

Ibby Aslam suffered years of depression when the death of two family members almost completely derailed his life

"I simp couldn't despair. Thirty-three-year-old Manchester ire a Ire of despair.

In support of recent campaigns to raise awareness of mental health issues and male suicide, a thirty-three-year-old businessman is reaching out to men who are on the brink of

property developer and restaurant-owner, Ibby Aslam suffered years of depression when the death of two family members almost completely derailed Ibby's life.

Now Ibby wants to shine the spotlight on men's health and wellbeing issues by sharing his story and mentoring others, who like him have slipped into 'the pit

Continued on pages 6 & 7

Man who wanted to end his life shines spotlight on mental health and male suicide

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Heartbroken but carrying on **Parents continue** daughter's charity work in honour of her memory

The heartbroken parents of a young woman who died in an alleged hilltop incident in September this year, are honouring her memory by carrying on their daughter's charity work.

Yasmin and Mohammed Javed from Leeds, tragically lost their only child, 31-year-old Fawziyah on 2nd September. The family found themselves having to identify her body on what would have been her

birthday. Master's law graduate Fawziyah, recently found out she was pregnant, and had been on a short break in Edinburgh with her husband Kashif Anwar, to whom she had been married to for eight-months. She died at Arthur's Seat – the main peak of a group of hills in Holyrood Park, Scotland. Fawziyah's husband,

Kashif Anwar, 27, was arrested following

her death and has appeared at this Edinburgh Sheriff Court charged rem with her murder. He has not yet entered a plea and remains in custody, with a trial date pending.

Now parents Yasmin and Javed say they want to cherish Fawziyah's memory by feeding the homeless, and sending gifts to hospital children's wards to spread some Christmas cheer. They have included the city where she died – Edinburgh, in their generous gesture gesture.

Fawziyah Javed was a graduate of Sheffield University. Pictured here with her parents Yasmin and Mohammed Javed.

"The best way we could honour Fawziyah's memory is to continue the charitable work she did," says

mum Yasmin. "We felt this was a tiny way of doing good in her name, and even

painful has been remembering how committed she

was to helping others. "She was a humanitarian, she was kind, generous, wore her heart on her sleeve and was very giving and selfless. She had a good sense of humour and was loved by everybody.

"She would take time out to help people. She did a lot of volunteering, starting as a teenager when she was at school, and continuing right up until she graduated. She did it all her life.

"And not only did she volunteer for charities, she also used to give a lot of money to different charities

too. "My family and I want to donate to charities in Edinburgh as a tribute to Fawziyah. "We wanted, as it's coming up to

Christmas, to give some money to

help homeless people or contribute to Christmas presents for children in hospital or hospice. "We're doing things in other places as well – there are water wells going to be constructed around the world and we're helping to feed some homeless people in Yorkshire as well." well."

Fawziyah, who worked as an employment lawyer, had been involved with many charities, including ones working with the homeless, orphans, vulnerable young people and women and children.

comfort."

Fawziyah volunteered her time at InTouch Foundation, West Yorkshire Police and the Citizens Advice Bureau. She was also involved with the youth-mentoring charity Mosaic, Penny Appeal, Basic Human Rights, Read Foundation, Muslim Women Network UK (MWNUK), Muslim Youth Helpline.

Yasmin and Javed have set up a Go Fund Me page in honour of Fawziyah's memory to help the vulnerable and needy around the world. To donate please visit



Speaking to Asian Express Yasmin said: "Our whole, entire world came crashing down with Fawziyah's death. She was truly as sweet as an angel.

"No mother, no parent should ever have to endure the deep, bottomless pain felt by the loss of a child. Both her dad and I are completely broken. "Fawziyah was an only child, and

she was just perfect in every way. That's not just me saying this as her mother - I've had countless of people, some who only ever met her once, contacting me and telling me how wonderful she was and how she had

touched their lives. "The next couple weeks is going to be extremely difficult. Christmas and New Year are times for families to get together. The vast gaping void she left is like a light that has gone out of our lives forever. It is like our lives don't have a meaning or a purpose.

"We're so lost without our daughter. Her father sleeps with one of Fawziyah's soft fluffy tops. He says he can smell her - it gives him some

"No parent should ever have to endure the deep, **bottomless pain** felt by the loss of a child"



gofundme.com and search 'Fawziyah

aved's Legacy'. Yasmin and Javed have set up a Go Fund Me page in honour of Fawziyah's memory to help the vulnerable and needy around the world. To donate please visit gofundme.com and search 'Fawziyah Javed's Legacy'.



Yasmin and Mohammed Javed pictured with their daughter Fawziyah



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Ce E Mag December 2021 - 2nd Edition

TV medics share advice on how to enjoy a safe festive season

• TV doctors and medical experts, including Dr Amir Khan, Dr Zoe Williams and Dr Dawn Harper share the festive measures people should continue to follow over the holidays to protect from COVID-19

• Guidance includes regular testing, isolating after testing positive, opening windows if meeting indoors, wearing a face covering and getting the booster vaccine now



Some of the nation's favourite TV doctors and medical experts urge the public to enjoy a safe Christmas.

Dr Amir Khan, Dr Zoe Williams, Dr Dawn Harper, Dr Emeka Okorocha, Dr Helen Lawal, Dr Ellie Cannon, Dr Farzana Hussain, Dr Karan Rajan and Dr Nighat Arif and Priya Gopaldas, who all feature in a new festive video released Tuesday 21 December, share advice on how to reduce the spread of Covid-19 and keep friends and family safe over the holidays.

This festive guidance includes testing before meeting people, isolating if you get a positive test, opening windows to let fresh air in when friends and family are over, wearing a face covering on public transport and in shops and getting a Covid-19 booster vaccine if aged 18 or over.

Dr Amir Khan will also be heard across tannoy announcements in over 20 Network Rail stations.

Within the short messages Dr Amir will encourage all those travelling to remember the core behaviours to keep each other safe as we visit friends and family over the festive

s period.

Data published by the UK Health Security Agency shows vaccine effectiveness against symptomatic infection is substantially reduced against Omicron with just two doses over time, but a third dose boosts protection back up to over 70%. In response, the government and NHS England launched an urgent national appeal to encourage the public to Get Boosted Now. This includes advertising across TV and out of home encouraging all those eligible to book their jabs.

A total of 750 armed forces personnel have been drafted in to support the deployment of booster vaccines across the UK and extra vaccine centres and pop-up sites have opened to make it as easy as possible for people to get vaccinated.

Almost 29 million people across the UK have already received their top-up jab. With the rate of infection doubling every two to three days, government and medical experts are urging people to come forward for their jab as soon as they are eligible, so they can protect themselves and their loved ones.

Medical student Priya Gopaldas the brainy beauty from Love Island also takes part in the campaign









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"I simply couldn't picture a future..."

Man who wanted to end his life shines spotlight on . mental health and male suicide

Cover story continued

In 2010, Ibby's much loved mother died and then a few years later his youngest brother was killed in a car crash after attending his friend's wedding. Ibby went into a deep depression and as he puts it: 'I spiralled down into the

worst mental state of my life.' He explains: "I was grieving for my mother and brother, but the feelings of unhappiness and utter hopelessness wouldn't shift. I lost interest in the things I used to enjoy like training in the gym, mixing with my friends.

"I couldn't sleep, I overate, lived off junk food, gained weight, and I couldn't work. I felt worthless; my life

was no longer worth living. "Worst of all, I simply couldn't

worst of an, I simply couldn't picture a future. **Courage & Inspiration** However, it was Ibby's passion for fitness and meeting the love of his life that eventually saved him. That and the understanding that physical health and mental health are inextricably entwined

"I finally built up enough courage to make change and I knew that I needed to focus on getting healthy.

"Even though I have a qualification as a PT instructor, I hired a very experienced PT called Carlton Macintosh. "I told him that I wanted to lose my

body fat and get into the best physical and mental shape of my life. After all, I'd wasted quite a few years."

Ibby wasn't just reclaiming his life, he was motivated to lose weight and get in shape for the woman he'd just met - Chantelle Scott, who he describes as his 'dream girl'. Chantelle, a make-up artist from

Manchester, was a former kick-boxer who represented the GB team in a week. This really lifted my mood. "I Europe. She inspired him to throw even engaged a physio once a week to



himself into fitness wholeheartedly

and transform his body. Ibby explains: "Carlton and I looked at everything I was eating. He cut out the rubbish to create a healthy diet plan. Chantelle got me talking and motivated me.

"I started training twice a day, Monday to Sunday. In the mornings, I was doing heavy weight training and compound exercises like deadlifts, squats, pull ups, chest press, heavy lunge walks and a lot of mobility work.

"In the evening, I did 30 minutes of high intensity cardio work usually on the rowing machine and hill sprints on the treadmill.

"On top of this, I put in approximately 7,000 steps a day, which would take around an hour, five times



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give me a deep tissue massage to help my body recover. "However, meeting Chantelle was the biggest factor in my life changing transformation. She gave me a reason to get in shape and encouraged me to talk about my issues: women are so much

better at sharing their feelings than we are. "The fitness programme really made a difference to my mental wellbeing and although most men will not want to go to the level of fitness training that I have, daily exercise is vital to mental wellbeing.

"Let's face it, even walking improves mental alertness, energy and mood. **Transformation** "When I started my body

transformation campaign, I was 88kg/194 lbs. After 14 weeks I dropped to 72kg/158 lbs losing 18kg /36 lbs in all. I have lost a little more weight since

"This really has been so much more than a weight loss journey for me," Ibby adds: 'In transforming my body I have been lifted from what felt like the pit of despair.

"I can't say I will ever get over the premature loss of my mother and brother, but I am not going to waste another day of my life and now I want to help others. "Life can be mentally

challenging for all of us at times. These challenges suck

our energy and life force. I now understand that if our mental state is weak, it will negatively impact our self-worth, our behaviour, all our relationships as well as our work

"Men are particularly bad about seeking help when they need it, they often bottle-up their worries and are far less likely to go to the doctor than women when they need to.

"We all know that physical health problems greatly increase the risk of developing mental health problems, and the other way round.

"Exercise is a great way to keep physically healthy as well as improving our mental wellbeing because it releases those feel-good chemicals endorphins in the brain.

"Now as the Fitness Motivator I am sharing my experience with others by offering physical fitness training and mentoring to men who are suffering from depression and anxiety.

"I am fully aware that many men believe there's a stigma attached to going to a therapist and talking about their problems.

"I am not a professional counsellor but by offering fitness training and mentoring free of charge to those that really need it, I might be able to help to make a difference, even in a small way!

"Let's face it, men need to get moving and talking!



Women are so much better at sharing their feelings than we are."



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issued a message of support for the DEC's Afghanistan Crisis Appeal which has now raised more than £17.5 million in under a week, with aid already being distributed on the ground.

The Disasters Emergency Committee (DEC), a coalition of 15 member aid agencies, sounded the alarm bell recently that more than eight million people are on the brink of famine, including a million children under the age of five, who are at risk of dying over the next three months. Snow has begun falling with bitter winter temperatures expected to drop to -12, in a country where 3.5 million have been displaced from their homes.

The appeal, whose highprofile supporters include Gillian Anderson and JJ Chalmers, was launched to fund life-saving food, shelter and healthcare for millions of Afghans who face acute food shortages and a freezing

winter. HRH, The Prince of Wales, Patron of the International Rescue Committee in the UK, which is one of the DEC's member charities, said:

"The situation in Afghanistan is truly catastrophic.

"More than half the population will face acute hunger and freezing temperatures this Winter, including one million children under five who could die unless they receive immediate treatment for malnutrition

"This is why I am so grateful that some of the world's biggest charities have come together to launch an emergency appeal to support people in Afghanistan.

"I am proud to support this

HRH The Prince of Wales has collective effort to provide the people of Afghanistan with emergency food, nutritional support for children and Winter kits to help them stay warm. "The International

Rescue Committee has been on the ground in Afghanistan for thirty years and despite everything, they are increasing their efforts to reach

those most in need." Within days of the launch, DEC member agencies were able to start spending funds raised in the appeal.



Cash grants are helping people buy stoves and a 3-month supply of firewood. Members are supplying winter clothing - hats, coats, for families to stay warm. Mobile teams have been deployed to screen children for malnutrition and provide treatment.

As well as winter kits and healthcare, the money raised will help DEC charities and their local partners to provide emergency food and nutrition support for children, supply clean drinking water and protect women and girls. The UK Government announced

it will match pound-for-pound the first £10 million donated by the public to this appeal, to make donations go even further and help DEC charities reach more people in need.

In Northern Ireland, the British Red Cross, Tearfund, Save the Children and Concern Worldwide

have joined the appeal. DEC Chief Executive Saleh Saeed said: "I am very grateful to HRH The Prince of Wales for highlighting the appeal and for his kind words.

"In just under a week the DEC has raised more than £17.5 million, including match funding by the UK Government. I would like to thank all our other high profile supporters including Gillian Anderson and JJ Chalmers for their vital contributions.

"The British public are always generous but the response to this appeal has been tremendous. As a result of their donations our members are now able to start ramping up the help they are giving to vulnerable, displaced people who are hungry, sick and cold.

"Access at the moment for aid workers is good and we want to enable this aid to get through before heavy snowfall prevents access to remote areas.

"I urge the public, if they can, to continue to donate. The crisis is not over. Eight million people are on the brink of famine in Afghanistan, and we have a small window of opportunity to offer vital assistance.'

To make a donation to the DEC Afghanistan Crisis Appeal visit www.dec.org.uk



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A new funding of £1.7m to increase the electric vehicle grants is now available for taxis. The Government has granted

Bradford Council an extension of the lead in period to the Clean Air Zone and, instead of going live in January 2022, the CAZ will now be introduced in the Spring. This will allow businesses more

time to use the Clean Air Funding available and upgrade their vehicles.

It will also provide more time for council systems to integrate with the Government's national IT infrastructure which manages all Clean Air Zones across the country. The Council will make an announcement early in the New Year with the confirmed go live date

Whilst many taxi owners are opting for petrol hybrid vehicles, they can also opt for an electric taxi with increased £10,000 grants from a new £1.7m fund being announced today.

The Council recognises that some

New funding of £1.7m available for Bradford taxi owners

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taxi proprietors may be struggling with the highest grant available in wheelchair accessible vehicle or up to upgrade their vehicles and so we will be launching a taxi scrappage scheme early in the New Year; the first in the country.

has already The Council confirmed that, after extensive lobbying, Government has allowed the daily charge for non-compliant taxis entering the CAZ to be reduced from ± 12.50 to ± 7 , making it the lowest daily charge in the UK. The Bradford Licensed Taxi trade

has achieved 60% CAZ compliance so far and is constantly improving with increasing numbers of taxi owners taking advantage of the grants on offer.

The Council recognises the work of taxi owners that has been carried out to date. To support this work, the Council has provided a comprehensive funding package

the UK to upgrade private hire vehicles (PHV).

Taxi owners with non-compliant taxis will be able to apply for the grant to be paid up front on condition that either a compliant taxi is purchased within 4 months from application or the noncompliant taxi is de-licensed after this period.

The Council will also continue to provide the current grant scheme to enable owners to be paid grant funding once they have licensed their new vehicle.

Taxi owners will also be able to use the current grant scheme to apply for increased grants if they to upgrade to an electric vehicle. For owned or leased electric taxis, the owner can apply for a grant of up to $\pounds 10,000$ for a to $\pounds 6,000$ for a non-wheelchair accessible vehicle. Should any taxi owner who has already upgraded their vehicle feel that they would have made a different decision, had this funding been made available earlier, then please contact the Council so that we can discuss options.

Cllr Sarah Ferriby, Bradford Council's Executive Member for Healthy People and Places said; "I want to thank Bradford Licensed Taxi trade for all they are doing to make the air cleaner in Bradford district.

"With many successful grant awards we are making significant progress. The new funding available alongside the extended lead in period means that there are more opportunities for taxi owners to

apply for increased grants if they wish to upgrade to an electric vehicle.

"The Council is providing the most extensive exemptions programme of any CAZ authority, with businesses and residents allowed to exempt certain vehicles. "The Council has lobbied Government to make sure that the

daily charge for non-compliant taxis entering the CAZ has been reduced from £12.50 to £7, making it the lowest daily charge in the UK. "The Bradford Clean Air

Exemptions Programme will be launched early in the New Year. If you are interested in this programme then you can register our interest on the Breathe Better Bradford website and the Council will notify everyone once the scheme is launched."

All information regarding the Bradford CAZ, including information about grants and exemptions, can be found on the Breathe Better Bradford website.





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Want to enable older people to stay living independently in their own homes for as long as possible, with the best possible quality of life. Through befriending, lunch clubs, assisted shopping, activity and friendship sessions, outings, escorts to appointments and much more, MHA Communities help to tackle loneliness and isolation in people over 55 helping them to lead fulfilled lives and remain as active members in their local communities. At MHA Communities South Leeds Digital Health Hub you can borrow a tablet with 4G data, get help to develop your digital skills and confidence, and get help accessing GP services online. To find out more visit www.mha.org.uk, call 0113 271 6201, or email them at southleeds@mha.org.uk

Hamara Healthy Living Centre -

In the heart of Beeston has over 20 years of supporting the diverse community with various health and support needs. They offer various activities to support members to stay active and connected to their community. As part of the digital health hub offer they are providing 1:1 digital support sessions and group training on using various health management apps including the NHS app where you can order prescriptions and access health information. They also have a tablet lending scheme which comes with data for use in homes where there is no WiFi. Members are also able to make an appointment to use the devices in reception and café area. To find out more email admin@hamara.co.uk or call 0113 277 3330.

Middleton Elderly Aid -

Aims to promote independence amongst the over 60s living in the Middleton area, through a range of activities and services. They are a dedicated organisation with trusted people on hand to help our members to access the relevant tools and information to improve their health and wellbeing. By supporting members they help them gain the skills and confidence to do more digitally. They can help with accessing doctors online, ordering repeat prescriptions, booking appointments, accessing apps for weight loss, sleeping, exercise, meditation and much more. 0113 271 3999

Dewsbury Road Community Hub and Library -

There are lots of free-to-use PCs, free wifi and friendly staff to give you a helping hand. They can help you look for information, download apps, and use your device to better manage your health. You can also book a learning session with a librarian - call 0113 378 5005 for more information.

Belle Isle Tenant Management Organisation -

Known locally as BITMO- works on behalf of Leeds City Council to manage around 1900 homes in the Belle Isle area. As well as being responsible for all the usual landlord tasks, such as collecting rent and repairing homes, BITMO also provides access to employment, digital, health and money support to its tenants via the GATE. The GATE is a community resource centre at the side of the housing office in the heart of Belle Isle.

GATE -

Are able to help you access online health services and health professionals, such as your GP. We can also help you on your own device, or by borrowing one of ours, to install useful Apps to manage your health needs, and access information to support your physical and emotional wellbeing. It's open weekdays to people living in Belle Isle, and the Community and Tenant Support Team there are contactable via email at gate@belleisletmo.co.uk or by calling 0113 378 2190.

Neighbourhood Network Scheme welcome people from all generations. They provide a variety of services, activities and opportunities for people to get involved locally. Many activities are specifically for people in later years of living, others for younger people and some for all ages. They can support with any digital queries on a one to one basis via appointment or drop in and have a device lending scheme with data included. Contact 0113 245 5553 for more information.



Launch of Digital Health Hubs

Community organisations in south people ready to help you build your Leeds have been working with 100% Digital Leeds and Beeston and Middleton Local Care Partnership to develop a network of Digital Health Hubs, places in the community where people can go to get support to get online and make the most of the internet to improve their health and wellbeing.

Digital Health Hubs are local community spaces with friendly

skills and confidence, get online, and use the tools that can make it easier for you to manage your health and wellbeing and engage with the NHS in the way that works best for you.

Each Digital Health Hub offers support designed to best meet the needs of the community they work with and in; and get free support to do things like borrow digital equipment with data and develop

The 100% Digital Leeds programme is led by a team in Leeds City Council, working with partners in the community to make Leeds the most digitally inclusive city for everyone.

your digital skills and confidence to do what you would like do online, like keeping in touch with family and friends or getting your food shop delivered.

Staff can also help you get set up with digital health tools like the NHS App to learn how to use the internet to book health appointments, manage prescriptions, and attend video appointments.. The 100% Digital

Leeds programme is led by a team in Leeds City Council, working with partners in the community to make Leeds the most digitally inclusive city for everyone. With more services moving online

it has never been more crucial for people to have the opportunity to access the digital world to help manage their money, health, housing, leisure and mental wellbeing. Providing it is safe to do so and the

government advice around Covid-19 allows, the Digital Health Hubs are having a week of launch events starting Monday 17th January with lots of fun family activities and information on how you can look after your health. Hamara and BITMO will be

holding their events on Wednesday 19th January, Middleton Elderly Aid are Thursday 20th and Holbeck Together, Friday 21st January. Find out more about 100% Digital Leeds at digitalinclusionleeds.com

Produced in partnership with UK Government

Let's help protect one another during New Year celebrations

Celebrate this festive season safely. For more information visit gov.uk/coronavirus

Celebrating the New Year with loved ones

n preparation for seeing friends and family this festive season it is of upmost importance to create a safe space allow everyone to enjoy celebrations and socialising.

As this has been a difficult year for many, the festive season is a chance to take a break and appreciate time with loved ones. Due to the new Omicron variant spreading fast, it's vital that everyone observes Covid-19 safe behaviours and takes extra care to keep family and friends safe over the holidays.

Vaccines are the best way we can protect ourselves. A booster will strengthen your protection

to wear one when you are in

where you meet people you

crowded or enclosed areas

do not normally meet.

To protect yourself and

be worn in shops and on

others, face coverings must

from serious illness from Covid-19 and give you the best possible defence for you and your family. Anyone who is unvaccinated, or who hasn't had their booster, is at even greater risk from Covid-19.

Close contact with others increases your chances of catching the virus, so take a Lateral Flow Device (LFD) test before meeting others. If your LFD is positive you must self-isolate and

take a PCR test. By observing guidelines we'll ensure safety for ourselves and the people we are spending time with, whether that is New Year's parties at home or small meals with friends.

GUIDELINES



Let in the fresh air when meeting indoors • Letting in fresh air can help reduce the spread of Covid-19 opening doors and windows even for 10 minutes when you are meeting indoors can help you and your loved ones stay safe. • Wear a face covering crowded and enclosed areas • Wearing a face covering can help reduce the spread of the virus so it's a good idea



Testing • If you have been in contact with someone with Covid-19 and are double vaccinated you should take a daily rapid lateral flow test for 7 days if you have no symptoms. • This will help slow the spread of the virus and allow you and your loved ones to continue your plans that day if you test negative. • This applies to those who have been contact traced officially and those who have found out in any other way.



Get your Covid-19 Vaccination or booster jab Getting both doses of the vaccine, and a booster jab if you are eligible, is the best way of protecting yourself against the risk of serious illness or hospitalisation because of contracting the virus. It's free and easy to book your vaccination, so if you haven't had your jab already it's important to do so now, especially if you're considering social mixing this festive season.



Travelling to the UK Anyone travelling to the UK for the festive season must complete a passenger locator form, take a Covid-19 PCR test on or before day two of arrival to the UK and selfisolate until they receive a negative test.

The national mission is to build a wall of defence against the new Omicron variant. This mission is more urgent and more important than ever before with Covid because Omicron Covid-19 is spreading fast.

Keep family and friends safe with these four steps

Ventilating homes or venues
 Testing regularly
 Wearing a mask in crowded spaces
 Getting your vaccine or booster jabs

Dr Helen Lawal

"Christmas is around the corner and as we are all looking forward to spending more time with family and friends It's so important to remember that COVID-19 hasn't gone away. With this in mind make sure that you are taking the necessary precautions to minimise the risk of the virus spreading. You can do this by making sure indoor spaces are well ventilated by opening

windows, even just for ten minutes. Not only this, wearing face coverings on public transport, in public enclosed spaces, in large groups and taking a rapid COVID-19 lateral flow test before special

occasions such as meeting up with friends and family or celebrating Christmas with work colleagues will help stop the spread of the virus and keep each other safe."



Stay safe this Christmas

Protect yourselves and loved ones by following the guidance this Christmas. Stay safe and learn more at

All together

Husband shares heart-wrenching story of losing his pregnant wife to aggressive brain tumour



'She's i heaven now with baby'

A Leeds man who lost his wife within four-months from point of being diagnosed with an aggressive brain tumour, is determined to help find better treatments and cure for this terribly destructive and fatal

cancer. Gibran and Asiya were living happily together, working from home during the pandemic and planning their future. They'd only been married for over a year, so as young couples do - were looking forward to things like buying their first home, starting a family and creating a bucket list of places they wanted to eventually travel to.

Just before Christmas 2020 Asiya noticed that the left side of her body wasn't functioning as well as normal and felt weak

Doctors told her that she had a trapped nerve in her back, which was causing the left sided weakness, and that it would go with time.

During this time Asiya had private chiropractor appointments to see whether they would help recovery. However, following numerous appointments it did not improve, and the movement on her left side deteriorated to the point that she could not move her limbs and extremities.

In January 2021 Asiya then went back to a different doctor who said that her symptoms did not

appear related to a trapped nerve at all, and arranged for her to be referred to the Neurogly Team at Leeds General Infirmary who suspected a possible brain swelling. Asiya was diagnosed with

an incurable brain tumour known as a Glioblastoma Multiforme or GBM. She was also five to six weeks pregnant. Battle with GBM

"In the first few days of my wife's stay at hospital we found out that my wife was around six-weeks pregnant with our first child, which we were extremely about," says Gibran. excited

"When the neuroglist discussed the results of the MRI scan and told her that she had a brain tumour, our lives were turned completely upside down - it was like the start to a

"Prior to my wife's diagnosis, neither of us had any knowledge of brain tumours, apart from simply knowing that they existed and were considered

rare. "Although we were reassured at this point that due to my wife being young, and them not knowing the grade of the tumour yet, that the outcome may be better than what we've read on the internet. We were also told that each case was different.'

However, neurosurgeons told the couple that Asiya's tumour appeared unusual as it was 'scattered', and that it was inoperable due to it's location being deep inside the right temporal lobe.

"My wife was given a couple of options, to take high-strength corticosteroids for two weeks to see whether it reduced the size of the concerned area and brought back her movement on the left side.

"The other option was to have a biopsy which would involve drilling through the skull to obtain a piece of the tumour for analysis. The risks losing the baby and said she had

about this procedure was that if the drill/needle hit one of the key areas of the brain, it could cause loss of sight, speech, hearing etc or even trigger a stroke."

The couple chose the high strength drugs option, and Asiya was released from hospital and returned home with her bag of prescription drugs, a wheel chair and a walking stick. Gibran became her full time carer while she was home due to her loss of movement.

Pregnancy

With no improvement to Asiya's movement, she was called into hospital for further investigations.

A biopsy was performed, and Asiya was diagnosed with Grade 4 Glioblastoma Multiforme. It was not curable. She was also given the news of her shocking life expectancy - sixmonths without treatment, and twoyears with

Treatment consisted of intensive chemotherapy and radiotherapy which both can cause issues/birth defects to a baby, so the couple had to make a decisions whether to continue

with the pregnancy or not. "We were truly devastated and heart-broken," Gibran says. "We had to make a decision on our

baby, as treatment would differ depending on whether we continued with the pregnancy or terminated.



"Optimal treatment could only be provided if my wife was to terminate the pregnancy. "From the b

From the beginning I always knew that I wanted my wife to have optimal treatment although this was a very difficult decision.

"However this decision was understandably even more difficult for my wife being the mother carrying our baby inside her, and her genuinely kind, caring and selfless nature. I reassured my wife that I would support and respect any decision that she made.

"We explored all possible avenues by speaking to specialists, like the Obstetrician, regarding the risks of the treatment to the baby, possibility of freezing her eggs and so much more.

"After a week or so Asiya said to me that she's made a decision and wanted to continue with the

strong faith in God, she felt that this was part of God's test for us." Treatment

"At our next meeting with the neuro-oncologist and consultants we informed them of our decision, which they fully supported," Gibran tells.

"The treatment would consist of radiotherapy only as chemotherapy posed too many risks to the baby. However chemotherapy would be given if needed, after the baby was delivered.

"Radiotherapy still came with risks too, however it was our only hope to manage the tumour. "We attended a number of hospital appointments for MRI scans to assist with the planning

scans to assist with the planning and for specialist equipment to be made. "In addition, a custom shield

risks to the baby. However was designed and constructed by chemotherapy would be given if the hospitals engineering team to



cover Asiya's abdominal area in order to protect the baby from the radio waves, which would be bouncing around the treatment room.

"Once planning was complete, we were given a start date of Wednesday 21st April 2021 for the six-week course of radiotherapy."

"My beautiful wife, Asiya, passed away at the young age of 33-years-old along with our five-month-old baby, Noah, following a short battle with an aggressive and incurable brain tumour."

But the night before treatment began, Asiya began to experience excruciating headaches. Rushed to A&E she was given many different pain relief medications. "A CT scan was carried out to try and determine the cause of the

pain," says Gibran. "We stayed in A&E that night and while Asiya slept through due

the effects of the morphine, I sat watching over her crying and praying to God for the pain to go away. It broke my heart to see her like that."

But the CT scan results were devastating - a large area of swelling around the tumour which

was causing pressure on the skull and subsequently resulting in the excruciating headaches. Given Asiya's condition they had to put a hold on the planned treatment.

The oncologist told the couple that Asiya's life expectancy now was only a few weeks.

Nothing would ever stop us from giving up

"After we both broke down in tears and comforted each other, we still had hope.

"Anyone who knew Asiya will know how incredibly tenacious and positive she was, and Asiya was still determined to fight this," says Gibran. "Nothing would ever stop her,

"Nothing would ever stop her, or us, from giving up. We still had hope that she would be the less than five percent of people who live beyond the statistical prognosis period."

Over the next couple of days Asiya was showing improvement to the point that the neurooncologist agreed that she was fit enough for her first radiotherapy session.

On Friday afternoon she had her first radiotherapy session, which she handled with such grace and courage even though she felt extremely anxious about it.

However, following a traumatic evening on Saturday when the excruciating headaches presented themselves again, Asiya passed away in her sleep during the early hours of Sunday 25th April 2021 while Gibran lay next to her in another hospital bed.

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Determined to raise awareness



Sharing our battle with Glioblastoma Multiforme (GBM) has been extremely difficult and has taken me a very long time due to the emotions and memories it brings back with such vividness. But my hope and intention is to illustrate

But my nope and intention is to illustrate that unfortunately this can happen to anyone, how unpredictable, unforgiving and uncontrollable brain tumours can be, and inspire you to support ways to help find better treatments and ultimately a cure for this terribly destructive and fatal cancer.

All donations made on my Just Giving page 'Asiya's Eternal Charity' will go directly to Yorkshire Brain Tumour Charity to fund much-needed research and support others who have been affected by brain tumours. I have chosen Yorkshire Brain Tumour

I have chosen Yorkshire Brain Tumour Charity as they have been an incredible support for me and charity close to Asiya's heart. In addition, the neurosurgeon who carried out Asiya's biopsy works with them when it come's to research so there's a real personal connection.

Asiya may not be with us in this world anymore however her memory, greatness and love will always live on in the hearts of those who knew and loved her.

Not a single second of the day goes by when I'm not thinking of her I will do everything I can to try and help find a cure for this sooner rather than later so that others don't have to suffer like we did, I know that is exactly what you would've done. I promised Asiya that I would carry on, and

I promised Asiya that I would carry on, and although most of the time it feels impossible, I will not break that promise.

BLACK

You can donate to Gibran's fundraising page. Go to www.justgiving.com and search for 'Asiya's Eternal Charity'

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Welcome to Yorkshire encourages businesses to complete Tourism and Hospitality industry financial impact survey

Welcome to Yorkshire is working with the Tourism Alliance and the Department of Digital, Culture, Media and Sport to establish a compelling evidence base for extra Government support for the tourism and hospitality sectors given the impact of new Covid-19 restrictions and the likelihood of more to come.

With Omicron variant case numbers continuing to grow, Welcome to Yorkshire is encouraging Yorkshire businesses to spend just five minutes completing an online survey to help policymakers in

Whitehall devise solutions to ease the financial pressures the region's tourism and hospitality industry is

facing. More than 150 responses have already been received. Of those, a third of businesses have seen their revenue fall by over 50% since the pandemic began, more than half have two months or less of cash reserves and over a quarter fear their business is "at least quite likely to fail" in 2022. The survey is completely

anonymous and must be completed no later than Monday 10 January 2022



Chair of Welcome to Yorkshire, Peter Box, urges the region's businesses to take part as soon as possible: "Tourism and hospitality are

the backbone of Yorkshire's economy and must be protected.

"This survey presents an opportunity for the industry to make a powerful case for further and sustained Government intervention.

"I welcome the Chancellor's announcement of a £1 billion fund to support hospitality and leisure businesses. However, the rise of the Omicron variant means that the situation is incredibly fast-moving so it would be helpful for businesses to complete the survey sooner rather than later and to share the link with relevant contacts.

"I note that the Chancellor has also boosted the Additional Restrictions Grant for councils to suppo businesses by a further £102 million. I would encourage hospitality businesses to contact their local authorities for details on how to

access this support." Tourism in Yorkshire pre-pandemic was worth £9 billion annually to the county's economy and employed almost 225,000 people. To complete the survey please visit

www.asianexpress.co.uk and search for this story, where you will find the relevant links.

The maiority of

Millions of mobile users delivery to be completed.

But the texts are a front away private data.

scam texts will be sent in present after all. the UK this week, and more consumers.

"And up to only a few "smishing" fraud attempts years ago texts were used have come through the blitz by friends and families." of parcel delivery texts sent "Smishing" or "SMS out during the Covid crisis. phishing" is where phishing" fraudsters send texts to have received the texts that mobile phones in the hope claim a small payment is that people will click on a needed for a package link and download malicious software or give

for fraudsters attempting to But experts warn that steal personal banking fraudsters use fear to details. More than two million want to miss that parcel or

Deliveries are a good than half will use parcel lure for now. But after deliveries to try to trick Christmas, a spike in Boxing Day sales, deals and

"Smishing" or "SMS phishing" is where fraudsters send texts to mobile phones in the hope that people will click on a link and download malicious software or give away private data.

Now. monitoring fraud are warning people to be extra vigilant thi Christmas and New Year.

only are more people police and get people to shopping online to avoid move significant funds crowded stores, but also between accounts. coronavirus is disrupting Adam Christie, privacy staff shortages for sickness said consumers will never and isolation.

Proofpoint, is seeing ten money times more scam messages information. this year than last. Vice preside

people reading a text within for three minutes

organisations discounts, and scam texts "smishing" are expected. ple to But the text is just the this first half of the fraud.

This is where scammers It's the busiest time of use the information that year for deliveries with they glean from these extra pressure from the interactions, then pretend coronavirus pandemic. Not to be from your bank or

delivery services, leading to manager at the Royal Mail, receive just a text or email One cyber-security firm, from them asking for or more

"We love putting things of through your letterbox. Do Vice president of through your letterbox. Do operations, Jacinta Tobin, not make any payments said a mix of Covid and until you also receive a card Christmas makes the texts through the door," he said. more tempting. "We "We are totally also has guidance and susceptible, because we information about scams trust and we act quickly," on its website. Visit she said, with 98% of of com.org.uk and search 'scam calls and messages'.

Text Message Thu 1 Apr, 23:49

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Text Message Yesterday 19:16

Hermes: Your package has a £1.45 shipping fee, to pay this now visit https://hermesredelivery.net. Failure will result in your parcel being returned to sender.

The scam messages lead to a convincing website asking for bank details



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United 4 Kashmir, an organisation highlighting human rights violations in Kashmir, and campaigning for the right of self-determination for the people of Kashmir, are calling upon the Indian government to halt all atrocities in Kashmir.

Since 1947, Kashmir has been occupied by India and Pakistan, both claiming it to be their territories. The two countries have fought over the region in three separate wars without any resolution.

Over the years, United Nations have passed numerous resolutions promising a plebiscite in Kashmir, accepted by both India and Pakistan. The Kashmir people have been demanding the implementation of these resolutions, but so far their cries have fallen on deaf ears.

"Around 100,000 people have lost their lives in Kashmir, with thousands more injured or maimed," said United4Kahsmir's chairman Khalid Mahmood.

"Many are held as political prisoners, and there's a mountain of reports on human rights abuses and other atrocities carried out such as murder, torture, rape and imprisonment. "The use of the controversial pellet

^{*â*}The use of the controversial pellet gun by the Indian army has seen hundreds blinded.

"The Kashmiri people struggle for their freedom and right of selfdetermination continues with Kashmiri leaders pledging support for the uprising. Indian forces have been unable to contain the masses and it seems the will of the Kashmiri people will not be broken until they have achieved their objective."

To highlight the human rights abuses in Kashmir, United4Kashmir held events in conjunction with two other very similar organisations -Jammu Kashmir Self Determination Movement International (JKSDMI)

Lobbying for the rights of Kashmiri people



and the Kashmir Overseas Solidarity Council (KOSC) on Friday 10th December. Prominent speakers including human right activists, spoke to condemned the human rights violations by Indian army under the watch of the Indian government. Mr Mahmood added: "It's high time that the Indian government accepts that they cannot forcibly rule in Kashmir, and they do not have a writ in Kashmir. It is about time they stopped all forms of human rights abuses and atrocities against innocent Kashmiri civilians.

"Increasingly more people are dying daily, with thousands more injured and blinded by the firing of pellet guns, since the 5th August 2019 military lockdown after PM Modi revoked articles 370 and 35A." Raja Najabat Hussain chairman of JKSDMI has committed to carry on lobbying the UK and international community to hold the Indian government to account for violations. "The international community must press for referendum for Kashmiris to determined their future by peaceful means," he said.

Choudhary Rangzeb chairman of Kashmir overseas solidarity council as echoed similar message and pressed all the Kashmiri community and groups working on freedom movement to unite on common strategy to strengthen freedom movement. Mr Rangzeb also commended the effort and work done to bring the groups together to unite for Kashmir. "Since the murder of Burhan Wani,

"Since the murder of Burhan Wani, a prominent Kashmiri activist, the Kashmiri nation has taken to the streets demanding justice and their freedom," said Mr Mahmood.

"The Indian army, despite their cruel and barbarous tactics and 24 hour curfews, seem helpless to stop the wave of thousands of Kashmiris taking to the streets waving Pakistani flags and chanting freedom and the right of self-determination.

"The Kashmiri peoples' resolve to break away and achieve their right of self-determination seems inevitable.

"We call upon the Indian government to halt all human rights abuses and atrocities in Kashmir and that it should fulfil its pledge to the Kashmiri people to allow them a plebiscite to choose their future."

For further information please contact: Khalid Mahmood **Tel:** 07852 154 435 **Email:** khalid.mahmood@ycea.co.uk



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Every winter, countless people across the country fall sick and miss out on festive fun; from presents under the tree to spending time with loved ones. Luckily for them, a dedicated NHS workforce is always at hand to provide care and support, especially for those unable to spend the holidays at home.

Now in its fourth consecutive year, the 'We are the NHS' campaign is back to champion the extraordinary work of nurses, allied health professionals and healthcare support workers - and inspire a new generation to embark on a career in the health service.

the health service. The 'We are the NHS' campaign features real NHS workers, who are proud to showcase what it is about their role they love the most, and the opportunities available from a career in the NHS.

One such role is that of Orthoptic Casualty Lead Rahilah Bukhari from University Hospitals Coventry and Warwickshire NHS Trust, who works hard to provide exceptional eye care, which includes attending eye casualty, completing all necessary investigations, and liaising with the Senior Eye Casualty Doctor to determine the treatment and clinical outcome for the patient.

The 'We are the NHS' campaign features real NHS workers, who are proud to showcase what it is about their role they love the most, and the opportunities available from a career in the NHS.

"Christmas is an exhilarating time of the year for both children and adults, but it is also a time when eye injuries can occur.

"Every year, eye teams everywhere treat eye injuries caused by Christmas trees and decorations, fireworks, toys and bottle corks amongst other things.

"Luckily, for those who find themselves in the eye casualty department, a dedicated NHS eye workforce is at hand to provide sightsaving care and support."

saving care and support." Recruitment for the NHS has never been more vital. Covid-19 increased interest in the incredibly rewarding careers available within the NHS with 5.1 million people accessing the NHS careers website during the pandemic; a 41% increase compared to the same period in 2019.

compared to the same period in 2019. The 'We are the NHS' campaign shines a light on some of the most indemand roles in the NHS; all varied, exciting and challenging in equal measure. Nurses, allied health professionals and healthcare support workers touch the lives of thousands, providing expertise, care and compassion when it matters most.

Healthcare Support Worker Urwa Mogul, from Royal Papworth Hospital NHS Trust, says that working over the holidays can get busy but working as part of a supporting team helps her to manage things.

things. "It can be hard looking after patients in the ward, especially when you know all they want to do is be at home with their loved ones," says Urwa.

"But you really are making such a huge difference being there for them during these times."

Despite how busy things get in the ward, Urwa and her team still manage to inject some festive fun into their schedules.

their schedules. "I don't celebrate Christmas myself, but I do get excited when it



#WeAreTheNHS Campaign shines light on the incredible lifesaving work of South Asian frontline workers



"It can be hard looking after patients in the ward, especially when you know all they want to do is be at home with their loved ones." comes to Secret Santa! It's always such a great laugh between our team," she says lightheartedly. Registered Nurse Varsha Carim,

Registered Nurse Varsha Carim, from Guy's and St Thomas NHS Trust appreciates the diversity of the NHS, particularly around the festive period.

"I enjoy communicating with people from different cultures and learning about what this special time means to them," says Varsha.

"It's fascinating to see the different ways people celebrate and make the extra effort to ensure all patients feel comfortable. There is so much diversity in the NHS and being multilingual helps me provide patients with the holistic care they deserve." From eye casualty to healthcare support, there are many fulfilling roles available within the NHS that allow you to make a real difference.

"There are so many different careers that you can take with the NHS," adds Rahilah.

"There are face to face roles but also crucial background roles. If you're looking for work-life balance, you can find that with the NHS. Most importantly, there is ample opportunity to progress both personally and professionally - the NHS offers it all." To learn more about the campaign,

To learn more about the campaign, search #WeAreTheNHS or visit NHS Careers to discover the range of roles available.



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Rapist who filmed abuse of toddler jailed

A man from Southport has been jailed for 17 years for raping a toddler and sexually assaulting another

child. Ryan Hawkins, 29, was identified by NCA investigators as username 'bigladuk6' who had been discussing tho discussing the sexual abuse of children with other paedophiles online



paedophiles online. In September 2021 he shared a graphic sexual image of a baby and told another user about his plans to abuse a young girl the following week. Hawkins was arrested by NCA officers eight days later and his phone was seized. Two identical videos of Hawkins raping a female toddler were recovered from the device, along with four graphic sexual images of baby. When interviewed, he admitted to sexually abusing the toddler on two separate occasions and to sexually assaulting a young boy. He was charged with the rape and assault of a girl under 13, sexual assault of a male under 13, two counts of making indecent images of a child (IIOC) and one of distributing IIOC. He was sentenced at Liverpool Crown Court to 17 years in prison. NCA operations manager Phil Eccles said: "Even Howkine' scimes or a cholutely horrific

to 17 years in prison. NCA operations manager Phil Eccles said: "Ryan Hawkins' crimes are absolutely horrific. "The fact he openly discussed the abuse with strangers on the internet shows his callous nature and the fact he had no regard for the profound impact this would have on his victims. "He is an example of the highest risk and most dangerous sexual offenders targeted by the NCA and it is only right he is behind bars where no longer poses a threat to children."

Direct flights to Bangladesh from Manchester Airport resume

This Sunday, the North of Biman's onward network. England is set for another long-The North has one of the most haul boost as direct flights to **Bangladesh return to Manchester** Airport.

Biman Bangladesh Airlines will re-commence services to Dhaka and Sylhet from Boxing Day and will fly twice a week until 28th March on the start of the art Dreamliner aircraft.

With business and economy class cabins, the return of the route will be popular with the 55,000 people a year who currently travel from Manchester Airport's catchment area to Dhaka and Sylhet. Plus, there are 600,000 people who travel to

vibrant Bangladeshi communities and the return of this service will prove hugely popular with those looking to connect with friends and family in their homeland. Karen Smart, Managing Director of Manchester Airport, said: "There has been significant

demand for a direct service to Bangladesh for many years, so when the route returned in 2019 it was greatly received. It is therefore really positive news to see the route return as the aviation sector begins its road to recovery. "Manchester Airport is the

UK's gateway to the North of England and within our catchment area there are many long-standing Bangladeshi communities for whom this will make a massive difference.

787

There is also a great number of northern companies who trade with Bangladesh, and many more with a desire to do so, meaning this route is a real boost for them and will unlock and enable many business opportunities.

"I look forward to working with the team at Biman Bangladesh and making the route a success." Kazi Ziaul Hasan, Assistant Commissioner High of

Bangladesh in Manchester, said: "The resumption of direct flight by Bangladesh Biman is a significant and firm step on the part of Bangladesh's national carrier in the service sector.

"This direct flight will re-energise the movement of people, infuse dynamism in trade and business opportunities. As Bangladesh graduates to developing country status and the size as well as resilience of the economy augments, trade and investment opportunities are enormous.

"The Assistant High Commission registers its profound appreciation to concerned authorities in Manchester for their cordial role in facilitating the resumption of flight operation by Biman Bangladesh in Sylhet-Manchester sector. "The Biman

Biman Bangladesh founded by the Father of our Nation, Bangabandhu Sheikh Mujibur Rahman in 1972, is gradually extending its reach and services to become a leading global airline, as envisioned by Prime Minister Sheikh Hasina."

Biman Bangladesh Airlines is the national flag carrier airline of Bangladesh. Its main hub is at Shahjalal International Airport in Dhaka and it also operates flights from its secondary hubs Shah Amanat International Airport

in Chittagong and Osmani International Airport in Sylhet. Osmani The airline provides international passenger and cargo services to Asia and Europe, as well as major domestic routes inside Bangladesh.



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Top paediatrician answers your questions on Covid-19 and flu vaccines for The virus that causes Covid-19 and the virus that causes the flu are two completely given at the same appointment, alongside other vaccines for school children such as HPV, DTP MenACWY vaccines. children Q. Is the Covid vaccine safe for children?

Earlier this year, UK's chief medical officers recommended vaccinating all 12 to 15-year-olds with a first dose of Pfizer-BioNTech Covid-19 vaccine, to protect their physical and mental health and education.

The flu vaccine programme for schools has also been extended from all primary school children plus Year 7 of secondary, to now include all secondary school pupils up to and including Year 11.

Over the last month or so, most parents across the country would have received letters in their book bags inviting eligible children to get their vaccines in school.

The aim is to immunise as many children as possible ahead of winter, as scientists are predicting it may be a bad flu season as well as a surge in Covid-19 cases, which some schools are already experiencing.

To help keep parents informed, we have teamed up with leading paediatrician, Dr Annapoorna Sharma to answer some commonly asked questions.



Dr Annapoorna Sharma answers your questions



The Covid-19 (Pfizer-BioNTech) vaccine has now been tested in children in clinical trials in the USA, UK and Israel, and is shown to be safe and effective for young shown to be safe and effective for young people. The Covid vaccine has now been available for over a year. Since this summer, tens of millions of young people around the world in countries like the USA, New Zealand, Canada, Spain and Israel, have also had vaccine protection for their physical and mental health helping to hear their lives on mental health, helping to keep their lives on track.

Q. If Covid-19 mostly affects older people, why do young people need the vaccine?

Currently, the highest rise in Covid cases in the UK is in children who are unvaccinated. Although children and young people are less likely to be hospitalised with severe Covid-19, they can still get sick from the virus, and may have to miss school or suffer from long Covid symptoms.

The vaccine protects children by reducing the likelihood of catching Covid-19, and reducing the severity of the virus, if they do get infected. It also reduces their role in transmitting the virus, a child who is vaccinated is less likely to spread the virus. If enough children are vaccinated, they help provide a wall of safety for everyone around them. They may also stop new variants emerging because the virus doesn't have a chance to take hold.

Right now, some schools are experiencing a rise in Covid-19 cases, and we all know too well the impact of school closures or contact isolation on young peoples' lives.

Q. Why is it important that children get the flu vaccine?

Having the flu vaccine will help protect your child from what can be a very nasty illness for children. Children under the age of 5 have the highest rate of hospital admission for flu. Vaccinating your child also reduces the chance of others in your family, who could be at greater risk from severe flu, such as grandparents or those with long term, getting flu from your child.

Q. What kind of Covid-19 and flu vaccines are given to children and young people?

At present, young people aged 12-15 years are being offered just one dose of the Pfizer-BioNTech vaccine. This is the only Covid-19 vaccine approved for this age group at present.

people with existing Young conditions at greater risk of developing severe Covid-19 and those who live with someone with an immune disorder are offered two doses of Covid-19 vaccine eight weeks apart. Those with suppressed immune disorders may need a course of three injections. Your child's GP or hospital consultant can advise on what's best for your child

With the flu vaccine, most children are offered a nasal spray vaccine. Children aged 2 or 3 years (before September 2021) can get the flu vaccine at their GP surgery, while primary and secondary school aged children from reception to year 11 will be offered the vaccine in school. Children with long term health conditions are eligible for the flu vaccine from 6 months to 17 years of age. Some children can't have the nasal spray vaccine, and they will be offered an injection instead

different viruses, therefore two different vaccines are needed. Both vaccines can be

Q. How do children get the flu and Covid-19 vaccine?

Most children and young people will be offered both vaccines with their class in school. Parents and guardians will get a letter from the school immunisation service provider with detailed information about both vaccines, including consent

For the Covid-19 vaccine only, young people 12+ can also get an appointment at a walk-in clinic or their GP and be vaccinated the same time as the rest of their family, if they want. An appointment can be booked online at nhs.uk/covidvaccine

For two and three-year-olds (provided they were this age on the 31 August 2021), you should receive an invitation for your child to have their flu vaccine at their GP surgery before the winter. You can also contact the surgery directly to make an appointment.

Q. Will my children be offered the vaccine at school without my knowledge?

Parents will be asked to provide consent either online or by signing a paper form before their children are vaccinated in school. Separate consent must be given for the flu and Covid-19 vaccines. Leaflets will be handed out with further information on the vaccines, helping you make the best decision for your family. It's best to discuss getting vaccinated with your children and reach a decision together.

In secondary schools, some young people will be mature enough to provide their own consent. Healthcare professionals from the school's immunisation team will speak to the young person and make every effort to contact the parent. These professionals have expertise in vaccinating young people and will be responsible for assessing whether they have enough understanding to self-consent (this is called 'Gillick competence'). This is a well-established process which you may be familiar with from other school-based vaccination programmes. Vaccines programmes have been safely run

in schools for a long time and have made a huge contribution to public health.

Q. Does the flu vaccine contain pig products? Is there an alternative option if so?

Yes. This is a common question for some South Asian and Muslim families who may be vegetarian, vegan or halal. For those aged two to 17, the flu vaccine is usually given as a pain-free nasal spray which contains pork gelatine. If you or your child wish to avoid this for any reason, you can request for your child to have an alternative porcine-gelatine free flu vaccine which is administered as an injection in the arm. The Covid-19 vaccine does not contain any animal products. All major religious groups, including Muslims groups, have said it is permissible and advocate its uptake.

Vaccination is the most powerful tool in our medical kit for keeping us all healthy. Of course it's right to ask questions and find out all you can. For more information on the Covid vaccine

for children, visit: www.gov.uk/government/ publications/covid-19-vaccination-resources for-children-and-young-people or nhs.uk/ covidvaccine to find your nearest centre.

For more information on the flu vaccine for children, visit: https://www.nhs.uk/conditions/ vaccinations/child-flu-vaccine/



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Warsi appointed vice president role

Baroness Sayeeda Warsi has been appointed a Vice President of the Yorkshire Society, joining a number of famous and prominent people already holding this honorary position.

Now a familiar and popular face on our TV screens, she is also a lawyer, a businesswoman, a campaigner and a government minister the first Muslim to serve in a British cabinet.

In 2007 Sayeeda Warsi was made a life peer as Baroness Warsi of Dewsbury and became then the youngest member of the House of Lords.

More than anything though,

Baroness Warsi is a proud Yorkshire woman and one of the most passionate supporters and advocates of God's own Country.

Born in Dewsbury, West Yorkshire, one of five girls born to immigrants of Pakistani origin, Sayeeda studied law at Leeds University, going on to work for the Crown Prosecution Service before setting up her own legal practice and

developing a career in politics. Talking about her recent appointment, Baroness Warsi said: "I am so happy to be asked and to accept this honorary position.

"I've known about The

Yorkshire Society for some time and how it puts into practice the idea that ordinary people – especially Yorkshire people – can achieve extraordinary things when they work together. It is a pleasure and a privilege to be a Vice President.

Speaking for the Society, Philip Bell, CEO, commented: 'Fantastic to have Baroness Warsi involved.

"She is a great example of what you can achieve with Yorkshire grit and determination. We're all looking forward to working with her.'

A keen cook, an addict of home improvement

programmes and a cricket fan, Sayeeda has consistently been voted one of the 500 most influential Muslims in the world. She now lives in Wakefield with her husband Iftikhar and their children.

"I've known about The Yorkshire Society for some time and how it puts into practice the idea that ordinary people – especially Yorkshire people – can achieve extraordinary things when they work together. It is a pleasure and a privilege to be a Vice President."



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Chancellor Rishi Sunak meets young people from Wibsey Primary School at **YHA Grinton Lodge**

Bradford children get a surprise visit from Rishi Sunak during their school trip in the Yorkshire Dales

📕 Rishi Sunak Primary school students meet Cha hC

meets young pupils from Wibsey Primary School at YHA Grinton Lodg



experience being outside in our amazing landscape." Mr Sunak said: "It was great to

meet the children getting a taste of Dales life learning about the environment and the way the countryside works. The Government pleased to be funding this

excellent programme." Led by YHA (England & Wales), Generation Green is the first project to be delivered by Access Unlimited, a coalition of 15 not-for-profit outdoor education providers including YHA, Scouts, Girlguiding, Field Studies Council, The Outward Bound Trust and 10 National Park authorities in England.

James Blake, Chief Executive of YHA (England & Wales) who met with Mr Sunak along with representatives from Access representatives from Access Unlimited partner YDNPA, commented: "It was an excellent opportunity to showcase the work of Generation Green and all the partners involved at YHA Grinton Lodge. Spending time with Mr Sunak gave us the opportunity to impress on him the importance of young people spending time in the outdoors and connecting with nature.

"This is more important than ever

in the wake of the pandemic where hundreds of thousands of young people missed out on the opportunity to have a school residential. For some of those children, it would be their first time in the countryside. We cannot

overlook these young people. "The Generation Green project aims to reach 100,000 young people and connect them to nature and create employment opportunities for them as well as instil a lifelong love and appreciation for the outside environment. Already, the Access Unlimited coalition has reached thousands of young people and we want to reach many more by

continuing to work together." As part of the visit Mr Sunak also met Up Skill, Down Dale Generation Green volunteers from his Richmond constituency. Up Skill, Down Dale is just one of the programmes Yorkshire Dales National Park Authority (YDNPA) offers as part of the Generation Green project. The programme is aimed at young people, aged 14 to 30, who would like to 'make their mark on the Park' and develop their knowledge and confidence by getting involved in skilled volunteer placements. Kevin Frea, Member Champion

for Promoting Understanding at the Yorkshire Dales National Park Authority said: "It was great for Lydia and Laura - two of our Up Skill, Down Dale Generation Green volunteers - to meet Mr Sunak and to talk so passionately about their work.

"The programme is already off to a strong start with young volunteers making a difference across the National Park Authority, for example in our Wildlife, Woodlands, Access, and Education teams. And in addition to her Generation Green project work Laura has joined the steering group of the National Park Management Plan, giving her a say on the work programme of dozens of organisations operating in the National Park."

For details of Generation Green funded activities available for young people, please visit https://www.yha.org.uk/generationgreen

The work of the £2.5million Generation Green project was put under the spotlight recently when Rishi Sunak visited YHA Grinton Lodge in his Richmond (Yorks) constituency recently and met with students from a Bradford school.

Launched earlier this year blowing a £2,543,602 Green following a $\pounds 2,543,602$ Green Recovery Challenge Fund, the 16-month project aims to reach 100,000 young people, connecting them to nature through new jobs, training, volunteering roles, residentials and outdoor learning experiences.

Seeing the project in action for himself, Mr Sunak met with a group of Year 5 and 6 pupils from Wibsey Primary School who were enjoying a Generation Green-funded two-night residential at the youth hostel in the continues so more children can

Yorkshire Dales.

As part of the residential, pupils took part in activities organised by the Yorkshire Dales National Park Authority (YDNPA), one of the 15 not-for-profit outdoor education providers delivering Generation Green.

Karen Yates, Acting Headteacher at Wibsey Primary School, said: "For many of the children who stayed at YHĂ Grinton Lodge, it was their first time on a residential and also their first time in the countryside.

'It was a wonderful experience for them, helping them understanding the environment and how to look after and treasure our countryside. The Generation Green project is

so important, and we hope it

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Regal Foods announce Mind in Bradford as charity of the year

our/

Regal Food Products Group are delighted to announce Mind in Bradford as their charity of the year for 2022.

Mind in Bradford is the local mental health charity for people in Bradford, Airedale, Wharfedale and Craven. The charity helps people of all ages who are struggling with their mental health and offers support over the phone, online and face-to-face.

Regals Foods will support the charity with a series of fundraising events throughout next year, as well as partnering up to benefit the work the mental health charity provides.

Alec Gladok, Marketing Manager adds: "As a Bradford company who employ many from the local community, it's important we play our part in raising awareness around mental health. We look forward to working with Mind in Bradford next year"

Lydia Gray, Fundraising & Development Officer: "We are so pleased to have been chosen as Regal Foods' Charity of the Year. Regal Foods is a very well-respected local business who are passionate about local people and local places, and share our vision of a Bradford which is supported, connected and empowered, where noone has to face a mental health problem alone. We are so grateful to have their support and look forward to seeing what our partnership will bring in the next year."

Regal Foods have welcomed the partnership with a donation of £500 towards the charity's 'Sponsor a Bauble' campaign, as well as the donation of products that will be handed out to those who need the support of Mind in Bradford this Christmas.

aven

und in Bradford

local mean health charity in Bradford, Airedale, Wharfedale



Specific Performance of Contracts

The recent outbreak of the Omicron variant of the Coronavirus is causing disruption to many businesses during their busiest trading period and will undoubtedly result in some being unable to comply with their contractual obligations. If there is a breach of contract the usual remedy would be for the innocent party to sue the defaulting party for the loss and damage suffered as a result of the other party's default. However, there will be situations where damages are not an adequate remedy for the innocent party and they may instead wish to apply to the Court for an order compelling the defaulting party to comply with their contractual obligations. This is called specific performance.

performance. There is no general right to specific performance, it is a discretionary remedy available to the Court and it will be used when no other remedy (such as money) will adequately compensate the innocent party. If this remedy will put the innocent party back into the position that they should have been in had the contract been fully performed, then the Court may order encoding performance

specific performance. The most common instance when the courts grant specific performance is where the subject of the contract is unique, when it is not merely a matter of money or where the true amount of damages is unclear. An example of the subject matter of the contract being unique may be the sale of an interest in land. Examples of where damages would be ineffective might be where the terms of the contract restrict or limit the amount of damages recoverable for the breach in question by the defaulting party. In order to qualify for specific

performance the innocent party must demonstrate that there is a valid and enforceable contract in place and that the award of damages would not be an adequate remedy for the breach.

The key benefit of using specific performance as a remedy is where a breach of contract is pre-empted but has not yet occurred and the innocent party wishes the existing contract to be performed rather than to seek damages. Where a breach is anticipated, the innocent party can apply for an order for specific performance before the contract has been breached. By comparison, a claim for damages can generally only be made after there has been a breach of the contract.

Another advantage of specific performance is that the innocent party need not prove any loss caused by the breach; it simply needs to show that the obligation has not been or will not be performed.

Specific performance is a discretionary remedy which is not exercised readily by the courts even in cases where damages are not an adequate remedy. However, when it is applied, it is a powerful tool which can be used to force a party to comply with their contractual obligations. It will be interesting to observe how the courts will deal with applications seeking

orders for specific performance in the context of the current pandemic where one party forces the other party to perform its side of the bargain and the other party refusing to perform the contract on grounds it is unable to so. There are also other interesting legal principles which may come into play such as a temporary frustration event having occurred which the defaulting party may argue has temporarily suspended their contractual obligations thereby making the contract, for the time being at least, impossible to perform. If you are involved in any

contractual dispute then Blacks Solicitors can assist. Please contact Luke Patel on 0113 227 9316 or email him at "LPatel@LawBlacks.com".

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



'Paying quickly has never been more important'

UK Small Business Commissioner Liz Barclay has a seasonal message for large business finance teams

Given the number of shoppers I saw out and about over the weekend, the bumper pre-Christmas spending spree shops, restaurants and pubs were hoping for won't have materialised. Indications are that footfall in town centres was significantly lower than researchers and retail groups were expecting. Optimism about Christmas celebrations

Optimism about Christmas celebrations this year is being replaced by caution about Covid variants. If you've still got shopping to do, think

If you've still got shopping to do, think small and local, and if you've got payments to tidy up before the holidays, please pay the small suppliers as a matter of urgency. They need all the help they can get to survive.

We've been hearing from small suppliers that previously good customers, renowned for paying well, are now delaying payments. Many firms are struggling to pay their suppliers because their customers aren't paying them. If you're sitting on cash and you've got debts to settle with small suppliers, it's not acceptable to delay payments.

We will come out of this crisis, and if you don't pay talented suppliers now, they won't be there when you need them next year. Paying quickly has never been more important.

There's a particular set of issues being faced by the hospitality industry. Restaurants are pleading for help because bookings have fallen through the floor. I feel for business owners who have stocked up to meet bookings for meals no longer required. I have friends in hospitality who are very scared for the future.

If you've got payments to tidy up before the holidays, please prioritise any payments to small hospitality firms. December is often an opportunity to build a reserve that can support a quieter January and February. With future customer numbers uncertain for now, settling payments to end the year will help sustain restaurants and pubs into 2022.

Small businesses facing issues with payment from their larger customers can contact the Office of the Small Business Commissioner for help, advice and guidance. Call 0121 695 7770 to speak to one of the Office's professional caseworkers, or email enquiries@smallbusiness commissioner.gov.uk.

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Award-winning out of school club celebrates ninth anniversary

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After school club, Raising Explorers, is celebrating its ninth Anniversary this month.

Now, the team at Raising Explorers say they are determined to continue driving both childcare and educational standards up for the next generation of children in the City of Bradford.

A spokesperson for Raising Explorers said: "Nine years of hard work, dedication and working tirelessly with the children from our community, has enabled us to get to where we are today.

"Raising Explorers first opened its doors to the Bradford Community in 2012. Since then, they have grown strength to strength, now having worked with over 1000 families and children in Bradford and currently employ over 50 staff over two sites.

"We are multi-award winning out of school club, operating with a strong and experienced leadership team of managers, alongside staff that are experienced and qualified who work across various services we provide.



"Raising Explorers are proud to announce that they have recently been awarded the best Childcare Centre and Tuition Centre in Bradford for 2021 - That's five years in a row!"

The award came from Three Best Rated – an organisation which specialises in finding the three best businesses in local cities by analysing them through a tough and thorough 50-point inspection. Raising Explorers has passed this inspection with flying colours and have not only been shortlisted for the best three categories, but actually won first place.

the best three categories, but actually won first place, Open seven days a week for children between 5-15 years of age, the club allows parents to drop in their children at the centre anytime of the day. Their time at Raising Explorers is filled with fun and action packed activities and lessons, allowing them to enjoy, have fun but also learn at the same time. During school holidays the centre has extended opening hours from 8.30am to 7.00pm Monday to Friday.

Monday to Friday. Raising Explorers is based in the heart of Manningham, at the famous Carlisle Business Centre, Bradford.

For more information, visit www.raisingexplorers.co.uk or check them out on their active Social Media pages via Facebook, Instagram, YouTube & Twitter. You can also call on 01274 493

034 or send an email to funtolearn@raisingexplorers.co.uk.

Raising Explorers Services

• Drop in Childcare Service - Operates 7 days a week. Parents can choose to utilise this service without booking any sessions. Childcare rooms and services are available any day of the week for parents just to turn up at the door

• Academic Tuition - Children in Key Stages 1, 2, 3 & 4 are taught by dedicated and experienced school teachers, who teach students Maths, English and Science

• Homework Support Room Services - Qualified teachers are available daily to support children with any homework needs in a dedicated homework room with IT facilities

• School Holiday & Activities - Each school holidays opening hours are extended to support parents with Childcare from 8.30am to 7.00pm. A fun packed timetable is planned to ensure children are enjoying time off school

• Quran & Madrassa Services - For those parents wanting Quran with Tajweed and Islamic Studies for their child, Raising Explorers offers both Islamically and Academically Qualified Staff. Parents are offered 4 alternative options: Weekday Madrassa, Weekend Madrassa, SEN Madrassa or a Sunday Madrassa

• Language School - Children are offered the opportunity to learn a language by attending Urdu School and Arabic School taught by qualified subject teachers.

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BRITS FAVOURITE NEWS STORIES OF 2021

1 England getting to the final in the Euro 2020

Emma Raducanu winning the US Open (tennis)

3 Marcus Rashford's school dinner campaigning

4. Piers Morgan walking off the Good Morning **Britain set**

5. Facebook and Twitter banning Donald Trump

6. "No Time to Die" James Bond film finally coming out

7. Tom Daley knitting at the Olympics

8. That Prince Harry and Meghan Markle interview with Oprah

Jackie Weaver and the Handforth Parish Council

10. Matt Hancock's affair revelations

11. **Cristiano Ronaldo** going back to Manchester United

12. The Ever Given container ship getting stuck in the Suez Canal

> 13. Adele's comeback

14. The #FreeBritney campaign

15. When Facebook/ Instagram/WhatsApp all broke at the same time

16. **Sky Brown winning** bronze at the Tokyo Olympics

17. The "Friends" (TV show) reunion

18. The big run up for 21st June 'Freedom Day' that never happened

19.

The meme of Bernie Sanders in his mittens at Joe Biden's inauguration

20.

Paul Rudd being named Sexiest Man Alive

21. The rise of the sea shanties

22. Keeping up with the Kardashians finally coming to an end

23. The "Sex and the City" reboot

24. **Kourtney Kardashian** dating **Ť**ravis Barker

25. **Facebook changing** its name to Meta

26. **Boris Johnson** getting married

27. GamesMaster being revived

28. Kim and Kanye splitting up

29. The return of the Met Gala – and Kim Kardashian's incredible outfit

30. The anti sex beds

at the Olympics



Favourite news stories of 2021

Continued from page 33

However, the single best piece of news of the year was the England men's for the year was the English final of Euro 2020, as voted for by 21 per cent of the 2,000 UK adults polled.

Emma Raducanu winning the US Open (20 per cent) was also popular, as was Piers Morgan storming off the set of Good Morning Britain (13 per cent).

Other top moments of the year include Adele's comeback, Cristiano Ronaldo rejoining Manchester United, and the infamous Zoom meeting with Jackie Weaver and Handforth Parish Council.

Carried out before the Downing Street Christmas party scandal broke, the poll was commissioned by 'allyou-can-read' digital magazine and newspaper app, Readly. Behavioural psych

Behavioural psychologist Jo Hemmings said: "2021 has been a year of great sporting moments which has united the nation.

"Yet continued public health issues, bizarre events and uncertainty has led to many of us experiencing highs and lows and worries about what might be coming next.

"Challenges such as working from home, limited social events and fewer connections with friends and family have been evident again this year.

"But one thing many of us have learned is to take our fast-changing news in 'worry windows', on a needto-know basis, rather than watching rolling news or being on social media all day.

"We can decrease our levels of stress hormones, adrenaline and cortisol, by listening to soothing music and immersing ourselves in a magazine or newspaper of our choice which gives us balance as well as releasing our reward pleasure, hormone, dopamine.

was former US President Donald Trump, chosen by a huge 44 per cent of adults.

Second place went to Matt Hancock AND Meghan Markle – both chosen by 33 per cent of respondents, while 31 per cent opted for current Prime Minister Boris Johnson.

The study also found eight in 10 adults consider themselves 'up to date' when it comes to current events. When it comes to topics Brits

The study also saw Marcus Rashford named 'hero of the year', picking up 31 per cent of votes.

"It's all about self-care and indulgence in difficult times.'

The study also saw Marcus Rashford named 'hero of the year', picking up 31 per cent of votes. He was closely followed by campaigner and environmentalist David Attenborough, with tennis ace Emma Raducanu placing third.

Musicians Adele and Ed Sheeran also came in the top 10, as did Sky Brown, the 13-year-old Olympic skateboarder.

The villain of the year, meanwhile, media comments.

simply don't want to hear about anymore, Prince Harry and Meghan Markle topped the list - joint with hearing about Love Island. Four in 10 of those polled are fed

up with hearing about YouTube personalities – and another third don't want to read anything else about cryptocurrencies.

Carried out through OnePoll, the study found 51 per cent spent 'too much' time 'doom scrolling' this year – reading endless negative social

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Just 24 per cent of Brits have an inventory of everything in their house, and only 13 per cent were clever enough to photograph all of their treasured items so they can prove what they owned in the event of loss or theft.



Our Top 10 prized possessions

Baby clothes, parent's wedding rings, and children's artwork are amongst a woman's most prized household possessions a survey has revealed.

Men on the other hand declared their movie collection, smartphone and computer as some of their most treasured items.

When quizzed, more than half of rings are of utmost importance, the people polled said sentimental coming in third and fourth keepsakes were their dearest items – respectively. and yet, men claim their car is more important than photos of deceased friends or significant other.

A woman's most cherished items of all are the family photos – while both women and men agree their wedding

The family pet also makes the top 10 for both genders, as do photos of

deceased relatives. Other items to appear on the top 20 list of women's most prized possessions include jewellery, their favourite book, and pictures from their childhood. Men are most attached to their

family photos, CD collection, tablet and television. The study shows people are more

likely to cherish a possession which was given to them by someone else, rather than something they bought themselves

And while more than four in 10 would like to replace their prized items if they were lost or stolen, only 27 per cent have every single one of their items insured, while only 34 per cent of couples thought to increase the value of their home insurance when they moved in with a partner.

Just 24 per cent of Brits have an inventory of everything in their

house, and only 13 per cent were clever enough to photograph all of their treasured items so they can prove what they owned in the event of loss or theft.

When it comes to keeping valuable objects safe, 12 per cent of people keep them in the loft, while 16 per cent have a safe in their house.

More than a fifth of people feel items are safer is they are kept upstairs, and 16 per cent don't allow the children or pets to go near anything of value. Just 16 per cent of people have a

home security system in place, while 15 per cent have all their home insurance documents safely tucked away in one place in case they need them.

WOMEN'S **TOP 10 PRIZED POSSESSIONS**

Family photos Home Wedding ring **Engagement ring** Family pet Photographs of deceased relatives Jewellery Car Smart phone Childhood pictures



MEN'S **TOP 10 PRIZED POSSESSIONS**

Home Family photos Car Wedding ring Photographs of deceased relatives Family pet Laptop Photographs of significant other Computer Smart phone
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HOW TO: Balance revision and fun over the festive period

The festive period and school Christmas holidays can, understandably, be one of the most difficult times of year to get focused and be productive with revision. But with exams fast approaching, it is important to devote some important time to propaging for the unceming

is important to devote some important time to preparing for the upcoming exam season and calendar year.

By planning ahead and utilising your

time in the holidays effectively, there is no reason that you cannot have a great winter break and be productive in keeping on top of your academics! Here, the in-home and online tutoring company, Tutor Doctor, have provided their top tips on how to make the most of the holidays while not sacrificing having fun.



Work little and often

Set yourself bite-sized tasks to break up the workload to help manage your time more effectively. Doing a little bit consistently and frequently is far more stress relieving and manageable than taking on too much at once. By studying and managing your workload with this method, it will allow you to spend more time with friends and family and take part in festivities.

Take care of yourself

Perhaps the most important tip for studying throughout the festive period is to take care of yourself. The cold weather and stress of revising over the holidays can often lead to burning out. Remember to relax and do what makes you happy throughout the festive period, whether it is getting out of the house, exercising, playing games, or simply just spending time with friends and family. While keeping on top of your workload is vital, and this is certainly an important time of year for it, self-care and time off helps your productivity, wellbeing and motivation.

Prioritise and designate specific study days

Decide which revision content is most important and what you

do not want to miss from the holidays! Mark these out in your calendar and revision plans to help you stick to your schedule. Remember, time away from the books is as important as revision itself!

Reward yourself!

Sticking to your revision schedule and ensuring the tasks on your checklist are completed is rewarding in itself. But putting incentives in place to make the most of your free time will put you in a good routine and keep you feeling rewarded and motivated throughout the holidays. Considering the time of year, why not festively theme your rewards?

Get the family involved

There is no reason for revision to be a solo activity! And with the holidays being an opportunity for the whole family to spend valuable time together, why not get them involved? Involving your whole family in your revision will keep you from feeling isolated and relieve any stresses you might be feeling while you should, of course, be enjoying the holidays! Make a game out of studying, test each other with flash cards, or discuss your ideas to help you visualise what vou're learning.



Find out more by visiting www.nhs.co.uk/every-mind-matters

Writer Jaspreet Kaur and radio presenter Nadia Ali share their mental health tips

Many people in South Asian communities have found it hard to cope during the pandemic

Author Jaspreet Kaur and BBC presenter Nadia Ali share their mood boosting tips in a new video out today in support of the Every Mind Matters mental health campaign.

The government campaign champions the little things we can all do to look after our mental wellbeing to help us lead happier, healthier lives and cope with life's challenges

challenges. Nadia and Jaspreet joined the campaign after a government survey revealed last month that the mental health of South Asians in England has been especially knocked back by the pandemic. Those affected were also more likely to feel worried or anxious than the wider public.

Author Jaspreet Kaur, who writes about mental health in her ground-breaking book Brown Girl Like Me, says: "Many people in South Asian communities have found it hard to cope during the pandemic, which is why I wanted to share some of the things that have helped me.

"As a writer, I found comfort in journaling every day – getting my worries down on the page helped me get them out of my head."

At the heart of the campaign is the free, NHS-approved Mind Plan. By answering five simple questions online, you can generate a personalised mental health plan with practical tips to help you destress, sleep better and feel more in control. So far, over 3.4 million Mind Plans have been created. Simply search 'Every Mind Matters' to create a plan tailored to your lifestyle.

tailored to your lifestyle. Nadia Ali who presents the Sunday evening show on BBC Asian Network says: "During lockdown, I went on family walks and prepared some traditional meals with my grandparents over Skype.

Skype. "I learned some new skills, which was a great boost psychologically. New hobbies and small changes can make a big difference to your life, and they don't have to cost a penny. Professor of Mental Health & Diversity at the Institute of Psychiatry in London Dinesh Bhugra also lent his support to the campaign. He says: "Depending on how you answer the questions, the Mind Plan might advise you to do a workout, cut down on alcohol, or try meditation. The website also features helpful videos and organisations to contact if you need further help.





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to get your home sparkling clean

Cleaning can be an exhausting undertaking if you're disorganised and don't have the right supplies. However, with a little bit of preparation, you can make it less timeintensive and more enjoyable. Here are some great products that'll make the job just that little bit easier.



DOWERFUL HEALESTALE DESCALER ALL PURPOSE 3x

1. Get Rid of Limescale

There is no doubt that your household appliances will be working in overdrive during the winter months with more cups of tea, steaming hot showers, the washing machine chugging away on thicker knits and more dishes in the dishwasher with family in town. Unfortunately, these appliances all have two things in common - they require hot water and use hard water

from taps and pipes. Guess what? Limescale mainly occurs when hard water has evaporated. It results in expensive repai

costs and reduces the efficiency of appliances, increasing the amount of energy they need. To prevent this occurring, try using Oust All Purpose Descaler. Oust's powerful limescale removal formula

eliminates up to 100% limescale and delivers results in just 10 minutes! Using it on your appliances every three months can extend their life.

2. Clear Your Gutters and Your Garden

It is a good idea to clean out any debris from your gutters. When the temperature drops below zero, the water in the gutters will freeze the leaves caught in there, preventing drainage. This problem can cause severe water damage to your roof, or worse, leaking into the house, ruining walls and ceilings. Sweeping up foliage from your garden is really

important because when left to freeze and unfreeze fallen leaves will turn to mush, a breeding ground for mould, which will discolour your garden paths!

Use Jeyes Patio Cleaner throughout the colder months to prevent the regrowth of algae, mildew, mould and dirt on paths, patios, decking, fencing, brick and block. No scrubbing required!



3. Change Up Your Colour ette

It has been proven that using a deep, rich colour palette (reddish hues mainly) psychologically makes your home feel cosier. The warmth of the colours creates a cocoon effect inside the house that works perfectly in the winter months as it makes you feel like you're cut off from the harsh elements outside.

While it would be too expensive to change the colour of your walls every winter, you can still change up your soft furnishings. For example, you could dye old pillowcases using Dylon Dyes Machine Washing Pods in rosewood red.

All you have to do is unwrap the pod and pop it into the washing machine drum with the item and watch the magic happen!



ragranci SWITCH

5. Prepare The Loo

The toilet can be one of the grubbiest parts of the home and is prone to attracting an immense build-up of bacteria.

Make sure your toilet remains sparkling and whice sure your tollet remains sparking and germ-free with a 'Regime Clean' approach. This includes daily use of a rim block such as Bloo's Winter Limited Edition Rim Block, which will keep your toilet smelling minty fresh. With every flush, the rim block foams and fizzes, keeping the toilet hygienically clean, and lasts up to 240 flushes. Follow this with the use of a toilet cleaning gel to tackle any limescale build up in your basin.

Ideally this should be used twice a week for deep cleaning and the ultimate shine.

4. De-odorise The Fridge

The fridge is one of the most important areas to focus on when cleaning your kitchen. Scrub stains and dirt spots on the exterior of the fridge using a damp cloth sprinkled with baking soda. Housing both raw and cooked foods, it's essential for this appliance to be kept clean and

hygienic to reduce the risk of food poisoning. To clean the inside of

your fridge, take out all

your food and remove the shelves. Then wash the interior with warm water and dishwashing soap. We would suggest doing this every three to four months.

Fridge

Frigorífico

Ensure you maintain an odour-free fridge all year round by using a product such as Croc Odour, which is fragrance free and designed to help neutralise and absorb odours, preventing cross

contamination of food flavours whilst protecting the taste of food

6. Outsource The Job

If you're too busy with preparing for the festive season and are short on time, look into outsourcing the task to a company such as Airtasker, the trusted online community marketplace that connects people who need work done with people who want to work.

PROTECTS flat

Cleaning is one of the most in-demand jobs on the platform so you'll be spoilt for help. Simply post your task on Airtasker and choose from rated, verified and reviewed people ready to work straight away and wash away your worries.

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THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD



Sanjay Leela Bhansali film to premiere at 72nd Berlin International Film Festival

Intertainme

Sanjay Leela Bhansali's much-anticipated film, Gangubai Kathiawadi, starring Alia Bhatt and Ajay Devgn, has been selected to be screened at the 72nd Berlin International Film Festival in February and will have its World Premiere at the festival.

Gangubai Kathiawadi has been chosen to be screened as part of Berlinale Special, a segment of the film festival which is dedicated to showcasing exemplary cinema. This year's selections are films that have been shot during the pandemic. As Sanjay Leela Bhansali celebrates 25 years in the

As Sanjay Leela Bhansali celebrates 25 years in the world of cinema, his 10th film Gangubai Kathiawadi indeed has been special for him. The director says, "The story of Gangubai Kathiawadi has been very close to my heart and my team and I have given it all to make this dream possible. We take pride and honour in showcasing our film at the prestigious Berlin International Film Festival."

Producer Jayantilal Gada of Pen Studios shares his thoughts on the films selection. He says, "I believe in Mr. Bhansali and his craft. It gives me great joy that our film will be presented at the Berlin International Film Festival and I am proud to associate with Mr.Bhansali. Alia has given a great performance and I am thankful to Ajay Devgn too for being a part of this project. It's a story that will engage and appeal to global audiences."

Carlo Chatrian, Berlin Artistic Director, Berlin International Film Festival says, "We are happy to premiere Gangubai Kathiawadi and continue the tradition of the Berlin Film Festival being a special setting for Indian movies. This time with a film that joins the usual craft in shaping camera movement and the choreography of bodies with a subject that is socially relevant, not only in India. From the very beginning we were taken by the story of Gangubai, an exceptional woman dragged into exceptional circumstances."

The film is all set to release theatrically on 18th February 2022

Returning to the world of two realities... THE MATRJX

RESURRECTIONS





From visionary filmmaker Lana Wachowski comes "The Matrix Resurrections," the long-awaited next chapter in the groundbreaking

franchise that redefined a genre. The new film reunites original stars Keanu Reeves and Carrie-Anne Moss in the iconic roles they made famous, Neo and Trinity.

In "The Matrix Resurrections," return to a world of two realities: one, everyday life; the other, what lies behind it.

To find out if his reality is a physical or mental construct, to truly know himself, Mr. Anderson will have to choose to follow the white rabbit once more. And if Thomas... Neo... has learned anything, it's that choice, while an illusion, is still the only way out of - or into the Matrix. Of course, Neo already knows what he has to do. But what he doesn't upt know is the Matrix is doesn't yet know is the Matrix is stronger, more secure and more dangerous than ever before.

Reeves reprises the dual roles of Thomas Anderson/Neo, the man once saved from the Matrix to become the saviour of humankind, who will once again have to choose which path to follow.

Moss portrays the iconic warrior Trinity - a suburban wife and mother of three with a penchant for super-

with a penchant for super-powered motorcycles? Yahya Abdul-Mateen II ("Candyman," the "Aquaman" franchise) plays the wise and worldly Morpheus who, as always, serves as a guide to Neo while also fulfilling his own greater purpose on a very singular journey of self-discovery.

discovery. Jessica Henwick (TV's "Iron Fist," "Star Wars: Episode VII – The Force Awakens") plays the hacker Bugs, the proverbial white rabbit on a mission to discover the one who sacrificed himself for humankind--and willing to take any risk necessary in search of the legend she idolises.

Jonathan Groff ("Hamilton," TV's "Mindhunter"), plays Thomas Anderson's business partner Smith, a slick, confident corporate type with insouciant charm, a disarming smile and an eye on the bottom line—everything Mr. Anderson is not. Neil Patrick Harris ("Gone Girl")

plays The Analyst, Thomas' therapist who works closely with his patient to understand the meaning behind his dreams and to distinguish them from reality



Priyanka Chopra Jonas (TV's "Quantico") plays Sati, a young woman with a wisdom that belies her years and an ability to see the truth, no matter

an ability to see the truth, no matter how murky the waters. And Jada Pinkett Smith ("Angel Has Fallen," TV's "Gotham") returns as Niobe, the fierce General who once fought for the survival of Zion and who now sees to the welfare of her people with a familiar fire in her eyes, despite a sense of disbelief and suspicion upon Neo's

suspicion upon Neo's return.

Lana Wachowski directed from a screenplay by Wachowski & David Mitchell & Aleksandar Hemon, based on characters created by The Wachowskis. The film was produced by James McTeigue, Lana Wachowski and Grant Hill. The executive producers were Garrett Grant, Terry

Needham, Michael Salven, Karin Wachowski, Jesse Ehrman and Bruce

Berman. Wachowski's creative team behind the scenes included "Sense8 composers Johnny Klimek and Tom

composers Johnny Klimek and Tom





Tvkwer.

Jemima Khan and Shekar Kapur's new rom-com ready for release



What's love
got to dogot to dogot to dogot to dogot to dogot to dogot to do

With a dazzling cast, we get a firstlook of director Shekhar Kapur (Elizabeth) and writer Jemima Khan's new cross-cultural British rom-com 'What's love Got To Do With It?' Set to release in cinemas worldwide

Set to release in cinemas worldwide 2022, 'What's love Got To Do With It?' stars Lily James, Shazad Latif, Emma Thompson, Sajal Aly, Shabana Azmi, Asim Chaudhry, Mim Shaikh, Jeff Mirza, Iman Boujelouah, Mariam Haque and Sindhu Vee.

British-Pakistani record producer, DJ, songwriter, and musician Naughty Boy has brought his production and writing skills to the film, collaborating on new, original, recordings. Rahat Fateh Ali Khan has also recorded two songs for the soundtrack and will appear in the film itself.

The film is produced by Jemima Khan (The Clinton Affair, The Case Against Adnan Syed, We Steal Secrets: The Story of Wikileaks) and her Instinct Productions with producer Nicky Kentish Barnes, alongside Working Title Films' Eric Fellner and Tim Bevan.

Movie Synopsis The movie poses the question on how does one find lasting love in today's world?

For documentary filmmaker Zoe (Lily James), swiping right to find Mr Right has only delivered bad dates and funny anecdotes, much to her opinionated

mother Cath's (Emma Thompson) dismay. For her childhood friend and neighbour Kazim (Shazad Latif), the answer is to follow his parents' example and opt for an assisted marriage with a bright and beautiful bride from Pakistan.

As Zoe films his hopeful journey from London to Lahore to marry a stranger, chosen by his parents, she begins to wonder if she might have something to learn from a different approach to finding love.

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EXTRAORDINARY PASTIMES

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The Bentayga outdoor pursuits collection

A new Bentayga collection from Bentley Mulliner is being launched to celebrate traditional British outdoor pursuits. Three unique specifications have been curated by Bentley's in-house bespoke division with the great outdoors in mind with 11 cores in

with the great outdoors in mind, with 11 cars in total to be handcrafted in Crewe.

Continued on page 48

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EXTRAORDINARY PASTIMES

The Bentayga outdoor pursuits collection

Continued on page 48

collection This unique encapsulates three of the most iconic British outdoor activities including angling, horse riding and dog walking. Represented in beautifullywalking. Represented in beautifully-inspired interiors, full of exemplary craftsmanship and bespoke detailing, the Bentayga Outdoor Pursuits collection is a celebration of the natural world in the UK. Each Bentayga combines a number of bespoke features including a woodlond ombinidary

number of bespoke features including a woodland embroidery scene, hand cross-stitching to the main interior stitching and a unique chrome overlay to the passenger fascia that describes each outdoor theme

The new woven wool finish to the

inside of the doors, seat back pockets, grab handles and further detailing around the instrument panel adds further depth of natural textures and materials to the already class-leading

interior. Sand Herringbone Tweed has been selected to complement the interior design, with natural colour harmony with both the main and secondary leathers throughout the cabin. Paint

fascias and waistrails. Examples of bespoke inlays on offer to customers of the Pursuits Collection include a

of the Pursuits Collection include a jumping horse motif, a fly-fishing scene, British foxhounds or just the word 'MULLINER'. The Bentayga's 22" ten spoke alloy wheels have been matched to the exterior paintwork and then diamond turned and polished to produce the final surface. On entry to the car passengers will notice the the car, passengers will notice the LED Bentley Welcome lights, illuminated treadplates and tactile in the form of a Hunter Flask bound in matching leather to the interior has been commissioned for when away from the car. This unique collection of regional

leathers throughout the cabin. Paint colours Havana, Cumbrian Green and Magnetic have been chosen as the ideal exterior specification colours for this country-dwelling car. Through Bentley's revered craftsmanship, the outdoor pursuit collection uses Liquid Amber: a straight grain veneer, now with a boxwood inlay, to edge the dark fiddleback eucalyptus veneer of the



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📫 LIVING THE DREAM, DRIVING THE DREAM

Ahead of next year's launch of the BMW i7 – the world's first all-electric luxury saloon – BMW is conducting winter testing of the forthcoming new model at the Polar Circle. The BMW i7 is undergoing driving

dynamics evaluation at the BMW Group winter test centre in Arjeplog Sweden. Situated just a short distance from the Artic Circle, the environment of surrounding frozen surfaces and snow-covered roads present the perfect conditions for the manufacturer's test engineers to finetune the performance of all drive and suspension systems.

The demanding test environment ensures that the BMW i7 will elevate the driving dynamics and comfort that are synonymous with the brand to a new high in the luxury class, yet all the while complementing optimum performance and refinement with zero local emissions.

Suspension components, together with steering, braking and vehicle

ndurance test BMW i7 undergoes driving dynamics ice and snow testing at the polar circle

stability systems, that are being developed for the future generation of the BMW 7 Series will be honed to perfection in the extreme climate. Specifically, springs, dampers and various regulating systems will be subject to performance-orientated tuning to ensure maximum driver feedback and enjoyment to match the several different drive modes.

Amongst the extremely challenging

winter conditions, Lapland's frozen lakes with their low road friction coefficient provide the opportunity for meticulous development of the voltage battery, power electronics and steering, Dynamic Stability Control system (DSC) and the accurately regulated interaction between friction brake and deceleration by means of energy recuperation.

The intensive winter testing programme also focuses on the

voltage battery, power electronics and charging technology all originate from the fifth generation of BMW eDrive technology, which already provides exceptional sustainable driving pleasure in the BMW iX. Above all, it is the motor, the battery and the temperature control system of the

BMW i7 that prove their advanced technology and durability in the sub-zero temperatures extreme common to the north of Sweden. With the BMW i7, the brand's current model offensive in the luxury

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segment, plus its drive to introduce electrified vehicles in an increasing amount of vehicle sectors, is being continued in a particularly progressive way. For the first time, it is possible to experience a luxury saloon that is characterised by uncompromised elegance and refinement in conjunction with a purely electric drive system.

The BMW i7 is based on the same vehicle concept as all further model variants of the BMW 7 Series. This integrated development also integrated development also guarantees locally emission-free driving with the characteristic combination of both sporty and comfort-oriented handling and the space of a BMW luxury saloon.



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Red hot boxing brothers Adam The Assassin' and Hassan 'The Hitman' Azim have been added to the blockbuster sold out Boxxer Khan vs. Brook card on Saturday 19th February at the AO Arena Manchester, live on Sky Box Office.

The new young stars of British boxing both delivered excitement and knockouts last month with Adam (2-0, 2 KO's) flooring Stu Greener twice en route to a sensational second round stoppage with a backflip to celebrate, whilst older sibling Hassan (1-0, 1 KO) stamped his pro debut with a stunning first round and one punch

KO of Ivan Njegac. They will join unbeaten Cruiserweight talent and social media uber influencer Viddal Riley (4-0, 2 KO's) who was announced earlier, to feature on this iconic event in his long awaited British debut. More big names and fights will be added to the card in the

coming days.

Adam and Hassan will get to showcase their skill and punch power to kick off a massive 2022 in their careors that will see their starts their careers that will see their stock and profile rocket on the Khan v Brook card that completely sold out ian a mind blowing 600 seconds -making it the fastest selling British

boxing event in recent memory. As youngsters, both were heavily influenced to start boxing by watching their idol Khan - who broke down racial barriers to become Britain's first Asian boxing superstar when he won the Olympic silver medal in 2004 at just 17 and going on to become a two-time World Champion - and they can't believe they are now going to be footuring on his undergord featuring on his undercard.

The gifted brothers, who won 16 National titles between them in the amateur code, hope to inspire the next generation of talented young Asian boxers coming through in the

sport. sport. Adam said: "I am absolutely ecstatic to be part of the huge Boxxer event on the 19th February 2022 at the AO Arena Manchester. "I remember watching Amir Khan as a mesmerised six-year-old, I cannot believe 13 years later I

I cannot believe 13 years later I would be fighting on Amir Khan's undercard. It's a dream come true. I hope that we can have the same effect that Amir had on us and get more youngsters into boxing." Hassan added: "It's a privilege to

be on the Amir Khan vs Kell brook undercard.

"I became a boxing fan because of Amir Khan and I cannot comprehend the excitement of now fighting on the undercard. Thank ou to First Access, Sky Sports and Boxxer for making my dream come true.'

Boxxer Founder and CEO Ben Shalom, said, "I'm really excited to have both brothers Adam and Hassan on another big show. I love

working with them and their potential is endless. "The Azims lit up Wembley last month and they'll bring their brand of excitement to Manchester in front of an audience that will love them. This is another massive platform for them to showcase their talent in front of a sold out crowd and live viewers on Sky Box Office."

Adam Smith, Head of Boxing Development at Sky Sports, said: "I'm excited to see Adam and Hassan Azim back in action as the talented duo display their dazzling skills on the Amir Khan vs Kell

Brook bill. "We were given a tantalising glimpse of Adam and Hassan's speed and power when they both produced whirlwind victories on Sky Sports last month. Adam has already been described as a future superstar by trainer Shane McGuigan, who says he is one of the hottest prospects in British boxing. "I know Amir Khan is a big fan of

both brothers - and has backed them to emulate his achievements by winning world titles. They've got a long way to go, but Adam and Hassan should deliver more fireworks on 19th February!"

Azim Bros set for star showing on epic Khan-**Brook card**



Boxing and Fitness Fully Equipped Gym Separate Ladies Only Fitness Centre



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YCCC partners with Lahore Qalandars

Yorkshire County Cricket Club 'to learn' from the Pakistan Super League cricket team

Back page story continued

The PDP was invented to engage young people in Pakistan and give a platform to young aspiring players to showcase their undiscovered talent. Each year the franchise shortlists over 150 players, provides them with kit bag essentials and gives them the opportunity to play a tournament which is broadcast nationally.

Blueprint for inclusion

The new partnership offers a blueprint for nurturing cricket talent whilst reducing barriers to entry. Through talent scouting across

Through talent scouting across Pakistan, this talent pathway has successfully levelled the playing field, unearthed home-grown talent, and provided opportunities to young people who may otherwise not have considered the sport.

Over three seasons, the PDP has engaged with just under half a million young people across Pakistan through cricket trials, and has produced some of Pakistan's most notable players, as well as many who have progressed from no experience of playing formal cricket to playing in the Pakistan Super League.

the Pakistan Super League. Yorkshire County Cricket Club will now work with the Qalandars to learn from its expertise in identifying and nurturing local talent from all backgrounds, with the aim of creating a similar all-inclusive program and reducing barriers to entry to cricket for young people across Yorkshire. Haris himself went through the PDP and his contributions to the club will include both his cricketing skill

Haris himself went through the PDP and his contributions to the club will include both his cricketing skill on the field and his knowledge and lived experience of the PDP to help shape how Yorkshire can emulate and develop the initiative.

The partnership between YCCC and Lahore Qalandars will be launched with a friendly game between the two sides on 16th January 2022 in Lahore, following last

year's Lahore Qalandars v MCC match.

This game will be an opportunity for Yorkshire players to meet their Qalandars counterparts, and to lay the foundations for future years of knowledge sharing between the two clubs.



Professor The Lord Patel of Bradford OBE, Chair of Yorkshire County Cricket Club, said: "The work the Lahore Qalandars do both on and off the pitch is remarkable and can serve as a benchmark for clubs around the world – ours included – for how best to spot, foster and support talent at all levels in the game of cricket.

"The Players Development Program is an incredible achievement – breaking the mould for how teams can be created within our sport, and demonstrating that through offering access and support, great cricketing talent can be found from all backgrounds.

"Over the coming months, this, coupled with scholarships and new opportunities and experiences for academy players, will represent an exciting step toward a Yorkshire County Cricket Club that is welcoming and supportive to all."



Sameen Rana, Chief Operating Officer, Lahore Qalandars: "We are incredibly proud of our Players Development Program and our wider team in Lahore.

"The Program has had an immensely positive impact on both our club and those involved. We are looking forward to working with Darren, Lord Patel and the team as they look to create an inclusive and welcoming culture for all at Yorkshire County Cricket Club."



Darren Gough, interim Managing Director of Yorkshire Cricket: "I am thrilled to welcome the exceptionally talented Haris Rauf to our club. I am also excited by the opportunity to learn from the inspirational Players Development Program.

"I have spoken in the past about my passion for developing accessible pathways to cricket – for many people from a background like mine, cricket isn't seen as an option, with the associated costs and access to facilities creating real barriers to entry.

"This partnership is an opportunity to take the blueprint the Qalandars has developed to such a success and work with them to define how that can be used to provide access for potential players from across Yorkshire."

Aqib Javed, Director of Cricket, Lahore Qalandars: "The way in which we have worked and continue to work with clubs around the world when it comes to exchanging players should be a model that many clubs look to follow. It allows for increased diversity, the sharing of skills and expertise and all of these lead to positive cultures in which excellence



"We will welcome the Yorkshire team to Lahore in January with open arms and I am sure this is the beginning of a long and fruitful partnership for both clubs."



The partnership includes

• A player exchange programme to enable international players to learn from each other, starting with Haris Rauf joining Yorkshire as overseas player.

• Scholarships for young, aspiring players from Yorkshire travelling to, training, and playing in Lahore, including access to the Qalandars' first-class facilities, as well as opportunities for young people from Pakistan to come to Yorkshire. • The opportunity for Yorkshire County Cricket Club to learn from and emulate Lahore Qalandars' Players Development Program (PDP).

• The chance for academy players from both teams to train and play in different conditions.

• A friendly game between the two sides on 16th January 2022 in Lahore at the world famous Ghaddafi Stadium.



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Haris Rauf from the Qalandars will join YCCC as its overseas professional for the 2022 season



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Yorkshire County Cricket Club 'to learn' from the Pakistan Super League cricket team

Yorkshire County Cricket Club (YCCC) has announced that it has entered into a partnership with Pakistan Super League team, the Lahore Qalandars.

The pairing of the two clubs aims to enable mutual learning, development, and support at all levels, and a commitment to develop accessible pathways to cricket for aspiring players from all heatment to access Yachebian all backgrounds across Yorkshire. The Qalandars has set a strong

precedent when it comes to effective player programmes, with partnerships with executing exchange successful

several Australian Big Bash League teams, enabling a number of exchanged players to demonstrate their international pedigree. The first iteration of this

exchange programme will be the joining of Haris Rauf from the Qalandars to join YCCC as its overseas professional for a period of the 2022 season.

Another key element of this partnership is an opportunity to learn from the Lahore Qalandars' Players Development Program (PDP).

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Published by Media Buzz.