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## HALAL FOOD

The challenge of making an informed choice — Authentic vs Self-Certified halal See page 8

## Menopause and insomnia

Tips on how to manage it effectively according to a nutritionist See page 33



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*The Lounge*

# GAZA

## Councillor's ceasefire motion dismissed at Wakefield council meeting

An Independent elected member for Wakefield East, with no party affiliation, attempted to deliver an immediate Gaza ceasefire motion at a full Wakefield Council meeting yesterday, Wednesday 24th January.

Lawyer and councillor, Akef Akbar says it was extremely difficult to speak 'against' so many on such a sensitive matter that many of us 'hold dear to our hearts'.

However, councillor Akbar hoped to be a voice for the oppressed in Palestine amid the ongoing war, but comments that the Labour Party had other intentions, and he faced an up hill battle right from the onset.

"Sadly the Wakefield Labour Group decided to play petty political games and voted against it," stated councillor Akbar.

"Cllr Sharp seconded my motion and spoke about her families experiences including how her grandfather was shot by the IDF.

Continued on page 6



Akef Akbar

  
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**Judges at the International Court of Justice (ICJ) rule on emergency measures against Israel following accusations by South Africa that the Israeli military operation in Gaza is a state-led genocide, in The Hague, Netherlands, January 26, 2024 (Credit: Piroshka van de Wouw)**

# NO CEASEFIRE

## World Court orders Israel to prevent acts of genocide, but fails to stop the onslaught of innocent Palestinians



**Israel's deputy Attorney-General for International Law Gilad Noam and British jurist Malcolm Shaw at the International Court of Justice (ICJ)**

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Smoke rises during an Israeli ground operation in Khan Younis, amid the ongoing conflict



The World Court ordered Israel on Friday 29th January, to prevent acts of genocide against the Palestinians and do more to help civilians, although it stopped short of ordering a ceasefire as requested by South Africa.

South Africa brought the case to the International Court of Justice (ICJ) earlier this month, asking it to grant emergency measures to halt the fighting, which has killed more than 26,000 Palestinians.

It accused Israel of state-led genocide in its offensive, begun after Hamas militants stormed into Israel killing 1,200 and kidnapping more than 240. Israel sought to have the case thrown out.

In Friday's ruling, the judges said Israel must take all measures within its power to prevent its troops from committing genocide, punish and must take steps to improve the humanitarian situation.

While the ICJ did not order a ceasefire, it said it

would not throw out the genocide case, ruling that the Palestinians appeared to be a protected group under the 1948 Genocide Convention. It did not decide the merits of the genocide allegations.

Israel has called South Africa's allegations false and "grossly distorted", and said it makes the utmost efforts to avoid civilian casualties.

**South Africa brought the case to the International Court of Justice (ICJ) earlier this month, asking it to grant emergency measures to halt the fighting, which has killed more than 26,000 Palestinians**

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## Celebrities Sonakshi Sinha and Zaheer Iqbal team up to create ocean change

**Award-winning Indian actress Sonakshi Sinha and her dive buddy Indian actor and businessman Zaheer Iqbal are Advanced Open Water Divers (PADI), who are committed to inspiring others to join them in seeking adventure and saving the ocean.**

Sinha's love of water and snorkelling propelled her to earn her PADI Open Water Diver certification three years ago.

The famous Indian film actress, self-proclaimed environmentalist, and entrepreneur now unwinds by escaping into nature and

disconnecting from her phone.

In 2022, Sinha was named the PETA Indian of the Year for using her platform to advocate for the ethical treatment of animals and has been named to Forbes India's Celebrity 100 list multiple times as well as starred in multiple blockbuster films.

She holds countless film nominations and awards for her work in front of the camera, is an animal lover who advocates for animal adoption and recently launched her own beauty brand of press-on nails.

During her downtime, she loves to scuba dive in Asia, the Seychelles, the

Red Sea, the Great Barrier Reef, and locally in India's Andaman Islands – where she recently earned her PADI Advanced Open Water certification with her partner Iqbal.

"It was love at first dive, and my love for the ocean has only gotten deeper with time," says Sinha.

"Ever since my first dive, I've been on a quest to become a better diver and explore more depths. It's amazing becoming a PADI AmbassaDiver because it's for something I love so deeply.

"I will do my best to encourage more people to dive and get to know

the ocean better!"

Sinha and Iqbal share a mutual love for the ocean. When he is not acting or dancing in Bollywood films, he loves exploring new places with friends and family above and beneath the surface – with scuba diving being amongst his favourite hobbies.

"Diving into great depths is an exhilarating experience," says Iqbal.

"It unveils a world of beauty, mystery, and a sense of incredible calmness – as well as a realisation of what 'vast' truly means.

"It's peaceful observing nature below the surface and I am honoured to become a PADI AmbassaDiver. I now have the opportunity to dive into a realm of endless wonder and I hope that more people take the opportunity to dive and learn more about the

beautiful world beneath the surface."

With a combined 30 million social media followers and both having recently starred in the Hindi comedy film DoubleXL, this powerhouse couple joins an elite group of other advocates from around the globe who are working with PADI to encourage others to experience the beautiful world underwater as scuba divers and join them in helping to create positive ocean change for our shared blue planet.

Follow Sinha and Iqbal's dive adventures, projects and hands-on conservation efforts with PADI on their Instagram channels. To learn more about Sinha, Iqbal and the rest of the PADI AmbassaDiver team visit [www.padi.com/ambassadivers](http://www.padi.com/ambassadivers).



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# GAZA

## Councillor's ceasefire motion dismissed at Wakefield council meeting

### Cover story continued

"The Labour Leader Cllr Jefferies acknowledged the substance of my motion but confirmed the leader group would vote against my motion. They decided to submit a very similar motion but wholly watered down to fit the Labour Agenda."

Cllr Akbar adds that leaders of the opposition spoke and failed to understand why Labour are making such a sensitive matter political.

Cllr Girt expressed his disappointment and further advised that a few months ago at the request of a resident Cllr Hemmingway had failed to submit a motion.

Cllr Nadeem Ahmed stated that the Labour group were acting dishonourably. They should have submitted an amendment and highlighted that this was a copied motion.

Both confirmed that they supported Cllr Akbar's motion, and that they did not submit a further motion as the one submitted was acceptable.

"I had the right of reply to close my motion," says Cllr Akbar.

"I informed the Wakefield Labour Group leader that the difference between me and her was that I serve the public, whilst she serves her party and leaders.

"I made it know that the Labour group are playing politics at the expense of a Genocide. Cllr Jefferies has shown a lack of leadership,

for over three months, and she has failed to take action on this issue.

"Their watered down motion is nothing but a PR stunt to fit their party's agenda."

Cllr Akbar called out any councillor within their party that had the honour and courage to do the right thing. Further, highlighting that the absence of certain councillor's did not go unnoticed.

"I called for a recorded vote. All Labour Cllr's voted against my motion," he adds.

After voting against Cllr Akbar's motion, the Labour group submitted a similar motion to mine albeit to fit their parties agenda.

Leader of the Liberal Democrats Cllr Girt raised a point of order. Labour's motion could not be heard as my motion was already heard and the rules do not allow for the same motion to be heard twice.

However, of course rules are interpreted to the benefit of the leading group.

"Due to this absurd decision, the Liberal Democrats left the chamber as they did not wish to take part in a meeting where the rules are exploited," comments Cllr Akbar.

"I made three minor amendments to the copied watered down Labour motion. These included, raising the Palestinian flag until the end of the conflict above the Town Hall in solidarity with the Palestinians suffering a genocide at the hands of Israel.

"It is important to call this 'conflict' for what it is, a genocide, something labour have failed to recognise within their motion.

"Secondly, too demand the cessation of

selling arms to Israel; and thirdly to allow the access of medical supplies, food, fuel electricity and water, to guarantee that international humanitarian law is upheld and that civilians are protected in accordance with those laws.

"Ex Labour Cllr Sharpe supported my amendment and spoke about how she was prevented from attending protests or submitting a motion by the Labour leader.

"I think it's important that the Palestinian flag is raised and remains raised on our town hall until the end of the conflict to show solidarity.

"Everything else is talk but this is real action and a statement to the entire country that we are not scared to openly support Palestine."

"The deputy leader of the Wakefield Labour Group made a statement rejecting my amendments stating they were 'not necessary'. A Labour fan at this point walked out shouting 'I am never voting Labour again'.

"I raised my Palestinian flag in the chamber anyway."

The submitted amendments were voted on and again the Labour Group unanimously voted against the proposed amendment. Cllr Akbar and numerous Councillor's left the chamber and left the Labour group to vote on their own motion.

The Labour group passed their own motion and were met by protestors outside the County Hall.

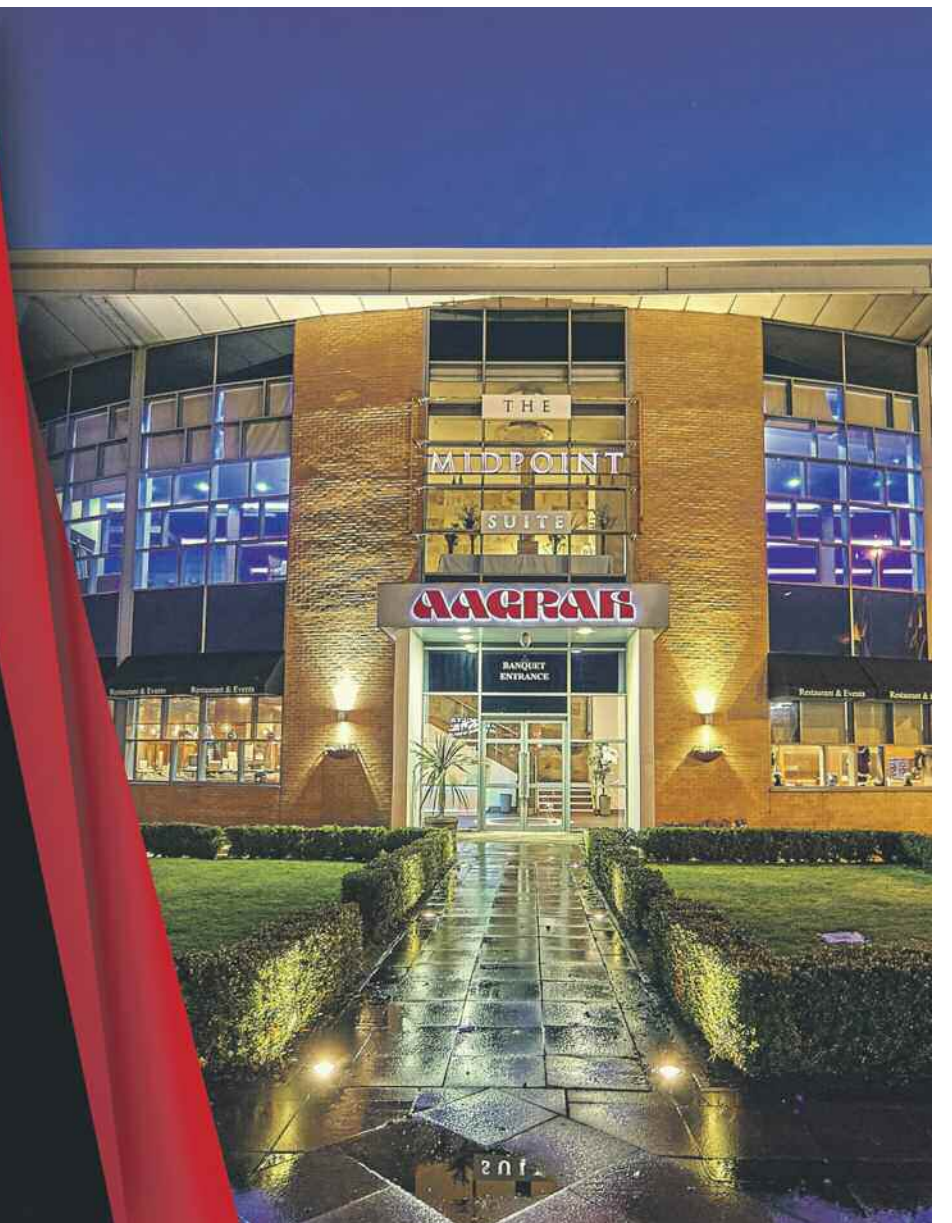


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# Shipley Market Square revitalisation unveiled

**The heart of Shipley is set to undergo a massive transformation with the ambitious redevelopment of its market square.**

A planning application for the project has been submitted, led by Bradford Council's Landscape, Design and Conservation Team, which will revitalise the market square, under the Shipley Streets for People initiative.

This new design will create a contemporary and adaptable space, suitable for events and pop-up market stalls. An all-weather canopy means the square will be able to host year-round events, ensuring a vibrant atmosphere regardless of the weather.

The existing permanent market stalls will be removed with the regular

Shipley markets taking place under the canopy and along the pedestrianised promenade. Rain gardens – shallow planted areas which receive rain run-off - and comfortable seating areas have been strategically integrated, enhancing both the visual appeal and functionality of the square, creating an inviting space for families and visitors to Shipley to gather and spend time.

The redevelopment of the market square has been supported by £1m funding from the West Yorkshire Combined Authority and £3m from the Government-funded Shipley Towns Fund.

Councillor Alex Ross-Shaw, Bradford Council's Executive Member

for Regeneration, Planning, and Transport, said: "The Shipley Market Square improvement is an exciting and dynamic project. Removing the old market stalls will improve the look of the town centre but also make it feel safer and more welcoming, particularly at night. It's a significant step towards creating a vibrant and adaptable town centre with a thriving market. These enhancements will elevate Shipley's appeal as a great place to live, work, and visit."

Adam Clerkin, Chair of the Shipley Towns Fund Board added: "The revitalisation of Shipley Market Square is not only a strategic investment in our community but also a boost for local businesses. By creating an

inviting and adaptable space, we will increase foot traffic, support our retail sector, and help businesses to thrive. This transformation aligns with our commitment to economic growth and enhancing the overall well-being of our town."

Community feedback gathered through a public engagement exercise fed into the design, which is not just about visual enhancements, but also a commitment to environmental sustainability.

Subject to planning approval, tenders are expected to go out this month so work could start around early May. The project would be scheduled for completion by the end of the year.



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## Hospital patients benefit from sensory and edible garden at NHS Trust

**People from Bradford, Airedale, Wharfedale and Craven, struggling with their mental health, are benefitting from a sensory and edible garden to boost mood and wellbeing, reduce stress and improve physical health.**

The garden has been funded through Bradford District Care NHS Foundation Trust's iCare innovation development programme and created by staff to enhance patient care.

Beth Chesworth, Occupational Therapist, used the funding to enhance the hospital experience for patients at Airedale Centre for Mental Health. Beth created a sensory and edible garden to develop and deliver a therapeutic horticultural programme. Nature-based activities are known to provide stress relief and relaxation for people, as well as improve physical health and functioning. An aim of the therapeutic horticultural programme is to engage patients of different ages, interests and abilities with nature-based activities to meet a therapeutic goal.

Beth Chesworth, Occupational Therapist said: "The edible garden is packed with plenty of fruit and vegetables. Patients can take the time to grow these to support their mental health and wellbeing, benefitting from being in nature and taking pride in cultivating their own plants. Patients and staff have credited the horticultural groups with improving mood and inspiring others to engage in more nature-based activities in the future."

The iCare programme aims to help staff make innovative ideas, with growth prospects, happen and support them to create value and impact in Trust services and beyond.

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# Halal Food

## The challenge of making an informed choice — Authentic vs Self-Certified halal

By Halal Food Authority UK

**When it comes to making food choices, effort is always made to go for the best based on an informed decision.**

This article is a humble effort to enhance consumer awareness on the Halal Certification process so that they are aware of the difference between self-proclaimed halal and certified halal.

Certification plays a decisive role in buying choices as it inspires consumer's trust and confidence because of the transparency and verifiability of the process. There are different halal standards, that are a prerequisite of access for clients and manufacturers who want to trade in a specific country to meet its demand and grasp the market.

A product certified by a competent and well-established halal certification body is accepted globally without any need for further

investigation or verification.

Product approval is a very sensitive process that requires focussed and in-depth analysis which is only possible under a competent and experienced technical team.

Halal certification bodies have a well-structured and highly organised system for product approval which is the first step towards halal certification.

Product submissions as well as supporting documents are reviewed and scrutinised by highly qualified, trained and experienced food technologists. Halal certification is the basis for making and maintaining a halal claim.

In this lieu, self-proclaimed halal food is not only a challenge for the food industry but a big threat for consumers' health too as it comes without any authenticity or verifiability.

One may find a number of some self-proclaimed halal products simply bearing an inscription of The Arabic word that neither stands for any halal

certification body nor represents any traceability or any authenticable process of ensuring halal standards.

On the other, halal certification bodies put more financial and human resources to ensure product authenticity which is almost impossible in the case of self-proclaimed products.

They have designed a detailed process of reviewing and approving product documents, verifying sites through surveillance audits to evaluate the halal control point (HCP) and ensuring that product and manufacturing processes fulfill the requirements of halal standards.

The halal products approved by Halal certification bodies depict specific logos/ symbols that are identifiable and traceable. These bodies ensure halal authenticity from farm to fork and provide detailed records from raw materials to finished products.

Throughout the process, due consideration is given to ensure that product labelling does not create any

confusion in the Muslim community. Labels are scrutinised and approved to put on products that are approved by a halal certification body before releasing a product to the market.

Halal information is not just in the English language but is bilingual or even multilingual to ascertain the traceability of the products in every possible manner and help consumers understand the label in a better way.

Hidden ingredients such as processing aids, anti-caking agents, carriers, and incidental ingredients from various sources present another serious problem for Muslim consumers.

Magnesium or calcium stearates are used in the manufacturing of candy and chewing gum without mentioning the origin of the stearates.

Halal certification of the product, proper halal markings, and logos can clarify the doubt for consumers as it requires clear labelling of the source of the ingredients like gelatine, lecithin, mono & diglycerides, etc.

The animal source ingredients such

as oils, fats, meat derivatives, or extracts like gelatine and rennet also need to be declared. A product with a halal-certified logo makes life easier for consumers to make prudent choices while purchasing products from the market.

The Halal-certified foods are monitored and certified from farm to form. The food supply chain and its related equipment are regularly examined, verified, and validated through halal audits. This exercise is conducted to eliminate any risk of haram (non-halal) food contamination.

Summing it up, one can safely say that simply labelling a product does not make it halal. Under any circumstances, the claim must be supported by some verifiable facts, and Halal Certification by an authorised body such as the Halal Food Authority, is the best answer to all the questions that may come to a consumer's mind before making a prudent choice.





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# Doing It On Purpose!

## The Happiologist launches podcast series for 'Good Brown Girls'



This week marks the launch of an empowering new podcast series, 'Doing It On Purpose with The Happiologist', featuring Dal Banwait.

Renowned as 'The Happiologist', Dal Banwait, carries out insightful discussions with Dr. Denise Freeman, also known as Dr. D, a distinguished chartered psychologist based in London.

In the very first episode, Dal and Dr. D delve into the crucial theme of limiting beliefs and the profound impact they have on shaping our lives.

As the world is engulfed in New Year's resolutions, Dal brings attention to a vital aspect of personal growth - the identification and overcoming of limiting beliefs that may hinder the path to success.

Dr. D expands on this point, stating, "Limiting beliefs can get in the way of achieving your New Year's resolutions by making you doubt yourself and your abilities."

"When you think negatively about what you can accomplish, it becomes harder to stay committed and motivated. These self-

imposed doubts can lead to procrastination and a fear of failure, making it tough to stick to your goals."

The conversation between Dal and Dr. D highlights the impact of these self-imposed doubts on health, relationships, and overall well-being.

To succeed in New Year's resolutions and personal goals, Dal and Dr. D stress the importance of recognising and challenging these negative thoughts. By fostering a positive mindset, individuals empower themselves to overcome challenges and reach desired outcomes.

Drawing on her over 30 years of experience as a city professional with a background in law, Dal Banwait, brings a unique perspective to the conversation.

Dal emphasises the importance of a positive mindset in facing challenges and shaping a brighter future, particularly tailoring insights to the South Asian communities in the UK.

Dal Banwait expresses: "In the face of ongoing global challenges and economic fluctuations, our ability to cultivate

resilience becomes fundamental in overcoming obstacles and embracing new opportunities.

"In 2024, let us collectively commit to prioritising our mental wellbeing, recognising that a healthy mind is the foundation upon which we can build a more balanced and fulfilling life."

The podcast series aims to inspire individuals to overcome limiting beliefs, create positive change, and cultivate resilience in the face of life's challenges. Dr. D's expertise in psychotherapy and integrative psychology provides valuable insights, making 'Doing It On Purpose with The Happiologist' a powerful resource for personal growth and mental well-being. It's now available on all major podcast platforms.

**By fostering a positive mindset, individuals empower themselves to overcome challenges and reach desired outcomes**

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# **CANCER:** If something doesn't feel right, speak to your GP practice

Cancer Research UK analysis shows one in two people will develop cancer in their lifetime, with around 375,400 cases diagnosed each year.

Cancer is when cells divide in

an uncontrollable way, and if left untreated, these abnormal cells can spread to other parts of the body.

Symptoms can be caused by a wide range of things and most of the time

they won't be due to cancer. But if it is cancer, early diagnosis can save lives and increase survival and so it's worth getting unusual or persistent changes checked out.

Shamilla Mirza



**"I know my early diagnosis and treatment is the reason why I'm still here."**

49-year-old Shamilla Mirza found a pea-shaped lump in her breast, so booked an appointment with her GP who referred her to the breast clinic at North Manchester General Hospital for tests.

The mother-of-two was shocked to be diagnosed with breast cancer

but says the support of her family gave her the strength to face the disease.

Shamilla had a mastectomy (an operation where breast tissue is removed) and breast reconstruction, followed by chemotherapy treatment. On reflection she says: "I cannot thank the NHS or my family enough for giving me the courage to deal with cancer. I know my early diagnosis and treatment is the reason why I'm still here for my

family, particularly my sons Zakir and Zain."

In 2019, Shamilla unveiled a special park bench in Manchester - marking her recovery from cancer. It salutes the scientists, doctors and nurses who are making game-changing progress in tackling the disease.

The inscription on her bench reads: "Shamilla Mirza loved sitting here... and still does thanks to advances in cancer research."

## Be Body Aware

- Cancer signs and symptoms vary from person to person.
- Be body aware – if something doesn't feel right contact your GP practice.
- It may be nothing serious, but finding cancer early makes it more treatable and can save lives.
- To rule out cancer, your GP may refer you for tests. Whatever the result, the NHS is here for you.

## HELP US HELP YOU

Contact your GP practice if something in your body doesn't feel right or you experience any of these symptoms. Some symptoms can be harder to notice:

- Breathlessness
- Frequent infections
- Unexplained heavy, drenching night sweats
- Unexplained weight loss
- An unusual lump anywhere on the body, like in the neck or armpit
- Unexpected or unexplained bruising or bleeding
- Difficulty swallowing
- Mouth ulcers that don't heal
- White or red patches in the mouth and throat
- Blood in your pee
- Blood in your poo, which may look red or black

### For three weeks or more:

- A cough or a change to an existing cough
- Changes in the voice such as hoarseness
- Tummy trouble, such as discomfort or bloating
- Feeling tired and unwell and not sure why
- Heartburn or indigestion
- Changes to your bowel habits, such as diarrhoea or constipation, or unusual, pale or greasy poo
- Unexplained pain or discomfort

It may be nothing serious, but finding cancer early makes it more treatable.

If you reach out to your GP and they have concerns about cancer, they may ask you to do some tests, like go for a chest X-ray or complete a home test kit that looks for hidden traces of blood in your poo, or refer you to a specialist.



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## Be body aware

If something doesn't feel right, contact your GP practice.

Find out more at [nhs.uk/cancersymptoms](https://nhs.uk/cancersymptoms)

For more information go to [nhs.uk/cancersymptoms](https://nhs.uk/cancersymptoms)



A new toolkit to increase supervised toothbrushing for younger children aims to address health equalities caused by tooth decay.

Researchers from the University of Sheffield, University of Leeds and Bradford Improvement Academy, have developed free online resources for NHS organisations, local government, schools, nurseries and parents, as part of the BRUSH project to better support existing and new toothbrushing programmes.

A quarter of five-year-olds in England have tooth decay, this can rise up to 50 per cent in deprived areas of the country. The burden of tooth decay is significant, causing pain, as well as affecting what children eat, their speech, sleep, quality of life and attendance at nursery or school.

Treatment of decay is the most common reason why young children are admitted to hospital (33,000 each year), costing the NHS over £50 million annually.

Co-lead of the study, Professor Zoe Marshman, Professor in Dental Public Health at the University of Sheffield, said: “One of the key ways to prevent tooth decay is toothbrushing with a fluoride toothpaste. Toothbrushing programmes in nurseries and early years at school are really important to complement toothbrushing at home.

“We already know supervised toothbrushing programmes for young children are effective in reducing tooth decay, and easy for nurseries/schools to run. However, the uptake and maintenance of these programmes has been fragmented.

“The new toolkit will make it easier for new toothbrushing programmes to be set up, meaning more children will be able to benefit from the programmes so less children suffer from tooth decay and its consequences.”

The BRUSH project was funded and supported by the NIHR Applied Research Collaboration South West Peninsula (PenARC) and conducted by researchers from the University of Sheffield and University of Leeds.

Co-lead of the BRUSH study, Dr Kara Gray-Burrows Lecturer in Behavioural Science & Complex Intervention Methodology at the University of Leeds, said: “We know that there’s good practice and excellent resources out there, so our project was about bringing together all that’s already good and seeing what gaps there were.

“The toolkit is a central one-stop-shop sharing best practice and containing new materials we have developed to give organisations setting up these programmes, nurseries, schools, parents and children the relevant information and resources easily.”

For more information about the BRUSH study or to download the free resources please visit: <https://www.supervisedtoothbrushing.com/>

# Supervised toothbrushing toolkit to tackle tooth decay in children





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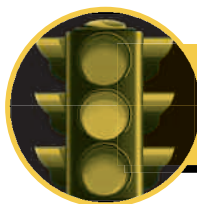
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# EXEMPLARY

## Khalil Alam recognised for his unwavering commitment to public services

**A man who has dedicated over two-decades to public services, has been awarded an accolade for his outstanding contributions and unwavering dedication to voluntary work.**

Khalil Alam, a dedicated and esteemed figure in the community, received well-deserved recognition at the Police Headquarters in Wakefield. The prestigious accolade handed to Khalil is reserved for individuals who have devoted over two 20-years to the force, symbolising their unwavering commitment and selfless service.

Honoured with the Police 'Long Service and Good Conduct Award Medal', the endowment serves as a testament to the dedication and sacrifice exhibited by individuals like Khalil Alam.

Introduced in 2003, the medal, adorned with the crest of West Yorkshire Police, signifies a commendable journey of public service. The reverse side is inscribed with words of appreciation for the recipients' steadfast commitment to maintaining the safety of the communities they serve.

Vice Lord Lieutenant Helen Thompson and

Chief Constable John Robins presented the award to Khalil Alam, emphasising the significance of his role in ensuring the well-being of West Yorkshire's communities.

Chief Constable John Robins expressed immense pride in being surrounded by officers and staff who have dedicated more than two decades to public service, highlighting the vital role they play in keeping the communities safe.

Khalil Alam's medal is not only a sign of his personal commitment and hard work but also a representation of what he achieved due to the help of his family and friends, the absence of which would have made this very difficult.

It should be noted that in the past Khalil Alam has received other awards in his career. Among them are the Queen's Diamond Jubilee Medal in 2012 and the 70th Year of the Reign of Queen Elizabeth Medal in 2022; this eludes to Khalil's consistent outstanding performance over years.

In addition to working with law enforcement, Khalil Alam as an England Boxing Coach has had considerable impact on society.

His input into establishing and running a





successful sport facility and amateur boxing club at Lion Gym Bradford epitomises his commitment to promoting good physical health and discipline among young people.

And that's not all. Khalil is the Secretary General of a mosque in Bradford associated with the organisation Jamiyat Tabligh-ul-Islam in Bradford, where he has

highly-commended for strength of character with the citing of an incident where Khalil single-handedly detained a man who had robbed someone at knife point.

Even more so at the local level, the council of Bradford city has given him an award that recognises his role in making sure that security is a priority for a community. These accolades

# “Service to others is the rent we pay to be in this world.”

played an important role in the functioning of the mosque, organising Friday Jummah Prayers and contributing towards its upkeep.

Khalil's combined involvement in law enforcement as well as community service is an indication of his all-rounded approach to positively impacting on the people's life.

Since 2013, Khalil has been actively involved in bringing health, fitness, sports and boxing programs to young people and adults in Bradford.

These programs are not just physical but have aspects of education where participants learn about anti-social behaviour such as youth gang culture and dangerous practices such drugs, weapons and knife crime.

He collaborates with various agencies like; homeless charities, youth services, mental health organisations, social services departments for children, schools and colleges.

At the awards ceremony, he was

confirm that Khalil Alam's service to the Bradford District as well as his work with Minorities Police Liaisons committee have been outstanding.

In response, Khalil Alam expressed gratitude and humility, while referencing world-famous boxer Muhammad Ali's quote: "I'd like to express my gratitude, I am truly humbled to receive this award. I live my life by boxer Mohammed Ali's quote, 'service to others is the rent we pay to be in this world'," says Khalil.

"I truly believe that acts of selflessness count towards good deeds in the world hereafter.

"I'd like to express my profound sense of privilege and honour for receiving this recognition, and pledge to continue working harder to serve communities both within West Yorkshire and beyond."





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# Masterplan revealed for world-first adventure tourism destination in the Gulf

Saudi Arabia has just announced the launch of its masterplan for an ambitious and unprecedented vision for tourism that will redefine adventure tourism.

THE RIG., one of Public Investment Fund's (PIF) entertainment projects, is a world-first adventure tourism destination to be built on an offshore platform in the Arabian Gulf.

Aiming to redefine the sea sports and leisure experience, THE RIG. will celebrate the legacy of Saudi Arabia's rich oil and gas heritage

The project is in line with PIF's strategy and the Kingdom's Vision 2030 objectives of contributing to the growth of the tourism sector, directly and indirectly contributing to employment opportunities, and diversifying the economy.

THE RIG.'s unique hospitality and adventure experience will span a gross floor area of over 300,000 square meters, located 40km from the coastline, near Al Juraid Island and Berri Oil Field in the Arabian Gulf. It's estimated that it will see over 900,000 annual visitors by 2032.

Appealing to a wide range of domestic, regional and international audiences, including adrenaline seekers, explorers, balanced holiday makers, and relaxation seekers, the range of hospitality, leisure, entertainment and accommodation options provided by THE RIG. include three hotels totaling 800 rooms, along with 11 restaurants, an extreme sports and adventure park, a world-class marina, and helipads.

THE RIG. will also feature a wide variety of water activities, including a diving centre, in addition to an amusement park, splash park, an E-sports centre, an immersive theatre and multi-purpose arena.

The project will be developed by the Oil Park Development Company (OPDC) under the direction of its CEO, Raed N. Bakhri, who brings more than 20 years of experience in the oil and gas industry and a passion for the future of adventure tourism.



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# Romance fraud

## Couple tricked victims into sending them hundreds and thousands of pounds

**A couple who tricked victims into sending hundreds of thousands of pounds in a romance fraud and laundered cash from others have been sentenced.**

Ibrahim Moro, 33, from Bromley, and Rebecca Patrick, 32, from Croydon, targeted older and vulnerable victims on online dating sites before gaining their trust and asking for thousands of pounds.

NCA investigators found one victim, an elderly man from Australia, had believed he was in a relationship with Patrick.

The couple gained the trust of their victim, first asking for small amounts stating it would be used to buy Patrick warmer clothes for winter. The victim was then told Patrick was entitled to 78kg of gold in Ghana and had to pay for it to be released, but that when it was she would move to Australia and live with him.

The victim went on to transfer 250,000 Australian dollars, almost £138,000 at the time it was sent, to the fraudsters. He also sent Patrick a new phone and multiple other smaller amounts of money over a year-long period.

Moro and Patrick received hundreds of thousands of pounds more from a number of other victims which they laundered through their bank accounts.

Investigators recovered emails from one victim who believed they were in a romantic relationship with a man they met online but who didn't actually exist.

By July 2016, she received a request for money and was later persuaded to send £18,000 after fraudsters told her they were having problems with insurance.

Another victim was tricked into sending money to a man she thought was a German widower living in Ascot, buying gold, silver and diamonds for clients. They started a friendship and although she never met him, she regarded him as 'a close friend and confidant'.

In March 2016, she was told he was overseas and had bought some precious stones, but was unable to leave the country until he had paid taxes on them. The victim was asked to pay the amount and was told 'if you don't loan me the money, that means you don't care about

me'.

The victim said she felt under pressure and paid £2,500. The transfers were made to Patrick's account with the full amount withdrawn in cash by the defendant days later.

Financial records also showed an American victim transferring more than £8,000 to Moro in April 2014. Moro transferred £5,500 out days later to two other accounts before withdrawing £1,400 in cash.

Hundreds of thousands of pounds taken from victims is also believed to have been sent straight to Moro's bank accounts in Ghana.

NCA investigators were able to link Moro to the email account used to defraud the Australian victim and could also show that the addresses Moro and Patrick provided to their victims were the same addresses they gave to their banking providers.

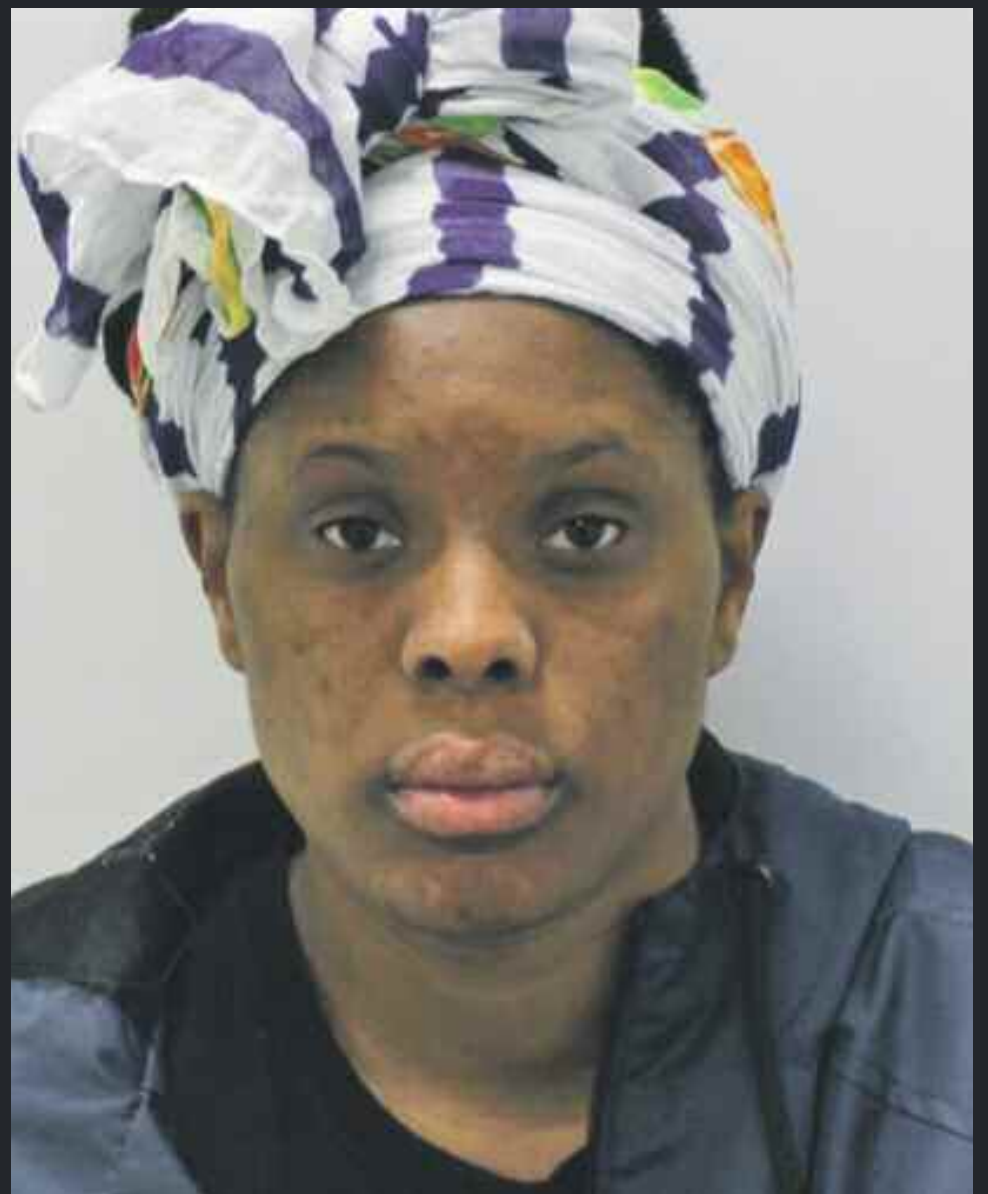
Both defendants denied the offences, with Moro claiming the money that had gone into his account was from a clothing business he had set up in Ghana. Patrick claimed she had given Moro access to her accounts to send money to his family in Ghana.

They were convicted following a five day trial at Croydon Crown Court in November. Both were sentenced at the same court on 23rd January. Moro was sentenced to five-and-a-half years in prison and Patrick received an 18-month prison sentence, suspended for 18-months.

The Judge also ordered all money restrained in the investigation to be returned to victims.

If you believe you have been a victim of romance fraud, you should report it to Action Fraud by visiting [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or calling 0300 123 2040.

Reporting fraud means it will be passed to the National Fraud Intelligence Bureau to investigate and help to prevent other people falling victim. In Scotland, report fraud directly to Police Scotland by calling 101.







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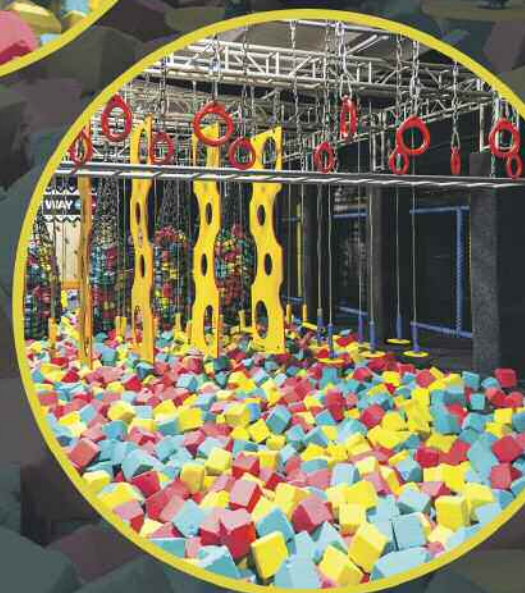
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# What is the **Knife Angel**?

## 27-foot tall sculpture made from over 100,000 seized blades come to Leeds to start conversations about knife crime

**The touring Knife Angel sculpture is coming to Leeds in February, to send a powerful message and spark conversations about knife crime in the city.**

It will be placed outside the Royal Armouries Museum as part of an intensification month on knife crime which launches on 1st February.

The Knife Angel, standing 27ft tall and made from over 100,000 seized blades, was created by the British Ironwork Centre to highlight the negative effects of violent behaviour and the need for change. Featuring messages from families of victims of knife crime it also acts as a striking memorial designed to celebrate those lives who have been lost.

As part of the city's continued response to serious youth violence a free programme of learning opportunities will be running throughout the month. To engage and educate young people, secondary schools have been given the opportunity to book in for specialist learning sessions at the Royal Armouries Museum, supported by the West Yorkshire Violence Reduction Partnership.

The Youth Service and other youth providers will also be targeting their discussions on knife crime throughout February and will be offering a combination of activities based at the Knife Angel location and in communities.

Councillor Debra Coupar, Leeds City Council's executive member for resources with responsibility for Safer Leeds, said: "Although the rates of knife crime have been falling, it remains a serious issue and has a devastating impact on individuals, families and communities.

"We're looking forward to hosting the Knife Angel sculpture during February, both as a monument to lives we've tragically lost, and as a force to help reinforce the work we've been doing around how we can change these behaviours as quickly as possible.

"As a city we take knife crime and violence in general very seriously and it's something we and our partners work hard to address with young people and their parents or guardians. We'd like to encourage everyone to come down and see the

sculpture for themselves and not be afraid to speak to each other about these issues."

Leeds District Commander, Chief Superintendent Steve Dodds, said: "The root causes and driving factors around young people involved in knife crime are much wider than policing alone and it is only through everyone across our communities playing their part that we will continue make progress.

"The arrival of the Knife Angel and the work that sits around it over the coming month will be an excellent opportunity to build on the work we have been doing to reduce incidents and keep our young people and our communities safe."

West Yorkshire's Deputy Mayor for Policing and Crime, Alison Lowe OBE, commented: "We each play a crucial role in turning the tide on knife crime and rejecting those behaviours that can lead to unimaginable heartbreak for families and communities.

"It provides a fantastic platform to educate our young people, opening up new conversations, which can help change attitudes and cultures."



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**By day, Muhammad Shahid works on the helpdesk at Yorkshire Building Society but after his shift ends, he is likely to be found in a laboratory where he researches new cancer treatments.**

Dr Muhammad Shahid - he gained his PhD in Breast Cancer Therapeutics last year - is part of a team that has developed a new treatment for breast cancer, one which has fewer side effects, although clinical trials are still to take place.

In addition, he was responsible for developing a more ethical method of research, by removing the need for animal testing altogether.

His achievements are all the more impressive due to a significant number of other commitments, not least of which is that his seven-year-old son has a chronic lung condition, which often means he has to attend hospital on a weekly basis.

Commenting on his PhD award and recent research, the father-of-two (he also has a daughter, 12), said: "I always wanted to do something that made a contribution to society, especially in the field of cancer. However, it has been a struggle to work full time to support my family and find the time for scientific research. Some days, I would only get three or four hours' sleep.

"The University of Bradford has been so supportive throughout my studies, I could not have done this without them. I am immensely grateful for the support and scientific guidance provided by my supervisors, especially Dr Kantamneni and Dr Mohammad Isreb. Their expertise, support and encouragement played a pivotal role in my success and served as a constant source of motivation."

Part of the support offered was to ensure Muhammad had access to the University of Bradford laboratories, and academic support, whenever he needed it.

“

**His project has contributed to the field by exploring new treatment strategies for breast cancer, a step closer to improving the lives of cancer patients.**

Dr Sriharsha Kantamneni, who supervised Muhammad's PhD, said: "We said to him we will work around his life to accommodate him, so we arranged for him to access the lab whenever it suited him - this flexible approach was part of our support. Muhammad came to me in December 2019 - the following February, the country went into full lockdown. He has had to deal with a lot in order to achieve his PhD and make the breakthroughs in research, which are remarkable. His project has contributed to the field by exploring new treatment strategies for breast cancer, a step closer to improving the lives of cancer patients."

In his extensive research, Muhammad focused on investigating the anti-angiogenic and anti-cancer effects of Mebendazole (currently used as an anti-parasite drug). Combining this drug with established chemotherapies such as Paclitaxel and Doxorubicin, he successfully reduced the required dosage concentration for effective therapy. Doing so mitigates the side effects associated with chemotherapy but also contributes to reducing the overall cost of cancer treatments.

Another significant breakthrough in his work was the inhibition of a critical protein called Ran, a highly expressed factor in cancer patients that promotes cancer progression and drug resistance. Muhammad's efforts to understand and counteract this protein signalling could pave the way for more effective treatment approaches.

Expanding his research, Muhammad screened over 54 genes in search of new targets for Mebendazole and Ran as a potential cancer treatment.

Additionally, in collaboration with Al-Ahliyya Amman University in Jordan, he successfully replaced the traditional animal model with an innovative 'in ova' model. This alternative method proved to be less invasive, more cost-effective, and ethically superior, allowing for greater advancements in cancer research.

Under the expert guidance of Professor Mohamed El Tanani (from the University of Bradford) and Dr Abraheem Aldeeb (from Al-Ahliyya Amman University), he reached significant milestones.

Muhammad, who is originally from Pakistan, and holds a bachelor's in biology and two Master's in zoology and cancer pharmacology, said: "The University of Bradford holds a special place in my heart, as it provided me with access to state-of-the-art facilities at the Institute of Cancer Therapeutics and the School of Pharmacy and Medical Sciences. These invaluable resources enabled me to carry out this project with precision and excellence."

Dr Kantamneni added: "Muhammad's research will undoubtedly make a significant impact on breast cancer therapeutics, offering hope to countless patients worldwide. We celebrate his achievements, unwavering determination, resilience and dedication to advancing cancer research and treatment. We eagerly anticipate the bright future that lies ahead for this exceptional researcher."

# PhD who works in a bank makes breakthrough in breast cancer research

■ PhD Muhammad Shahid (right) and Associate Professor Sriharsha Kantamneni (Credit: University of Bradford)







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Those of us planning to move home are being offered practical tips to help make packing up a breeze.

The removals experts at LOVESPACE have put together their top advice for packing up belongings ahead of a move.

They suggest decluttering before you start, using toilet rolls to store cables and packing your books in a suitcase.

Other tips include using towels and linens to protect fragile items and having a box of essentials ready for when you reach your new home.

## Packing tips

### Declutter

Have a good declutter before you start packing - what's the point of taking items with you that you no longer want or need? Either sell them yourself or donate them to charity.

### Don't empty draws

Rather than empty out all your drawers, if they're going with you, seal them with plastic wrap or bags and pack them tight so nothing falls out. It's a good use of the space and means you don't have to refill them when you reach your new home.

### Kitchen roll/toilet roll tubes

These are great for packing and storing cables. It'll keep them neat and they won't get tangled in transit.

### Room name

Try to pack by room and put the room name on the box. This will make it much easier for the removal company you use and for you when it comes to unpacking.

### Pack books in suitcases

If you pack your books in suitcases with wheels it'll make them much easier to move around and you will avoid lifting heavy boxes of books.

Do be mindful of the weight.

### Clothes on hangers

Keep clothes on hangers and cover in plastic bags. This will make it much easier at the other end.

### Prevent leaks

To prevent leaks from cleaning, beauty and kitchen products, take off the lid, put on some cling film and put the lid back on.

### Make use of towels

Use linen and towels to wrap up breakable items and use them as cushions for too hard to wrap objects like vases and lamps.

### Fitted sheets around your mattress

Put a fitted sheet on both sides of your mattress to keep it clean during your move.

### Parts from furniture

When you dismantle furniture, put all the nuts, bolts, screws and any other hardware in a sealable, labelled bag.

### A box of essentials

Have a box of essentials ready when you reach your new home. Good items to put in here include phone chargers, the kettle and tea bags, toilet and anything you may need for pets and children.



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# Out-hacking the hackers

A total of **39 per cent** of UK businesses reported suffering a cyber-attack



■ Dr Amna Qureshi, Assistant Professor in Cybersecurity at the School of Computer Science, AI and Electronics of the University of Bradford, who teaches the ethical hacking module (picture credit: University of Bradford)

Dr Amna Qureshi, Assistant Professor in Cybersecurity at the School of Computer Science, AI and Electronics is handing the tools students need to beat the hackers at their own game as part of a computer course at the University of Bradford.

A total of 39 per cent of UK businesses reported suffering a cyber-attack in 2022. Meanwhile, cybercrime costs UK firms an average of £4,200 in 2022.

Dr Amna Qureshi, Assistant Professor in Cybersecurity at the School of Computer Science, AI and Electronics of the University of Bradford, who teaches the ethical hacking module, says companies often get caught out by hackers through misconfigured security settings, weak passwords, unpatched software, and unsecured network connections.

Ethical hacking, which is a module in the university's MSc Cyber Security course, is when ethical hackers carry out risk assessments and test computer systems for security-related issues on behalf of companies or organisations. Their work is to outsmart the malicious hackers.

Ethical hackers must follow a strict code of ethics when they carry out their work. This includes being prohibited from sharing how they breached a computer system's security measures with anyone outside of whom they are working for or

are authorised to carry out tests.

After they have finished their work, they must delete all traces of their hacking work to make sure malicious hackers cannot see how they achieved it.

During the University of Bradford's module, students are taught how to gather information, scan, test, and hack so they will be able to secure systems effectively.

The module offers a background in ethical hacking, scanning networks, system hacking, malware analysis, social engineering, session hijacking, and cryptography.

The statistics on the cost and impact of cybercrime in the UK show the need for ethical hacking and courses that teach it.

But to protect the work of the students on the course at Bradford, we will not be giving away how they keep one step ahead of the malicious hackers.

Dr Amna Qureshi said: "Ethical hacking is becoming a growth industry. After Covid-19, everything is online, and there are so many cyber attacks. There are so many scams out there. Organisations' employees need to be made aware of their cyber security policies.

"Ethical hacking is the practice of intentionally probing computer systems and networks to identify security weaknesses, vulnerabilities, and potential

threats. It is similar to hacking; it's just that ethical hackers have permissions - that's the difference. The black hat hackers (or malicious attackers) find these vulnerabilities and exploit these vulnerabilities for personal gain.

"It's non-stop. New techniques are being developed by hackers every day.

"There is nothing that is perfectly secure. There could be some insecure links. Hackers exploit weak links. The first step for ethical hackers is the collection of information about companies in order to identify potential vulnerabilities and develop an attacking strategy.

"Ethical hacking is very important. This is the first point organisations can protect their infrastructure from hackers. Ethical hackers can help organisations identify and fix security vulnerabilities in their systems and networks. The demand for ethical hackers is expected to grow in the coming years. As organisations become more aware of the risks of cyberattacks, they are increasingly investing in ethical hacking services.

"The students enjoy this module a lot as it involves penetration testing. In the simulated environments, they get to work on vulnerable applications and exploit the identified vulnerabilities. A lot of students are into cyber security."

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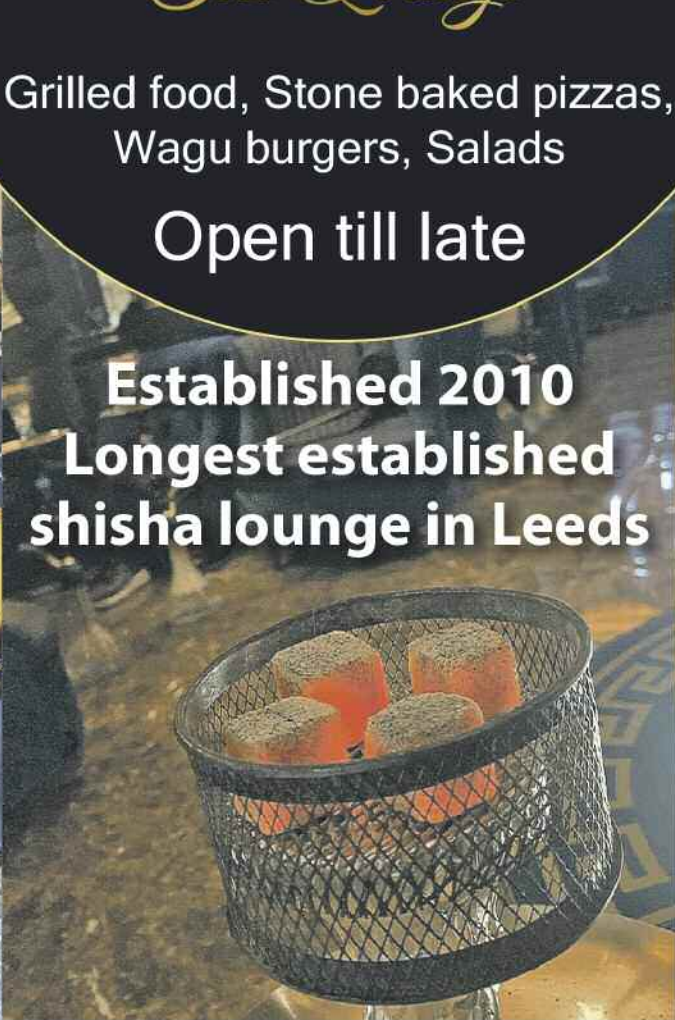


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**Business news**

# TAX Clampdown for eBay, Vinted and Airbnb



The UK is enforcing new rules as part of a global effort to clamp down on tax dodgers

**A new clampdown on online sales earnings by HMRC could see almost one in six British workers paying more tax.**

From this January, the UK is enforcing new rules as part of a global effort to clamp down on tax dodgers by the Organisation for Economic Cooperation and Development (OECD).

Firms including Vinted, Airbnb and eBay are obliged to collect and share details of transactions with the tax authorities.

Under the new rules, the

digital platforms will routinely report the income sellers are getting through their site which apply to the sales of goods, such as second-hand clothes or handmade items. The threshold for earnings from these sales is set at £1,000 a year – above this, online sellers must register as self-employed and file a self-assessment tax return at the end of the financial year.

According to MoneyZine, one in six British workers is currently working in the gig

economy facilitated by many of the apps. This means that millions of self-employed or small businesses earning more than £1,000 from these kind of sales could be impacted. Failing to declare previous earnings with HMRC could mean they are hit with expensive financial penalties.

Alex Till, Chair of the National Enterprise Network, the country's leading representative of business support for micro, small and start-up businesses, said the

changes were a good reminder that getting support with taxes as part of a business support package either as a self-employed individual or as a startup or micro business is crucial.

"Research shows that working with a professional enterprise adviser leads to better outcomes for startup and micro businesses," he said.

"Not only does it help entrepreneurs avoid costly mistakes and remain compliant, but the right advice

ensures their business ideas can continue to thrive, increase sales and grow profitability."

The National Enterprise Network is encouraging businesses looking to find a business support adviser near them to contact the National Enterprise Network which represents the country's enterprise support organisations, offering independent and impartial advice, training and mentoring to new and emerging businesses.



# BUSINESS



## YOUR LOCAL & BUSINESS ROUND-UP

## Dispute Resolution Is Not Optional

**I**n what is being hailed as a landmark decision, the Court of Appeal recently confirmed in the case of *Churchill v Merthyr Tydfil County Borough Council* that the Court has the power to stay proceedings and order parties to engage in a non-court based dispute resolution process provided that it does not restrict a litigant's right to proceed to a judicial hearing and is proportionate to the aim of settling the dispute.

In that case, the Claimant brought a claim against the Council for the damage caused to his property by Japanese Knotweed from a neighbouring property which was owned by the Council. The Claimant was invited to engage in the Council's internal complaints procedure but refused and instead issued court proceedings. The Council applied for a stay of the proceedings on the basis that the matter should proceed through its complaints procedure first.

At first instance, although the Judge found that the Claimant had acted unreasonably by refusing to engage in the internal complaints procedure, the Council's application to stay the

proceedings was nevertheless dismissed because the Judge stated that he was bound by previous case law which held that: "to oblige truly unwilling parties to refer their disputes to mediation would be to impose an unacceptable obstruction on their right of access to the court". The Council appealed the decision.

The Court of Appeal allowed the Council's appeal and ruled that the courts could stay proceedings to order parties to engage in non-court dispute resolution. The Appeal Judges found that an order for parties to explore forms of non-court dispute resolution would not be an unacceptable obstruction to their right of access to the Court. The Court did not set out any guidance as to how or at what stage in the proceedings this power should be exercised, instead it should be considered on a case-by-case basis.

However, the Appeal Court did provide some guidance as to the factors to be considered in determining whether a party had acted unreasonably in refusing to engage in non-court dispute resolution. The Court would generally consider the circumstances of the case and the form of dispute resolution proposed to assess the benefit to the parties of a stay. This would include matters such as whether the parties were legally represented and the costs of the proposed dispute resolution process.

This decision shows judicial support for non-court based resolution by establishing the principle that the Court can stay proceedings should parties fail to meaningfully engage in dispute resolution and it reinforces the importance of engaging in such a process at all stages of the litigation. Refusing to take part in dispute resolution without good reason will be looked upon very dimly by the Court and is likely to result in costs sanctions against the objecting party. If you are involved in any civil or commercial dispute, then Blacks Solicitors can assist. Please contact Luke Patel on 0113 227 9316 or by email at "LPatel@LawBlacks.com".

## UK still undecided on digital cash as privacy concerns persist

**British authorities will not decide until next year at the earliest on whether to go ahead with a state-backed digital pound that would provide an alternative to payments operated by banks and technology companies.**

The Bank of England and Britain's finance ministry said they would continue preparatory work following a public consultation which drew 50,000 responses, many raising privacy concerns.

"No final decision has been made to pursue a digital pound - also called a central bank digital currency," the BoE and finance ministry said in a joint statement.

"The Bank and HM Treasury have progressed to the design phase of work on a digital pound and expect to decide whether to proceed to the build phase around the middle of the decade."

Other central banks, including the European Central Bank and the U.S. Federal Reserve, are also wrestling with privacy issues.

The European Union's legislation for underpinning a digital euro has been slowed by privacy concerns, prompting the bloc's financial services chief Mairead McGuinness to say last year that it was not a "Big Brother project".

Britain says a digital pound would be private but not anonymous, unlike physical cash.

As with existing bank accounts and credit card payments, authorities would be able to track transactions they suspect involve money laundering or finance terrorism.

"A digital pound would not replace cash, so the public would continue to have

**"A digital pound would not replace cash, so the public would continue to have access to an anonymous payment option," the BoE and government said in their response to the consultation.**

Prime Minister Rishi Sunak was an early supporter of the idea, calling on the BoE to start work on the project in 2021 when he was finance minister.

However, even if the project does get a go-ahead, it is unlikely to be operational until near the end of the decade.

Under the proposals, Britons would be able to hold electronic pounds - with the same value as physical cash - up to a limit of 10,000 to 20,000 pounds (\$12,700-\$25,400). Like cash, the money would not pay interest.

Banks had lobbied for a lower limit of 3,000 to 5,000 pounds, fearing the project could lead to an outflow of money from standard bank accounts.

Last month, British lawmakers said the case for digital cash had not been made.

access to an anonymous payment option," the BoE and government said in their response to the consultation.

The use of physical cash is dwindling in Britain and the BoE has said a state-backed digital option could provide alternatives to existing bank payments or separate payment systems which large technology companies might develop.

Legislation would be put in place to ensure privacy following further consultation if the project goes ahead, the government said, adding it also planned further public consultations.

The digital currency would not allow the government to program it in a way which blocked holders from making certain transactions, a concern of some privacy advocates.



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

### ABOUT THE PERFUMES

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

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

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

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

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

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

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

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# Menopause and insomnia

## Tips on how to manage it effectively according to a nutritionist

Sleep disturbances, particularly insomnia, are a widespread issue, affecting a significant portion of the population, especially postmenopausal women.

The National Institutes of Health reveals that sleep disturbances vary greatly across different life stages, ranging from 16 to 42 per cent before menopause, 39 to 47 per cent during perimenopause, and a staggering 35 to 60 per cent after menopause.

Insomnia, a serious medical condition characterised by difficulty in either falling or staying asleep, can have profound negative impacts on an individual's life.

Around menopause, hormonal changes can disrupt sleep patterns due to altered sleep requirements, increased irritability, and hot flashes.

Recent research has begun to uncover the potential link between the dietary habits of menopausal women and their risk of developing insomnia. This exploration into dietary patterns was conducted on over 50,000 postmenopausal women (average age 63), who were part of the Women's Health Initiative study between 1994 and 2001.

Researchers assessed their carbohydrate intake in various forms: glycemic index (GI) and glycemic load (GL), amounts of added sugars, starch, total carbohydrates, dietary fibre, and specific carbohydrate-rich foods like whole grains, processed grains, whole fruits, vegetables, and dairy products.

Over a follow-up period of three years, they observed the participants' risk of developing insomnia.

The findings were revealing. Women who consumed diets higher in GI, as well as those with increased intake of added sugars (including white and brown sugar, syrups, honey, and molasses), showed a higher risk of developing insomnia. Conversely, a lower risk was observed in women who ate more whole fruits and vegetables.

Continued on page 34

■ Our sleeping habits have changed drastically over the years





# Menopause and insomnia

Continued from page 33

Tips on how to manage it effectively according to a nutritionist

The researchers meticulously accounted for various potential confounding factors, including demographic (education, income, marital status), behavioural (smoking, alcohol, caffeine intake, physical activity), psychosocial (stress, social connections), and medical (body mass index, various medical diagnoses, hormone therapy, snoring) aspects.

Understanding the glycemic index is crucial here. GI is a scale ranking foods from 0 to 100 based on their effect on blood sugar levels post-consumption.

High-GI foods, which are rapidly digested and metabolised, causing blood sugar and insulin spikes, include processed grains (bread, pasta, baked goods, white rice) and foods with added sugars (sugary drinks, sweets).

Low-GI foods, which do not cause significant blood sugar and insulin spikes, include most fruits and vegetables, legumes, beans, nuts, seeds, and whole grains.

Researchers hypothesise that high-GI foods may induce insomnia due to the rapid spike and subsequent crash in blood sugar levels.

The link between nutrition and various health aspects, including sleep, is well-established. Diet quality correlates with the risk of heart disease, strokes, dementia, depression, and cancer.

This recent study adds to the growing body of evidence suggesting that diet can also influence the risk of specific sleep problems. So, how can postmenopausal women utilise these findings to improve their sleep and overall health?



Eating a low GI diet is key

Beyond practicing good sleep hygiene, here are some dietary strategies:

**Low-GI Food**  
Focus on consuming fruits, vegetables, beans, legumes, nuts, seeds, whole grains, and lean proteins instead of processed grains and added sugars. For example, choose plain yogurt with berries and nuts for breakfast over cereal or bagels; opt for a dinner of roasted vegetables and

grilled salmon instead of pasta and meatballs.

**Avoid Large Meals Before Bedtime**  
Aim to have your last large meal at least three to four hours before going to bed. This prevents going to bed with a full stomach, which can disrupt sleep.

**Choose Healthy, Light Bedtime Snacks**  
If you need a snack closer to bedtime, avoid sugars and processed grains. Opt for balanced, plant-based options like sliced apple with almond butter, blueberries with nut milk, or hummus with carrots.



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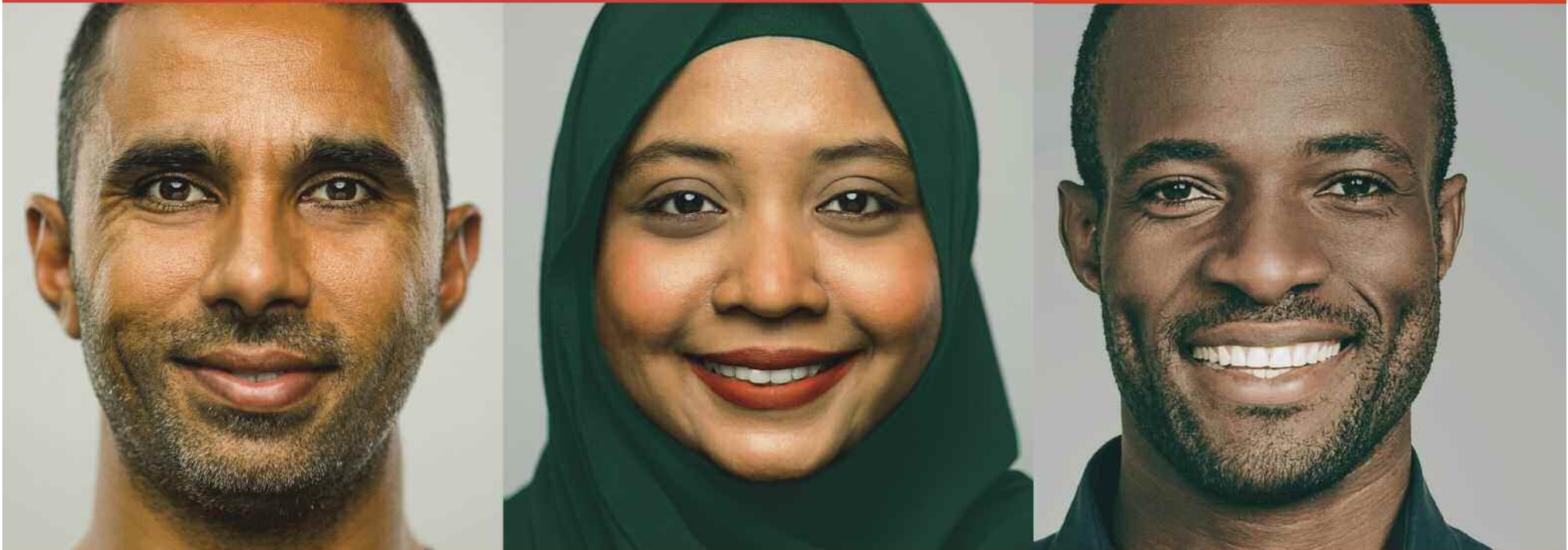
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# Benefits of implementing Pilates into your weekly routine

**With the new year in full swing, interest in the latest fitness trends has risen drastically, and with many wanting to get fit this New Year, fitness enthusiasts are now scouring the internet for the best workout routines to follow.**

Online searches for Pilates are currently at the highest they have been in five years, proving just how keen people are to start the New Year off on the right foot and learn more about the benefits of Pilates exercises and how they affect the body.

Luckily, experts at mirafit.com have put together a know-all guide to Pilates, sharing industry

knowledge on its benefits, who it is ideal for and how it can aid you in maintaining your fitness goals this new year.

A spokesperson from Mirafit commented: "Pilates is an excellent form of exercise that will help you tone your body, keep you in tune with your muscles, and significantly improve your posture."

"Pilates could be the perfect way to help introduce fitness into your daily or weekly routines, so it is worth trying either alongside your other workout routines or solely on its own."



## What is Pilates?

Pilates is a holistic workout focusing on both alignment and posture, as well as breath work. It is a great abdominal workout but also helps to strengthen and tone the glutes, lower back and hips.

## What are the benefits of Pilates?

There are many benefits to a Pilates workout; these include:

- Helps align posture: Prevents hunching in the back by engaging core muscles, back and pelvic floor, allowing complete relaxation in the upper parts of the body, such as the neck and shoulders. It works to take away the pressure on your hips, which, therefore, improves your posture. Overall, this workout will get the parts of your body that hold your spine in the correct alignment to stay straight and improve posture.
- Gives more definition: Although Pilates does not help gain muscle, it can work the muscles through

dynamic stretching to tone and define the body.

- Practices mindfulness: Pilates encourages your body's limits and can be a great form of motivation. The breathwork needed to execute many of the exercises correctly is tough but very rewarding, leaving you in touch with your body whilst building strength.

- Improved balance, mobility and stability: Through Pilates, your body gets to work all the areas which might be tight by opening them up. This benefits those who work long hours sitting at a desk or hunched over.

## How to start Pilates

There are so many options out there for local classes, online classes, courses, and videos, which is why it is important to go for the option that makes you feel the most comfortable and where you can put your all into the class without

distractions.

## Take part in local classes

Classes are a great way to get instant help regarding form, technique and motivation.

## Online

If you prefer to workout in your own space, then this is the option for you. In fact, online searches for '28 day wall Pilates challenge free' skyrocketed just days into 2024 by 315%, proving just how keen people are to get focused on a challenge that requires not taking part in a class.

This is also a great option if you would still like to go to the gym but follow an online guide on your phone without being in front of an instructor.

## Follow videos and guides online

There are plenty of paid-for and free guides and videos online which

will help you delve into the world of Pilates. These can be a fabulous way to introduce yourself to the Pilates world without taking a trip down to the gym and can be a slightly cheaper option than paying for a local class.

## How often should you do Pilates?

If you want to see significant changes to your body with purely Pilates workouts, you should practice it at least three to four times per week. Rest days in between will allow your body to recover, adapt and gain strength. You can increase the number of exercises and time you do in these workouts as you get stronger.

If you are just starting or want to see a little difference alongside your other workout routines, committing to a 20-minute Pilates workout daily will make you fit and toned in no time!



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Yorkshire-based cake manufacturer Love Handmade Cakes has been acquired by Regal Food Products Group Plc for an undisclosed sum. The acquisition comes just 24 months after the Regal group snapped up premium desserts manufacturer, Just Desserts Yorkshire.

Established in 2004 in Leeds, West Yorkshire, Love Handmade Cakes (formerly Exquisite Handmade Cakes) specialise in baking a range of over 100 cakes, traybakes, individual cake bars and muffins for food service wholesalers, coffee shops, distributors, and other food service outlets.

The acquisition is set to boost and compliment Regal's portfolio of bakery brands, including Regal Bakery, Yorkshire Baking Company, Just Desserts Yorkshire, and The Cake Emporium, whilst providing opportunities for expansion, development and growth in the food service area of the business and its new desserts division.

Younis Chaudhry, CEO of Regal Food Products Group plc comments: "Long-term growth through acquisition is integral to the group and our family of brands, putting us in a position where we can offer our customers a solid mix of quality bakery products for both food service and retail.

"Love Handmade Cakes brings us new opportunities to develop and introduce a new range of products, including individually wrapped flapjacks, wrapped cake bars, muffins and other "countertop" favourites.

"Servicing customers on all business levels remains a key focus of ours and the acquisition bring us the ability to further reinforce this.

"We pride ourselves on quality and with appetites growing rapidly for our dessert ranges, we are excited to be moving into the next chapter with Love Handmade Cakes."

Regal Food Products Group plc have confirmed Love Handmade Cakes will continue to operate as an independent business whilst benefiting from the group's resources and investments.

# Regal Foods flexes appetite for further growth with Love Handmade Cakes acquisition



New look savoury packs launched ahead of Ramadan

Regal Snacks has launched a range of South Asian savoury snacks into Asda stores ahead of Ramadan, following on from a rebrand aiming to make the range more appealing to a wider audience.

The South-Asian savoury snack packs (300g) are set to land in selected Asda stores next week (w/c 8 Jan 24) and feature classics such as Bombay Mix, Hot Bombay Mix and Balti Mix, as well those more traditional snacks such as Flakery Mix, Boondi and Traditional Mix. The new range will initially be available on the world food aisle as part of Asda's Ramadan offer.

A rebrand has also been rolled out to coincide with

the launch of the savoury packs with the aim of reaching out to new consumers covering a wider demographic.

Araimn Cleland, Sales Director of Regal Food Products Group comments: "Using a darker theme overlayed with splashes of bold colour and pattern, the new packaging really showcases our delicious savoury range capturing the essence of world foods and the mouthwatering flavours it brings.

"The new design has been created with the aim of making classic snacks such as a Bombay Mix more accessible to a wider audience, not just throughout the month of Ramadan but beyond."



Just Desserts Yorkshire Sweetens Traybake Range with Fully Loaded Brownies

Just Desserts Yorkshire has today unveiled a new range of loaded brownies that will join its portfolio of over 130 handcrafted desserts.

Offering a chunk of pure chocolate heaven, the loaded brownie traybakes including Loaded Oreo Brownie, Loaded Caramelised Biscuit Brownie and Loaded Malteser Brownie, will join their existing range of classic traybake favourites.

Loaded Oreo Brownie - A Rich chocolate brownie topped with sweet cookies and crème buttercream, finished with crushed Oreos. Quantity: 1 x 12

Loaded Caramelised Biscuit

Brownie - Classic chocolate brownie topped with Lotus flavoured buttercream and crushed lotus biscuit. Quantity: 1 x 12

Loaded Malteser Brownie - Indulgent chocolate brownie topped with soft fudge icing, Maltesers and a sprinkle of white chocolate blossom. Quantity: 1 x 12

The new product development will be available to food services and hospitality outlets from this week.

£17.80-£18.50 per tray. RSP £2.50 per piece.

Visit: just-desserts.co.uk for more info.



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# GLITZ

## Entertainment

THE **LATEST ENTERTAINMENT** AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD



## Zayn Malik sings in Urdu!

**Bradford-born heartthrob collaborates with emerging South Asian stars on new single 'Tu hai Kahan'**

South Asia has quickly become one of the most exciting musical landscapes in the world, with new stars in the making thanks to a massive, passionate audience in the market and throughout diaspora communities.

As a result, the region has become a hotbed for new global hits. The runaway success of Pakistani trio AUR and their hit single 'Tu Hai Kahan' is testament to the huge potential for new talent emerging from the region.

This record is the first ever collaboration for Zayn with a South Asian artist.

The track marries the band's poetic lyricism with Zayn's vocals as he effortlessly delivers the song's chorus in Urdu/Hindi.

The record marks Zayn's deeply personal and first entrance into the world of South Asian music and its release.

AUR's original version of 'Tu hai kahan' is a big hit in South Asia, amassing hundreds of millions of streams and reaching #1 on the Spotify India, Pakistan and Global Viral charts.

The song is out now in the UK

in conjunction with a new music video that takes fans into the parallel worlds of both artists and gives rare insights into Zayn's process at his home studio as well as an intimate view of AUR's life in the heart of Karachi, Pakistan.

AUR - consisting of Ahad, Usama, and Raffey - shared their excitement about the release, and comment: "We are super excited for this collaboration as it shows that music has no boundaries."

"'Tu hai kahan' is such a special song to us and it's hard to describe how amazed we were when we first heard Zayn's voice on the track. We're taking Pakistani music global, and we can't wait for the world to vibe to our music."

Zayn says: "I was incredibly humbled when AUR reached out and asked me to collaborate on their song 'Tu Hai Kahan'."

"I love the song and have brought some of myself to it, I hope people love what we've done."

You can listen to 'Tu hai kahan (feat. ZAYN)' now on all major streaming platforms.



**Audience voting behaviour slammed  
for the television show 'Strictly  
Come Dancing'**



**Reality TV's  
blatant  
racism  
problem**



**Ethnic minorities are unfairly assigned to the dance-off in Strictly Come Dancing, says Professor Keon West.**

Now in its 21st series, Strictly Come Dancing is a staple in the TV calendar and one of the UK's most popular, and most diverse, shows. Yet its role has sparked fierce public debate.

The voting audience of Strictly Come Dancing regularly gives lower votes to pairs made up of BAME participants than the programme's professional judges do.

Data analysis of the show, reveals that despite achieving the judge's approval, BAME contestants invariably have to fight for survival in more bottom two dance-off contests than their non-BAME competitors.

Professor Keon West from Goldsmiths, University of London's paper 'Being asked to dance: Evidence of racial bias in audience voting behaviour on the television show Strictly Come Dancing' analysed data from the 2012 to 2021 series and found that the contestants most likely to be assigned to repeated dance-offs were racial minority celebrities who were paired with racial minority professional dancers and achieved high scores from the judges.

Professor West quantitatively analysed data from Seasons 10 (the one in which the dance-off was reinstated) to Season 19 of Strictly Come Dancing. The analyses looked at all the couples' appearances in the dance-off (the awful fate befalling the two least popular dancers) while taking into account their ethnicities and the scores they received from the judges.

The results were clear.

Professor West found that "the contestants who were most frequently assigned to the dance-off were racial minority celebrities coupled with racial minority professional dancers who obtained relatively high scores from the judges".

In other words, both professional dancers and celebrity contestants were penalised for their ethnic minority status, and this penalty was worse, not better if they danced well. The viewing public simply appeared to be less willing to vote for ethnic minorities.

Despite acknowledging that "the diversity on Strictly Come Dancing is a good thing", Professor West also cautioned that "diversity alone is not sufficient", and warned that "viewers who regularly see racial minorities excluded or rejected, even despite evidence of superior skill in a relevant domain, may come to see this treatment of racial minorities as normal or acceptable."

# FIGHTER

## An invincible tale of glory, thrill and bravery in Bollywood's biggest aerial action film



The anticipation reaches new heights as the much-awaited trailer for India's Biggest Aerial Action film, 'Fighter' has just taken off!

Featuring a compelling script and a stellar cast, including Hrithik Roshan, Deepika Padukone, and Anil Kapoor's powerhouse performances, 'Fighter' trailer takes the audience on an epic journey with the elite unit of the Indian Air Force - the Air Dragons.

Helmed by blockbuster director Siddharth Anand and presented by Viacom18 Studios in association with Marflix Pictures, 'Fighter' is set to redefine cinematic excellence with a thrilling combination of adrenaline-pumping action sequences along with the spirit of patriotism, offering a perfect blend of entertainment and emotion.

The movie follows squad members as they embark on a mission to safeguard India's skies and the nation by confronting looming threats. The trailer beautifully encapsulates the camaraderie, courage, and sacrifice of these heroes, making 'Fighter' a must-watch for everyone across generations.

Get ready to witness a journey of courage, sacrifice, and triumph, as 'Fighter' soars to new heights of cinematic excellence. 'Fighter' releases in cinemas and IMAX 3D on 25th January.

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

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

## What's the title of Bollywood's biggest ever aerial action film?

Send in your answers to [my.competition@asianexpress.co.uk](mailto:my.competition@asianexpress.co.uk). Don't forget to mention your full name, contact details and address. Entry closes **10pm, 31st January 2024**. Winners will be selected randomly from all correct entries.

Hook on to this page for free cinema tickets to upcoming films.

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



# WHAT'S ON

in  
cinemas  
this  
month

## Mean Girls

**Release date:** 24/11/2023

**Starring:** Angourie Rice, Renée Rapp, Auli'i Cravalho, Jaquel Spivey, Avantika, Bebe Wood, Tina Fey

**Directors:** Samantha Jayne, Arturo Perez Jr.

**Genre:** Comedy/Musical

**Cert:** 12A

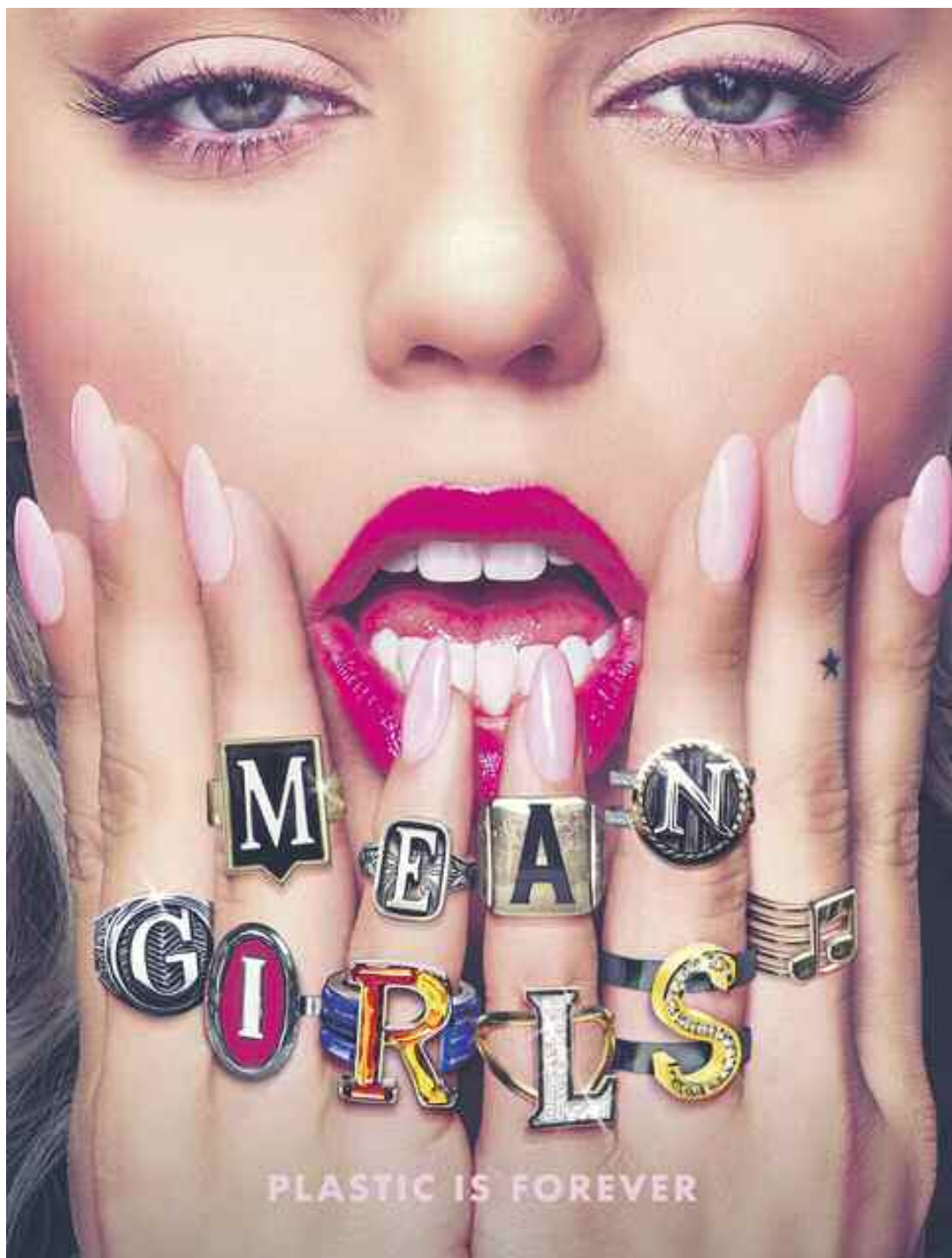
From the comedic mind of Tina Fey comes a new twist on the modern classic, Mean Girls.

New student Cady Heron (Angourie Rice) is welcomed into the top of the social food chain by the elite group of popular girls called "The Plastics," ruled by the conniving queen bee Regina George (Renée Rapp) and her minions Gretchen (Bebe Wood) and Karen (Avantika).

However, when Cady makes the

major misstep of falling for Regina's ex-boyfriend Aaron Samuels (Christopher Briney), she finds herself prey in Regina's crosshairs.

As Cady sets to take down the group's apex predator with the help of her outcast friends Janis (Auli'i Cravalho) and Damian (Jaquel Spivey), she must learn how to stay true to herself while navigating the most cutthroat jungle of all: high school.



## One Life

**Release date:** 1/1/2024

**Starring:** Romola Garai, Lena Olin, Marthe Keller, Jonathan Pryce, Johnny Flynn, Helena Bonham Carter, Anthony Hopkins

**Director:** James Hawes

**Genre:** Biography/Drama/History

**Cert:** 12A

One Life tells the true story of Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued 669 predominantly Jewish children from the Nazis.

Nicky visited Prague in December 1938 and found families who had fled the rise of the Nazis in Germany and Austria, living in desperate conditions with little or no shelter and food, and under threat of Nazi invasion. He immediately realised it was a race against time. How many children could he and the team rescue before the borders closed?

Fifty years later, it's 1988 and Nicky lives haunted by the fate of the children he wasn't able to bring to safety in England; always blaming himself for not doing more. It's not until a live BBC television show, 'That's Life', surprises him by introducing him to some surviving children – now adults – that he finally begins to come to terms with the guilt and grief he had carried for five decades.



## Poor Things

**Release date:** 12/1/2023

**Starring:** Margaret Qualley, Jerrod Carmichael, Willem Dafoe, Emma Stone, Mark Ruffalo

**Director:** Yorgos Lanthimos

**Genre:** Romance/Sci-Fi  
**Cert:** 18

From filmmaker Yorgos Lanthimos and producer Emma Stone comes the incredible tale and fantastical evolution of Bella Baxter (Stone), a young woman brought back to life by the brilliant and unorthodox scientist Dr. Godwin Baxter (Dafoe).







All of Us Strangers

Release date: 26/1/2024  
Starring: Jamie Bell, Claire Foy, Paul Mescal  
Director: Andrew Haigh  
Genre: Drama/Fantasy  
Cert: 15

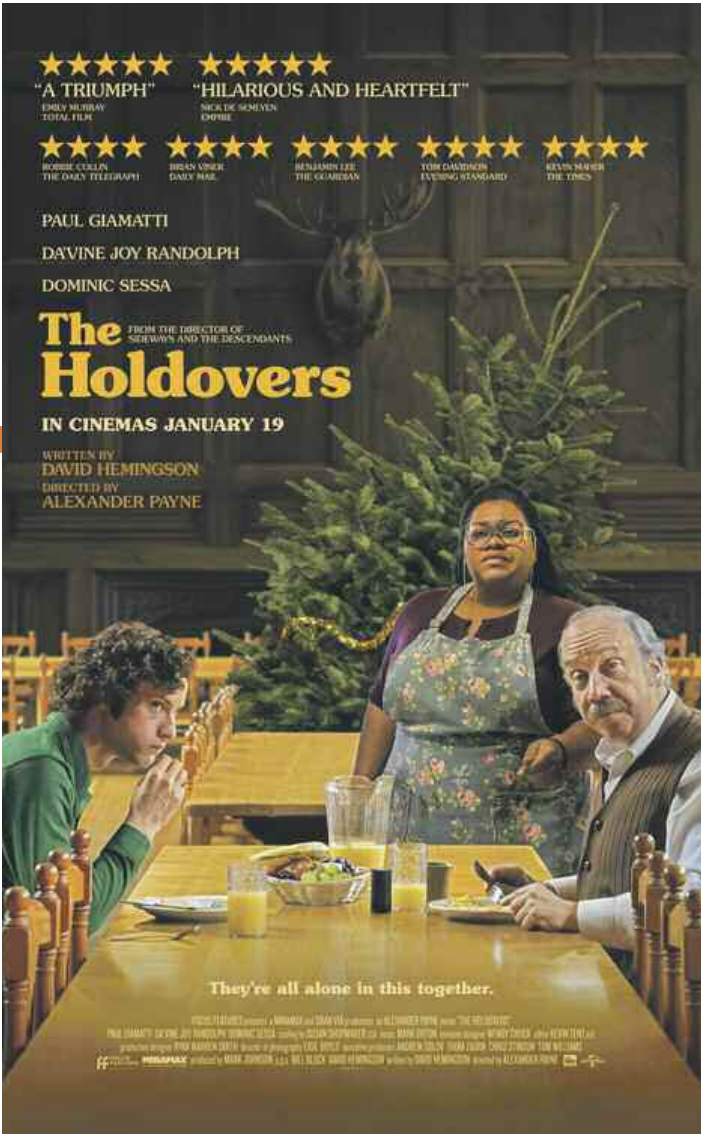
One night in his near-empty tower block in contemporary London, Adam (Andrew Scott) has a chance encounter with a mysterious neighbour Harry (Paul Mescal), which punctures the rhythm of his everyday life.

As a relationship develops between them, Adam is preoccupied with memories of the past and finds himself drawn back to the suburban town where he grew up, and the childhood home where his parents (Claire Foy and Jamie Bell), appear to be living, just as they were on the day they died, 30 years before.

The Holdovers

Release date: 19/1/2024  
Starring: Da'Vine Joy Randolph, Dominic Sessa, Paul Giamatti  
Director: Alexander Payne  
Genre: Comedy/Drama  
Cert: 15

From acclaimed director Alexander Payne, The Holdovers follows a curmudgeonly instructor (Paul Giamatti) at a New England prep school who is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go. Eventually he forms an unlikely bond with one of them -- a damaged, brainy troublemaker (newcomer Dominic Sessa) -- and with the school's head cook, who has just lost a son in Vietnam (Da'Vine Joy Randolph).



Baghead

Release date: 26/1/2024  
Starring: Peter Mullan, Saffron Burrows, Jeremy Irvine, Svenja Jung, Ruby Barker, Julika Jenkins, Ned Dennehy  
Director: Alberto Corredor  
Genre: Horror  
Cert: 15

Following the death of her estranged father (Peter Mullan), Iris (Freya Allan) learns she has inherited a run-down, centuries-old pub.

She travels to Berlin to identify her father's body and meet with The Solicitor (Ned Dennehy) to discuss the estate. Little does she know, when the deed is signed she will become inextricably tied to an unspeakable entity that resides in the pub's basement – Baghead – a shape-shifting creature that can transform into the dead.

Two thousand in cash for two minutes with the creature is all it takes for desperate loved ones to ease their grief. Neil (Jeremy Irvine), who has lost his wife, is Iris' first customer.

Like her father, Iris is tempted to exploit the creature's powers and help desperate people for a price. But she soon discovers breaking the two-minute rule can have terrifying consequences. Together with her best friend Katie (Ruby Barker), Iris must battle to keep control of Baghead and figure out how to destroy her, before she destroys them.







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## Express



The forthcoming new Renault 5 has been voted Readers' Choice in the What Car? Car of the Year Awards 2024, while the Renault Clio claimed the title of Best Small Car thanks to its engaging road manners and excellent value for money.

Readers of the long-established magazine and website were asked to vote for the car they were most excited to see in showrooms in 2024 and, from a shortlist of 14 contenders, the all-electric Renault 5 was a run-away winner.

"The Renault 5 already has a What Car? trophy to its name, having won the Readers' Choice poll at our Electric Car Awards a few months back," said Steve Huntingford, Editor, What Car? "Repeating that feat at our Car of the Year Awards is no small achievement, but in the final tally, the 5 collected almost twice as many votes as our second-place contender."

**Continued on page 49**



# Renault wins Readers' Choice and Small Car of the Year titles at What Car? Car of the Year Awards

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# Record figures

## Audi UK cements position as number one premium brand

**Audi UK ended 2023 as the UK's number one premium car brand - the third consecutive year the brand has achieved this feat.**

A total of 137,489 new vehicle sales placed the brand third overall in the new car charts with a market share of 7.22 per cent - a record figure for Audi UK.

Growing customer interest in the brand's line-up of battery electric vehicles (BEV) was key to Audi UK's 2023 sales success.

Against a market which saw new BEV registrations rise by 17.8 per cent year-on-year, Audi UK charged ahead with an 85 per cent increase over the same period with 24,733 new BEVs reaching customers.

The Audi Q4 e-tron was the UK's third most popular BEV in 2023. By the same token, the brand's plug-in hybrid registrations increased 99 per cent over the same period to a total of 11,431.

Andrew Doyle, Director Audi UK said: "As we cross the threshold into 2024, we'll do so, once again, as the UK's best-selling premium brand, having secured our strongest-ever market share and a 22 per cent uplift in new cars sales year-on-year."

"Appetite for our expanding line-up of battery electric vehicles is growing at pace thanks to enhancements to our compact Q4 e-tron and new and improved Q8 e-tron model

line-ups. Throughout 2024 our electric vehicle portfolio will continue to expand with the all-new Q6 e-tron and A6 e-tron models, which will set new benchmarks for fully electric, premium mobility."

The strength and breadth of the brand's model range were other factors in last year's sales success. The Audi A3 line-up, a long-standing member of the Audi portfolio, secured a position in the UK's top 10 best-selling models in 2023.

Rising interest in the brand's BEVs was evident in the fact that 16,743 examples of the Q4 e-tron model range were sold in 2023, positioning it not only as Audi UK's number one BEV, but also the brand's third most popular model range outright.

SUVs remain the backbone of Audi's model portfolio, as evidenced by the compact Audi Q2 and family-favourite Audi Q3 model ranges taking fourth and fifth places respectively in Audi UK's best-sellers list.

The turn of the year marks the beginning of the largest model initiative in Audi's history. It starts with the eagerly anticipated Audi Q6 e-tron, which will make its official debut later this year. The first model from the brand to be based on the all-new Premium Platform Electric (PPE) will redefine the industry's benchmarks in terms of performance, range, and charging.





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# Renault wins **Readers' Choice** and **Small Car of the Year** titles at What Car? Car of the Year Awards

## Continued from page 47

The new Renault 5 E-Tech electric, set for launch later this year, takes its styling cues from the original and brings them up to date for a contemporary silhouette. The extended rear wheel arches and daytime running lights – both

echoing the sporting look of the Renault 5 Turbo – hint at the new model's playful side, while a modern approach is evident in the choice of finishes and materials, matched by its all-electric powertrain.

The latest generation Renault Clio, which was revealed last year, drew praise for its responsive steering, large and practical boot

space, and excellent value for money, with What Car?'s judges describing the five-door hatchback as “fun to drive” before commenting that “even with all of its great qualities, the Clio beats most rivals on price.”

Offered with a choice of powertrains, including an innovative full hybrid, the new Renault Clio

offers bold, fresh styling and a cutting-edge digital experience. The generously-equipped three-model range, crowned by a new range-topping esprit Alpine trim, starts at only £17,795 OTR.

Guillaume Sicard, Country Head UK & Managing Director Renault Brand UK, said: “The new Renault 5 has accumulated an enviable array

of awards before even going on sale, such is the anticipation customers have for our latest all-electric model. The Clio, meanwhile, set in motion a long-running love affair that spanned the generations, yet still draws admirers today and, as this award proves, continues to be the benchmark in its highly competitive class.”



## The vehicle repair hack which could save you **£100s** at the MoT centre

Drivers often cough up hundreds of pounds solving issues with their car after a failed MoT test – but thousands of savvy motorists are steering clear of hefty bills at the garage by using at-home diagnostic tools to scan their car for common faults that often lead to MoT failures.

That's according to vehicle diagnostic experts, OBDeleven, that discovered that the most common reasons for MoT failures, cited by the Driver and Vehicle Standards Agency (DVSA), are also among the most frequently detected issues identified by drivers using its pocket-sized diagnostic tool.

Data obtained from the DVSA

reveals that the most common MoT faults are defective lamps, reflectors and electrical equipment, accounting for one-in-four (26 per cent) of all defects spotted in 2022 to 2023.

However, last year, smart-thinking motorists used a simple plug-in tool to spot issues with their car's supply voltage on over 137,000 occasions in just a three-month period. Meanwhile, licence plate lamp and headlamp bulb issues were identified by drivers on over 12,000 and 10,000 occasions, respectively.

Also, among the five most prevalent faults during MoT tests are issues with brakes, totalling 16 per cent of issues, and tyres, which make up 12

per cent of MoT faults.

However, in 2023 there were over 21,000 instances of OBDeleven users pinpointing problems with their brake control modules, as well as over nearly 28,000 issues flagged with tyre pressure.

Juozapas Preikša, product specialist at OBDeleven, commented: “Over one-in-four vehicles fail to pass a MoT test in the UK, so it's little wonder that test days are often a daunting prospect for drivers.

“However, motorists can be proactive in easing these concerns by scanning their vehicles for faults, at home, in advance of taking their vehicle to the garage.

“This equips drivers with

knowledge about their car which they would not previously have access to, and offers them the opportunity to conduct DIY repairs, should they feel confident doing so, or at least they can go to a garage armed with the information about the current status of their car.”

OBDeleven is a manufacturer-licensed Bluetooth diagnostics tool created for drivers to easily scan car computers, diagnose different faults, customise features, and program vehicles with just a smartphone. OBDeleven connects to your car's OBD2 port and phone via the OBDeleven mobile apps. For more information visit [www.obdeleven.com](http://www.obdeleven.com)





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<b>A2SSM</b> £1,499 ONO TEL: 07875 337 224	<b>ANII JAM</b> £5,000 TEL: 01274 414141 MON - FRI: 9-5-30	<b>ASKI</b> £70,000+ TEL: 07854 012 093	<b>BKIIMAR</b> £15,000 (B KUMAR) TEL: 07985 455 057	<b>DSIIAUN</b> £15,000 (D SHAUN) TEL: 07904 018 063	<b>F17 STX</b> £2,999 ONO TEL: 07779 324 610	<b>HOSSAYN</b> £8,895 ONO TEL: 07779 324 610	<b>JA55BYR</b> £8,895 TEL: 07779 324 610	<b>KVIIJAY</b> £10,000 (K VIJAY) TEL: 07985 455 057	<b>MA55 UDD</b> £4,000 TEL: 07588 326 444	<b>MSIISAN</b> £7,500 (M SUSAN) TEL: 07985 455 057	<b>NSIISAN</b> £7,500 (N SUSAN) TEL: 07985 455 057	<b>PKIINGS</b> £14,000 (P KINGS) TEL: 07985 455 057	<b>SII ETK</b> OFFERS (SHEIKH) TEL: 07815 114 201
<b>A212 JAN</b> OFFERS OVER £5,000 TEL: 07817 615 022	<b>ANII SAR</b> £2,500 TEL: 01274 414141 MON - FRI: 9-5-30	<b>ATTA4H</b> £8,000 ONO (NO WITHHELD No) TEL: 07786 424 251	<b>BSIIAUN</b> £15,000 (B SHAUN) TEL: 07985 455 057	<b>DSIIAUN</b> £15,000 (D SHAUN) TEL: 07985 455 057	<b>F44EEM</b> £4,500 TEL: 07825 040 037	<b>HOIIVER</b> £7,500 (H OLIVER) TEL: 07985 455 057	<b>JAV333D</b> £8,895 TEL: 07779 324 610	<b>KYIISAF</b> £10,000 (K VIJAY) TEL: 07985 455 057	<b>MA55 UMM</b> £2,200 TEL: 07588 326 444	<b>MUIIAND</b> £10,000 (MOHAMMAD) TEL: 07867 886 786	<b>NUII ZAT</b> £1,500 TEL: 01274 414141 MON - FRI: 9-5-30	<b>PMIILES</b> £7,500 (P MILES) TEL: 07985 455 057	<b>SII LYN</b> £5,000 TEL: 07900 895 552
<b>AAII LAM</b> £1,500 TEL: 01274 414141 MON - FRI: 9-5-30	<b>ANII SER</b> £5,000 TEL: 01274 414141 MON - FRI: 9-5-30	<b>AVIIJAY</b> £10,000 (A VIJAY) TEL: 07985 455 057	<b>BT55MLA</b> £1,500 ONO (BISMAILA) TEL: 07971 732 789	<b>DVIIJAY</b> £10,000 (D VIJAY) TEL: 07985 455 057	<b>F44TMA</b> £7,500 TEL: 07825 040 037	<b>EREASONABLE OFFERS</b> TEL: 07525 927 144	<b>HII RAA</b> £5,500 TEL: 07867 861 193	<b>JYIISAF</b> £15,400 (K YUSAF) TEL: 07985 455 057	<b>M ALIIS</b> OFFERS TEL: 07787 334 567	<b>MUII SAH</b> £1,500 TEL: 01274 414141 MON - FRI: 9-5-30	<b>NVIIJAY</b> £10,000 (N VIJAY) TEL: 07985 455 057	<b>PSIISAN</b> £7,500 (P SUSAN) TEL: 07985 455 057	<b>SII OHL</b> OFFERS TEL: 07545 218 365
<b>AAIIMAD</b> £15,000 (A AHMAD) TEL: 07985 455 057	<b>AN544R N</b> £1,500 ONO (ANSAAR) TEL: 07946 162 099	<b>ANS55OM</b> £10,000 (AWESOME) TEL: 07985 254 294	<b>BUS5TEO</b> £5,000 ONO (BUSTED) TEL: 07985 455 057	<b>DYIISAF</b> £15,400 (D YUSAF) TEL: 07985 455 057	<b>FAI IRYD</b> £1,000 TEL: 01274 414141 MON - FRI: 9-5-30	<b>FAIISHA</b> £950 ONO TEL: 07968 642 402	<b>HAIEEX</b> £12,000 (HAILEE X) TEL: 07985 455 057	<b>JEIIOUS</b> £2,000 TEL: 07588 615 234	<b>KY55 HAN</b> £3,800 TEL: 07588 326 444	<b>MAR20F</b> £4,000 (M DAWOOD) TEL: 07428 657 147	<b>MVIAAM</b> £1,500 (MOHAMMAD) TEL: 07867 886 786	<b>NYIISAF</b> £15,400 (N YUSAF) TEL: 07985 455 057	<b>SIIRGL</b> £7,919 538 618
<b>AAIIYAA</b> £20,000 (AALIYAA) TEL: 07985 455 057	<b>AN55AR K</b> £1,000 TEL: 07983 480 777	<b>AYIINUS</b> £9,500 (A YUNUS) TEL: 07985 455 057	<b>BVIJAY</b> £10,000 (B VIJAY) TEL: 07985 455 057	<b>DYIISUF</b> £15,000 (D YUSUF) TEL: 07985 455 057	<b>FAIISHA</b>								



<div>GB</div> <div>SH04 BEK</div> <div>£1,995 ONO TEL: 07764 656 667</div> <div>OFFERS T: 07754 852 402 no withheld numbers</div>	<div>GB</div> <div>SHA2D</div> <div>£25,000 TEL: 07867 861 193</div>	<div>GB</div> <div>TAIHAS</div> <div>£3,000 ONO (TALHA) TEL: 07946 162 099</div>	<div>GB</div> <div>TVIJAY</div> <div>£10,000 (T VIJAY) TEL: 07985 455 057</div>	<div>GB</div> <div>VY55 HAL</div> <div>£3,500 TEL: 07588 326 444</div>	<div>GB</div> <div>WDIIEEP</div> <div>£7,000 (W DILEEP) TEL: 07985 455 057</div>	<div>GB</div> <div>XX 56XY XX</div> <div>£8,000 ONO TEL: 07908 472 121</div>
<div>GB</div> <div>SHIOAEB</div> <div>£2,000 TEL: 07754 852 402 MON - FRI: 9-5-30</div> <div>OFFERS T: 07754 852 402 no withheld numbers</div>	<div>GB</div> <div>SOII BYA</div> <div>£2,000 TEL: 01274 414141 MON - FRI: 9-5-30</div>	<div>GB</div> <div>TAIIMAD</div> <div>£10,000 (T AHMAD) TEL: 07985 455 057</div>	<div>GB</div> <div>TYIISAF</div> <div>£15,400 (T YUSAF) TEL: 07985 455 057</div>	<div>GB</div> <div>VY55 HNU</div> <div>£3,500 TEL: 07588 326 444</div>	<div>GB</div> <div>WGIPTA</div> <div>£6,995 (W GUPTA) TEL: 07985 455 057</div>	<div>GB</div> <div>XYIISAF</div> <div>£15,400 (X YUSAF) TEL: 07985 455 057</div>
<div>GB</div> <div>SHIOABY</div> <div>£4,000 ONO TEL: 07826 695 464</div>	<div>GB</div> <div>SPIIRTY</div> <div>£15,000 (SPORTY) TEL: 07985 455 057</div>	<div>GB</div> <div>TAIIYRS</div> <div>£1,500 (TAHYRS) TEL: 07867 886 786</div>	<div>GB</div> <div>TYIISUF</div> <div>£15,000 (T YUSUF) TEL: 07985 455 057</div>	<div>GB</div> <div>WIIIVER</div> <div>£6,500 (W OLIVER) TEL: 07985 455 057</div>	<div>GB</div> <div>WKIIMAR</div> <div>£15,000 (W KUMAR) TEL: 07985 455 057</div>	<div>GB</div> <div>YIINES</div> <div>OFFERS (YOUNAS) TEL: 07834 016 393</div>
<div>GB</div> <div>SHIOKET</div> <div>OFFERS T: 07754 852 402 no withheld numbers</div>	<div>GB</div> <div>STIIGGG</div> <div>£20,000 ONO TEL: 07786 510 000</div>	<div>GB</div> <div>TAI3BYS</div> <div>£1,600 ONO TEL: 07557 387 547</div>	<div>GB</div> <div>UAIIMAD</div> <div>£10,000 (U AHMAD) TEL: 07985 455 057</div>	<div>GB</div> <div>W2I JAS</div> <div>£1,200 ONO TEL: 07925 757 677</div>	<div>GB</div> <div>WMIILES</div> <div>£7,500 (W MILES) TEL: 07985 455 057</div>	<div>GB</div> <div>YSIILMA</div> <div>£4,000 ONO (SALMA) TEL: 07969 598 969</div>
<div>GB</div> <div>SHIOKUT</div> <div>OFFERS T: 07754 852 402 no withheld numbers</div>	<div>GB</div> <div>SUR87IT</div> <div>£1,500 (SURBJIT) TEL: 07985 589 631</div>	<div>GB</div> <div>TA55LYM</div> <div>£4,895 ONO TEL: 07779 324 610</div>	<div>GB</div> <div>UDIIEEP</div> <div>£7,000 (U DILEEP) TEL: 07985 455 057</div>	<div>GB</div> <div>W33DDY</div> <div>£5,000 ONO TEL: 07779 994 695</div>	<div>GB</div> <div>WSIISAN</div> <div>£7,500 (W SUSAN) TEL: 07985 455 057</div>	<div>GB</div> <div>Y55ANA</div> <div>OFFERS TEL: 07834 016 393</div>
<div>GB</div> <div>SHII AED</div> <div>£1,000 TEL: 01274 414141 MON - FRI: 9-5-30</div>	<div>GB</div> <div>SYIISAF</div> <div>£15,400 (S YUSAF) TEL: 07985 455 057</div>	<div>GB</div> <div>TA55TEE</div> <div>£5,000 T: 07740 784 983 privateplates@hotmail.co.uk</div>	<div>GB</div> <div>UKIIOED</div> <div>OFFERS TEL: 07522 199 997</div>	<div>GB</div> <div>W33DY K</div> <div>£5,000 ONO TEL: 07779 994 695</div>	<div>GB</div> <div>WYIISAF</div> <div>£15,400 (W YUSUF) TEL: 07985 455 057</div>	<div>GB</div> <div>Y9 ALT</div> <div>£30,000 TEL: 07525 817 453</div>
<div>GB</div> <div>SHII AFS</div> <div>£1,500 TEL: 01274 414141 MON - FRI: 9-5-30</div>	<div>GB</div> <div>SYIISUF</div> <div>£15,000 (S YUSUF) TEL: 07985 455 057</div>	<div>GB</div> <div>TA55TYE</div> <div>£5,000 T: 07740 784 983 privateplates@hotmail.co.uk</div>	<div>GB</div> <div>UMM444R</div> <div>£4,995 TEL: 07707 747 776</div>	<div>GB</div> <div>W33NTD</div> <div>£1,800 (WANTED) TEL: 01202 877 038</div>	<div>GB</div> <div>WYIISUF</div> <div>£15,000 (W YUSUF) TEL: 07985 455 057</div>	<div>GB</div> <div>YAIIMAD</div> <div>£10,000 (Y AHMAD) TEL: 07985 455 057</div>
<div>GB</div> <div>SHIIAHZ</div> <div>£6,000 TEL: 07921 576 971</div>	<div>GB</div> <div>TOYSR</div> <div>£15,000 ONO TEL: 07973 787 934</div>	<div>GB</div> <div>TAG7 ETS</div> <div>£6,000 ONO TEL: 07908 472 121</div>	<div>GB</div> <div>UYIISAF</div> <div>£15,400 (U YUSAF) TEL: 07985 455 057</div>	<div>GB</div> <div>W4JLD</div> <div>£1,995 TEL: 07954 389 874</div>	<div>GB</div> <div>X3 SINGS</div> <div>£3,500 (SINGHS) TEL: 07833 333 870</div>	<div>GB</div> <div>YAIYYAA</div> <div>£15,000 (YAYYAA) TEL: 07985 455 057</div>
<div>GB</div> <div>SHII ANY</div> <div>£2,000 TEL: 01274 414141 MON - FRI: 9-5-30</div>	<div>GB</div> <div>TIUUCS</div> <div>OFFERS TEL: 07581 169 231</div>	<div>GB</div> <div>TAHIR</div> <div>£100,000 (TAHIR) TEL: 07403 302 725</div>	<div>GB</div> <div>VOIIRAS</div> <div>£2,000 (VOHRA) TEL: 07867 886 786</div>	<div>GB</div> <div>W4KY R</div> <div>£10,000 TEL: 07786 615 234</div>	<div>GB</div> <div>X 7BY X</div> <div>£1,500 TEL: 07767 778 798</div>	<div>GB</div> <div>YEIICOM</div> <div>£48,000 (YELL COM) TEL: 07985 455 057</div>
<div>GB</div> <div>SHIIKEL</div> <div>£4,999 ONO (SHAKEL) TEL: 07863 845 709</div>	<div>GB</div> <div>TI4 REK</div> <div>OFFERS (TARIO) TEL: 07508 066 661</div>	<div>GB</div> <div>TBIATT</div> <div>£7,000 (T BHATT) TEL: 07985 455 057</div>	<div>GB</div> <div>VOIIVER</div> <div>£6,500 (V OLIVER) TEL: 07985 455 057</div>	<div>GB</div> <div>W4LYT</div> <div>£2,000 TEL: 07854 435 656</div>	<div>GB</div> <div>XAL IIX</div> <div>£15,000 TEL: 07733 244 444</div>	<div>GB</div> <div>YDIIEEP</div> <div>£7,000 (Y DILEEP) TEL: 07985 455 057</div>
<div>GB</div> <div>SHII OBY</div> <div>£1,000 TEL: 01274 414141 MON - FRI: 9-5-30</div>	<div>GB</div> <div>TI9 ARX</div> <div>OFFERS (TIGER X) TEL: 07837 780 981</div>	<div>GB</div> <div>TDIIEEP</div> <div>£7,000 (T DILEEP) TEL: 07985 455 057</div>	<div>GB</div> <div>V 4RFN</div> <div>£1,000 TEL: 07967 193 033</div>	<div>GB</div> <div>WAIIEEM</div> <div>£15,000 (WAIHEEM) TEL: 07985 455 057</div>	<div>GB</div> <div>X BAIG</div> <div>OFFERS TEL: 07947 979 777</div>	<div>GB</div> <div>YKIMAR</div> <div>£15,000 (Y KUMAR) TEL: 07985 455 057</div>
<div>GB</div> <div>SHIPER</div> <div>£15,000 (SHIPER) TEL: 07985 455 057</div>	<div>GB</div> <div>TILI 786</div> <div>£1,500 ONO TEL: 07974 179 156</div>	<div>GB</div> <div>TERIK</div> <div>£7,000 (T ERICK) TEL: 07739 413 606</div>	<div>GB</div> <div>V 44MJD</div> <div>£850 ONO TEL: 07803 012 253</div>	<div>GB</div> <div>WAIISHA</div> <div>£9,000 (W AISHA) TEL: 07985 455 057</div>	<div>GB</div> <div>X K04SER</div> <div>OFFERS TEL: 07811 146 312</div>	<div>GB</div> <div>YUIONES</div> <div>OFFERS T: 07754 852 402 no withheld numbers</div>
<div>GB</div> <div>SHIYLA</div> <div>£1,000,000 TEL: 07969 914 041</div>	<div>GB</div> <div>T44 RKK</div> <div>£2,200 ONO TEL: 07982 095 168</div>	<div>GB</div> <div>TJIDGE</div> <div>£15,500 (T JUDGE) TEL: 07985 455 057</div>	<div>GB</div> <div>VAIIMAD</div> <div>£10,000 (Y AHMAD) TEL: 07985 455 057</div>	<div>GB</div> <div>WAIITAD</div> <div>£10,000 (WANTED) TEL: 07778 881 126</div>	<div>GB</div> <div>X KIIAN X</div> <div>£2,700 TEL: 07786 087 155</div>	<div>GB</div> <div>YVIIJAY</div> <div>£10,000 (Y VIJAY) TEL: 07985 455 057</div>
<div>GB</div> <div>SHIZADH</div> <div>£3,000 ONO TEL: 07870 993 553</div>	<div>GB</div> <div>T444BYS</div> <div>£995 ONO TEL: 07886 606 431</div>	<div>GB</div> <div>TKINGS</div> <div>£14,000 (T KINGS) TEL: 07985 455 057</div>	<div>GB</div> <div>VBIATT</div> <div>£7,000 (Y BHATT) TEL: 07985 455 057</div>	<div>GB</div> <div>WAH330K</div> <div>£2,500 (WAHEED K) TEL: 07973 199 979</div>	<div>GB</div> <div>XKIIMAR</div> <div>£15,000 (X KUMAR) TEL: 07985 455 057</div>	<div>GB</div> <div>Y44SCR</div> <div>£2,500 ONO TEL: 07828 159 318</div>
<div>GB</div> <div>SHIZANH</div> <div>£3,000 ONO TEL: 07870 993 553</div>	<div>GB</div> <div>T8WHD</div> <div>£15,000 (TAWHEED) TEL: 07842 955 147</div>	<div>GB</div> <div>TMILES</div> <div>£7,500 (T MILES) TEL: 07985 455 057</div>	<div>GB</div> <div>VDIIEEP</div> <div>£7,000 (V DILEEP) TEL: 07985 455 057</div>	<div>GB</div> <div>RYIISUF</div> <div>£16,000 (R YUSUF) TEL: 07985 455 057</div>	<div>GB</div> <div>WMILES</div> <div>£7,500 (X MILES) TEL: 07985 455 057</div>	<div>GB</div> <div>YKIMAR</div> <div>£15,000 (Y KUMAR) TEL: 07985 455 057</div>
<div>GB</div> <div>SHI3 MLA</div> <div>£5,000+ (SHIMMLA) TEL: 07973 165 474</div>	<div>GB</div> <div>T9RYK</div> <div>OFFERS TEL: 07863 289 625</div>	<div>GB</div> <div>TRII HAD</div> <div>£2,500 TEL: 01274 414141 MON - FRI: 9-5-30</div>	<div>GB</div> <div>VSIIAN</div> <div>£7,500 (V SUSAN) TEL: 07985 455 057</div>	<div>GB</div> <div>WAJ33D</div> <div>£2,995 TEL: 07793 628 670</div>	<div>GB</div> <div>XSIISAKS</div> <div>£4,500 (X SHAKS) TEL: 07985 455 057</div>	<div>GB</div> <div>YKIMAR</div> <div>£15,000 (Y KUMAR) TEL: 07985 455 057</div>
<div>GB</div> <div>SH54ZHD</div> <div>£5,725 TEL: 07802 183 450</div>	<div>GB</div> <div>TAIIATS</div> <div>£1,500 (TALLAT) TEL: 07867 886 786</div>	<div>GB</div> <div>TSIISAN</div> <div>£7,500 (T SUSAN) TEL: 07985 455 057</div>	<div>GB</div> <div>VYIISAF</div> <div>£15,400 (Y YUSAF) TEL: 07985 455 057</div>	<div>GB</div> <div>WASIIF</div> <div>£1,000 TEL: 07867 861 193</div>	<div>GB</div> <div>XXIO MAR</div> <div>OFFERS TEL: 07828 473 771</div>	<div>GB</div> <div>YKIMAR</div> <div>£15,000 (Y KUMAR) TEL: 07985 455 057</div>
<div>GB</div> <div>5 NAS</div> <div>£30,000 TEL: 07764 176 854</div>	<div>GB</div> <div>CHIEFS</div> <div>£20,000 ONO TEL: 07786 615 234</div>	<div>GB</div> <div>PIINEM</div> <div>£2,995 ONO (PUNEM) TEL: 07305 700 800</div>				
<div>GB</div> <div>ATT4H</div> <div>£8,500 ONO TEL: 07786 424 251</div>	<div>GB</div> <div>K7 PPA</div> <div>£3,995 ONO TEL: 07890 201 854</div>	<div>GB</div> <div>UK I IORD</div> <div>OFFERS TEL: 07522 199 997</div>				
<div>GB</div> <div>H4 SSB</div> <div>£12,995 ONO TEL: 07440 766 843</div>	<div>GB</div> <div>L99HOR</div> <div>OFFERS TEL: 07850 706 930</div>	<div>GB</div> <div>YA55EEM</div> <div>£75,000 ONO TEL: 07887 837 553</div>				
<div>GB</div> <div>J4 MEL</div> <div>£15,000 ONO TEL: 07870 496 535</div>	<div>GB</div> <div>NOO2HAT</div> <div>£2,000 ONO (NUZHAT) TEL: 07813 011 702</div>					
<div>GB</div> <div>A84DLA</div> <div>OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>AWAI5S</div> <div>OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>F9TMA</div> <div>OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>K4HN.V</div> <div>OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>M44YAT</div> <div>OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>S4FTR</div> <div>OFFERS TEL: 07522 173 297</div>	<div>GB</div> <div>SHIFYK</div> <div>OFFERS TEL: 07522 173 297</div>
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# Premier League

A date has been set for the hearing into Manchester City's alleged financial rule breaches, the Premier League's CEO Richard Masters said on Tuesday 16th January.

City were charged with more than 100 alleged breaches of finance rules since their acquisition by the Abu Dhabi-based City Football Group, and were referred to an independent commission for a hearing.

"There is a date set for that proceeding. Unfortunately, I can't tell you when that is but it is progressing," Masters told the Culture, Media and Sport (CMS) Committee of the UK Parliament.

When the charges were announced in February last year, City said they welcomed "the review of this matter by an independent commission, to impartially consider the comprehensive body of irrefutable evidence that exists in support of its position."

The charges against City, who are targeting a fourth straight Premier League title this season, are different to those brought against Everton and Nottingham Forest on Monday, Masters told the committee.

"If any club, the current champions or otherwise, had been found in breach of the spending rules, they would be in exactly the same position as Everton or Nottingham Forest," he said.

"But the volume and character of the charges laid before Manchester City, which I obviously cannot talk about at all, are being heard in a completely different environment."

Hearing date set for Man City's financial rule breach charges







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# Shortest reigning managers

**29 days** in charge of the League Two club, who find themselves stuck at the bottom of the table

**Troy Deeney has been given the boot at Forest Green Rovers. The former Watford striker has been relieved of his managerial duties after just 29 days in charge of the League Two club, who find themselves stuck at the bottom of the table.**

However, quick managerial changes are certainly not an issue exclusive to the lower leagues. In fact, there have been plenty of examples of managers getting the sack swiftly in the top flight too.

But who are the shortest-serving managers in the history of the Premier League? Betting.com has looked back on some of the shortest spells a football manager has ever had with a Premier League club.

With 14 permanent Premier League managers being sacked during the 2022/23 season, it was one of the least safe times to be a top flight gaffer.

In fact three managers who were dismissed in 2022/23 all made the top ten in the shortest serving managers - Leeds' Javi Gracia and Sam Allardyce, plus Southampton's Nathan Jones.

Javi Gracia's 70 days at Elland Road makes him the third shortest-serving Premier League, but that's nothing on the man who immediately replaced him. Sam Allardyce's 25 day stint at Leeds United makes him the shortest-serving Premier League manager of all time.

Last season's situation was even bleaker for stand-in Spurs boss, Cristian Stellini who lasted just 31 days at the Tottenham Hotspur Stadium - taking charge of just four games in that time. Stellini is not ranked in this list, as his position was not permanent. Remarkably, the 31 days that Stellini spent as Spurs' caretaker is still even longer than Allardyce lasted at Leeds.

But Big Sam has forever taken one of the football's most unwanted titles away from Les Reed, who spent just 41 days in charge of Charlton Athletic, during the club's fateful 2006/07 season, which saw Charlton go through four different managers and be relegated in the process. After replacing Iain Dowie on 13 November 2006, Les Reed was relieved from his duties on Christmas Eve of the same year, with Alan Pardew stepping in to replace him.

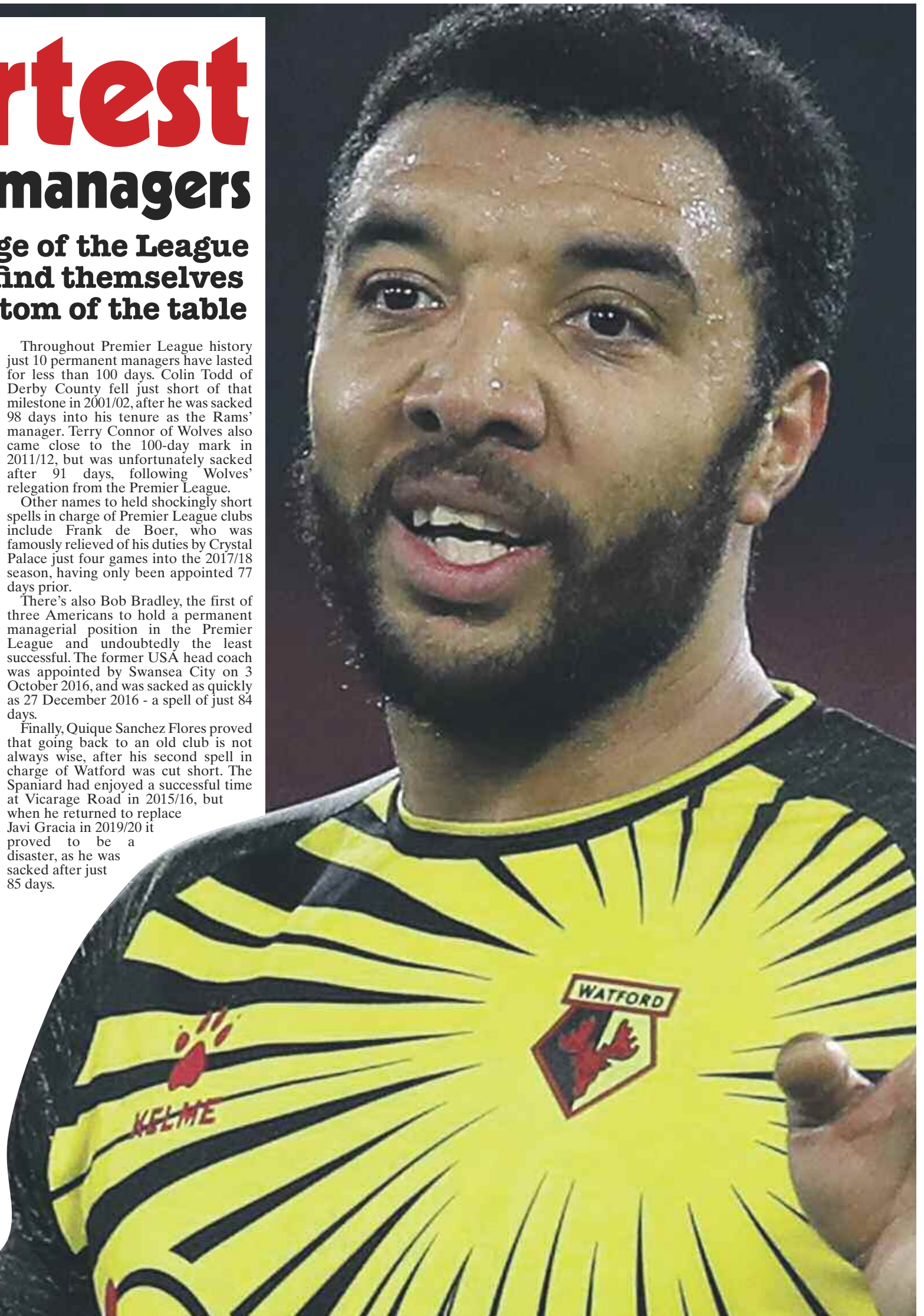
Charlton are not the only London-based club to have hastily got rid of managers in the past. Fulham's appointment of René Meulensteen in the 2013/14 season proved to be ill-advised, as the Dutch coach, who had previously spent over a decade working under Sir Alex Ferguson at Manchester United was relieved from his duties at Craven Cottage after just 75 days.

Throughout Premier League history just 10 permanent managers have lasted for less than 100 days. Colin Todd of Derby County fell just short of that milestone in 2001/02, after he was sacked 98 days into his tenure as the Rams' manager. Terry Connor of Wolves also came close to the 100-day mark in 2011/12, but was unfortunately sacked after 91 days, following Wolves' relegation from the Premier League.

Other names to hold shockingly short spells in charge of Premier League clubs include Frank de Boer, who was famously relieved of his duties by Crystal Palace just four games into the 2017/18 season, having only been appointed 77 days prior.

There's also Bob Bradley, the first of three Americans to hold a permanent managerial position in the Premier League and undoubtedly the least successful. The former USA head coach was appointed by Swansea City on 3 October 2016, and was sacked as quickly as 27 December 2016 - a spell of just 84 days.

Finally, Quique Sanchez Flores proved that going back to an old club is not always wise, after his second spell in charge of Watford was cut short. The Spaniard had enjoyed a successful time at Vicarage Road in 2015/16, but when he returned to replace Javi Gracia in 2019/20 it proved to be a disaster, as he was sacked after just 85 days.





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# Is Jaime Munguia at 42-0 Going For Floyd's 50-0?

**WBC Silver Super Middleweight champion Jaime Munguia is scheduled on January 27th to improve his record to 43-0, meeting former WBO Interim Super Middleweight champion John 'The Gorilla' Ryder, 32-6, in Phoenix, Arizona.**

In his last fight, he lost by a decision to Super Middleweight champion Saul 'Canelo' Alvarez in May. In his previous fight, he stopped Zack Parker, 22-0, for the WBO Interim title.

There are only two current unbeaten boxers with at least 40 wins, and besides Munguia, it's welterweight champion Terence 'Bud' Crawford at 40-0, who has announced he is only having a couple more fights.

At only 27, Munguia is in no rush to fight others in his division like Saul 'Canelo' Alvarez or even David Benavidez, 28-0.

Munguia had three fights in 2022

but only fought once in 2023, winning the WBC Silver title and defeating Sergiy Derevyanchenko, 14-4, in Ontario, Canada, in June.

Some of Munguia's best wins were over such opponents as D'Mitrus Ballard, 21-0-1, in Tijuana in February of 2022.

In October 2020, Munguia won the vacant WBO Inter-Continental Middleweight title, stopping Tureano Johnson, 21-2-1, in Indio, CA.

In May of 2018, Munguia won the WBO World Super Welterweight title, stopping Sadam 'World Kid' Ali, 26-1, in four rounds in Verona, NY. He made five defenses, including defeating Liam 'Beefy' Smith, 26-1-1; Brandon 'Bad Boy' Cook, 20-1 in three rounds; Takeshi Inoue, 13-0-1; Dennis 'Hurricane' Hogan, 28-1-1 and Patrick Allotey, 40-3 in four rounds.

In February of 2018, Munguia won his first title, stopping in three rounds



Argentina's Jose 'Puro' Carlos Paz, 21-6-1, for the vacant WBO Latino Super Welterweight title.

Hailing from Tijuana, Baja California, Mexico, Munguia has fought some thirty times in his home country, including his first twenty-five fights.

"John Ryder is not an easy fighter. He demonstrated that not only with Canelo but against Callum Smith with a bunch of fighters," said Munguia to Boxing Social.

"I'm going to look to knock him out, and if I do that, I'm going to show that I'm learning from each fight and

everything gets better with time.

"We're just focused on John Ryder. We know it's a tough fight, and if we want to fight the big names, we need to win over Ryder first," said Munguia when asked what his thoughts are that fans are talking about him possibly facing Canelo Alvarez next.

## Kia's sponsorship of Surrey County Cricket Club makes it one of the longest brand associations in English sport

**Kia UK Limited and Surrey County Cricket Club (Surrey CCC) have extended their successful partnership for a further five years, to the end of 2029.**

The agreement maintains Kia's headline sponsorship of the club and its home, the iconic Kia Oval, that first began in 2010, making it one of the longest brand associations in English sport. The sponsorship becomes the biggest partnership in the Club's 179-year history.

The Kia logo will sit proudly around the historic ground, on both Surrey men's and women's shirts and across the Club's digital channels, helping to drive brand awareness among a global audience.

The partnership will also see Kia sponsor the Club's four, 150 foot, floodlights, with a commitment to switching from halogen bulbs to efficient LED lights in the coming years. This is expected to reduce energy consumption by approximately 40 per cent, and reduce carbon emissions by around 168 tons, compared to the existing halogen bulbs.

Sustainability remains a key commitment for Kia and Surrey CCC, with both setting a series of ambitious goals. Surrey CCC aims to reduce its total emissions output by 45 per cent by the end of 2024, with an 80 per cent carbon footprint reduction due by 2030. Kia is committed to realising worldwide carbon neutrality by 2045 and is set to introduce 15 fully electric vehicles globally by 2027, while all Kia manufacturing sites will be powered by 100 per cent renewable energy by 2040.

The partnership will continue to place a strong emphasis on inspiring

# Partnership extended



new generations of cricket players and enthusiasts. In September 2023, Kia gave young cricket fans the opportunity to be coached by cricket legend Kumar Sangakkara at the Kia Oval, creating memories that will last a lifetime. Kia has also created a

bespoke fan zone called 'The Best Seats in the House', an inspirational space to watch the match, very close to where the action is.

Kia will continue to be closely involved with the ground's renowned T20 matches, for example through the

hugely popular 'Kia Catch' where fans can win £1,000 by cleanly catching a six struck into the stands. Visitors will also be able to explore first-hand the latest Kia vehicles, including the brand's expanding range of all-electric models, at many key matches.

Paul Philpott, President and CEO of Kia UK said of the sponsorship: "I am thrilled to be able to announce that Kia UK will be continuing this long-standing partnership that began almost 14 years ago with Surrey CCC.

"The partnership between Kia and Surrey CCC has been mutually beneficial for many years. Whether it's the collaboration we share with club and its fans, or the light the sponsorship has shone on our award-winning vehicles to 27,500 pitch side spectators, plus many more remote viewers. We look forward to working closely with the club in the years to come, pursuing new goals based on our shared values."

Steve Elworthy MBE, Chief Executive Officer of Surrey CCC, said: "It's always been important for us to partner with a company that respects our Club's rich heritage, the game of cricket, and the health of the world around us. Having a partner that champions the importance of sustainability will help drive the Club towards our ambitious target of reaching Net Zero by 2030."

Alec Stewart, Director of Cricket at Surrey CCC, added: "Since 2010, the partnership has been a great success for both Kia and Surrey. Their continued support is crucial as we continue to strive towards winning trophies, and we are proud to be extending the deal for a further five years."





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**Juergen Klopp stunned the world of football when he announced he would stand down as Liverpool manager at the end of season, saying that after more than eight hugely successful years in charge he was running out of energy.**

The German, who led Liverpool to the League Cup final, and is hugely popular with the fans, told the club's hierarchy in that he would end his eight-and-a-half year stay at Anfield after this season.

Assistant managers Pepijn Lijnders and Peter Krawietz are also leaving the club.

"It is that I am, how can I say it, running out of energy," Klopp, 56, said on Liverpool's website.

"I can understand that it's a shock for a lot of people in this moment, when you hear it for the first time, but obviously I can explain it – or at least try to explain it.

"I love absolutely everything about this club, I love everything about the city, I love everything about our supporters, I love the team, I love the staff. But that I still take this decision shows you that I am convinced it is the one I have to take.

"I have no problem now, obviously, I knew it already for longer that I will have to announce it at one point, but I am absolutely fine now. I know that I cannot do the job again and again and again and again."

The German joined Liverpool in October 2015 and has won the Champions League, Premier League, Club World Cup, FA Cup, League Cup and Super Cup, as well as the Community Shield during his time in charge.

"In keeping with Juergen's expressed wishes, we will save the comprehensive tributes for a more

appropriate time but nevertheless, we would be remiss if we did not take this opportunity to reaffirm that his appointment remains one of the greatest blessings of our time as owners," Mike Gordon, Fenway Sports Group president, said.

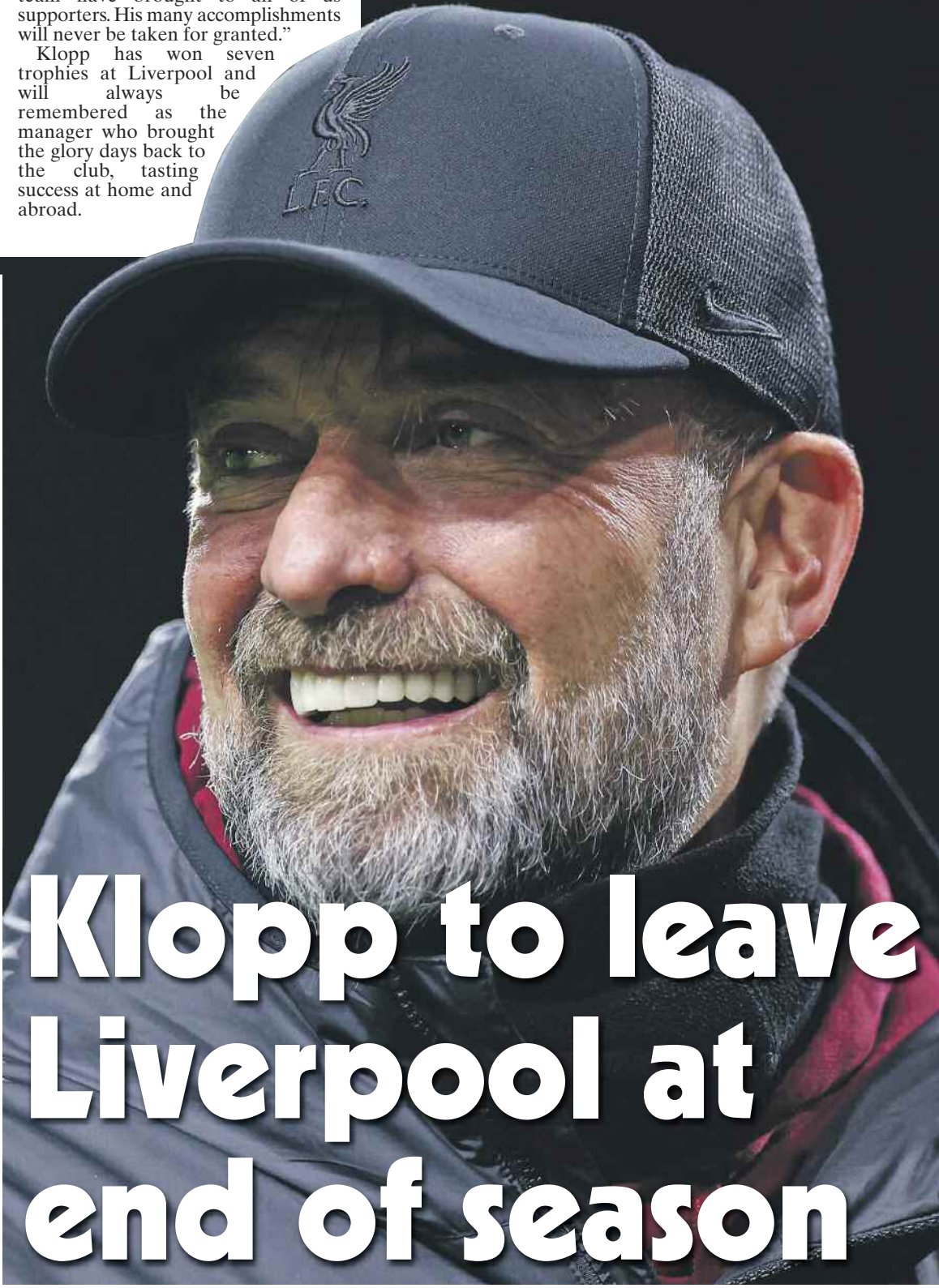
"The incredible achievements of the intervening years speak for themselves, so too does the joy that Juergen and his team have brought to all of us supporters. His many accomplishments will never be taken for granted."

Klopp has won seven trophies at Liverpool and will always be remembered as the manager who brought the glory days back to the club, tasting success at home and abroad.

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**Klopp to leave Liverpool at end of season**



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