

■ Yoga teacher and fitness expert Binny Chadha Saandal says stretching keeps the muscles flexible, strong and healthy which is crucial in maintaining flexibility of the joints



Yoga expert says Covid-19 challenges on physical wellbeing can be smashed with a change in attitude

It'd be fair to say that lockdown has been tough and we may have been living more sedentary lifestyles during the coronavirus crisis, which has taken an inevitable toll on our physical and mental health.

Since the pandemic hit, we've had to completely overhaul our lifestyles - from homeschooling the children, working from home, while curbing the amount of time we

spent outdoors and having to stay away from our loved ones. It's easy to feel out of control in the midst of a global pandemic, and when we're forced to rebuild our routines around social distancing restrictions.

Yoga and wellbeing expert Binny Chadha says it can all change with a change in attitude.

Continued on page 8

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1,123 candidates have been selected at BEM, MBE and OBE level

- 397 at BEM
- 476 at MBE
- 250 at OBE
- 803 (65%) of the recipients are people who have undertaken outstanding work in their communities either in a voluntary or paid capacity;
- 603 women are recognised in the List, representing 49% of the total;
- 14.2% of the successful candidates come from a BAME background;
- 6.9% of the successful candidates consider themselves to have a disability (under the Equality Act 2010); and
- 4% of recipients identified as being LGBT+.

Nina Waqia



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Royal touch

Nina Wadia and Apache Indian amongst the 1,239 people recognised by The Queen

Lewis Hamilton, Humza Arshad, Craig David, Nina Wadia and Apache Indian among 1,239 people recognised for exceptional and outstanding service to the UK as part of the most diverse New Years Honours List 2021.

The New Year Honours List 2021, demonstrates the incredible efforts of hundreds of public sector and community workers throughout 2020 and beyond.

This year's list has been the most ethnically diverse honours list yet, with 14.2% of recipients coming from a Black, Asian or minority ethnic background.

Headline grabbing Lewis Hamilton is being recognised with a Knighthood for his incredible record breaking achievements in motorsport, whilst fashion and beauty diversity icon Patricia McGrath being made a Dame.

British singer, songwriter Craig David receives an MBE, actress Nina Wadia an OBE for her services to entertainment and charity, comedian

and author Humza Arshad receiving an MBE and British Asian music icon Apache Indian receiving a British Empire Medal (BEM).

In a year that has truly tested the resolve and determination of those on the frontline, the New Year Honours List includes 1,239 recipients, recognised for their extraordinary contributions in all four nations of the United Kingdom.

Public sector workers make up 14.8%

of the list and include firefighters, medical professionals, teachers, police officers and local government workers - all of whom are being recognised for making a huge individual impact, and in particular in the response to COVID-19.

Charity Helpline Housing Adviser for Shelter Nadeem Khan receives a BEM - unable to return to the UK because of the Covid-19 pandemic, he worked from his personal laptop from a rooftop

in Lahore, Pakistan delivering housing advice to over 500 people over three months via web chat to people over 5,000 miles away in the UK.

Dr Azeem Alam, 28 years old from Harpenden, Herts receives the BEM for founding BiteMedicine, which provides free medical education for medical students, physician associates and aspiring doctors during COVID-19, teaching over 10,000 students worldwide via online, live webinars.

Anita Goyal, 48, a philanthropist from Brentwood, has been made an MBE for her services to diversity and female empowerment. She receives the accolade for a career in which she has reached 10,000 women with her work on female genital mutilation (FGM), menstrual discrimination and human trafficking.

The youngest recipient is 20 year old Samah Khalil, the Youth Mayor of Oldham. She receives a BEM for her work in empowering young people.

Headline grabbing Lewis Hamilton is being recognised with a Knighthood for his incredible record breaking achievements in motorsport



■ Apache Indian



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Boots and Superdrug begin NHS Covid-19 jabs

Life-saving coronavirus jabs have begun being delivered at High Street pharmacies from as the NHS accelerates the biggest vaccination programme in its history.

Boots, Superdrug and several independent stores will be the first of hundreds of community pharmacies to offer vaccinations protecting against Covid-19.

Two hundred community pharmacies are due to come online over the next fortnight as more vaccine supplies come on stream by the end of the month.

Stores capable of delivering large volumes while allowing for social distancing are initially being selected to give the best geographical spread.

Anyone in the highest risk groups who does not want to travel there or to a large-scale vaccination centre can wait to be called forward by their local GP or hospital services by 15 February. If that is the case, or if they have received the vaccination through another route since the invitation went out, they do not need to do anything.

Jabs are now being offered at more than 200 hospitals sites along with around 800 GP-led services, with another 200 GP-run sites coming online this week.

Seven large-scale vaccination centres opened this week, one in each NHS region, with dozens more to follow in the coming weeks.

Dr Bruce Warner, Deputy Chief Pharmaceutical Officer said: "The NHS coronavirus vaccination programme, the biggest in health service history, has got off to a great start with more than 2.4 million jabs delivered."

"Pharmacy teams have been working incredibly hard throughout the pandemic and, as we accelerate the vaccination programme, they are playing a vital role in delivering the life-saving jabs to those in their communities."

"We know that people are very keen to get the vaccine but we are appealing to people not to turn up early so that we can maintain social distancing."

Health and Social Care Secretary Matt Hancock said: "It is fantastic that high-street pharmacies will now begin deploying COVID-19 vaccinations. Pharmacies sit at the heart of local communities and will make a big difference to our rollout programme by providing even more local, convenient places for those that are eligible to get their jab."

"Pharmacists have worked tirelessly throughout the pandemic, often acting as the first port of call for medical advice - and often staying open when all around have closed. I want to extend my thanks to every pharmacy for their efforts to support the national response to the pandemic and keep people safe."



■ Vaccines Minister Nadhim Zahawi

“Pharmacies play a vital role in caring for the nation and I am really pleased to see them coming on stream to help with the national vaccine roll-out effort.”

Vaccines Minister Nadhim Zahawi said: "Staff across the NHS have pulled out all the stops to help ramp up vaccinations and are working day and night to keep people safe."

"Pharmacies play a vital role in caring for the nation and I am really

pleased to see them coming on stream to help with the national vaccine roll-out effort."

People invited to make an appointment through the new national booking service will be given a choice between a vaccination centre

or a pharmacy service.

It will not be possible to use the NHS Covid-19 Vaccination Booking Service if you have not received an invitation letter. Doing so risks someone who has not been able to get through and book their appointment.

It will also not be possible to get a vaccine at a vaccination centre or community pharmacy without an appointment. Doing so risks disrupting the work of NHS staff in protecting those at highest risk.

The NHS made history when Maggie Keenan became the first person in the world to be protected against coronavirus outside of a clinical trial when she received the Pfizer vaccine at Coventry Hospital on the 8 December.

The NHS was also the first health system to deliver the new Oxford AstraZeneca coronavirus vaccine when Brian Pinker, 82, was jabbed last Monday.

The Oxford vaccine has now been rolled out to GP-led services and is easier to transport and get to care home residents.

NHS and social care staff are also being prioritised now that more vaccine is coming on stream.

These top priority groups were set by the government following advice from the Joint Committee on Vaccination and Immunisation (JCVI).

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Year: 2020
Box: yes
Papers: yes
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Omega Seamaster Chrono Diver

Model: 213.30.42.40.01.001
Gender: Mens
Case size: 41.5mm
Year: 2012
Box: Yes
Papers: Yes
Warranty: No
Price: £2,650



Tel: 07519 090 000

Rolex Datejust 41, Black Face, Oyster Bracelet

BRAND NEW

Model: 126300
Gender: Mens
Case size: 41mm
Year: 2020
Box: Yes
Papers: Yes
Warranty: 5 years international
Price: £6,950



Tel: 07519 090 000

Omega Aqua Terra James Bond, special edition 007

Model: 231.10.42.21.03.004
Gender: Mens
Case size: 41.5mm
Year: 2020
Box: Yes
Papers: Yes
Warranty: 5 years Omega
Special edition: one of 15,007
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Tel: 07519 090 000

Rolex Datejust 41, Black Face, Diamonds, Jubilee Bracelet, Fluted Bezel

Model: 126334
Gender: Mens
Case size: 41mm
Year: 2020
Box: Yes
Papers: Yes
Warranty: 5 years international
Price: £10,950



Tel: 07519 090 000

Rolex Datejust Lady 31

Model: 169354
Gender: Ladies
Case size: 31mm
Year: 2020
Box: Yes
Papers: Yes
Warranty: 5 years international
Price: £5,500



Tel: 07519 090 000

Omega Seamaster Chrono Diver

Model: 2225.80.00
Gender: Mens
Case size: 41.5mm
Year: 2011
Box: Yes
Papers: Yes
Warranty: no
Price: £2,400



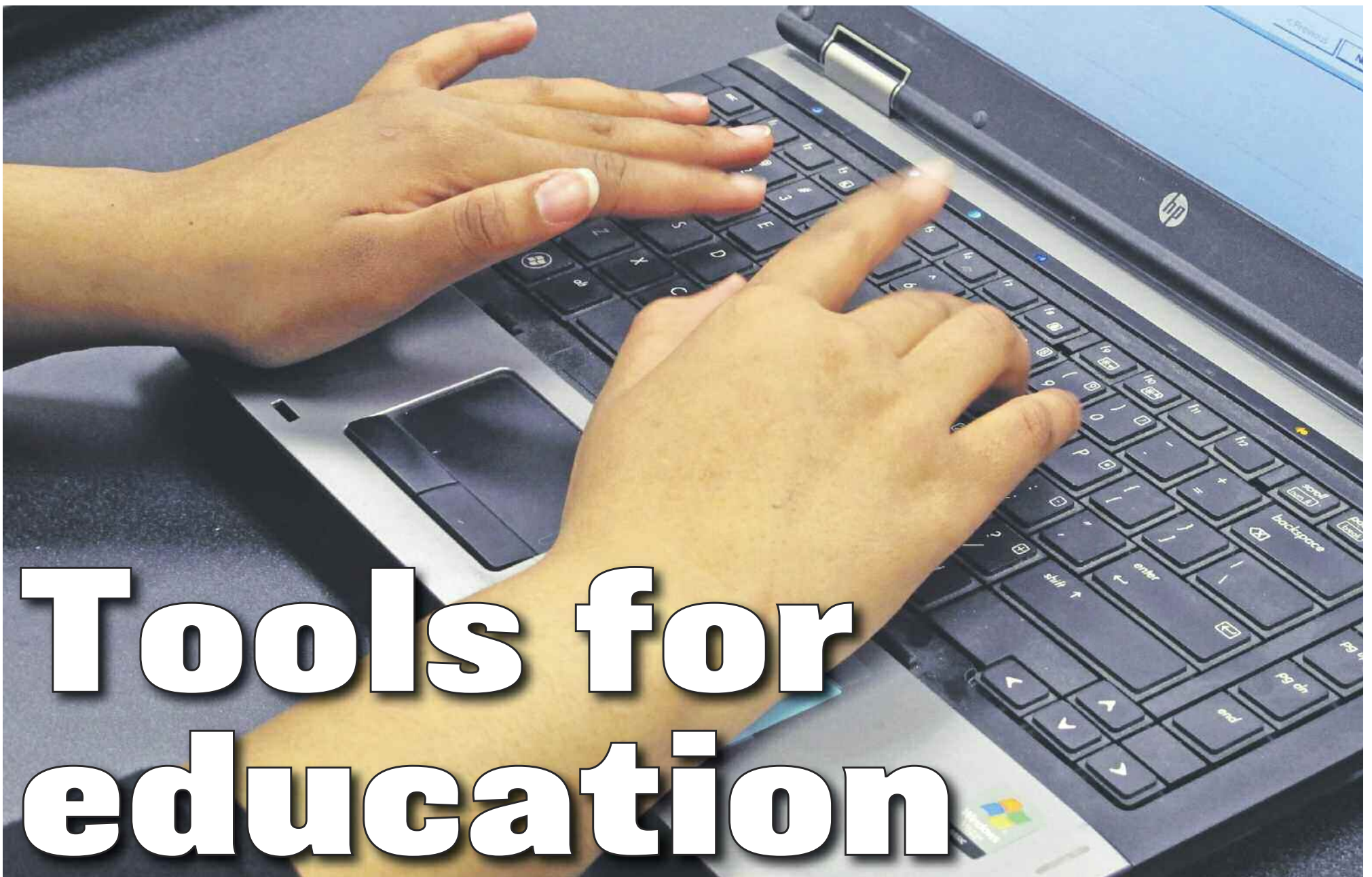
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Businesses respond to Manchester's call to support digitally excluded young people

A recent consultation on the Young Person's Guarantee for Greater Manchester found that young people needed better internet access and more support for those who are digitally marginalised.

Responding to this, the Mayor of Greater Manchester, Andy Burnham, has called on businesses to support the Greater Manchester Tech Fund through financial donations and the donation of data packages and devices.

Launching phase two of the Greater Manchester Technology Fund, the Greater Manchester Combined Authority (GMCA) has an emergency response to support disadvantaged young people learning from home, following the lockdown announcement and the closure of schools and colleges.

Estimating that the national programme may support up to 80,000 remote learners in Greater Manchester, this will still leave 15,000-20,000 young people needing a device and data, including a large

proportion of the 6,000 16-18-year-old college learners in the city-region who are estimated to be digitally excluded.

Andy Burnham has called on Greater Manchester's business community to make a commitment in line with The Young Person's Guarantee to support this initiative to ensure young people have the tools to continue their education during this period of lockdown and schools can be supported to deliver learning during this time, ensuring no one is left behind.

A donation of £300 can purchase a complete digital kit and data package bundle including access to internet and laptop or tablet for a digitally-excluded young person in Greater Manchester and to enable them to continue their learning at home.

The Young Person's Guarantee was established by the Mayor last year in response to the ongoing struggles the coronavirus pandemic was having on young people across Greater Manchester.

The consultation was carried out with local young people to gain an understanding of the issues that mattered most to them and another key issue it found was that young people are experiencing social disconnection because of the pandemic. The current lockdown which has seen schools and colleges closed to many young people has only served to exacerbate their digital and social exclusion.

"With this new national lockdown we risk turning the problem of digital exclusion into lost education and opportunity for our poorest and most vulnerable young people. Although efforts have been made nationally to tackle the problem of digital exclusion for young people, there is still a lot more to do to bridge the gaps in support Greater Manchester's young people.

"That's why I am calling on our

to support the most vulnerable in our community and this project is a chance for others to make sure that no young person in Greater Manchester is left behind. I'm proud of those businesses who have already come forward and I hope others will too."

Diane Modahl, Chair of Greater Manchester's Youth Task Force, said: "Digital exclusion was a major focus of Greater Manchester's Young Person's Guarantee.

"Young people themselves told us about their anxieties over keeping connected digitally, ranging from concerns over accessing resources for schoolwork, keeping in touch with their school friends or the ability to be connected to future employers. Those young people in our city-region who do not have easy access to these opportunities face being marginalised and at a disadvantage to their peers.

"Many organisations in Greater Manchester have come forward to offer their help with commitments for the Young Person's Guarantee. I now extend my appeal to businesses across Greater Manchester to come forward again and ensure our city-region's young people have the tools they need to achieve their aspirations."

GMCA is also partnering with Business in the Community and The Prince's Trust to accept donations of technology devices and smart phones to be redistributed to young people through schools, colleges, and support workers. The emergency response fund will continue to bridge the gaps in support secondary school and college students in Greater Manchester and communities.



Mr Burnham, said: "In Greater Manchester we have committed to tackling digital and social exclusion, by setting out our ambition to become a 100% digitally enabled city region. We know that there is a high percentage of young people across Greater Manchester who have become digitally excluded during this pandemic and their education has suffered.

business community to support the Greater Manchester Technology Fund, through financial donations and the donation data packages and tech, to help our most digitally-excluded young people stay connected and ensure all our young people have fair and equal access to learning and opportunity.

"Throughout this pandemic our business community has stepped up

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Together we thrive

Yoga expert says Covid-19 challenges on physical wellbeing can be smashed with a change in attitude

Front cover story continued

"Whilst it's important that we have a positive body image, and appreciate ourselves just as we are, it's also important that we understand that putting on those extra pounds around our midriff can be a start of many health problems that can be avoidable," says Binny.

"We need to understand that just by losing few pounds or by giving up smoking/drinking we can start to see some immediate health benefits, like improvement in our mood and stress response.

"Over time these positive changes

are in direct quotient to reducing various other health risks like high blood pressure, weak bone density, fertility, liver problems, lung infections, heart and brain degenerative diseases."

The most important part of any weight-loss journey is to add a good 30-60 minute workout 3-6 times a week such as walks, or just staying active during the day for mobility.

Even during these unprecedented times of lockdowns and tiered restrictions, there's an array of both free and paid online classes to choose from.

"Depending upon your GPs advice

The most important part of any weight-loss journey is to add a good 30-60 minute workout 3-6 times a week such as walks

try few things like Yoga, Zumba, Pilates, Body Balance, etc. don't be afraid to find out what you like, and explore the options with family to make it a fun time together," Binny adds.

"For people who don't feel up to braving the winter weather, yoga is the perfect alternative to improving mobility.

"With indoor exercises you don't necessarily need a lot of space - the size of a yoga mat will do just fine.

"Yoga can help you not just become strong in the body but also in the mind. Studies done by Harvard have shown that the side effects of

yoga is relaxed mind, healthy body, strong immune system and at the same time it helps lower blood pressure, blood sugar levels and heart rate.

Binny adds: "Make exercise a top priority, and you don't have to find hours to do it, with 30-minutes of moderate intensity activity that increases your heart rate and breathing will see you reap benefits.

"Turn everyday things into active time. Make your everyday tasks more active. Take the stairs, walk to the shops, work up a housework sweat, spend time with the kids in the back garden - it all adds up."

Binny's top tips to weight loss

- Journaling is a good way keeping yourself accountable on what you're eating. Name it to tame it. Become mindful.

- Drink plenty of water daily (6-7 glasses).

- Consult your GP for help with your diet.

- Stay motivated - read success life stories, join a community page or support group like 'Better Health' (www.nhs.uk/better-health), or connect with like-minded people via online groups.

- Try and set aside 30-minutes three to four times a week of any activity you can comfortably carry out, and one which increases your heart rate.

- Last but not the least make sure you get adequate sleep and to combat insomnia practice breathing exercises, and do some yoga stretches to release tension in the body. Listen to soothing guided meditation or music to be in the present and let go of the stress.



To calculate your BMI go to: www.nhs.uk/live-well/healthy-weight/bmi-calculator/



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SCAM ALERT

Fake NHS COVID-19 vaccination messages target vulnerable public

Criminals have been exploiting the pandemic to target victims for fraud “at every stage”

Police and banks are warning that vaccine scams are emerging as a “top threat” as criminals are using job promises to steal bank details.

The Chartered Trading Standards Institute (CTSI) has received evidence of fraudulent messages sent to the public informing them that a dose of the new COVID-19 vaccine is available to them.

Those who enter their personal details could be targeted by fraudsters, they warned.

People are being sent a text message claiming to be from the NHS which informs the recipient that, “we have identified that you are eligible to apply for your vaccine.”

The message ends with a link to a bogus website mocked up to look like

a legitimate NHS platform. The website requests personal details, including name and address. Most concerning, it asks for banking details, supposedly for verification.

This is the latest in a series of scams themed around the pandemic in circulation since last March. With the UK vaccine rollout underway, scammers have modified their scam to consider this new development.

The phoney messages were first reported at the end of December by people living on the Western Isles of

Scotland. The NHS on the Isles has since issued a warning to the public that “Health Boards will never ask for any details about your bank account.”

This scam is by no means limited to the region, and people throughout the UK are warned that they may receive similar messages.

Katherine Hart, Lead Officer at CTSI, said: “I have been tracking and warning the public about COVID-19-related scams since the beginning of the pandemic, and at every stage of response, unscrupulous individuals have modified their campaigns to defraud the public.”

“The vaccine brings great hope for an end to the pandemic and lockdowns, but some only wish to create even further misery by defrauding others. The NHS will

never ask you for banking details, passwords, or PIN numbers and these should serve as instant red flags.

“Do not provide any information to the scammers, but please also report suspicious messages to Action Fraud, or if in Scotland, Police Scotland, as this provides intelligence and assists authorities in combating scams.”

Earlier, a man who visited the home of a 92-year-old woman in Surbiton, south London, claiming to be from the NHS and there to administer a Covid-19 vaccine. He jabbed her with a “dart-like implement” before demanding £160. He later returned and asked for more money. Police are on the hunt.

To report scams, contact Action Fraud on 0300 123 2040.

Text Message
Today 3:45 PM

Someone who came in contact with you tested positive or has shown symptoms for COVID-19 & recommends you self-isolate/get tested. More at

FAKE MESSAGE: Those who enter their personal details could be targeted by fraudsters

Fake Text re - Covid-19 Test

A dangerous fake NHS text has been circulating, telling people they're eligible to apply for the COVID-19 vaccine. Here's what it looks like.

Wednesday, 30 December 2020

A NHS: We have identified that you are eligible to apply for your vaccine. For more information and to apply, follow here: uk-application-form.com

This URL takes you through to an extremely convincing fake NHS website that asks for your personal details

A Neighbourhood Watch warning about the scam

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Hamara Centre Diary

“December saw another busy month at Hamara as we continued to provide the community with Food parcels and hot meals. The run up to Christmas is always expected to be busy, however these unprecedented times are setting new records with each month that passes.

The 55 hot meals we deliver each day ensure many vulnerable older people eat a hot meal and is a vital lifeline to many of our service users, in addition to this we supplied 914 food parcels (and increase of 45% from November) and a total of 2481 hot meals.

As Christmas approached we tried to ensure that it was an inclusive holiday that everyone in our local community could celebrate; we delivered Christmas presents to the children who attend our Saturday School as well as to children of our service users from a variety of projects such as Better Together and Positive Destinations. We partnered with Slung Low and

WHOPPING 914 ‘Winter Warmer Packs’ handed out to the vulnerable!

Involve to ensure we covered the South of Leeds, and together we gave over 150 Christmas dinners to families who are particularly struggling at this time of year. We couldn't have done this without our fantastic Hamara team putting it together and our army of community care volunteers and Fire Service Personnel from West Yorkshire Fire and Rescue Service lending helping hands.

The feeling of isolation and

loneliness can often be magnified over the festive period so our team have been busy making wellbeing calls to our service users, ensuring they know we're still here to support them through these difficult times despite not being able to run our services as normal. Keeping in touch with our members allows us to identify additional ways we might be able to offer support, such as providing fuel card tops ups and signposting to external organisations

to help with issues such as mental health.

With the help of Leeds Community Foundation we distributed Winter Warmer packs to our neighbourhood network users containing puzzle books, scarfs and gloves and hot chocolate, as well as setting up a befriending service involving some of our volunteers helping us reach a wider audience and putting some of our isolated community members in touch with

each other.

Zoom sessions have also played a big part in keeping everyone involved, with various 'how to' sessions on making a face mask, knitting and embroidery, cookery classes and CV workshops have all been big successes. The latest lockdown restrictions will mean that our sessions continue digitally for the foreseeable future but we do have a 'how to build a bird box' session to look forward to."



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Urgent appeal for foster carers in Leeds

Due to the ongoing impact of Covid-19, Foster4Leeds, Leeds City Council's fostering service, are urgently seeking to increase the number of foster carers available to care for children and young people throughout the city.

The council works extremely hard to continually recruit local foster carers. The number of families fostering with Foster4Leeds has grown substantially during the last decade and is currently at the highest it's ever been. However, the number of children and young people needing foster placements continues to rise across the UK and more foster carers are needed at both a local and national level.

Foster4Leeds are appealing to anyone who is considering becoming a foster carer to please get in touch. In Leeds there is currently a shortage of foster carers for children aged 11+, sibling groups and disabled children specifically.

Fostering helps to improve the lives of children and young people by providing a loving home when they are most in need. There are many different reasons why a child may be placed into foster care and the council is committed to working with families to provide the best outcome for children in care.

By fostering with Leeds City Council, children are able to remain local to the area they know, attend the same school and maintain links with their family and friends. It also ensures that the council's financial resources are used to directly support vulnerable young people in the community.

"There are numerous types of fostering options to choose from, so you are sure to find one that fits with your lifestyle."

Councillor Fiona Venner, Executive Member for Children and Families for Leeds City Council said: "If you live in Leeds or nearby, please consider making a difference to the life of a young person by fostering with Foster4Leeds."

"There are numerous types of fostering options to choose from, so you are sure to find one that fits with your lifestyle. We support carers throughout every step of their fostering journey, preparing them for what is involved and offering a full range of support, training and advice."

Foster4Leeds are a 100% not-for-profit organisation and offer a fantastic range of benefits for foster carers. This includes free gym membership to all Active Leeds gyms, of which over 900 foster carers and children have used, free day trips and residential breaks, free access to a luxury holiday lodge, free access and discounts to local attractions and many more benefits. The council also offers a comprehensive training package and support, including free counselling services. Financial support is given to all foster carers made up of a weekly allowance and a weekly fee.

"When I told my Aunty about it, she wanted to come on as a contestant - as long as it was in Punjabi"

ITV's Lingo started on 1st January and airs from Monday to Friday from 3pm to 4pm



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Weird and wonderful words

Actor, comedian and TV presenter Adil Ray has been overseeing under-pressure contestants as they come up with some weird and wonderful words on ITV's latest show Lingo.

Every weekday, our screens see contestant pairs get put to a timed test, to work out what appears in Lingo grids and puzzle words - undoubtedly some words that simply do not exist with hilarious consequences.

Talking about hosting Lingo, the sitcom 'Citizen Khan' creator and star said: "I feel like I have just won the star prize on a game show!"

"I am so excited to be working with ITV and OMG Entertainment and to be hosting such a brilliant game.

"When I told my Auntie about it she wanted to come on as a contestant, as long as it was in Punjabi! She won't be coming on. But you could be, and I promise Lingo will be lots of fun. You have my word," added Adil.

Three teams are pitted against each other in a battle to find words. With each round the stakes become higher and the prize

money escalates.

Tactics are paramount - if a team cannot find a word there are opportunities for their opponents to swoop in and claim the word and the money. Only one pair makes it to the End Game, where they can double their prize pot - however, if words fail them, they could lose everything and leave empty handed.

OMG Entertainment's Ed de Burgh and Ben Shephard added: "Adil has the perfect mix of words and comedy to bring the game to life, tease some strange answers and help us all find those missing words and letters. This series is sure to get people at home laughing as they shout at their TVs!"

Nick Smith, EVP Formats at all3media international commented: "Lingo is a classic format which has aired for 29 years in France and over 500 episodes in the USA, so we're really excited about this new British interpretation of the addictive Lingo gameplay.

"This commission follows on from the successful modernisation and reboot of the Lingo format last year in the Netherlands, where it had previously aired for 25 years."

Sitcom 'Citizen Khan' creator and star Adil Ray hosts ITV's new show 'Lingo'



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■ Sofia Mahmood has worked extensively in Bradford for over 19 years to counter radicalisation and extremism as well as Islamophobia



A Bradford woman at the helm of a counter radicalisation and extremism consultancy, says research shows a greater risk of radicalisation as children and young people are spending more time online during the pandemic.

Sofia Mahmood, founder and director at Empowering Minds and organisation that seeks to tackle radicalisation, grooming and child sexual exploitation, helps individuals and organisations engage, educate, and inspire individuals and organisations through diversity, cohesion, and citizenship training.

Her latest series of workshops 'Mothers Against Radicalisation', began on 11th January, and aim to empower mothers to spot the signs of radicalisation and stand up to hatred.

Her organisation also helps spot the signs of radicalisation and grooming – whether it comes from a religious extremist group, a far-right group, or by any other.

"We encourage people to have those 'difficult conversations' in a safe and confidential environment," says Sofia.

“Mothers are vital in preventing extremist behaviour”

“Having these conversations, are vital in order to improve understanding what our children are exposed to, and to encourage interfaith community relations.”

There is now more need than ever to combat intolerance following an 8% increase in hate crime between 2019-2020 (Home Office statistics) and that risk of radicalisation may increase as the pandemic drives more young people online.

Sofia adds that she is determined not to let the pandemic interrupt the vital work she is doing in her community, and so, the Empowering Minds workshops are

“Having these conversations, are vital in order to improve understanding what our children are exposed to, and to encourage interfaith community relations.”

happening online.

The renowned programme, which has trained more than 450 mothers, aims to educate and empower to challenge intolerance and the dangers of extremist behaviour.

The six-week programme also focuses on creating an open dialogue with mothers to instil confidence in having difficult conversations with their loved ones as, Sofia believes, the first people to suspect something is wrong with others are often those closest to them.

She adds: “Mothers know their children better than anyone and so they are essential in helping to spot

the signs of radicalisation. This is why we are determined to reach out and invest in mothers to equip them with the right tools and skills.

“Women from all sorts of backgrounds sign up to our free workshops – they include housewives, dinner ladies, career-break women as well as professionals, and even grandmothers since they are often the one’s often looking after the children while both parents are working.

“As a community we need to provide a strong sense of belonging to prevent anyone becoming a victim of radicalisation, especially during lockdown where online extremism has been at its worst.”

A group of Empowering Minds ambassadors have been undertaking Parliament training on effective campaigning across issues such as mental health, inequality, safeguarding and education. This training compliments Empowering Minds’ work as the women can continue to discuss authentic sentiment and experiences which helps to bridge the gaps between communities.

The Empowering Minds workshops are open to all women across The North of England. To find out more, visit: <https://empoweringminds.co.uk/>



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If you had a hundred home educators in a room, each of them would likely have a different approach, but there are various steps you can take to get the most out of homeschooling.

With a third national lockdown closing most UK schools, Greg Smith, Head of Operations at Oxford Home Schooling, one of the UK's leading home education providers, has given his 10 top tips on how to effectively homeschool.

10 tips on how to effectively homeschool

1. Take breaks

A bit of experimentation should identify what works best for you and the child. You might find 30-minute blasts followed by 10-minute breaks help to keep your concentration up. Alternatively, you might prefer to work for longer periods at a stretch and then enjoy a longer break. Boring as it might sound, giving your learning a predictable structure and routine does help to make sure you get everything done!

2. Make a routine

Children get the most out of homeschooling when parents decide when and what they should be studying. At school, the typical day might consist of seven 40 minute periods – four in the morning and three in the afternoon. It's important to remember that most children (and adults) are not able to concentrate for long periods of time. The average lesson is filled with interruptions and irrelevancies and the real 'work' might be condensed into 10 minutes. The same is true at home. Even if you have assigned 40 minutes to a subject, do not be surprised if the

useful work is done in just 10 minutes and the rest is spent in (apparently) less productive activity. Organisation is not simply a matter of time slots. It is a combination of timetabling and study objectives. By setting routines, children will find it easier to stay focused, engaged and make progress.

3. Get rid of distractions

It's really hard to focus when the TV's blaring, the radio's on or there is lots going on in the place you're working, so try and get rid of the distractions. Also, concentrating is easiest when you're in a quiet, comfortable place, so play around with how you and your child study – sitting, standing or lying down; inside or outside; with lots of light or without – and find a method that helps them concentrate.

4. Divide up the work

Sometimes it can be difficult to motivate yourself when faced with a really big or difficult task. The best solution is to break it down into smaller pieces, planning out the various stages that need completing before you start. This way, your child will know what needs doing

and you'll both get a good sense of progress as you work.

5. Get lots of sleep

It's an accepted fact that if you don't get enough sleep, you'll find it harder to concentrate, learn and retain information. The trick is pretty simple – get some sleep! Most people between the age of five and 11 need 10 to 12 hours of sleep per night, while 11 to 18-year-olds need 8 to 10 hours.

6. Don't multitask

Sometimes, particularly when there's a lot of work to be done, it can be hard to resist the urge to multitask and try and get lots of jobs done at once. This is best avoided though, as, in essence, you're dividing up the amount of brainpower you have available to a given task, meaning you might miss out on important bits of information.

7. Meditate and reduce stress

Plenty of scientific studies have shown the benefits of sitting silently, with your eyes closed and the mind

focused on the present. This can dramatically reduce stress levels – a factor that's been proven to exacerbate tiredness and reduce memory retention.

8. Utilise TV and online learning

Technology is a massive part of education both in schools and at home. Sites like BBC Bitesize and Geography Games are great for delivering educational content in a fun, engaging way. It can also be used to keep in touch with the homeschooling community to share tips and advice. If you're temporarily homeschooling, then tools like Google Classroom can help you interact with your class and teacher from school.

9. Stick to the curriculum

It's important to try and cover all of the subjects your child is used to learning about, but don't worry too much about spending an equal amount of time on each. You will naturally have greater knowledge in some areas than others and it's fine to lean on these more heavily. However, your child may have interests in subjects you are less

familiar with, and it would be a shame if they were unable to continue learning about these during this period. Avoiding these topics altogether could result in your child losing their passion. If you are unsure about any content, it can be quite refreshing to do some research yourself and learn something new, before passing on the information to your child.

10. Make it fun

Learning doesn't have to be a chore, there are hundreds of games you can play to exercise your brain, including the following memory tests. There are card games where you have to match pairs or groups of face-down cards, flipping two each turn and reverting them face-down if they're not a pair. You could also place a number of small, random items on a tray, memorise the items for a minute, then cover the tray, listing as many of the items as you can remember in a given time period. Then there are two-player games, such as Memory Master, where one player stares at a picture (magazines, books or photos all work) for a minute, after which the second player quizzes them on all aspects of the picture.



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Diverse but not divided

Christians and Muslims communities that live side by side rally together in the face of adversity

Over the past year, we have seen people come together to show unprecedented acts of kindness and solidarity in the midst of the global pandemic.

For the people of Frat in western Ethiopia, this ethos of togetherness is a way of life. They call it "wenfell", meaning 'collaboration'.

Christians and Muslims live side by side, celebrating special events together. Neighbours support each other with their farming, women collect money to help any family when in need, men help women collect water although it's traditionally a task carried out by women, and they share water if people are unable to collect it. Many of the community came to Frat in the famine of 1983-85, and have supported each other to carve out good lives.

However, a lack of basic facilities like clean water, exacerbated by the changing climate, poses insurmountable challenges. Families spend hours each day collecting dirty water from a river, which often causes sickness. Some water sources are depleting over time, while the hotter summers and unexpected storms destroy crops, their only source of income.

Through its Future on Tap appeal, international charity WaterAid is inviting communities to help transform lives with clean water in Frat and around the world. The UK government will match donations made by 4 February 2021 up to £2 million, making double the difference in climate-vulnerable communities.

With clean water, lives and livelihoods are protected. Families can meet their basic needs, stay safe and healthy, have time to go to school or work, and can grow food even when the weather is unpredictable.

Hawa Yiman-Mohamad, 44, who came here aged six at the time of the famine and is chair of the community's women's groups, says: "The biggest problem facing our community is the lack of water and

electricity. Men and women have to work together and help each other. I always made my son and daughters take turns when collecting water, so we all help.

"We have Muslim and Christian women's groups, but we share information and the money we collect between us. I have represented the women's groups with the local government. It makes me happy that I have helped my community."

Irrespective of religion, ethnicity or background, the villagers in Frat have put togetherness at the heart of their community, helping them in the face of adversity.

Aliy Abebe, Hawa's older brother, is a Muslim leader and promotes harmony and togetherness in his village and surrounding areas.

“

This is a village in which Christians and Muslims live together in harmony and love. We help and support each other. In other places, there's conflict but not here. We live together in peace.

"This is a village in which Christians and Muslims live together in harmony and love. We help and support each other. In other places, there's conflict but not here. We live together in peace."

Aynwaga Gebeheyu, 24, a Christian, set up a café in Frat after being forced to leave her home because of ethnic conflict. She had clean water where she lived before, so it was hard for her and her family to adjust to using river water here. They all fell ill the first time they drank the water from the river.

“

We drink coffee together, we eat injera together and we celebrate holidays together. We are all one people.

"My son was a healthy fat baby and now he keeps losing weight. I tried my best to get him medical treatments but then he drinks the water and falls sick again, it's just a vicious circle."

"The best thing about this community is we live in harmony here. We drink coffee together, we eat injera together and we celebrate holidays together. We are all one people."

Six in ten Ethiopians do not have clean water close to home. The country ranks in the bottom quintile Notre Dame Global Adaptation Initiative Country Index for its vulnerability to climate change and its readiness to improve resilience. Ensuring a reliable source of clean water will help communities withstand the effects of climate change.

Hawa Yiman-Mohamad
(Picture Credit: WaterAid/Joey Lawrence)



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Students and Pilgrims washing their feet in the Madrasa in Frat, Ethiopia (Picture Credit: WaterAid/Joey Lawrence)



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Man jailed after using false ID to apply for bank loans totalling almost £200,000

A man has been jailed after he was found in possession of numerous false passports and documents, which he used to fraudulently apply for several large loans totalling almost £200,000.

Ignas Valatka, 35, from Newham, was sentenced to six years' imprisonment at Snaresbrook Crown Court.

Valatka pleaded guilty to six counts of possession of an identity document with improper intention, one count of possession of articles for use in frauds, and four counts of fraud at the same court on Friday 4 December 2020. One charge of fraud by false representation was left to lie on file.

Officers from one of the Met's Project Servator teams - who patrol areas unpredictably and are specially trained to spot tell-tale signs of criminal activity - were on patrol in the London Royal Docks area when they saw a man in the driver's seat of a parked brown van, rummaging around in the centre console area. Officers went over to talk to the man, as the vehicle had been noted by the team as being parked unusually in the public carpark for a fortnight.

Valatka could not provide officers with details of the van's owner and gave several excuses about why he was inside it, and so he was subsequently arrested on suspicion of theft of a motor vehicle.

He was found in possession of a house key and fob, marked 'Poplar.' When asked about it, he told officers he had been renting an apartment nearby on a short term let - however it was later established that he had been living at the address in Western Gateway, E16, for several years.

When officers explained they were going to search the apartment in connection with the theft of motor vehicle offence, Valatka lied to officers. He denied that he lived there and said he only picked-up post from a mailbox at the address - even giving the wrong flat number when asked what number the mail was posted to.

However, officers identified what number Valatka lived at and carried out a search of the apartment - it soon became clear that evidence relating to fraud and document

■ JAILED: Ignas Valatka



offences was present in the address.

The evidence included £12,770 in cash, various passports, identity cards and driving licences. The featured Valatka's photo but with different names and different dates of birth.

There were also numerous bankcards not in Valatka's name, a plethora of correspondence in different names and different addresses, mobile phones, laptops, hard drives, iPads and sim cards.

Due to the documents and cash found, Valatka was further arrested on suspicion of money laundering and fraud by false representation.

While officers were searching the premises, they entered Valatka's

bedroom and on the computer saw an email from a bank dated 23 July, saying they were reviewing a business loan application for £50,000 for a 'company' called Leo Foxtons. One of the false identity cards with Valatka's image on it had the name 'Leo Foxton.'

A business database said the company was set-up in February 2018 and dealt in real estate, however the court heard that Valatka set this company up for the sole benefit of committing fraud as it had been done so using false details - including an address he did not reside at - and had been used for various other exhibits seized.

Enquiries carried out by detectives from the Met's Economic Crime Team revealed that Valatka had used false documents to apply for four other loans - with £194,000 applied for in total. £50,000 had been granted, but was subsequently frozen by the bank that approved it.

During the property search, officers also found a driving test report, which was obtained using false details.

Valatka answered no comment to all questions put to him during his police interview. He was charged on 25 July and convicted as above.

Detective Constable Scott Pounder, the investigating officer from the Economic Crime team, said: "Valatka fed officers a string of lies from the moment he was stopped, clearly in a bid to try and avoid the true level of his deceit being exposed. However, his fraudulent world crumbled thanks to the Project Servator officers' instincts to stop and speak with him.

"Our subsequent financial investigation, led by Detective Sergeant Kelly Morrison, then uncovered the scale of Valatka's fraudulent offending. We created a photo album showing the various ID documents showing his photo but with different names, leaving him with no option but to plead guilty.

"This investigation highlights that fraud does not pay and we will robustly crackdown on those who think it does."

Three charged for assaulting prison officer

Three men have been charged with assaulting a prison officer at HMP Belmarsh.

The following men were charged on Tuesday, 12th January 2021 with actual bodily harm: Hashem Abedi, 23, Ahmed Hassan, 21, Muhammed Saeed, 22.

Abedi was also charged with assault on an emergency worker (a second prison officer).

The charges relate to an incident at HMP Belmarsh on 11 May 2020.

The three men are due to appear at Bromley Magistrates' Court on Wednesday, 7 April 2021.

Man sentenced for burglary

An Ossett man has been jailed for six years after being convicted of a series of household burglaries in his home town.

Daniel Kaye, 37, from Ossett, appeared at Bradford Crown Court where he was sentenced to six years imprisonment.

Kaye has also been disqualified from driving for a period of six years.

He was sentenced after admitting to 10 burglary offences in the Ossett area, an offence of Going Equipped for Burglary and Disqualified Driving, between 30 November and 5 December, in which vehicles were taken.

Kaye was arrested on December 5 by officers and swiftly charged.

Sergeant Katie Madden of Wakefield NPT said: 'We are pleased with the sentence which was handed to Kaye for the burglary offences

he committed.'

'We recognise the distress that offences like this cause to the victims and the community.'

'Kaye is a prolific offender and I hope this sentence reassured local residents in Wakefield District that we do all that we can to track down and bring perpetrators to justice'

She added: "We always advise residents to be mindful of burglars, like Kaye, who could be operating in communities, particularly during the winter period when nights are longer. Make sure your doors and windows are secure and please do not hesitate to contact us if you spot suspicious activity in your streets.

If something doesn't look or seem right then we always advise you to call it in on 101. This sort of information is vital in helping us to prevent burglaries and most importantly, to help us keep you and your communities safe."

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Your National and Local Business Round-up

Business news

Leeds joins national pilot for workforce race equality

Leeds City Council has joined a number of local authorities in pioneering a new social care Workforce Race Equality Standard (WRES).

Led by Chief Social Workers for England at the Department of Health and Social Care, the new model aims to tackle discrimination and inequalities faced by Black, Asian and minority ethnic (BAME) social care practitioners in the workplace.

Alongside the 18 councils involved, Leeds will develop an action plan and contribute learning to make national recommendations in a future report.

Currently 25 per cent of Leeds City Council social care staff are from Black, Asian or minority ethnic communities compared to 19 per cent of people living in Leeds.

A working group of practitioners set up the new standard to highlight the need for a national benchmark of anti-racist practice and culture within the sector, and they aim to improve BAME representation at leadership level.

Although informed by the recent Black Lives Matter movement, the standard was inspired by the 2017 Adult Principal Social Worker Network report, which demonstrated that leadership in the social care sector does not reflect the diversity of the workforce.

“

Leeds city council is delighted to be part of the national pilot seeking to improve the experience of its Black, Asian and minority ethnic staff.

“Leeds city council is delighted to be part of the national pilot seeking to improve the experience of its Black, Asian and minority ethnic staff.

“Having a truly inclusive workforce means that the strengths and gifts, experiences and knowledge of all staff are maximised. Leeds City Council believes that an inclusive team is a strong team and enables the council to better serve the people of Leeds,” Councillor Rebecca Charlwood, Executive Member for Health, Wellbeing and Adults.

Councillor Fiona Venner, Executive Member for Children and Families commented: “Leeds children’s and adults’ social workers are collaborating on the Workforce Race and Equality Standard to raise awareness of discrimination and inequalities. We are looking forward to developing ideas and methods to ensure that we further develop our workforce to represent the city’s diverse population.”



Library Picture

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Restrictive Covenants – Take Care With The Drafting

The case of Prophet Plc v Huggett is a reminder that the courts will not interfere with or alter private contracts entered into between parties.

Prophet Plc was a software developer for the fresh produce industry. Mr Huggett was a Sales Manager for Prophet. His contract contained a 12 month non-compete clause from selling Prophet software following the termination of his employment with them. Mr Huggett joined a competitor which sold competing software but, technically, not Prophet software. Therefore, on a literal interpretation, the non-compete clause provided no protection to Prophet, as only Prophet sold Prophet software. Clearly, this was not what Prophet had intended.

The High Court found that due to the error in the drafting, the restrictive covenant was rendered ineffective to protect Prophet and to correct that the Court added words to the covenant to make it commercially effective and enforceable. That decision was highly contentious and Mr Huggett appealed.

The Court of Appeal overturned the decision and held that although the Court could take an approach whereby a restriction could be re-written to reflect the intention of the parties, such approach should only be considered in circumstances where the restriction was ambiguous. In the Prophet case however, the Court found that the restriction was not ambiguous, it was simply badly drafted. The Court of Appeal therefore concluded that Prophet was stuck with the restriction as originally drafted. In the words of the Court: "Prophet made its... bed and it must now lie upon it".

The case provides a salutary reminder that if a restrictive covenant is badly drafted then the employer may be stuck with a useless covenant. It highlights the fact that an employer cannot rely on the Court to rescue it from a badly drafted covenant but instead employers should ensure that the terms of their restrictive covenants are carefully drafted and accurately reflect both the intentions of the parties at the time of entering into the agreement. In addition, the duration, geographical area and scope of the restrictions must be directly tailored to the particular

employee's circumstances and do no more than is reasonably necessary to protect the legitimate proprietary interests of the employer otherwise the restriction will be considered as being unreasonable and unenforceable.

A well drafted restriction is likely to mean that it may never be breached (as it will act as an adequate deterrent) and if it is breached then it gives the employer a strong negotiating hand with which to settle a dispute with a former employee out of court.

If you require assistance with any employment issue such as the drafting of contracts of employment or advice in relation to the enforceability of restrictive covenants and any disputes arising from those covenants, then Blacks Solicitors can assist. Please contact Luke Patel on 0113 227 9316 or by email at "LPatel@LawBlacks.com".



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Illicit tobacco worth over £100,000 seized

An operation between West Yorkshire Trading Standards and West Yorkshire Police from Bradford East and West targeting dealers of cheap and illicit tobacco resulted in a seizure of more than 210,000 cigarettes.

If genuine, the value of the cigarettes seized would be over £100,000 with a loss of duty to the tax payer of more than £60,000. A large quantity of cash was also seized, believed to be the proceeds of crime from the sales of illicit tobacco.

A total of four premises were visited across Bradford in which illegal practices were taking place. The operation targeted hot spot areas and businesses identified from intelligence and complaints passed to West Yorkshire Trading Standards by members of the public and partner agencies.

Illicit tobacco was hidden in a chair, in a hydraulic concealment built in to the wall and in vehicles as well as a nearby house.

The Tackling Illicit Tobacco for Better Health Programme, funded by the five Public Health departments, is helping people to stop tobacco use for good by educating the public and by investigating traders who supply cheap and illicit tobacco. The initiative uses multi-agency enforcement and community marketing campaigns to tackle the problems of the illicit trade.

To date the programme has taken nearly seven million illicit cigarettes and two and half tonnes of

illicit hand rolling tobacco off the streets of West Yorkshire. With more inspections planned in the coming weeks, these figures are set to increase.

Linda Davis, West Yorkshire Trading Standards Manager said, "Although a lot has been achieved, illegal tobacco is still a problem."

worth billions of pounds.

"Victims of human trafficking are often being forced to sell these illegal products in order to pay off debts or fearing harm to themselves or their families."

Richard Bedford, Police Sergeant said, "Officers from Bradford East and West Neighbourhood

“While all smoking kills, illegal tobacco is a danger to health, particularly to young people, as it is sold at ‘pocket money prices; making it easy for children to start. It also encourages other crimes in our communities. It is linked to organised crime and contributes to an underground economy worth billions of pounds.

“While all smoking kills, illegal tobacco is a danger to health, particularly to young people, as it is sold at ‘pocket money prices; making it easy for children to start. It also encourages other crimes in our communities. It is linked to organised crime and contributes to an underground economy

Policing Team, working in partnership with West Yorkshire Trading Standards, attended a number of premises and seized thousands of illegal cigarettes. This will help to disrupt local organised crime groups and is a great example of successful partnership work.”

If you need to report a trader selling cheap and illicit tobacco please contact the Illicit Tobacco Hotline on 0300 999 0000 or report it at <https://keep-it-out.co.uk/> anonymously.



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MindMate



Social media star Yammy promotes mental health services

Social media star supports local NHS campaign encouraging young people to access mental health services this Christmas.

Leeds-based social media star Yasmin Uddin is helping the NHS in Leeds launch a campaign to raise awareness of the local mental health services available to young people.

Yammy, as she is known to millions of online fans, is part of the latest awareness campaign for MindMate, the dedicated mental health and emotional wellbeing website in Leeds for young people, parents and professionals who work with young people.

She has created a message of support on her TikTok channel, which has more than one million followers, promoting mental health services for young people across the city. The campaign, which runs until mid-January, will also see MindMate promoted on Snapchat, Facebook and Instagram.

Dr Jane Mischenko, Lead Commissioner for Children and Maternity at NHS Leeds Clinical Commissioning Group, said: “The festive season can be a difficult time of year for many young people, particularly as such an unusual and challenging year comes to an end.

“It’s important that young people are aware of the support that continues to be available to them when things are feeling overwhelming. We’re delighted to have Yammy on board to help us with this.

**“
The festive season can be a difficult time of year for many young people, particularly as such an unusual and challenging year comes to an end.**

“The MindMate website (www.mindmate.org.uk/) has a wealth of resources that young people can use for support and advice, as well as directing them to local services.

“We’ve also set up a page specifically around how you can take care of your mental wellbeing during the coronavirus outbreak. We know it’s not easy to talk about mental health, so we want to encourage young people to have open conversations about their wellbeing, and to reach out for help when they need it this Christmas.”

Women are not getting the help they may need during the menopause - because they can't bear to open up.

Of those who have gone through 'The Change', around four in 10 felt unable to talk about it at work, especially with male managers or colleagues.

And a third even admitted they wanted to take a menopause-related day off, but struggled to find the words to explain it to their boss.

A quarter of women have even heard male colleagues making rude or inappropriate comments about the menopause in the workplace.

But times are changing as the research, commissioned by Vitabiotics Menopace, found 32 per cent would happily discuss their experience and how they feel while in work.

A spokeswoman for Menopace, said: "The menopause is something all women go through - it's a natural stage of life.

"But it seems there is still some stigma when it comes to talking about what they are experiencing and how they feel, particularly at work.

"While it seems many believe the taboo is slowly being broken, there is still a lot to be done to normalise the menopause in the workplace.

MENOPAUSE: Still a taboo subject

"Female employees should feel comfortable enough to open up to their managers if they are feeling tired or need to take a day off due to the menopause without having to hide the real reason - regardless of whether their boss is male or female."

The study of 2,000 women also found that of those who don't feel they could talk about the menopause at work, 57 per cent put it down to it being 'personal' while more than one in 10 worry it would harm their chances of promotion.

Others keep quiet as they don't feel close enough to anyone at work to discuss it (36 per cent), don't want to appear weak to their colleagues or managers (23 per cent) or fear people will treat them differently (24 per

cent).

Almost half don't feel they would be able to talk to their male boss about the menopause compared to just 18 per cent who said the same of a female boss.

And while 46 per cent would shy away from sharing details with a male colleague, only 16 per cent would avoid discussing it with a woman they worked with.

Around three in 10 would feel awkward talking to someone at work about the condition while another 24 per cent would be embarrassed.

But one in twenty believe they would feel empowered opening up about it.

It also emerged that if they needed to take time off work due to the

menopause, 30 per cent would rather pretend they were feeling ill or under the weather for other reasons than admit it was due to the menopause.

And 33 per cent of those who have gone through the change admitted to needing to take a day off, but not feeling that they were able to.

Almost a quarter of those (23 per cent) stayed in work as they didn't want to speak to their boss about it, but 22 per cent worried about getting behind on their work.

Others worried that people would think they couldn't do their job properly (22 per cent), couldn't afford to take the time off (24 per cent) or didn't want to appear weak (23 per cent).

The study, carried out via OnePoll,

also found 63 per cent of women think the menopause is still a taboo subject.

But 48 per cent feel it is becoming less of a 'secret subject' in the workplace and something more women are able to talk about openly.

Around three in 10 of those believe this is due to more high-profile women talking about it such as Dawn French, Zoe Ball, Anthea Turner and Carol Vorderman, while a quarter put it down to there being more women in senior or high level jobs than in the past.

And 15 per cent think it's because men are becoming more understanding and supportive about the menopause.

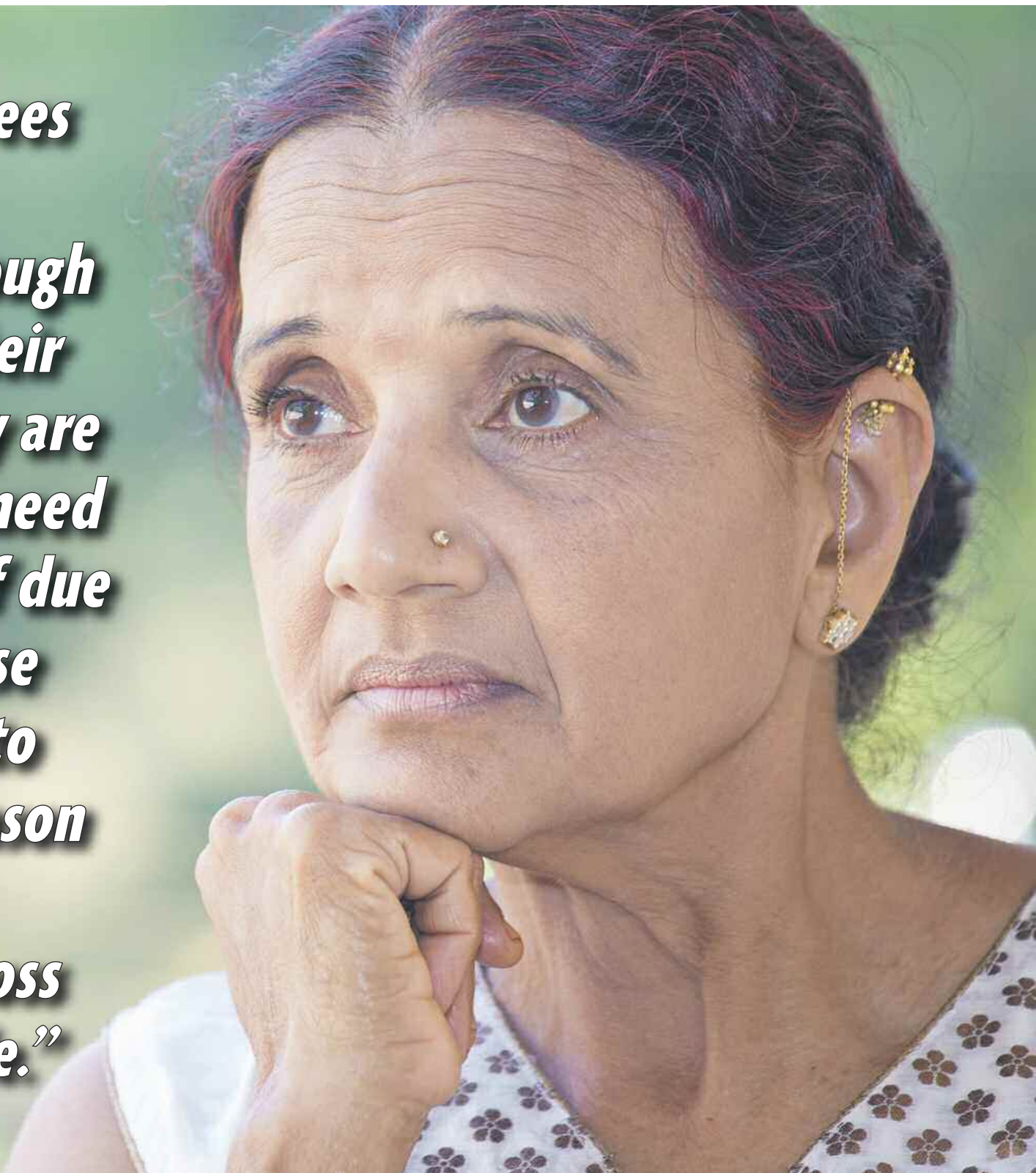
Deborah Garlick from Henpicked: Menopause in the Workplace, said: "Times are changing and it's good to see some of these improvements.

"More employers are starting to take menopause seriously.

"This month alone sees launches from employers large and small, public to private sector - Sainsbury's to Southeastern, HSBC UK to The Natural History Museum, ATOS to borough councils, NHS Trusts and leading universities.

"Rightly, momentum is building and it's time to accelerate."

"Female employees should feel comfortable enough to open up to their managers if they are feeling tired or need to take a day off due to the menopause without having to hide the real reason - regardless of whether their boss is male or female."





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A study of 1,000 adults with a physical disability or a mental health condition found 45 per cent have felt lonely while 50 per cent have felt depressed because of the Coronavirus.

But 67 per cent went as far as to say they felt people with a disability had been forgotten about during the pandemic.

And three quarters (78 per cent) believe those living without a disability don't understand how difficult it has been for them during the pandemic and lockdown.

The survey examined how the day-to-day tasks many take for granted have caused issues for people with a disability during the Covid crisis.

Almost half have found using public transport a more difficult and stressful experience, while 34 per cent have struggled to attend a non-Covid related medical appointment.

And 14 per cent of respondents were unable to get to the shop to top up their prepay gas or electricity meter.

Paralympian, TV presenter and author Ade Adepitan, MBE, is working with Smart Energy GB, which commissioned the research to highlight the benefits of smart meters to disabled and vulnerable people.

“

I was shocked when I spoke to one of the guys on the team and he said he had spent almost eight weeks without speaking to anybody, stuck at home and the only person he spoke to was the cashier at his local supermarket once a week when he went shopping.

He said: "Living with a disability or a vulnerable circumstance means daily challenges that many people might not recognise - challenges which have become harder this year."

"I have had a few teammates on my basketball team and the basketball league and training sessions are their only form of social interaction."

"As soon as the lockdown hit, the basketball was cancelled and all training was stopped."

"I was shocked when I spoke to one of the guys on the team and he said he had spent almost eight weeks without speaking to anybody, stuck at home and the only person he spoke to was the cashier at his local supermarket once a week when he went shopping."

"The mental toll that would take on someone is huge and it's been extremely difficult for everyone during lockdown but it's been felt even more acutely by people with disabilities."

The OnePoll research for Smart Energy GB revealed seven in 10 have felt more anxious about trips to the supermarket and other shops than ever before.

And a third of people living with a disability have been unable to buy groceries at some stage during the pandemic - because they couldn't get to the shops.

Dan Brooke, CEO of Smart Energy GB, added: "Life's tough for everyone right now and disabled people and vulnerable people are being hit especially hard by the impact of COVID-19."

"It's imperative that help and support is available to those who need it most, however big or small the challenge."

"Smart meters can help address some of the everyday challenges that disabled people and those living in vulnerable circumstances may face."

"In particular many people have mobility issues, which can make it harder to access their energy meter to take readings. But smart meters remove that barrier by sending readings straight to your supplier automatically."

For more information visit www.smartenergygb.org

People living with a disability think they've been forgotten about during the pandemic



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Millions admit they would struggle with veganism - because they couldn't live without cheese and eggs

Millions of Brits admit they would struggle with veganism - because they couldn't live without cheese, eggs and pancakes.

Classics such as roast chicken, fish and chips, and tuna sandwiches would also prove too much to resist according to research of 2,000 Brits.

Cheese topped the list of the top 40 items Brits couldn't go without with 56 per cent admitting they would struggle to stick to a diet where it was off limits.

Another one in six couldn't give up pepperoni on a pizza and nearly a quarter wouldn't want to do without cream.

It also emerged the average adult reckons they would only make it to January 8th before succumbing to their old favourites if they were to give Veganuary a go.

Elmlea Plant commissioned the research, and teamed up with So Vegan to create plant-based recipes for Veganuary.

Elmlea Plants' spokesperson

Catherine Lloyd said: "It's fascinating to see that such a big proportion of the UK population are taking part in Veganuary this year, but that many don't expect to make it even halfway through the month.

"It was good to see the results finding that people are willing to try vegan foods, even if they wouldn't adopt the lifestyle completely."

Other top foods Brits would miss most if they went plant-based include,

it's easier than ever to get hold of vegan products.

Another 39 per cent would be more inclined to buy vegan products if they couldn't taste the difference between them and animal-derived

replaced in one of their meals by a vegan friend or family member – and didn't notice.

Catherine Lloyd added: "It will be fantastic to see more people than ever take on Veganuary this year, given the obvious benefits to the planet every time someone makes a small swap to plant-based alternatives such as a plant cream.

"But for many, taking part in Veganuary may not be so easy, especially if it's the first time you've tried to swap out dairy and meat products and are not used to plant-based cooking.

"We hope the indulgent recipes we've created with So Vegan will give many the inspiration they need to kick off their plant-based journey and show that this doesn't have to mean missing out."

The Elmlea Plant Cream and So Vegan recipes can be found here: <https://www.elmlea.com/recipes> or by searching the #PimpMyPlant hashtag on Instagram.



Going vegan doesn't have to mean missing out - vegan alternatives have come a long way and a lot of the foods people would miss by going vegan now have really great alternatives that are indistinguishable in terms of taste, including cream and cheese.

"However, going vegan doesn't have to mean missing out - vegan alternatives have come a long way and a lot of the foods people would miss by going vegan now have really great alternatives that are indistinguishable in terms of taste, including cream and cheese.

chicken nuggets, cheesecake or butter.

And those with a sweet tooth would struggle to live without chocolate brownies or doughnuts.

Despite their love of dairy and other animal produce such as cheese and chicken, seven in 10 Brits agree

foodstuffs.

It also emerged just over a third of adults are reluctant to try more vegan food because their family or partner wouldn't go for it, according to the research carried out by OnePoll.

Although more than one in 10 have had an animal product secretly



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Tenet: **"It was my Cinderella moment in Hollywood"** - Dimple Kapadia

Veteran actress Dimple Kapadia admits that she was nervous about giving her screen test for fear of rejection for Christopher Nolan's original sci-fi action spectacle 'Tenet'.

She overcame her fear through the screen test and is now quite elated

about the outcome. Dimple says she "believes that anxiety is a part of an actor's job as a good actor", and for her pivotal role in the film "pulled something from deep within her".

Continued on page 37

All six sketches of 'Leave the Plastic On' are now available online at rifcotheatre.com and on Rifco Theatre Company's YouTube channel free of charge.

Leave The Plastic On

Rifco Theatre Company release new digital series of desi satirical comedy sketches

Rifco have kicked off 2021 with a selection of episodes introducing the first two characters from the world of 'Leave The Plastic On'.

This series is a funny, quirky and provocative look at contemporary British South Asian life and we hope to move along the debate on issues that are important to our communities in an accessible form.

Creator and Artistic Director Pravesh Kumar comments on the series title and origins "As the descendants of immigrants, we've inherited some weird customs, so many British South Asians still feel compelled to leave the plastic on new items.

"These newly bought items had to last and became a symbol of 'making it' in an often unwelcome country. My mother would have plastic runners on the carpets and even now I found it hard to take off the plastic from my new phone."

In the first six sketches, two of our characters MC Maacho and Prema Patel (pronounced Petal) are on a mission to succeed. But their parents could be the roadblock to their path to success... what lengths will they go to get on?

MC Maacho is desperate to

represent his culture through music (and boost his Instagram followers) whilst Prema is in complete denial of her heritage on the cusp of a burgeoning political career.

There's enough to contend with discovering the 'new normal' post-lockdown, but with their futures 'so close yet so far', will MC Maacho and Prema be able to remove the 'plastic' of their cultural norms?

The sketches are written by Pravesh Kumar (Mushy: Lyrically Speaking) and Yasmeen Khan (EastEnders) and directed by Ameet Chana (Mushy: Lyrically Speaking).

Varun Raj plays MC Maacho, and most recently starred as Mushy in Rifco's award-winning production of Mushy: Lyrically Speaking and the Unicorn Theatre's production of The Wolf, The Duck and The Mouse with screen credits including Gold.

Nimisha Odedra plays Prema Patel, and her acting credits include Finding Fatima and HotHed. Nitin Ganatra plays Dads', and is best known for playing Masood Ahmed in the BBC's EastEnders.

Rina Fatania plays Mum, and her work with Rifco includes Mummyji Presents and recent

stage credits including The Man In The White Suit at Theatre Royal Bath and Wyndham's Theatre London and Kneehigh's Dead Dog In A Suitcase.

Manpreet Bambra plays Journalist, and is best known for her roles as Katie Lord on the CBBC series Wizards vs Aliens and Jade in the Netflix series Free Rein.

Artistic Director and Writer Pravesh Kumar comments "As theatre and the country endures another national lockdown it becomes even more vital to keep creative and continue working with artists to support their innovation and their livelihoods.

"Online is also a great way to stay connected with our loyal audiences, and reaching out to younger people, our future theatre patrons. These episodes are just the tip of the iceberg and we will continue the series working with emerging and established British South Asian writers, actors and creatives.

Making fresh and current digital work is one of the silver linings of the current situation, which we hope will enhance our live productions when we are back touring in our beautiful theatres again."





Tenet: *"It was my Cinderella moment in Hollywood"* -

Dimple Kapadia

Continued from page 35

'Tenet' is a hair-raising, high-stakes thriller from an extraordinary filmmaker Christopher Nolan.

Armed with only one word - Tenet - and fighting for the survival of the entire world, an unnamed CIA operative, known the Protagonist (John David Washington) journeys through a twilight world of international espionage on a mission that will unfold in something beyond real time.

Not time travel. Inversion.

Filmed on location across seven countries - Estonia, Italy, India, Denmark, Norway, the United Kingdom and the United States, the film entices you to start looking at the world in a new way.



■ Himesh Patel also joins the international star cast

The international cast of 'Tenet' also includes Robert Pattinson, Elizabeth Debicki, Dimple Kapadia, Martin Donovan, Fiona Dourif, Yuri Kolokolnikov, Himesh Patel, Clémence Poésy, Aaron Taylor-Johnson, with Michael Caine and Kenneth Branagh.

Dimple Kapadia takes the role of Priya, a woman living in Mumbai who holds vital information about Sator.

"I feel so grateful to be a part of this movie; it was my Cinderella moment in Hollywood," she says.

"When I read the script, I was completely enthralled. It's a total Nolan ride and I think it's absolutely spectacular."

Nolan reveals that 'Tenet' was a concept he had been contemplating for a while, noting, "I think, as a filmmaker, you have a set of ideas - things in the back of the drawer that can take decades to come to fruition."

"All I have for you is one word. Tenet. It will open the right doors; some of the wrong ones, too. Use it carefully."

"The story takes on ideas of time and how we experience it - interacting a science fiction component with the classic elements of the spy genre."

"The time has to be right in all kinds of ways."

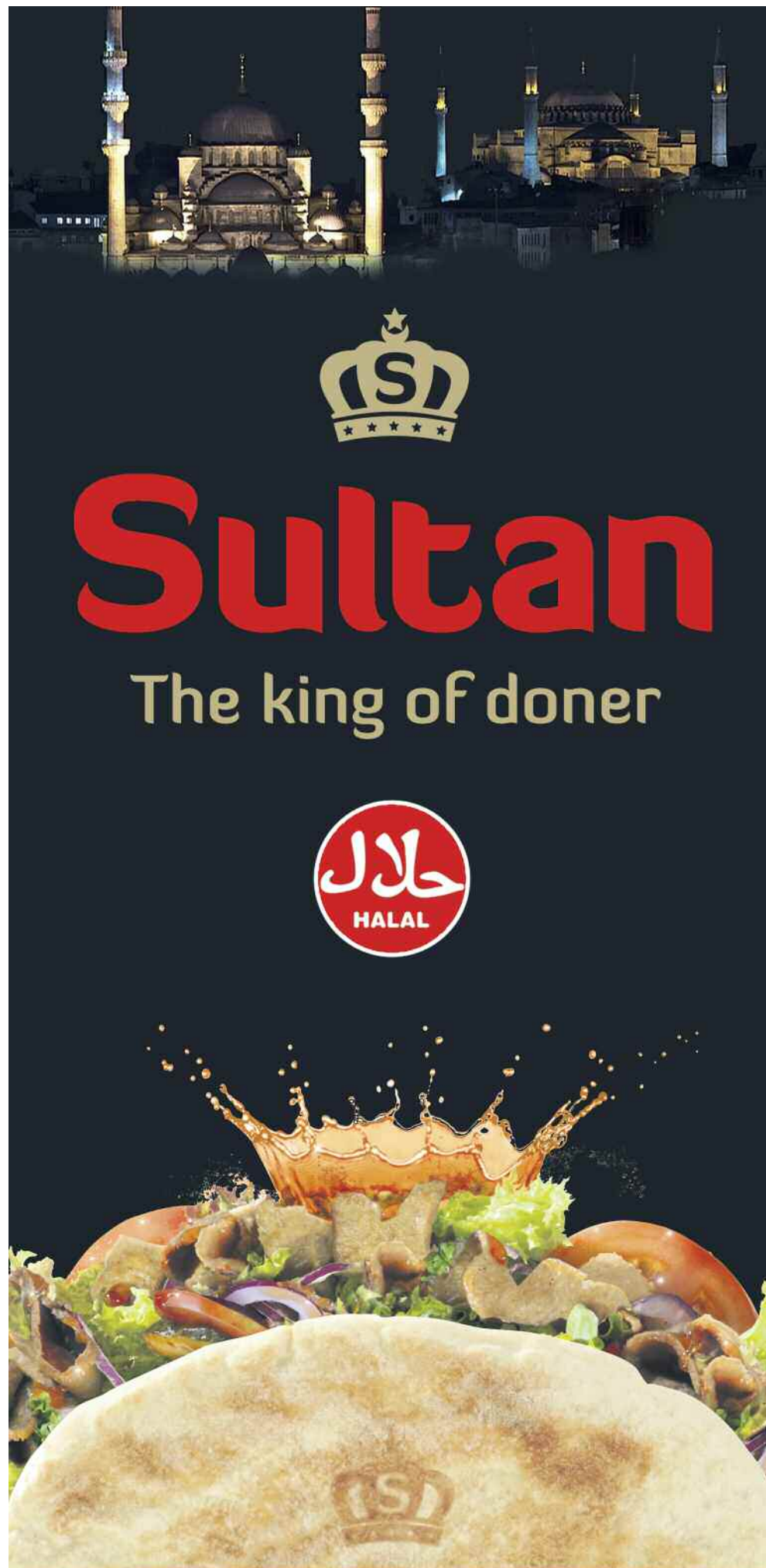
"For me it was a combination of wanting to get back to a broader sense of filmmaking, following 'Dunkirk,' and taking audiences around the world to more places than we'd ever been."

This isn't just the most ambitious film in scope that Chris has made from a production standpoint, but also in the ways he has pushed the narrative beyond the limits of what he's done in the past.

The movie challenges our traditional ways of interpreting time, interpreting what we perceive is real, our learned behaviours.

"Every law of physics is symmetrical - it can run forwards or backwards in time and be the same - except for entropy," Nolan explains.

"The theory being that if you could invert the flow of entropy for an object, you could reverse the flow of time for that object, so the story is grounded in credible physics."



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Marking the 'ERA'

Huber pays homage to the Lamborghini Aventador

Huber is a bespoke coach builder based in the United Arab Emirates with an international audience of super car owners who seek excellence and world class quality when it comes to refining their vehicles.

Entitled 'Era' to mark ten years of the Lamborghini Aventador, and to pay homage to the end of its production, the team have focused on creating a new kind of aero package that pays homage to the original Aventador DNA. The Huber Era aspires to usher in a new way that automotive design thinks about the aftermarket.

The brand will be honouring the end of the Lamborghini Aventador production with a facelift of this Italian supercar, showcased through the publication of thirteen images and one video.

Continued on pages 40 & 41



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New cars on sale at up to 31% off list price as dealers 'tough out' lockdown 3 with large discounts

Bargain brand new cars are already appearing for sale online, with some prices slashed by nearly a third, says the online car supermarket BuyaCar.co.uk.

Massive discounts are already available on numerous 2021 models - including electric cars - with the latest 70 plate, as dealers keep their business wheels turning by focusing on turnover rather than profit for the time being.

It's particularly good news for budget-conscious motorists because the discounts are concentrated on cars that are already typically cheaper than popular super-desirable brands.

For example, a 31.2% discount - equating to £7,550 - is offered through BuyaCar.co.uk for a brand new Peugeot 308 with just 15 delivery miles on the clock.

And as electric vehicles - EVs - achieve more widespread popularity there are hefty price cuts on some brand new Nissan Leaf examples, with as much as 24% off - representing a discount of £7,720. Another 2021 Leaf with the latest plate sports a price cut of £6,520, again with delivery miles only.

Electric car discounts in particular will be welcomed by the growing number of drivers who have decided to take the plunge and go electric, but have seen increased demand for EVs in the used market push prices up.

Another benefit of lower initial prices but high used prices is that drivers choosing PCP finance on one of these cars should benefit from lower monthly payments - as PCP monthly payments cover the difference between a car's value at the start of the contract and what it's expected to be worth when the contract ends. Electric car manufacturers are also keen to push EV sales volumes higher so that used prices become more affordable and generate more demand for new models.

Among more of the heavily discounted

brand new cars available are a Vauxhall Astra with £7,320 off - a discount of 28.5% - and a Seat Leon offered with a price cut of £6,335 - or 24.7%.

New cars with substantial discounts are not a new phenomenon, as dealers are encouraged to sell more than a certain number of cars to earn manufacturer bonuses. This means that many dealers sell a number of cars to themselves to hit sales targets and subsequently offer them at discounted prices as used cars to customers.

But this year these discounted cars are appearing especially early, as dealers aim to 'tough out' the additional challenges of Britain's third round of anti-coronavirus restrictions by giving away more of their profits to keep business moving.

"The race to clear newly registered cars from stock by selling them at huge discounts began almost as soon as 2021 got under way and it's great news for car buyers," said Christofer Lloyd, Editor of BuyaCar.co.uk.

"One interesting aspect is the brands involved - ones that are typically considered to be at the more budget end of the market. This means that drivers can take advantage of savings on already affordable models. That's great news as many households have had to tighten their belts following the coronavirus outbreak and its impact on jobs and earnings.

"This may also be in response to the apparently unstoppable so-called premium brands such as Mercedes-Benz, Audi and BMW, which spent much of last year winning the lion's share of the market on BuyaCar.co.uk as used cars.

"Looking ahead to the rest of this year it seems unlikely that the new car market will take off significantly until the worst of the coronavirus crisis has passed, so the discounts we are seeing are likely to continue for some time to come."

New 2021 cars with the latest 70 plate, with 15 or fewer delivery miles on the clock, available on BuyaCar.co.uk*

Make/Model	BuyaCar price	List Price	Saving (£)	Discount (%)
Peugeot 308 Hatchback	£16,595	£24,145	£7,550	31.27%
Peugeot 108 Hatchback	£10,295	£14,560	£4,265	29.29%
Vauxhall Astra Hatchback	£18,295	£25,615	£7,320	28.58%
Vauxhall Astra Hatchback	£18,795	£25,375	£6,580	25.93%
Seat Leon Estate	£19,250	£25,585	£6,335	24.76%
Nissan Leaf Hatchback	£24,295	£32,015	£7,720	24.11%
Peugeot 108 Hatchback	£11,295	£14,825	£3,530	23.81%
Citroen C3 Aircross Hatchback	£16,295	£21,175	£4,880	23.05%
Seat Leon Hatchback	£18,250	£23,665	£5,415	22.88%
Seat Leon Hatchback	£17,250	£22,295	£5,045	22.63%
Peugeot 508 SW Estate	£27,295	£35,250	£7,955	22.57%
Peugeot 108 Hatchback	£11,595	£14,825	£3,230	21.79%
Seat Tarraco Estate	£28,250	£35,800	£7,550	21.09%
Peugeot 108 Hatchback	£11,540	£14,560	£3,020	20.74%
Peugeot 208 Hatchback	£15,995	£20,175	£4,180	20.72%
Seat Leon Hatchback	£18,250	£22,955	£4,705	20.50%
Seat Leon Hatchback	£21,295	£26,605	£5,310	19.96%
Citroen Grand C4 Space Tourer	£26,295	£32,285	£5,990	18.55%
Seat Arona Hatchback	£15,550	£19,055	£3,505	18.39%
Nissan Leaf Hatchback	£34,295	£40,815	£6,520	15.97%



Marking the ‘ERA’ Huber pays homage to the Lamborghini Aventador

Continued from page 39

Spearheaded by founder Sean-Peter Huber and a team of passionate designers who share a common vision and journey that goes back to their university days as students of automotive design. This new generation of designers are driven by the common understanding that the aftermarket can apply new aesthetic elements and functionalities to the techniques of OEM design studios to create a new, improved rendition on some of the world's most

revered super cars.

The unique design endeavour by the Dubai-based company replaces the front and rear bumpers with an entirely new design in carbon fibre, and an optional carbon fibre bonnet for customers and distributors worldwide. Additionally, the parts will be available in exposed carbon fibre in various hues.

Huber notes, "While we might be the new kid on the block, we feel that when designing new aero packages for a car, you have to consider both a clean sheet of paper

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and the North Star of its pre-existing DNA as your guide.”

Huber's founding mission was to give rise to one-off designs, over the years, the company has developed and evolved a diverse design collection ready for production. The team aims to get many of these designs on the road, and, as Huber explains, “the ERA is just the beginning of a range of designs we wish to bring to fruition”.

The car they have been working on needs no introduction: “The Aventador has a large following, and many aftermarket players have added their visions to this car. Expectations are high, so we knew to take our time to get it right; and we've enjoyed the journey.”

The brand is on a mission to build a new community of collectors and car enthusiasts. Their passion for car design has put them in uncharted territory that has the potential to open the automotive design world up to a new way of thinking about the aftermarket.

The fully funded project is independent of Lamborghini and production is complete with first bumper units already promised to selected collectors who have been supporting Huber's vision from the start. Huber is excited to debut the ERA and will be opening partnerships worldwide.

“While we might be the new kid on the block, we feel that when designing new aero packages for a car, you have to consider both a clean sheet of paper and the North Star of its pre-existing DNA as your guide.”



‘Renaulution’

Renault group moves into a new era

Renault has revealed its strategy for the next five years and beyond, as part of Groupe Renault's ‘Renaulution’ programme. The plan will see Renault evolving and embracing modernity in the automotive industry to become a tech, service and clean energy brand.

Renault will continue its leadership in the transition to cleaner and more sustainable energy through electrified and hydrogen solutions, offering the greenest mix of vehicles in Europe by 2025. As for technology, Renault will take advantage of the “Software République”, an open ecosystem dedicated to software, data, cybersecurity and microelectronics. This will fuel the Renault line-up with enhanced connected services. Value will come through a wider variety of vehicles in the C-segment, the development of cutting-edge technologies and new lifecycle business opportunities.

Innovation has been at the heart of the Renault brand for 120 years and the brand has the assets to support its ambition to be the ‘Nouvelle Vague’. It is the leader in the European EV market with more than 10 years of in-depth experience in electric mobility, services and more than 300,000 vehicles sold.

In this time, Renault also invented E-TECH, a hybrid technology including more than 150 patents and drawing on the brand's electrical and F1

experience. Then there is the Software Factory, which is home to more than 1,000 engineers specialising in software, data and cloud services, soon to be joined by many others. Meanwhile, the recently-repurposed Flins Re-Factory is Europe's first mobility-specific circular economy plant which further embodies Renault's modernity. But all this is just the beginning.

The soul of the Renault brand is firmly in its roots, and Gilles Vidal's design team were inspired by the iconic cult model from Renault's past, the R5. The Renault 5 prototype looks to reconnect with this past and draw inspiration to find the spirit of those glorious times without merely replicating it. Instead, it demonstrates how Renault will democratise the electric car in Europe with a modern approach influenced by one of the most popular and essential cars of its era.

The Renault 5 Prototype is a charming, compact, city car which takes one of Renault's timeless successes and develops it to be fit for the future with a modern, 100 per cent electric twist. It has retained the fun and mischievous character, with the pop of yellow highlights. The Renault 5 prototype takes strong features from the original design. The modern approach is evident in the chosen finishes and materials, which are inspired by various electronics, furniture and sports.

Renault will continue its leadership in the transition to cleaner and more sustainable energy through electrified and hydrogen solutions, offering the greenest mix of vehicles in Europe by 2025.

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<div><div>GB</div><div>SHII OBY</div><div>£1,000 TEL: 01274 414141 MON - FRI: 9-5.30</div></div>	<div><div>GB</div><div>TI9 ARX</div><div>£OFFERS (TIGER X) TEL: 07837 790 981</div></div>	<div><div>GB</div><td><div>TDIIEEP</div><div>£7,000 (T DILEEP) TEL: 07967 193 033</div></td></div>	<div>TDIIEEP</div> <div>£7,000 (T DILEEP) TEL: 07967 193 033</div>	<div><div>GB</div><div>V 4RFN</div><div>£1,000 TEL: 07967 193 033</div></div>	<div><div>GB</div><div>WAIIEEM</div><div>£15,000 (WAHEEM) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>X BAIG</div><div>£50,000 TEL: 07947 979 777</div></div>	<div><div>GB</div><div>YKIIMAR</div><div>£15,000 (Y KUMAR) TEL: 07985 455 057</div></div>
<div><div>GB</div><div>SHIIPER</div><div>£15,000 (SHIPER) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>TILI 786</div><div>£1,500 ONO TEL: 07974 179 156</div></div>	<div><div>GB</div><div>TERIK</div><div>£7,000 (T KING) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>V 44MJD</div><div>£850 ONO TEL: 07803 012 253</div></div>	<div><div>GB</div><div>WAIISHA</div><div>£9,000 (W AISHA) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>X K04SER</div><div>£OFFERS TEL: 07811 146 312</div></div>	<div><div>GB</div><div>YUIONES</div><div>£OFFERS T: 07754 852 402 no withheld numbers</div></div>	
<div><div>GB</div><div>SHIYLA</div><div>£10,000 TEL: 07969 914 041</div></div>	<div><div>GB</div><div>T44 RKK</div><div>£2,200 ONO TEL: 07926 095 168</div></div>	<div><div>GB</div><div>TJIDGE</div><div>£15,500 (T JUDGE) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>VAIIMAD</div><div>£10,000 (V AHMAD) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>WAIITAD</div><div>£10,000 (WANTED) TEL: 07778 881 126</div></div>	<div><div>GB</div><div>X KIIAN X</div><div>£2,700 TEL: 07786 087 155</div></div>	<div><div>GB</div><div>YVIJAY</div><div>£10,000 (Y VIJAY) TEL: 07985 455 057</div></div>	
<div><div>GB</div><div>SHI2ADH</div><div>£3,000 ONO TEL: 07870 993 553</div></div>	<div><div>GB</div><div>T444BYS</div><div>£995 ONO TEL: 07886 606 431</div></div>	<div><div>GB</div><div>TKIINGS</div><div>£14,000 (T KIINGS) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>VBIATT</div><div>£7,000 (V BHATT) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>WAH330K</div><div>£2,500 (WAHEED K) TEL: 07973 199 979</div></div>	<div><div>GB</div><div>XKIIMAR</div><div>£15,000 (X KUMAR) TEL: 07985 455 057</div></div>	<div><div>GB</div><div>Y44SCR</div><div>£2,500 ONO TEL: 07828 159 318</div></div>	
<div><div>GB</div><div>SHI2ANH</div><div>£3,000 ONO TEL: 07870 993 553</div></div>	<div><div>GB</div><div>T8WHD</div><div>£15,000 (TAWHEED) TEL: 07842 955 147</div></div>	<div><div>GB</div><div>TMIILES</div><div>£7,500 (T MILES) TEL: 07985 455 057</div></div>	<div><div>GB</div><td><div>VDIIEEP</div><div>£7,000 (V DILEEP) TEL: 07985 455 057</div></td></div>	<div>VDIIEEP</div> <div>£7,000 (V DILEEP) TEL: 07985 455 057</div>	<div><div>GB</div><div>WAIJ33D</div><div>£2,995 TEL: 07793 628 670</div></div>	<div><div>GB</div><div>XMIILES</div><div>£7,500 (X MILES) TEL: 07985 455 057</div></div>	
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TrackDays.co.uk is offering race fans the chance to fully experience a genuine F1 race car that cost £4.5 million to build

F1 fans and petrolheads alike now have the rare opportunity to drive a Jordan F1 single seater, one of the most powerful race cars in the UK.

The all new experience, available from TrackDays.co.uk, actually allows participants to get in the very same cockpit that was once graced by race legend Takuma Sato in 2002, as he battled fellow F1 legends such as Michael Schumacher, David Coulthard, Jenson Button and Rubens Barrichello.

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Rare opportunity to drive a genuine Jordan F1 race car

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The legendary car itself, still sporting the instantly recognisable DHL yellow exterior, cost a cool £4.5 million to build. It is also to date the only EJ12 chassis in existence available to drive.

Dan Jones, operations manager at TrackDays.co.uk, said: "It's very rare to have the chance to drive a genuine F1 race car that was driven in anger in the world's foremost motorsport championship."

"However, it's not for the fainthearted, as it boasts 600 bhp, an engine that can spin to an astonishing 10,500 rpm courtesy of a 3.0 litre Judd engine, while reaching 60 mph in under five seconds."

TrackDays.co.uk is currently offering Jordan F1 packages at Bovingdon Airfield in Hertfordshire. The entry level is called the Jordan F1 Driving Experience, while even more intense options include the Jordan F1 Suzuka Legend Experience and the ultimate Jordan F1 Grand Prix Experience, which includes 30 driving laps and many other extras.

Dan added: "Unsurprisingly, our Jordan F1 driving experiences are some of the most premium packages we offer."

"However, when you consider that it could cost up to £250,000 to own a genuine model, plus the astronomical running costs, then these driving experiences in them are a real bargain while still enjoying a once-in-a-lifetime thrill."



• Follow in the footsteps of Grand Prix legends and drive a Jordan F1 race car once driven by motor sport legend Takuma Sato

• TrackDays.co.uk is offering race fans the chance to fully experience a genuine F1 race car that cost £4.5 million to build

• It is the only genuine Jordan F1 driving experience of its kind anywhere in the world

To learn more about TrackDays.co.uk, including other single seater race car experiences, visit www.trackdays.co.uk, while to discover more about the Jordan F1 experience, which can be booked as a 10 month open voucher, visit www.trackdays.co.uk/driving-experience/formula-1/jordan/



Moeen Ali tests positive for Covid-19

England all-rounder Moeen Ali has tested positive for coronavirus after landing at Hambantota airport in Sri Lanka, despite having tested negative before departure.

The entire touring party were tested on arrival in Sri Lanka on Sunday 3rd January and following his positive test result, Ali will now self-isolate for 10 days.

The entire touring party had tested negative before departure.

Bowling all-rounder Chris Woakes will also self-isolate and face further testing after being deemed a potential close contact.

An England and Wales Cricket Board (ECB) statement read: "Following PCR tests administered on arrival at the airport in Hambantota on Monday 4th January, The England and Wales Cricket Board can

confirm that Moeen Ali has tested positive for COVID-19.

"Ali will now observe a period of 10-days self-isolation, in accordance with the Sri Lanka Government's protocol on quarantine."

"Chris Woakes has been deemed as a possible close contact, and he will observe a period of self-isolation and further testing."

"The touring party will be PCR tested for a second time on Tuesday morning. At this stage, the team will train for the first time on Wednesday."

The first Test of the two-match series starts in Galle on 14th January and although the isolation period is due to end the day before, it remains to be seen whether either Ali or Woakes will be available for selection.



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Boxing & Fitness

Anthony Joshua vs Tyson Fury ‘WON’T happen this year’

Anthony Joshua's eagerly-anticipated heavyweight title unification fight with Tyson Fury will be derailed by Deontay Wilder, according to boxer Derek Chisora.

Negotiations over the long-awaited Battle of Britain are underway, with both parties confident of hashing out a deal.

But former world title challenger Chisora reckons the trilogy fight clause Wilder had placed in his contract to rematch Fury will delay the super-fight until 2022.

He said: "The contract says he [Wilder] fights Tyson Fury three times. So why is everybody trying to come up with their own conclusion for?"

"We've seen the first [Fury vs. Wilder] fight, we've seen the second fight, and now we're going to see the third fight."

"The fight WON'T happen this year because Deontay

Wilder has got his rematch clause."

Former WBC king Wilder began mediation last November after Fury abandoned plans to have a third fight.

Wilder and his team believe Fury is still contractually obliged to take part in a trilogy fight. Team Fury, however, are adamant the American's rematch clause expired last October.

But Chisora expects the presiding judge to rule in favour of Wilder, who lost the WBC strap to The Gypsy King last February.

He added: "Tyson Fury was supposed to fight a couple of months ago [against Agit Kabayel], and then Deontay Wilder went to court in America, and then they pulled the fight out."

"There are problems, Deontay Wilder wants his rematch. That is it."

"If Deontay Wilder says 'I'm

going to step aside now so AJ and Tyson Fury can fight,' yeah, but no, Deontay Wilder wants his rematch."

Despite the prospect of potentially having to face Wilder again, Fury's sights are firmly set on ripping the WBA (Super), WBO, IBF and IBO titles away from AJ.

And the former unified heavyweight champion reckons he can get the job done inside two rounds.

Fury told Sky Sports: "I don't think he is as good as people talk him up to be."

"And I don't believe he believes it himself, I think he has a confidence issue after two shaky performances and boxing is all about form."

"On his last two fights he is not in form and, on my last two, I am."

"Momentum is with me and, because of that, I believe I take him out early, very early, maybe inside one or two rounds."



Australia vs India: Virat Kohli calls for stricter action after team faces racist abuse



Back page story continued

Sean Carroll, the organisation's head of integrity and security, said in a statement it was "most regrettable" that the contest had "been tarnished by the actions of a small number of spectators over the past two days".

"As hosts, we once again apologise to the Indian team," he added.

Trouble began on Saturday 9th January, when the touring team made an official complaint after play finished on day three of the five-day match.

Bowlers Jasprit Bumrah and Mohammed Siraj complained of hearing racist slurs while fielding near the boundary.

On Sunday, Siraj approached the umpire pointing towards the stands and play was suspended as police threw six people from a reduced crowd of 10,000 out of the ground.

CCTV footage was being checked to help the investigation and any fans identified as engaging in racial abuse would be banned from the SCG and other

major stadia in Sydney, said stadium operator Venues New South Wales.

"It is definitely not acceptable in this day and age. This must definitely be dealt with iron-fist and we must make sure it doesn't happen again," he said.

India's usual captain Virat Kohli, who is in India for the birth of his first child, said on Twitter: "It's sad to see this happen on the field." He called for "strict action against the offenders".

Australia coach Justin Langer joined the condemnation, calling it "upsetting" and "disappointing".

"It's one of my greatest pet hates in life that people think they can come to a sporting event and abuse or say whatever they like. I hated it as a player and I hate it as a coach. It's really sad to see it happen in Australia," he said.

The International Cricket Council (ICC) said the Indian team had informed match referee David Boon of the alleged racial abuse, adding the governing body was "incredibly disappointed" by events.

Under ICC rules, CA must submit a report within two weeks.





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Australia vs India: Virat Kohli calls for stricter action after team faces racist abuse

■ Virat Kohli calls for strict action against offenders after India's Mohammed Siraj, Jasprit Bumra and Ravichandran Ashwin complained about receiving racial abuse

An investigation has been launched after six spectators were thrown out on day four of the match at the Sydney Cricket Ground SCG.

Australian cricket chiefs have apologised to the visiting Indian team after its players alleged they were racially abused by parts of the crowd during the third Test in Sydney.

Cricket Australia (CA), along with New South Wales Police, have launched an investigation into the accusations of abuse and has promised to take the "strongest measures" against anyone found guilty.

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Coronavirus:
real people, **real** experiences



By listening to the wrong people and wrong advice, both Sufyan's parents and his aunty contracted Coronavirus. His aunt sadly lost her battle with the virus and died; he thought he would lose his parents too.

Sufyan's parents are still in recovery. He knows the virus isn't fake, it's right here, right now.



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