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WHAT'S ON IN CINEMAS THIS MONTH

See pages 36 & 37

COLLECTION



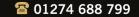
Royal visit marks start on site for key Bradford Southern Gateway development



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www.asianexpress.co.uk

By Dr. Bernard Gallagher

Visiting Fellow, Connect Centre for International Research on Interpersonal Violence and Harm, University of Lancashire

Approximately 15 years ago, concern began to be expressed over the sexual abuse of mainly white girls by groups of men who were largely of 'Asian' origin in towns and cities across England.

It is suspected that hundreds of girls were subject to horrendous sexual and other abuse by hundreds of men from an 'Asian' background. There have also been repeated allegations that authorities turned a blind eye to these cases.

These cases came to be known as 'Asian Grooming Gangs' (AGGs).

These offenders have been widely condemned and – it must be stressed – including by the vast majority of people in the British-Pakistani/ Muslim community (and by British Asians more generally).

Subsequently, majority Pakistaniheritage grooming gangs became the focus of national political, media and public attention. Some of this attention then morphed into hostility against the entire Asian community, and it included, for example, certain MPs and journalists questioning the entire Asian culture, and anti-Asian street protests by far right groups.

Eventually, this furore went international reaching what could be seen as two disturbing peaks.

The first and by far more serious and terrible of these was the 2019 New Zealand mosque shootings in which a far right terrorist, Brenton Tarrant, killed 51 Muslim worshippers. One of the ammunition clips used by Tarrant bore the

words "For Rotherham", which was believed to be a reference to the child victims of Asian grooming gangs in that town.

The second peak occurred in January of this year when the tech entrepreneur and world's richest man, Elon Musk, posted ill-informed and inflammatory criticisms to his 210 million followers on X (formerly Twitter) of the prime minister, Keir Starmer, and the safeguarding minister, Jess Phillips, over their supposed mishandling of majority Pakistani grooming gangs' cases.

The public dispute stirred up by Elon Musk's posts about groominggang cases helped amplify anti-Muslim sentiment in the UK.

As per a paper published by the 'Centre for the Study of Hate and Extremism', was that among social media posts around the groominggang discourse on X in early 2025, 53.8% (650 out of 1,208) of posts were explicitly "Islamophobic or racist" in targeting Muslims, British-Pakistani men, South Asians or immigrants, while linking them to grooming-gang crimes.

Pakistani-heritage grooming gangs constitute a very small proportion of all Child Sexual Abuse and Exploitation cases

In 2023, the most recent year for which figures are available, the police in England and Wales recorded 115,489 Child Sexual Abuse and Exploitation (CSAE) offences.

Only 4,228 (3.7%) of these cases

involved "group-based contact offences" and only some of these would have involved Pakistaniheritage offenders.

Group-based Child Sexual
Exploitation (CSE) cases, whether
perpetrated by Asian or white men,
or men from any other ethnic group,
can be extremely serious in terms
of the level and extent of abuse
committed against children.

However, this applies to all forms of Child Sexual Abuse (CSA), and indeed all forms of Child Abuse and Neglect (CAN) more generally.

For example, and in the 15 years since the major concern over majority Pakistani grooming gangs first arose, roughly 750 children will have died though abuse and neglect often of a horrific nature - and, it must be said, at the hands of white abusers mostly.

One of the major alleged issues surrounding Pakistani-heritage grooming gangs is that the response of the authorities, especially the police and social services, has been inadequate.

Pakistani-heritage grooming gangs comprise only a very small proportion of all CSAE cases and an even smaller proportion of all CAN

The response to Pakistani-heritage grooming gangs has been excessive. This raises the vital question as to what are the reasons for (and also the effects of) this disproportionate response.

One important – and contextual



 factor is that most people know very little about CAN or child protection, and relating to, for instance, the scale of the problem or its causes, or how incidents are managed by the authorities.

Over the past 10-15 years, there has, at times, been blanket, and ill-informed or malign, coverage of Pakistani-heritage grooming gangs in the media.

This coverage has been picked up by various politicians and commentators, among others, who have the amplified the media's messages. countless cases in the UK, over the past 30-40 years, of white men abusing girls (and boys) in settings such as churches, schools and sports clubs - and above all families – but I am confident that no one has ever raised an issue over these perpetrators' ethnicity.

There are, moreover, numerous instances where white men in the UK (and many other majority-white, western countries) have travelled abroad to sexually abuse children – many of who are especially vulnerable - in regions such as South Asia, South East Asia and Africa.

Out of all 115,489 Child Sexual Abuse and Exploitation (CSAE) offences, only 4,228 (3.7%) of these cases involved "group-based contact offences" and even less would have involved Pakistani-heritage offenders.

commissioned Baroness Louise Casey to produce a report on group-based CSAE - the National Audit on Group-based Child Sexual Exploitation and Abuse – which was released in June of this year.

Casey's report contained 222 references to "ethnicity", which could be taken as code for 'Asian'

Casey mentioned "gender" only nine times, even though most experts agree this is the critical issue in the perpetration of CSA. ("Class" was mentioned just twice, despite the fact that there might be as much reason to investigate this aspect of the issue as there is ethnicity.)

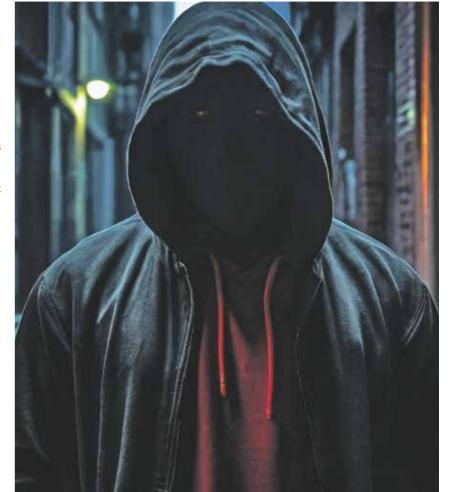
Following on from Baroness Casey's audit, the Government will now compel the police to collect data on the ethnicity of suspects in CSAE cases and it is to commission research into the possible "drivers of group-based CSE", one of which will be ethnicity.

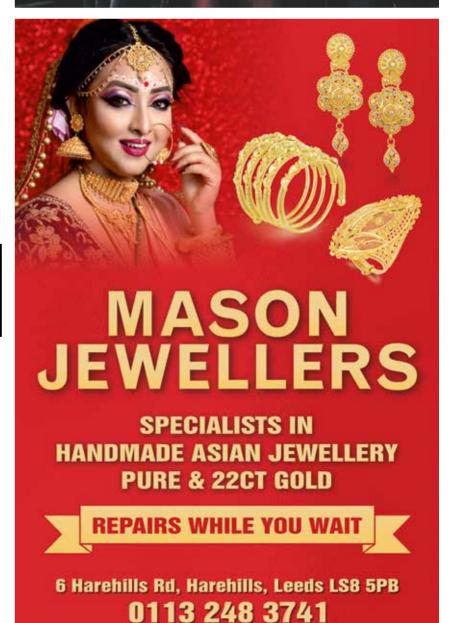
The Government is, in addition, in the process of setting up a national inquiry into CSE; a very prominent focus of which is likely to be ethnicity. However, as reported in the Guardian, the national inquiry has "stalled amid wrangles over its remit and difficulties in finding a senior legal figure willing to become its chair".

All of the above initiatives, plus various earlier measures, in response to Asian Grooming Gangs, while possibly well-intentioned to some extent, are misplaced, and risk adverse consequences for both child protection and community relations.

These developments could, in particular, reinforce misconceptions around the absolute and relative extent of Pakistani-heritage grooming gangs, reinforce ideas of CSE being an 'Asian problem', and take attention (and resources) away from all of the other cases of CAN that form the vast bulk of child protection work.

It should be noted that child





Less than 3% of all cases involve Asian Grooming Gangs, yet mainstream press, & some politicians, seems to flip those figures to make it look like that the majority of these offences are carried out by Pakistani/Muslim men.

The end result has been large sections of the public concluding that: Pakistani-heritage grooming gangs represent a massive problem; they comprise a large part of the entire CAN challenge; authorities have chosen to ignore these threats out of 'political correctness'; and that the whole of "Asian" and/ or Muslim culture is somehow complicit.

Racism

But there are even more nefarious factors behind this response to Pakistani-heritage grooming gangs.

As difficult as it might be for some (white) people to accept, one has to be honest and acknowledge that part of the reason the Pakistani-heritage grooming gangs phenomenon has received so much attention is racism.

Some of this racism is subconscious. There have been

And, again, the ethnicity (or culture) of these offenders has seldom, if ever. been raised.

It is as if much of society is blind when it comes to white child sex offenders.

Some of this racism, however, is much more conscious and intentional. Some people have eagerly seized upon the issue (as they have done with immigration) to actively stoke up hostility towards Asians and people of colour more generally.

Ethnicity-driven child protection

Sadly, this colour-driven approach to child protection is likely to intensify not lessen in the foreseeable future.

In response to growing pressure from right wing and far right media and political figures over the past few years, the current government protection - like all public services work - is grossly under-funded; an issue that politicians, the media and other commentators hardly ever draw attention to.

Finally, these developments could heighten hostility towards members of the South Asian community, along with other people of colour more generally, and at a time when these groups are already feeling vulnerable.

CAN, including CSE, is perpetrated by individuals of all ethnicities and against children of all ethnicities. If individuals are genuinely concerned about child protection, then they must be 'colour blind' and seek to tackle all cases of CAN with equal vigour, and regardless of the colour of the skin of perpetrators or children.

Royal visit marks start on site for key Bradford Southern Gateway development

Cover story continued

Jinnah Business Park was opened in 2023 following an investment of £5m, which has seen the development of 17 new enterprise units, that has resulted in many new businesses being created. The site, just off Wakefield Road, falls within the Bradford Southern Gateway – an area earmarked for major transformative regeneration.

The 'Southern Gateway' regeneration plan includes a proposed new £2 billion rail station that would connect Bradford to Leeds in just 12 minutes and Manchester in under half an hour. It would create a thriving hub with new homes, offices, retail, and leisure spaces.

During the special ceremony, the Duke spoke with key partners on the project, including local MP Imran Hussain and Council Leader Cllr Susan Hinchcliffe about the strategic importance of the Southern Gateway as one of the most significant regeneration projects in the country.

Saleem Akhtar the owner of the Jinnah Business Park and founder of the Jinnah Group said: "It was a pleasure to welcome His Royal Highness to Bradford and have the opportunity to explain our plans in more detail. As a former architect, he was particularly interested in the building and construction methods we plan to use."

"The Standard Health flagship hospital represents an important moment for the Southern Gateway and our city and will act as a catalyst for other developments. Bringing investment into the area and transforming land at this location is a mark of confidence in the Southern Gateway, as Bradford looks forward to significant regeneration over the coming years."

Dr Gorav Datta, of Standard Health, said: "Our new state of the art hospital will mean a considerable investment into the healthcare sector in the city, and include innovations in orthopaedic surgery such as robotics, an imaging suite, and in-patient facilities to allow seamless patient pathways from admission to rehabilitation."

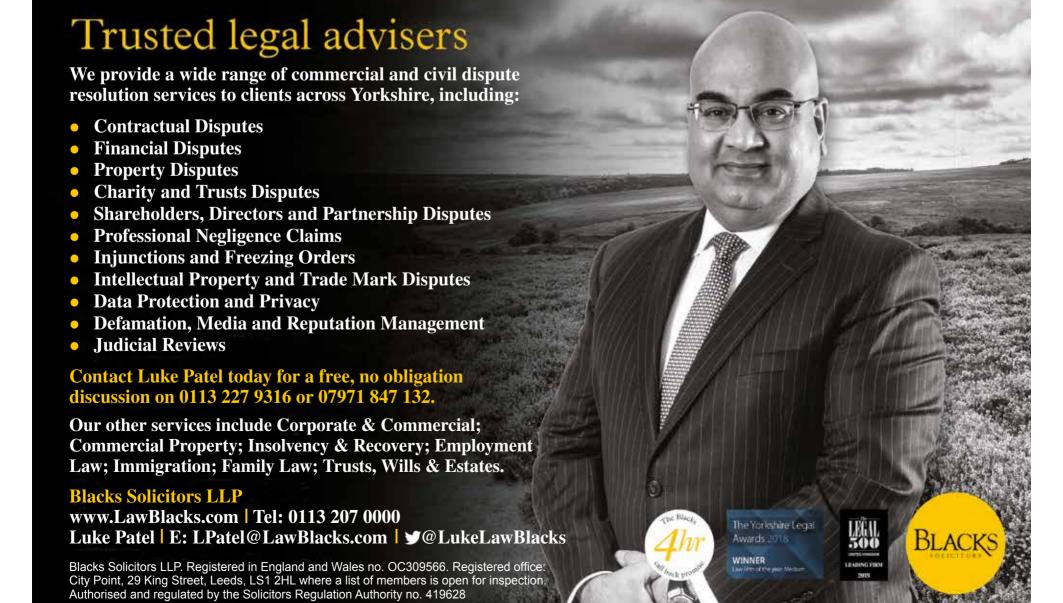
Cllr Susan Hinchcliffe, Leader of Bradford Council said: "It's welcome to see the private sector investing in the city at a time when we are progressing, at pace, our plans for the Southern Gateway regeneration area. It's about growth and, importantly jobs which are being created by a successful local developer bringing in additional investment. We anticipate further such investment will follow in what will be a key zone of regeneration for Bradford."

The site preparation works will be managed Fox Developments Ltd, with construction now underway and programmed to conclude in around 12 months' time.









EUROMILLIONS°

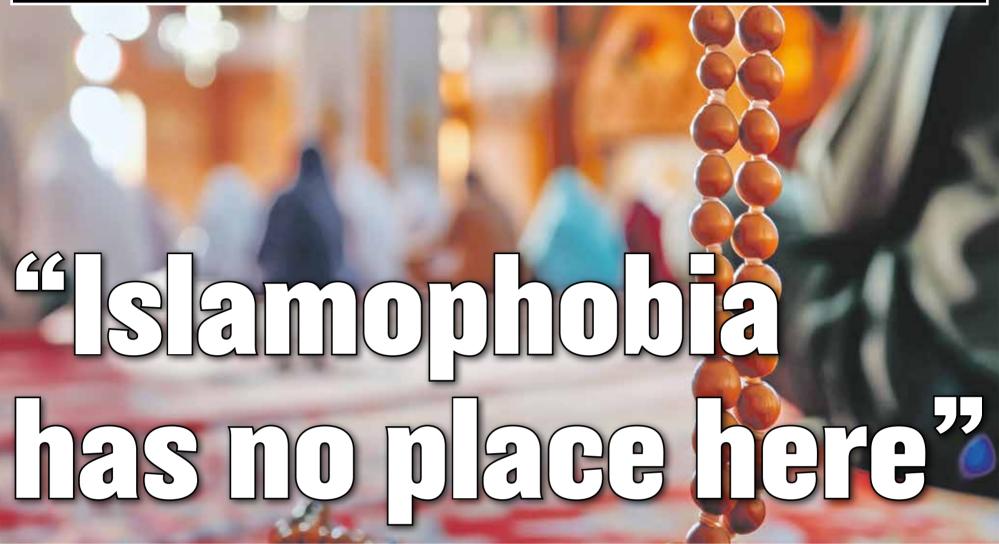
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City leaders unite as Leeds rolls out powerful anti-Muslim prejudice toolkit



Tackling & Understanding
Anti-Muslim Prejudice

Toolkit

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In the second of the second

Leeds has launched a major new initiative to tackle anti-Muslim prejudice, unveiling a

comprehensive toolkit at a high-profile event on Monday 17th November.

Attended by Leader of Leeds City Council - councillor James Lewis, Imam Qari Asim MBE, West Yorkshire's first Inclusivity Champion - Fatima Khan-Shah, Chief Officer at Safer Leeds - Paul Money, alongside senior civic figures, academics, community organisers and representatives from across Yorkshire.

The launch of the 'Tackling & Understanding Anti-Muslim Prejudice Toolkit', described by several attendees as a "defining moment for Leeds".

Research and published by the Leeds Muslim Network and the Leeds Muslim Youth Forum, it sets out one of the most wide-ranging local strategies in the UK aimed at challenging discrimination, improving reporting systems, strengthening community cohesion and embedding cultural literacy across public and private institutions.

Speaking at the event, cllr Lewis said Leeds had a responsibility to "lead from the front" at a time when Muslim communities across the country are experiencing heightened levels of abuse, hate crime and

Several speakers noted that

anti-Muslim prejudice often goes unchallenged because institutions lack the tools or confidence to intervene effectively.

Dr Hanif Malik OBE, a key driver of the toolkit, comments: "This toolkit isn't symbolic," he said.

"The 'Tackling & Understanding Anti-Muslim Prejudice Toolkit' draws on extensive community engagement and evidence-based research.

"It outlines what prejudice looks like in daily life from verbal harassment and workplace discrimination to structural inequalities and harmful media narratives, and offers clear guidance - a framework on how organisations can identify, confront and prevent it."

"It outlines what prejudice looks like in daily life from verbal harassment and workplace discrimination to structural inequalities and harmful media narratives, and offers clear guidance - a framework on how organisations can identify, confront and prevent it."

Prominent figures from interfaith networks, youth organisations, equality groups and academic institutions attended the launch, each underscoring the need for action that goes beyond public statements of solidarity.

Speaking at the launch, Andleeb Hanif, Editor, Asian Express said: "Leeds has long prided itself on being a compassionate city, one that leads by example. Now is the moment to prove that compassion isn't just a value we speak of, but a standard we live by.

"It must be measured through action by how we protect those who feel most vulnerable and ensure that every resident, of every faith and background, can walk, work, and worship without fear."

"A city that thrives when everyone feels safe"

Leeds' status as one of the UK's fastest-growing and most diverse cities loomed large over the event. As the city prepares to celebrate 400 years since it first gained the right to self-govern, speakers stressed the urgent need for inclusive policy-making that reflects its changing population.

Many noted that the toolkit's strength lies in its practicality: it offers ready-to-use steps for schools, workplaces, charities and public bodies, rather than abstract recommendations. Its authors argue that meaningful change requires consistent, everyday interventions rather than reactive measures taken after incidents occur.

"This can't stay on a shelf," said one youth representative.

"It has to shape classrooms, boardrooms, community centres and council chambers. Leeds is at its best when everyone feels seen and safe."

With broad support from city leadership and community stakeholders, the toolkit marks a significant step toward confronting discrimination with clarity and purpose. In the words of one attendee: "This is Leeds saying loudly and publicly: prejudice will not define who we are."







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Fundraiser completes 19th aid mission, inaugurating 40 homes & delivering lifesaving relief



Bradford community champion Nazim Ali has returned from his 19th international humanitarian mission this time to one of the world's poorest nations - Burundi, where he oversaw the opening of 40 newly built homes and distributed hundreds of food parcels, meals, and children's gifts.

The trip, which took place from 27th October to 1st November 2025, was part of a joint initiative between the Nazim Ali Foundation and the Keighley-based Green Crescent Aid UK charity.

The mission team, led by Nazim and joined by volunteers Mohammed Shakeel and Mohammed Umar, worked intensively over one week to deliver aid across the East African country.

The 40 new houses, have been

built through funds raised during Nazim's 12th annual Ramadan 10K Run (March 2025), when he raised a whopping £85,810. The homes were officially inaugurated in a ceremony attended by a Burundi government minister and the Turkish ambassador.

beans, oil, and salt. A further 400 hot meals, hundreds of sweets, and 200 small toys were given out to local children.

Across his years of humanitarian work, Nazim has now helped build and deliver 347 homes for vulnerable

"The children's eyes lit up when they saw the sweets and toys. It reminded me exactly why I make these sacrifices every Ramadan for the 10K charity run."

Alongside the housing project, the team distributed 245 food parcels, each weighing 23.5kg and costing £23. They contained staple supplies such as rice, flour,

families across six countries: 133 in Malawi, 63 in Syria, 35 in Pakistan, 36 in Uganda, 40 in Afghanistan, and 40 in Burundi. All have transformed lives through







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borders," Nazim added.

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'Care Cupboard'

Students launch on-campus food bank amid cost-of-living crisis

A group of students at the University of Huddersfield have launched a food bank on campus to offer free food and wider support to other students who may be affected by cost-of-living pressures.

The initiative called 'Care Cupboard', offers free food and wider wellbeing and financial support for students in need.

The organising group are part of Enactus, an initiative dedicated to inspiring students to build a better, more sustainable world through entrepreneurial action and community development projects.

Led by MSc Digital Marketing student Luke Hester, the team first developed the idea earlier this year for the Enactus UK & Ireland Action4Impact "Stop Hunger" competition, where they were named Top 5 Finalists and received £750 in seed funding.

Officially launched in October under the slogan "Students should be hungry for knowledge, not food", Care Cupboard is based in the Harold Wilson Building and provides a safe, inclusive space where students can access essentials discreetly.

Beyond food, the project connects users to key university services. The Student Finance Team offers advice on budgeting and hardship funds, while the Student Wellbeing Team provides counselling, workshops and emotional support.

"The cost-of-living crisis is affecting so many students right now," said team leader Hester

"We're pleased to have opened Care Cupboard to aid those who need that little bit of extra help. Having it on campus means students can pop along in between lectures and don't have to go far for support."

The food bank also tackles food waste by collecting surplus stock from local supermarkets. Partnering with Neighbourly, Enactus Huddersfield has arranged a weekly collection from Sainsbury's to keep shelves replenished.

Nicola Walker, Enterprise Hub Manager at the University, praised the project's impact: "Students are not immune from cost-of-living pressures, so it's great to see Enactus Huddersfield leading the way with another layer of support. I'm particularly proud of how they've linked practical help with wellbeing and financial guidance."

Community links have also been forged with TSL Kirklees, which offers volunteering opportunities and a buddy scheme for those seeking to give back or gain experience.

Enactus Huddersfield's work aligns with the United Nations Global Goals for Sustainable Development, reflecting the society's wider mission to create responsible leaders and social innovators.

Through Care Cupboard, the students are proving that compassion and entrepreneurship can go hand in hand, and that no one should have to choose between studying and eating.

STUDENTS SHOULD BE HUNGRY FOR KNOWLEDGE NOT FOR FOOD

opening times

Scan the QR code to find out when we're open. Care Cupboard is on floor Lof Harold Wilson Building.



Hungry but struggling to buy food?

Care Cupboard provides free food for students in Care Cupboard is here to help

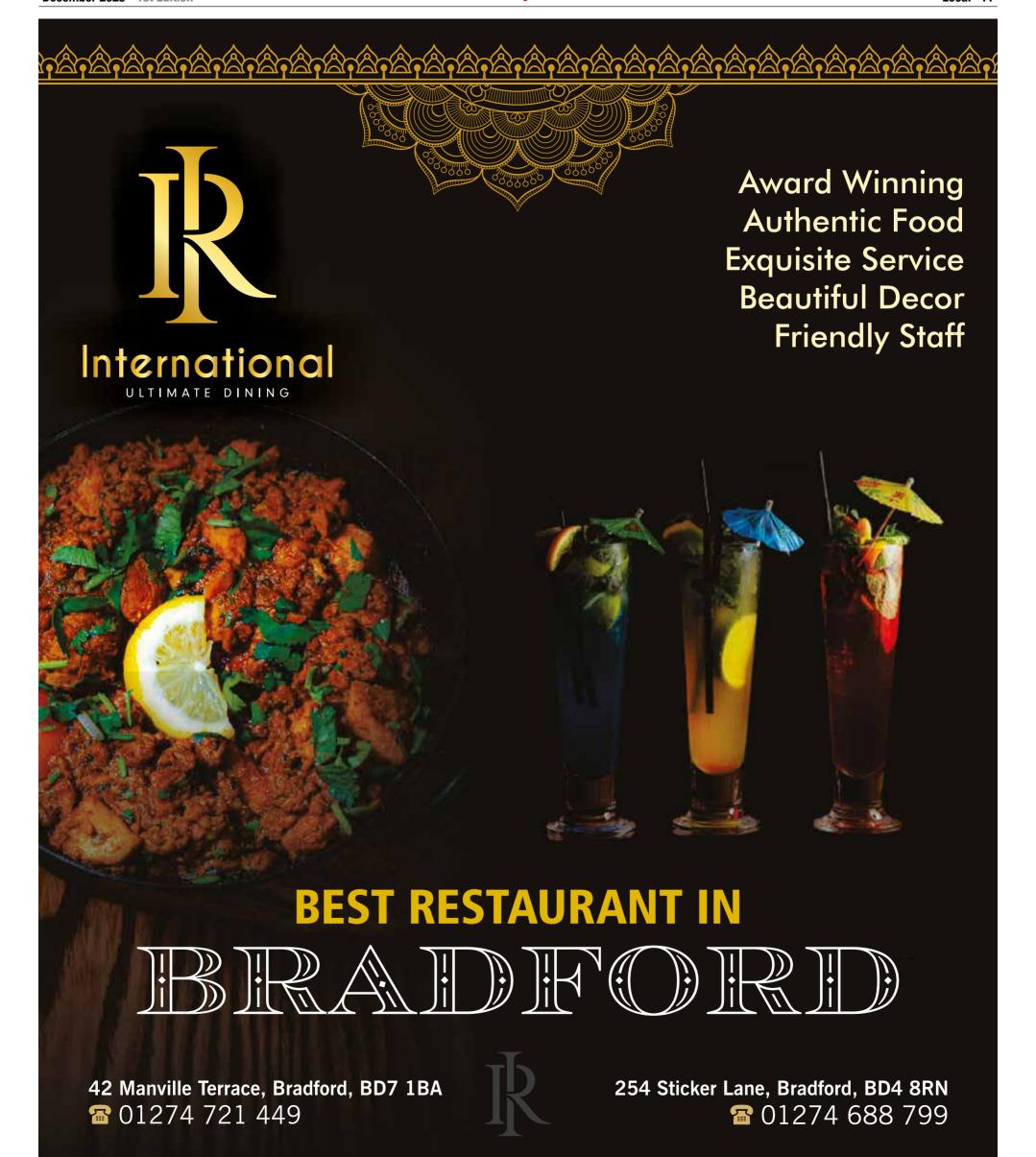
We also help with guidance and support to get you get back on track



HUDDERSFIELD



C The Enterprise Tea



"The day of my diagnosis was the worst day of my life"

After shock diagnosis, MD launches £100k campaign and asks why **150 people a day** are being diagnosed with breast cancer

A British managing director has launched a powerful fundraising campaign after being diagnosed with Stage 2 breast cancer, asking the question many are too afraid to voice: "150 people a day are being diagnosed with breast cancer – why is that?"

When Worcester-based business leader Jothie Walford, 50, received her diagnosis earlier this year, her world stopped.

"I couldn't believe it – I was in total shock," she said. "With no family history I never thought it would happen to me. My first thought went to my children – I didn't want them to grow up without a mum."

That moment of devastation became the spark for action.

Jothie, a mother of two and managing director of British home appliance firm Gtech, has since channelled her experience into a nationwide effort to raise £100,000 for Cancer Research UK and Worcestershire Breast Unit Haven, while also raising awareness about the sharp rise in breast cancer diagnoses.

She said the statistics were impossible to ignore. "The day of my diagnosis was the worst day of my life.

"I have since found out that 150 people a day, every day, are also being diagnosed with breast cancer – they are having their worst day ever – and rates are increasing. Why is that?"

Her words have become a rallying cry for the company's new 'Powers Through Everything' campaign – a slogan that reflects both the company's product line and the resilience of those battling serious illness.

While still undergoing treatment, Jothie continues to work, supported by her colleagues, family and friends.

As part of the fundraising drive, the company will release a limited-edition Pink AirRam 3 vacuum cleaner, with 20% of profits going directly to the £100,000 target. To bolster donations, anyone who contributes £1,000 or more will receive a free Gtech product.

Two major fundraising events are also planned – including a Bollywood-meets-Hollywood charity ball at the Gtech Community Stadium in Brentford and a local gala in Worcester later this

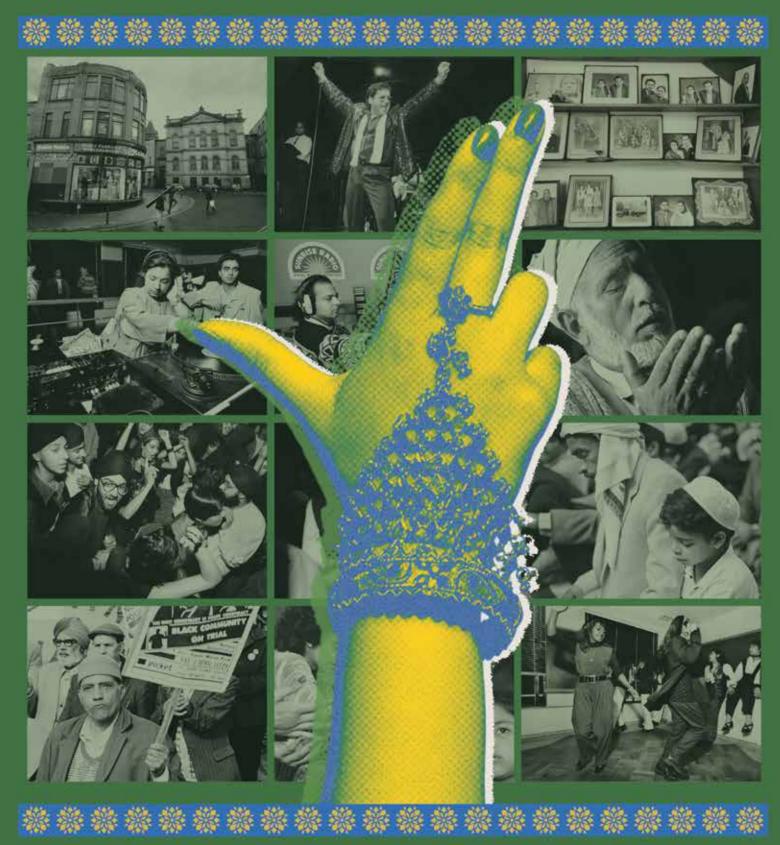
The campaign has already gained backing from leading medical professionals.

Mr Steven
Thrush, Consultant
Breast Surgeon at
Worcestershire Breast
Unit, praised Jothie's
initiative: "From the
point of diagnosis
through surgery and
treatment, our team and
the Worcestershire Breast
Unit Haven charity are
committed to going above
and beyond for patients.

"It's very special when patients decide to give something back. We are delighted to be working with Jothie and her team."

The initiative, supported under the hashtag #PowerThroughEverything, will also see the company's logo temporarily turn pink – a visible symbol of solidarity with those fighting cancer.





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What is NHS 111 and when should you use it?

By: Dr Jyoti Sood

GP Partner at Newbury Park Health Centre

As a GP I see many patients every day, with various medical issues and situations, which we're always happy to help with. In addition to the ways we can help at our practice, there are a range of NHS services you can also use when you have a medical concern, depending on what it is.

For example, visiting your local Pharmacy for a minor illness or using the NHS App to order repeat prescriptions. One of the services my patients find particularly useful when they need urgent medical help is NHS 111, but not everyone is aware of it or knows when exactly to use it.

If you need urgent medical help and your GP isn't available but you're not sure where to go, NHS 111 can assess you and direct you to the right place.

NHS 111 is there for times when you have an urgent medical concern that isn't life threatening, but that needs immediate advice and action. It's free and available 24/7 - so whenever something is wrong, you can get help straight away.

For example, if your GP practice is closed and you are feeling very unwell, have a really painful muscle sprain, or any sort of very severe ache or pain,

you can use NHS 111. You can also get 24-hour urgent mental health advice and support if you or someone else is experiencing a mental health crisis – such as a panic attack.

There are a few options for accessing the service, so you can use whichever one suits you, and you have the choice to speak to someone in person or be assessed online. You can:

- · Dial 111 on your phone
- · Go online at 111.nhs.uk
- · Use the NHS App

If you're not comfortable explaining the issue in English, you can also ask for an interpreter.

You'll be asked questions about your symptoms, or, if you're using the service for someone else, you can answer on their behalf. NHS 111 will assess the problem and direct you to the most appropriate local service. Depending on the issue, they might suggest you contact your GP practice, go to your local pharmacy, get urgent dental care, or visit your nearest urgent treatment centre. They can also arrange a call back from a nurse, doctor or paramedic if necessary. All of this means that you're getting professional medical advice, while not wasting precious time potentially going





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support cancer care in Pakistan

Sixteen people from Bradford have completed an eight-day trek along China's iconic Great Wall, raising important funds for the Imran Khan Cancer Appeal (IKCA), a charity that provides free cancer treatment for patients in Pakistan.

The team, which came together from different parts of the UK, took on this tough challenge to support the Shaukat Khanum Memorial Cancer Hospitals and Research Centres, founded by former cricketer and Pakistani prime minister Imran Khan.

These hospitals are among the largest cancer treatment and

research centers' in South Asia, offering top-notch care without regard to a patient's ability to pay.

Since the first hospital opened in Lahore in 1994, the Shaukat Khanum network has expanded to include major centres in Peshawar and Karachi, treating tens of thousands of patients each year. More than 75% of patients receive completely free treatment, funded by donations from supporters worldwide.

Shafiq Rafiq, a volunteer and events coordinator at IKCA, praised the trekkers for their determination and spirit. "These sixteen remarkable individuals have shown what can be achieved when people unite for a cause greater than themselves," he said.



"Every step they took on the Great Wall represents a step closer to giving someone a second chance at life.

The group dealt with steep climbs, uneven terrain, and historic watchtowers along the ancient structure, making it one of the most challenging fundraising treks in IKCA's calendar.

The money raised will go directly to providing free diagnosis, chemotherapy, radiotherapy, and palliative care for cancer patients in Pakistan. The funds will also support ongoing research and training at the Shaukat Khanum centres, ensuring sustainable and fair cancer care for future generations.

The Imran Khan Cancer Appeal continues to inspire communities across the UK to take action against cancer through compassion, endurance, and hope.

More information can be found at ikca.org.uk.













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Shortlist announced for Yorkshire Asian Young Achiever Awards 🔼 🕽

The shortlist for the Yorkshire Asian Young Achiever Awards (YAYAs) 2025 has been unveiled, spotlighting young South Asians across the region who have overcome barriers, disadvantage and personal hardship to excel in their fields.

Now in its fifth year, the Bradfordbased awards have become a major fixture in the city's calendar, celebrating 16 to 35 year olds who were born in or live and work in Yorkshire

Founded in 2020 to mark QED Foundation's 30th anniversary, the YAYAs honour young people whose achievements reflect the charity's long standing mission to tackle inequality and support marginalised communities. QED, established by Dr Mohammed Ali in 1990, has provided education and training to more than 40,000 people from ethnic minority backgrounds.

This year's shortlist spans nine categories, from sport and media to public service and entrepreneurship. Among the stand-out nominees is Avesha Khan, shortlisted for Achievement in Sport after playing for Sheffield United, Sheffield FC and Sheffield Wednesday, alongside boxer and NHS cardiac practitioner Nohmaan Hussain, and Sehran Ahmed, who has transformed student sport at the University of York.

In health and mental health nominees include North Yorkshire GP Zoyah Hussain, who balances her clinical work with caring for two autistic sons; Bradford wellbeing practitioner Usman Javaid; and Sheffield paramedic Adil Mohammed.

The arts and creative industries category features Bradford charity co founder Awais Hussain, award winning young musician Rayn Rabib, and Leeds physiotherapist turned author Heena Mahmood.

BBC Radio Leeds presenter Rima Ahmed leads the media shortlist. joined by educator and content creator Sahdiya Pervez, and motivational speaker Musharaf Asghar, known for his appearance on Educating Yorkshire.

Other categories recognise educational achievement, young entrepreneurs such as Ali Zafar and Sidrah Ahmer, public sector leaders including one of the UK's youngest councillors, Ismail Hussain Siraji Uddin, and nominees in not-for-profit and overcoming life obstacles.

Winners will be announced on 27 November at a gala dinner at the Cedar Court Hotel, Bradford, hosted by broadcaster Noreen Khan. This year's keynote speaker is Morrisons chief executive Rami Baitieh, with headline sponsorship from York St

John University and support from regional partners including Janan, the National Science and Media Museum, University of Leeds, Bradford 2025 and MyLahore.

Dr Ali said the shortlist reflected "inspirational stories of resilience", while QED deputy chief executive Adeeba Malik described the awards as "a campaign that inspires others". St John vice chancellor Professor Karen Bryan added that the YAYAs underline "the creativity and determination' shaping communities Yorkshire





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Ataste At

MOM: 'Meet Our Mothers'

cookbook celebrates the

stories that feed us

There are few things more powerful than the memories stirred by food.

The smell of onions frying, the first taste of something new, or the comfort of a family recipe passed down through generations. All can transport us instantly to another place or time.

That's exactly what Meet Our Mothers, the new cookbook launched by Bradford 2025 UK City of Culture, sets out to do.

Unveiled at a colourful celebration feast in Lister Park, the cookbook is a love letter to Bradford's people and their shared table.

From Ukrainian cheese pancakes to Ghanaian beef stew, Greek rice to lamb biryani, each recipe tells a deeply personal story - of migration, belonging, and the bonds formed in kitchens across the district.

Together, they reflect a city that has always been built on hospitality, where the clatter of pots and pans speaks a universal language of care and community.

Curated by artist Deepa Mann-Kler, 'Meet Our Mothers' gathers recipes submitted by residents from every corner of Bradford

66

This isn't just a cookbook," says Deepa. "It's an archive of identity, love, and survival."

Behind every dish lies a tale - funny, tender, or bittersweet. From first dates to journeys of resettlement. These are the flavours that define families and the friendships that make Bradford such a unique cultural melting pot.

Mann-Kler says collecting these recipes has been "a humbling experience - a celebration of memory, migration, love, and resistance."

The project began with a public callout in 2024 and blossomed through a series of creative workshops held with community groups across the district. Contributors were later invited to a professional photoshoot at NEET in Northcliffe Park, watching their treasured dishes cooked and styled for the pages of the book.

Adding a modern twist, Meet Our Mothers also embraces Augmented Reality (AR) - an immersive experience that allows readers to unlock digital layers of storytelling through a free companion app. With a quick scan, readers can see contributors talk about their dishes, their families, and the memories each recipe holds. It's a digital celebration of human connection that bridges past and present.

"This isn't just a cookbook," says Deepa. "It's an archive of identity, love, and survival."

Creative Director Shanaz Gulzar calls it "a celebration of the rich cultural tapestry of Bradford and the heritage that brings us together"

Supported by The National Lottery Heritage Fund, 'Meet Our Mothers' is available now via bradford2025.co.uk.





AAGRAH SHIPLEY WINS 'BEST BUFFET IN THE NORTH' AT THE ASIAN CURRY AWARDS 2025

agrah Shipley has been awarded the prestigious 'Best Buffet in the North' title at the Asian Curry Awards 2025, one of the UK's most respected accolades celebrating excellence in Asian hospitality. The glittering awards

The glittering awards ceremony took place on Sunday, 16th November, at the iconic Grosvenor House, Great Room, Park Lane, London.

Continued on page 26

business power

DAZN Scores An Own Goal

The Court of Appeal recently confirmed in the case of DAZN Limited v Coupang Corp that informal communications, such as WhatsApp messages and emails, would be sufficient to form a legally binding contract even where there is reference to the subsequent preparation of a formal written agreement.

In that case, DAZN (the global sports streaming platform) was the sole licensee of the broadcasting rights to the inaugural FIFA Club World Cup that was held in the United States last summer and in which Chelsea Football Club were the eventual winners. Coupang was an e-commence company based in South Korea that operated a media streaming service. Between January and March 2025, the parties entered into discussions regarding DAZN sub-licencing to Coupang the broadcasting rights to the Club World Cup in South Korea. Those discussions were conducted primarily via WhatsApp, telephone calls and by email.

On 27 February 2025, Coupang emailed DAZN with a proposal to acquire an



contract drafting and hope to share the draft for your agreement soon". Two WhatsApp messages were subsequently sent by DAZN to Coupang on 3 March 2025 confirming that Coupang's proposal in their email of 27 February 2025 had been accepted. It was not disputed by the parties that they had intended to sign a formal contract at a later date.

However, DAZN subsequently informed Coupang that it had received a higher offer from another bidder and that it was going to accept the higher offer on the basis that they had only reached a non-binding agreement in principle with Coupang. Coupang disagreed and commenced legal proceedings against DAZN.

The High Court found that there was a binding contract between DAZN and Coupang. DAZN appealed that decision arguing that the parties had not concluded a binding agreement because a formal contract had yet to be agreed.

However, DAZN's appeal was dismissed. The Court of Appeal found that a binding contract had been formed as the parties had agreed the key terms by WhatsApp and subsequently formalised them by email. The language used in the emails demonstrated a clear offer. acceptance and an intention to be legally bound, satisfying the requirements for the formation of a contract under English law

While this judgment is highly fact specific, it is nevertheless an important reminder of the limited formalities required under English law to create a binding contract. When negotiating a contract, parties should take particular care to avoid making an unattended offer or accepting

> The parties should also clearly and consistently state that the negotiations are "subject to contract" until the formal agreement is executed: this should be expressly and continuously stated throughout the negotiations. If you are involved in any disputes concerning a contract, its formation. interpretation or require terms to be formalised, **Blacks Solicitors** can advise and 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





Aagrah Shipley wins 'Best Buffet in the North' at the Asian Curry Awards 2025

Surrounded by leading restaurateurs, chefs, and industry pioneers, Aagrah Shipley stood out for its exceptional quality, heritage, and innovation in buffet dining

Speaking after accepting the award, Tahir Iqbal, who runs Aagrah Shipley, said: "We are incredibly honoured to receive this award. It reflects the hard work, dedication, and passion of our entire team.

"Our buffet is more than just food - it's a celebration of tradition, family, and the rich culinary heritage that Aagrah has been built on for decades. We are grateful to our loyal customers who continue to support us and inspire us to elevate our standards year after

Aagrah Shipley's roots run deep. The restaurant first opened its doors in 1977, founded

by the late Mohammed Sabir along with his brothers Zafar Iqbal and Mohammed Aslam. Together they laid the foundation for what would become one of Yorkshire's most loved restaurant groups. In 2001, Aagrah Shipley moved to its current landmark location.

The award-winning buffet restaurant was introduced on the first floor in 2005, quickly becoming a signature attraction. Following continued customer demand and the group's commitment to excellence, the space underwent a major expansion and modern makeover last year, enhancing both capacity and dining experience.

Today, Aagrah Shipley remains a shining example of the Aagrah Group's pioneering spirit, culinary expertise, and long-lasting connection with the community.



business power

New rules will protect tenants and force social landlords to urgently fix dangerous homes.

Emergency hazards to be addressed within 24-hours under landmark changes.

Reforms are a legacy to two-year-old Awaab Ishak who tragically died from prolonged exposure to mould.

Millions of tenants across the country will benefit from safer homes thanks to new rules which came into force on Monday 27th October.

The first phase of Awaab's Law will force social landlords to take urgent action to fix dangerous homes or face the full force of the law, improving lives for tenants and families living in all four million of England's social rented homes.

The new legal duties will finally put tenants' safety first with landlords forced to fix emergency health and safety hazards within 24-hours of reporting. They must also investigate significant damp and mould within 10 working days of being notified and then make properties safe in five working days.

For both types of hazards, they must also write the findings to tenants within three working days of inspection.

As part of the reforms, landlords now must also consider the circumstances of tenants which could put them at risk - including young children and those with disabilities or health conditions. Alternative accommodation must also be offered if homes cannot be made safe within the required timeframes.

These vital reforms will not only keep tenants safer in their homes, but hold landlords to account. Those who fail to comply with the rules face being taken to court, where they could be issued enforcement orders, forced to pay compensation and legal costs - as well as loss of rent if homes were uninhabitable.

Awaab's Law is a lasting legacy to two-year-old Awaab Ishak, who tragically died after being exposed to mould at his Rochdale home in December 2020. In the wake of this tragedy, Awaab's family has fought to secure justice, not only for their son but for all those who live in social housing.

Housing Secretary Steve Reed said: "Everyone deserves a safe and decent home to live in and Awaab Ishak is a powerful reminder of how this can sadly be a matter of life or death.

"Awaab's family has fought hard for change and their work to protect millions of tenants' lives will live on as a legacy to their son.

"Our changes will give tenants a stronger voice and force landlords to act urgently when lives are at risk, ensuring such tragedies are never repeated."

Sumita Singha OBE, Founding Director Ecologic Architects: "Awaab's Law is a landmark moment for housing safety and accountability. As a built environment professional, I believe every home should uphold the dignity and wellbeing of its residents.

"The tragic loss of Awaab Ishak must never be repeated. These reforms place tenant health at the heart of housing



Millions of tenants safe from black mould through Awaab's Law

standards and send a clear message unsafe homes are unacceptable, and action must be swift. We all have a role to play in ensuring that design, maintenance, and management of homes protect the most vulnerable."

More of Awaab's Law will be phased in next year and in 2027 to make homes safer from more hazards, alongside work to build 1.5 million new homes, including the biggest boost of social and affordable housing in a generation.

To bring further transformative and lasting change in the safety and quality of social housing and give tenants a stronger voice, a new £1 million fund has been launched by the government

today to create new ways of helping tenants engage with their landlords and have more influence over decisions that affect them.

Up to £100,000 will be granted to successful bidders who propose strong ideas for improving communication between landlords and tenants and help tenants have more of a say in how their homes are managed.

Examples of innovative ideas could include online platforms, marketing campaigns or recruiting specialist personnel who can support tenants to improve their experiences in social housing.

This will help replace the outdated, inefficient ways of communicating

that leave tenants feeling unheard and waiting too long to get issues resolved by their landlord.

To find out more visit www.gov.uk/socialhousing-law

What's changing

Social landlords (like councils and housing associations) must now follow strict timeframes to fix serious problems:

• Emergency hazards (e.g. major leaks, exposed wiring):

Must be fixed within 24 hours

• Damp and mould:

Must be investigated within 10 working days

Must be made safe within 5 working days after inspection

Tenants must be told the findings within 3 working days after inspection has finished

• Landlords must also consider tenants' individual circumstances - for example, if there are young children, health conditions or disabilities - and act faster where needed. If a home can't be made safe in time, alternative accommodation must be offered.

Where can I get help? Visit gov. uk for guidance on your rights under Awaab's Law.

If your landlord isn't responding, use the Make Things Right campaign to escalate your complaint. You can also speak to your local council or the Housing Ombudsman.

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Honest and open panel discussions with leading female professionals will offer calm and practical ideas for managing stress, protecting mental health







Reset, Recharge and Rise

Work-life balance & wellbeing event aimed at empowering & helping Yorkshire women

Continued from page 29

Many women across Yorkshire say they face constant pressure from work, family life and caring roles. This session is designed to give women the tools, confidence and space they often do not get in their busy routines.

A major part of the morning will look at perimenopause and menopause. These stages often come with stress, confusion and tiredness, yet many women say they do not know where to turn for clear information.

Expert women's health guest speakers Noshina Kiani and Bushra Effendi will explain symptoms of perimenopause and menopause in simple language, and offer steps that women can use straight away. The aim is to help women feel understood and able to ask for support at home or in the workplace.

The session will also tackle burnout. Too often the pressure to appear strong and capable leaves many women worn out. Honest, open panel discussions with leading female professionals will offer calm and practical ideas for managing stress, protecting mental health and giving the mind and body a chance to rest.

Although the topics are serious, the BPA Lionesses promise a safe space where women will be able to talk openly, share stories and learn from one another. There will be plenty of laughter and encouragement, with a focus on small changes that make a big difference.

A standout feature of the event is the networking. Attendees will have the chance to meet senior professional women from across Yorkshire, including leaders in business, education, health, law, community work and the public sector.

The event is designed for any woman who needs a moment to reset before the end of the year. Organisers say the session will leave people feeling lighter, clearer and more in control.



Work-Life Balance & Wellbeing

Sat, Dec 6 • 11:30 AM

Dewsbury · Carlton Junior and Infant School From £15.00

'Work-Life Balance & Wellbeing' session takes place on Saturday 6th December. Tickets available on www.eventbrite.co.uk

Tickets include lunch and places are limited. The BPA Lionesses encourage women to book early and invite colleagues, friends or anyone who may benefit from a supportive and uplifting morning. Please book via Eventbrite - search for 'Work-Life Balance & Wellbeing', Dewsbury (Asian Express).



With temperatures set to plummet across UK, the British Heart Foundation (BHF) is warning people with heart conditions of the potential dangers posed by the cold weather.

Cold weather can present specific risks for people with heart conditions because the heart has to work harder which can exacerbate existing health conditions. Each year in the UK there are thousands of additional deaths from heart and circulatory disease in the winter

months.

Cold temperatures cause blood vessels to narrow in parts of the body, like the skin, fingers and toes, so that less body heat is lost and more blood and oxygen are re-routed to essential organs, like the heart and brain. But this response means the heart must work harder to pump blood around the body, increasing the heart rate and blood pressure.

The BHF is encouraging people with heart conditions to take precautions to minimise potential

health risks during the cold snap.

Ruth Goss, Senior Cardiac Nurse at the British Heart Foundation, said: "Cold temperatures can increase the risk of heart attacks and strokes, and people with cardiovascular disease are also more at risk of serious illness if they get seasonal respiratory infections like flu.

"It's especially important that people living with heart conditions are well prepared for the cold snap this winter by wrapping up warm and having their free flu jab."

Ruth Goss has also shared eight top tips for protecting your heart as the weather turns cold:

- **Keep Indoor Temperatures Comfortable:** If possible, keep the room where you spend most of your time heated to at least 18°C. Layer up with socks, jumpers and blankets. A hot water bottle or an electric blanket can help you to keep warm at night.
- **Stay Warm:** Wear lots of thin layers, rather than one thick layer. This will trap the heat in and keep you warmer. A hat, scarf and gloves will also help maintain your core heat.
- **Stay Active:** Keep moving while you're indoors, to build up your core temperature and boost your immune system.
- Maintain a Healthy Diet: Have warming meals and healthy hot drinks to give your body the energy it needs to keep you warm.
- **Wrap Up:** If you get angina (chest pain), wear a scarf wrapped loosely around your mouth and nose or wear a face mask, so you breathe in warmer air. This may help to improve your symptoms if they get worse in the winter.
- **Stay Informed:** Learn how to make your home more energy efficient, and receive any financial help that you're entitled to, such as the Cold Weather Payment, by contacting the Winter Fuel Payment helpline on 0800 731 0160. Citizens Advice also have useful advice on making your home energy efficient.
- **Get Vaccinated:** People with a heart or circulatory condition are more at risk of becoming seriously ill from flu and will be eligible for a free flu vaccination. If you want to book an appointment or find out if you are eligible, contact your GP or visit the NHS website to find your nearest pharmacy that offers a free flu vaccination.
- **Speak to a Nurse:** For any question big or small about cold weather and the heart, speak to an experienced BHF nurse on the BHF's Heart Helpline by phone, email or chatbot. The BHF website also has lots of information and advice on how to stay warm this winter, including money-saving tips and nourishing recipes.

The mind-skin connection - how skincare shapes our mental health

By Prity Farooq

Prity Beauty & Aesthetic, Bradford

In an age where self care has become a buzzword, skincare is often seen as an indulgence, but research increasingly shows it's much more than that. The relationship between skincare and mental health runs deep, creating a powerful link between how we feel on the inside and how we care for ourselves on the outside.

A consistent skincare routine can act as a form of self care that enhances emotional wellbeing, while poor skin health can lower confidence, trigger anxiety, or even contribute to depression. It's a two way street, a bidirectional relationship between the mind and the skin.

Stress hormones are often the culprits behind skin flare ups, with acne, rosacea, and psoriasis frequently worsening during periods of emotional strain. These conditions can lead to feelings of self consciousness or social withdrawal, creating a vicious cycle. Scientists now refer to this as the "skin brain axis," a communication network linking the skin, nervous system, and immune system that influences both physical and mental health.

For many, visible skin conditions also impact self image and confidence, especially when treatments don't deliver quick results. The emotional toll can be exhausting, making

compassionate self care all the more important.

The connection goes both ways. When mental health dips, skincare is often neglected. Depression and fatigue can make even basic routines feel overwhelming, leading to dull or dry skin.

Stress can also trigger hormonal changes that cause breakouts or irritation, while conditions such as anxiety can manifest in compulsive behaviours like skin picking. This creates a feedback loop where poor mental health worsens skin conditions, which in turn can further harm mental health.

The act of caring for one's skin can be grounding. Cleansing, massaging, or applying moisturiser mindfully encourages relaxation and reflection, moments that remind us to pause and breathe. These small rituals can reduce stress, promote mindfulness, and bring a sense of stability to chaotic days.

Éngaging all the senses, the scent of a serum, the texture of a balm, the gentle motion of application, transforms skincare from a task into a therapeutic practice. In doing so, we reinforce the message to our brain that we are worthy of care and attention.

Of course, skincare isn't a cure for anxiety or depression. Overemphasis on appearance or obsessive routines can be harmful, especially when driven by unrealistic beauty standards. Products can help manage inflammation and boost comfort, but genuine well-being requires balance, kindness to both body and mind.

Ultimately, mindful skincare is about more than glowing skin. It's about creating small, daily rituals that help us feel calmer, more confident, and connected, both to ourselves and to the world we face each day.

Local support is available for complementary therapies. Contact Prity Farooq on 01274 307040 for a free counselling session.

Free Counselling Appointments Every Wednesday
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THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD

Love, loss, and acceptance

Farhan Saeed releases first single, **'Khat'**, from his debut solo album

Pakistani music superstar Farhan Saeed released the first single and title track, 'Khat', from his highly anticipated debut solo album, on 14th November 2025.

Produced and sung by Farhan himself, 'Khat' is a heartfelt dedication from his heart to his fans, marking the beginning of an exciting new chapter in his over two-decade-long musical journey.

The song is a soulful rumination about love, loss, and acceptance. The song captures the ache of letting go of memories, words, and a love that no longer belongs to him.

The album 'Khat' is Farhan's first solo project after more than 20-years in the music industry and features ten tracks, each set to release one song per month, keeping fans eagerly anticipating every new release.

The music direction for 'Khat' is led by Muhammad Hassan Abbas and Qasim Dahir, delivering a sound that is both soulful and refreshing.

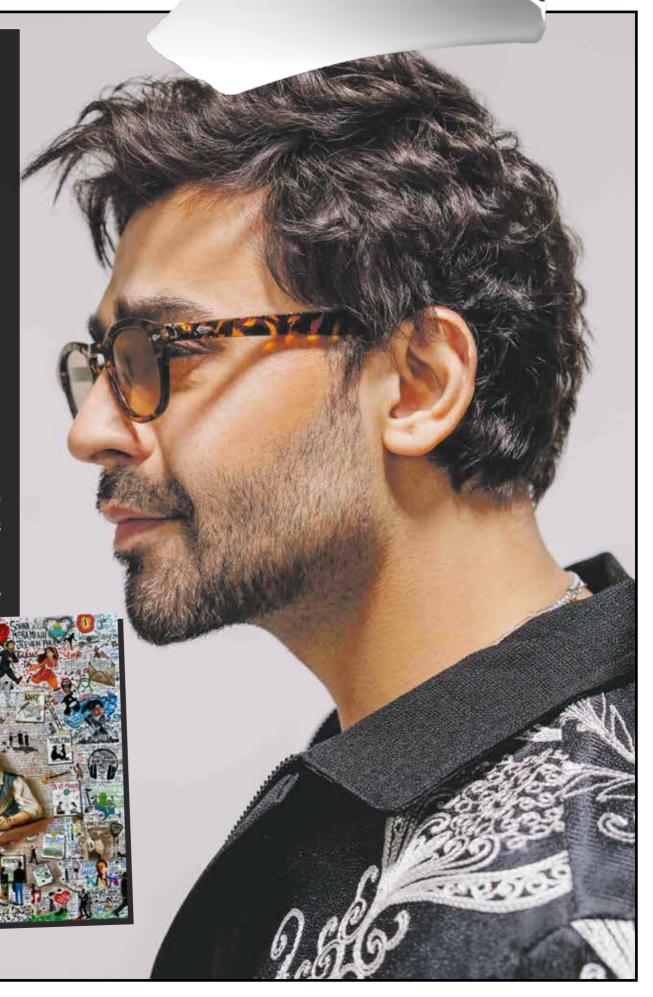
"This album is a journey I've always wanted to share with my

fans. Khat is just the beginning, says Farhan Saeed, reflecting on his first solo venture and his dedication to his audience.

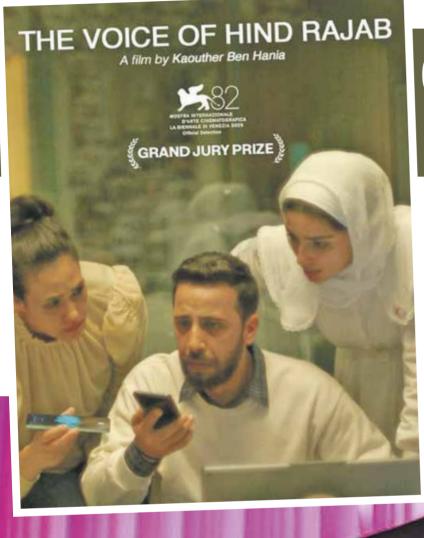
With 'Khat', Farhan Saeed not only marks a milestone in his personal musical journey but also sets the stage for a fresh and dynamic chapter in contemporary Pakistani music.

Farhan is the former lead vocalist of the Pakistani band Jal, and owns the Cafe Rock restaurant in Lahore.

Join the conversation: #Khat Farhan Saeed | Instagram / Facebook



Standing ovation for 'The Voice of Hind Rajab'



Opening night of London Palestine Film Festival draws a full house

The London Palestine Film Festival (LPFF) opened with a powerful and deeply moving screening of 'The Voice of Hind Rajab' at the Barbican Centre.

The highly anticipated event on Friday 14th November, marked a significant start to this year's festival, drawing a full house and culminating in an emotional standing ovation.

Directed by acclaimed filmmaker Kaouther Ben Hania, 'The Voice of Hind Rajab' has already captured global attention, earning critical praise at international film festivals and receiving support from renowned actors including Brad Pitt and Joaquin The film traces the story of Hind Rajab and the devastating events surrounding her final hours, a narrative that has resonated deeply with audiences worldwide.

Following the screening, attendees were treated to a compelling and insightful Q&A session with director Kaouther Ben Hania and cast members Saja Kilani, Motaz Malhees, and Amer Hlehel, moderated by actor and activist Khalid Abdalla, who guided a thoughtful conversation about the making of the film, its relevance, and the importance of amplifying Palestinian voices through cinema.

Speaking about her reasoning for making the film and the message behind it during the Q&A, Kaouther Ben Hania stated: "There was something very important for me





to show in this movie, and it was "why". Why was she (Hind Rajab) killed?

"Because all over the world, when a child is begging for their life, an ambulance is just eight minutes away and help arrives immediately.

"For me, it was important to show this impossible system designed to make the lives of Palestinians impossible, but in a literal way."

The 2025 edition of the London Palestine Film Festival extends far beyond its powerful opening night, offering a wide-ranging programme that reflects the depth, artistry, and urgency of contemporary Palestinian cinema.

Running until 28th November, LPFF 2025 presents a rigorous and wide-ranging programme that reflects the depth, artistry, and urgency of contemporary Palestinian cinema.

Among the major highlights still to come is 'The Mission', making its UK premiere.

This visceral documentary, directed by The Gaza Collective and Mike Lerner, follows Dr. Mohammed Tahir's frontline medical work in Gaza and will be accompanied by an in-depth conversation with Dr. Tahir

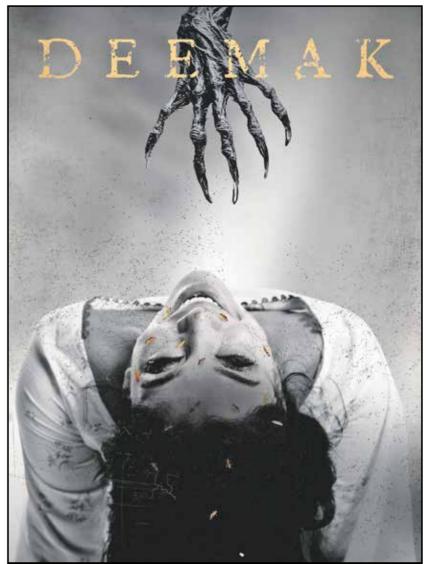
and Lerner.

Audiences can also look forward to the UK premiere of 'Once Upon a Time in Gaza', the latest work from the acclaimed Tarzan Brothers, as well as celebrated filmmaker Yasmin Fedda's Ayouni, Sepideh Farsi's 'Passing Dreams', and Kamal Aljafari's 'With Hasan in Gaza'.

The festival will come to an end on 28th November with two special closing-night events. A meditative shorts programme at the ICA will explore memory, sound, and survival across generations, and at Riverside Studios, there will be a gala screening of All That's Left of You, Jordan's official submission to the Academy Awards, a haunting and intimate family epic from director Cherien Dabis.

Collectively, these works embody the festival's mission to amplify Palestinian voices and foreground stories often pushed to the margins. The 2025 edition marks a significant year of growth for LPFF, with selected events also taking place in Liverpool for the first time, extending the festival's reach to new audiences across the UK.





PAKISTANI HORROR MAKES HISTORY

A haunting blend of folklore, fear, and family secrets set to grip international audiences this October

A new monster has been born in Pakistani cinema - and it's not just on screen.

Deemak, the spine-chilling supernatural thriller that smashed box-office records in Pakistan, made its way into global cinemas this month.

shadows that haunt every household. Inspired by true events, the story unites South Asian folklore with universally recognisable fears.

With an all-star cast including Samina Peerzada, Faysal Quraishi, Sonya Hussyn, Javed Sheikh and Bushra Ansari, the film brings

Deemak it's a deep dive into generational trauma, jinn possession, and the shadows that haunt every household

Hailed as Pakistan's highestgrossing horror film of all time, Deemak has redefined what South Asian cinema can achieve within the genre. At home it grossed a staggering PKR 17.5 crore (around USD \$620,000) - an unprecedented feat for a horror title in the region.

It didn't simply crawl along - it outperformed Hollywood and Bollywood horror titles in the domestic market.

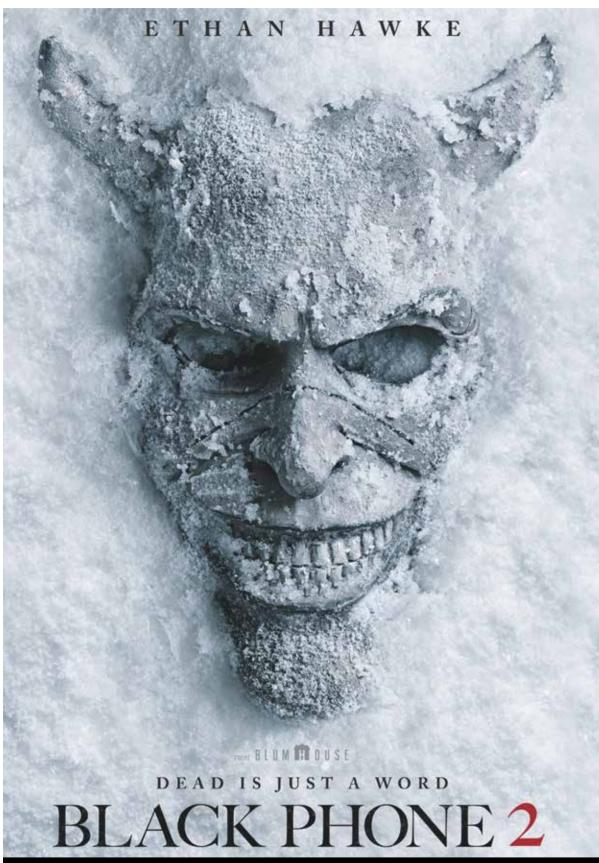
Directed by Rafay Rashdi and written by Ayesha Muzaffar, the film is more than a fright-fest, Deemak it's a deep dive into generational trauma, jinn possession, and the powerhouse performances to a genre rarely explored with such emotional depth in Pakistani cinema.

"We're at a defining moment for Pakistani cinema," says Rashdi. "Deemak has proven that homegrown stories can captivate audiences and compete on the global stage."

Executive Producer Syed Murad Ali calls the film "a cultural export", and indeed, Deemak's upcoming worldwide release is set to position Pakistan firmly on the international horror map.

WHAT'S ON

in cinemas this month

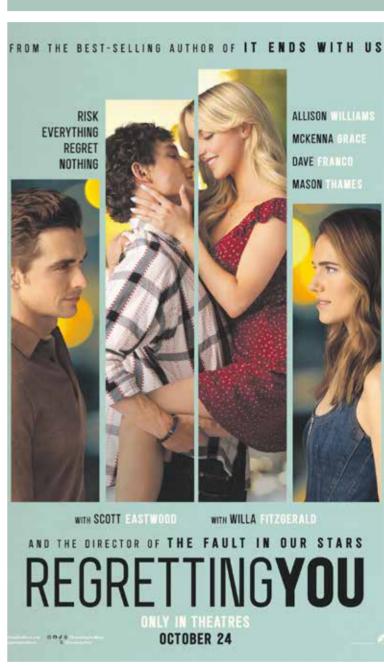


Black Phone 2

Starring: Ethan Hawke, Mason Thames, Madeleine McGraw, Demián Bichir, Miguel Mora, Jeremy Davies, Arianna Rivas Director: Scott Derrickson

Director: Simon Curtis

Cert: 18 Genre: Drama Release Date: 24/10/2025 As Finn, now 17, struggles with life after his captivity, the headstrong 15-year-old Gwen begins receiving calls in her dreams from the black phone and seeing disturbing visions of three boys being stalked at a winter camp known as Alpine Lake. Determined to solve the mystery and end the torment for both her and her brother, Gwen persuades Finn to visit the camp during a winter storm. There, she uncovers a shattering intersection between The Grabber and her own family's history.



Regretting You

Starring: Allison Williams, Willa

Fitzgerald, McKenna Grace, Scott Eastwood

Director: Josh Boone Cert: 12A Genre: Drama Release Date: 24/10/2025

Based on the bestselling book, REGRETTING YOU introduces audiences to Morgan Grant (Allison Williams) and her daughter Clara (Mckenna Grace) as they explore what's left behind after a devastating accident reveals a shocking betrayal and forces them to confront family secrets, redefine love, and rediscover each other. REGRETTING YOU is a story of growth, resilience, and self-discovery in the aftermath of tragedy, also starring Dave Franco and Mason Thames with Scott Eastwood and Willa Fitzgerald, in theatres this October.

Wicked: For Good

Starring: Cynthia Erivo, Ariana Grande, Jonathan Bailey, Jeff Goldblum, Michelle Yeoh, Ethan Slater, Bowen Yang,

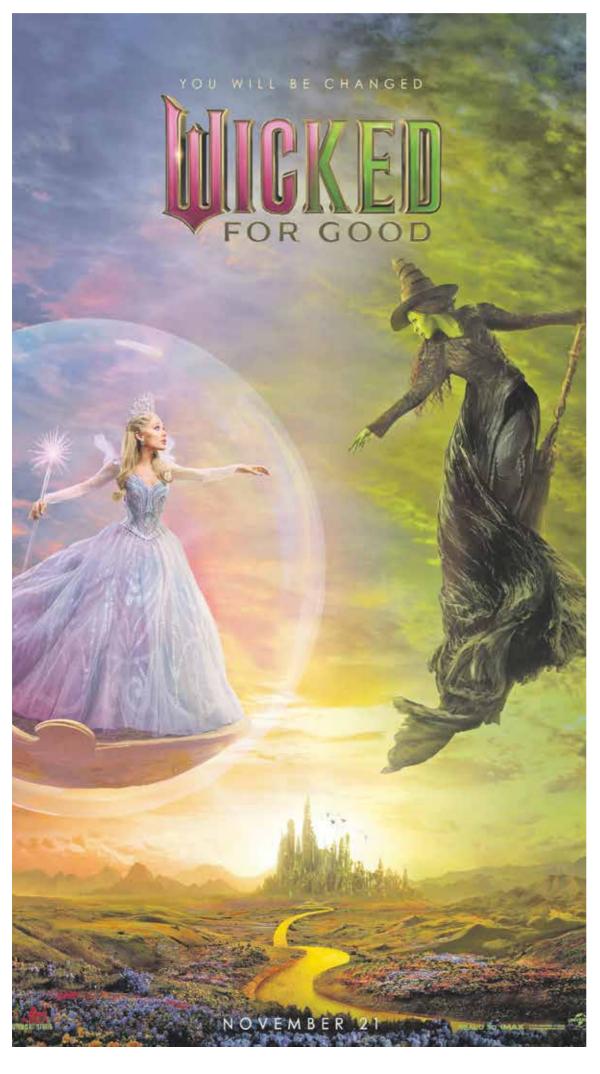
Marissa Bode

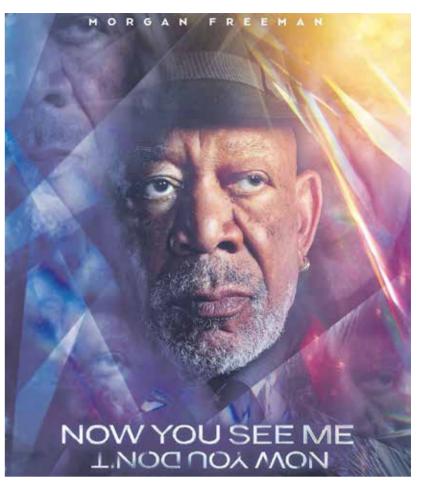
Director: Jon M. Chu

Cert: PG **Genre:** Action/Family **Release Date:** 12/11/2025

Last year's global cinematic cultural sensation, which became the most successful Broadway film adaptation of all time, now reaches its epic, electrifying, emotional conclusion in Wicked: For Good. As an angry mob rises against the Wicked

Witch, Glinda and Elphaba will need to come together one final time. With their singular friendship now the fulcrum of their futures, they will need to truly see each other, with honesty and empathy, if they are to change themselves, and all of Oz, for good.





Now You See Me: Now You Don't

Starring: Jesse Eisenberg, Woody Harrelson, Dave Franco, Isla Fisher, Justice Smith, Dominic Sessa, Ariana Greenblatt, Rosamund Pike, Morgan Freeman

Director: Ruben Fleischer Cert: 12A
Genre: Crime Release Date: 12/11/2025

The Four Horsemen and a new generation of illusionists try to bring down a worldwide criminal network. starring Jesse Eisenberg, Woody Harrelson, Dave Franco, Isla Fisher, Justice Smith, Dominic Sessa, Ariana Greenblatt, Rosamund Pike, and Morgan Freeman they bring a new generation of illusionists performing mind-melding twists, turns, surprises, and magic unlike anything ever captured on film.

The Running Man

Starring: Glen Powell, William H. Macy, Lee Pace, Emilia Jones, Michael Cera, Daniel Ezra, Colman Domingo, Josh Brolin

Director: Edgar Wright

Cert: 15 Genre: Action/Sci-Fi Release Date: 12/11/2025

In a near-future society The Running Man is the toprated show on televisiondeadly competition where contestants, known as Runners, must survive 30 days while being hunted by professional assassins, with every move broadcast to a bloodthirsty public and each day bringing a greater cash reward. Desperate to save his sick daughter, working-class Ben Richards (Glen Powell) is convinced by the show's charming but ruthless producer, Dan Killian (Josh Brolin), to enter the game as a last resort. But Ben's defiance, instincts, and grit turn him into an unexpected fan favourite—and a threat to the

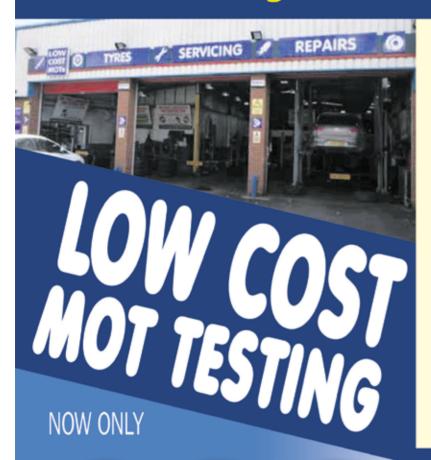


entire system. As ratings skyrocket, so does the danger, and Ben must outwit not just the Hunters but a nation addicted to watching him fall.

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A century of perfection in motion

A hundred years after the first Phantom redefined automotive luxury, Rolls-Royce has unveiled its most extraordinary creation to date – the Phantom Centenary Private Collection.

Limited to just 25 bespoke commissions, the collection is a masterwork of artistry and innovation, marking a milestone in the story of the world's most revered motor car.

Described by Rolls-Royce Chief Executive Chris Brownridge as "a tribute to 100 years of the world's most revered luxury item," the Phantom Centenary is far more than a car.

It is a moving sculpture, a chronicle of craftsmanship and imagination,

Rolls-Royce unveils the Phantom Centenary Private Collection

brought to life over 40,000 hours of meticulous design and engineering. Using the Phantom VIII as its canvas, Rolls-Royce has created what may be the most complex and technologically ambitious motor car in its history.

The collection's conception was a deep immersion into the legend of Phantom – the people who built it, the visionaries who owned it, and the eras it helped define.

A team of designers spent a year exploring every generation of Phantom, distilling a century of history into 77 hand-sketched motifs that now adorn the cars. These sketches, transformed into materials such as wood, leather, fabric and metal, weave Phantom's story through texture, tone and form.

Continued on pages 40 & 41





Audi relaunches myAudi app with AI assistant and digital key integration

Audi has announced the relaunch of its myAudi app, introducing a cleaner design, smarter features and a more user-friendly experience across all touchpoints.

The enhanced app now connects seamlessly with Audi vehicles, smartphones and the web, creating a unified digital ecosystem that embodies the brand's premium identity.

At the heart of the redesign is the introduction of artificial intelligence. Powered by ChatGPT and codeveloped with CARIAD, Audi's software subsidiary, the new Al assistant can access the vehicle's manual to help answer technical questions for selected models. It also offers tailored product recommendations through a new shopping tab, providing both digital and physical accessories designed specifically for each Audi vehicle.

The relaunch also strengthens one of Audi's most popular digital functions – the integrated digital key. Available for selected models, it allows owners to lock, unlock and even start their vehicle directly from their smartphone or smartwatch. With this feature, the physical key can stay at home, offering everyday convenience for drivers on the go.

For electric vehicle owners, the



myAudi app has become an essential companion. It enables users to manage charging schedules, control Plug & Charge functionality, view real-time range data and precondition the battery for optimal performance.

The improved route planner provides smarter access to charging station data, allowing users to plan journeys and charging stops from home, then send routes directly to the car with just a few taps.

Audi says the redesigned app is a key step in its long-term digitalisation strategy. Continuously evolving with new features, the myAudi app serves as the central gateway to the brand's connected ecosystem. It is now available for download on the Apple App Store and Google Play Store in over 50 markets, with more regions – including Brazil, Saudi Arabia and Qatar – to follow soon.



Flagship CHERY TIGGO 9 launched with range-topping spec and Super Hybrid powertrain

CHERY has officially unveiled its new flagship SUV, the TIGGO 9 CSH, marking a major step in the brand's UK expansion. The seven-seat model combines premium comfort, cutting-edge hybrid technology and refined design, offering an impressive blend of performance and efficiency

and efficiency.

Priced from £43,105 OTR, the
TIGGO 9 CSH will arrive in December
2025 through more than 25 UK
dealerships.

Powered by the innovative Chery Super Hybrid (CSH) system, the TIGGO 9 delivers 428 PS and 580 Nm of torque from a 1.5-litre turbocharged petrol engine paired with twin electric motors.

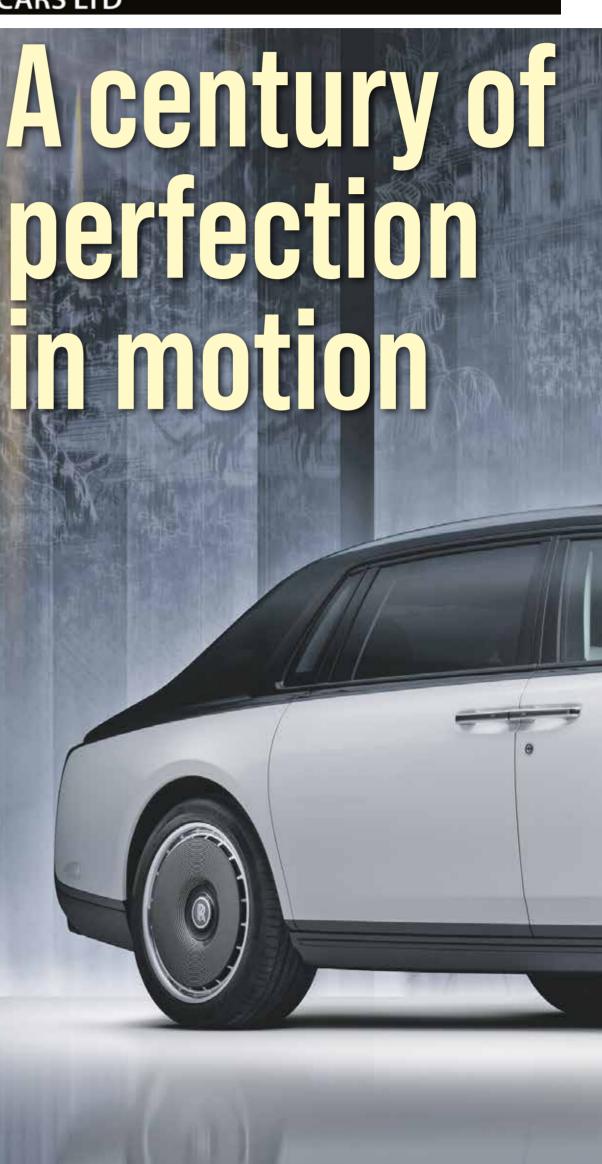
It accelerates from 0–62 mph in just 5.4 seconds while achieving a total range of over 650 miles, including 91 miles of pure electric driving. The 34.46 kWh battery supports 71 kW DC rapid charging, reaching 30–80% in just 18 minutes, and features 6.6 kW Vehicle-to-Load (V2L) capability for powering external devices.

Exclusively offered in the high-spec Summit trim, the TIGGO 9 CSH comes loaded with luxury features. Inside, the cabin features heated, ventilated and massaging eco-leather seats for both front and rear passengers, triplezone climate control, and a panoramic sunroof.

The digital cockpit includes a 15.6-inch 2.5K touchscreen, a 10.25-inch driver display and a head-up display, powered by Qualcomm's Snapdragon 8155 chipset for seamless connectivity. The 14-speaker SONY sound system, complete with headrest speakers, delivers premium in-car audio.

delivers premium in-car audio.
Safety is also a priority, with ten airbags and 19 advanced driver assistance systems including Adaptive Cruise Control, Emergency Lane Keep and Automatic Parking. Developed with Chery's European R&D team, the TIGGO 9 CSH is tuned for UK roads, offering a smooth and confident drive.

With its sophisticated styling, hybrid power and advanced technology, the CHERY TIGGO 9 CSH defines a new era for modern, intelligent family SUVs



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Rolls-Royce unveils the Phantom Centenary Private Collection

Continued from page 39

A Masterpiece of Design and Craftsmanship

Externally, the Phantom Centenary evokes cinematic glamour reminiscent of the golden age of Hollywood. Its two-tone finish – Super Champagne Crystal over Arctic White and Black – captures the elegance of 1930s Phantoms, enhanced by a clear coat infused with champagne-coloured glass particles that shimmer under light.

Crowned by a Spirit of Ecstasy figurine cast in solid 18-carat gold and plated in 24-carat gold, this reinterpretation of the original 1925 casting bears a unique "Phantom Centenary" hallmark. Even the signature 'RR' badges are treated to gold and white enamel, ensuring no detail escapes perfection.

Inside, the Phantom's interior transforms into a museum of movement, memory and artistry. The rear cabin, inspired by the 1926 "Phantom

of Love", features high-resolution printed textiles layered with over 160,000 stitches of embroidery.

Each panel -45 in total - was designed in collaboration with a haute couture atelier, its creation requiring a year of experimentation to achieve Rolls-Royce's exacting standards. The result is a tapestry of history - places, people and Phantoms that shaped a century, rendered in thread and print.

The front seats are equally striking, with laser-etched leather designs based on original hand sketches that honour Phantom's enduring symbolism. Among the motifs are subtle nods to Phantom's codenames – a seagull for the 1923 prototype and a rabbit referencing "Roger Rabbit," the codename for the marque's 2003 revival.

At the heart of the cabin lies the Anthology Gallery, a sculptural centrepiece composed of 50 brushed aluminium fins resembling pages of a book. Etched with quotes from a

century of acclaim, the fins shimmer under ambient lighting that evokes the glow of falling fireworks – a visual metaphor for Phantom's enduring brilliance.

A Golden Legacy for the Next 100 Years

Rolls-Royce artisans have also created the most intricate woodwork ever attempted within the marque. Each door panel is an artwork in stained Blackwood, combining 3D marquetry, 3D ink layering and 24-carat gold leafing to map Phantom's most significant journeys. From Sir Henry Royce's winter retreat in Southern France to the 4,500-mile Australian crossing by a Goodwood-era Phantom, these golden routes are etched into the wood with microscopic precision.

The craftsmanship continues through every inch – embroidered leather panels mirror the golden roads, picnic tables feature etched depictions of the 1925 Phantom I and the current Phantom VIII, while the Piano Black veneer glows with gold dust. Even the 6.75-litre V12 engine receives a bespoke Arctic White cover detailed with 24-carat gold, celebrating the silent power that defines Phantom's legacy.

Above it all, the Starlight Headliner – a Rolls-Royce signature – transforms into a celestial archive. With 440,000 stitches, it narrates scenes from Phantom's past – Sir Henry Royce beneath his mulberry tree, bees from the marque's Goodwood apiary, and the legendary "Bluebird" Phantom II. Hidden motifs reference the marque's secret design studio, "The Bank", where the modern Phantom was first conceived.

For Rolls-Royce, the Phantom Centenary Private Collection is not merely a tribute to the past but a statement of what the future of craftsmanship can achieve. As Martina Starke, Head of Bespoke Design, put it, "This is a collective work of art that celebrates the imagination and ambition of everyone at the Home of Rolls-Royce."



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Breaking Barriers



Aqsa Mushtaq's Journey from Bradford Streets to the World Stage

When Aqsa Mushtaq first kicked a ball around the streets of Bradford, she wasn't chasing fame or medals - just the simple joy of football.

"I don't even remember how it started," she says.

"No one in my family played sports, but I was always outside with a ball at my feet. Whether I was alone or with other kids, I just wanted to play. I don't remember a time when football wasn't on my mind 24/7."

That early passion became the heartbeat of a remarkable journey that's taken her from grassroots pitches in West Yorkshire to professional leagues across the world.

Earlier this year, she was honoured with the 'Sport Champion of the Year' title at the BPA Empowering Women Awards 2025, a recognition that celebrated not only her athletic achievements but her role as a trailblazer for young women across Yorkshire and beyond.

Aqsa Mushtaq is now playing in Turkey's First Division - a new country, a new challenge, and another step forward in a career that has already broken boundaries.

"It's exciting," she says.
"Right now, I'm focused
on implementing myself and
becoming one of the best in the
Turkish league."

Her rise hasn't been smooth or predictable; it's been carved through resilience, faith, and a quiet defiance of expectations.

Aqsa's early years were spent juggling school, family life, and football in an environment where girls - especially Pakistani and Muslim girls - weren't encouraged to take sport seriously.

"Being a girl playing football

vasn't the norm." she says.

"You'd get told you're not good enough, too weak, or not as quick, just because you were female. But I knew my ability. Once I showed what I was made of, people started to see it too."

She began at the Bradford Centre of Excellence before moving to Leeds, then played for Idle Juniors with her best friend. At 16, she joined Bradford City Women - then a third-division club - and from there her career gathered pace. Four years in America transformed her both as a person and a player.

"America changed me," she reflects. "It was the first time I had to be fully independent without my family's help. It showed me who I was."

From the US college system, Aqsa's talent carried her to Italy, where she turned professional.

"There's nothing like walking into a changing room and seeing your shirt with your name on the back," she smiles. "It's a dream you have all your life - and when it happens, it's surreal."

One game she'll never forget was an away match against

"My team hadn't beaten them there since 1998," she recalls.

"It was 0-0 after 90 minutes, and I scored in extra time after going past three players and putting it in the top corner. The celebrations after that... I'll never forget them. The week after, I felt like a celebrity."

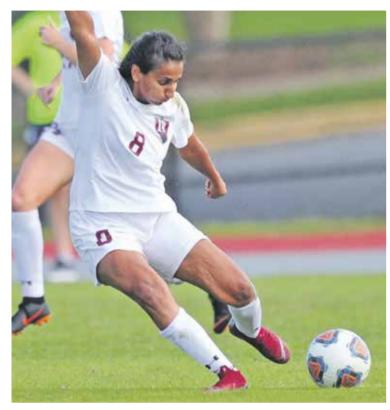
Aqsa's favourite position is right wing. "I'm left-footed, so taking a player on one-on-one, cutting inside and scoring top corner - that feeling never gets old."

Continued on page 46

Asian Express

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





Breaking Barriers

Aqsa Mushtaq's Journey from Bradford Streets to the World Stage

Success hasn't insulated her from prejudice. "It's still not normal for a Muslim woman to play football," she admits.

"Even family members questioned why I was still playing. When I'm training alone back home in Bradford, I still get nervous walking onto a field because I don't want people judging me."



But she's determined to challenge those perceptions. "You deal with it by proving people wrong. If I gave up - if other Muslim girls gave up then attitudes would never change.

"We all need to be strong and show we're worthy of what we're doing. Slowly but surely, we'll see success."

That impact is already visible. "People come up to me and thank me." she says

me," she says.

"They tell me that my story helped them keep playing. I get messages online from girls who say they can relate to me. It feels amazing to know that my journey can inspire others"

Professional football is far from

glamorous behind the scenes. Aqsa's schedule is relentless: double training sessions, gym work, tactical drills, and just one day off.

"Pre-season is brutal - your body's crying out, but you just have to push yourself," she says.

Her mental resilience keeps her grounded through defeats, injuries, and homesickness.

"You have to focus on the small positives. When things don't go your way, it's easy to spiral - but my family always help me see things in perspective. Losing a game isn't the end of the world. Injuries heal. What matters is staying focused on the future"

Discipline, she admits, doesn't come easy. "There's no secret - it's all mindset. I take a couple of weeks off at the end of the season to reset. The off-season is where you can really get ahead. I ask myself: do I want to be better than the rest from day one?"

Beyond her playing career, she already knows what's next. "I want to go into coaching," she says.

"I've had great coaches and bad ones - and people don't realise how much impact a bad coach can have. I want to be the kind of coach who pushes players forward, who helps them believe in themselves."

For the young girls of Bradford watching Aqsa's journey unfold, she's more than a footballer - she's a mirror reflecting what's possible.

"I hope my story shows that no dream is too far-fetched," she says.

"Whether it's football, business, or anything else - if you love it and work hard, you can do it. You just have to take that first step - and believe you belong."

From bodyshop to boxing ring

Bradford's ENKAHNZ apprentice fights his way to the top

When 19-year-old Hadee Abbas clocks in at the ENKAHNZ bodyshop each morning, his gloves aren't the only ones doing the work.

The current Yorkshire Amateur Boxing Champion splits his week between sanding down body panels and sharpening his jab, channelling the same calm precision that wins him rounds in the ring into every car he restores.

Quiet, respectful, and relentlessly focused, Hadee's colleagues describe him as the lad who never cuts corners, whether it's a fine paint finish or a flawless one-two combination.

flawless one-two combination.
"He just gets it done," says one technician.

"First in, last out. Doesn't talk much, but his work speaks for him."

The man who spotted that spark is Naveed Barugzai Khan, the

self-made Bradford entrepreneur behind ENKAHNZ and luxury brand Barugzai.

A lifelong boxing enthusiast, Naveed once dreamt of a pro career himself, pounding the roads at dawn before school and perfecting footwork drills late into the night.

When opportunities in the sport ran dry, he redirected that discipline into business, building ENKAHNZ from a single garage into one of the North's leading automotive customisation houses.

That same spirit is now fuelling Hadee's rise.

Under coach Mo Ali at Aztec Boxing Club BD8, Hadee's style is all fundamentals: tight guard, clean feet, and composure under fire. In only a handful of bouts, he clinched the Yorkshire title against a seasoned rival, showing maturity well beyond his

experience.
His secret? "Control the pace, stay disciplined," he says—a mantra that echoes through both gym and garage.

Inside ENKAHNZ, Hadee's apprenticeship mirrors his training grind. From panel repairs to detailing and high-end custom builds, every day brings a new challenge.

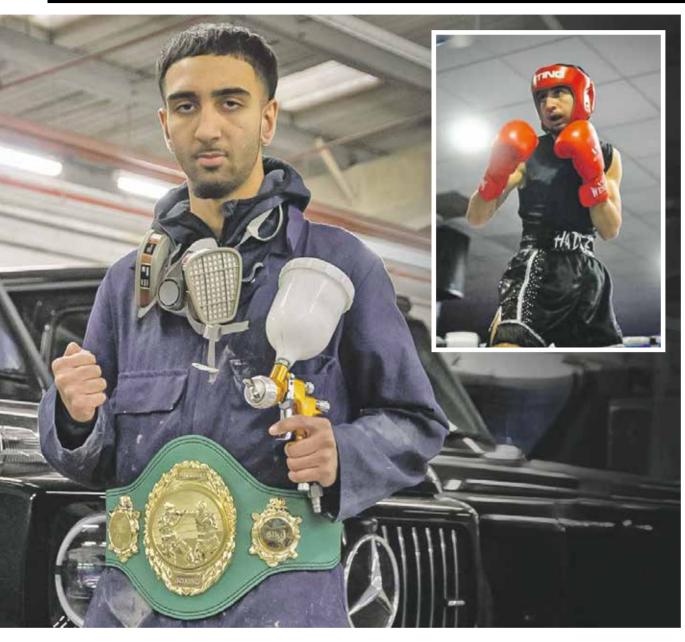






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Naveed designed his schedule around training camps and fight weeks, ensuring one ambition feeds the other.

"Boxing teaches discipline, focus, and respect," Naveed explains.

"That's the foundation for success in business too."

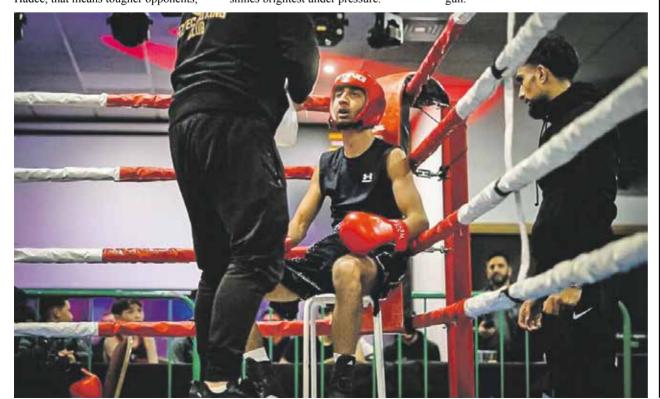
Now, both mentor and protégé are chasing the next round of success. For Hadee, that means tougher opponents,

longer bouts, and a refined skillset - inside and outside the ring.

For Naveed, it's about guiding the next generation, showing that the same mindset that builds champions can also build careers.

A proud champion on the Bodyshop floor, Hadee represents more than a fighter - he's proof that Bradford grit still shines brightest under pressure. ENKAHNZ is inviting sponsorships and mentorship partners to support Hadee's twin journey in boxing and business, through financial or in-kind backing aligned with amateur sport regulations.

Because in Bradford, some champions are built with sweat, steel... and a spray



'The Bullet' Basi ready for the next round

Super-lightweight boxing talent Arjon Basi to compete in his third professional bout where he takes on Francy 'The Butcher Boy' Luzoho



Now training under the highly respected coach Mark Tibbs and jointly managed with Richard Maynard, he's surrounded by world-class fighters every day.

"Everyone in boxing knows the Tibbs family," he says. "I used to see Mark in the corner on TV all the time, so to now be in the gym learning from him is a blessing. The level in that gym is unreal. Being the small fish in a big pond only makes you better. One day, hopefully, I'll be one of the big fish there too."

raised in East London, Basi is proud of both his heritage and his city. "I'm Punjabi Sikh and proud of it. 'Singh' means lion and that mindset is something I carry with me. When I get the urge to quit, I remind myself who I am - warriors don't give up.

"I read the Sikh prayer books at night, I pray to our gurus and I wear my kara proudly. People notice your skin colour and how you look, so I make sure they know I'm a proud Sikh. And being from East London is part of

The six-round showdown will feature on Top Tier's stacked 'Resurgence' card promoted by Johnny Clarke and live worldwide on DAZN.

Basi was a standout amateur, winning London titles,

representing at county level and reaching a national final. Along the way he mixed it with the best, sparring and competing against European champions and world-level fighters.

His professional debut came in 2025 against the Welsh champion Angelo Dragone – who any boxer making his pro debut would give a wide berth to – but not Basi.

"I didn't even know he was
Welsh champion!" Basi laughs.
"I just knew he had a winning
record and it would be a tough
night. But if my team say I've got
it, I believe them. I go in there

Born in Newham General and

me too. Those two things together - my culture and my city - that's who I am "

Still early in his professional journey, the Ilford-based boxer now carries that local and lineal heritage into every round. But he admits the true roots of his fighting spirit come from an unexpected source

"My mother is the real fighter in the family!" he laughs.

"She did karate and competed at a high level. Obviously no mum wants to see her son getting punched in the face, but once she saw what I could do, she really believed in me. The whole family has supported me from day one and I just hope I make everyone proud."

Asian Express

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"I used to get into fights and my parents thought boxing might help. They threw me in the gym and it became my saving grace. The structure, the discipline, it straightened me out.3

What started as youthful discipline has turned into a professional career pathway, one which is extremely unusual for someone of Basi's background.

community who boxed seriously and he's very well known in the game. He paved the way. There's always been a wrestling tradition in our culture, but when it comes to sport, families tend to push education first,' Basi explains.

"Education's important, of course, but if our community backed kids in sport the same way, we'd have a lot more coming through. It's good to see more of us now making moves.

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