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shop to a multimillion pound empire wins 'Wholesaler of the Year'

AWa

Bradford entrepreneurialism, Bradford entrepreneuriaism, a company which began as a corner shop, and who's growth has seen it become one of the most recognised brands across the country, has just won a top national award.

Adams Foodservice Trading Ltd, with headquarters in Bradford, has been awarded the highly-contested for and prestigious Federation of Wholesale Distributors Gold Award for Foodservice Wholesaler of the Year.

Continued on page 8



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Excellence and innovation honoured at celebration of diverse talent Drac

of Asian Express TODAY!

Published by Media Buzz



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In a dazzling showcase of talent and dedication, the 9th annual Oracle Awards, showcased how it continues to be the UK's premier celebration of excellence within the business sector.

This years' highly-anticipated Red Carpet Oracle Awards was an unforgettable event at Town Hall in

Dewsbury on 11th November.

In an exceptional gathering, the ceremony honoured remarkable personalities and organisations, prioritising diversity and inclusivity.

It shone a bright spotlight on the outstanding sole traders, charities, and individuals across the nation whose exceptional contributions have left an indelible mark on their respective fields.

Artists performing on the evening were Aidan M, Harbhajan Talwar (Xlnc) Mazz Dancer, Arslan Baig and Shazada G.

A special recognition went out to Councillor Akef Akbar of Tyler Hoffman Solicitors, who picked up the 'Best Criminal Defence Lawyer'

The Oracle Awards has grown in strength and prestige with each passing year, serving as a platform for remarkable personalities, businesses, charities, and local communities to unite in celebration. The impact of this recognition has been transformative for many, propelling them to greater heights in their endeavours.

Aidan Mufti, founder of the

awards ceremony says: "The event the importance of this event within

has earned a high-profile over the years, and has propelled many "A special thank winners into the national spotlight.
"A highlight of this year's Oracle

Awards is the esteemed partnership with Asian Express newspaper, a media outlet known for its exceptional contributions to the field for over 20-years. Their support and dedication further underscore

"A special thank you to our sponsors Shazia Hussain MUA, Harveys Fashion, Huddersfield, Indus Kabana Rang.the.colour.of.love, The Catering Group, Safs Flower Boutique and Mustafia Sharif





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Elite Top Guards, led by 24-year-old Managing Director Sulaiman Malik, is a rising star in the security industry. In just two years, they've received the prestigious Oracle Award for the 'Best New Start-Up Business' of 2023. Specialising in comprehensive

Specialising in comprehensive security courses, Elite Top

Guards empowers individuals to excel in the industry.
With experienced instructors and state-of-the-art facilities, they deliver exceptional service and contribute to a safer society. Under Sulaiman Malik's leadership the company is leadership, the company is poised for a bright future in the security industry.





















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Royal approval

'Give a Gift' honoured with King's Award for Voluntary Service

The King's Award for Voluntary Service has been awarded to a grassroots charity managed by volunteers located in Leeds.

Leeds-based charity, Give A Gift, works relentlessly to support refugees, asylum seekers and those living in poverty. Providing essential items via a culturally-appropriate food hub, Give a Gift has distributed over half a million pounds worth of food and other essential items over the last three years.

It also offers short-term financial

It also offers short-term financial assistance for people not eligible for public funds, assistance with finding accommodation, advocacy and befriending support and social, leisure and recreational opportunities.

The King's Award, the equivalent of

The King's Award, the equivalent of an MBE, is the highest honour that a local volunteer organisation may be granted in the United Kingdom.

Charity Director, and Founder, Rifhat Malik MBE says: "We are absolutely delighted to receive this award as it recognises the brilliant contribution our amazing volunteers make to the organisation.

66

This recognition reflects the dedication and tireless efforts of our team, volunteers, and supporters and will inspire us to continue our mission of making a positive impact on the most disadvantaged communities."

"This recognition reflects the dedication and tireless efforts of our team, volunteers, and supporters and will inspire us to continue our mission of making a positive impact on the most disadvantaged communities."

"The award comes at a time when

"The award comes at a time when we are busier than ever in meeting an unprecedented level of demand due to the cost of living crisis but it exemplifies the organisation's continued dedication to making society a better place for everyone, regardless of their background"

Give A Gift is one of 262 charities, social enterprises and voluntary groups to receive the prestigious award this year. Their work, along with others from across the UK, reminds us of all the ways fantastic volunteers are contributing to their local communities and working to make life better for those around them.

The King's Award for Voluntary Service aims to recognise outstanding work by local volunteer groups to



benefit their communities. It was created in 2002 to celebrate Queen Elizabeth II's Golden Jubilee and, following his accession, His Majesty the King emphasised his desire to continue the Award.

continue the Award.

Recipients are announced annually on 14th November, The King's Birthday. Representatives of Give A Gift will receive the award crystal and certificate from Ed Anderson the Lord-Lieutenant for West Yorkshire, later this year.

Give A Gift is one of 262 charities, social enterprises and voluntary groups to receive the prestigious award this year.



Over 14,100 Palestinians have been killed and 29,428 wounded in Israeli air attacks on the Gaza Strip, according to medical sources.

Our Palestinian brothers and sisters are once again facing a dangerous escalation in violence! This ongoing crisis in Palestine is claiming lives every day. Our Palestinian brothers and sisters suffer hostility, discrimination, and violence, and casualty numbers mount by the day.

More children have now been killed in Gaza in the last three weeks than the total killed in conflicts around the world in every year since 2019, Save the Children said.

SKT Welfare are on the ground providing hot meals, blankets and water for the thousands who have been left with no water, food or access to hospitals. This war is killing innocent civilians in Gaza and they need our support.



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SPREAD MORE KINDNESS (M) (D) (III)











Forget Me Not children's hospice welcomes former Mayor of Kirklees to the team!

Ahmed, has been appointed as community engagement officer at Forget Me Not Children's Hospice.

Having chosen Forget Me Not as his

mayoral charity of the year (2022-23), he will now be working to continue building relationships, raising awareness and seeking financial support across the diverse communities the charity serves, as a member of the team!

Masood said: "As mayor I was able to

"Around 60% of the families

Forget Me Not

supports are

from ethnic

minority

backgrounds."

make connections across the region - with community groups, schools, mosques, churches, scout groups, businesses and more. Those, alongside my network of the form of contacts built in my previous roles working in education, training and development, children's services and youth work, will open up new opportunities for raising awareness and vital funds for Forget Me

I want to highlight all the

fantastic work that the hospice does, particularly within South Asian communities. While around 60% of the families Forget Me Not supports are from ethnic minority backgrounds, its work is not well-known amongst these communities. My role is to raise awareness and understanding so that more families are able to get the support they need. I want to show people that the hospice isn't like a hospital or a place where sick children go to die. It's more like somewhere you can feel at home, surrounded by people who can support you through the challenges you face.

Sadly, Masood has personal experience

Former Mayor of Kirklees, Masood of loss. "One of my sons had an underlying health condition and we were in and out of hospital regularly. We spent more time in the intensive care unit than anywhere else. Forget Me Not didn't exist at the time and there was no support for us as a family, no one to talk to, no one to help us deal with the situation.

When I visited the hospice 10 years ago, I was taken aback by what they offered. My heart melted and I was drawn like a

magnet to this amazing charity.

Of course, Forget Me Not can only be
there for families in need with the support of the whole community. This year, the charity needs to raise £5.5million and so relies on donations and fundraising from people, groups and businesses across West Yorkshire. I'm excited by the opportunity this role offers me go out there, spread the word and raise as much money

as possible.

It's not just a job, it's personal to me.

Georgia Lane, fundraising manager at Forget Me Not said: "We're delighted to welcome Masood to the team - although it feels like he's been part of the family for a long time already! His support as mayor was invaluable, enabling us to develop partnerships with community groups, businesses and organisations that we wouldn't have reached without him opening those doors. We look forward to his continuing that vital work as a member of staff!"

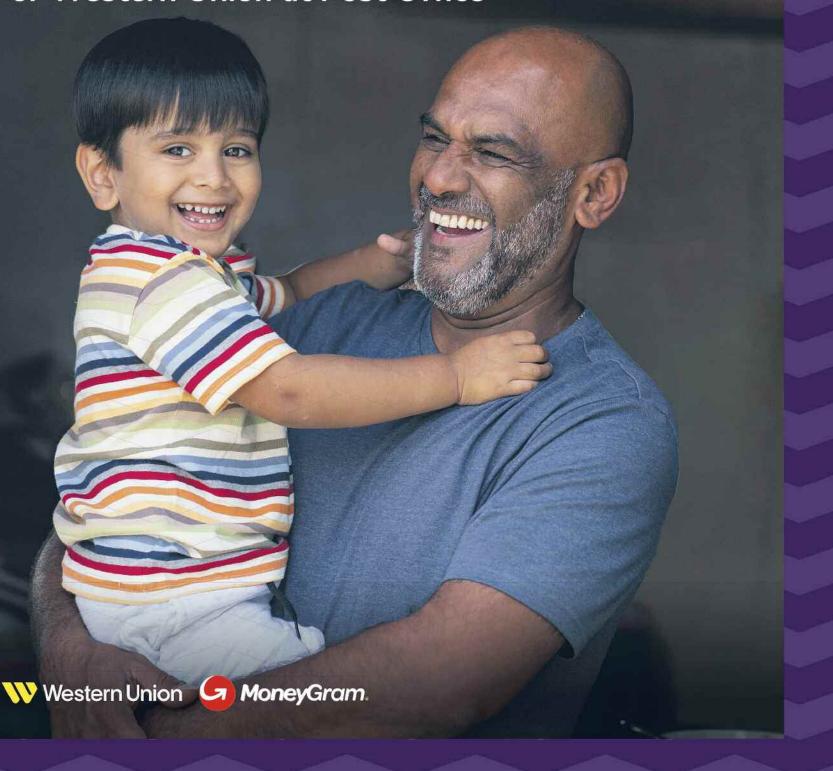
For more information about Forget Me Not Children's Hospice please visit www.forgetmenotchild.co.uk







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Business that grew from corner shop to a multimillion pound empire wins 'Wholesaler of the Year'



Distributors' Gold Award, recognising Adams Foodservice as the best Foodservice Wholesaler, is a testament to the company's unwavering commitment to excellence and innovation in the industry.

esteemed runners-up Bidfood UK and JJ Food Service Limited, both formidable players in the wholesale

Adams Foodservice attributes this success to its dedicated team, valued partners, family, and the well wishes of the community.

The company expressed gratitude for the collaborative spirit that has propelled them to the pinnacle of the

Mirza Khan's son, and Company Director, Sajad Hussain, elated with the achievement, remarks: "This award is a testament to the vital role our organisation plays in the local community and toodservice landscape. the

"And being featured on the BBC is a recognition we are immensely proud

Beyond their industry accolades, Adams Foodservice has been making significant strides in sustainability.

The main trading company is proud to be a net-zero entity, recently featured by British Gas for its commitment to environmental responsibility.

Their fleet of electric company vehicles, reliance on 100% green energy, and installation of solar panels

on major depots (totalling over 9) underscore their commitment to a greener world.

Not content with business success alone, Adams Foodservice has also become a pivotal player in the Ramadan Charities Cake Campaigns.

Over the past decade, they have distributed over 60,000 cakes during the holy month, generating an impressive £2.3 million in net proceeds for various charities.

These funds have been utilised for causes both domestic and international, exemplifying the company's commitment to corporate

social responsibility.

Even in retirement, the founders of Adams Foodservice are not resting.

Engaging in philanthropic endeavours, they run a green, sustainable profit-for-purpose farm in Pakistan. The farm not only promotes environmental responsibility but also provides employment opportunities, particularly for women on the poverty

Mohammed Kola, Finance Director at Adams Foodservice, revealed the company's commitment to substantial growth aligning with a broader ethos

of community support.
Emphasising Adams Foodservice's integral role in represented communities, Mohammed credited the workforce's dedication for the company's remarkable growth.

He comments: "Ambitious plans are on the horizon, reflecting a steadfast commitment to further community

impact through ongoing expansion."
Adams Foodservice Trading Ltd has indeed carved a remarkable niche for itself, not just as a leading fast-growing entity in the foodservice sector but as a beacon of innovation, community engagement, and sustainability.

Their story is not just about business success but a testament to the positive impact a company can have on both local and global communities







SEKHON GROUP OF COMPANIES





NYMR celebrates a festive season with Santa Specials

The North Yorkshire Moors Railway (NYMR) hosts the ultimate Christmas adventure with visitors meeting Father Christmas and his helpers on board the Santa Express!

These magical services are bringing the festive season to life on 9, 10, 16, 17, 23 & 24 December. You and your family can join Santa and his team of playful elves on

board The Santa Express, whisking you away on an unforgettable journey filled with laughter, joy, and plenty of holiday spirit.

journey filled with laughter, joy, and plenty of holiday spirit.

Tickets for the magical adventure aboard the Santa Express are available now for a Christmas journey you won't forget. For more information and to purchase tickets visit, https://www.nymr.co.uk/ Event/santa-specials



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Kala Sangam announces first off site performances

The Kala Sangam will close to the public on 22 December 2023 its Arts Centre undergoes a major redevelopment

redevelopment.
Off-site, details of an 18-month programme of performances at venues across the Bradford district have been announced.

Beginning at Keighley Creative with a new play from local writer Kerry Wright, the Kala Sangam on Tour programme will bring dance, theatre, music and spoken word to a mix of traditional performance venues and unusual spaces across the city.

Running from 30 January to 2
February, Kailey draws on Wright's own family history to explore the impact having a parent in prison has on young people. Nina Rajarani and Srishti Dance Creations will showcase up and coming Bharatanatyam dancers with Pathways on Saturday 2 March. More events, including Kala Sangam's annual Arts Iftar, will be announced early in the new year. Kala Sangam's multi-million-pound

Kala Sangam's multi-million-pound project will see the venue take over the ground floor of their home in St Peter's House, installing a new theatre, creating five new studio spaces and improving access throughout.

Along with a new entrance at the front of the building, new lifts will ensure all floors are accessible to everyone. The work will also create a new, permanent, home for BCB radio and additional space available for commercial hire.

The work is expected to take until mid-2025 and the organisation will reopen as Bradford Arts Centre, as one of the milestone events in Bradford's City of Culture year.



Are you a 'can l borrow your specs' Ler?

Maybe it's time for an eye test Book online at specsavers.co.uk

Specsavers

A new video game made by former University of Bradford students is set to be released after receiving a £30,000 funding boost.

It's Grim Up North has been handed the grant from the UK Games Fund after a successful application. The grant has been used to expand the game's development and for its artwork.

The grant was awarded to the game's makers in two different rounds earlier this year, the first application for £12,000

and the second saw them receive £18,000 to use towards the adventure game.

It's Grim Up North's story, aimed at anyone aged 12 or over, is based on Bradford and Yorkshire and sees alien shape-shifters invade Earth and it is up to an elderly detective to find them. He does this by testing aliens' knowledge on a range of Yorkshire icons including the Yorkshire Rose and Bradford-born artist David Hockney.

"It's a very good thing for students at the University to see, to get inspiration from this. Hopefully it will inspire more people to try it.

The game will be split into four separate chapters and it is hoped the first will be released in early 2024.

The game's eight-strong team includes alumni Ahseem Yousuf, 26, its writer who also works as a freelance videographer, graduated with a BA (Hons) Film and Television Production from the University of Bradford in 2021.

His brother Harun Ali, 30, the game's founder, creative director and designer, graduated in 2015 with a BA (Hons) in Graphics for Games and works as associate producer for No Brakes Games in Tenerife, Spain. They have worked alongside games artist Faisal Hussain,



who also studied at the University of Bradford.

Ahseem said: "It's a very good thing for students at the University to see, to get inspiration from this. Hopefully it will

inspire more people to try it.

"It's quite exciting. It's very nice to see it get made and finished. A lot of work has gone into it. I've written about 80,000 words for the game. It's an episodic game. In the first level of the game you have to make a Yorkshire rose.

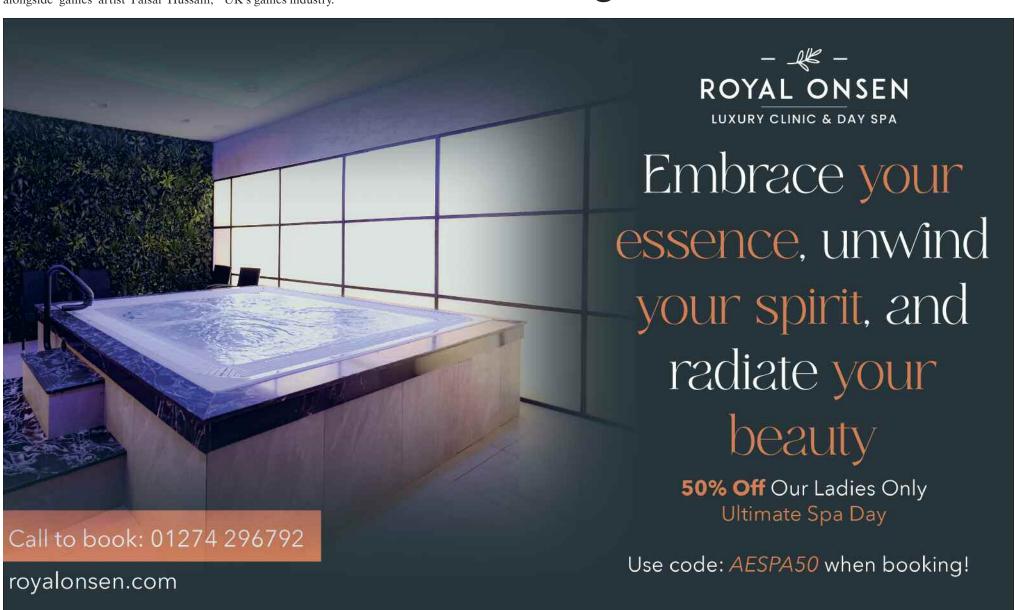
"It's kind of cool to see that an indie

game is getting the funding. It's hard to get funding. It will open up doors for us. They must have seen some sort of potential in the game to fund it.

"The levels were quite small initially. We have added more themes and parts of the puzzle. We've expanded the story. It's

lext level

University Alumni's game gets £30,000 Games Talent and Finance Community
Interest Company, a not-for-profit
company which aims to develop the UK
games development sector and boost the
UK's games industry.





They KNEAD you!

Great British Bake Off is looking for the country's next best home bakers

Are you ready to make your dreams crumb true, or perhaps you know someone who's bready to rise to the

Well then... the next Great British Bake Off (GBBO) might just be your slice of cake since they're casting for a

Indian Just be your site of cake since they be easily for all landmark fifteenth series and are looking for the next batch of bakers to go to the famous white tent in 2024!

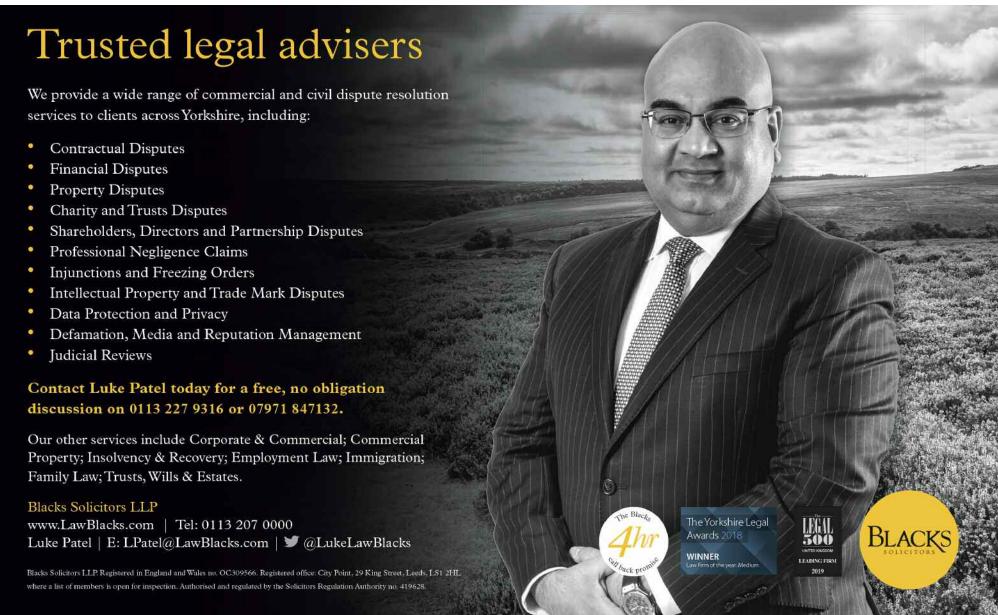
You might ask, 'what does GBBO look for in an applicant?' - top of the list is a love and passion for baking!

Aside from that, you'll need to have a broader baking repertoire than just baking cakes, such as bread and pastry and biscuits.

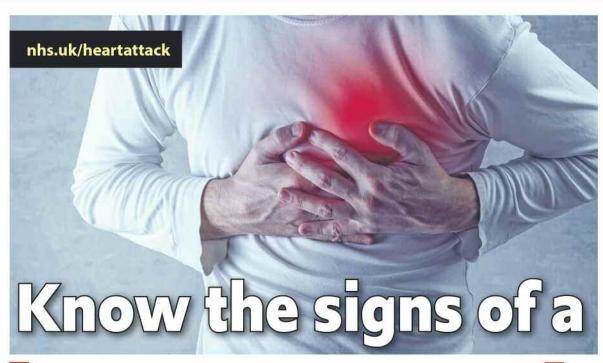
It is important to note though that it is completely ok people haven't made literally everything! There is always time to practice through the process and everyone has their own baking strengths and weaknesses.

Applications are open to everyone although you must be 16 or over. The closing date for applications is 1pm on Tuesday 2nd January 2024, and you must a UK resident (including Isle of Man and Channel Islands). Full Rules of Entry can be found at www.applyforbakeoff.co.uk.





Produced in association with HM Government



Early symptoms may vary - NHS advises it's never too early to dial 999

Heart attacks account for approximately 80,000 hospital admissions in England each year, and at least 7 out of 10 people survive them. This number rises to nearly 9 out of 10 (94%) for those who get to the hospital and get the right care.

Although chest discomfort is one of the most recognised symptoms of a heart attack, other symptoms like shortness of breath, feeling lightheaded or dizzy, a sense of unease, or an overpowering feeling of anxiety may go unnoticed

Professor Nick Linker, cardiologist and National Clinical Director for Heart Disease at NHS England says: "People who are experiencing a heart

Rifhat Malik MBE

attack often describe it as a sensation of squeezing or tightness across the chest along with other symptoms such as sweating, nausea or a sense of unease.

"It can be easy to dismiss the early signs of heart attack as they don't always feel severe, but it is never too early to dial 999 and describe your symptoms - the faster you act, the better the chance of a full recovery.

A recent survey published by NHS England, reveals a lack of confidence in the South Asian community in recognising the symptoms of a heart





told I was

to hospital with indigestion-like pains, nausea and chronic fatigue. "At the time it was Ramadan, and so I simply put my symptoms down to fasting," says Rifhat. "I had a major charity fundraising event to organise, and so pushed myself to crack on with it despite not feeling quite right. However, afterwards, my friends insisted that I to go to hospital to have my symptoms checked 'After being driven to A&E and seen by doctors, I was

husband. An angiogram showed a blockage in my right coronary artery, and so I was sent for heart surgery to have two stents inserted.

Rifhat realises she was exceptionally lucky to have been pushed by friends to go to the hospital: "Heart disease runs in my family, so I should have known better. However, the signs of my heart attack were not severe, so I dismissed them at the time.

"Seeking medical advice at those early stages of my heart attack, most probably saved me from a more dire situation. I strongly advise our South Asian communities to wise up on the symptoms - it could just save yours, or someone else's life.'

Symptoms of a heart attack can include:

- Chest pain a feeling of pressure, heaviness, tightness or squeezing across your chest
- Pain in other parts of the body - it can feel as if the pain is spreading from your chest to your arms (usually the left arm, but it can affect both arms), jaw, neck, back and tummy
- Feeling lightheaded or dizzy
- Sweating
- Shortness of breath
- Feeling sick (nausea) or being sick (vomiting)
- An overwhelming feeling of anxiety (similar to a panic attack)
- Coughing or wheezing



know the difference between Heart Attack and Cardiac Arrest?

A heart attack occurs when the supply of blood to the heart becomes blocked, which can starve it of oxygen, potentially causing serious muscle damage, but the person will be conscious and breathing.

A cardiac arrest is different - it usually occurs suddenly and without warning with the person quickly losing consciousness. Their heart stops, they will have no pulse and sadly people experiencing a cardiac arrest will usually die within minutes if they do not receive treatment. A heart attack can lead to a cardiac arrest.





Primary school transforms learning with animal initiative - and everyone's neighing about it

At an inner city Birmingham school, pupils get to start their day by feeding the 'naughty spitting'

alpacas, makesure no goats have escaped, and to check on the chickens and collect eggs.

St. Michael's C of E Primary School in Handsworth, Birmingham, has breathed life into a unique initiative - a small on-site form designed to energie its purils. farm, designed to engage its pupils and foster community involvement.

The brainchild of the school's

headteacher, Philip Hynan, the farm draws its inspiration from his childhood experiences on a farm in southern Ireland. The farm has not only won over the local community but also served as a refreshing educational tool, immersing children in the responsibility of taking care of animals.

Philip Hynan became head teacher of St Michael's C of E Primary School, in September 2021, its fourth boss in two years.

The school, in one of Birmingham's most deprived wards, lies just off the bustling, traffic-laden Soho Road and is perhaps not a place you would expect to find a small-holding.

Mr Hynan's priority was to raise

learning standards. One of the ways he wanted to do that was to engage with the community - and so the school opened a farm.

Head teacher Philip Hynan sees the school as a hub - a place to connect with families and the community. "We felt that in order to raise standards in teaching and learning we needed to get everybody on side," he said.

"The farm has won us a lot of fans

- we see lots of people passing by, looking through the fence and taking photos."

One of the primary purposes of the farm at St. Michael's Primary School is to instil a sense of responsibility in the children. From feeding all the animals, the children are hands-on in maintaining the

But not all the farm work is done



by the children, though. Cleaning the enclosures and scooping up the poop is a weekly task for the headteacher.

The farm school's t also impacts the school's teaching methods positively. The children's interaction with different animals stimulates their curiosity, encouraging them to ask questions and think critically. The farm has effectively raised learning standards by providing a practical learning approach, which s a departure from the traditional classroom setting.

The opportunity to hand-rear and bottle-feed lambs rejected by their mothers not only teaches them about animals but also instills a sense of empathy and consideration for others.

The farm also plays a crucial role in engaging the community. The initiative has brought together charitable promoting a sense of togetherness and shared responsibility. The farm, located in one of Birmingham's most deprived wards, has become a beacon of community support and

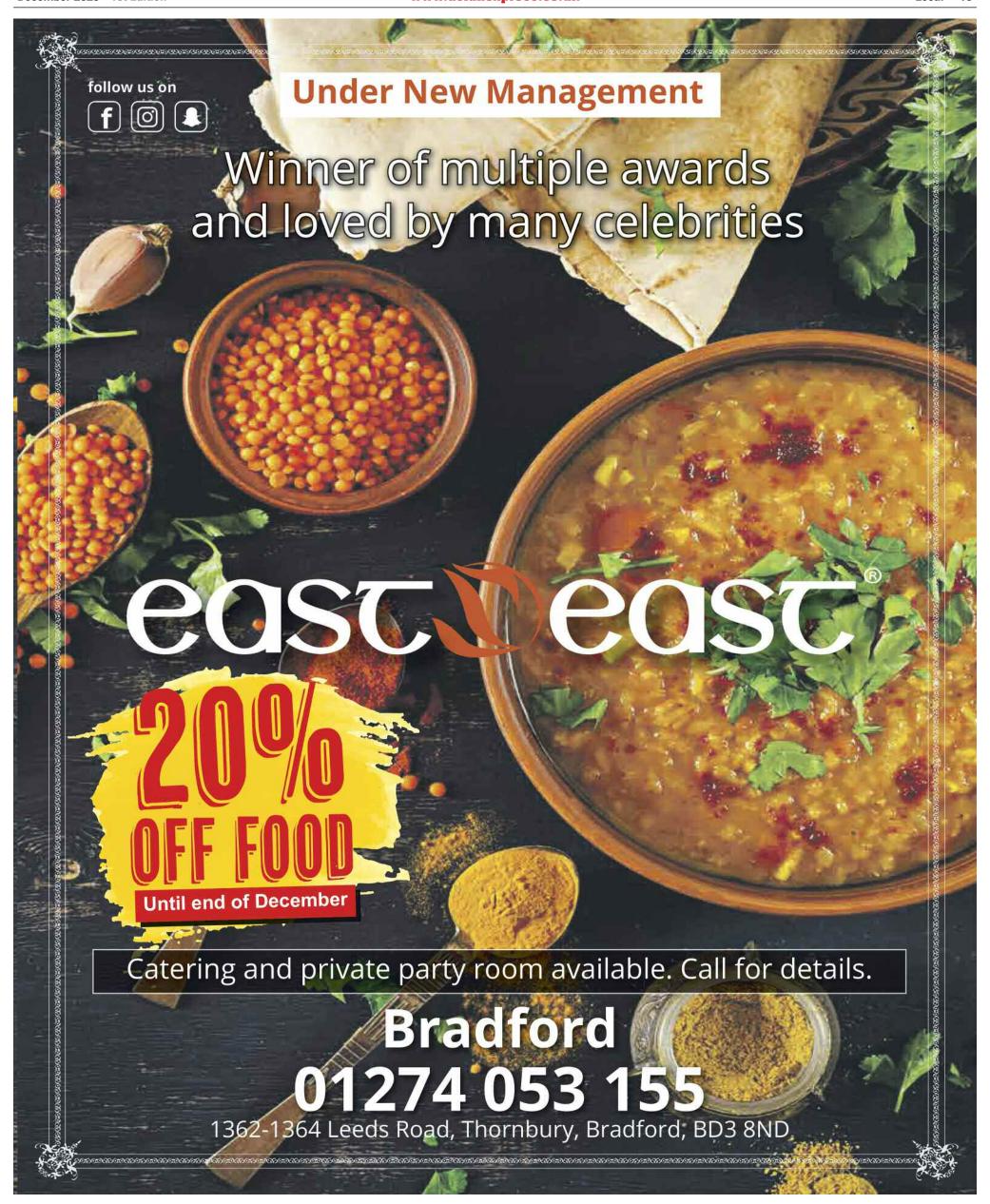
wellbeing.

Besides the farm, the school has ingeniously transformed a disused playground into an allotment, involving nearby residents to grow vegetables. This initiative encourages the children to understand the process of growing food, promoting healthy eating habits habits.

Now, the question begs, 'what's next'? Well the children are hoping for a horse and a cow... watch this







Russia's great big gold plot to evade sanctio

This alert will aid efforts. in partnership with the regulated sector, including the banks and high value dealers, to ensure that sanctioned individuals or those who represent them cannot use gold to

The National Crime Agency has issued an alert to financial institutions and other members of the regulated sector warning that Russia is using gold as a means to undermine the impact of the UK sanctions regime.

Gold is a significant income stream for Russia's war effort – one of the highest by value after oil and gas, and worth £12.6 billion to the Russian economy in 2021. Today the FCDO has sanctioned a number of individuals and entities operating in and supporting Russia's gold sector. Given the importance of the UK to

the gold market, the NCA is warning of deliberate attempts being made to launder sanctioned gold to mask its origin so that it can be hidden in

supply chains and sold in the UK and

around the world.
Gold exported from Russia since
21 July 2022 is increasingly being
shipped to countries that do not
apply sanctions on Russian gold.
Once melted down and recast or
refined the cripin of gold empt be refined, the origin of gold cannot be determined by examination, as any hallmarks are lost.

Imports of mined gold can also be easily disguised. By masking the origin, new Russian gold can then be sold on to another country who may be unaware of the true origin.

Adrian Searle, Director of the National Economic Crime Centre at

the NCA said: "Sanctions evaders undermine UK national security, working against our foreign policy objectives which promote international peace and security, and the rule of law. With the robust implementation of controls by the UK financial sector and our international partners, to identify and disrupt sanctions evasion, we have seen consequent attempts to use gold to circumvent the sanctions regime.

"London's precious metals market sets the global standard for the quality of gold. The sector plays a key role in supervising the trade and improving record keeping to boost

the integrity of the supply chain. This alert will aid efforts, in partnership with the regulated sector, including the banks and high value dealers, to ensure that sanctioned individuals or those who represent them cannot use gold to circumvent UK sanctions.

The London Bullion Market Association (LBMA) accredits gold refineries around the world. It sets the standards for what constitutes 'London Good Delivery' (LGD) gold which has become the "de facto" global standard I RMA facto" global standard. LBMA accredited refineries account for 85-92% of annual global mined gold production.



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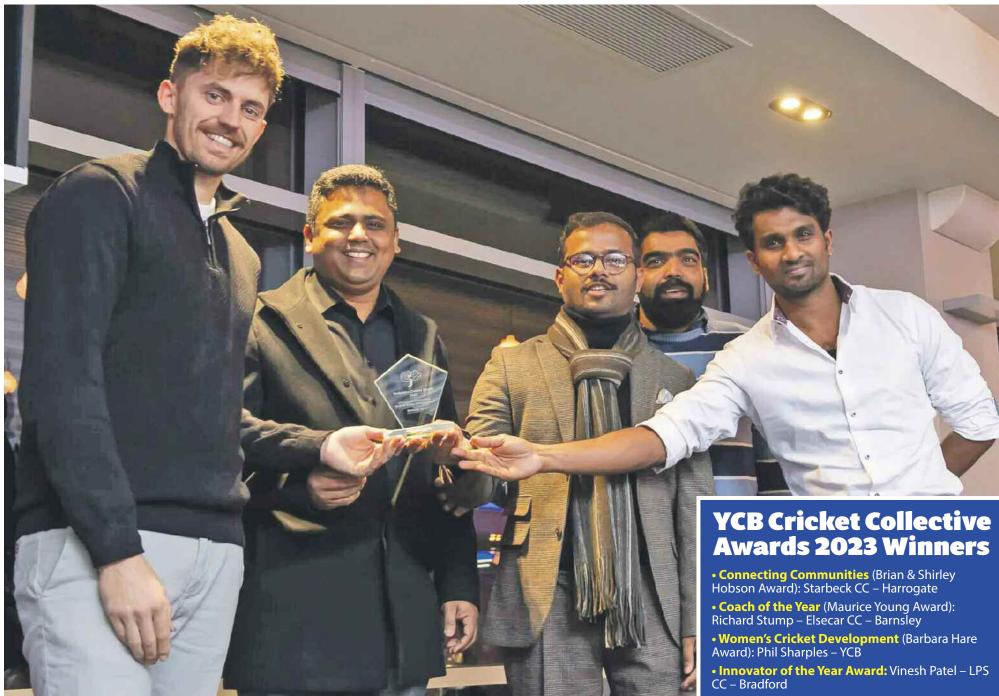
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* Blood pressure checks and Flu vaccinations are NHS services





Celebrating our fabulous volunteers

YCB Yorkshire Cricket Collective Awards pays homage to unsung heroes

The winners of the Yorkshire Cricket Board (YCB) Cricket Collective Awards 2023 were announced at a special evening at Headingley Stadium.

The annual awards, organised by YCB, recognised the hard work and dedication given by cricket volunteers who have contributed to the grassroots game across the region.

To celebrate the YCB welcomed nearly 200 guests to a presentation evening on 23rd November in the fabulous Howard Suite at Headingley including the winners, all those nominated, staff from across the Yorkshire Cricket Family and players from the professional squads who presented the awards.

This year, YCB received a record number of nominations for the Cricket Collective Awards 2023, with more than 200 nominations received across 11 different categories.

This included Lifetime Achiever Awards for two special individuals who have served the game for decades, and a Grounds Management award which celebrated 92-year-old Harry Jackson, who received a standing ovation on the evening, after being recognised for his dedication at his cricket club where he has served for 76 years.

There were also awards for – amongst

There were also awards for – amongst other areas – Unsung Hero, Rising Star and Tackling Climate Change and as part of the special evening there was a Q&A with Yorkshire's skillful bowler Ben Coad and Darren Gough, Managing Director of Cricket for Yorkshire.

Paul Cummins, Director of Recreational Cricket for the YCB, said: "Recreational cricket across Yorkshire is a sport carried by the heroic efforts of volunteers and the YCB Cricket Collective Awards are a brilliant way for us to celebrate and give thanks to some incredible contributions over the past year. "There are so many roles within the

"There are so many roles within the recreational game, and the diversity of the roles celebrated in the 2023 YCB Cricket Collective Awards reflect that. The YCB is committed to ensuring and supporting cricket to become the most inclusive game in sport, and tonight is a great way to recoginse and celebrate volunteers who play such a vital role within recreational cricket.

"It was a tough time judging the nominations this year and all the nominees and winners should be very proud. I would like to congratulate every nominee and individual winner across Yorkshire, and it has been brilliant to be able to celebrate the hard work and achievements here tonight."

- Services to Diverse Communities (Numan Shabbir Award): Banaras Ali – Shiregreen CC – Sheffield
- Lifetime Achievement Award: Milton Samuels Sheffield Carribbean Sheffield
- Services to Coach Development Award: Sara Begg – Thurtonland CC – Huddersfield
- Unsung Hero (George Reah Award): Dan Bamforth – Higham CC – Barnsley
- Game Changer Award: Harriet Barber Frechville CC Sheffield
- Young Coach of the Year Award: Finley Turner Eastringon CC Hull/Goole
- Safe Hands Award: Glen Burden Higham CC Barnsley
- Grounds Management Team of the Year Award: Harry Jackson – Hunbleton CC – Hull
- Disability Cricket Award: Andy Day, David Dawkes Hall, Howard Tomlinson, Naomi Tomlinson, Nick Mason. All five individuals have given a huge amount of support to officiating in the Disability
- Rising Star (Francesca Anoble Award): Alex Jenkins – Kirk Hammerton CC – York
- Inspire to Play (Brian Stone Award): Joe Hudson – Hessle CC – Hull
- Officials Award (Derek Shuttlworth Award): Alison Gresser – Treeton CC – Sheffield
- Tackling Climate Change Award: Stuart Robinson – Sutton in Craven
- Services to Coaching Award: Mark Hollingworth Glaisdale CC Whitby
- Lifetime Achievement Award: Ron Welford Westow CC York YO60



Methodology:

- Data was pulled using NZF's internal data from Zakat Live, which is split by local authority.
- Data was looked at for the amount of Zakat in for each local authority across the last 12 months.
- Using data from the recent Census, the number of people who reported identifying as a Muslim in each local authority in England and Wales was also looked at.
- The total amount of Zakat donated in each local authority was divided by the number of Muslims in the area, before ranking them highest to lowest.
- To find the total amounts for each county, the amounts from the local authorities within those areas were added together.

new study, conducted by UK charity National Zakat Foundation (NZF), has revealed the regions where Muslims are donating the most Zakat.

The study analysed internal data from NZF's Zakat

Live, finding the total amount of Zakat donated across 12 months from each local authority in England and Wales, compared to the number of Muslims who live in the area to find which regions are donating the most per

Zakat, an obligatory part of the Islamic faith, is a type of wealth tax which requires Muslims who can, to give 2.5% of their qualifying wealth to charity which redistributed to Muslims in need. Zakat helps Muslims who are struggling to pay bills, put food on their table and provide for their families.

NZF are providers of financial support to Muslims across the UK through Zakat distribution. Their recent data reveals that across the UK, thousands of Muslims are living in desperate situations, being held back by lack of money and are in need of support.

The 10 local authorities where

Muslims are donating the most
Topping the list is the City of London, where £21,946 of Zakat was given across the twelve-month period, by a population of 540 Muslims who reported living there in the recent census.

Rank	Region	Total Zakat In	Number of Muslims
1	City of London	£21,946	540
2	Cambridge	£83,081	7,392
3	Epping Forest	£41,139	4,699
4	Tewkesbury	£4,200	521
5	Blaby	£10,405	1,421
6	Tandridge	£7,824	1,159
7	Sevenoaks	£6,792	1,088
8	Richmond upon Thames	£52,926	8,492
9	Wyre Forest	£6,200	1,056
10	Kingston upon Thames	£78,087	13,366

Although having one of the smallest numbers of Muslims in the region, it's not surprising that the city of London donated the most, as the population that live within that borough are some of the wealthiest in the country and have the highest gross disposable household income in England and Wales.

Cambridge has taken second place, where £83,081 of Zakat was given during the year by 7,392 Muslims, followed in third place by Epping Forest, where £41,139 of Zakat was given by 4,699 Muslims. Both locations also fall into the text third of least out the riting with the highest fall into the top third of local authorities with the highest gross disposable household income.

The study also delved deeper into the data to reveal the counties where Muslims are donating the most.

The 10 Counties where Muslims

are donating the most
Topping the list is Northumberland, where despite having a small Muslim population of 1,635 still saw £5,815 of Zakat in during the twelve-month period analysed.

Cambridgeshire has taken second place, where £103,784 of Zakat was given during the year by 40,192 Muslims. Following in third place is Surrey, where £95,785 of Zakat was given by 38,138 Muslims. However, the population which lives in these areas are more economically viable than others.

			Number of Muslims
1	Northumberland	£5,815	1,635
2	Cambridgeshire	£103,784	40,192
3	Surrey	£95,785	38,138
4	Hertfordshire	£114,882	47,380
5	Buckinghamshire	£140,797	59,224
6	Warwickshire	£18,897	9,236
7	Essex	£67,998	38,532
8	Greater London	£2,236,424	1,318,755
9	Gloucestershire	£2,3682	14,067
10	Leicestershire	£158,563	102,512





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A Closer Look at the 2023 Asian Media Awards Winners

• Tina Daheley - **Media Personality** of the Year

- Meera Syal & Sanjeev Bhaskar The Sophiya Haque Services to Television,
 Film & Theatre Award
- Mihir Bose Outstanding Contribution to Media
- Reha Kansara Correspondent,
 BBC News, Journalist of the Year
- Sky Sports **Diversity In Media Award**
- Sangita Myska Radio Presenter of the Year
- Humza: Forgiving the Unforgivable - Drummer Television for BBC Three,
- Best Programme/ Show
- Priya Kansara **Best Newcomer**
- Adam Hussain as Aadi Alahan in Coronation Street, **Best TV Character**
- Shabaz Says Best Video Channel
- The Shamima Begum Story, Series 2 of I'm Not A Monster Josh Baker, Joe Kent & Sara Obeidat, **Best Investigation**
- Aaron Paul Reporter,
 Commentator & Presenter, BBC Radio
 Live Sport, BBC London Sport & ITV
 Football, Sports Journalist of the
 Year
- Windrush Repatriations Navtej Johal for BBC News, Report of the Year
- Raheem Rashid Journalist, ITV News Central, Outstanding Young Journalist
- Mahatir Pasha: Reporter, ITN ITV News London, Regional Journalist of the Year
- Plus Size Campaign: Bold & Beautiful, Anisha Vasani Creates for Amretto's World & Nim Boutique,
 Creative Media Award
- Open Iftar 2023 Best Live Event
- Sunrise Radio Radio Station of the Year
- Orpheus, Opera North **Best Stage Production**
- Blythe Jandoo as Louise in Gypsy -Outstanding Stage Performance
- Summaya Mughal Brown Gal Can't Swim, **Best Podcast**
- Geo TV TV Channel of the Year
- Oceanic Media Media Agency of the Year
- Lyca Radio Lyca Breakfast, Best Radio Show
- BizAsiaLive.com Best Blog/Website

2023 Asian Media Award winners

Journalists, broadcasters and creative professionals from across the UK were honoured at this year's Asian Media Awards.

The stars of radio, TV and broadcasting gathered at the 11th Asian Media Awards ceremony at the Hilton Manchester Deansgate.

The awards, which are supported by the University of Salford, celebrated winners in a range of categories in journalism, stage, online and creative media and were hosted by Magic FM's Neev Spencer.

Those honoured on the night included broadcaster Tina Daheley, LBC presenter Sangita Myska and Mihir Bose who received the Outstanding Contribution to Media Award.

This year, Meera Syal and Sanjeev Bhaskar were recognised with the Sophiya Haque Services to Television, Film & Theatre Award.

Shabaz Ali who takes merciless aim at the seemingly spoilt, the weird and the bizarre on Tiktok picked up the Best Video Channel accolade whilst Polite Society star, Priya Kansara was named Best Newcomer.

The awards paid a special tribute to some of those professionals who had died over the past year including, Artistic Director, Abdul SI

Director, Abdul Shayek, Businessman and Asian Radio Pioneer, Avtar Lit, Radio Presenter Ranj Rekhi, actor and choreographer Jaimal Mistry and journalist and broadcaster George Alagiah.

On hand to present honours this year were Apprentice stars, Harpreet Kaur and Akshay Thakrar; BBC 2's the Ultimate

Wedding Planner, Raj Somaiya, Derby County FC Women's forward, Kira Rai, broadcasters Sunny & Shay and from Race Across the World, Zainib & Mobeen.

This year's Asian Media Awards winners were announced at the Hilton Manchester Deansgate on Friday October 27.

Previous recipients of an Asian Media Award include Asian Express Newspaper, Krishnan Guru-Murthy, Waris Hussein, Art Malik, Mehdi Hasan, Nina Wadia, Anita Rani, Shobna Gulati, Faisal Islam, Adil Ray & Lisa Aziz.

The University of Salford are Premier Partners to the Asian Media Awards. Partners to the

awards include ITV, EssenceMediaCom, Reach PLC & Women In Journalism.

The awards are also supported by Manchester Metropolitan University, AMT Lawyers, DKR Accountants, Opus Broadband, Hilton Manchester Deansgate, Fritz AV, Payal Events & Cleartys





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A historic transatlantic flight using 100 per cent sustainable aviation fuel (SAF) has taken off with the help of engineers from the University of Sheffield.

Flight100, by Virgin Atlantic, marks a major milestone in the development of sustainable aviation fuels, as the first commercial airline to use the replacement for jet fuel to fly across the Atlantic.

The historic flight, from London Heathrow to New York JFK on 28th November has been an important step in tackling aviation's biggest challenge - decarbonisation, and demonstrated the potential to use SAF on long haul flights.

flights.

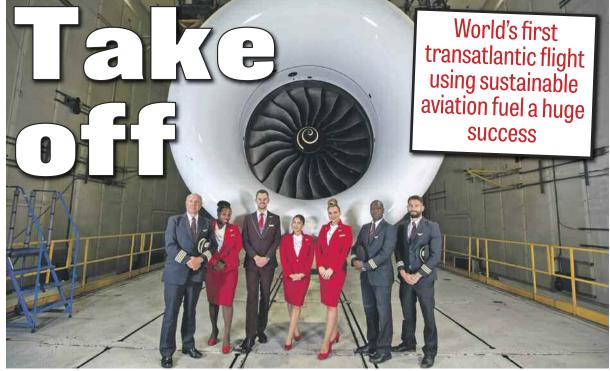
It follows more than a year of collaboration between a Virgin Atlantic-led consortium that includes the University of Sheffield, Imperial College London, Boeing, Rolls-Royce, BP, and others, and has been partly funded by the UK's Department of Transport.

Researchers from the University of Sheffield have worked closely with their peers at Imperial College London to test and assess the fuel for the flight. The team measured particulate matter emitted via a smaller-scale aircraft engine to confirm that sustainable aviation fuel reduces the amount of carbon dioxide emissions by up to 70 per cent compared to traditional jet fuel.

reduces the amount of carbon dioxide emissions by up to 70 per cent compared to traditional jet fuel.

The University of Sheffield has a SAF research and development facility - the first of its kind in the UK - where new fuels can be developed, tested and certified all in one place. The facility is based in the University of Sheffield Innovation District - home to the University's world class R&D facilities, such as Factory 2050, that collaborate with industry to drive innovation in areas such as advanced manufacturing, aerospace and new low-carbon technologies.

Professor Mohamed Pourkash-



anian, Head of the University of Sheffield Energy Institute and Sheffield's lead on the flight, said: "It has been a privilege for the University of Sheffield to be part of the truly momentous Flight100.

"The facilities we have at Sheffield-including our Sustainable Aviation Fuels Innovation Centre - are the first of their kind in the UK, so we are thrilled to have been involved in the testing of the emissions profile of the fuel used in this flight, proving that SAF reduces the impact of flying on the planet.

"Joining world-renowned partners like Virgin Atlantic, Boeing and Rolls Royce, the University of Sheffield's work in this world-first flight means South Yorkshire's expertise in advanced manufacturing and aerospace innovation has a place on the international stage.

"We are very proud to be part of this excellent project and hope that it brings with it a future of low/zerocarbon, safe air travel." SAF has a fundamental role to play

SAF has a fundamental role to play in aviation's decarbonisation and pathway to net zero 2050. SAFs look, smell and function like traditional jet fuel, meaning they can be used in existing aircraft without modifications. Made from waste products, SAFs can be used today in existing engines, airframes and fuel infrastructure. But currently SAF represents less than 0.1 per cent of global jet fuel volumes, and

current fuel standards allow for just a 50 per cent SAF blend in commercial jet engines. The success of Flight100 aims to see this increase.

Shai Weiss, Chief Executive Officer, Virgin Atlantic said: "Flight100 marks an important milestone in aviation's biggest challenge – decarbonisation. It's taken radical collaboration and we're proud to have reached this point, but we need to push further.

"Alongside fleet transformation, sustainable aviation fuel is the most readily available way for the industry to decarbonise, but we're facing a lack of supply and price support. For long haul aviation to use 100 per cent SAF on every flight, we need to see action towards creating a UK SAF industry.

Flight100 proves that the SAF uptake challenge isn't operational - if we can make it, we can fly it."

Dr Marc Stettler, from Imperial's Department of Civil and Environmental Engineering, said: "This is science in action – a unique opportunity to gather experimental data and test SAF use at scale. Although only one data point, Flight100 paves the way for gathering more evidence and ultimately working towards a future of more sustainable flying."

The University of Sheffield's Sustainable Aviation Fuels Innovation Centre (SAF-IC) can carry out prescreening of SAFs at its world-class fuel testing lab. The facility can test and validate new fuels, giving the UK with much-needed testing capabilities to facilitate ASTM approvals and bring new SAF fuels to the market.

Earlier this month, the University of Sheffield broke ground on a new innovation facility at its Advanced Manufacturing Research Centre (AMRC) and research project led by global aerospace company Boeing.

The Composites at Speed and Scale (COMPASS) research facility, next to the AMRC's Factory 2050, will house a Boeing-led project dedicated to developing and testing new technologies needed to meet future demand for lighter commercial aircraft. The facility will create jobs, bring investment and drive innovation and growth, but also play a major role in helping to reduce the environmental impact of commercial aviation by making planes lighter.

The transatlantic SAF flight together with the University of Sheffield's R&D facilities in its innovation district on the Sheffield and Rotherham border are helping put South Yorkshire at the forefront of making the aviation industry more sustainable.

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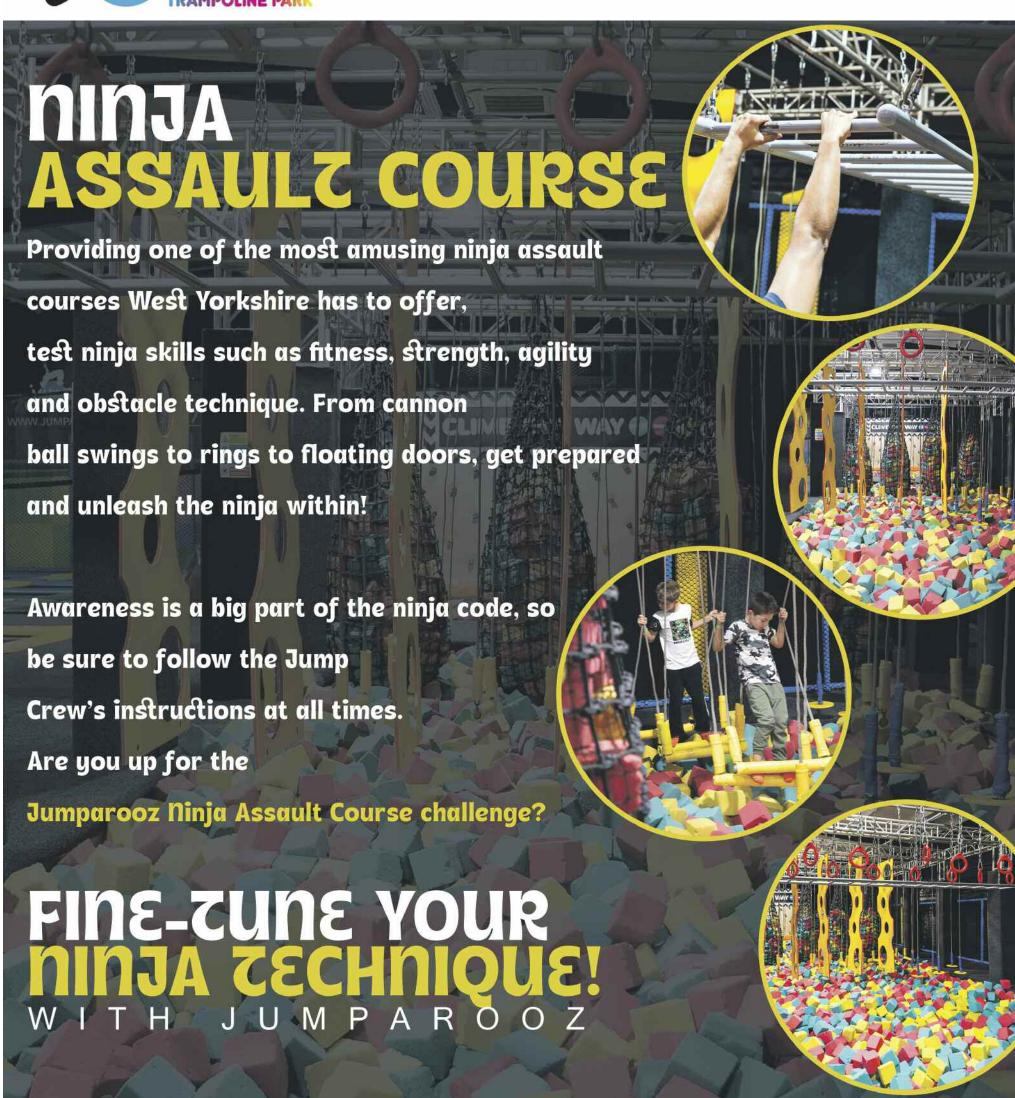
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The Yorkshire County Cricket Club Limited (YCCC) hosted its second Diwali celebration event at Headingley Stadium, on Friday 10 November, 2023.

To celebrate the Festival of Lights, YCCC welcomed more than 300 guests - including a number of community groups, dignitaries, members of Yorkshire's professional squad, religious leaders from multiple faiths, and staff from across the Yorkshire Cricket Family.

Yorkshire legends Dickie Bird and Chris Old also joined the celebrations, alongside representative from the Indian High Commission, members from the emergency services and Armed Forces as well as leaders from a number of sport and charity organisations including Kick It Out and the England and Wales Cricket

Board (ECB).
The special evening saw guests invited to observe the multi faith Lighting of Diwali Diyas – led by Gurdev Dahele MBE, a Sikh Chaplain alongside other faith leaders.

Highlights also included an insightful Club panel discussion led by Harry Chathli, the Club Chair, alongside Club President Dr Jane Powell, Darren Gough, Managing Director of Cricket for Yorkshire, and Bird and Old.

A traditional Diwali celebration cutting ceremony and ining Bhangra Dance cake entertaining

performance also took place. Stephen Vaughan, Chief Executive of YCCC, said: "Thank all our guests for making this an incredible evening. To have had people from such a wide range of backgrounds coming together to celebrate Diwali and the Festival of Light really demonstrates the power of this Club and the wider sport to unify and reflect the rich and

diverse cultures in Yorkshire.'

Kavita Singh, YCCC Board Member and organiser of the Diwali dinner, added: "Diwali is celebrated by millions across the cricketing world, including hundreds of families in Yorkshire, who are an important and integral part of the Yorkshire

Cricket Family.

"Tonight has been a special evening, bringing together people across communities and across sport.

"Diversity, inclusion and belonging is key to the Yorkshire Cricket Family and it is important that our employees are able to bring their whole authentic selves to work and have the opportunity to celebrate their special occasions with colleagues across the

Club and community.
"We are committed to continuing the celebration of all events that are of significance to our communities. We look forward to many other celebrations of this nature.

On the evening there was also a silent charity auction and raffle to raise funds for the dedicated community work led by the Yorkshire Cricket Foundation – the official community arm of YCCC.

There was a fantastic range of prizes to hid on including a once in a

prizes to bid on including a once in a lifetime opportunity for a Club photo with the Yorkshire side, unique hospitality experiences at Yorkshire for international and domestic fixtures, a special signed Yorkshire white and many more

shirt, and many more.
Yorkshire Cricket Foundation (YCF) Chair, Baroness Tanni Grey-Thompson, said: "Our mission is very simple. We use the power and brand Yorkshire Cricket to support people and communities to be the best they can be.

"As a Foundation we are committed to ensuring that Yorkshire keeps playing its part in ensuring that cricket becomes the most inclusive

game in sport. We would like the vital work the Yorkshire Cricket Yorkshire Cricket to be a home for Foundation does. Go to: everyone.'

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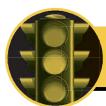
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Chewing Gum Facts

On average, a piece of chewing gum costs about 3 pence, but the cost of removal is about 10 pence per piece.

Chewing gum takes up to 5 years to biodegrade.

Some countries are considering putting a tax on gum to help pay for the clean-up costs

In Singapore, chewing gum is banned unless you have a prescription from your doctor or dentist.

80-90% of chewing gum is not disposed of in any litter

receptacle.

Modern day based chewing gum was an accidental invention. Thomas Adams, a **New York**

inventor, was trying to make a material for car tyres. Today's gum is made from the similar synthetic rubbers – hence it's

non-biodegradable.

In April 2006, discarded chewing gum was defined as litter for the first time under the Clean Neighbourhoods and Environment Act. Gum droppers can be subjected to an onthe-spot fine of up to £100.

The removal of chewing gum is a time-consuming and costly exercise.

If you chew gum, please ensure that you put it in a bin. If there is no bin available, wrap it in a piece of paper and wait until you do find a bin.

Sticky issues

Tackling the plague of chewing gum on pavements

Estimates suggest the annual clean-up cost of chewing gum for councils in the UK is around seven million pounds and according to Keep Britain Tidy. Around 77% of England's streets and 99% of retail sites are stained

with gum.

Now, the Chewing Task
Force has awarded Leeds City Council a grant of £24,994.50 to implement new initiatives aimed at addressing the chewing gum problem that plagues the city centre.

The funding has been used for a one off deep clean and the application of pavement protector, that makes it easier for gum to be removed and reduces staining, across two locations in the city centre around the Boar Lane/Briggate crossroads and the lower part of Lands Lane.

This is being supported by specially designed signage, aimed at changing behaviours, urging people to think twice about dropping gum whilst in the city centre.
Working closely with Leeds

Business Improvement



District, the deep clean across the UK, who wish to signage aims to keep the city centre cleaner, safer and more accessible for all, by encouraging the public to dispose of their chewing gum responsibly.
Established by Defra and

run by environmental charity Keep Britain Tidy, the chewing gum task force grant scheme is open to councils

clean up gum in their local areas and invest in long-term behaviour change to prevent gum from being dropped in the first place.

The task force is funded by major gum manufacturers including Mars Wrigley and Perfetti Van Melle, with the investment spread over five

Evaluation carried out by the chewing gum task force has shown that areas that benefitted from last year's funding saw reductions in gum littering of up to 80% in the first two months, with a reduced rate of gum littering still being seen six months after clean-up and placing of

prevention signage.

Councillor Mohammed
Rafique, Leeds City Council executive member for climate, energy, environment and green space, said "It is great news that we have secured this additional funding to roll out these innovative measures to tackle the issue of chewing gum in the city centre, trialling a approach that will hopefully lead to cleaner streets going

forward.
"I would encourage anyone visiting Leeds to think twice about dropping gum, as it is a real blight on our streets and wastes valuable taxpayers' money that could be spent elsewhere. If you chew gum, put it in a bin or wrap it in some paper until you can find a bin"

Around 77% of England's streets and 99% of retail sites are stained with gum

Assistant head teacher caugh with 11,500 ch abuse images

Gareth Mellor, 43, who now lives in Uttoxeter, Staffordshire, was also the safeguarding lead at the high school he worked at in Wakefield.

He was tracked down by NCA investigators after making a Bitcoin payment for indecent images of children via an encrypted cloud storage service.

The NCA identified that his email address

had been used to set up accounts on other sites in an attempt to acquire child abuse material.

In May 2021, officers arrested Mellor at his home address and seized a number of his devices. His phone had cryptocurrency applications installed on it, as well as files associated with the storage platform.

Officers downloaded the contents of his two

cloud storage accounts, and a forensic review revealed more than 11,500 indecent images and videos of children in categories A-C (A being the most extreme).

The images, which had not been taken by Mellor, were predominantly of teenage girls.

Later, investigators were able to evidence that Mellor had accessed one of his accounts after being bailed, in an attempt to delete the

At Leeds Crown Court, Mellor pleaded

guilty to three offences relating to the making of indecent images of children. He is due to be sentenced on 7th December 2023.

Internet data provided by the cloud storage service showed that a second individual had access to one of Mellor's accounts. He has been identified and is separately under investigation.

Danielle Pownall, NCA Operations Manager, said: "Gareth Mellor worked with children nearly every day and was entrusted to protect them.

This investigation showed that he deeply betrayed this trust through amassing a huge collection of material showing the horrific abuse of children.

"Despite his attempts to conceal his activities by using cryptocurrency and encrypted storage services, this investigation was able to identify him as a committed buyer and consumer of child abuse material.

"The NCA is committed to tackling this criminality in all its forms, breaking the chain of supply and demand and protecting children from the most harmful offenders."

The school Mellor worked for terminated

his employment following his arrest, and none of the offending related to its pupils.





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Perfectly calibrated

Prestigious Jewellers celebrates five years of excellence

A luxurious three-floor boutique showcasing some of the world's most exquisite watches and jewellery is celebrating five-years of success.

Located opposite the Louis Vuitton store in Leeds city centre, Prestigious Jewellers have been elevating timepiece traditions since 2016.

Renowned for their five-star service, they take care of the needs of discerning clientele as well as influential personalities, such as social media star Mo Vlogs, who made a recent visit to the boutique.

Founded on principles of customer trust and impeccable service, Prestigious Jewellers has earned its esteemed status in the luxury watch industry, due to their unwavering commitment to maintaining their excellent reputation.

The Prestigious Jewellers showroom in Thorntons Arcade, Leeds, is nothing short of an ethereal emporium adorned with displays of a diverse selection of highly sought after and renowned luxury-brand watches, which reflects the uniqueness and commitment of Prestigious Jewellers' curators.



Ahead of their anniversary, Prestigious Jewellers says: "We have been dedicated to growing our name in a wholly organic way. Today, we reign supreme in the North for our collections, unbeatable value, and the quality of our pieces.

"We are thrilled to be

"We are thrilled to be celebrating our Milestone Anniversary. Commemorating the forthcoming five-year anniversary, we continue to reflect on our brand's achievements and influence in the luxury watch market."

achievements and influence in the luxury watch market." Looking ahead, Prestigious Jewellers has ambitious plans and strategic goals with a path toward expansion and influence in the luxury watch industry.

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n litigation, it is sometimes necessary to obtain evidence from an expert in a particular field or specialism to support a party's argument and prove their case. The Civil Procedure Rules (the court rules that govern civil claims) etimelets that that govern civil claims) stipulate that it is the duty of experts to assist the Court on matters within their expertise and the experts are required to provide objective and unbiased opinions.

The recent High Court case of Sycurio

Limited v PCI-Pal Plc and Another illustrates the fact that an expert must give evidence within the scope of their expertise and not knowledge obtained from research undertaken purely for the purposes of the case for which the expert

had been retained to give evidence.
The case concerned the alleged breach of a patent relating to the processing of telephone calls within a call centre by the Defendant. The Claimant called evidence from two experts in support of its case. One of those experts was an expert in card payment processing. However, during the trial, it became apparent that this particular expert was unfamiliar with some of the technical issues involved as she struggled to understand and answer questions in relation to some of the documents despite having addressed those in considerable detail in a written report which had been prepared for the

During cross-examination the expert revealed that her report had been produced after she had spent many days undertaking a huge amount of research. The expert also revealed that she had not written the first draft of the report herself but instead she had sent copious notes to her Instructing Solicitors who had then spent many months putting her report together, with further input from the expert on specific points. The expert had therefore given evidence on matters and technical knowledge that were clearly outside her field of expertise which

her evidence. The Judge made it very clear that although experts may need to carry out further research to enhance their knowledge, they should not be giving evidence on issues where they have to acquire the necessary technical knowledge during the course of the case itself. An expert

is not instructed for court proceedings on the basis that they believe they have sufficient grasp of the matter to express a view or are able to teach themselves what they need to know while preparing their evidence. They are instructed on the basis that they are a genuine expert in the relevant field possessing the requisite technical knowledge and whose opinion can be relied upon and given the appropriate evidential weight by the

This case provides a cautionary tale for not only experts but those who instruct them. The expert must be certain that they have the necessary expertise to give evidence in their field of expertise that will assist the Court in deciding the case and those instructing them must ensure that the expert is suitably selected and qualified to give that evidence.

If you are involved in any civil or commercial dispute, then Blacks Solicitors LLP can assist. Please contact Luke Patel on 0113 227 9316 or by email at "LPatel@LawBlacks.com".



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





Billions of investment for British manufacturing to boost economic growth

The Government has announced £4.5 billion in funding for British manufacturing to increase investment in eight sectors across the UK. The funding will be available from 2025 for five years, providing industry with longer term certainty about their investments.

Over £2 billion has been earmarked for the automotive industry and £975 million for aerospace, supporting the manufacturing, supply chain and development of zero emission vehicles, and investment in energy efficient and zero-carbon aircraft equipment.

With the entire manufacturing sector making up over 43% of all UK exports and employing around 2.6 million people, this funding is targeted at the UK's strongest, world leading sectors; including where the industry is undergoing fundamental changes to remain at the forefront of the global transition to net zero, like the move to zero emission vehicles in the automotive industry. The Green Industries

Growth Accelerator investment will support the expansion of strong, home-grown, clean energy supply chains across the UK,

Over £2 billion has been earmarked for the automotive industry and £975 million for aerospace, supporting the manufacturing, supply chain and development of zero emission vehicles, and investment in energy efficient and zero-carbon aircraft equipment.

Alongside this, the government has committed to £960 million for a Green Industries Growth Accelerator to support clean energy manufacturing, and £520 million for life sciences manufacturing to build resilience for future health emergencies and capitalise on the UK's world-leading research and development.

including carbon capture, utilisation and storage, electricity networks, hydrogen, nuclear and offshore wind. This will enable the UK to seize growth opportunities through the transition to net zero, building on our world-leading decarbonisation track record and strong deployment offer.

The funding forms part of the Prime Minister's pledge to grow the economy, and his focus on making decisions for the long-term, ensuring the fund doesn't just focus on the most successful sectors today but looks ahead to how we keep pace internationally and build the UK's expertise for the industries of the future. Together with our

existing manufacturing support and plans for net zero transition, this package will help unlock private investment, provide certainty to investors, boost energy security, and protect and create jobs. This approach has already mobilised £198 billion in public and private investment in low carbon energy deployment since

Today's announcement comes ahead of the second Global Investment Summit later this month, which will showcase innovative companies from across the UK, with significant investment opportunities in sectors such as technology, sustainability, life sciences, advanced manufacturing, and creative industries.

It will also help ensure that the UK remains at the forefront of the global transition to net zero and can seize growth opportunities in the new green economy. The UK remains a world-leader in cutting emissions, having decarbonised faster than any G7 country since 1990 and set out clear plans to meet all our climate targets and deliver energy security.





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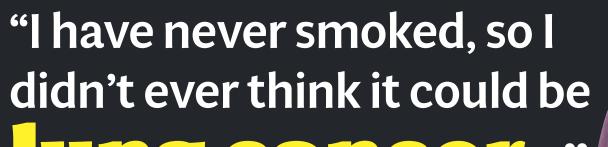
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Encouraging South Asian community to act on early lung cancer symptoms



Continued from page 33

Over half (55%) of South Asian survey respondents also believed that or were unsure whether lung cancer only affects a small amount of people every year in England, when in fact it's the leading cause of cancer deaths in the UK.

Nasim, 65, is recovering from lung cancer following removal of part of her left lung. She initially went to see her GP as she was

losing weight and didn't know why.
"I have never smoked, so I didn't ever think it

could be lung cancer. However, when my friends and family started pointing out that I was looking thin I thought I should get checked out."

Diagnosing lung cancer early dramatically increases people's chances of survival – those diagnosed at stages one or two are nearly 20 times more likely to survive for five years or more than those whose cancer is caught at later stages. As such, Nasim wants to encourage more people to

come forward if they have symptoms.

She said: "The best thing that could come from my diagnosis and treatment would be that others

read my story and go and see their GP as a result. "If you've had a cough for three weeks or more, or something feels not quite right, please get medical advice and give yourself the best chance." As part of the roadshow, specialist teams of

volunteers will assist the campaign to educate the public and help catch more cancers early. Thousands of people are expected to see the giant inflatable lungs in communities across the country – including supermarkets, shopping centres and local high streets - with the public urged to get checked if they have signs and symptoms.

The inflatable organs allow visitors to observe and learn about typical lung structures, lung health, and the effects of smoking.

Community engagement teams and volunteers will be on hand to talk to members of the public and encourage those with suspected symptoms to

visit their GP as soon as possible.

This comes as survey data also shows that just over a third (34%) of South Asian people surveyed would visit their GP if they had a chest infection that kept coming back, and a similar percentage would do the same if they had a loss of appetite or unexplained weight loss (36%), which are lesser-known signs of lung cancer.

Dr. Jyoti Sood says: "Tens of thousands of people are diagnosed with lung cancer every year

in England, but it's clear from the survey that many people in our community still think it's not something that can affect them.

This campaign is really important in raising awareness of the symptoms – like a cough lasting for three weeks or more – and encouraging people to get seen by a medical professional as early as possible. We know that early diagnosis gives the best chance of effective treatment and survival.'

Chief Executive of Roy Castle Lung Cancer Foundation, Paula Chadwick, adds: "It is staggering that so many of those surveyed still do not know how prevalent lung cancer is. We believe this stems from a reluctance, even aversion, to talking about lung cancer, and that is largely because of its links to smoking and associated stigma.

"That's why these events are so important. They give us the opportunity to have one-on-one conversations with people who may not realise they are at risk, who may not recognise potential symptoms or could feel unable to act on them.

"If we can help just one person get diagnosed earlier when lung cancer can be treated more easily, then that

is worth doing."
The roadshow will travel around the country throughout the month of November – Lung Cancer Awareness Month – as part of the NHS Help Us, Help You campaign. The roadshow aims to begin conversations about

the illness and its symptoms.

The NHS's Help Us, Help
You lung cancer campaign
focuses specifically on raising awareness of the key symptom of lung cancer – a cough that lasts for three weeks or more. While it might seem like nothing serious, if it is cancer, finding it early means it's more treatable and can save lives. The campaign will encourage those who have this symptom to contact their GP practice and remind the public that the NHS wants to see them.



In addition to the symptom of a cough for three weeks or more, other symptoms of lung cancer include:

- · chest infections that keep coming back · coughing up blood
- · a long-standing cough that gets worse
- · an ache or pain when breathing or coughing · persistent breathlessness
 - · persistent tiredness or lack of energy
- · loss of appetite or unexplained weight loss.

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Fragrances created by Scent Salim are a delight for the olfactory senses. For those familiar with Oud fragrances this is a treasure trove of delights – bringing the best ingredients and superb customer service together. If you are not so familiar this is a chance to purchase a scent you may never have smelled before – or to have your own bespoke fragrance made.

STORY OF SUCCESS

"We were one of the pioneers for bringing in these niche products into the Western market," he said. Ilyas explained that when he started the company there were very few people sourcing their own products and creating and blending their own fragrances here in the UK from these products.

ABOUT THE PERFUMES

Scent Salim is one of very few shops in the UK to offer an array of niche fragrances, Arabian perfumes and Oud.

This is the home of over 1,000 scents — Ilyas says they can recreate any perfume for a client. The products are made from natural and oils and sourced from all over Asia and the Middle East.

It is this concentration on genuine, quality products, from the original source that make the scents so special.

"We concentrate on the quality and that's why we don't want to grow too fast," he explained.

Oud is the generic Arabic term for incense, or resinous wood taken from the agarwood tree. The agarwood trees in question are located in specific areas in the world – Malaysia, India, Cambodia, Indonesia and Brunei. The wood in these trees is of tremendous value, as the resin within them is distilled to create pure Oud scents.

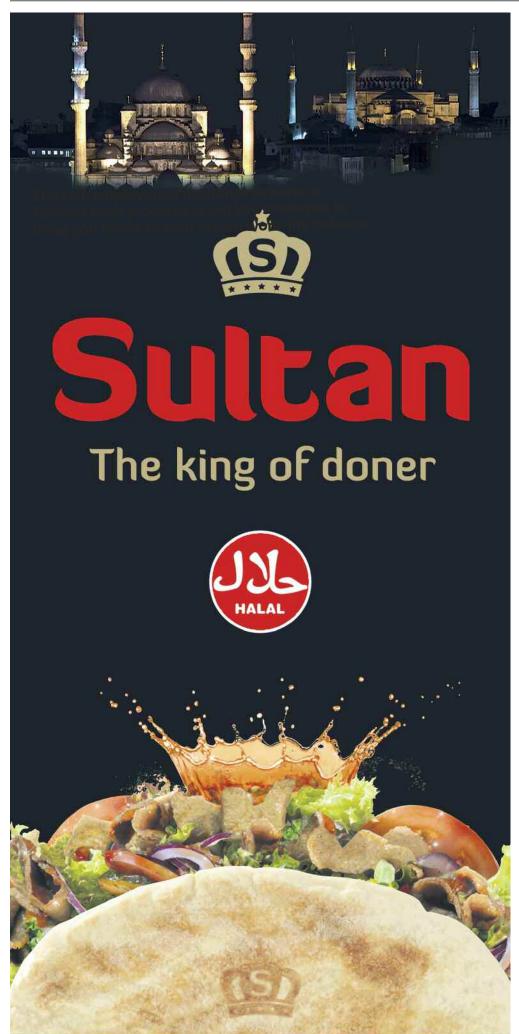
Oud itself has gained popularity among celebrities, Royals and artisans worldwide. It offers a depth of fragrance, which is mulit-layered and, Ilyas explains, lasts longer than a regular "French" style perfume.

But modern methods and a bit of a French/Asian fusion makes these fragrances so accessible and flexible. They are produced in a range of options from room fragrances to fragrant woods for burning.





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Wiser

Achieving a healthy work-life balance as a self-employed professional may be challenging, but it is crucial for overall well-

being and productivity.

To help improve work-life balance, Toolbox by Admiral has spoken to their customers to find out how they are improving their working habits, and have revealed various actionable tips such as setting boundaries, creating a schedule, taking breaks, and finding time for hobbies.

The reasons people choose a freelance or self-employed career can vary, but one of the biggest reasons is to attain a healthier worklife balance, and many are quitting their jobs

in search of flexibility and fulfilment.

Earning potential and higher pay are also huge factors, but a study by Forbes Advisor found that over half (54%) of British workers would accept a lower-paid job in exchange for a better work-life balance, demonstrating how

A spokesperson from Toolbox says: "Healthy work-life balance refers to maintaining and managing your time and energy to meet both professional and personal commitments while prioritising selfcare and well-being.

"Achieving this balance between one's

professional and personal life is crucial for self-employed individuals. We've found that overcommitting to work is one of the biggest struggles for self-employed workers.

"In an increasingly connected world of flexible work, where work and home boundaries easily blend, managing our worklife balance to the best of our abilities is especially important... but often difficult. That's why we've compiled seven helpful tips that will hopefully help the self-employed



Seven effective tips for achieving a better work-life balance as a self-employed professional

1. Manage your time wiselyAs a self-employed individual, you might feel obligated to accomplish more. However, to avoid burnout, it's paramount to prioritise your time and draw lines between your professional and personal life. Creating a fixed schedule or a dedicated workspace might also help.

2. Explore hiring optionsAttempting to handle all tasks alone can be overwhelming so you should consider outsourcing some tasks, as this could not only boost your productivity but also spare time for other responsibilities. If feasible, consider bringing in additional help.

3. Set realistic goals

Self-employed professionals often have high expectations for themselves. Establishing practical, daily objectives and deadlines can prevent feelings of overburden and foster motivation as you progressively accomplish your tasks.

4. Incorporate regular breaks

Getting absorbed in work and disregarding breaks is common, but recuperation is vital for your mental and physical health. It can even enhance work

productivity. Allow short, regular intervals in your day to relax, enjoy a coffee, or get some fresh air, and ensure you take time off over the weekend.

5. Dedicate time for leisure activities

Engaging in hobbies and interests outside work can boost your overall well-being and help avoid burnout. Allocate time for activities you love, such as reading, hiking, or spending time with family and friends.

6. Establish a support network

Our conversations with customers reveal that self-employment can sometimes feel lonely. Therefore forming a network of friends, family, or fellow self-employed professionals can significantly enhance your work-life balance.

7. Prioritise self-care

Self-care is essential for maintaining mental health. Allocate time for self-care activities during your days off or post-work evenings. This could involve exercising, cooking one of your favourite meals, or ensuring adequate sleep. Doing so could help improve your mood, reduce stress, and boost your productivity.





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Go into one of millions of homes in Bangladesh and you will find a young girl aged between 6 and 16 at work.

She will be cooking, cleaning, caring for the young and the old and too often at risk of abuse and physical violence. The domestic enslavement of young girls is commonplace.

It is the extremes of poverty that drives parents in Bangladesh to send their daughters to work instead of to school. Domestic labour deprives young girls of their family life, childhood and education. They are hidden from view and without

UKBET, a UK registered charity working in Sylhet for the past 30 years, is now acting on their behalf. The charity has developed 'Doorstep Learning' a programme that brings teaching and have a chance of a better future."

learning to the doorstep of young girls at work and attacks the root cause of family

Annette Zera, founder and chair of UKBET says: Doorstep Learning, if scaled up, could make a huge contribution to ending child domestic labour across
Bangladesh. "The programme isn't
expensive, it could be done.
"UKBET now needs to make a step
change in promoting itself to attract and

work with friends, partners and sponsors so that every young girl can receive an education, be released from work and

Doorstep Learning is innovative and effective, it:

- trains a team of local young women to become 'community teachers';
- supports the team in accessing child domestic labourers and teaching the girls basic literacy, numeracy and life skills 3 times a week;
- parents to understand their situation and help them find ways of earning money so their daughters don't need to work;
- and it has encouraged and enabled over half of the 445 young girls in the programme this year to leave work and go to school or into vocational training.

Find out more: www.ukbet-bd.org

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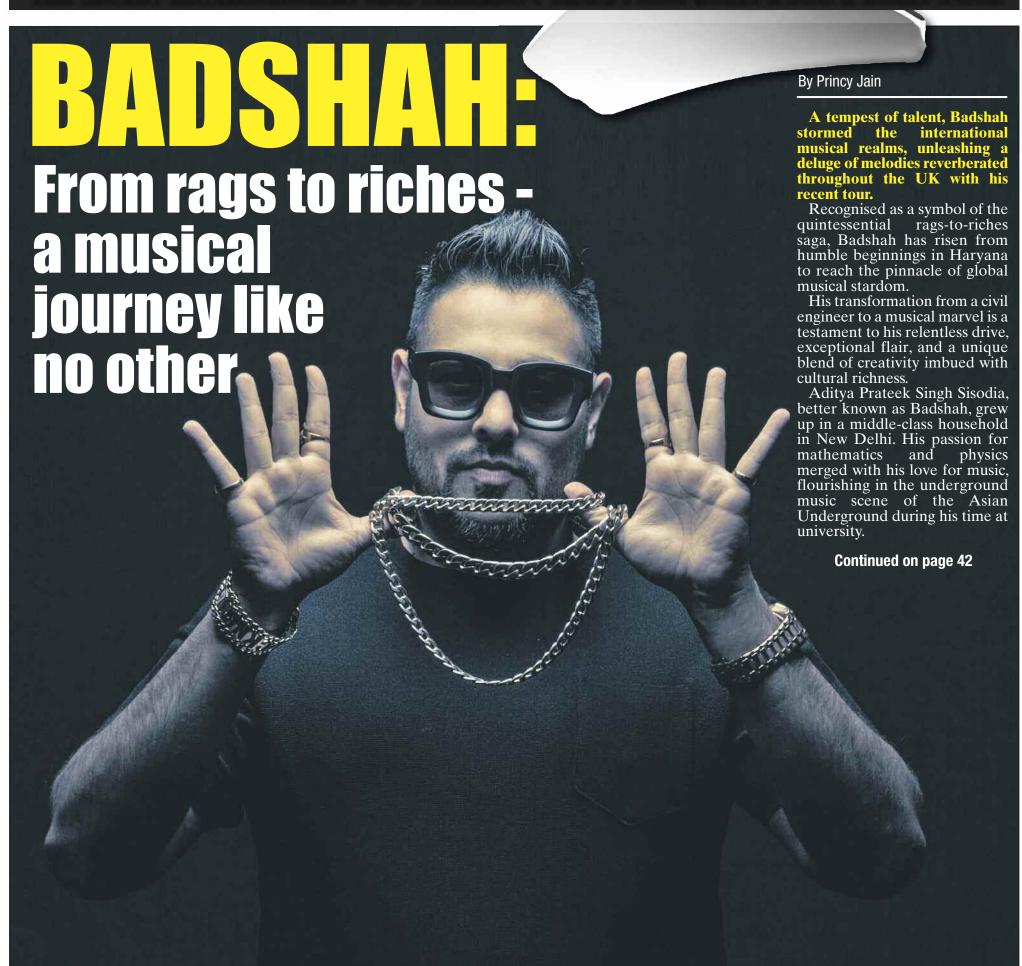
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THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD



Where he embraced his initial rap alter ego, pseudonym 'MC Cool Equal', and established the

a fellow student.

Juggling the demands of his civil engineering job, Badshah spent his nights laying down and the roaring applause, his tracks in the studio. These commitment to giving back to society stands out as a ray of hope commitment to education sessions led to his encounter.

Mafia Mundeer, marking a as a commitment to educationpivotal chapter in his musical and women's empowerment.

Despite the stellar trajectory of

Padshah's narrative

work became a career. This song

became a party hit in urban India. Later, Bollywood hits like 'Abhi Toh Party Shuru Hui Hai' (2014) and 'Aaj Raat Ka Scene' (2015) solidified his place in Indian music. However, 'DJ Waley Babu' single, propelled him into the spotlight.

A new generation of Indians who valued brands and indulgences was inspired by his music. This audience responded to his hits like '2 Many Girls' (2015) and 'Kar Gayi Chull' (2016), cementing his place in

ventures, he explored nostalgia, synth-wave, and '90s Bollywood

and Indi-pop music.

Badshah's impact transcends embraced this duty.

With a career spa geographical boundaries. He has collaborated with international heavyweights such as J Balvin, Tainy, Sean Paul, Major Lazer, Diplo, Tiesto, Lil Baby, and Mikey McCleary, showcasing his ability contemporary in Leeds.

production with traditional Indian sounds seamlessly.

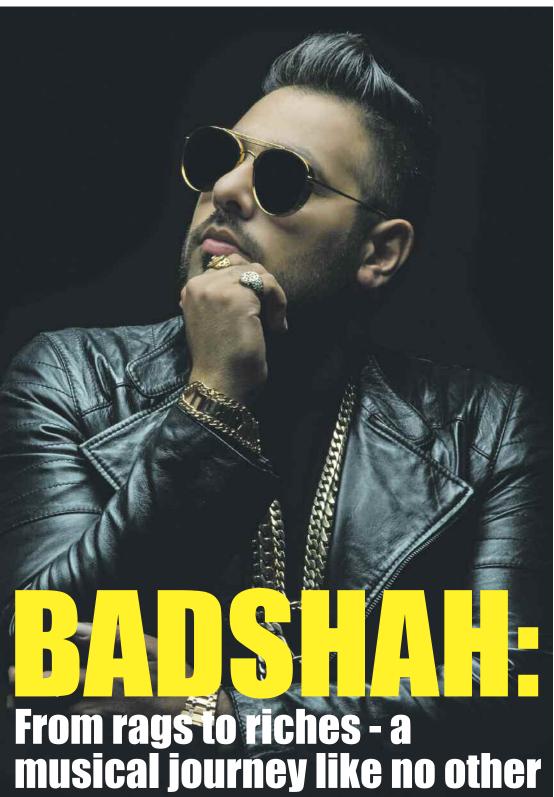
Not only this, he is a highly duo 'Northern Clique' alongside influential contemporary Indian

With songs like 'Saturday his career, Badshah's narrative Saturday' in 2012, his passion includes overcoming formidable project with his civil engineering challenges, including his struggles with clinical depression and severe anxiety disorder.

His encounters have transformed into him passionate champion for raising awareness and providing assistance in the realm of mental (2015), his major label debut health. He has utilised his platform to normalise discussions surrounding mental health and promote a culture of open dialogue regarding emotional well-being, showcasing a strong dedication to responsibility.
In a world where celebrity

influence is often measured by His more recent Eps like achievements to bring about 'Retropanda' (2022) and '3 A.M. positive change in the lives of the Sessions' (2023), show Badshah's underprivileged. His acts of artistic progression. In these ventures, he explored nostalais positions of influence must give back, and he has wholeheartedly

> With a career spanning over a decade, more than 500 stadium performances, and an array of hits, his tour hit iconic UK venues, including the OVO Arena, in London, and First Direct Arena



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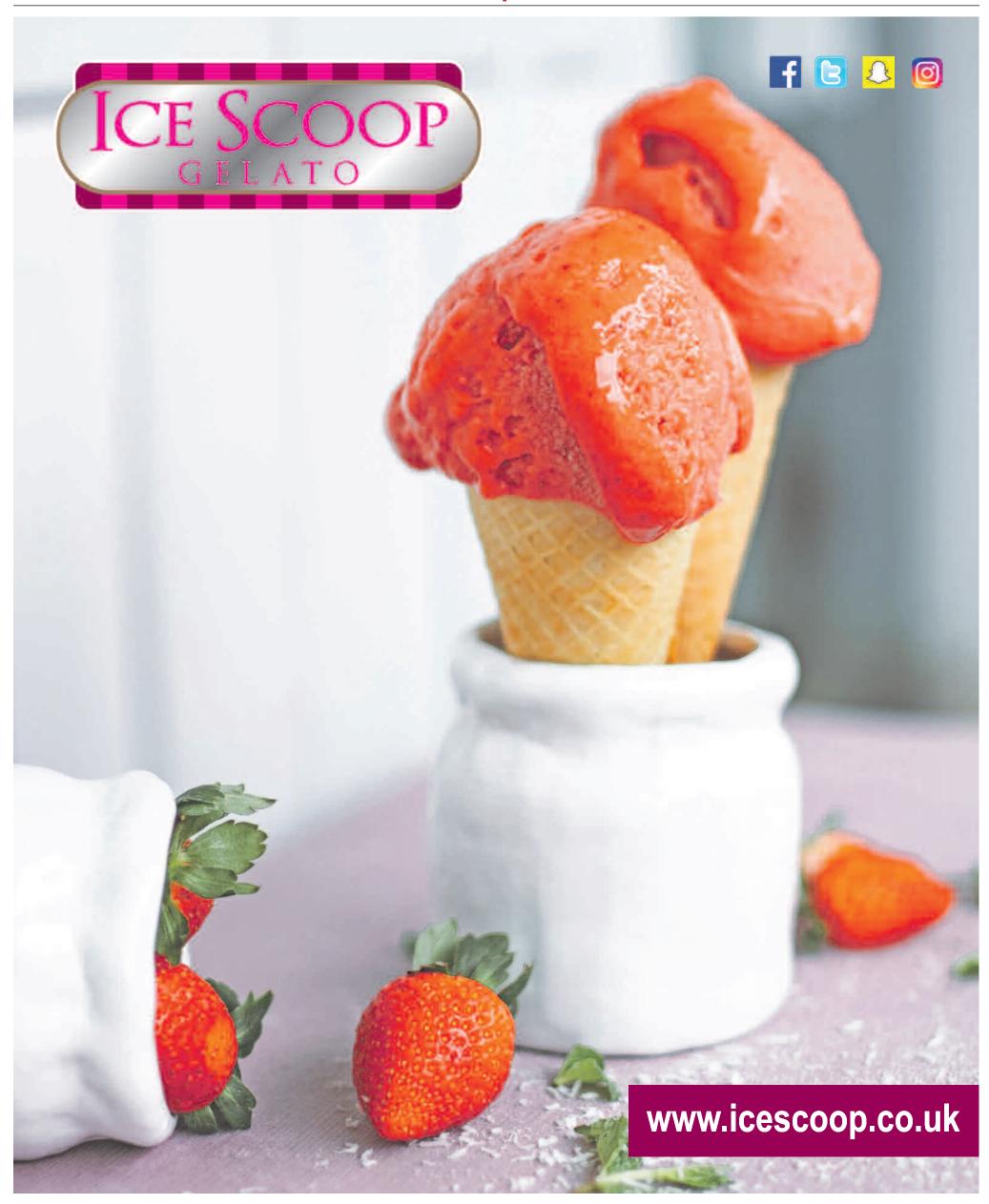
Odeon and The Asian Express bring back the movie mania as you get a chance to win free cinema tickets.

Answer a simple question and you could win tickets to a film of your choice.

Who is the Director of 'Ferrari'?

Send in your answers to my.competition@asianexpress.co.uk. Don't forget to mention your full name, contact details and address. Entry closes 10pm, 31st December 2023. Winners will be selected randomly from all correct entries. Hook on to this page for free cinema tickets to upcoming films.

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



Release date: 24/11/2023

Starring: Natasha Rothwell, Harvey Guillén,

Angelique Cabral, Ramy Youssef, Jon Rudnitsky, Della Saba, Niko Vargas, Jennifer Kumiyama, Victor Garber,

Chris Pine, Alan Tudyk

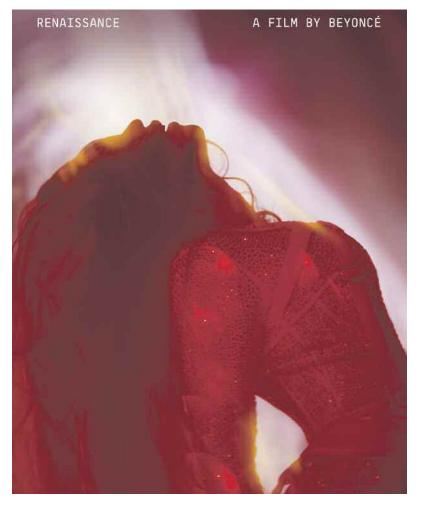
Directors: Fawn Veerasunthorn, Chris Buck

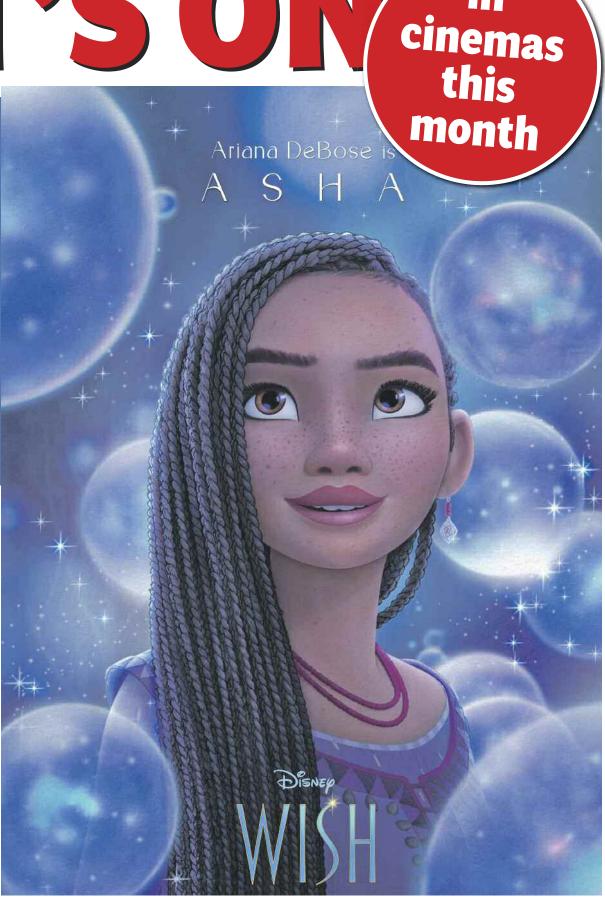
Walt Disney Animation Studios' "Wish" is an all-new musical-comedy welcoming audiences to the magical kingdom of Rosas, where Asha, a sharp-witted idealist, makes a wish so powerful that it is answered by a cosmic force—a little ball of boundless energy called Star. Together, Asha and Star confront a most formidable foe—the ruler of Rosas, King Magnifico—to save her community and prove that when the will of one courageous human connects with the magic of the stars, wondrous things can happen.

A Film By Beyonce Release date: 1/12/2023

Starring: Beyoncé Knowles-Carter **Director: Beyoncé Knowles-Carter Cert: 15**

Renaissance: A Film By Beyonce accentuates the journey of 'Renaissance World Tour', from its inception, to the opening in Stockholm, Sweden, to the finale in Kansas City, Missouri. It is about Beyoncé's intention, hard work, involvement in every aspect of the production, her creative mind and purpose to create her legacy, and master her craft. Received with extraordinary acclaim, Beyoncé's 'Renaissance World Tour' created a sanctuary for freedom, and shared joy, for more than 2.7 million fans.







The Marvels

Release date: 10/11/2023

Starring: Teyonah Parris, Seo-joon Park, Zawe Ashton, Iman Vellani, Samuel L. Jackson, Brie Larson

Director: Nia DaCost

Cert: 12A

Carol Danvers aka Captain Marvel has reclaimed her identity from the tyrannical Kree and taken revenge on the Supreme Intelligence. But unintended consequences see Carol shouldering the burden of a destabilised universe. When her duties send her to an anomalous wormhole linked to a Kree revolutionary, her powers become entangled with that of Jersey City super-fan, Kamala Khan aka Ms. Marvel, and Carol's estranged niece, now S.A.B.E.R. astronaut Captain Monica Rambeau. Together, this unlikely trio must team-up and learn to work in concert to save the universe as "The



Aquaman And The Lost Kingdom

Release date: 21/12/2023

Starring: Yahya Abdul-Mateen II, Amber Heard, Temuera Morrison, Randall Park, Vincent Regan, Dolph Lundgren, Patrick Wilson, Nicole Kidman, Indya Moore, Pilou Asbæk, Ben Affleck, Jason Momoa Director: James Wan Cert: TBC

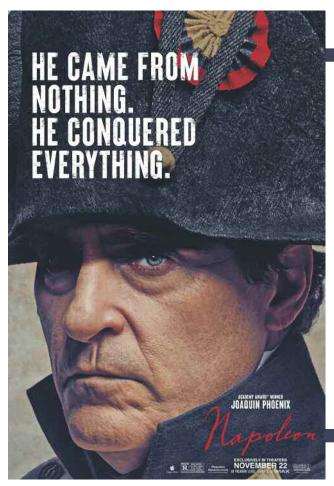
When an ancient power is unleashed, Aquaman must forge an uneasy alliance with an unlikely ally to protect Atlantis, and the world, from irreversible devastation. After failing to defeat Aquaman the first time, Black Manta wields the power of the mythic Black Trident to unleash an ancient and malevolent force. Hoping to end his reign of terror, Aquaman forges an unlikely alliance with his brother, Orm, the former king of Atlantis. Setting aside their differences, they join forces to protect their kingdom and save the world from irreversible destruction.

Ferrari

Release date: 26/12/2023 Starring: Adam Driver, Jack O'Connell, Shailene Woodley, Sarah Gadon, Penélope Cruz, Patrick Dempsey, Gabriel Leone Director: Michael Mann Cert: 15

It is the summer of 1957. Behind the spectacle of Formula 1, ex-racer Enzo Ferrari is in crisis. Bankruptcy threatens the factory he and his wife, Laura built from nothing ten years earlier. Their volatile marriage has been battered by the loss of their son, Dino a year earlier. Ferrari struggles to acknowledge his son Piero with Lina Lardi. Meanwhile, his drivers' passion to win pushes them to the edge as they launch into the treacherous 1,000-mile race across Italy, the Mille Miglia.





Napoleon

Release date: 22/11/2023 Starring: Joaquin Phoenix, Vanessa Kirby, Tahar Rahim, Ludivine Sagnier, Ian McNeice, Ben Miles Director: Ridley Scott Cert: 15

Napoleon is a spectacle-filled action epic that details the checkered rise and fall of the iconic French Emperor Napoleon Bonaparte, played by Oscar®-winner Joaquin Phoenix. Against a stunning backdrop of large-scale filmmaking orchestrated by legendary director Ridley Scott, the film captures Bonaparte's relentless journey to power through the prism of his addictive, volatile relationship with his one true love, Josephine, showcasing his visionary military and political tactics against some of the most dynamic practical battle sequences ever filmed.



Anyone But You

Release date: 26/12/2023 Starring: Dermot Mulroney, Alexandra Shipp, Darren Barnet, Sydney Sweeney, Rachel Griffiths, Hadley Robinson, Michelle Hurd, GaTa, Glen Powell Director: Will Gluck Cert: TBC

In the comedy Anyone But You, Bea (Sydney Sweeney) and Ben (Glen Powell) look like the perfect couple, but after an amazing first date something happens that turns their fiery hot attraction ice cold until they find themselves unexpectedly thrust together at a destination wedding in Australia. So they do what any two mature adults would do: pretend to be a couple.

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Continued on page 49

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Hyundai Motor UK has announced pricing and specification for the IONIQ 5 N, with pricing starting from

Since IONIQ 5's release in 2021, the model has enjoyed praise from industry and customers alike for its combination of style and practicality combined with the efficiency and high-speed charging ability of its 800V

E-GMP architecture.

The IONIQ 5 family now grows further with the introduction of the

IONIQ 5 N represents the N brand's future and a new way for high-performance enthusiasts to electrify their passion for driving on road and track. With DNA from the brand's driver-focused N models, the E-GMP-based IONIQ 5 provides the perfect foundation to create N's first high-performance EV.

As well as demonstrating performance and handling in line with demonstrating N's traditional core values, IONIQ 5 N is also the first high performance EV to provide the enthusiast driver with an emotional, aural, and sensory connection to the vehicle.

The conversion from multiple award winning zero emission SUV into EV hyper hatch begins with enhancements to the body-in-white (BIW) structure with 42 additional welding points and 2.1 meters of additional adhesives, reinforced additional adhesives, reinforced motor and battery mountings whilst front and rear subframes are enhanced for lateral rigidity.

To enhance steering response and feedback, IONIQ 5 N's steering column has been strengthened for improved rigidity with a specially tuned N R-MDPS (Rack-Mounted Motor-Driven Power Steering) system with a higher steering ratio and enhanced torque feedback. IONIQ 5 N also benefits from Electronic Controlled Suspension (ECS) that adapts suspension stiffness according to the drive mode to improve rear wheel damping and suspension, securing an agile and immediate

As well as physical enhancements to the body, suspension and drivetrain, IONIQ 5 N also takes advantage of the array of sophisticated electronic control technology found in the E-GMP platform.

Many performance enthusiasts have been outspoken about the lack of driver feedback behind the wheel of EVs and to counter this, IONIQ 5 N offers two functions to engage enthusiasts: N e-shift and N Active Sound+. Both modes collectively to deliver a engaging physical and experience behind the wheel.

IONIQ 5 N also features several technical enhancements over the standard IONIQ 5, with a powertrain enhanced for performance in both power output, battery cooling and

braking.

IONIQ 5 N's electric motors spin up to 21,000 RPM providing up to 609PS in normal conditions, or 650 PS

M. Grin Boost (NGB) is when N Grin Boost (NGB) is engaged, maximising acceleration for up to 10 seconds. Furthering its track capabilities, IONIQ 5 N also features N Launch Control, with three different traction levels for the fastest

possible start.
Designed to deal with the harsh braking demands of track driving, Hyundai N engineers designed N Brake Regen, an N-specific region braking system. It offers up to a



maximum of 0.6G decelerative force — an industry leading figure — through N Brake Regen alone and remains engaged under ABS activation with a maximum of 0.2G.

As well as extensive mechanical and software developments designed for performance driving, IONIQ 5 N's exterior adds performance related design elements. The N model further distinguishes itself from the standard IONIQ 5 with a change of proportions. It is 20 mm lower overall, 50 mm wider at the bottom to accommodate wider tyres and 80 mm longer due to the more prominent diffuser.

This impression is further reinforced by the forged 21-inch aluminium wheels that are wrapped in high-grip 275/35R21 Pirelli P-Zero

tyres for improved ride and handling and better grip in track performance.

IONIQ 5 N's interior is optimised for track driving, with enhancements designed to provide both comfort, support and case of operation. support and ease of operation. An addition of a centre console fitted with both knee pads and shin support designed to add driver bracing under hard cornering.
Aside from driver support, the

console also offers a sliding armrest, C-type USB and wireless charging and cupholders. New N bucket seats are finished in leather and Alcantara and have reinforced bolsters

Electrifying

Hyundai announces IONIQ 5 N range pricing, specification and technical information

provide lateral support during sharp cornering, whilst the seat frames are positioned 20 mm lower compared to

the standard specification model.

Additional new technology has been embedded with the Digital Centre Mirror which allows the driver to switch between a conventional mirror or a digital screen with a feed from a dedicated camera mounted under the rear spoiler for an increased horizontal rear view with a 50o angle

vs the 20o of an optical mirror. Like the standard IONIQ 5, the N variant is built on the 800V Electric Global Modular Platform, offering ultra-fast charging compatibility and Hyundai's pioneering Vehicle-to-Load technology (V2L).

Similarly, sustainable materials are applied throughout IONIQ 5 N, including recyclable paperette door decorative garnish, BIO PET yarn from sugarcane, recycled PET yarn

from recycled PET bottles, BIO TPO from sugarcane and eco processed

All IONIQ 5 N models come with Hyundai's industry leading 5 Year Unlimited Mileage Warranty, 8 Year/100,000 Mile High Voltage Battery Warranty, 5 Year Annual Health Check, 3 year MapCare navigation update program, Roadside Assistance package, and 12 Year Anti Corrosion Warranty.





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Does your insurance cover theft? Take steps to protect your vehicle from potential thieves

It's a good idea to take the following measures to prevent your car being stolen in the first place. Here are some

1. Lock your car and keep your keys safe

It sounds obvious, but always make sure your car is locked - even if you're just popping into the garage. Also, another given, never leave your keys clearly visible in the car. You might also want to think about going a step further and storing them away at night. That's because thieves are becoming increasingly sophisticated in how they get inside your vehicle, using devices that can connect key fob signals and unlock cars remotely. To prevent that from happening, you can place your keys in a safe at home or use specially lined bags or wallets.

2. Park carefully

Choose your parking space wisely. Offstreet or in a locked garage are usually safest. Failing that, make sure it's in a well-lit spot in a manned car park or on a residential street where people are likely to be passing by.

3. Never leave valuables inside

Having anything remotely of value on display in the car can attract unwanted attention from thieves. That includes mobile phones, money, bags or tech such as laptops and tablets. If you must keep them in the car, lock them in the boot or glove compartment.

4. Invest in an alarm

An alarm can be an effective deterrent for would-be thieves. Some alarm systems also come with a tracker so you can locate your car if it's taken, as well as immobilisation, anti-grab and movement sensors. If you're stretched for budget, you could instead consider buying a metal locking device placed over the steering wheel. Upping the security on your car can also lower your premium, so it's worth considering these added savings when weighing up the costs.

Continued from page 47

Vehicles between five and eight years old were responsible for 40% of Tesco Bank insurance claims, with cars manufactured in 2016 most likely to be

stolen - they made up 12% of claims in 2022-23.

Black was the most-common colour of car reported stolen, accounting for a quarter (26%) of all claims made to Tesco Bank's car Insurance claims team. Grey was second (19%) and white (17%)

Parts are prized too

Even if your vehicle isn't stolen itself, thieves are also prone to make away with expensive parts that can cost thousands of pounds to replace.

Dave Thompson, claims director at Tesco Bank, says: 'While Land Rovers are sought after and can be sold on quickly, some models like Fords can be broken down pretty much overnight and sold on for

parts the next morning.

'And while the precious metals in catalytic converters aren't fetching as much as they once did, thieves are turning to other high-value parts such as the steering wheels in BMWs

Further analysis of Tesco Bank car Insurance data reveals that Birmingham is a hotspot for car thefts, accounting for 8% of all claims made, followed by London (7%) and Sheffield (6%).

Most thefts happen when drivers are tucked up in bed, with 36% of claims indicating the theft took

place between midnight and 7am.

Check your insurance covers theft

Not all insurance policies will cover the costs of theft. Your ability to claim - and the amount the insurer will pay out - depends on the level of cover

you bought.

Basic third-party insurance, the minimum you need to drive on UK roads, will only cover the costs of damage to someone else's car or injury to another person. You won't be able to claim anything if your vehicle is stolen. For that, you'll need to buy thirdparty, fire and theft insurance or a comprehensive

If your car is eventually found and little damage has been done, claiming should be as quick and straightforward as if you've been in an accident. However, if they don't recover your car or the damage is too great, your insurer should usually offer you the car's market value so you can buy a replacement.

Take steps to protect your car from theft

Even if your insurance does say it will cover theft, insurers can refuse a claim if they believe you've been careless. Plus, if your car is stolen and you make a claim, it's highly likely the cost of your premium will go up when it's time to renew.

SELL YOUR NUMBER PLATE To advertise 08703 608 606

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TEL. 07787 334 567	MON - FRI: 9-5.30	TEL. 07908 472 121	TEL. 07970 026 653	TEL. 07834 531 683	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	MON - FRI: 9-5.30	TEL. 07985 455 057	MON - FRI: 9-5.30	TEL. 07971 732 789	TEL. 07786 615 234
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TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07866 860 894	£4,000 0N0 TEL. 07908 472 121	TEL. 07513 257 029	£6,995 (F GUPTA) TEL. 07985 455 057	£15,000 (HELEN M) TEL. 07985 455 057	£800 0N0 TEL. 07774 112 121	£10,000 (L VIJAY) TEL. 07985 455 057	£1,900 ONO (MR D ALLY) TEL. 07774 246 877	£5,500 0N0 TEL. 07766 645 325	TEL. 07815 114 201	OFFERS OVER £400 TEL. 07866 992 500	£1,500 0N0 (SAIDAH) TEL. 07946 162 099
EOFFERS	£9,500 (ASHOK G)	BIS ALY £3,495	E7,000 (C BHATT)	£15,500 (E JUDGE)	FKIIMAR £15.000 (F KUMAR)	E15,000 (HELEN P)	£100,000 ONO	£15,400 (L YUSAF)	MRIO JAT £0FFERS	N44DLM SERIOUS OFFERS	NGIIPTA £6,995 (O GUPTA)	RISWNA £3,000 ONO (RIZWANA)	SAIIHAS £1,500 ONO (SALIHA)
TEL. 07707 146 047	TEL. 07985 455 057	TEL. 07954 389 874	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07506 342 385	TEL. 07985 455 057	TEL. 07928 473 771	TEL. 07969 914 041	TEL. 07985 455 057	TEL. 07779 300 128	TEL. 07946 162 099
£3,500 0N0 (ABRAAR) TEL, 07946 162 099	£9,500 (ASHOK H) TEL. 07985 455 057	£995 (BIG FRR) TEL. 07971 850 490	£7,000 (C DILEEP) TEL. 07985 455 057	£15,000 (E KUMAR) TEL. 07985 455 057	£7,000 (F LUCAS) TEL. 07985 455 057	£15,000 (HELEN R) TEL. 07985 455 057	OFFERS OVER £5,000 FAZ911@MSN.COM	£15,000 (L YUSUF) TEL. 07985 455 057	£9,500 (MR HOOK) TEL. 07985 455 057	£1,995 TEL. 07954 389 874	£15,000 (O JUDGE) TEL. 07985 455 057	OVER £2,000 ONO TEL. 07427 677 989	£1,500 0N0 (SAIKA) TEL. 07946 162 099
ABDIIL	ASIIOKJ	BIG SLD	CHILER	ELIICAS	FRA22T	HEIIENT	K4 VRS	MOIIEB S	MRIIOBB	N4 YEB	OKIIMAR	R24 SAM	SAIIMAD
£10,000 0N0 (ABDUL) TEL. 07946 162 099	£9,500 (ASHOK J) TEL. 07985 455 057	£2,500 TEL. 07764 656 667	£0FFERS Panaceahealthcare@hotmail.co.uk	£7,000 (E LUCAS) TEL. 07985 455 057	£4,900 TEL. 07867 861 193	£15,000 (HELEN T) TEL. 07985 455 057	£10,000 (KAURS) TEL. 07815 114 201	£0FFERS TEL. 07787 334 567	£9,500 (MR HOBB) TEL. 07985 455 057	£950 TEL. 07896 699 241	£15,000 (O KUMAR) TEL. 07985 455 057	£0FFERS TEL. 07962 394 890	£15,000 (S AHMAD) TEL. 07985 455 057
ABR44R £10,000 0NO (ABRAAR)	ASIIOKK	BILRL	CBIIATT	ELIISAA	FSIISAN	HEIIOO X	K40SUM	MOIIEB X	MRIIOWE	N4 WED	OMILES	R34 RAJ	SAIIMAZ £3,500 ONO (SAIMA/SALMA)
TEL. 07946 162 099	£9,500 (ASHOK K) TEL. 07985 455 057	£0FFERS (BILAL) TEL. 07808 950 492	£7,000 (C BHATT) TEL. 07985 455 057	£20,000 (ELISA A) TEL. 07985 455 057	£7,500 (F SUSAN) TEL. 07985 455 057	£1,500 0N0 (HELLO X) TEL. 07946 162 099	£3,500 TEL. 07867 861 193	TEL. 07787 334 567	£15,000 (MR HOWE) TEL. 07985 455 057	£10,000 (NAWED, NAWEED) TEL. 07731 464002	£7,500 (O MILES) TEL. 07985 455 057	E0FFERS TEL. 07928 473 771	TEL. 07946 162 099
E7,000 (A DILEEP)	£9,500 (ASHOK L)	SOM	E10,000+ (CHOWDRY)	£8,000 (EMILY C)	FYIISAF £15,400 (F YUSAF)	E7,000 (H DILEEP)	£2,500 0N0 (KAABAH)	£7,000 (MONTY P)	£29,000 (MR LLOYD)	£15,000 (NAHEED)	E3,500 ONO	R40 JAH £0FFERS	SAI3 BAH £0FFERS
TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07815 114 201	TEL. 07973 165 474	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07779 300 128	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07962 394 890	TEL. 07779 675 730	TEL. 07983 104 538
£0FFERS TEL. 07867 861 193	£9,500 (ASHOK M) TEL. 07985 455 057	E0FFERS TEL. 07796 008 786	£10,000+ (CHILLER) TEL. 07973 165 474	£8,000 (EMILY D) TEL. 07985 455 057	£15,000 (F YUSUF) TEL. 07985 455 057	£14,000 (H KINGS) TEL, 07985 455 057	£0FFERS T: 07907 318 666 no withheld numbers		£9,500 (MR HACK) TEL. 07985 455 057	£2,500 TEL: 01274 414141 MON - FRI: 9-5.30		£0FFERS TEL. 07868 572 069	TEL. 07838 603 001
AFII AAK	ASIIOKN	B4 WFA	CSIO NGH	EMILYE	G I30XD	HKIIMAR	K7 PPA	MO 5IDDK	MRIIALE	NAIIMAD	OVIIJAY	R44JA F	SAF333R
£2,000 TEL: 01274 414141 MON - FRI: 9-5.30		£1,195 0N0 TEL. 07867 770 940	£0FFERS TEL. 07928 473 771	£8,000 (EMILY E) TEL. 07985 455 057	£0FFERS TEL. 07913 919 169	£15,000 (H KUMAR) TEL. 07985 455 057	£3,995 0N0 TEL. 07890 201 854	£0FFERS T. 07954 370 359 MOHAMMED SIDDIQUE	£9,500 (MR HALE) TEL. 07985 455 057	£10,000 (N AHMAD) TEL. 07985 455 057	£10,000 (O VIJAY) TEL. 07985 455 057	£2,800 0N0 TEL. 07974 179 156	£2,995 0N0 TEL. 07729 288 346
AFII LAK	ASIIOKO	B45HAR	CSIISAN	EMILYF	GI3SAL	HMILES	KAII DEM	MIII NWR	MRIIAYE	NAIIMAZ	OYIISAF	R6JJY	SA55Y MS
£2,500 TEL: 01274 414141 MON - FRI: 9-5.30	TEL. 07985 455 057	£12,500 TEL. 07891 217 880	£7,500 (C SUSAN) TEL. 07985 455 057	£8,000 (EMILY F) TEL. 07985 455 057	E0FFERS TEL. 07977 802 112	£7,500 (H MILES) TEL. 07985 455 057	£1,500 TEL: 01274 414141 MON - FRI: 9-5.30	TEL. 07597 572 045	£9,500 (MR HAYE) TEL. 07985 455 057	£1,500 0N0 (NAIMA) TEL. 07946 162 099	£15,400 (O YUSAF) TEL. 07985 455 057	E0FFERS TEL. 07968 163 510	£5,000 T: 07740 784 983 privateplates@hotmail.co.uk
E1,500 TEL: 01274 414141	£15,000 (ASHOK P)	E1,500	E15,400 (C YUSAF)	£8,000 (EMILY M)	G23RGE £0FFERS	E21,000 (HUNTER)	E2,000 TEL: 01274 414141		£9,500 (MR HAYS)	NAII ZAM £3,000 TEL: 01274 414141	£15,000 (O YUSUF)	R77JHA £2,500 (RAJHA)	SADIIIA £7,000
MON - FRI: 9-5.30	TEL. 07985 455 057 ASIIOKS	TEL. 07838 130 681	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07501 292 802	TEL. 07985 455 057	MON - FRI: 9-5.30	TEL.07774 112 121	TEL. 07985 455 057	MON - FRI: 9-5.30	TEL. 07985 455 057	TEL. 07786 424 251	TEL. 07825 040 037
£1,000 (AHMADS) TEL. 07846 269 808	£15,000 (ASHOK S) TEL. 07985 455 057	£0FFERS TEL. 07812 728 079	£1,495 0N0 TEL. 07832 302 222	£15,000 (EMILY S) TEL. 07985 455 057	£10,000 (G AHMAD) TEL. 07985 455 057	£10,000 T: 07740 784 983	-	£0FFERS TEL. 07894 335 033	£20,000 (MR HUGH) TEL. 07985 455 057	EOFFERS (TEXT ONLY) TEL. 07884 064 015	£0FFERS (PREMIER) TEL. 07837 780 981	£5,000 0N0 TEL. 07969 914 041	£2,000 TEL. 07947 979 777
AJIIDGE	ASIIOKV	BAIIALZ	DAIIDY X	ERIIEST	GAIIMED	HU55 EFA	KA55YMS	M44KAH	MR 54BAR	NAI3 AAB	PIAYAA	RAIIMAD	SAM3R
£25,000 (A JUDGE) TEL. 07985 455 057	£9,500 (ASHOK V) TEL. 07985 455 057	£3,495 0N0 TEL. 07957 429 964	£8,000 TEL. 07921 576 971	£49,000 (ERNEST) TEL. 07985 455 057	£15,000 (G AHMED) TEL. 07985 455 057	£0FFERS (HUZAIFAH) TEL. 07737 071 097	£3,000 TEL. 07983 480 777	£10,000 TEL. 07779 117 865	£13,250 0N0 TEL. 07837 867 868	£5,000+ (NAIWAAB) TEL. 07973 165 474	£3,995 TEL. 07954 389 874	£10,000 (R AHMAD) TEL. 07985 455 057	£12,000 TEL. 07867 861 193
AKII BER	ASIIOKX	BAIIMAD	B DAIIMAD	ESIISAN	GAIISHA	YALIIVH	K55 5HAB	M444 LKK	MR 5 5KOL	NA55AR X	P44YJA	RAIISHA	SDIIEEP
£5,000 TEL: 01274 414141 MON - FRI: 9-5.30	TEL. 07985 455 057	£10,000 (B AHMAD) TEL. 07985 455 057	£10,000 (D AHMAD) TEL. 07985 455 057	£7,500 (E SUSAN) TEL. 07985 455 057	£9,000 (G AISHA) TEL. 07985 455 057	£10,000 (H VIJAY) TEL. 07985 455 057	£1,500 0N0 (SHAB) TEL. 07977 348 295	£850 TEL: 07977 118 134 no withheld numbers	privateplates@hotmail.co.uk	privateplates@hotmail.co.uk	£3,000 (PAAYJA) TEL. 07786 424 251	£9,000 (R AISHA) TEL. 07985 455 057	£7,000 (S DILEEP) TEL. 07985 455 057
AKII SAR £2,500 TEL: 01274 414141	£9,500 (ASHOK Y)	E15,000 (B AHMED)	E1200	ETIIANA £8,500 (ETHAN A)	E7,000 (G DILEEP)	E9.500 (H YUNUS)	E3.995	M7NA X £1,499 0N0	MR5 5POK £5.000 (MR SPOK)	810,000	E1350	RC5I HAN	SFIIEEM £15,000 0NO
MON - FRI: 9-5.30	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07947 979 777	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07867 861 193	TEL. 07958 000 480	privateplates@hotmail.co.uk	TEL. 07588 326 444	TEL. 07867 861 193	TEL. 07557 472 855	TEL. 07706 216 060
E20,000 (A KUMAR)	£15,000 (ASHESH)	E3,000 T: 07740 784 983		£8,500 (ETHAN B)	£8,000 0N0	#YIISAF £15,400 (H YUSAF)	EOFFERS T: 07523 264 595	5 EJI FE.IS	£10,000 T: 07740 784 983 privateplates@hotmail.co.uk	£10,000	22,000 0N0	E7,000 (R DILEEP)	SHOII4B SOFFERS TEL 07010 583 519
TEL. 07985 455 057	TEL. 07985 455 057	BA55Y MR	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07908 472 121	TEL: 07985 455 057	KDIIEEP	TEL. 07764 511 955	MR 5 5YKE	TEL. 07588 326 444	TEL. 07966 386 755	TEL. 07985 455 057	TEL. 07919 583 618
£5,895 0N0 TEL. 07779 324 610	£25,000 (ASHFAQ) TEL. 07985 455 057	£3,000 TEL. 07740 784 983	£7,500 (D MILES) TEL. 07985 455 057	£8,500 (ETHAN F) TEL. 07985 455 057	£7,500 (G MILES) TEL. 07985 455 057	£15,000 (H YUSUF) TEL. 07985 455 057	£7,000 (K DILEEP) TEL. 07985 455 057	£15,000 0N0 (MAWLA) TEL. 07842 955 147	£5,000 T: 07740 784 983 privateplates@hotmail.co.uk	£100,000	£3,500 (P ALLANS) TEL. 07985 455 057	£0FFERS (ROHAN) TEL. 07970 026 653	£2,995 TEL. 07793 628 670



5 NAS £30,000 TEL. 07540 176 854

E20,000 0NO
TEL. 07786 615 234



ATT4H

E3,995 0NO TEL. 07890 201 854



£8,500 0N0
TEL. 07786 424 251
H4 SSB

L99HOR

YA55EEM

£12,995 0N0 TEL. 07440 766 843 **£0FFERS** TEL. 07850 706 930

J4 MEL £15,000 0N0 TEL. 07870 496 535 NOO2HAT

£2,000 0N0 (NUZHAT)
TEL. 07813 011 702

B A84DLA	AWAI5S	F9TMA	K4HN.V	M44YAT	S4FTR	SHIFYK
£0FFERS TEL. 07522 173 297	£0FFERS TEL. 07522 173 297	£0FFERS TEL. 07522 173 297	£0FFERS TEL. 07522 173 297	£0FFERS TEL. 07522 173 297	£0FFERS TEL. 07522 173 297	£0FFERS TEL. 07522 173 297
AI.2GGY	AWIIAS.X	FAIIZAM	K4UR.X	MAI4RYA	S4JAO	SIOOFYN
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AAI20MA	📕 AY55HAS	FI2ANA	K44HNY	MAI4RYM	S4TPL	T4RAK
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AAI3EZA	BI9 ACN	FI2LAT	KE55AR.B	MAQ4DAS	S500AAN	T4SDK
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AA55HAD	BAO.5HAN	FI7RAN	KA55YM.A	MEIIZAN	SAI4HYL	T5PAN
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ABIIDLA	BD5.7HUG	HI6FSA	KE55AR.J	MUIIAMO	SH02ZEB	TIGYUB
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ADI4AAM	CHI4RCO	HAIIRUN	KH09KAR	B NAV330A	SHIIFEK	📱 TA5IWAR
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ALIIMAH	CHI4TAS	HAI3EBB	KIOMHL	P44P00	SHIIKOR	TA54DAK
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ANIIAMS £OFFERS	TEL. 07522 173 297 CH JAT £0FFERS	JAI3ARZ £0FFERS	KISHVR £0FFERS	RI4SYT £0FFERS	SHIIMEM £0FFERS	TA54WAR
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CONTRACTOR OF THE LOYS OF THE	TEL 07522 173 297 CH JAT COFFERS TEL 07522 173 297 DI4TAA COFFERS TEL 07522 173 297 E I3RAR COFFERS TEL 07522 173 297 E SIIMYL COFFERS TEL 07522 173 297 F BIZANA COFFERS (FARNAMA)	JAI3ARZ SOFFERS TEL 07522 173 297 JA55 KOR SOFFERS TEL 07522 173 297 JAIDAR SOFFERS TEL 07522 173 297 JAIDAR SOFFERS TEL 07522 173 297 JAIDAR SOFFERS TEL 07522 173 297	*** KI5HVR ***SOFFERS** TEL 07522 173 297 ***********************************	RI4SYT EOFFERS TEL 07522 173 297 RI7 WAJ EOFFERS TEL 07522 173 297 RA13 KHN EOFFERS TEL 07522 173 297 RA13NWZ EOFFERS TEL 07522 173 297 RA14SHD EOFFERS	SHIMEM COFFERS TEL 07522 173 297 SHIISAD SOFFERS TEL 07522 173 297 SHI3KHE COFFERS TEL 07522 173 297 SHI3KHY SOFFERS TEL 07522 173 297 SHI4KEL COFFERS	TA54WAR COFFERS TEL. 07522 173 297 TEL 07522 173 297 W45AB TEL. 07522 173 297 W14 JYD COFFERS TEL. 07522 173 297 TEL. 07522 173 297 TEL. 07522 173 297 TEL. 07522 173 297



SHIIYLA

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becomes the inaugural winner of the Diversity in Media Award

following groundbreaking work and commitment towards British South Asians in Football including the creation of the first index page dedicated to the subject in mainstream media history.

The accolade will be presented to Sky Sports at the Asian Media Awards at a glittering ceremony taking place at the Manchester Deansgate Hilton this evening.

made a concerted and genuine effort to improve representation and produce diverse content at all

Asian Media Awards The looked favourably upon the range

Sky Sports has been named as of diverse content produced by the inaugural winner of the Sky Sports, welcoming its Diversity in Media Award commitment to improving the representation and progression of minority groups and to making a difference in communities impacted by racism.

The index page itself is now the longest-running major initiative in the space, both in media and in football, and is the biggest readily accessible British South Asians in Football archive anywhere in the world.

Alongside the Diversity in The Diversity in Media Award is made to an organisation that has at Sky Sports News and Sky News are up for further awards at the ceremony; including Amrit Singh Mann, Saywah Mahmood and Um-E-Aymen Babar, who have all been nominated for the in a meaningful way when it comes Outstanding Young Journalist to both media and football."

Award. Meanwhile, Dev Trehan and freelance reporter Sanny Rudravajhala have been Rudravajhala have been shortlisted for Sports Journalist of the Year. Ashna Hurynag of Sky News has also been nominated for

the Report of the Year.

Jonathan Licht, Sky Sports
Managing Director, said: "The
award is testament to the hard
work, talent and brilliant collective efforts across the business and I'm absolutely delighted for those involved.

"To be recognised as a driving force for diversity and inclusion across media in such a way is fantastic. More importantly, the award shows that the work we're doing is positively impacting Britain's South Asian community





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Fears for

All top ten ranked UFC heavyweight fighters have higher strike accuracy than opponent Ngannou

Analysed fight data revealed after the Fury v Ngannou fight to reveal that all top ten UFC heavyweight fighters at present actually have a higher strike accuracy than Ngannou.

Even when taking reach into account

Even when taking reach into account it seems a good chunk of the UFC could hold their own against Fury according to extensive fight data

The boxing world was recently shaken by Tyson Fury's near-defeat at the hands of former MMA Star Francis Nearnou.

After this shocking blow to the boxing legend, the sport experts at Sportsboom have analysed extensive fight data from the top ten ranked UFC heavyweight fighters to see which fighters might also be able to stand their ground against Fury – and as it turns out, the answer is, a lot of them.

Sportsboom looked at strike accuracy percentages, knockouts, and reach to calculate which fighters in Fury's weight class could possibly compete, and it turns out that in terms of striking accuracy – Ngannou doesn't even crack the top ten. You can find their full analysis and data tables here.

It could be argued that the closest matchup is UFC Heavyweight Champion Jon Jones with a reach of 84.5, a mere .5 under Fury, a fantastic reputation as a striker, a strike accuracy rate of 58% (17% more than Ngannou's 41%) and with less than ten pounds and one year between the two, it could be a fight fan's match made in heaven.

However, 30-year-old Tom Aspinall who has actually been Fury's sparring partner in the past, proving he's able to keep up with the boxing powerhouse, could make for an even more interesting bout with an impressive strike rate of 66

strike rate of 66.

Fury has previously told media that Aspinall could contend with Jones due to his striking prowess, being known for his knockouts in spite of having a slightly shorter reach at 78.

All of the fighters on the list had some background in a striking based sport, and also all ranked ahead of Ngannou in terms of striking accuracy, meanwhile for fairness sake in these imaginary bouts all fighters had a reach of over 75 and were in the same weight classes.





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India's Test Squad: Bumrah, Rahul and Shreyas back in

India's Test squad for South Africa

Rohit Sharma (capt), Shubman Gill, Yashasvi Jaiswal, Virat Kohli, Shreyas Iyer, Ruturaj Gaikwad, Ishan Kishan (wk), KL Rahul (wk), R Ashwin, Ravindra Jadeja, Shardul Thakur, Mohammed Siraj, Mukesh Kumar, Mohammed Shami, Jasprit Bumrah (vice-capt), Prasidh Krishna.



KL Rahul, Shreyas Iyer and Jasprit Bumrah have made comebacks to India's Test squad for the two-match series in South Africa. Ajinkya Rahane has been dropped, while Virat Kohli, who opted out of the white-ball leg of the tour, is part of the squad led by Rohit Sharma.

Mohammed Shami, who was rested

Mohammed Shami, who was rested for India's last Test series, in the West Indies in July, is also back, but his inclusion is subject to fitness - the BCCI said. The fast bowler was "currently undergoing medical treatment".

The series will also mark Rahul Dravid's first Test assignment in his second stint as India's head coach after his contract was extended.

With Rahul included as a wicketkeeping option, there was no place in the squad for KS Bharat, who was one of two keepers in the West Indies, where he slipped behind Ishan Kishan in the pecking order. Until that tour, India had preferred Bharat over Kishan, both for the home series against Australia and the World Test Championship final at The Oval.

Also left out from the squad that toured West Indies are fast bowlers Jaydev Unadkat and Navdeep Saini, while fellow quick Mukesh Kumar, who made his debut during that series, keeps his place.

Bumrah last played a Test more than 17 months ago, against England in Birmingham. Since returning from a back injury that kept him out for over a year, Bumrah has slowly built up his workload across white-ball formats.

He returned to action this August on the tour of Ireland, and spearheaded India's pace attack at the 2023 World Cup, where he was the tournament's fourth highest wicket-taker. Ahead of his Test comeback, Bumrah is likely to feature in a four-day game for India A in South Africa.

Rahul and Iyer are also returning to Test cricket following long injury layoffs after last playing the format during the Border-Gavaskar series at home in February-March. Rahul is also one of two wicketkeeping options in the 15-member squad.

Iyer's return left no place for Rahane, who was India's Test vicecaptain on the tour of the Caribbean



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