities, including searches involving Royal Mail, Evri, DPD, UPS and Amazon.

Nationally, "royal mail missing parcel" emerged as the most common search term, attracting an average 6,958 searches each month.

The findings come amid scrutiny of Royal Mail over missed delivery targets, although the data suggests parcel concerns extend across the delivery industry.

"dpd missing parcel" generated an average 1,367 monthly searches nationally, while "evri missing parcel" recorded 1,104.

Ripon was fourth in the city rankings with

703.28 searches per 100,000, followed by Lichfield on 695.68. Salisbury, Ely, Wells and Newry occupied the next four positions.

Stirling was the highest-ranking Scottish city, coming tenth with 536.36 searches per 100,000, while Newry was the only Northern Irish city to make the top 15.

Lincoln ranked 11th, followed by Nottingham, Cambridge, Bath and Norwich.

Ed Spence, CEO and co-founder of Porta Delivery, said the results highlighted the frustration consumers can face when waiting for purchases to arrive.

"Getting a delivery is a stressful experience even without the worry that it might not arrive," he said.

"What stands out is that Bangor, a city of just 18,000 people, generates the highest per capita searches for missing parcels in the UK."

Spence said improved parcel tracking had helped consumers but argued the figures showed delivery companies still had work to do.

"Even with tracking, this data proves that UK residents are concerned about getting the items they've paid for and that delivery companies need to do better."



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...life & style

7 foods you should think twice about reheating in the microwave



From exploding eggs to pizza that turns into a soggy mess, your microwave isn't always the best way to give last night's leftovers a second life. Here are seven foods worth treating differently – and the simple tricks that can make them taste much better.

The microwave is one of those kitchen appliances we barely think about. Leftover curry? Ping. Yesterday's pizza? Ping. Half a plate of chips you couldn't quite finish? You know the drill.

It's quick, cheap and convenient – but some foods really don't appreciate the microwave treatment.

While most food can be safely microwaved when it has been stored and reheated correctly, the intense and sometimes uneven heat can leave certain leftovers soggy, rubbery or dried out. In some cases, there are also safety considerations.

So before automatically reaching for the microwave door, here are seven foods that may deserve a little more care.



1. Hard-boiled eggs could go off with a bang

This is one leftover you definitely don't want exploding in your face.

Microwaving a hard-boiled egg can cause steam to build up inside it. The result? It can burst while heating – or even after you've taken it out, potentially causing burns.

Try this instead: Put the egg in a bowl of freshly boiled water, cover it and leave it for a few minutes to warm through. Or embrace the cold boiled egg.

7 foods you should think twice about reheating in the microwave

4. Steak can turn from tender to tough

That beautiful steak you enjoyed last night can become a very different creature after a blast in the microwave.

Thick cuts of meat can turn dry, tough and rubbery, while uneven microwave heating means the outside could become overdone before the centre is properly warmed.

Try this instead: Warm steak slowly in the oven before giving it a quick sear in a hot pan.



2. Pastry can lose that glorious crunch

There are few things sadder than beautiful flaky pastry emerging from the microwave soft and floppy.

Microwaves generate steam as they heat food, which can rob pies and other pastry-topped dishes of their crisp texture.

Try this instead: An oven or air fryer is a much better bet if you want to bring back that golden crunch.



3. Pizza deserves better

Cold pizza has its fans. Microwaved pizza? That's a more controversial proposition.

A microwave may get yesterday's takeaway hot quickly, but it can also leave you with a soggy base, chewy crust and rubbery cheese.

Try this instead: Reheat slices in the oven, covering them with foil to help prevent them drying out. An air fryer can also bring back a crispier crust and melted cheese.



6. Don't rush homemade frozen meals

Batch cooking can be a lifesaver when you're busy, particularly when there's a homemade lasagne or cottage pie waiting in the freezer.

But large, dense dishes can heat unevenly when reheated directly from frozen, particularly layered meals containing minced meat or dairy products.

Try this instead: Defrost homemade frozen meals thoroughly in the fridge before reheating. Avoid leaving food to thaw at room temperature, where bacteria can multiply.



5. Chips can become a soggy disappointment

We've all tried it.

You discover a portion of last night's chips, stick them in the microwave and wait eagerly – only to be rewarded with something soft, limp and strangely chewy.

Steam is the culprit, ruining the crisp texture that made those chips so good in the first place.

Try this instead: Pop them into an air fryer or oven to help restore their crunch.



7. Already reheated it? Don't do it again

That leftover dinner shouldn't become a kitchen boomerang.

The Food Standards Agency recommends reheating food only once. Repeatedly cooling and reheating it gives harmful bacteria more opportunities to grow – and every trip through the reheating process can also make food drier and less appetising.



But what about leftover rice and chicken?

Rice deserves special attention because the problem isn't simply reheating it – it's what happened to it beforehand.

Cooked rice can contain bacterial spores. If it sits at room temperature for too long, bacteria can multiply and produce toxins that reheating won't remove.

The advice is to cool leftover rice as quickly as possible, ideally within an hour, refrigerate it and use it within 24 hours. When reheating, make sure it is steaming hot

throughout.

And chicken?

Yes, chicken can be reheated in a microwave – provided it has been stored properly and is only reheated once.

The Food Standards Agency advises getting reheated chicken to 75°C for 30 seconds. If you don't have a food thermometer, cut into the meat and check that it is steaming hot all the way through. Smaller pieces can also help it heat more evenly.



The golden rules for leftovers

Whatever is on tonight's leftover menu, a few habits make a big difference. Use microwave-safe containers, stir food during heating to tackle cold spots and make sure everything is steaming hot throughout.

If using a thermometer, reheated leftovers should reach a core temperature of at least 75°C for 30 seconds. And, crucially, only reheat leftovers once.

So while the microwave remains one of the handiest appliances in the kitchen, sometimes giving dinner a few extra minutes in the oven or air fryer could be the difference between revived leftovers and a plate of soggy regret.

GLIT

Entertainment

THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD

Spreading
her wingsRashmeet
Kaur's album
releases
ahead of
UK tour

Punjabi music's genre-bending star drops eight-track album exploring love, longing and freedom - before hitting London, Birmingham, Manchester, Edinburgh and Dublin

Rashmeet Kaur is spreading her wings - and this time, she's flying straight towards the UK.

Fresh from a successful North American tour, the Indian singer-songwriter has released 'Parinda', an ambitious new eight-track album that throws Punjabi folk into a melting pot of R&B, jazz, Sufi, rock and experimental sounds.

And British fans will not have long to wait to hear it live.

Rashmeet is heading to the UK and Ireland in September for her debut headline tour, with shows lined up in London, Birmingham, Manchester, Edinburgh and Dublin.

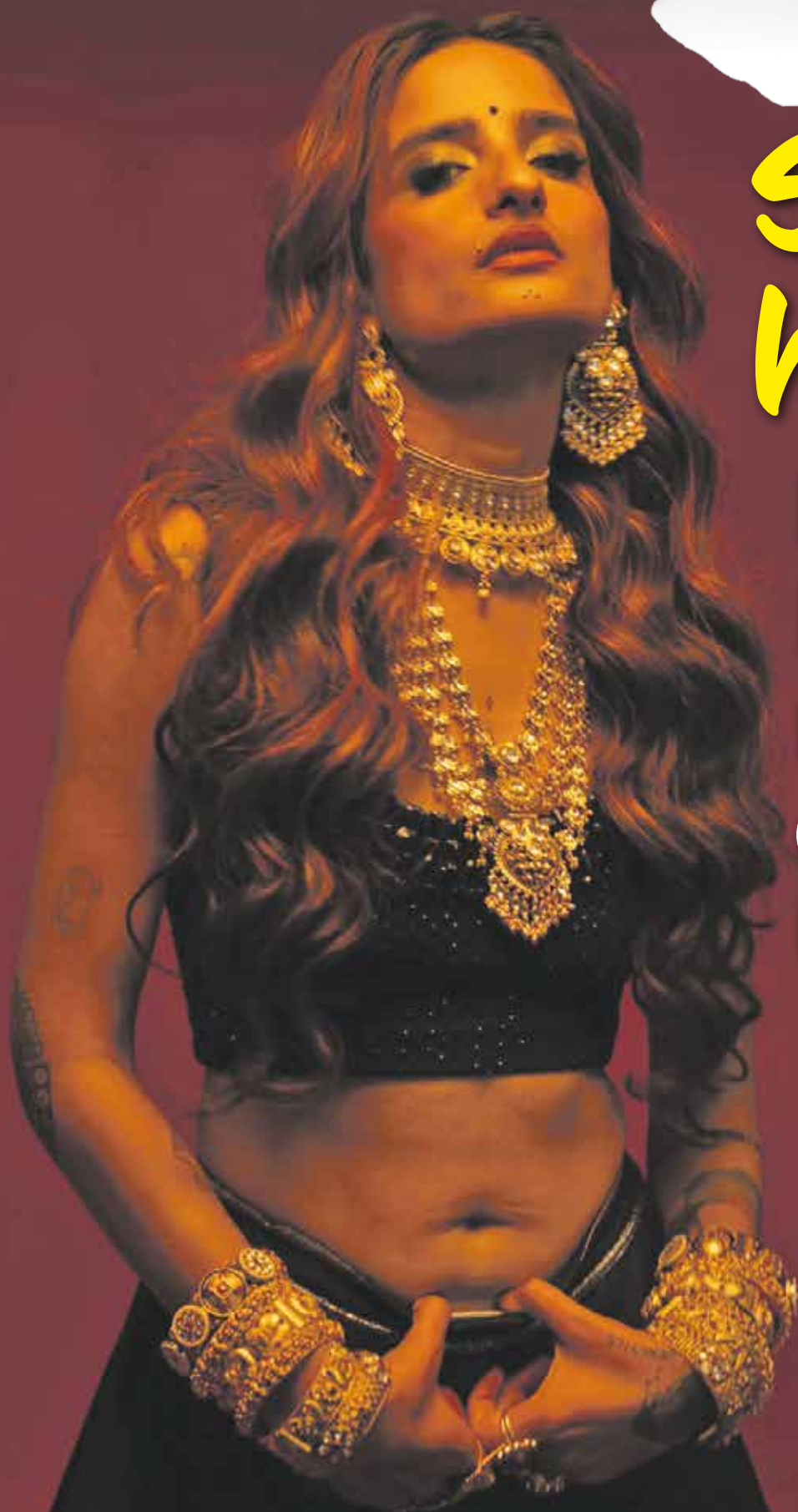
Best known for tracks including Nadiyon Paar, Bajre Da Sitta, Thumkeshwari, Jee Karda and Ishq Naachawe, Rashmeet has carved out a sound that refuses to sit neatly in one musical box.

With 'Parinda', she pushes that formula further.

Sung across Punjabi and Hindi, the album takes listeners through the highs, uncertainties and heartbreaks of love before ultimately landing on freedom and self-love.

The record opens softly with R&B-influenced ballads Jogi Naal and Ve Sajjna, capturing the excitement and vulnerability of new love.

Continued on page 34



'East Is East'

heads back to its northern roots this Autumn at the Octagon Theatre

Victoria Brazier



Samantha Power



Thirty years after its acclaimed premiere, Ayub Khan Din's *East Is East* returns for a powerful anniversary production at the Octagon Theatre in Bolton, running from Friday 4th September – Saturday 3rd October.

Heartfelt, hilarious and deeply moving, *East Is East* is a timeless story about family, identity and belonging.

Set in 1970s Salford, this modern classic follows the Khan family living above a chip shop and on the fault line between two cultures. George Khan is determined to raise the family in his Pakistani way.

His English wife, Ella, just wants to keep the peace. Their seven children? They're busy discovering disco, denim, and defiance.

When George begins arranging marriages for his sons, rebellion erupts and loyalties are tested. What follows is a hilarious and deeply moving battle between tradition and change.

Leading the cast is acclaimed stage and screen actor Bhasker Patel (Oedipus, Broadway & West End; Emmerdale ITV) as George alongside Stockport-born actor Samantha Power (Brassic, Sky; Madame Blanc, Channel 5) as Ella.

They're joined by a talented cast, including the return of Victoria Brazier to the Octagon stage and Rohan Macleod, who makes the exciting journey from the theatre's Kitchen & Bar team back to the main stage.

Director Kash Arshad said: "East

Rohan Macleod



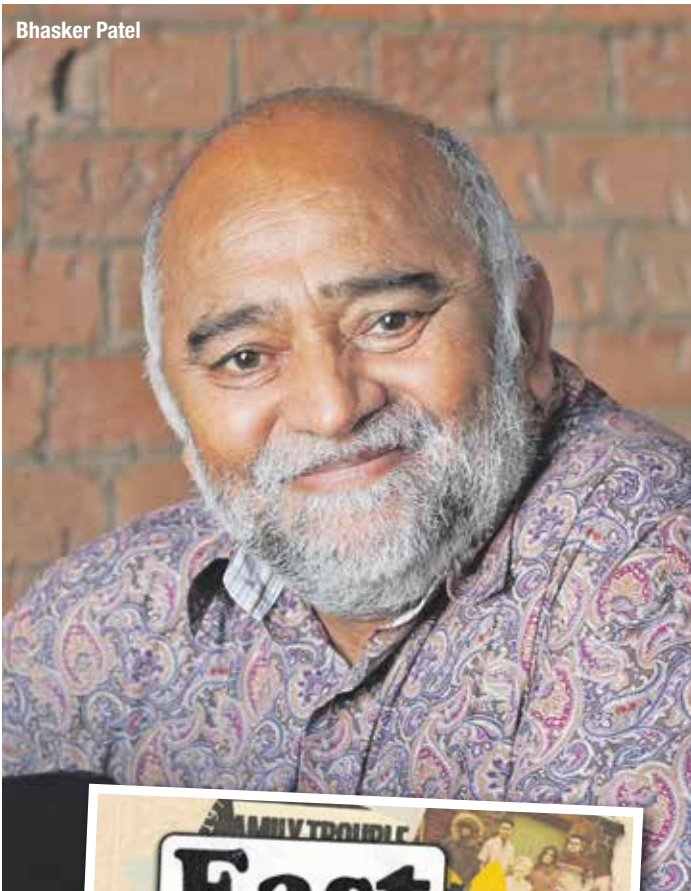
Is East is my story.

"There are not many plays that speak to the experience of being brought up in a Muslim household, with a white British mother and a Pakistani father, who ran his own business, with kids who felt not British enough to be British nor Pakistani enough to be Pakistani.

"To get the opportunity to direct this play at the theatre where I started my directing journey and to be able to share it with audiences in Salisbury, Derby and the Citizens Theatre in Glasgow, my local theatre in my late teens/early twenties and where I first set foot on a professional stage, is a dream."

East Is East opens at Octagon Theatre from Friday 4th September till Saturday 3rd October before touring to Citizens Theatre, Derby Theatre Wiltshire Creative's Salisbury Playhouse.

Bhasker Patel



Tickets are selling fast!
Book now at
octagonbolton.co.uk/events/east-is-east

Spreading her wings

Rashmeet Kaur's album releases ahead of UK tour

Continued from page 33

From there, Rashmeet moves into flirtation, companionship and uncertainty with Naal Rehja Mere, Banere, Kaise Kahoon and Sahiba.

But the mood shifts dramatically towards the album's finale.

Cinematic dance track Malang turns up the energy before the title song 'Parinda' brings together rock and qawwali influences for a powerful conclusion centred on freedom and finding yourself.

It is an album where romantic love, spirituality and identity deliberately collide.

Drawing inspiration from some of South Asian music and poetry's most celebrated names - including Bulleh Shah, Surinder Kaur, Nusrat Fateh

Ali Khan, Noor Jehan and Reshma - Rashmeet leaves the meaning of her songs deliberately open.

A lover can be another person - or yourself. Longing can become devotion. And freedom can mean finally being comfortable with who you are.

The album arrives during a breakthrough period for the singer.

Earlier this summer, Rashmeet became the first artist to perform in both Hindi and Punjabi on Berlin-based global music platform COLORS, where she debuted album single Ve Sajjna.

The appearance followed a major run across North America, including headline performances at two Canadian festivals and shows across four US cities.

Her increasingly international career has already taken her to stages across Australia, Canada, the UK and United States, with appearances at SummerStage, JUNOSFEST, SXSW and Luminato Festival.

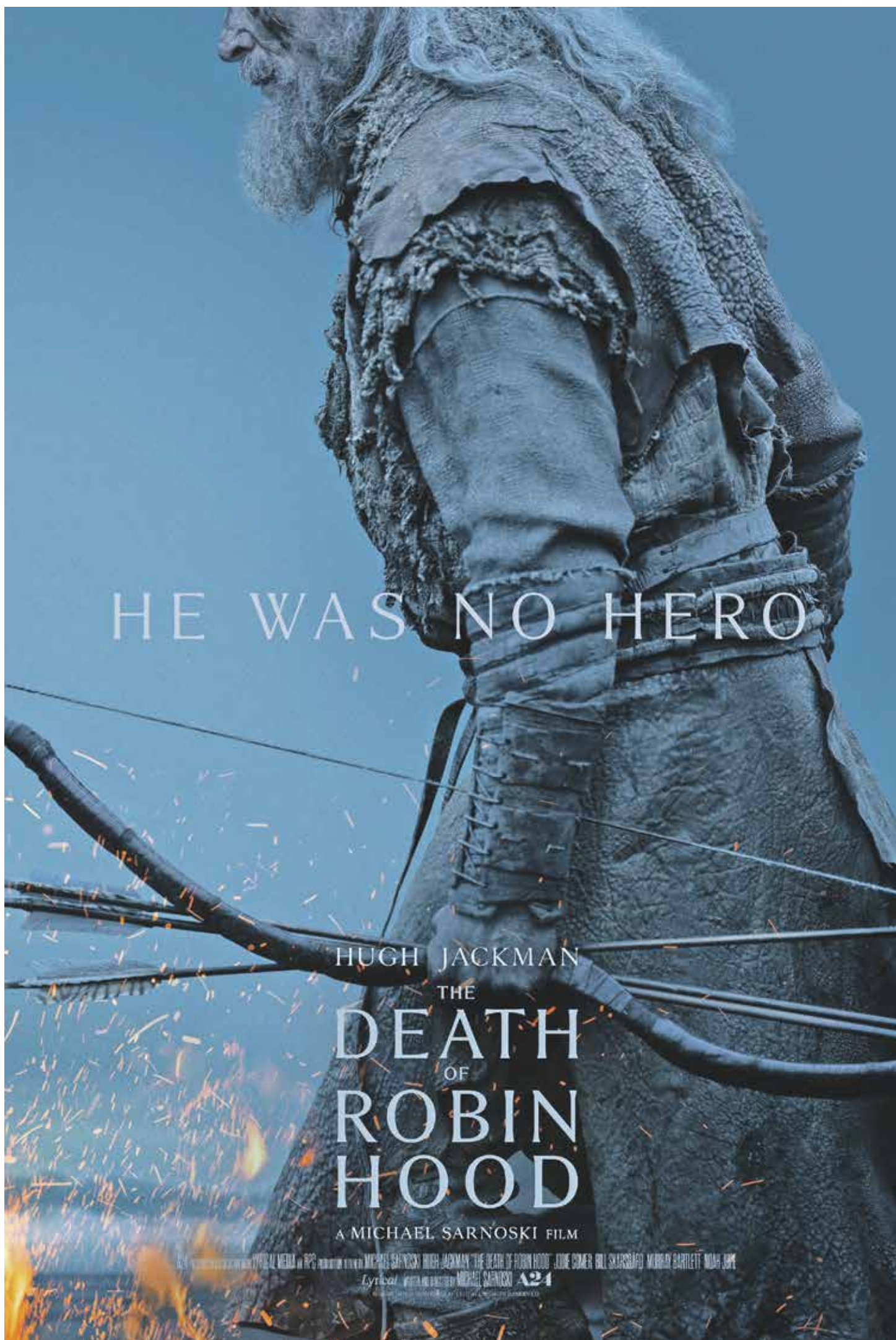
Before returning to Britain, Rashmeet is also playing her first headline shows in India, with Delhi on August 22 followed by Mumbai on August 28. Then comes the UK and Ireland.

With 'Parinda' now out and a catalogue stretching from Bollywood favourites to experimental Punjabi folk, September will see Rashmeet bring her increasingly global sound to audiences in London, Birmingham, Manchester, Edinburgh and Dublin.



WHAT'S ON

in cinemas this month



The Death of Robin Hood

Starring: Hugh Jackman, Bill Skarsgård, Jodie Comer, Murray Bartlett, Noah Jupe

Director: Michael Sarnoski

Genre: Action/Drama

Cert: 15

Release Date: 2/9/2026

Forget the merry men and heroic outlaw – Hugh Jackman's Robin Hood is older, bloodier and haunted by a lifetime of killing.

Robin Hood has been reinvented countless times on screen, but you've probably never seen the legendary outlaw quite like this.

The Death of Robin Hood strips away the swashbuckling heroics for a brutal, grown-up reimagining starring Hugh Jackman as an ageing and battle-scarred Robin forced to confront the bloodshed of his past.

This is no cheerful romp through Sherwood Forest. Robin is now a loner who has spent his life committing crimes and killing in the name of his cause. After being gravely wounded in a battle he believes will be his last, he finds himself facing death – and questioning the man he became.

His fate changes when he falls into the care of the mysterious Sister Brigid, played by Killing Eve star Jodie Comer, who offers the dying outlaw something he may never have expected: the possibility of salvation.

Bill Skarsgård, Murray Bartlett and Noah Jupe complete an impressive supporting cast, with Bartlett playing the mysterious Leper and Jupe appearing as Arthur/Godwyn.

Behind the camera is writer-director Michael Sarnoski, the filmmaker responsible for Nicolas Cage drama Pig and A Quiet Place: Day One. Sarnoski has taken inspiration from the old ballad surrounding the death of Robin Hood rather than simply retelling the familiar adventures of the outlaw and his Merry Men.

The result promises something much darker: part medieval action movie, part character study and part reckoning with the mythology surrounding one of Britain's most famous folk heroes.

Jackman is also among the film's producers, while A24 – the studio behind Everything Everywhere All at Once, Midsommar and Uncut Gems – is distributing the movie.

And don't expect the violence to be hidden away. The UK release carries a 15 certificate for strong bloody violence and injury detail, fitting a film determined to show the physical consequences of Robin's violent life.

Much of the production was filmed in Northern Ireland, giving the movie a bleak, windswept medieval landscape far removed from the colourful Sherwood Forest adventures audiences may associate with the character.

For Jackman, it's another striking change of pace following his return as Wolverine, swapping superhero claws for an older outlaw confronting mortality, guilt and the possibility of redemption.

WHAT'S ON

in cinemas this month



Ice Cream Man

Starring: Ari Millen, Benjamin Byron Davis, Karen Cliche, Dylan Hawco, Sarah Abbott, Shiloh O'Reilly, Kiori Mirza Waldman, Charlie Zeltzer, Charlie Storey, Eli Roth

Director: Eli Roth **Genre:** Horror

Cert: 18 **Release Date:** 7/8/2026

Sweet treats turn into nightmares in Eli Roth's most disturbing horror yet. Think twice before chasing the ice cream van this summer.

Horror mastermind returns with one of the year's most twisted big-screen nightmares as Ice Cream Man rolls into cinemas, transforming a familiar childhood treat into a blood-soaked tale of terror.

Set in the picture-perfect town of Bayleen Bay, the film begins with an ordinary summer before everything spirals into unimaginable horror. A mysterious ice cream vendor arrives in town, handing out frozen treats that unleash a terrifying epidemic, turning local children into violent killers and sending the once-peaceful community

into total chaos.

As panic spreads through the streets, survivors are forced into a desperate fight for survival against the very children they are trying to protect. What starts as an idyllic suburban summer quickly becomes a relentless nightmare packed with graphic violence, gruesome practical effects and the outrageous dark humour that has made Roth one of horror's most divisive filmmakers.

Starring Ari Millen, Benjamin Byron Davis, Karen Cliche, Dylan Hawco and Sarah Abbott, the 86-minute horror marks the first theatrical release from Roth's new horror label, The Horror Section. The filmmaker has described the concept

as an idea he has been developing for more than two decades, inspired by the unsettling sound of an ice cream van and classic genre favourites including The Birds and Halloween III.

Already generating headlines for its shocking violence, disturbing premise and fearless approach to horror, Ice Cream Man has become one of the most talked-about genre releases of the summer, with early reviews praising its outrageous gore even as critics remain sharply divided over its relentless excesses.

Fans of unapologetically graphic horror should prepare for one unforgettable – and deeply unsettling – scoop.

Momo & the Time Thieves

Starring: Maxwell Smith, Skylar Blu Copeland, Madeleine Akua, Simon Curcija, Charlie Mann, Araloyin Oshunremi, Alexa Goodall, Laura Haddock, Martin Freeman, Claes Bang, Kim Bodnia

Director: Christian Ditter **Genre:** Family/Fantasy

Cert: PG **Release Date:** 14/8/2026

A timeless fantasy classic returns as Momo & the Time Thieves races into cinemas.

One of Europe's most beloved children's stories is heading back to the big screen, bringing with it a magical adventure that asks a question more relevant today than ever before: what if someone could steal your time?

Based on Michael Ende's internationally acclaimed fantasy novel, Momo & the Time Thieves is a spectacular new family adventure from director Christian Ditter, the filmmaker behind How to Be Single and Love, Rosie. The passion project has been years in the making, with Ditter revealing he first dreamed of adapting Momo after reading the novel as a child.

At the heart of the story is Momo, a kind-hearted orphan who lives among the ruins of an ancient

Roman amphitheatre. Gifted with an extraordinary ability to listen, she becomes the friend everyone turns to. But when a ruthless international corporation begins stealing people's time, life changes overnight. Families drift apart, friendships fade and even Momo's closest companion, Gino, no longer has a moment to spare.

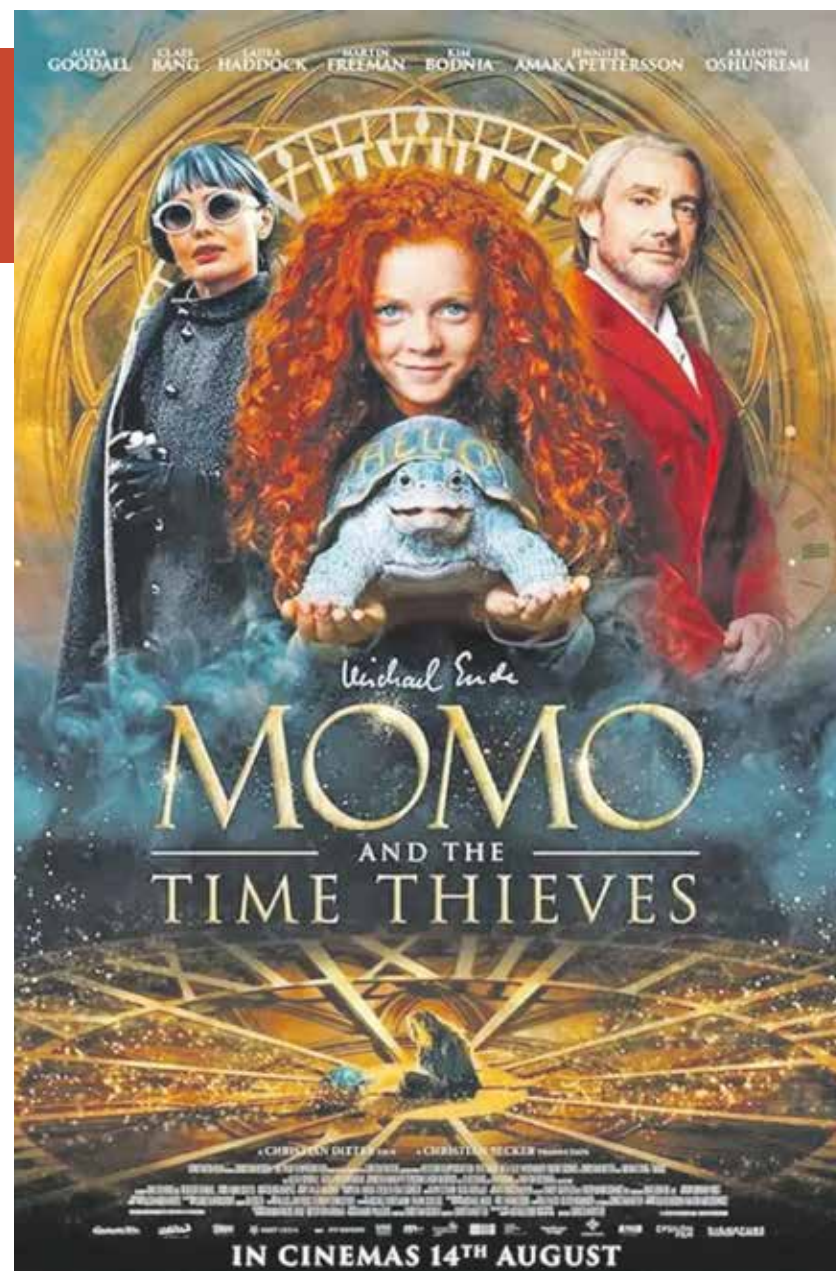
Just as hope seems lost, a mysterious tortoise leads Momo to the enigmatic Master Hora, the Guardian of Time. Together they embark on an unforgettable race against the sinister Time Thieves to reclaim humanity's most precious possession before it's gone forever.

The film stars Maxwell Smith alongside Skylar Blu Copeland, Laura Haddock, Claes Bang, Kim Bodnia and Martin Freeman, whose appearance adds further star power to this visually ambitious

fantasy. Running for 92 minutes, the adventure blends breathtaking world-building with an emotional message about slowing down, valuing relationships and making time for the people who matter most.

Originally published in 1973, Michael Ende's novel has sold millions of copies worldwide and has long been regarded as a modern fantasy masterpiece. Rather than simply retelling the classic tale, Christian Ditter reimagines the story for a new generation while preserving its timeless message about the pressures of modern life and the importance of human connection.

With its blend of magic, adventure, humour and heart, Momo & the Time Thieves looks set to become one of this summer's standout family films – reminding audiences young and old that time isn't something to spend, but something to treasure.



Insidious: Out of the Further

Starring: Amelia Eve, Brandon Perea, Lin Shaye

Director: Jacob Chase

Genre: Horror/Mystery/Thriller

Cert: 18 Release Date: 21/08/2026

The Red-Faced Demon returns as Insidious unleashes its darkest nightmare yet

One of horror's most terrifying franchises is opening the door to The Further once again – and this time, the evil isn't waiting on the other side. It's coming back with you.

Insidious: Out of the Further marks the sixth instalment in the hugely successful supernatural horror series and introduces a terrifying new chapter that promises to expand the mythology of the ghostly realm that has haunted audiences for more than 15 years.

Directed by Jacob Chase (Come Play), the latest instalment follows Gemma, played by Amelia Eve, a young mother who returns to her childhood home to raise her daughter. But the familiar surroundings soon become the setting for unimaginable terror when she discovers she

possesses an extraordinary ability unlike anything seen before in the Insidious universe.

Gemma can enter The Further – the eerie purgatorial dimension inhabited by tortured souls and malevolent entities. More frightening still, she discovers she can bring its terrifying inhabitants back into the real world.

Once the demons realise her unique gift, the boundary between the living and the dead begins to collapse. The haunting spreads beyond haunted houses and shadowy corridors as evil invades everyday life, turning the real world into a deadly playground where nowhere is safe.

Joining Amelia Eve is Brandon Perea, while franchise favourite Lin Shaye returns as the iconic paranormal investigator Elise Rainier, whose knowledge of The

Further has made her one of modern horror's most beloved characters. Her return is expected to reconnect the new story with the chilling mythology established throughout the previous films.

Running for 106 minutes and carrying a UK 15 certificate for strong horror, threat, violence and injury detail, the film aims to deliver relentless supernatural scares, nerve-shredding suspense and the atmospheric dread that turned Insidious into one of the defining horror franchises of the 21st century.

With director Jacob Chase bringing his distinctive psychological horror style to the series, early anticipation is high among fans eager to discover what lies beyond the darkest corners of The Further. If the previous films taught audiences anything, it's that once the door is opened, closing it again may be impossible.



The End of Oak Street

Starring: Anne Hathaway, Ewan McGregor, Christian Convery, Maisy Stella

Director: David Robert Mitchell

Genre: Action/Family/Fantasy

Cert: 12A Release Date: 14/8/2026

Forget nightmare neighbours – the residents of Oak Street have much bigger problems when their entire suburban neighbourhood is suddenly ripped from the world they know and dumped somewhere very, very different.

Anne Hathaway and Ewan McGregor lead this big-screen sci-fi adventure as Denise and Greg Platt, parents desperately trying to keep their family together after a mysterious cosmic event transforms their quiet 1980s existence into a fight for survival.

Alongside them are Nashville star Maisy Stella as daughter Audrey and Sweet Tooth actor Christian

Convery as son Brian, as the Platts discover their familiar streets are now surrounded by a dangerous prehistoric world populated by some very unfriendly creatures.

At its heart is a family already dealing with tensions of its own before its world is literally turned upside down. Now the only way home – and perhaps the only way to stay alive – is to stick together.

With dinosaurs on the loose, suburbia in chaos and Hathaway and McGregor heading up the family under siege, The End of Oak Street looks set to deliver a hefty dose of old-school blockbuster adventure.

WHAT'S ON

in cinemas this month



Fall 2

Starring: Virginia Gardner, Grace Caroline Currey, Harriet Slater, Arsema Thomas, Tom Brittney
Directors: Michael Spierig, Peter Spierig
Genre: Action/Drama/Thriller
Cert: 12A
Release Date: 9/9/2026

Scared of heights? Look away now – the nerve-shredding survival thriller is back, and this time the drop is 3,000 feet.

If 2022 survival hit *Fall* left your palms sweating, its sequel is preparing to take the fear of heights to another terrifying level.

Fall 2 swaps the original film's isolated 2,000-foot radio tower for a precarious plank high above the landscape of Thailand – and this time there's a 3,000-foot drop waiting underneath.

The story follows Jax, played by *Outlander* and *Belgravia* star Harriet Slater, who is struggling with the death of her sister Hunter.

Searching for a way to deal

with her grief, Jax connects with Hunter's fearless friend Luce, played by Arsema Thomas, best known for *Queen Charlotte: A Bridgerton Story*.

Together, the pair decide to honour Hunter by attempting the infamous plank walk of Mount Kwan in Thailand. What begins as an extreme adventure quickly turns into a nightmare when a sudden rockslide leaves them stranded on a fragile plank thousands of feet in the air.

With seemingly nowhere to go, Jax must overcome her fear, keep her nerve and find a way down before their precarious refuge gives way.

Runner

Starring: Owen Wilson, Alan Ritchson, Adriana Barraza, Rodrigo Santoro, Leila George
Director: Scott Waugh **Genre:** Action/Comedy/Thriller
Cert: 15 **Release Date:** 11/9/2026

Three hours. One life-saving organ. And a ruthless cartel determined to steal it. Alan Ritchson and Owen Wilson are about to have one seriously bad day.

Starring: Alan Ritchson, Owen Wilson, Rodrigo Santoro, Leila George, Adriana Barraza

Reacher star Alan Ritchson swaps military investigations for a frantic race against the clock in *Runner*, a high-speed action thriller that pairs him with an unlikely partner – Owen Wilson.

Ritchson plays Hank Malone, a former soldier who now works as a high-end courier. His latest job should be straightforward: transport a vital organ across the city so it can reach a seven-year-old girl desperately awaiting a transplant.

There's just one rather large problem.

A ruthless criminal organisation wants the organ too – and suddenly Hank's delivery run becomes a deadly manhunt involving gunfire, betrayal and seemingly no shortage of people trying to stop him reaching the hospital.

Making the mission even more complicated is Ben Bishop, played by Owen Wilson, the medical courier Hank is reluctantly forced to transport and protect. The mismatched pair have just three hours to complete their delivery before time runs out for the young patient.

With Ritchson providing the muscle, Wilson supplying the laughs and a life-or-death deadline driving everything forward, *Runner* looks designed as a fast, uncomplicated blast of action-comedy.



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Audi has pulled the covers off the all-new third-generation Q7, giving its flagship seven-seat SUV a comprehensive makeover that brings sharper styling, a futuristic digital cabin and more luxury than ever before.

More than 20 years after the original Q7 helped launch Audi's now hugely successful SUV line-up, the latest version aims to remind rivals exactly why it became the benchmark for premium family SUVs in the first place.

Priced from £81,665, and rising to £101,665 for the flagship Vorsprung model, the new Q7 goes on sale now, with the first UK deliveries expected in September.

Continued on page 40



NEW £101k Audi Q7 arrives... and Audi's flagship SUV has never looked more complete

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NEW £101k Audi Q7 arrives... and Audi's flagship SUV has never looked more complete



Audi Q7 SUV pricing (OTR)

Audi Q7 SUV S line:
£81,665

Audi Q7 SUV Edition: 1
£88,965

Audi Q7 SUV Vorsprung:
£101,665

Continued on page 39

Power comes from a 3.0-litre V6 turbo diesel paired with Audi's latest mild-hybrid (MHEV Plus) technology, producing 299bhp and a muscular 630Nm of torque. That is enough to propel the seven-seater from 0-62mph in just 6.2 seconds, while standard quattro all-wheel drive, adaptive air suspension and all-wheel steering promise the kind of effortless performance and refinement buyers in this class expect.

Inside, Audi has transformed the cabin into a high-tech lounge dominated by a trio of digital displays.

Drivers get an 11.9-inch virtual cockpit, a 14.5-inch central touchscreen and a 12.3-inch passenger display, all wrapped in premium materials, ambient lighting and the latest generation of Audi's intuitive infotainment system. A comprehensive suite of driver assistance features also comes as standard, including adaptive cruise control, surround-view cameras and advanced parking technology.

The range is offered in three trim levels, each adding progressively more luxury and visual drama.

The entry-level S line arrives well equipped with Matrix LED headlights, 20-inch alloy wheels, sports seats, privacy glass and Audi's full digital cockpit, making it far from an entry-level proposition.

Stepping up to Edition 1 adds a noticeably more aggressive look thanks to 22-inch Audi Sport alloy wheels, black exterior styling and red brake calipers, while the interior gains

Fine Nappa leather, illuminated sport seats and heated, ventilated and massage front seats. Even passengers in the second and third rows are treated to heated seats, underlining the Q7's focus on family comfort.

For buyers wanting the ultimate Q7, the Vorsprung pulls out all the stops. Riding on the largest wheels ever fitted to the SUV – enormous 23-inch Audi Sport alloys – it also introduces Audi's latest Digital Matrix LED headlights and third-generation OLED rear lights, complete with customisable lighting signatures and advanced safety projections. A panoramic smart glass roof, illuminated front grille, head-up display, four-zone climate control and a spectacular 22-speaker Bang & Olufsen 4D sound system complete the package.

The design itself is more evolution than revolution, but that's no criticism. Sharper lines, a bolder grille and more sophisticated lighting give the Q7 a stronger road presence while preserving the understated elegance that has always appealed to Audi buyers.

The Q7 was the SUV that started Audi's now vast Q family, and this latest generation shows the company has no intention of surrendering its place at the top of the premium SUV market. With genuine seven-seat practicality, impressive performance, cutting-edge technology and limousine levels of refinement, the new Q7 looks every inch a flagship.



BYD's 408PS Ti 7 lands in Britain with seven seats, 74-mile EV range and a fridge

BYD is coming for the big family SUV market, and it isn't arriving quietly.

Meet the Ti 7, the Chinese brand's first seven-seater for Britain and a chunky plug-in hybrid with 408PS, four-wheel drive and a starting price of £47,995.

That puts it directly into the firing line of established family SUVs, but the BYD arrives with a specification list that looks like someone ticked every box before breakfast.

Power comes from BYD's DM-p plug-in hybrid system, which combines a turbocharged 1.5-litre petrol engine with electric motors at the front and rear. Together, they produce 408PS, enough to launch this large seven-seater from 0-62mph in just 4.8 seconds.

That is properly quick for something designed to carry children, luggage and the contents of half a supermarket.

Despite the performance, BYD claims the Ti 7 can travel up to 74 miles using electric power alone, thanks to its 35.6kWh Blade Battery. The

petrol engine mainly works as a generator, adding flexibility for longer journeys.

Only one trim will be offered in Britain: Excellence AWD. Standard equipment includes a 15.6-inch touchscreen, a 10.25-inch driver display, leather seats, three-zone climate control and an 18-speaker audio system.

20-inch alloy wheels, while a panoramic glass roof, privacy glass and LED lighting add some showroom drama.

Practicality looks strong, too. Boot space stands at 126 litres with all seven seats raised, 970 litres with the third row folded and 1,830 litres with the rear two rows dropped.

BYD's first seven-seat SUV for the UK costs £47,995, hits 62mph in 4.8 seconds and arrives packed with enough kit to worry far pricier rivals.

There are also heated and ventilated seats in the first two rows, dual 50W wireless phone chargers and, brilliantly, a refrigerator that can also warm drinks and snacks.

The boxy exterior sits on

The Ti 7 is available to order now. Customers placing a £500 deposit will receive a matching £500 contribution from BYD.

Showroom cars arrive in November, with customer deliveries due in January 2027.

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Stand aside hybrid hypercars. Hennessey has just unveiled a V8-powered, stick-shift monster that ditches touchscreens, embraces old-school thrills and looks like it wants to break the sound barrier.

If you've spent the last few years wondering when someone would finally build a hypercar for drivers instead of software engineers, Hennessey thinks it has the answer.

Meet the Blackbird – a stunning, aerospace-inspired machine that throws the rulebook out of the window. There are no electric motors, no turbochargers, no giant infotainment screens and no paddle shifters. Instead, you get a screaming naturally aspirated V8, a six-speed gated manual gearbox and a physical ignition key. Imagine that.

Named after the legendary Lockheed SR-71 Blackbird spy plane,

Hennessey's latest creation is designed to stir the soul rather than chase lap records. Sure, it'll still hit 60mph in a claimed 2.5 seconds and storm on to 220mph, but the numbers almost feel secondary here.

The real headline is the way it promises to make you feel.

Power comes from an all-new 6.2-litre V8 developed with Ilmor Engineering. It is expected to produce between 800 and 850bhp while revving beyond a spine-tingling 9,000rpm. All that power goes exclusively to the rear wheels through a gloriously mechanical gated manual transmission.

Yes, in 2026, someone is launching a £2 million-plus hypercar with three pedals. We approve.

Hennessey says modern hypercars have become too heavy, too digital and too detached. The Blackbird is its rebellion. Inside, there isn't a

conventional infotainment screen in sight.

Instead, the dashboard is dominated by a huge analogue rev counter, while the cabin features physical switches, exposed gear linkage and a proper metal key. Apple CarPlay and Android Auto are still available, but they run discreetly through your own phone rather than a giant dashboard display.

The exterior is every bit as dramatic.

The long, low silhouette borrows heavily from the SR-71 aircraft, with razor-sharp body lines, gullwing doors and active vertical stabilisers that automatically deploy at 71mph and angle themselves to 71 degrees as a tribute to the famous spy plane. It is one of those rare cars that looks fast even when it's standing still.

Unlike many hypercars, though, the Blackbird isn't just meant for posing

outside five-star hotels.

Hennessey says it has been engineered as a genuine grand tourer, capable of covering more than 800 miles in a single day. There's space for two carry-on suitcases, adaptive suspension for long-distance comfort, improved cabin refinement and – wonderfully – four cup holders. Because even millionaire petrolheads need somewhere to put their coffee.

The engineering is equally serious. A bespoke carbon-fibre chassis, carbon bodywork and a target weight of under 3,000lb should give the Blackbird the agility to match its outrageous power, while Michelin Pilot Sport Cup 2 tyres, ABS and traction control keep everything pointing in roughly the right direction.

Production will be incredibly exclusive.

Just 71 examples will be built

worldwide, each carrying a starting price of \$2.5 million before taxes. Despite customer deliveries not being scheduled until 2029, Hennessey says more than two-thirds of the production run has already been spoken for ahead of its public debut at The Quail in California.

Company founder John Hennessey describes the Blackbird as “the beginning of a new book”, insisting it is designed to create an emotional connection rather than simply dominate a specification sheet.

For once, that doesn't sound like marketing fluff.

In an age where hypercars are becoming rolling supercomputers, the Blackbird feels refreshingly rebellious. Three pedals. Eight cylinders. Zero compromise.

And frankly, we can't think of a better way to spend \$2.5 million.

Blackbird lands



Hennessey builds the 220mph manual hypercar we've been crying out for

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001ASH £5,000 (0011 ASH) TEL: 07985 455 057	AKH11R £9,000 TEL: 07733 244 444	ASILEE £39,000 (ASHLEE) TEL: 07985 455 057	BAB84R £6,995 TEL: 07530 612 171	DO11 DRS £20,000 (DOLLORS) TEL: 07815 114 201	ET11ANM £8,500 (ETHAN M) TEL: 07985 455 057	GO17 ERX £8,000 ONO TEL: 07908 472 121	JO11NTY £20,000 (JOHNTY) TEL: 07985 455 057	KE55ERR £9,995 ONO TEL: 07779 324 610	MA11BUB £19,000 (MAHUBUB) TEL: 07985 455 057	MR 5 5YKS £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	NBIACK £8,500 (N BLACK) TEL: 07985 455 057	PA11LJR £11,000 (PAUL JRI) TEL: 07985 455 057	RE53EES £2,995 TEL: 07867 861 193
I23 YKP £1,275 ONO TEL: 07852 290 229	AKH773R £2,995 TEL: 07867 861 193	AS11MED £8,000 (ASHOK M) TEL: 07985 455 057	BAS33R £1,000 ONO TEL: 07879 230 103	DRI1OPE £8,000 (DR HOPE) TEL: 07985 455 057	ET11ANR £8,500 (ETHAN R) TEL: 07985 455 057	GS11SAN £7,500 (G SUSAN) TEL: 07985 455 057	JO55FYN £OFFERS T: 07740 784 983 privateplates@hotmail.co.uk	KH11AAN £10,000 ONO TEL: 07786 510 000	MA11DAA £1,500 ONO (MAIDA) TEL: 07946 162 099	MR 57NOH £8,000 (MR SINGH) TEL: 07731 464002	NCIARK £9,000 (N CLARK) TEL: 07985 455 057	PA11LSG £11,000 (PAUL SG) TEL: 07985 455 057	RGIIGGS £29,000 (R GIGGS) TEL: 07985 455 057
IBZ 786 OFFERS OVER £10,000 TEL: 07893 184 532	AKR5M £5,500 TEL: 07947 979 777	AS11RAJ £4,500 (ASH RAJ) TEL: 07985 455 057	BCH1ARK £9,000 (B CLARK) TEL: 07985 455 057	DRI1ORN £8,000 (DR HORN) TEL: 07985 455 057	ET11ANT £8,500 (ETHAN T) TEL: 07985 455 057	GUIDES £15,000 (GUIDES) TEL: 07985 455 057	JON8OSS £6,995 TEL: 07530 612 171	KH11AHN £10,000 TEL: 01274 414141 MON - FRI: 9-5.30	MA11DAH £1,500 ONO (MAIDAH) TEL: 07946 162 099	MR N4S £OFFERS TEL: 0787 334 567	ND11EEP £7,000 (N DILEEP) TEL: 07985 455 057	PA11LSR £11,000 (PAUL SR) TEL: 07985 455 057	RJ11DGE £15,000 (R JUDGE) TEL: 07985 455 057
IKKY OFFERS OVER £35,000 TEL: 07873 927 913	AL11 EEF £1200 ONO TEL: 07884 115 115	AS11RAP £2,500 (ASHRAF) TEL: 07985 455 057	BD11EEP £7,000 (B DILEEP) TEL: 07985 455 057	DRI1ANS £15,000 (DR IANS) TEL: 07985 455 057	ET11ANW £8,500 (ETHAN W) TEL: 07985 455 057	GUI1FAM £3,000 ONO (GULLFAM) TEL: 07946 162 099	J17T OK £900 ONO (JAT OK) TEL: 07581 423 143	KH11ANZ £8,000 TEL: 07921 576 971	MA11EKZ £1,500 ONO (MALEK) TEL: 07946 162 099	MS11OPE £9,500 (MS HOPE) TEL: 07985 455 057	NAS55SA £4,500 TEL: 07867 861 193	PA11MAD £10,000 (P AHMAD) TEL: 07985 455 057	RS11AUN £15,000 (R SHAUN) TEL: 07985 455 057
55ABR £4,000 TEL: 07733 244 444	AL11 HSN £3,000 ONO (ALI HASSAN) TEL: 07946 162 099	AS11ZZZ £2,500 (ASH ZZZ) TEL: 07985 455 057	BD55 CAB £2,995 ONO TEL: 07970 914 137	DRI1ARY £12,000 (DR HARY) TEL: 07985 455 057	EV11JAY £10,000 (E VIJAY) TEL: 07985 455 057	GUI1LAM OFFERS OVER £5,000 TEL: 07597 829 845	J17VEE £1500 ONO TEL: 07774 246 877	KH11 LAK £1,000 TEL: 01274 414141 MON - FRI: 9-5.30	MA11MAD £22,000 (M AHMAD) TEL: 07985 455 057	MS11ALE £9,500 (MS HALE) TEL: 07985 455 057	NE11FOX £23,000 (NEIL FOX) TEL: 07985 455 057	PA11SHA £9,000 (P AISHA) TEL: 07985 455 057	RV11JAY £10,000 (R VIJAY) TEL: 07985 455 057
786 KAM £25,000 TEL: 07733 244 444	AM03EAR £2,000 ONO TEL: 07506 342 385	AS14 NAK £1,500 ONO TEL: 07983 590 591	BD55TAN £1,000 ONO TEL: 07954 389 874	DRI1AYS £8,000 (DR HAYS) TEL: 07985 455 057	EV11KAR £650 ONO (EVIL CAR) TEL: 07411 953 337	GUI1JAY £10,000 (G VIJAY) TEL: 07985 455 057	J4 NGS £1,000 TEL: 07815 114 201	KH11NGZ £10,000 TEL: 07921 576 971	MA11MED £22,000 (M AHMED) TEL: 07985 455 057	MS11ALY £9,500 (MS HALY) TEL: 07985 455 057	N K11ANZ £1,500 ONO (NKHANZ) TEL: 07946 162 099	PA11 VEZ £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	RY11SAF £15,000 (R SHAUN) TEL: 07985 455 057
786 MAK £10,000 ONO TEL: 07867 860 098	AM04EAR £3,000 ONO TEL: 07506 342 385	AS14 NJT £1,500 ONO TEL: 07983 590 591	BE11OLD £18,000 (BEHOLD) TEL: 07985 455 057	DR1 SINGG £OFFERS TEL: 07720 376 861	EY11SAF £15,000 (E YUSAF) TEL: 07985 455 057	GY11SAF £15,000 (G YUSAF) TEL: 07985 455 057	J4UEO £2,495 TEL: 07954 389 874	KH59 LED £3,000 TEL: 07970 281 994	MA11MVD £1500 (MAHMD) TEL: 07985 455 057	MS11AWK £9,500 (MS HAWK) TEL: 07985 455 057	NLI1CAS £7,000 (N LUCAS) TEL: 07985 455 057	PA11VEZ £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	RY11SUF £15,000 (R YUSUF) TEL: 07985 455 057
82 GK £OFFERS TEL: 07787 334 567	AM11 AAD £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	AS14NSX £15,000 ONO TEL: 07908 472 121	BH04GUL £OFFERS (BHOGUL) TEL: 07970 026 653	DR5 S10DD £8,000 T: 07740 784 983 privateplates@hotmail.co.uk	EY11SUF £15,000 (E YUSUF) TEL: 07985 455 057	GY11SUF £15,000 (G YUSUF) TEL: 07985 455 057	JAI1ALS £15,000 (JALALS) TEL: 07985 455 057	KK11MAR £15,000 (K KUMAR) TEL: 07985 455 057	MA11 RYM £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	MS11AYS £9,500 (MS HAYS) TEL: 07985 455 057	NO11 SHN £2,500 TEL: 01274 414141 MON - FRI: 9-5.30	PD55ESS £1,500 ONO (POSSESS) TEL: 07971 732 789	SO11LJA £10,000 (SOULJA) TEL: 07786 615 234
A17JEO £5,000 ONO (AMJED) TEL: 07971 732 789	AM11 EEN £5,000 ONO (AMJED) TEL: 07971 732 789	NAD11IM £100,000 TEL: 07983 914 041	BH54RAT £OFFERS (BHOGUL) TEL: 07970 026 653	DS11AUN £15,000 (D SHAUN) TEL: 07985 455 057	EY11SUF £15,000 (E YUSUF) TEL: 07985 455 057	GY11SUF £15,000 (G YUSUF) TEL: 07985 455 057	JAI1MAD £10,000 (J AHMAD) TEL: 07985 455 057	KS11AUN £15,000 (K SHAUN) TEL: 07985 455 057	MA11TAB £18,000 (M AHMAD) TEL: 07985 455 057	MS11UGH £15,000 (MS HUGH) TEL: 07985 455 057	NS11AUN £15,000 (N SHAUN) TEL: 07985 455 057	PH11FOX £22,000 (PHIL FOX) TEL: 07985 455 057	SOC4R £OFFERS TEL: 07787 334 567
A2SSM £1,499 ONO TEL: 07875 337 224	AN11 JAM £5,000 ONO (ANJAM) TEL: 07985 455 057	ASK1 £70,000+ TEL: 07854 012 093	BK11MAR £15,000 (B KUMAR) TEL: 07985 455 057	DS11AUN £15,000 (D SHAUN) TEL: 07985 455 057	EY11SUF £15,000 (E YUSUF) TEL: 07985 455 057	GY11SUF £15,000 (G YUSUF) TEL: 07985 455 057	JAI1MED £15,000 (J AHMED) TEL: 07985 455 057	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UDD £4,000 TEL: 07588 326 444	MS11SAN £7,500 (M SUSAN) TEL: 07985 455 057	NS11SAN £7,500 (N SUSAN) TEL: 07985 455 057	PK11INGS £14,000 (P KINGS) TEL: 07985 455 057	SII ETK £OFFERS (SHEKH) TEL: 07815 114 201
A212 JAN £OFFERS OVER £5,000 TEL: 07817 615 022	AN11 SAR £2,500 TEL: 01274 414141 MON - FRI: 9-5.30	ATT4H £8,500 ONO (NO WITHHELD) TEL: 07786 424 251	BS11AUN £15,000 (B SHAUN) TEL: 07985 455 057	DS11AUN £15,000 (D SHAUN) TEL: 07985 455 057	EY11SUF £15,000 (E YUSUF) TEL: 07985 455 057	GY11SUF £15,000 (G YUSUF) TEL: 07985 455 057	JAI1MED £15,000 (J AHMED) TEL: 07985 455 057	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UMM £2,800 TEL: 07588 326 444	MS11AUN £10,000 (MOHAMMAD) TEL: 07867 886 786	NS11AUN £15,000 (N SHAUN) TEL: 07985 455 057	PK11INGS £14,000 (P KINGS) TEL: 07985 455 057	SII ETK £OFFERS (SHEKH) TEL: 07815 114 201
AA11 LAM £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	AN11 SER £5,000 TEL: 01274 414141 MON - FRI: 9-5.30	AV11JAY £10,000 (A VIJAY) TEL: 07985 455 057	BH54RAT £OFFERS (BHOGUL) TEL: 07971 732 789	DS11AUN £15,000 (D SHAUN) TEL: 07985 455 057	EY11SUF £15,000 (E YUSUF) TEL: 07985 455 057	GY11SUF £15,000 (G YUSUF) TEL: 07985 455 057	JAI1MED £15,000 (J AHMED) TEL: 07985 455 057	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UMM £2,800 TEL: 07588 326 444	MS11AUN £10,000 (MOHAMMAD) TEL: 07867 886 786	NS11AUN £15,000 (N SHAUN) TEL: 07985 455 057	PK11INGS £14,000 (P KINGS) TEL: 07985 455 057	SII ETK £OFFERS (SHEKH) TEL: 07815 114 201
AA11MAD £15,000 (A AHMAD) TEL: 07985 455 057	AN54AR N £1,500 ONO (ANSAAR) TEL: 07946 162 099	AW55SOM £10,000 (AWESOME) TEL: 07985 254 294	BH54RAT £OFFERS (BHOGUL) TEL: 07971 732 789	DS11AUN £15,000 (D SHAUN) TEL: 07985 455 057	EY11SUF £15,000 (E YUSUF) TEL: 07985 455 057	GY11SUF £15,000 (G YUSUF) TEL: 07985 455 057	JAI1MED £15,000 (J AHMED) TEL: 07985 455 057	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UMM £2,800 TEL: 07588 326 444	MS11AUN £10,000 (MOHAMMAD) TEL: 07867 886 786	NS11AUN £15,000 (N SHAUN) TEL: 07985 455 057	PK11INGS £14,000 (P KINGS) TEL: 07985 455 057	SII ETK £OFFERS (SHEKH) TEL: 07815 114 201
AA11YAA £20,000 (AAIYAA) TEL: 07985 455 057	AN55AR K £1,000 TEL: 07985 460 777	AY11NUS £9,500 (A YUNUS) TEL: 07985 455 057	BH54RAT £OFFERS (BHOGUL) TEL: 07971 732 789	DS11AUN £15,000 (D SHAUN) TEL: 07985 455 057	EY11SUF £15,000 (E YUSUF) TEL: 07985 455 057	GY11SUF £15,000 (G YUSUF) TEL: 07985 455 057	JAI1MED £15,000 (J AHMED) TEL: 07985 455 057	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UMM £2,800 TEL: 07588 326 444	MS11AUN £10,000 (MOHAMMAD) TEL: 07867 886 786	NS11AUN £15,000 (N SHAUN) TEL: 07985 455 057	PK11INGS £14,000 (P KINGS) TEL: 07985 455 057	SII ETK £OFFERS (SHEKH) TEL: 07815 114 201
AA12JAN £15,000 (ARJAN) TEL: 07731 464002	ANJ33M £4,995 TEL: 07867 861 193	AS11SAF £15,000 (A YUSAF) TEL: 07985 455 057	BH54RAT £OFFERS (BHOGUL) TEL: 07971 732 789	DS11AUN £15,000 (D SHAUN) TEL: 07985 455 057	EY11SUF £15,000 (E YUSUF) TEL: 07985 455 057	GY11SUF £15,000 (G YUSUF) TEL: 07985 455 057	JAI1MED £15,000 (J AHMED) TEL: 07985 455 057	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UMM £2,800 TEL: 07588 326 444	MS11AUN £10,000 (MOHAMMAD) TEL: 07867 886 786	NS11AUN £15,000 (N SHAUN) TEL: 07985 455 057	PK11INGS £14,000 (P KINGS) TEL: 07985 455 057	SII ETK £OFFERS (SHEKH) TEL: 07815 114 201
AA51ZAA £OFFERS TEL: 07777 612 479	ANW444R £10,000 ONO (ANWAAR) TEL: 07946 162 099	AY11SUF £15,000 (A YUSUF) TEL: 07985 455 057	BH54RAT £OFFERS (BHOGUL) TEL: 07971 732 789	DS11AUN £15,000 (D SHAUN) TEL: 07985 455 057	EY11SUF £15,000 (E YUSUF) TEL: 07985 455 057	GY11SUF £15,000 (G YUSUF) TEL: 07985 455 057	JAI1MED £15,000 (J AHMED) TEL: 07985 455 057	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UMM £2,800 TEL: 07588 326 444	MS11AUN £10,000 (MOHAMMAD) TEL: 07867 886 786	NS11AUN £15,000 (N SHAUN) TEL: 07985 455 057	PK11INGS £14,000 (P KINGS) TEL: 07985 455 057	SII ETK £OFFERS (SHEKH) TEL: 07815 114 201
AA55HAK £8,995 ONO TEL: 07779 324 610	ANW444R £10,000 ONO (ANWAAR) TEL: 07946 162 099	AY11SUF £15,000 (A YUSUF) TEL: 07985 455 057	BH54RAT £OFFERS (BHOGUL) TEL: 07971 732 789	DS11AUN £15,000 (D SHAUN) TEL: 07985 455 057	EY11SUF £15,000 (E YUSUF) TEL: 07985 455 057	GY11SUF £15,000 (G YUSUF) TEL: 07985 455 057	JAI1MED £15,000 (J AHMED) TEL: 07985 455 057	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UMM £2,800 TEL: 07588 326 444	MS11AUN £10,000 (MOHAMMAD) TEL: 07867 886 786	NS11AUN £15,000 (N SHAUN) TEL: 07985 455 057	PK11INGS £14,000 (P KINGS) TEL: 07985 455 057	SII ETK £OFFERS (SHEKH) TEL: 07815 114 201
AA55RIT £8,995 ONO TEL: 07779 324 610	ANW444R £10,000 ONO (ANWAAR) TEL: 07946 162 099	AY11SUF £15,000 (A YUSUF) TEL: 07985 455 057	BH54RAT £OFFERS (BHOGUL) TEL: 07971 732 789	DS11AUN £15,000 (D SHAUN) TEL: 07985 455 057	EY11SUF £15,000 (E YUSUF) TEL: 07985 455 057	GY11SUF £15,000 (G YUSUF) TEL: 07985 455 057	JAI1MED £15,000 (J AHMED) TEL: 07985 455 057	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UMM £2,800 TEL: 07588 326 444	MS11AUN £10,000 (MOHAMMAD) TEL: 07867 886 786	NS11AUN £15,000 (N SHAUN) TEL: 07985 455 057	PK11INGS £14,000 (P KINGS) TEL: 07985 455 057	SII ETK £OFFERS (SHEKH) TEL: 07815 114 201
AA11S £15,000 TEL: 07733 244 444	AS11 AKS £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	BO55Y BO £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	C14 SSE £7,500 (CLASSY) TEL: 07815 114 201	EA55TAL £OFFERS T: 07740 784 983 privateplates@hotmail.co.uk	EY11SUF £15,000 (E YUSUF) TEL: 07985 455 057	GY11SUF £15,000 (G YUSUF) TEL: 07985 455 057	JAI1MED £15,000 (J AHMED) TEL: 07985 455 057	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UMM £2,800 TEL: 07588 326 444	MS11AUN £10,000 (MOHAMMAD) TEL: 07867 886 786	NS11AUN £15,000 (N SHAUN) TEL: 07985 455 057	PK11INGS £14,000 (P KINGS) TEL: 07985 455 057	SII ETK £OFFERS (SHEKH) TEL: 078

GB SH04 BEK £1,995 ONO TEL: 07764 656 667 OFFERS T: 07754 852 402 no withheld numbers	GB SHA2D £25,000 TEL: 07867 861 193	GB TAIHAS £3,000 ONO (TALHA) TEL: 07946 162 099	GB TVIJAY £10,000 (T VIJAY) TEL: 07985 455 057	GB VY55 HAL £3,500 TEL: 07588 326 444	GB WDIIEEP £7,000 (W DILEEP) TEL: 07985 455 057	GB XX 56XY XX £8,000 ONO TEL: 07908 472 121	
GB SHIOAEB £2,000 TEL: 01274 414141 MON - FRI: 9-5.30 OFFERS T: 07754 852 402 no withheld numbers	GB SOII BYA £15,000 (SPORTY) TEL: 07985 455 057	GB TAIIMAD £10,000 (T AHMAD) TEL: 07985 455 057	GB TYIISAF £15,400 (T YUSAF) TEL: 07985 455 057	GB VY55 HNU £3,500 TEL: 07588 326 444	GB WGIPTA £6,995 (W GUPTA) TEL: 07985 455 057	GB XYIISAF £15,400 (X YUSAF) TEL: 07985 455 057	
GB SHIOABY £4,000 ONO TEL: 07828 695 464	GB SPIIRTY £15,000 (TAHYRS) TEL: 07867 886 786	GB TAIYRS £1,500 (TAHYRS) TEL: 07867 886 786	GB TYIISUF £15,400 (T YUSUF) TEL: 07985 455 057	GB WOIIVER £6,500 (W OLIVER) TEL: 07985 455 057	GB WKIIMAR £15,000 (W KUMAR) TEL: 07985 455 057	GB YIINES OFFERS (YOUNAS) TEL: 07834 016 393	
GB SHIOKET £20,000 ONO TEL: 07786 510 000 OFFERS T: 07754 852 402 no withheld numbers	GB STIIGGG £1,600 ONO TEL: 07507 387 547	GB TAI3BYS £1,600 ONO TEL: 07507 387 547	GB UAIIMAD £10,000 (U AHMAD) TEL: 07985 455 057	GB W2I JAS £1,200 ONO TEL: 07925 757 677	GB WMIILES £7,500 (W MILES) TEL: 07985 455 057	GB Y5IILMA £4,000 ONO (SALMA) TEL: 07969 598 969	
GB SHIOKUT £2,000 TEL: 01274 414141 MON - FRI: 9-5.30 OFFERS T: 07754 852 402 no withheld numbers	GB SUR87IT £1,500 (SURBJIT) TEL: 07985 589 631	GB TA55LYM £4,895 ONO TEL: 07779 324 610	GB UDIIEEP £7,000 (U DILEEP) TEL: 07985 455 057	GB W33DDY £5,000 ONO TEL: 07779 994 695	GB WSIISAN £7,500 (W SUSAN) TEL: 07985 455 057	GB Y55ANA OFFERS TEL: 07835 316 786	
GB SHII AED £1,000 TEL: 01274 414141 MON - FRI: 9-5.30	GB SYIISAF £15,400 (S YUSAF) TEL: 07985 455 057	GB TA55TEE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	GB UKIORD OFFERS TEL: 07522 199 997	GB W33DY K £5,000 ONO TEL: 07779 994 695	GB WYIISAF £15,400 (W YUSUF) TEL: 07985 455 057	GB Y9 ALT £30,000 TEL: 07525 817 453	
GB SHII AFS £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	GB SYIISUF £15,000 (S YUSUF) TEL: 07985 455 057	GB TA55TYE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	GB UMM444R £4,995 TEL: 07707 747 776	GB W33NTD £1,800 (WANTED) TEL: 01202 877 038	GB WYIISUF £15,000 (W YUSUF) TEL: 07985 455 057	GB YAIIMAD £10,000 (Y AHMAD) TEL: 07985 455 057	
GB SHIAHZ £6,000 TEL: 07921 576 971	GB TOYSR £15,000 ONO TEL: 07973 787 934	GB TA67 ETS £6,000 ONO TEL: 07908 472 121	GB UYIISAF £15,400 (U YUSAF) TEL: 07985 455 057	GB W4JLD £1,995 TEL: 07954 389 874	GB X3 SINGS £3,500 (SINGHS) TEL: 07833 333 870	GB YAIYAA £15,000 (YAYYAA) TEL: 07985 455 057	
GB SHII ANY £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	GB TIUUCS OFFERS TEL: 07581 169 231	GB TAHIR £100,000 (TAHIR) TEL: 07403 302 725	GB VOIIRAS £2,000 (VOHRA) TEL: 07867 886 786	GB W4KY R £10,000 TEL: 07786 615 234	GB X 7BY X £1,500 TEL: 07767 778 798	GB YEIICOM £49,000 (YELL COM) TEL: 07985 455 057	
GB SHIIKEL £4,999 ONO (SHAKEL) TEL: 07863 945 709	GB TI4 REK OFFERS (TARIO) TEL: 07508 066 661	GB TBIATT £7,000 (T BHATT) TEL: 07985 455 057	GB VOIIVER £6,500 (V OLIVER) TEL: 07985 455 057	GB W4LYT £2,000 TEL: 07854 435 656	GB XAL IIX £15,000 TEL: 07733 244 444	GB YDIIEEP £7,000 (Y DILEEP) TEL: 07985 455 057	
GB SHII OBY £1,000 TEL: 01274 414141 MON - FRI: 9-5.30	GB TI9 ARX OFFERS (TIGER X) TEL: 07837 780 991	GB TDIIEEP £7,000 (T DILEEP) TEL: 07985 455 057	GB V 4RFN £1,000 TEL: 07967 193 033	GB WAIIEEM £15,000 (WAHEEM) TEL: 07985 455 057	GB X BAIG £50,000 TEL: 07947 979 777	GB YKIIMAR £15,000 (Y KUMAR) TEL: 07985 455 057	
GB SHIIPER £15,000 (SHIPER) TEL: 07985 455 057	GB TILI 786 £1,500 ONO TEL: 07954 173 156	GB TERIK VALUES AT OVER £60K TEL: 07733 113 695	GB V 44MJD £850 ONO TEL: 07733 012 253	GB WAIISHA £3,000 (W AISHA) TEL: 07985 455 057	GB X K04SER OFFERS TEL: 07811 146 312	GB YUIONES OFFERS T: 07754 852 402 no withheld numbers	
GB SHIYLA £1,000,000 TEL: 07969 914 041	GB T44 RKK £2,200 ONO TEL: 07926 095 168	GB TJIIDGE £15,500 (T JUDGE) TEL: 07985 455 057	GB VAIIMAD £10,000 (V AHMAD) TEL: 07985 455 057	GB WAIITAD £10,000 (WANTED) TEL: 07778 881 126	GB X KIIAN X £2,700 TEL: 07786 087 155	GB YVIIJAY £10,000 (Y VIJAY) TEL: 07985 455 057	
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EVEREST KING GOES FOR 33

Climbing legend Kami Rita Sherpa to take on world's highest mountain again in 2027 as he bids to smash his own extraordinary record

Mount Everest legend Kami Rita Sherpa is preparing to make history all over again – by attempting an astonishing 33rd successful ascent of the world's highest mountain.

The Nepalese mountaineering great is set to return to Everest in spring 2027, when he will try to extend his own world record and further cement his status as one of the greatest high-altitude climbers of all time.

Kami Rita, who is Head Guide in Nepal for True Summit Adventures, has spent much of his life on the Himalayan giants and has become synonymous with Everest.

His latest challenge will see him once again tackle the 8,849-metre peak, where extreme cold, unpredictable weather, avalanches and the effects of high altitude make every expedition potentially deadly.

But this time, a limited number of adventure travellers will be able to join him for part of the journey.

True Summit Adventures has announced plans for guests to trek to Everest Base Camp alongside Kami Rita as preparations build for his latest record attempt.

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Asian Express

SPORT

Round up of all your local, national and international sporting news



EVEREST KING GOES FOR 33

Climbing legend Kami Rita Sherpa to take on world's highest mountain again in 2027 as he bids to smash his own extraordinary record

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They will not accompany him to the summit, but will experience the Everest region with one of its most celebrated climbers and be at Base Camp during the build-up to the attempt.

For those taking part, the expedition promises a rare glimpse into the world behind one of sport and adventure's most remarkable records.

Kami Rita's career has been built in an environment where experience can be the difference between life and death.

The trek will explore Sherpa culture and life in the Himalayas, while giving guests the chance to hear first-hand about climbing Everest, managing risk and the physical and mental resilience needed to repeatedly operate at extreme altitude.

The expedition forms part of True Summit Adventures' expanding "Icon-Led Adventures" programme, which pairs travellers with leading figures from mountaineering, sport, conservation, photography and culture.

Founder Oliver Browne said the idea was to take adventure travel beyond luxury accommodation and logistics by giving guests access to people who have spent their lives

mastering their disciplines.

"If you are heli-skiing in Antarctica from a superyacht, we want to make sure you're doing it alongside two living legends from the worlds of skiing and adventure," he said.

Adventure's biggest names

Kami Rita is joined in the company's line-up by some formidable names from the climbing world.

They include elite German alpinist David Goettler and American mountaineer Ed Viesturs, who became the first American to climb all 14 of the world's 8,000-metre peaks without supplemental oxygen.

Mountain endurance athlete Karl Egloff, renowned for his speed records at altitude, is also part of the collection.

True Summit Adventures says it now plans to expand the concept beyond mountaineering, with collaborations involving internationally recognised names from golf, skiing, ocean exploration, photography, conservation and culture expected to be announced.

For Kami Rita, however, attention will increasingly turn towards one mountain.

Come spring 2027, the Everest veteran will once again head towards the summit – with a 33rd successful ascent and another place in mountaineering history in his sights.

ONE IN THREE YOGA TEACHERS MAY BE UNINSURED

New concerns over insurance gap as instructors are warned injury claims and legal costs could run into tens of thousands of pounds



Thousands of yoga teachers could be putting themselves at financial risk by teaching without dedicated insurance, according to a new survey.

Research cited by the British Wheel of Yoga (BWY) suggests around one in three UK yoga teachers may not have their own insurance cover for their teaching practice.

The organisation is now urging instructors to check their policies amid warnings that an accident during a class could potentially leave an uninsured teacher facing compensation claims and legal costs running into tens of thousands of pounds.

While the survey by Insure4Sport involved a relatively small sample, BWY says the findings highlight an important issue for people earning money from teaching yoga.

Claims can arise from students suffering injuries during classes, slips and falls, or allegations that an instructor has been negligent.

Without suitable insurance, a teacher could be personally responsible for compensation and associated legal costs.

Insurance may not be compulsory – but venues want it

Dedicated insurance is not generally a legal requirement for yoga teachers in the UK.

However, studios, councils, landlords and event organisers may require instructors to show proof of cover before allowing them to teach on their premises.

Two of the key forms of protection are public liability insurance, which can cover claims involving injury or property damage, and professional indemnity insurance, which can offer protection against claims linked to professional advice or instruction.

BWY is also highlighting the importance of first aid training.

The organisation says insurance policies may impose conditions relating to first aid provision, meaning teachers should understand exactly what their individual policy requires.

Having an up-to-date First Aid certificate can also form an important part of good risk management when running classes.

Teachers urged to check the small print

The British Wheel of Yoga is encouraging instructors to check that their insurance remains valid and provides suitable protection for the type of teaching they actually do.

It is also promoting its Associate Teaching Membership for instructors with more than 300 hours of training through a reputable school.

Priced at £108 a year, membership includes teaching insurance covering public liability and professional indemnity, alongside continuing professional development resources, guidance, templates and teaching support.

The warning applies not only to established instructors, but also people returning to yoga teaching or preparing to run their first classes.

Teachers are being advised to check what their existing policy covers, whether their qualifications and first aid arrangements meet its conditions, and whether additional activities they offer are included before stepping in front of their next class.



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FOOTBALL FEVER INSPIRING KIDS TO GET ACTIVE

Former England captain David Beckham topped the list of inspiring British male athletes, followed by Marcus Rashford, four-time Olympic champion Sir Mo Farah, England skipper Harry Kane and former heavyweight boxing world champion Anthony Joshua.

Among female sporting stars, England Lioness Chloe Kelly came

out on top, ahead of Leah Williamson, Olympic champion Jessica Ennis-Hill, middle-distance star Keely Hodgkinson and Lioness Lucy Bronze.

Current England stars Bukayo Saka, Jude Bellingham and Declan Rice were also among those named by parents.

The findings come during a huge summer of sport and highlight the influence elite athletes have beyond

packed stadiums and television screens.

From youngsters recreating goals in playgrounds to families watching major tournaments together, the Youth Sport Trust says sporting success can spark children to get moving.

The survey was carried out ahead of National School Sports Week, which aims to encourage more young people

to experience sport, PE and play.

Youth Sport Trust CEO Ali Oliver MBE said England's World Cup campaign had again demonstrated sport's extraordinary ability to capture imaginations.

"When children see players like Harry Kane and Jude Bellingham performing on the biggest stage or hear parents and friends talking about the tournament, it can spark a powerful sense of possibility," she said.

"But the power of sport is not only found in stadiums."

She said schools taking part in National School Sports Week showed how children can "connect through play, develop skills, build confidence and experience the togetherness that comes from moving with others".

More than 2,600 schools took part in this year's campaign, encouraging youngsters to meet the UK Chief Medical Officers' recommendation that children and young people average at least 60 minutes of physical activity a day.

"Sport has given me so much" - Sir Mo Farah

Sir Mo Farah, who was named

the third most inspiring British male athlete in the survey, said being recognised by parents meant a great deal.

"Sport has given me so much throughout my life, including the belief that you can achieve more than you think," he said.

Farah, who has spoken about his love of football, added that major sporting moments can have an impact beyond the result.

"I have always loved football too, and moments like England's World Cup run show how powerful sport can be in bringing people together."

Schools across the country have also welcomed visits from athletes and para-athletes, giving pupils the chance to hear first-hand how sport can build confidence, resilience and ambition.

With football, cricket, tennis and the Commonwealth Games all providing major sporting moments this summer, the Youth Sport Trust says the opportunity is there to turn sporting excitement into something lasting — getting more children playing, moving and enjoying sport.



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FOOTBALL FEVER INSPIRING KIDS TO GET ACTIVE

England's World Cup this summer did more more than grip the nation.

New research suggests football's biggest stars are inspiring children to get off the sofa, head outdoors and move.

Football fever swept through Britain, and parents say some of the game's biggest names are helping inspire a new generation to become more active.

New research commissioned by the Youth Sport Trust found footballers dominate the sporting role models parents believe encourage children to exercise, play and develop healthy habits.

Continued on page 47

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