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Mum, 38, overcomes adversity and language barriers to graduate from university

Zohreh Nasr Abadi

A mum-of-one has overcome a language barrier and personal loss to graduate from university.

Zohreh Nasr Abadi, originally from Iran, returned to education at age 38 by enrolling on the University of Central Lancashire (UCLan) Health & Social Care Assistant Practitioner Degree Apprenticeship.

After facing several setbacks with her studies, including issues accessing learning materials following a visa

delay, and the loss of a close friend, Zohreh's resilience and hard work have been rewarded with a new role at the social enterprise as an assistant practitioner.

She began the work-based apprenticeship while working for social enterprise Six Degrees, a mental health and bereavement service based in Salford, in March 2020.

Continued on page 10



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SPY PRINCESS: Noor Inayat Khan

■ **Natasha Jayahendry** taken on the role of Noor Inayat Khan in a new play

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New play highlights the sorely neglected role that ethnic minorities played in the war effort



■ Noor Inayat Khan

Noor's Early Life

Noor Inayat Khan, the eldest of four children, was born on 1st January 1914, in Moscow, and had two siblings.

Her father, Inayat Khan, was born in Baroda, Bombay Presidency, and came from a family of Indian Muslims with hereditary nobles and classical musicians among both sides of his ancestors. His great-great-grandfather was the ruler of Mysore, Tipu Sultan. Her mother, Pirani Ameena Begum (born Ora Ray Baker), was an American from New Mexico, who met Inayat Khan during his travels in the United States.

In 1914, shortly before the outbreak of the First World War, the family left Russia for London, and lived in Bloomsbury. Noor attended nursery in Notting Hill. In 1920, the family moved to France, settling in Suresnes near Paris.

After the outbreak of the Second World War, when France was invaded by German troops, the family fled to Bordeaux and then by sea to England, landing at Falmouth in Cornwall, on 22 June 1940.

Although Noor was deeply

influenced by pacifist ideals, she and her brother Vilayat decided they wanted to help defeat Nazi tyranny.

In November 1940, Noor joined the Women's Auxiliary Air Force (WAAF) and, as an Aircraftwoman 2nd Class, was sent to be trained as a wireless operator.

Later, Noor Inayat Khan was recruited to join F (France) Section of the Special Operations Executive; and in early February 1943 she was posted to the Air Ministry, Directorate of Air Intelligence, seconded to First Aid Nursing Yeomanry (FANY). She was sent to Wanborough Manor, near Guildford in Surrey, after which she was ordered to Aylesbury, in Buckinghamshire, for special training as a wireless operator in occupied territory.

After being captured by the Germans, she was executed on 13th September 1944.

Noor Inayat Khan was posthumously awarded the George Cross in 1949, and she was awarded a French Croix de Guerre with a silver star (avec étoile de vermeil).



Noor Inayat Khan, also known as Nora Inayat-Khan and Nora Baker, was exceptional woman who worked for the 'S.O.E' (Special Operations Executive) tasked with espionage, sabotage and reconnaissance during World War Two.

As a wireless operator Noor's life expectancy is six weeks. Under the codename 'Madeline' she is flown by moonlight to occupied France with a bicycle, briefcase and a pistol. But with the Gestapo on her trail, and the net closing in, her life is in great danger.

Atkins trained Madeline and sent her to her position as a wireless operator in France.

But now the war is over she is haunted by what happened to the 'Indian princess' and intent on uncovering the truth.

Highlighting the sorely neglected role that ethnic minorities played in the war effort, 'S.O.E' aims to right a wrong and celebrate the contribution of these incredibly brave individuals. The national tour runs until Saturday, 27th

August – finishing with a run at the Edinburgh Festival.

“Minorities such as Noor have been sponged out of history quite deliberately,” said the play's writer, Deborah Clair. “We've got to reverse and challenge that and I believe it is our duty to remember them.”

As well as playing the role of Vera Atkins Deborah runs Clair Obscur – a female led-theatre company dedicated to placing inspiring women of the past centre-stage.

Their last play, 'A Necessary Woman', based on the suffragette Emily Davison, drew sell-out crowds to venues across the country and received coverage on national TV and radio.

S.O.E is directed by Dominique Gerrard and stars Natasha Jayahendry, Deborah Clair and Tim Marriot. It is produced by Deborah Clair and Nicholas Collett.

For tour dates and more details visit www.clairobscur.co.uk/wp/soe

“With outstanding performances and beautiful writing, this is theatre that celebrates how placing women centre stage is highly engaging, fascinating and vital.”

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ENERGY: UK IN CRISIS

Urgent calls to update energy support package after price cap forecasts worsen

"If you think things are bad now, you've not seen anything yet."

Millions are falling into "unmanageable debt" if the government doesn't update its energy support package before winter, MPs have warned.

A number of measures were unveiled earlier this year aimed at helping people pay their bills, as prices rocketed due to a massive rise in wholesale energy costs.

Most households will receive at least £400, with more for people in vulnerable groups such as pensioners, the disabled, and those on low incomes.

But this was when the energy price cap went up by 54% to £1,791 for an average household and was predicted to rise to around £2,800 in October.

The latest estimate is that October's rise will see the price cap reach £3,244 and the business, energy and industrial strategy committee said this would mean more help is needed.

The committee's chairman Darren

Jones said: "Once again, the energy crisis is racing ahead of the government."

"To prevent millions from dropping into unmanageable debt, it's imperative that the support package is updated and implemented before October, when the squeeze will become a full-on throttling of household finances and further tip the economy towards recession."

The committee has been hearing from experts, ministers, and industry insiders for months, and Mr Jones said the message was: "If you think things are bad now, you've not seen anything yet."

"This winter is going to be extremely difficult for family finances, and it's therefore critical that public funds are better targeted to those who need it the most," he added.

The committee suggested that the energy price cap be axed in favour of

a discounted tariff for the most vulnerable.

The committee of MPs also said that £94 will have to be added to bills to cover the costs of dozens of suppliers failing in little over a year.

It accused the regulator Ofgem of "incompetence over many years" in allowing poorly-run companies to set up business as energy suppliers.

"Ofgem failed to use its existing powers and didn't bring action against energy suppliers even when it was clear that they should have done," the committee said.

"Negligent energy regulator Ofgem enabled now bankrupt energy firms and inexperienced CEOs to increase energy bills further."

The current support package was announced when the price cap was expected to rise to around £2,800 in October. Now the forecast is for it to hit £3,244.



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Smashing stereotypes

Four-year-old Sahib Singh becomes Burberry children's first Sikh model

A four-year-old boy has featured as Burberry's first child model, and the support his family have had has been 'overwhelming', says mum.

Smiling youngster Sahib Singh is featured in the brand's Autumn-Winter 2022 campaign. He's pictured wearing a padded puffer jacket with a matching cardigan, shorts and T-shirt.

A first for the British luxury fashion brand, Burberry says it's another step towards their commitment to represent diverse communities.

Sahib's mother, Harjot Kaur, who runs his Instagram page said she wants her children to feel confident within themselves and didn't get her son into modelling to become "famous".

She said: "When we look at online stores and adverts we just felt like they're missing certain sectors of representation.

"There's not enough people wearing turbans, the kippah, hijabs... or there's just not enough brands picking them."

Comments have flooded Twitter with the four-year-old going viral online.

Sahib Singh who also has a love for sports first started modelling for a family friend's clothing company before getting signed with model and talent agency.

Harjot Kaur said she hopes to expose her children to experiences that are not the typical Asian routes whilst representing who they are.

She said: "Our culture and religion is really important to us and we want to install that in our children".

She added the support on social media has been "overwhelming".



■ Four-year-old Sahib Singh

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ELAIYA: Race against time

Currently there's no matching donor on the bone marrow register so mum and dad are doing everything they can to raise awareness



■ Beautiful little Elaiya had been a 'ball of energy' before she was diagnosed with rare blood cancer - a huge appeal goes out to people of the same Pakistani heritage to find a donor in time to save her life

The family of a 18-month-old girl with leukaemia are appealing to the British Pakistani community to help save her life.

Little Elaiya Hameed has acute myeloid leukaemia - a rare cancer of white blood cells that can be cured by finding a stem cell donor of a similar heritage.

Described as a child with the most endearing, loving and warm personality, Elaiya is being treated at Queen's Medical Centre in Nottingham, and has been given just three to five weeks to receive a transplant to save her life. Someone from Pakistani heritage could save her life.

Speaking to Asian Express, parents Summan and Muzahir say: "So far Elaiya has completed her first round of intense chemotherapy and has started her second round on Monday 18th July.

"She has coped really well, every single day she amazes us with her strength. She wakes up with a big smile on her face everyday no matter what health challenges she may face in the day."

"She has coped really well, every single day she amazes us with her strength. She wakes up with a big smile on her face everyday no matter what health challenges she may face in the day."

Elaiya's cancer can be cured by peripheral blood stem cell collection (PBSC), transfusion or bone marrow donation.

The challenge the family faces is that not enough people from South Asian backgrounds are signed up to become blood or stem cell donors, and so finding a suitable bone marrow donor for her has become a race against time.

The Bone Marrow Registry says a match can be found in 70% of cases for white patients but for people from black, Asian and minority ethnic backgrounds, this drops to as low as 20%.

The Bone Marrow Registry says a match can be found in 70% of cases for white patients but for people from black, Asian and minority ethnic backgrounds, this drops to as low as 20%.

The toddler had been a happy child, started showing signs of extreme fatigue, high temperature and abdominal distention in April 2022. Her parents took her in to Bristol Children's Hospital for tests. Blood test results showed that her platelet levels were low and that it would take three to six months for her condition to improve.

Elaiya's platelet levels were increasing, so it was a shock when, in early May, she was unwell once again, feeling lethargic with a high temperature. Further tests were taken, then, devastatingly, the family was told that Elaiya has leukaemia.

Parents Summan and Muzahir say that their lives have come a halt since Elaiya was diagnosed.

"You never think it will be you," Summan says. "Our life was almost too good to be true."



Mum and dad say they're now on a mission to raise awareness among the Pakistani and South Asian community because Elaiya is more likely to find a successful match from someone of the same ethnic origin.

"We're turning to people from the Pakistani community to step forward to see if they are a match."

"She is our angel child, we don't believe she has what she has. We look at her and think 'is this real?'"

"I would like to emphasise how simple the process really is and how it is not invasive at all."

"It doesn't take much of your time and if you are somebody's match, it is as simple as giving blood."

"There is such a shortage of Pakistani donors worldwide and I wouldn't want to wish this upon anyone to be in the position we are with 'no match'."

"Due to the severity and aggressiveness of Elaiya's leukaemia, it is a race against time and we will not be able to delay the transplant."

"So if we do not have a match by early September they will use me as I am a 50% match. This isn't good as it reduces the chance of a successful transplant, which is already low."

Muzahir, Elaiya's dad adds: "There is a universal shortage of ethnic minority donors."

"That's why we want to raise awareness to these groups and encourage people to sign up to become donors, as well as just how important and how simple it is to register. South Asian people represent just 8% of the potential donors on the register."

To read more about Elaiya's journey fighting Acute Myeloid Leukaemia, see her Instagram page #fightforelaiya or www.anthonynolan.org. To find out if you're a match for little Elaiya visit www.dkms.org.uk where you will find advice on how to take a swab test.



Amazing friends and family and two beautiful, healthy children - and there was nothing that could change that in our minds.

"But in the click of a finger, overnight, it felt like the world turned upside down for us," she adds.

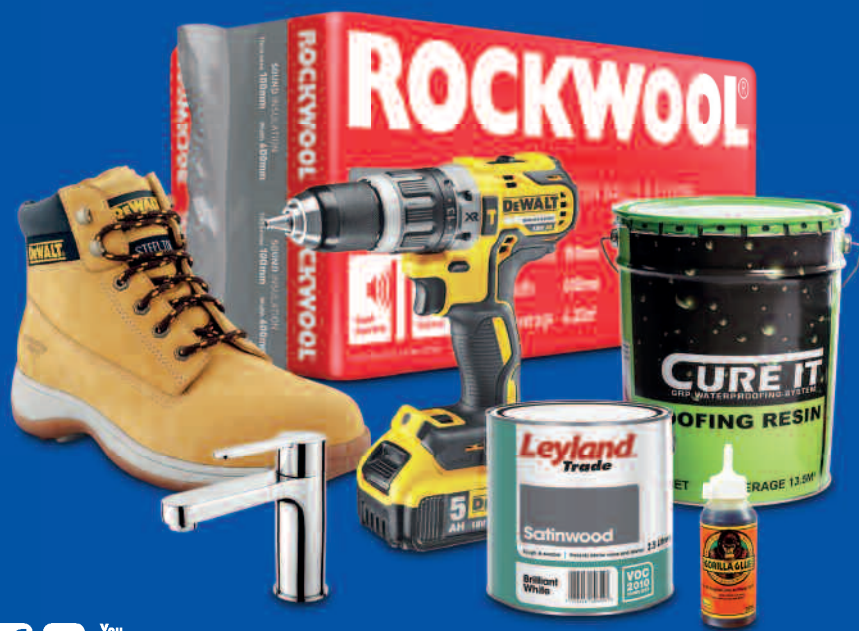
"I was in my final year of dentistry and had my last set of exams in June."

"However Elaiya's diagnosis meant I was unable to sit these exams as I couldn't leave her bedside and nor could I focus."

"Our lives currently revolve around Elaiya and her needs, we had to relocate to another city and are spending everyday by her side."

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DETERMINED

Mum, 38, overcomes adversity and language barriers to graduate from university

Cover story continued

The mum to six-year-old daughter Rosa said: "I feel very happy and I am so glad I could finish the course successfully."

"I got my bachelor's degree from my home country when I was studying in my own language but deciding to go back to University after a big gap and studying in English was another challenge for me."

"It was also challenging to manage work, study and my personal life but I overcame these difficulties and I finished the course."

She added: "My knowledge has increased a lot with regards to mental health. And my communication skills also have

improved. I have experienced different situations while attending the course but all are life lessons learned."

Zohreh now has a thirst for learning and added: "I'm thinking I will continue studying at University and enrol for the trainee psychological wellbeing practitioner course."

She was one of nearly 4,000 students who graduated in front of family and friends at UCLan's Preston City Campus including a married dad-of-two, who has found mixing business with biology has been a recipe for success.

Mohammed Rahman has combined running takeaways and grocery shops with studying full-time for a biology degree.

The 39-year-old, from Rossendale,

has been running his own companies since 2006 but in 2016 he sold his first business and decided to use that spare time to gain the GCSEs he didn't achieve while at school.

A couple years later, he wanted to prove to himself and his family that he could succeed further in his education despite having dyslexia.

But for Rahman, Covid-19 interrupted his studies and that led to issues.

He said: "The biggest difficulty to overcome was dealing with the waves of Covid-19 right in the middle of my degree. Learning from home and not having the one-to-one support wasn't ideal and on top of that my businesses were booming as the demand for food being delivered at home, along with having a shop that supplied groceries and home utilities, meant I was really busy."

"There was a point where I considered taking a year out or even calling it a day but the staff at UCLan, especially my lecturer Dr Barbara Tigar, reassured me that doing a degree from home was possible."

"I'm really pleased I stayed the course and it's a big relief that all my hard work paid off. It was very hard, being dyslexic, being a full-time dad, studying full-time and being a landlord and running businesses."

Rahman is now looking ahead to the future. He added: "I'll look into teacher training and hopefully

someday in the future I'll be able to teach children who had similar difficulties in high school."

"I want my experience to inspire other people, especially mature students, because the hard work and effort is well worth the rewards, and I've met lots of new friends."

■ Mohammed Rahman



Rex-press Delivery: T-Rex roars into Trinity Leeds ahead of Jurassic trail launch

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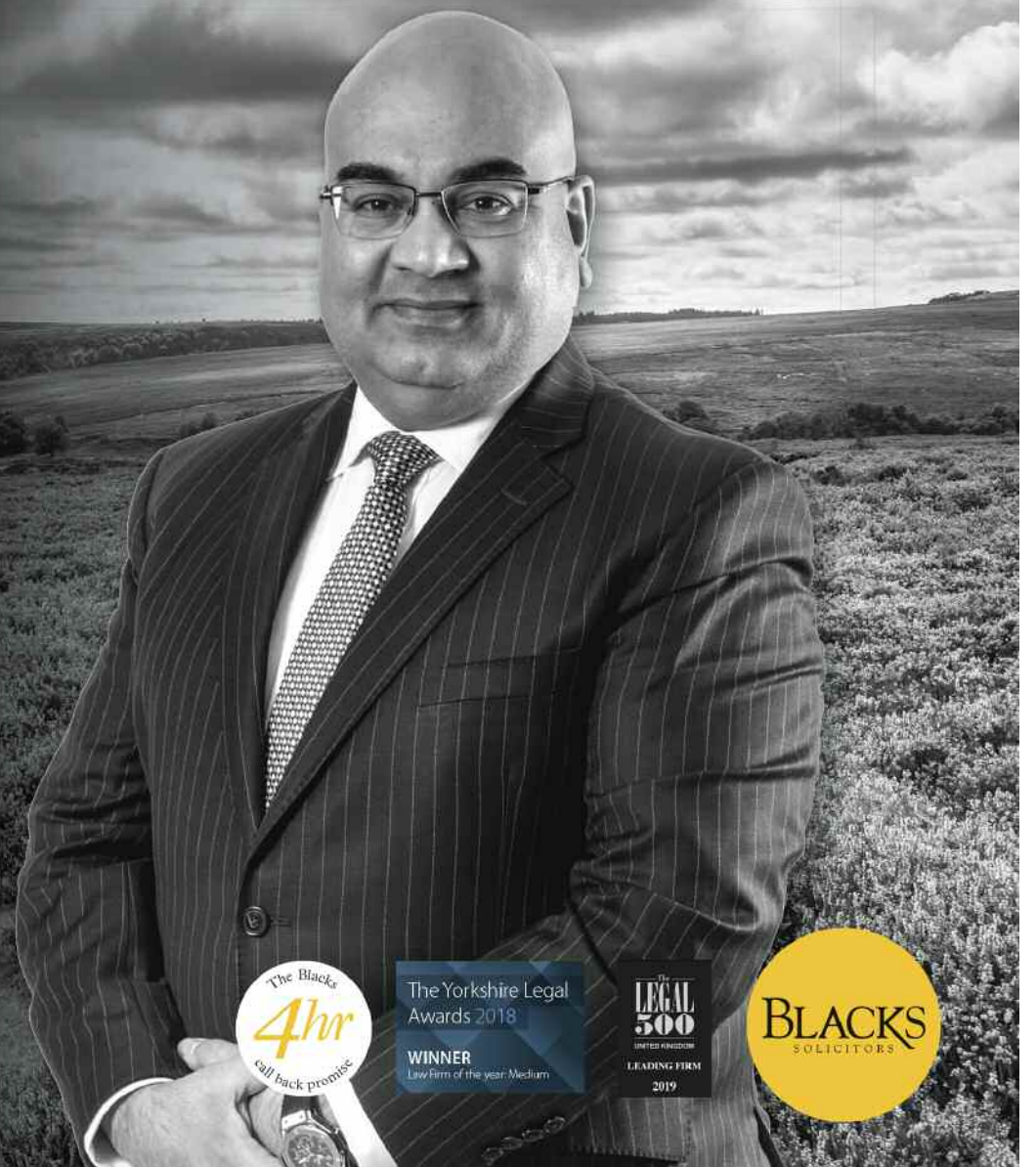
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An awesome Tyrannosaurus Rex has roared its way into Trinity Leeds as a team of dedicated dino engineers worked throughout the night to assemble the spectacular super-sized predator.

The enormous T-Rex was carefully transported along Briggate and craned into its prime location underneath the atrium at Trinity Leeds.

Teams worked during the dead

of night until sunrise to put together the impressive T-Rex statue, with work continuing over the coming days, ahead of the Leeds Jurassic Trail launch on Saturday 30th July.

A Nasutoceratops was also carefully lifted into Trinity Kitchen overnight, where it will surprise shoppers grabbing a bite to eat over the summer.

The impressive prehistoric visitors complete the Jurassic

Island at Trinity Leeds, which also features an 8-metre-high erupting volcano and eye-catching flower installation, including orchids, lilies, hibiscus and birds of paradise.

Guests are invited to snap selfies with the stunning installations – including two cracking dinosaur eggs – for the chance to win £500!

The Leeds Jurassic Trail runs from 30th July to 4th September.

For more information, visit www.trinityleeds.com or www.leedsjurassictrail.co.uk



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WARNING:

Illegal websites selling powerful drugs

An investigation has found dozens of illegal websites posing as pharmacies and selling powerful prescription drugs in the UK.

The pills, which treat conditions including chronic pain, anxiety and insomnia are addictive and most are banned as either Class A or Class C drugs without a doctor's prescription.

They include drugs commonly sold under the brand names of Xanax, Valium and Ambien.

Hundreds of pills can be ordered at a time, with discounts offered for bulk-buying and special promotions sent out by email.

The government regulator of medicines is warning that the drugs sold on these sites "can seriously damage your health".

Many pills are not what they claimed to be, a shocking amount are also mislabelled.

One packet of tablets sold as sleeping pills was actually determined to be from a completely different family of drugs, Benzodiazepines, which are addictive and have completely different effects and dosage.

The websites are designed to look as legitimate as possible in order to reassure customers, but offer potentially dangerous quantities of strong medication with no questions asked. Anybody of any age can easily

access the sites by conducting a simple internet search.

Almost all medications arrive in plain brown envelopes and do not contain any instructions, as well as not including warnings about the risk of overdose or potentially dangerous interactions with other drugs or medical conditions.

The Medicines and Healthcare products Regulatory Agency (MHRA) is responsible for investigating pharmacies and prescription drugs being sold in the UK.

Alison Cave, MHRA Chief Officer for Safety and Surveillance, said: "We take all reports of illegal websites seriously. All the sites highlighted to us by ITV are being reviewed and we will take appropriate action once investigations are complete."

"There are large numbers of websites that are not online pharmacies, they are illegally operating, exploitative criminal websites."

"We would encourage the public to seek advice from our #fakemed website and, if they are still unsure whether a website is legal, to avoid purchasing from it and report any suspicious offers, or side effects experienced from taking these medicines, to our Yellow Card scheme - the UK's system for recording adverse incidents with medicines and medical devices."



Afghans begin a new life in the UK

More than 60 Afghan families attended a celebration to mark their first steps towards a new life in the UK.

That's thanks to the Bradford-based national charity QED Foundation, who is supporting 280 newly arrived men and women who are Afghan nationals and are currently staying in bridging hotels in Yorkshire and Greater Manchester.

The programme is supported by the European Union Fund for Migration and Integration. Chief executive and founder of QED Foundation Dr Mohammed Ali OBE presented certificates to 30 learners who have completed a specially designed training course.

"We are delighted with the progress made by our students and look forward to seeing them find work and settle into their new communities," says Dr Ali.

"It has been a privilege to help

“

We are delighted with the progress made by our students and look forward to seeing them find work and settle into their new communities.

them find their feet in the UK and we wish them every success in the future."

QED Foundation offers tailor-made support to men and women who have left Afghanistan since the end of the war because they worked on behalf of the UK government, or their lives were in danger. It provides a holistic training package including

English classes at basic and intermediate levels as well as a more advanced course focused on language used in the workplace.

World of Work seminars introduce participants to employment opportunities in the private, public and voluntary sectors or self-employment. The trainees also receive individual Information, Advice and Guidance sessions, an introduction to the jobs available in the UK and help with applying for work.

Learners are given their own tablets so that they can access online resources and receive support from QED Foundation staff if they move elsewhere in the UK.

The charity's various support programmes help 1,000 people to begin new lives in Britain every year. Its staff and associates are fluent in a wide range of community language including Pashto and Dari, which are spoken in Afghanistan.



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Multi-million pound cash courier conspiracy dismantled

The group are likely to have made in excess of £12 million from the money smuggled



■ RINGLEADER: Abdullah Mohammed Ali Bin Beyat Alfalasi

The ringleader of a money laundering group which smuggled tens of millions of pounds of criminal cash out of the UK has been jailed for nine years.

Abdullah Mohammed Ali Bin Beyat Alfalasi arranged travel for a network of couriers, who between them smuggled £104 million from the UK to Dubai between November 2019 and October 2020.

The 47-year-old Emirati national was arrested by National Crime Agency officers at a flat in Belgravia during a visit to the UK in December last year.

Four of Alfalasi's couriers have already been convicted as part of the NCA's operation, which has been supported by Border Force and the Dubai Police, and others remain under investigation.

The cash was believed to be profits from drug dealing, and the couriers would pack hundreds of thousands of pounds at a time into suitcases. They were each paid £3,000 - £8,000 per trip depending on how much cash they

were smuggling.

Overall, the group took at least 10 per cent cut from the money smuggled, so between them are likely to have made in excess of £12 million from the venture.

Alfalasi made multiple cash trips himself between Dubai and the UK, from November 2019 to March 2020.

His name appeared on letters bearing the name Omnivest Gold Trading LLC, which was used to cover cash declarations made by the couriers. His phone number was also connected to their flight bookings.

The network collected cash from criminal groups around the UK and took it to counting houses, usually rented apartments in Central London.

The wads of bank notes were then vacuum packed and separated into suitcases which would each contain around £500,000, weighing around 40 kilos. Each would be sprayed with coffee or air fresheners in an effort to prevent them being found by Border Force detection dogs.

The couriers flew business class due

to the extra luggage allowance.

One of the largest money laundering networks

NCA senior investigating officer Ian Truby said: "This money laundering network smuggled astronomical sums of money out of the UK, and is one of the largest we've ever investigated."

"Cash is the lifeblood of organised crime groups, which they re-invest into activities such as drug trafficking which fuels violence and insecurity around the world."

"Disrupting the supply of such illicit cash is a priority for the NCA and our partners."

"This investigation doesn't stop here though, as we will continue to target cash couriers and hit crime groups where it hurts – in the pocket."

International money laundering networks use cash smuggling, cryptocurrencies, and banking systems to move billions of pounds of dirty money each year.

This cash can be derived from the drugs trade, fraud, other illegal commodities, and even associated with terrorism and conflicts around the world.

Christina Brown, Director of Border Force National Operational HQ, said: "Clamping down on the export of undeclared cash from the UK is vital in our fight against organised criminal gangs."

"These convictions are the result of hard work and dedication from Border Force and the NCA to tackle dirty money that funds corruption and destroys lives."

"Those involved can be proud of their work and particularly those officers that intercepted and stopped these despicable individuals."

John Werhun of the CPS said: "This is one of the largest money laundering cases the CPS has ever prosecuted to date."

"A colossal amount of dirty money, totalling £104million, was transported to Dubai under Alfalasi's instructions. "The evidence against Alfalasi was

"A colossal amount of dirty money, totalling £104million, was transported to Dubai under Alfalasi's instructions. The evidence against Alfalasi was overwhelming, with invoices, declaration documents and images of cash-filled suitcases, pointing to his culpability."

overwhelming, with invoices, declaration documents and images of cash-filled suitcases, pointing to his culpability."

Alfalasi's couriers

Among Alfalasi's couriers were 55-year-old Nicola Esson, from Leeds, who was arrested following NCA raids in May 2021, and 29-year-old Muhammad Ilyas, from Slough, who was apprehended in February 2020.

Esson travelled from Heathrow to Dubai on three occasions in August and September 2020, checking in 19 suitcases with a combined weight of almost half a tonne. She returned a few days after each trip with the same baggage items, which weighed significantly less each time.

Ilyas was arrested by NCA officers at Heathrow Airport after arriving on a flight from Dubai. He had checked in four suitcases at the airport ten days earlier, one of which had gone missing, and declared almost £1.5 million in cash to Dubai Customs. The missing suitcase was subsequently found by Border Force officers, and contained £431,360 in cash.

Esson, Ilyas and Alfalasi pleaded guilty to money laundering charges at Isleworth Crown Court on 18 May, 27 May and 27 June respectively. Alfalasi was sentenced at the same court today (28 July), with the remaining two due to be sentenced at a later date.

Two other couriers linked to the same network have already been jailed following investigations by the NCA.

Tara Hanlon, 31, from Leeds, was detained by Border Force at Heathrow in October 2020 as she attempted to leave the country with suitcases containing almost £2 million. She later admitted smuggling another £3.5 million out of the UK in other trips, and was sentenced to 34 months imprisonment in July 2021.

Czech national Zdenek Kamaryt, 39, was also stopped at Heathrow in November 2020. He was attempting to board a flight to Dubai carrying £1.4 million. Kamaryt pleaded guilty to 3 counts of money laundering and was sentenced to 34 months imprisonment in March last year.

"This money laundering network smuggled astronomical sums of money out of the UK, and is one of the largest we've ever investigated. Cash is the lifeblood of organised crime groups, which they re-invest into activities such as drug trafficking which fuels violence and insecurity around the world."

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Long Covid action plan



Latest estimates from the ONS show that around 1.6 million people in England are experiencing ongoing Covid symptoms lasting more than four weeks

Patients with long-lasting symptoms from Covid will have access to more convenient tests and checks closer to home, under new NHS measures announced.

Specialist clinics, dedicated to long Covid, will now be able to send people for tests at local one stop shops and mobile clinics, rather than people going back to their GP practice for multiple different tests.

Backed by an additional £90 million investment, the updated long Covid plan includes ambitions for all patients to have an initial assessment within six weeks to ensure they are diagnosed and treated quickly.

Latest estimates from the ONS show that around 1.6 million people in England are experiencing ongoing Covid symptoms lasting more than four weeks, with around one in five saying it has a significant impact on their daily life.

The plan, which has been developed with expert insights from patients, clinicians and partners across the health and care system, shows the NHS has already made significant progress on delivering the 10 commitments it set out for long Covid services just over one year ago.

This includes establishing a nationwide network of 90 specialist long Covid clinics, 14 hubs for children and young people and investment in training and guidance to support GP teams in managing the condition.

A community outreach van in Mid and South Essex is already seeing patients with suspected long Covid symptoms for booked appointments and walk-ins before referring them for further assessments where needed.

The mobile service offers a range of checks including blood pressure, heart rate, oxygen saturation, spirometry and other tests for breathlessness as well as electrocardiography.

Dr Kiren Collison, GP and chair of the NHS long Covid taskforce said: "Long Covid can be devastating for those living

NHS rolls out help for thousands of people with persistent symptoms

with it, and while we continue to learn more about this new condition, it's important people know they're not alone, and that the NHS is here for them.

"In just under two years, the NHS has invested £224m to support people experiencing long term effects from Covid – from setting up specialist clinics, hubs for children, and an online recovery platform, to providing training for GP teams.

"These plan builds on this world-leading care, to ensure support is there for everyone who needs it, and that patients requiring specialist support can access care in a timely and more

convenient way."

Support

Many of those experiencing long term symptoms, will make a full recovery with support from their community healthcare or GP team, but for those suffering from the more complex and severe symptoms, the NHS has set up specialist long Covid clinics across the country.

Long Covid clinics offer a comprehensive multidisciplinary service including physical, cognitive and psychological assessments and management and can also refer patients for further rehabilitation, treatment and

other support.

Lizzie Burr, 62 from Warwick, was referred to her local specialist long Covid clinic, she said: "I caught Covid in early 2020 and initially managed my symptoms at home expecting they would pass, however over a month later I was still really poorly, and my condition didn't seem to be improving.

"I was struggling with fatigue and breathlessness, which has severely limited my mobility, as well as nausea, loss of appetite and difficulty sleeping.

"I was referred to the long Covid clinic in Stratford by my GP, and following an initial assessment, I received specialist support from a respiratory physio to improve my breathing, as well as a dietician who has helped me with food and exercise.

"Whilst I'm still in the process of recovery, I can't speak highly enough of the long Covid clinic, for me it's been a lifeline and has helped me both physically and mentally. I would encourage anyone who is worried about long Covid to seek help and speak to their GP team".

In the last year, over 45,000 people experiencing severe or complex symptoms have been seen by a specialist post-Covid service.

Anyone who is concerned about ongoing symptoms following Covid-19 can find information and advice on the NHS Your Covid Recovery website.

This online platform provides expert advice on what people can do if they are recovering from the infection, as well as what to look out for if symptoms persist and signposting on where to access support for long lasting symptoms.

Since launching, the online service has been accessed by over 10 million people worldwide and is now available in 17 languages including Arabic, Chinese, Gujarati, Hindi, Polish, Ukrainian and Urdu.

If they remain concerned, or are not recovering, as expected, they should contact their GP team.

Long Covid clinics offer a comprehensive multidisciplinary service including physical, cognitive and psychological assessments and management and can also refer patients for further rehabilitation, treatment and other support.



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Fuel Fury?

Nine tips to reduce how much petrol or diesel you use

Petrol is at an average 187.5p per litre, while diesel is not far off £2 at 196.1p. Things are so bad that some people are unable to afford the fuel to get to work - sparking fuel protests. While help from the government would be welcomed by motorists, there are things they can do themselves to cut costs amid the fuel crisis. Here are nine tips to help you run things more smoothly...

Fill up at a supermarket

Every month figures are released by the AA showing the cheapest places to buy fuel, and supermarkets are almost always the cheapest.

Drive as smoothly as possible

Driving as smoothly as possible will maximise your car's fuel efficiency. Accelerate gently - and importantly, avoid excessive speeds and heavy braking. Most dashboards now tell you

your MPG - you could set yourself weekly targets to try and get this up. If you do, take note: many cars are most efficient when driven between 45mph and 50mph.

Driving on hills

On hills, gain momentum by accelerating a little before you reach them, then ease off as you drive up.

Take off roof boxes

Roof boxes create wind resistance and raise fuel consumption - take it off when not using it. Empty roof racks add 16% drag when driving at 75mph, according to the Energy Saving Trust.

Mind the air con

Look at how often you use air con and heating - they drain fuel.

Remove extra weight inside

Declutter your car - extra weight means more fuel is needed to power the vehicle.

Keep tires inflated to right pressure

Check your tyres are inflated to the pressure stated in your owner's manual. Under-inflated or over-inflated tyres cut fuel economy.

Round trips are better

Warm engines are more efficient than cold ones, so making one round trip is better for fuel efficiency than several short journeys, even though the mileage could be the same.

Walk, cycle, run

Do you have to drive? Consider walking or cycling rather than driving for short journeys.



NCA targets crime group suspected of making specialist concealments for drugs after cocaine seized at Heathrow

Three men have been arrested as National Crime Agency officers targeted an organised crime group manufacturing specialist hides for drugs in industrial machinery.

A series of raids were launched across south east England as part of an operation linked to the interception of 125 kilos of cocaine destined for Sydney, Australia.

The drugs, which would have

had a UK street value of approximately £20 million, were found in a specially constructed concealment built into a diesel generator.

The operation saw a 29-year-old arrested in Wickford, Essex, a 43-year-old arrested in Much Hadham, Hertfordshire and a 42-year-old arrested in Romford, Essex. All were held on suspicion of conspiracy to export a controlled drug and are being questioned by NCA

officers.

Industrial premises in Rayleigh, Essex, South Ockenden and Feltham, west London, were also searched. Officers found a generator with a concealment at the South Ockenden address, cannabis plants and a number of stolen vehicles. High value jewellery was also found at one address.

Investigators suspect the crime group had specialised in making concealments within

machinery, with a number of industrial generators specially adapted to create a space to hide illicit goods.

NCA Branch Commander Lydia Bloomfield said: "Our investigation has targeted a network we suspect was providing a rare and highly sophisticated service to other organised crime groups.

"A shipment of this quantity of cocaine from the UK to Australia is unusual, but

demonstrates the global scale of the class A drugs trade - which causes violence and intimidation throughout its supply chain.

"This operation has been planned and carried out alongside our partners including Border Force and New South Wales Police. We work closely with partners around the world to combat the highest risk organised crime threats."

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Better Lives charity, which raises vital funds to support the work of Bradford District Care NHS Foundation Trust, is inviting local people to sign up to their Yorkshire Three Peaks challenge on Saturday 10th September.

The three peaks are Pen-y-ghent, Ingleborough and Wharfedale, all found in the Yorkshire Dales National Park, and are the highest in the county. The walk is circular and will cover a total of 24.5 miles to be completed within 12 hours.

Participants need to register to take part and are encouraged to seek additional sponsors for their efforts to raise even more funds to support the charity. Every penny will go directly towards supporting the services that the Care Trust provides, to enhance patient care and go over and above the core facilities it offers.

Catherine Jowitt, charity, and volunteer lead at the Trust, said: "We are very happy to be able to invite members of the public to tackle the challenge with us. These events raise vital funds that allow us to enhance our services. This event will be a big mental health boost, spending time in the fresh air on a wonderful but challenging walk."

"I walked it last year and it was fantastic, great camaraderie and support, and we hope for more of the same this year. I am looking forward to meeting everyone at the registration, and the checkpoints along the route, it's also a great feeling to welcome everyone back at the finish point!"

The challenge is open to all and an ideal opportunity to walk our three Yorkshire Peaks, with like-minded walkers, all wanting to support the NHS. We are partnering up with three other NHS charities this year, so there'll be plenty of banter and a great team atmosphere.

To find out more and to register, email betterlivescharity@bdct.nhs.uk



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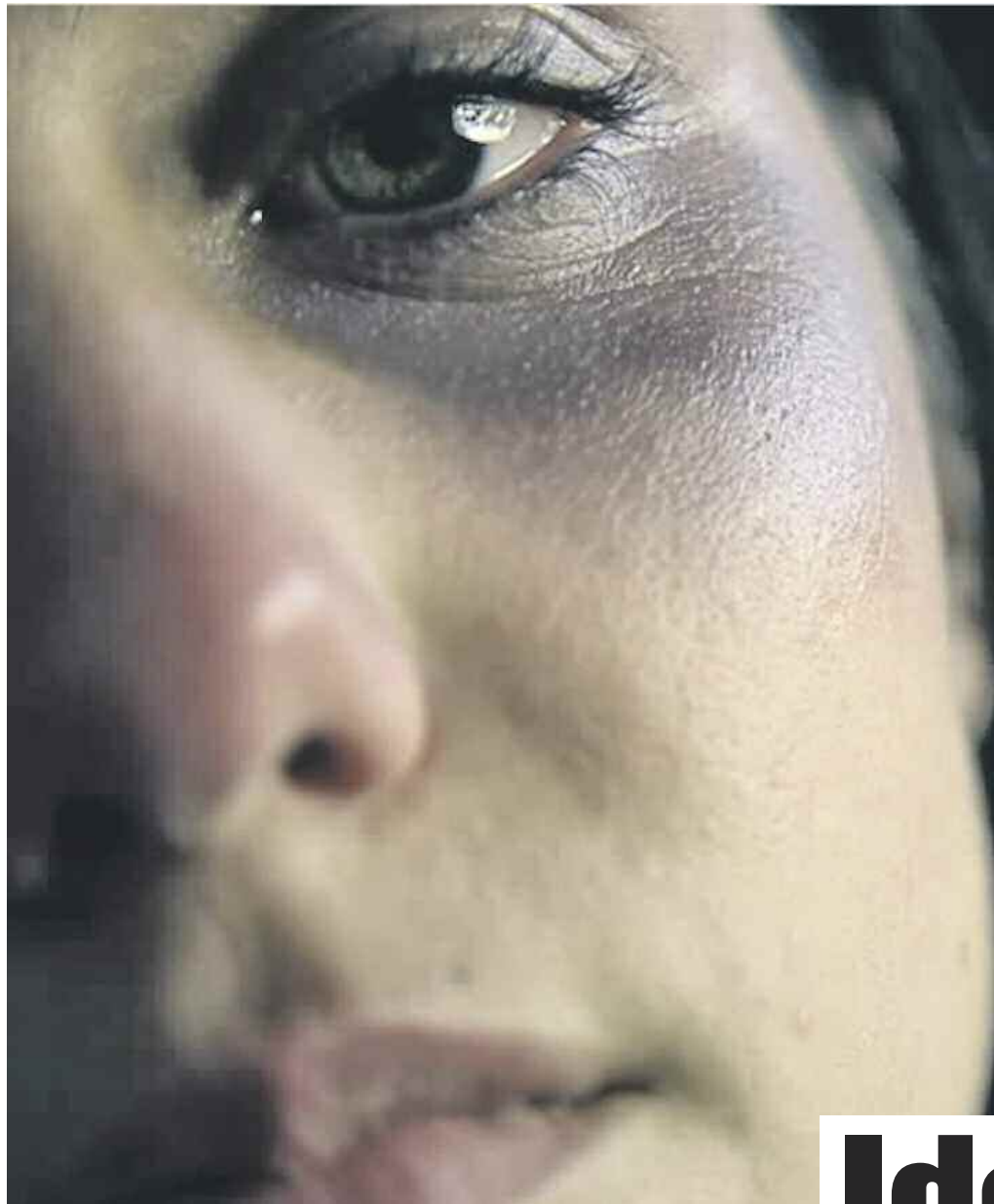
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“We welcome this new, whole system approach to tackling domestic abuse. This abhorrent crime requires support for all victims – whether they are women, men, or children - at all levels and right across the sector.”

Identifying domestic abuse

New statutory guidance on identifying and responding to domestic abuse and its impact on victims has been published by the Home Office.

The Domestic Abuse Act 2021 Statutory Guidance will ensure victims are supported to access frontline support that meets the complexity of their needs, by ensuring that the police, healthcare practitioners and local authorities have the necessary tools and information to offer tailored support to victims and survivors.

The guidance, released on 8th July, supports the implementation of the Act's wide-ranging statutory definition of domestic abuse and provides guidance to those working with victims, including the police and local authorities.

The statutory definition introduced in the Act incorporates a range of abuse beyond physical violence, including controlling or coercive behaviour, emotional, and, for the first time, economic abuse. The Domestic Abuse Act 2021 also recognises children who see, hear or experience domestic abuse as victims in their own right.

This new statutory guidance goes further to ensure that the complexity of domestic abuse is properly understood to support a coherent 'whole system' response to supporting victims and survivors, including children. By setting out best practice approaches and encouraging multi-agency working, a whole system response will deliver the step change needed to tackle this

abhorrent crime, recognising that everybody has a role to play in supporting victims and survivors of domestic abuse.

Domestic Abuse Commissioner, Nicole Jacobs, said: "Domestic abuse has a horrific impact on victims, children and society more broadly. I welcome the publication of the statutory guidance which gives us a detailed blueprint for how we understand domestic abuse and how we improve our response to it."

experience, and organisations shared feedback, which has been used to shape and inform the final guidance.

National Police Chiefs' Council Lead for Domestic Abuse, Assistant Commissioner Louisa Rolfe, said: "We welcome this new, whole system approach to tackling domestic abuse. This abhorrent crime requires support for all victims – whether they are women, men, or children - at all levels and right across the sector. Policing will continue to work hard

“Domestic abuse has a horrific impact on victims, children and society more broadly. I welcome the publication of the statutory guidance which gives us a detailed blueprint for how we understand domestic abuse and how we improve our response to it.”

“It's essential that we all work together to tackle domestic abuse and take a holistic approach to this issue which the guidance helps sets out.”

The guidance was developed in collaboration with experts from frontline services and domestic abuse organisations, including working groups specifically focussing on victims with disabilities, children as victims, male victims, ethnic minority and migrant victims. This was supplemented with a public consultation in which individuals, including those with lived

to tackle the perpetrators of these crimes and safeguard victims and witnesses who suffer so greatly from them.

“Tackling domestic abuse is a key priority for police and I am pleased to see non-physical abuse beginning to be treated with the same severity as violence. Many victims endure traumatic controlling and coercive behaviour and suffer from psychological, emotional and financial abuse.

“This is an important step towards tackling domestic abuse in all its forms.”

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Wasters -

average family bins a third of a ton of left-over food each year

The average British family bins one third of a ton of left-over food every year a study has revealed.

Research carried out among 2,000 adults found oversize portions from Chinese takeaways account for a large chunk of the staggering 745lbs or 338kgs of waste.

Uneaten meat and vegetables from the popular weekend meal also find their way into the bin frequently.

Parents who over-estimate family meal quantities and fussy kids who turn their nose up at dinner time also contributes to the incredible figure.

In fact, the study showed as many as six in ten families regularly fail to finish everything on their plates, so end up scraping the left-overs into the food bin.

The study found the average household will throw away 6.5 kilograms of food waste every week - a total of 338 kilograms or 745lbs a year.

And of that, almost one-fifth is made up of leftovers and cooked food that has gone uneaten - the equivalent of around three full

plates of food each week.

60% of Brits admitted they don't always eat everything that is put in front of them, with another 70% saying they usually have to scrape uneaten food off their children's plates as well. When it comes to children, 41% leave something because they are too fussy to eat it.

food from each meal might not seem like a lot, but when you add that up over a week or year, it's a staggering amount.

"Not only is it horrible to see how much food gets wasted, but if you think of how much you spend buying that food in the first place, it can be quite unsettling.

"But it's interesting to see that

The study found the average household will throw away 6.5 kilograms of food waste every week - a total of 338 kilograms or 745lbs a year.

The study also found that 46% of Brits admitted they worry about the amount of food they throw away, with another 56% concerned about the cost. Despite this, 55% admit they know they often cook too much food for their family.

A spokesman for food waste disposal firm InSinkErator, which commissioned the research, said: "Throwing away the odd bit of

Chinese takeaway is one of the main meals we throw away. Many people order too much and end up struggling to eat it all.

"If you or members of your family find it difficult to clear their plate and your food waste bin is bulging, cooking less will not only mean you end up saving yourself money but you won't have to deal with messy job of throwing the food waste away."



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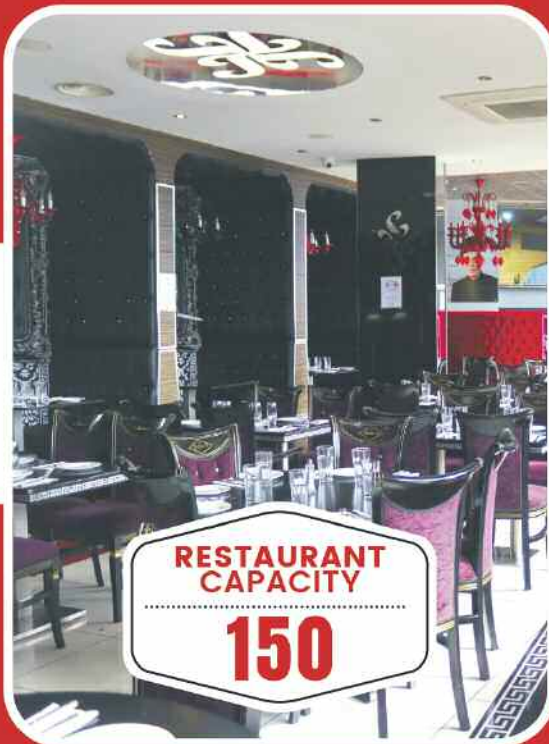
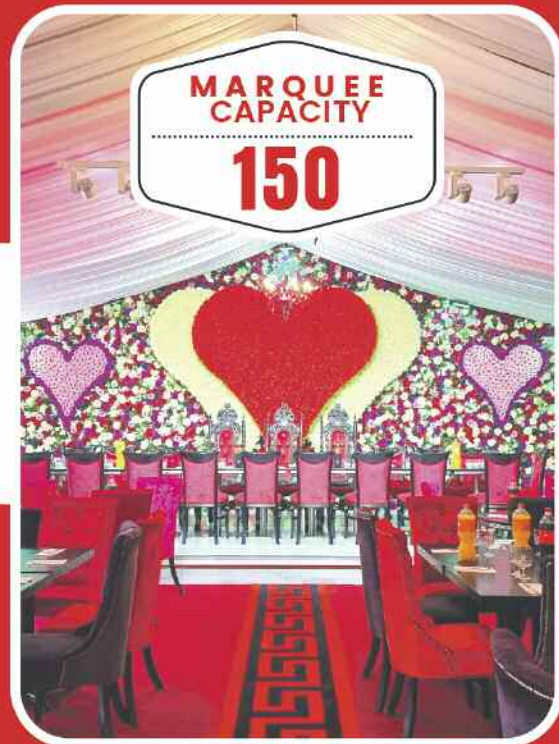
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■ FOUNDERS: Aagrah Group Chairman Mr Mohammed Sabir (centre), with Managing Director Mr Mohammed Aslam (left), and Vice Chairman Mr Zafar Iqbal

When three brothers decided they wanted to set up a restaurant to share the delights of Asian cuisine with the people of Bradford, little did they know that 45 years later their multi award-winning business would still be running some of the most popular eateries in Yorkshire.

It was a gamble at the start. Led by eldest brother Mr Mohammed Sabir, younger brothers Zafar Iqbal and Mohammed Aslam took the plunge at giving the food business a go.

None of them had a background in the food industry – instead, working in textiles and the transport industry.

But one thing they did share was a passion for Asian cuisine and a desire to take the family recipes they so enjoyed from their mother and grandmother and share them with the public.

And so, in 1977, they opened the Aagrah Restaurant on Westgate in Shipley.

Despite the excitement at opening their first restaurant, it could easily have stopped there.

Mohammed Aslam explains: “I was working for London Transport whilst my brother Sabir ran the restaurant in Shipley. From London, I advised him to sell the restaurant. I told him it was ‘rubbish’ or words to that effect!”

“However, when Sabir bought his business partner out, Sabir and his wife worked very hard and with their hard work, Aagrah became a decent recent restaurant.

“I then came and joined him on his advice. I began to do the food prep for the chef and to watch him as he worked. This was the beginning of my passion for food.”

The rest, as they say, is history – numerous culinary awards, MBEs for Aslam and his brother Sabir and the development of restaurants in a

AAGRAH: CELEBRATING 45 MAGNIFICENT YEARS

How a family business went from a love of mum’s cooking to a restaurant empire

further 8 locations.

As the company grew, the brothers had to review the logistics of running the business.

The eldest brother, Haji Mohammed Sabir, remains as Chairman of the Aagrah Group; the middle one, Zafar Iqbal - Vice Chairman; and the youngest, Mohammed Aslam serves as the Groups’ Managing Director.



Aslam explains: “We had separate food preparation areas and kitchens

in each of the different branches and after a while this became unfeasible. We wanted to create a sense of consistency and so we developed a ‘central kitchen’ in the Pudsey branch where everything was prepared before being delivered to the other branches in specially developed sealed refrigerated vans.

“Although the Board thought I was crazy at first for suggesting this, they soon realised it was the obvious way of running things most efficiently.”

Aslam believes the success of the Aagrah Group can be traced back to the very early days of the company when he and his brothers started something different.

He explains: “At that time, we were doing something pretty unusual for the average curry house.

“We were using all fresh ingredients; we were blending our spices and had totally moved away from buying in this red sauce and this

green sauce and mixing them in with a few dried onions. I’m exaggerating of course, but the point I’m making is that the vast majority of curry houses at the time were still producing a hybrid curry for the English palate, and very few were using all fresh ingredients.”

It was this commitment to high quality food that has won the company numerous accolades.

Not only that, over the years they’ve catered for national snooker tournaments, created curry sauces, spice blends and other products to be sold at supermarkets, held chef masterclasses as well as feeding celebrities from across the globe.

In 2007, Aagrah were the official food partners for the IIFAs (International Indian Film Academy awards) - where Bollywood royalty such as Amitabh Bachchan, Dharmendra, Shilpa Shetty and Aishwarya Rai-Bachchan to

mention a few, attended the week-long entertainment events in Yorkshire.

So, what does Aslam believe the future holds for the business?

He concludes: “My brothers and I have built the business up to where it is today. I’m extremely proud of what we’ve done and how we’ve shared our passion for promoting Asian cuisine.

“Looking ahead to the future it’s now all about handing over to the next generation – our sons and nephews – to continue driving the business forward. They’re not new to the business.

“We’re a family orientated business and many of them have been involved since they were 16-years-old. Moving forward, I’m extremely confident that the business is in very good hands to continue, and I know the new generation are already looking at plans for further expansion and opening new restaurants.”

“It doesn’t matter about the brand. The important thing is promoting the delights of Asian cuisine.”

– Mohammed Aslam (Managing Director, Aagrah Group)



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Sentencing of human trafficker prompts Police appeal

The jailing of a man for modern slavery and offences linked to prostitution has led to an appeal from detectives at a Leeds-based team.

Anghel Iordache was jailed for more than 11 years at Leeds Crown Court earlier this month.

Lordache, aged 49, of Harehills, was sentenced following an investigation which began when police responded to a request for a welfare check at an address in the city in March of this year.

The investigation which followed Iordache's arrest led to safeguarding measures being put in place for two women who were found there.

Detectives from Leeds Child Vulnerable to Exploitation Team (CVET) believe it is likely that Iordache may have trafficked other women into the country for the purpose of sexual exploitation, and are encouraging anyone who believes they were a victim to contact

them.

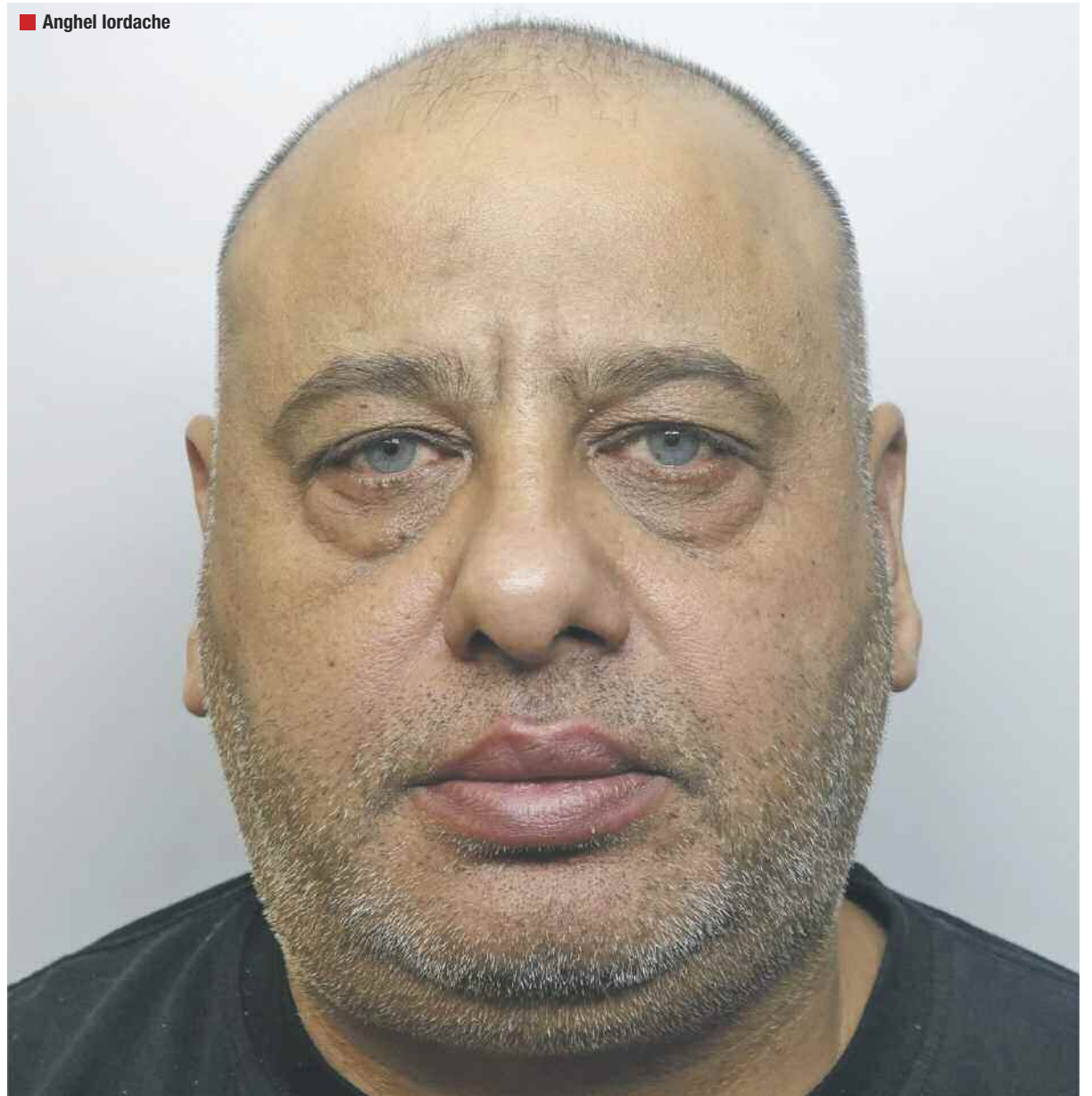
Detective Inspector Al Cheyne, said: "I hope this outcome will give people confidence to report activity which could be linked to modern slavery to the police, so we can take action with partners against those who are involved in this appalling practice.

"We would like to take this opportunity, now Iordache is behind bars for a significant length of time, to appeal to women who believe they were trafficked into the country by him.

"Anyone coming forward should be reassured that they will be supported by our specially trained officers, who work in partnership with agencies to investigate these matters thoroughly and with discretion to bring perpetrators of this horrible crime to justice."

Leeds CVET can be contacted on 101, or via the LiveChat facility on the West Yorkshire Police website.

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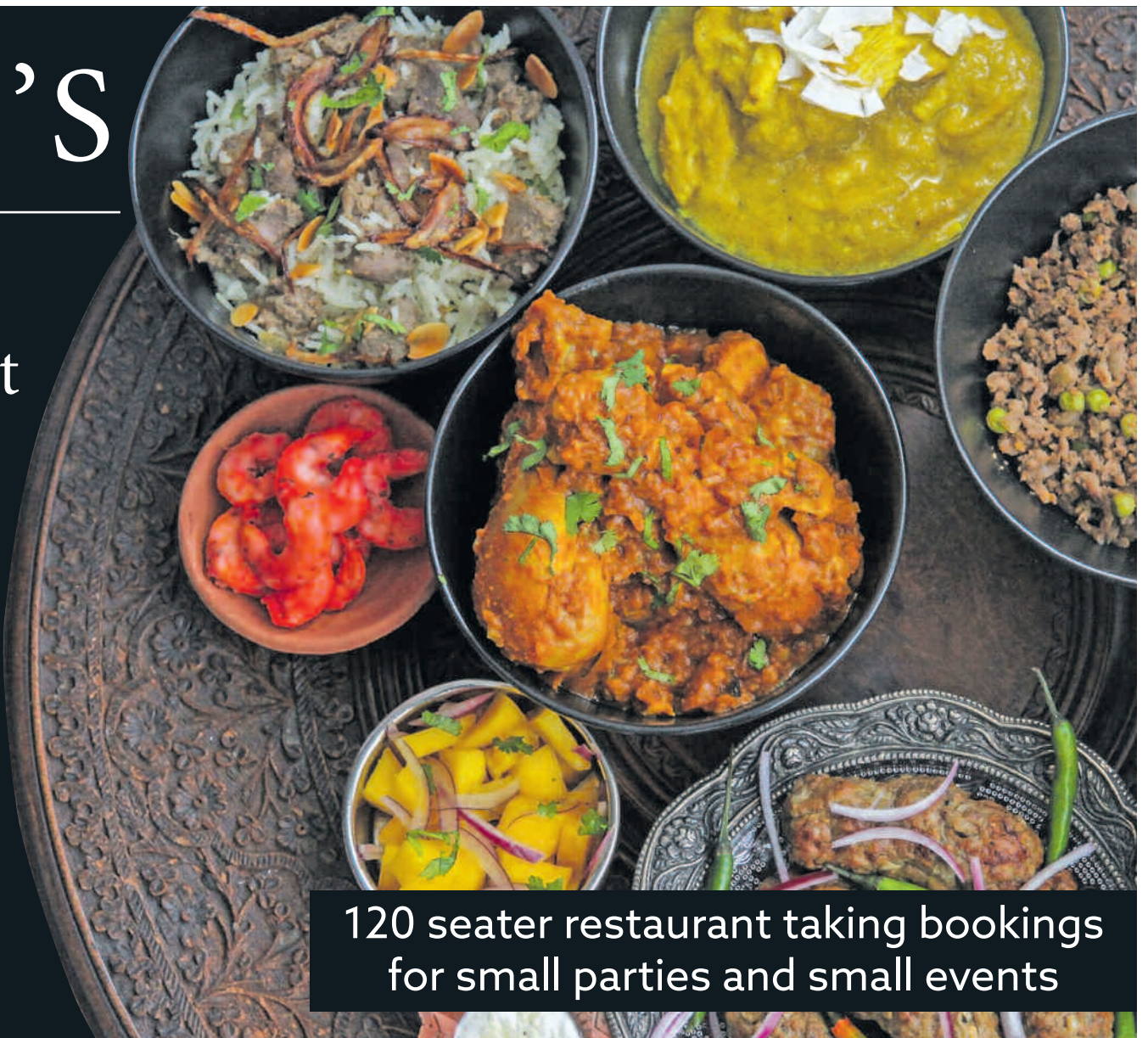
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Thalassaemia Relief

The journey and start of Thalassaemia Relief came from the founder Adam Khan.

Research in Pakistan shows that up to 900,000 children are born with thalassaemia, a disease which can be treated but many are unable to pay for.

Thalassaemia is the name for a group of inherited conditions that affect a substance in the blood called haemoglobin.

People with thalassaemia produce either no or too little haemoglobin, which is used by red blood cells to carry oxygen around the body. This can make them very anaemic (tired, short of breath and pale).

It mainly affects people of Mediterranean, south Asian, southeast Asian and Middle Eastern origin.

Adam Khan believes he can help. "It all began from stories heard and facts, seeing of how underprivileged children are suffering, with most unable to pay for treatment," says Adam.

"Interacting with patients, and sitting with haematologists, having friends with the disease having a great understating of the condition and its devastating impact has moved me to raise awareness and help treat people with this condition."

With the assistance of a volunteer, also a thalassaemia patient, Adam set up his charity - Thalassaemia Relief; which works with the Amna Jahagheer Thalassaemia Centre in Kotli, Pakistan.

Bilal and Adam have worked tirelessly to create awareness of this treatable disease and fundraise for treatment.

"As the team got bigger we had more patients volunteering, which has helped the charity grow," adds Adam.

"The last six months has been a great journey - from starting with six patients we have now over 50+ patients receiving 100% long term blood transfusions and iron chelation medicines.

"We provide blood transfusions, blood tests, iron chelation medicine, food, transport, blood camps, medical equipment, specialist appointments and raise awareness of the condition.

"We're working with the Amna Jahangheer Thalassaemia Centre (Kotli), Azad Kashmir, and almost all of the patients being treated are at this centre. They are so poor that they can not afford to pay for basic care, and we take care of this matter.

"We welcome your donations. Big or small - every donation will go supporting a child with accessing vital treatment."



If you'd like to donate, you can make a donation to:
Thalassaemia Relief Sort code: 60-83-01 Account number: 20463342

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£525.00 pcm
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SALE AGREED
 Bradford, BD8
£120,000
 4 bed Mid Terraced House For Sale
 Ref: HEO-FFL10X7CR9

Thorn Street, Bradford, BD8
Offers Over £90,000
 3 bed Mid Terraced House For Sale
 Ref: TOL-GBB12XT1VA

Park View Terrace, Bradford, BD9
Guide Price £179,995
 4 bed Mid Terraced House For Sale
 Ref: TOL-G4511F1TAS

St. Leonards Road, Bradford, BD8
£110,000
 2 bed Mid Terraced House For Sale
 Ref: TOL-GAE12VS3D6

Laverton Road, Bradford, BD4
£120,000
 2 bed Semi-Detached House For Sale
 Ref: TOL-GAC12VPL7F

Jennings Place, Bradford, BD7
£60,000
 1 bed Mid Terraced House For Sale
 Ref: TOL-GA612U934A

Mannheim Road, Bradford, BD9
£175,000
 4 bed Mid Terraced House For Sale
 Ref: TOL-GZN113XLC1

Church Street, Bradford, BD8
Guide Price £99,950
 2 bed Cottage House For Sale
 Ref: TOL-G9812S7ZCP

Laverton Road, Bradford, BD4
£125,000
 2 bed Semi-Detached House For Sale
 Ref: TOL-G8F12QFYKN

Kensington Street, Bradford, BD8
£169,500
 4 bed Mid Terraced House For Sale
 Ref: TOL-G7D12N4NZP

Moss Bay Road, Allerdale, CA14
Guide Price £65,000
 2 bed Mid Terraced House For Sale
 Ref: TOL-G7C12N24GL

Girlington Road, Bradford, BD8
£105,000
 2 bed Mid Terraced House For Sale
 Ref: TOL-G5912HFEPJ

Lady Royd Close, BD8
£190,000
 3 bed End Terraced House For Sale
 Ref: TOL-G0J115V7GC

Ley Top Lane, BD15
£170,000
 Ideal for development S/Approval
 3 bed Detached House For Sale
 Ref: TOL-G6412KBBES

SALE AGREED
 Bradford, BD3
Guide Price £140,000
 Ideal for Investors For Sale
 Ref: TOL-GBU12WQSEA

Sticker Lane, Bradford, BD4
£79,000
 Shop For Sale
 Ref: TOL-G7612NPXWH

Lumb Lane, Bradford, BD8
£150.00 pw
 Shop To Let
 Ref: TOL-G9C12SFVA0

Upper Floor Mill Hey, Bradford, BD22
£25,000
 Restaurant For Sale

Carlisle Road, Bradford, BD8
£12,000
 Shop For Sale

Duckworth Lane, Bradford, BD9
POA £1.00 pw
 Retail To Let
 Ref: TOL-G5P11G6C7L

SUITE 10, Kirkgate House, BD18
Offers in Excess of £255.00 pw
 Office To Let
 Ref: TOL-GJC106H9JW

Oak Lane, Bradford, BD9
Offers Over £179,995
 Investment Property For Sale
 Ref: TOL-FG5101NL2T

University Post Office 10, Mannville Terrace, Bradford, BD7
£295,000
 Investment property Retail For Sale
 Ref: TOL-GDM120MCLQ

JOB NEWS

YOUR CAREER COULD START HERE



Job Vacancy Operations Manager (Quality)

Service Area: The organisations operations, policies and procedures.
Responsible for: The organisations overall quality of operations and services provided, in accordance with all relevant legislation and standards.

Responsible to: Operations Director

Type of Contract: Permanent **Hours:** 23 hours per week
Salary: £32,500 (SCP 28) SO2 scales pro rata to hours worked

Job Summary:

As an Operations Manager (Quality) you will have entire responsibility for ensuring Hamara policies, procedures and practices are compliant with all relevant legislation and standards, and meet the required quality levels. This role will also have a high level of overall responsibility for ensuring all projects run by Hamara have operations in place, which are compliant with relevant legislation and standards and meet mandatory quality levels, as well as ensuring all operational functions of Hamara are supportive of its successful development.

This role's main duty is to implement, maintain and improve the quality of Hamara's services, in accordance with business aims and objectives and all relevant legislation and standards. You will maintain effective and responsive working relationship with a range of

professionals and stakeholders, developing and nurturing positive partnerships to further embed and develop Hamara's services. You will also monitor and analyse Hamara's current operations to determine their: level of quality, effectiveness, efficiency and compliance, in accordance with Hamara's business aims and objectives.

This is an important management role and you will be required to skilfully manage and deliver our service model, embedding a shared vision for the service, communicating it effectively and consistently to staff, service users and stakeholders.

If you are interested in applying, please complete or download an application form from <https://www.hamara.org.uk/contact-us/vacancies/>

We strongly advise submitting an application early.
We reserve the right to close posts early on sufficient number of applications.



Job Vacancy - Bid Writer

Hours: 22.5 hours per week – 3 days a week **Salary:** £30,000 pro-rata
Contract Type: Permanent **Responsible to:** Director

Purpose of Post

The VSCE sector is dynamic and a very competitive environment at present due to the current climate. Demand for support and services is higher now than ever before, throughout the pandemic Hamara has become an anchor across the city and plays a vital role in tackling Health inequalities and improving the wider determinants of health within the diverse communities that reside in Leeds.

This exciting new role will make up a pivotal position in the Senior Leadership Team and will be a valued team member, who is part of Hamara's Business Development function. Due to continuous growth, the post holder will work on writing compelling bids, collate relevant data and content to support and prepare professional tenders. Building on each strand of our work streams to meet the current demand and secure grants to fund the required interventions and services.

Hamara has various staff benefits such as employee assistance helpline, flexible working and a generous 26 days bank holiday per year + 8 bank holidays.

Candidates must have:

- Must have excellent proposal writing experience working on large scale, complex strategic bids, and minimum 5 years bid writing experience.

- A minimum of 2 year's experience of working within the third sector, or, extensive experience of community health development work and supporting a third sector organisation;

- Have effective written communication skills and attention to detail

- Experience of implementing and maintaining monitoring systems, showcasing bids/grants applied for which measure quality of work and/or process

- Be educated to degree level
- Have strong analytical and problem solving skills

If you are interested in applying, please request an application form from our website <https://www.hamara.org.uk> And return a typed application by email.

Closing Date: 06.05.22 12pm

Applications received after the closing deadline will not be considered.
Please note that these vacancies may close before the closing date if there is a large response.



Job Vacancy HALO Support Worker

Hours: 20 hours per week

Salary: £9.50

Contract Type: Fixed term -1 Year

Hamara HLC are currently recruiting for a Support Worker. The role of a Support Worker will involve supporting and enabling clients to be independent whilst promoting dignity and choice.

The Support Worker will deliver support, social and prompt personal care to the client, ensuring that a person centred approach is used so that the clients can maximise their independence. Support Workers will support the client by promoting the use of leisure and educational facilities and employment and volunteering activities in the local community.

The role will involve producing support plans and keeping up to date with the client's family and care provider. Accurate record keeping will be essential. Other tasks will include facilitating outings and trips for the clients and encouraging integration into the local and wider community.

If you are interested in applying, please complete or download an application form from <https://www.hamara.org.uk/contact-us/vacancies/>

Closing Date: Sunday 21st August, 5:00pm

Applications received after the closing deadline will not be considered.
Please note that these vacancies may close before the closing date if there is a large response.



Job Vacancy - Youth Development Worker

Hours: 37 hours

Reporting to: Youth Team Manager

Location: Hamara HLC, Tempest Road, Leeds LS11 6RD

Salary: £21,589 (pro rata)

Contract Type: Fixed term Contract for 1 year

Hamara is a well-established community organisation delivering a range of community based services in South Leeds. We are looking for someone with experience of working with young people to lead on several youth projects (Youth Club, Positive Destinations & VRU). Evening and weekend shifts will be required.

Purpose of Post:

To plan and lead on youth activities which will provide local young people with education, support and positive opportunities to enrich their lives. The role is initially until the end of March, however this may be extended subject to funding.

Duties:

- To publicise and promote the projects through networking, marketing material, developing partnerships with a wide range of agencies and establish referral processes
- To work in partnership with other organisations to provide activities and opportunities for local young people.
- To develop and deliver mentoring, coaching and skills development activities within weekly activities

- To develop programmes that develops resilience and confidence in young people to avoid risky behaviours.

- To attend regular supervision, team meetings and training and maintain own professional practice, identifying own training and development needs

- To develop monitoring and evaluation processes and maintain appropriate records
- To work with the manager in completing reports to the funder

- To undertake any other appropriate duties that are relevant to the projects and that may be required by Hamara

- Experience of working within the third sector, or, extensive experience of community health development work and supporting a third sector organisation;
- Search for funding opportunities to develop additional projects
- Ability to liaise with voluntary and statutory agencies;

If you are interested in applying, please complete or download an application form from <https://www.hamara.org.uk/contact-us/vacancies/>



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Asian Express

Your National and Local Business Round-up

Business news



Regal Foods international success leads to royal meeting

Regal Food Products Group CEO, Younis Chaudhry, was recently invited to Buckingham Palace for a royal reception to celebrate the company's overseas success and Queen's Awards for Enterprise for International Trade win.

The royal reception held at the palace was hosted by HRH The Prince of Wales, The Princess Royal, The Duke and Duchess of Gloucester and Princess Alexandra.

The company's success has seen overseas sales grow by 77% over the last three years, with an estimated 10% growth year on year over the next 3 years.

CEO Younis Chaudhry comments: "It was an honour to be invited to

Buckingham Palace where I was given the opportunity to talk to HRH The Prince of Wales about Regal Foods and what export means to us and for the UK."

"With The Queen's Awards for Enterprise flag now flying high at our head office site in Bradford, it is a great privilege to be representing the UK within international trade."

Regal Food Products Group Plc are manufacturers and distributors of a wide range of world food products, mainstream confectionery, and drinks. Extending to 380 products which are now exported to over 40 countries and distributed to over 3,000 retail outlets, including major supermarket chains.

BUSINESS

YOUR LOCAL & BUSINESS ROUND-UP

Trying to Beat the System

The High Court has recently rejected an attempt by a firm of solicitors to issue multiple claims on a single Claim Form.

In the case of *Abbott & Others v Ministry of Defence* Hugh James Solicitors represented 3,500 Claimants who were all seeking damages against the Ministry of Defence for noise-induced hearing loss which they claim had been caused during military service. Hugh James sought to issue all 3,500 claims on one Claim Form for which there would be one issue fee payable to the court rather than 3,500 separate fees for each Claim Form.

The High Court Master ruled that it was impermissible to join multiple Claimants with widely different claims on a single Claim Form. The Master said that although the individual claims all featured a common Defendant with some common themes, they were "far too disparate" and that they consisted of "a huge variety of unitary claims".

Further, the Master noted that placing 3,500 separate claims with one Claim Form would put an impossible strain on the court's computerised case management system. He referred to an instance where the court staff had mistakenly closed an entire group action when they were informed that (only) one of the cases from the group had settled.

The Master directed that unless individual Claim Forms were issued within 6 months then the claims would be struck out.

Under English Law, it is possible to bring group actions where multiple Claimants issue one Claim Form. For example, the Claimants seeking compensation against car manufacturers in the diesel emissions litigation is being pursued as a group action. The ability to issue a group claim under a single Claim Form undoubtedly increases access to justice as, currently, Claimants need to pay a court issue fee equivalent to 5% of the value of their claim up to a maximum of £10,000 and this could be unaffordable to many Claimants who do not qualify for a fee remission, particularly in the current economic climate.

However, given that it is the Government's

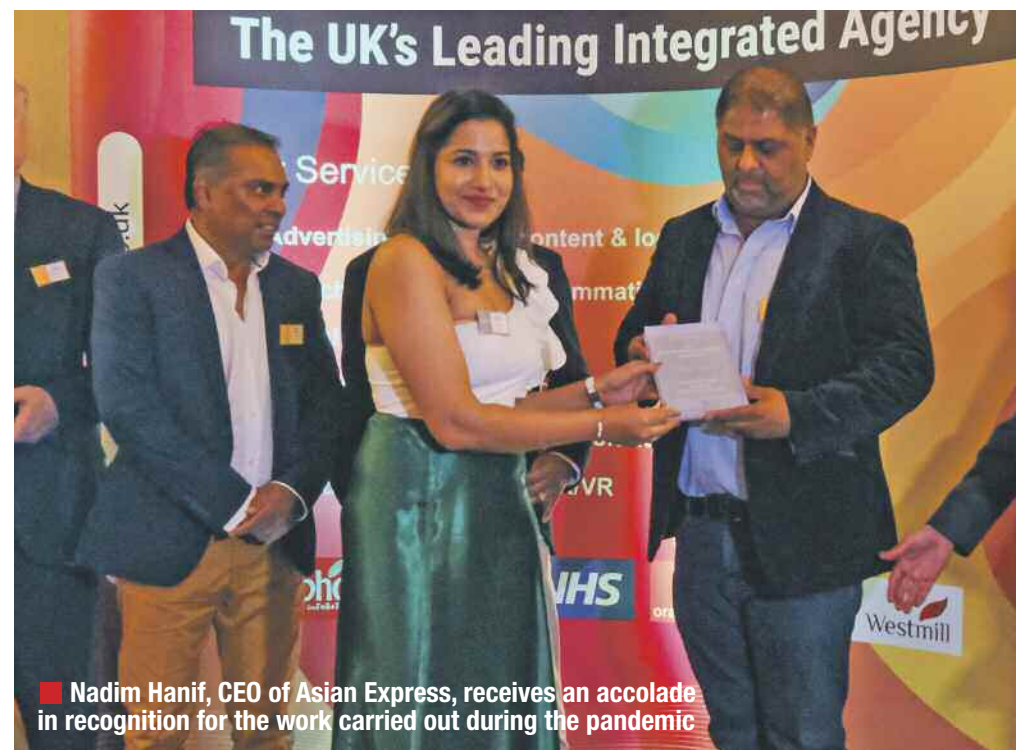
aim to make the courts self-sufficient and less reliant on public funds, it is understandable that judges may view attempts to avoid paying court fees as an abuse of process. But therein lies the dilemma; affordability over access to justice even if it is at the expense of the taxpayer. Is the think-tank in Whitehall watching the tide ebb closer to further privatising parts of Her Majesty's court system?

Blacks Solicitors can provide assistance on all aspects of court and tribunal proceedings. If you require advice or assistance then please contact Luke Patel on 0113 227 9316 or email him at "LPatel@LawBlacks.com".



Please contact Luke Patel
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or by email at
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BLACKS
SOLICITORS



■ Nadim Hanif, CEO of Asian Express, receives an accolade in recognition for the work carried out during the pandemic

Leading media agency celebrates role of ethnic partners during Covid messaging campaigns

Mediareach Advertising paid tribute to its valued media and content partners in the UK and everyone who helped convey important messaging during the last two years.

Held at the award-winning Dilly Hotel, Madhu's Mayfair, on Friday, the 17th of June 2022, the event was organised to acknowledge the hard work of Media/Content partners despite the toughness of the past two years.

It represented a heartfelt thank you and praise to the multicultural collaborations held for over 37-years of success today.

The media had a challenging role to play and critical messages to convey. They showed great resilience and real commitment at every partnership opportunity with Mediareach Advertising.

Celebrating that, the event acknowledged and awarded the people behind the best-of content reminding everyone about the exceptional campaigns that made it to the people despite all. This was followed by a remembrance that honoured those who lost their lives during the pandemic.

"At Mediareach Advertising, multicultural media partnerships are a unique proposition of ours. A big part of the work we do, from bespoke content to omnichannel marketing, goes back to the dedication of our media partners. For that, we have come together to celebrate the diversity, cultural insights, tonality, inclusivity, and relevance in

content and media planning," said Saad Al Saraf, CEO

Media houses from across the UK were gathered to discuss the challenges of the diverse media industry and plan for better collaboration opportunities in the future.

Editors, journalists, producers, and different stalwarts of the media family found it a great setting to strengthen their connections and build new ones while enjoying pleasant music, excellent cuisine choices, and photos to remember.

"We wanted to gather our influencers, writers, media professionals, and creatives who regularly help produce relevant content to highly diverse audiences in the UK and globally. They deserve acknowledgment as the behind-the-scenes heroes of great omnichannel campaigns we have produced and broadcasted with efficient results," added Javed Husain, Media Director.

Cherishing those partnerships didn't end here. Leading figures from the ethnic media industry received awards and

accolades for their contribution to developing multicultural media partnerships in the UK.

"These partnerships have been a key catalyst in driving change for the government, the NHS, and brands during and after lockdown. They rolled up their sleeves during a harsh storm, yet we ended up with 1000s of content clips on TV, Print, Radio and Digital for Covid-19 awareness and for the vaccine roll-out to ethnic and diverse groups," concluded Ankita Dobhal, Lead- Media Partnerships Team.

This was Mediareach Advertising's first-of-its-kind event but not the last. The company's integrated, multicultural advertising hive keeps moving forward and working harder towards the most consolidated partnerships that can achieve desired advancements across the ethnic media landscape. For more about the latest campaigns and case studies, please visit the website www.mediareach.co.uk and contact our team for any queries.

About Mediareach Advertising

Mediareach Advertising is an integrated advertising agency with combined skills and expertise in content, digital, and media. We're multidisciplinary and multicultural with diverse talents from across the globe. With inclusivity at the heart of its planning. Founded in 1986,

Mediareach pioneered advertising to diverse and cultural audiences through unique segmentation, content creation, and amplification to build a brand presence with cultural communities in the UK and globally. Mediareach Connecting Cultures, Building Brands.



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...life & style



House viewing tips

What to look for when viewing a house

Drive by

First impressions shouldn't be underestimated. Even before the viewing, you should go and see the property from the outside. Often this is enough to know a property is not for you. You can get a good feel for the neighbourhood by driving around nearby streets too. It's worth doing this both during the day and at night to assess things like traffic noise.

Be prepared

Make a list of all the things that are important to you and any questions you want to ask before the house viewing. Once you're in the house it's easy for things to slip your mind.

Take a friend

Never go to a viewing alone. Either take a partner or friend, or attend the viewing with an estate agent. Not only is it safer, it's always great to have someone to bounce ideas off and ask for a second opinion.

Check the outside of the property

Are there any signs of damp like peeling paint or tide marks on the walls? Are there any loose tiles on the roof?



Continued on pages 42 & 43

Pen heaven...

Find your perfect stylish writing tools and accessories

Elevate your style with these cool and useful writing tools from online gift emporium.

Notoriously hard to shop for, Pen Heaven have carefully curated their finest nibs, retro designs and limited-edition pieces, to offer an array of items for those with superb taste.

From the all-black (and newly launched) Graf von Faber-Castell fountain pen to the reimagined and bestselling Parker 51 pen, along with cult favourite, the Worther Shorty, there is writing tool with your name on it... or that of someone who you'll gift to.

In addition to the first-class writing

instruments, Pen Heaven also showcase an enviable selection of fine leather goods, from swanky passport covers and document holders to stylish wallets and journals.

Whatever your budget, and whatever your style, Pen Heaven have handpicked their most desirable accessories to appeal to all.



Graf von Faber-Castell Guilloche Black Edition Fountain Pen, £399



Refined and luxurious, Graf von Faber-Castell's Guilloche fountain pen is beautiful to behold. Hand-engraved by master craftsman to give the distinctive wave effect finish on the precious resin barrel, every writing instrument is unique. The Black Edition matches this striking barrel design with titanium PVD coated trim, bringing stealthy, modern aesthetics to the fore-front of this writing instruments appeal. Every detail has been thought of, with fluted cap-edge engraving, spring-loaded clip and laser etched logo, adding to the premium finish. Completed with a hand-made, ruthenium-plated 18k gold nib, this fountain will deliver a lifetime of writing enjoyment.



Leuchtturm1917 Medium Hard Cover Notebook - Dotted, £16.50

Effortless design ensures Leuchtturm1917's medium hard cover notebook is suitable for everyone and every purpose. The medium size is both spacious and perfectly portable, whilst the dotted pages are great for creative planning and designing your own personalised diary. Offered in a sturdy hard cover for protecting your notes, the expandable internal pocket and colour-matched elastic closure will keep any stray papers in tow. Two colour co-ordinated ribbons help mark those important pages for quick, easy location. The paper is 80gsm and acid-free, suitable for all pen types.

Company Notebook Passport Size, £40

Travel in style with this soft leather design, that just gets better with age. Can also double up as a passport holder and more. a perfect on-the-go companion. Each notebook cover is manufactured by hand and kept deliberately simple with rough cut leather and elastic closure bands held together with a minimal tin clasp. The simplicity belies the creativity it enables; with a variety of inserts available, you can customise it to suit your needs; journal, wallet, passport holder, diary and more. The provided MD paper insert is suited to all writing types, resisting feathering and bleed through. Over time the leather cover will age with use becoming as unique as the contents inside; a story of your travels in its own right.



Cross Grabado Espanol Credit Card Holder, £14.90

Neat and elegant, this design offers excellent value looking way more expensive than it is. Ideal for those of us who don't like a large wallet, the credit card wallet features six slots and a slip in compartment.

Parker 51 Midnight Blue Fountain Pen, £70



After much demand and anticipation, Parker have relaunched their most iconic range, the Parker 51. Once hailed as the "world's most wanted" pen, the Parker 51 has been given a contemporary makeover whilst retaining its original distinguishing features. Inspired by aeronautical design the sleek cigar shaped silhouette coupled with a durable resin barrel makes the 51 lightweight and nimble in the hand. The distinctive hooded nib and screw close cap help ensure that ink doesn't dry in the pen. Upgraded to a modern cartridge/converter system, the reimagined 51 meets the needs of any current writer.



Worther Shorty Pencil, £7.25

With an international cult following, this design not only looks the part, it is sure to never go out of fashion. With its distinctive, unusual appearance, the Worther Shorty Pencil has a cult following amongst artists and craftsmen. The soft 3mm 7B lead can be used on wood, metal, paper and plastic, and the stubby, hexagonal shape is both practical to carry around and comfortable to hold.



Fisher Space TrueTimber Camouflage Bullet Pen, £37.50

Rugged and reliable, this pen has been given a smart upgrade with its camouflage finish. An adventurer's dream it can write in extreme pressures and on almost any surface!

Hugo Boss Gear Pinstripe Black Fountain Pen, £65

With distinguished pinstripe engraving, the Hugo Boss Gear Pinstripe has a distinctive, contemporary style. Straight lines and minimal detailing typify Hugo Boss' aesthetic, whilst the matt black lacquer and polished chrome trim provide plenty of professional appeal. Finished with the Hugo Boss logo and a premium, stainless steel nib, this fountain pen feels suave and sophisticated.





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House viewing tips

What to look for when viewing a house

Be thorough

Remember, this is one of the biggest purchases in your life. No one will blame you for being nosy. Check all fixed cupboards, especially under the sink. Ask to see the loft too, and take a torch in case there is no lighting.

Check the plumbing

How long does it take the hot water to come through the tap? Does the heating work?

Take a friend

Never go to a viewing alone. Either take a partner or friend, or attend the viewing with an estate agent. Not only is it safer, it's always great to have someone to bounce ideas off and ask for a second opinion.



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Check the outside of the property

Are there any signs of damp like peeling paint or tide marks on the walls? Are there any loose tiles on the roof?

Check the bills

Ask to see utility and council tax bills so you know what to expect.



What's included?

Ask what fixtures and fittings the owners will be leaving. Carpets? Oven? Curtain poles?

What work has been done?

Ask how the property has been modified and request copies of receipts and guarantees.

Look out for damp

Damp is one of the greatest annoyances for homeowners. Keep an eye out for peeling paint, stains on the ceiling and steamed up windows.

Be friendly

Building a rapport with a seller will make you more memorable, which is always helpful when you want your offer accepted. A good relationship with the vendor can help with a smooth sale too.



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www.languagecert.org/selt2022

Consider a family 'tech agreement'

One way to set ground rules with your child is to create a Family Tech Agreement. A family tech agreement answers as many questions as possible about internet and device use so boundaries are clear to all family members. It's a good way for the whole family to talk about safe and responsible online behaviours.

- To create a family agreement, discuss topics like:
 - What apps, games, or sites does the family use most?
 - What rules do we want to include in our agreement?
 - How long should we spend on our devices?

- What information is safe to share (or not)?
- What do we do if we see something inappropriate?
- What email address do we use to sign up for accounts?
- Do we know how to use in-app safety features like blocking and reporting?
- Who can we talk to if we feel uncomfortable with something online?
- Who is safe to talk to?
- What happens when someone breaks the agreement?
- When might parents be forced to break the agreement for safety?
- This is a starting point: your family may discuss more topics on internet safety for kids depending on the ages of your child or teens and what devices you use.

Report any harmful content that you see

Flag or report all harmful content or contact you or your child experiences using social media apps using in-app reporting features. For cybercrimes, cyberbullying, or harmful content, use in-app features like Twitter's safe mode to report it. Most social media companies have their own safety and privacy policies and will investigate and block content or users. Apps geared towards kids, like Facebook Messenger Kids, have clear guidelines and safety features so that users can block content or contacts and have a safer experience in the app.

Report any harmful content that you see

Technical controls can be a useful way to protect your children online but they can't solve all your problems. Children need a certain amount of freedom and privacy to develop healthily. They need their own free space to learn by trial and error what works and what doesn't. So keep balancing, it's part of it. Having open and honest conversations with your children can be the best way to balance this safety.

Keep the computer in a common space

If possible, keep computers and devices in a common space so you can keep an eye on activity. It prevents children from doing things that might be risky. Also, if harmful or inappropriate content appears through messages, you can address it with your child straight away.

Internet expert reveals how to protect your child online this summer

With the summer holidays beginning, children will inevitably have more access to screen time, especially in the form of the internet. Internet safety has become an increasingly worrying problem amongst parents, however internet expert Allison Troutner from VPNOverview.com has listed the best ways to keep your child safe online.

Password-protect all accounts and devices

If possible, keep computers and devices in a common space so you can keep an eye on activity. It prevents children from doing things that might be risky. Also, if harmful or inappropriate content appears through messages, you can address it with your child straight away.

Update your operating systems regularly

All of your devices from mobile phones or tablets to computers and smartwatches receive important updates in response to security issues on a regular basis. Be sure to install them regularly so you have the most up-to-date security fixes and remain safe online. Our recommendation is to set updates to install automatically so your device is less vulnerable to known attacks. Usually, you can find this feature in Settings, then select Automatic Updates, but it varies between devices.

Install security or antivirus software programs and a VPN on your computer

Additionally, cybersecurity or antivirus software programs prevent spyware or viruses that may harm your computer if your child visits a malicious site. Using these programs, parents can also set up regular virus checks and deep system scans to make sure there is no harmful activity happening under your nose.

A VPN hides users' internet activity from snoops and spoofs your location. This protects your kids by making sure hackers or predators can't detect their actual location. You can install a VPN on your router so that the location is spoofed on all connected devices.

Set parental controls

It may seem obvious, but parental controls are crucial to your child's safety online. Parent controls are built-in features included on devices and apps. With these features, parents customise their child's online experience. What parental controls are available on each device or app varies, but in general, they limit screen time, restrict content, and enhance user privacy.

Features of parental controls:

- Limit screen time.
- Turn off in-app purchasing.
- Prevent inappropriate or mature content.
- Limit website access.
- Play, message, or send/receive content with approved contacts only.
- Monitor device location through GPS.

Take time to look at what parental controls are available on your child's commonly used apps. Then, set them to reflect the type of experience you think is best for your child or teen's online safety.

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Entertainment

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ALL PETS HAVE SECRETS, THEIRS ARE SUPER

DC LEAGUE OF SUPER-PETS

The DC League of Super-Pets is an anticipated animated film themed on the DC Comics superhero team Legion of Super-Pets, which features a bunch of DC Universe super-powered pets.

Krypto the Super-Dog and Superman are inseparable best friends, sharing the same superpowers and fighting crime in Metropolis side by side.

Continued on page 48



DC LEAGUE OF
SUPER-PETS

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DC League of Super-Pets



Continued from page 47

When Superman and the rest of the Justice League are kidnapped, Krypto must convince a rag-tag shelter pack - Ace the hound, PB the potbellied pig, Merton the turtle and Chip the squirrel - to master their own newfound powers and help him rescue the Super Heroes.

Metropolis Super Dog Krypto prides himself on being Superman's superpowered best friend—he can fly and has X-Ray vision, heat vision, “freeze” breath and super hearing, just like his two-legged Kryptonian counterpart. But the mutts down at the dog park aren't feeling his whole vibe.

The dude has tons of powers and zero chill.

When his bestie and the rest of the Justice League need his help, Krypto mysteriously finds himself stripped of his otherworldly abilities.

To save Supes, Krypto will have to learn to be a normal dog, with some help from a motley crew of shelter pets newly infused with powers of their own. To save the world, he'll have to get his nose dirty. Literally.

Dwayne Johnson stars as the voice of Krypto the Super-Dog.

The film also stars the voices of Kevin Hart ('Jumanji' and 'Secret Life of Pets' films), Kate McKinnon ('Saturday Night Live', the "Magic School Bus Rides Again", 'Ferdinand'), John Krasinski (the 'Quiet Place', 'Free Guy'), Vanessa Bayer ('Saturday Night Live', 'Office Christmas Party', 'Trainwreck'), Natasha Lyonne ('Show Dogs', 'Ballmastrz 9009'), Diego Luna ('Rogue One: A Star Wars Story'), Marc Maron ('Joker',

'GLOW'), Thomas Middleditch ('Godzilla: King of the Monsters', 'Captain Underpants: The First Epic Movie'), Ben Schwartz ('Sonic the Hedgehog', 'Duck Tales'), and Keanu Reeves (the 'Matrix' and 'John Wick' films). DC League of Super-Pets is out in cinemas now.



WIN ODEON TICKETS! WIN ODEON TICKETS! WIN ODEON TICKETS!



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.

Which actor's voice is super dog Krypto in 'DC League of Super-Pets'?

Send in your answers to my.competition@asianexpress.co.uk. Don't forget to mention your full name, contact details and address. Entry closes **10pm, 31st August 2022**. 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.



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“The music and overall atmosphere added so much to last year’s competition, it really sets The Hundred apart from other sports tournaments across the UK.”

Featuring big name acts, alongside some of the most exciting breakthrough artists in the UK, the music line-up for this year’s action-packed cricket competition, The Hundred, promises a summer of world class sport and unmissable musical performances, taking entertainment to the next level.

The line-up sees Headingley Stadium set to host some of the most exciting names on the UK music scene including international star Priya Ragu, Leeds-based bands, English Teacher and L’objectif, and London-based newcomers Dolores Forever.

For the second year running, the live music at all 34 games of The Hundred has been curated in collaboration with BBC Music Introducing. The partnership connects sports fans with both new and established artists who began their career on the BBC platform.

Away from Headingley, multi-

■ International star Priya Ragu will be performing at Headingley Stadium on 9th August

Blockbuster music line-up at Headingley Stadium

platinum pop-rock band Bastille will be performing at The Hundred men's and women's final at Lord's on Saturday 3 September, with Samm Henshaw, Jordan Mackampa, Katy J Pearson and Queen Millz also featuring on the line-up.

Hosting their first home fixture on 9 August, the Northern Superchargers will entertain a ground-breaking performance from Swiss R&B star Priya Ragu, as they take on the Trent Rockets. Leeds' own English Teacher and L'objectif will then respectively follow during the Northern Superchargers' double-header fixtures against London Spirits on Sunday 14 August, and Manchester Originals on Sunday 21 August. London indie pop band Dolores Forever, will take centre stage during the club's final home group game against Southern Brave on Wednesday 31st August.

The Hundred is cricket's high-octane competition which fuses world class sport with spectacular entertainment. The competition gives fans the chance to watch some of the best players in the world compete alongside epic music performances in a high energy, family-friendly environment.

English Teacher, who will perform at Headingley in Leeds on 14 August, said: "We really can't wait to play at The Hundred this summer in front of a home crowd at an unbelievable venue. We have a busy few months ahead playing gigs and festivals across the country, but this is definitely a show we're hugely looking forward to."

Hollie Armitage, Huddersfield-born Northern Superchargers star, said: "The music and overall atmosphere added so much to last year's competition, it really sets The Hundred apart from other sports tournaments across the UK. There's so much for spectators to enjoy both on and off the pitch - it's the perfect day out for families and cricket fans alike."

More information on The Hundred's 2022 music line-up is available at www.thehundred.com/music/live-acts, where fans will also be able to receive updates on additional artists confirmed for this summer's competition in the coming weeks.

Artists and Performance Venues

Bambi Bains – **The Kia Oval, London**

Bastille – **Lord's, London**

BEKA – **Trent Bridge, Nottingham**

Big Image –
Edgbaston, Birmingham

Caity Baser –
The Ageas Bowl, Southampton

Casey Lowry –
Trent Bridge, Nottingham

Celina Sharma – **Lord's, London**

CIEL –
The Ageas Bowl, Southampton

Dolores Forever – **Headingley, Leeds**

English Teacher – **Headingley, Leeds**

Jordan Mackampa –
Edgbaston, Birmingham

Katy J Pearson –
Sophia Gardens, Cardiff

Kofi Stone –
Edgbaston, Birmingham

Leadley – **Edgbaston, Birmingham**

Ileo – **The Kia Oval, London**

L'objectif – **Headingley, Leeds**

Lottery Winners – **Emirates Old Trafford, Manchester**

Mace The Great –
Sophia Gardens, Cardiff

Panic Shack –
Sophia Gardens, Cardiff

Phoebe Green –
Emirates Old Trafford, Manchester

Priya Ragu – **Headingley, Leeds**

Queen Millz –
Trent Bridge, Nottingham

Samm Henshaw –
The Ageas Bowl, Southampton

SOFY – **Lord's, London**

Tamera – **The Kia Oval, London**

Wild Front –
The Ageas Bowl, Southampton

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BFI Expanded presents an animated Virtual Reality journey through the largest forced migration in human history - the 1947 Partition of India and Pakistan



Child of Empire

Taking audiences through a deeply personal perspective of this epic historical event, the free installation at BFI Southbank is presented by BFI Expanded, the BFI's year-round programme strand dedicated to immersive art and extended realities (XR).

August 2022 marks the 75th anniversary of the Partition of the Indian subcontinent and the emergence of India and Pakistan as independent nation-states. British colonialism came to an end and the confrontation between the two nations led to the displacement of some 15 million people and the tragic death of more than one million.

Child of Empire takes audiences through this critical moment in history, following the stories of two men from the Partition generation; Ishar Das Arora (voiced by Adil Hussain), an Indian Hindu who migrated from Pakistan to India, and Iqbal-ud-din Ahmed (voiced by Salman Shahid), a Pakistani Muslim who made the opposite journey - who each share childhood memories of their experiences while playing a board game.

As the two men unpack their memories, audiences embody the experience of a seven year old child at key points in the migration.

Child of Empire places viewers at the heart of the experience, offering a powerful counter-narrative and a fresh perspective on the devastating

effects of forced migration on everyday individuals.

The world premiere of Lost Migrations, a powerful three-part animation that ruminates on the impact of the Partition, also premieres at BFI Southbank on 1 August 2022. Shining a light on stories from communities that have been excluded from South Asian literature and historiography: women, the Chettiar diaspora and the stateless, the animation showcases the diverse voices of the subcontinent and celebrates the individuality of each community.

“

By highlighting the similarities of migration journeys on either side of the border, Child of Empire is a reminder that it is ordinary people that suffer the most when nationalisms are created and torn apart by political elites.

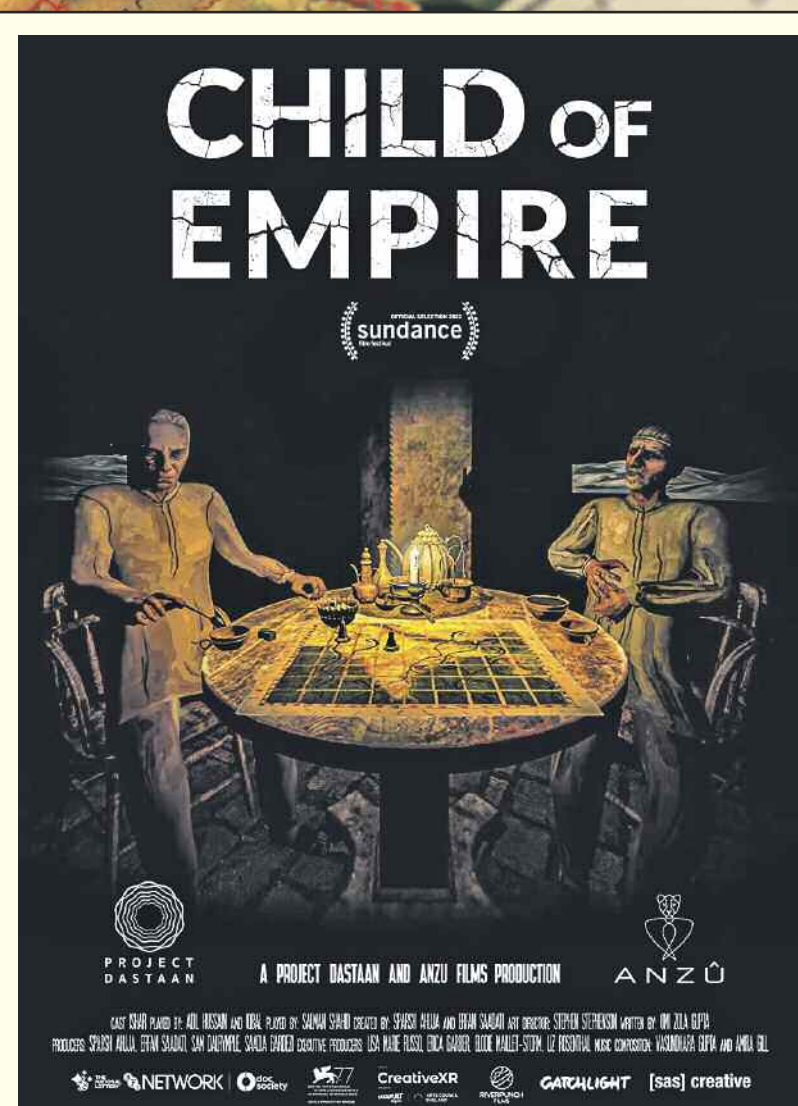
Sparsh Ahuja, Child of Empire co-creator, said: “75 years after their migrations, Partition remains a deeply personal experience for my two grandfathers (Ishar and Jagdish) who directly inspired this film.

“By highlighting the similarities of migration journeys on either side of the border, Child of Empire is a reminder that it is ordinary people that suffer the most when nationalisms are created and torn apart by political elites.

“This film is a challenge to the divisive communalism that unfortunately plagues the subcontinent today. As a child of diaspora, I have come to understand that the important stories of migration are not those of the politics that dictate it, but the people it uproots.”

Both Child of Empire and Lost Migrations form part of Project Dastaan - a peace-building initiative which examines the human impact of global migration through the lens of the 1947 Partition of India and Pakistan.

Child of Empire had its world premiere at the 2022 Sundance Film Festival as part of the ‘New Frontier’ programming slate. It was presented in the Alternate Realities strand at the 2022 Sheffield Doc/Fest and was previously selected for the Venice Film Festival’s Gap Financing Market, hosted as part of the 2020 Biennale.



Listings information

CHILD OF EMPIRE (UK, 2021)
1-7 August 2022, BFI Southbank,
2-9pm. Entry is free via walk-up on
the day

An animated Virtual Reality docu-drama that immerses viewers in one of the largest forced migrations in human history: the 1947 Partition of India and Pakistan. Two men from the Partition generation, an Indian Hindu who migrated from Pakistan to India, and a Pakistani Muslim who made the opposite journey, share childhood memories of their experiences.

Lead Artists: Sparsh Ahuja, Erfan Saadati, Omi Zola Gupta, Stephen

Stephenson. Co-Production: Anzu Films, Project Dastaan
17min. Age rec 12+.

WORLD PREMIERE: LOST MIGRATIONS (UK-India, 2022)
1 August 2022, Studio, BFI Southbank, 17:30 & 19:30, £3

Lost Migrations is a three-part animated series which tells the untold stories of the Partition through the voices of the colonised. Each episode sheds light on a community that has been excluded from South Asian literature and historiography: women, the Chettiar diaspora and the stateless.

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Ms Marvel: First Pakistani Muslim superhero refreshingly bats misconceptions

The release of Ms Marvel, Disney's first on-screen Muslim superhero story, has been described as a "joyful" slice of "pop culture history", with a storyline as much about Pakistani heritage as battling evil.

The Marvel series centres around a geeky teenager 'Kamala Khan', played by the brilliant Pakistani-Canadian newcomer Iman Vellani.

'Kamala', who's a raving Avengers comic book fangirl with an oversized imagination, struggles to fit in at school, and sometimes even at home. However, that soon changes when she happens to stumble upon an old bracelet that belonged to her reputedly mystical great-grandmother. The bangle has links to Kamala's Pakistani heritage and the trauma of the 1947 India/Pakistan partition.

The series so far on Disney+ hasn't disappointed. Fans of Marvel, and even those who are not, have left positive raving reviews.

Subtle corrections on everyday misdemeanours Pakistanis and Muslims face in the Western world have cleverly been interwoven into the fabric of the storyline.

'Kamala' wistfully mentioning how 'superheroes' can't be 'brown girls from New Jersey', to correcting a teacher at school for the first time (after she discovers her superpowers) on the pronunciation of her name, is an applaudable distinct commitment from Marvel to engage with its diverse audiences.

And it doesn't stop there, Marvel embraced Nisha K Ali as head writer for the series, as well empowering Muslim directors to create the episodes, namely Adil El Arbi, Bilall Fallah (the duo behind 'Bad Boys for Life'), Meera Menon, and Oscar-winning celebrated documentary filmmaker Sharmeen Obaid-Chinoy.

Marvel's superheroes have made the transition from the pages of comic books and onto TV and film screens since the 1970s. More recently there have been attempts made to diversify its characters with mega productions such as 'Black Panther' and 'Shang-Chi and The Legend of The Ten Rings'

Ms Marvel is proving equally on-point. The series reflects the love of South Asian cultures, and humorously but sensitively reflects the cultural gap of families living in the West - that being between parents rooted to tradition, and their children caught between their sense of identity and the desire to assimilate.

Iman Vellani first appeared in a solo comic book series in 2014, and Rolling Stone magazine described the character as "a

genuinely great addition to the Marvel superhero ranks in print".

The actress, who secured the role after her aunt (by chance) sent her a Whatsapp with details of the casting call, said she first thought it was a scam.

Iman noted how her Pakistani heritage was something she had been "very dismissive about" and "disconnected from" before making the show.

"I think Ms. Marvel, you know, always understood fan culture on such a cellular level, and it just really elevated the storytelling in a really unique way," says Iman.

"She's a 16-year-old kid with super powers, fine, we've seen that before. But she's also a fan of every other hero within the Marvel Cinematic Universe canon.

"And you know, that fascination and excitement is so shared with real-life Marvel fans, so that's why we relate to her. She reacts how we would when she gets powers. And so yeah, I love that part of her, and that's why I fell in love with her.

"Culture and religion were never the main thing of her personality, it was just some part of her life... how it was for me...

"We didn't wanna make the show just about a Pakistani Muslim, it was about, you know, this Avengers loving, fanfic writing dork, which just so happens to be a Pakistani Muslim. I think we were balanced it quite well."

Kevin Feige, President of Marvel Studios and an executive producer on the series says: "Ms. Marvel' takes on the two aspects of our brand that are my favourite.

"Alongside Peter Parker, Kamala Khan is one of our most relatable characters. She is a normal, fun kid thrust into a remarkably rich, new mythology that takes her to exciting places where she discovers truths about her past and family.



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Back on track

Maserati to race in the Fanatec GT2 European Series Championship in 2023

Another big step in the Maserati motorsport strategy: the MC20 - designed ever since its early stages of development to bring the Trident back on track in closed-wheel competitions - will feature in the Fanatec GT2 European Series Championship, making its debut in 2023.

MC20 GT2 is based on the road version, from which it inherits its best-in-class specifications. These include the innovative Nettuno engine with new Maserati Twin Combustion (MTC) technology, double-wishbone suspension with semi-

virtual steering axis and carbon fibre monocoque.

Maserati's return to the track in GT competitions represents the ideal link between the brand's new era and the victories achieved by the frequently victorious MC12 in the FIA GT Championships from 2004 to 2010.

Specifically, to highlight the link between the MC12 and MC20, at the 24 Hours of Spa - won three times by the MC12 (in 2005, 2006 and 2008) - Maserati is ushering in the new Maserati Corse era with an experience dedicated to the glorious

milestones in its sporting history.

In the words of Davide Grasso, Maserati CEO: "We are driven by our passion, both on the road and on the track."

"We have a long history of world excellence in motorsport and we are extremely proud to race with the extraordinary MC20."

"Racing has always been Maserati's natural habitat and now, both in the Fanatec GT2 European Series Championship and in the Formula E Championship, this brand is making a new start from its roots to build the future".

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RS RALLY2

Next chapter in the
success story for Skoda

Clear the way for the new Skoda Fabia RS Rally2 as the brand presents its motorsport successor to the Fabia Rally2 evo.

The new rally model from Mladá Boleslav is based on the fourth-generation Skoda Fabia, and follows on from the most successful Rally2 vehicle of recent years.

Skoda Motorsport has developed a new engine for the Fabia RS Rally2, as well as improving the handling, powertrain and electronics and enhancing the safety features for the driver and co-driver.

The new RS Rally2 has demonstrated its capabilities in a demanding test series on asphalt, gravel and ice as well as in a wide range of weather conditions and is ideally equipped to claim victories and titles in the hands of customer teams in the future. Its also benefits from the best-in-class aerodynamics and

exceptionally stiff bodywork of the production model.

Compared to the successful predecessor model, the Skoda Motorsport team have optimised the powertrain in particular, as well as the electronics, safety and handling. The engineers also developed a new 1.6-litre turbocharged engine based on the 2.0 TSI from the EA888 engine series, which is used in the RS models, among others.

To prepare the new Skoda Fabia RS Rally2 optimally for action on the rally track, Skoda Motorsport subjected the newcomer to extensive tests on asphalt, gravel and snow for almost a year. This included trials in the Czech Republic, France, Italy, Croatia, Germany, Belgium and Spain, as well as under extreme winter conditions in northern Finland since the summer of 2021.



Indian Motorcycle UK has bolstered its presence in the north of England, with the opening of a new dedicated dealer, bringing America's first motorcycle brand to Yorkshire, with full sales and after sales facilities.

At the official launch event, Indian Motorcycle Sheffield welcomed over 300 guests and customers to the launch event, where visitors were able to see the new facility as well as the Indian Motorcycle range alongside the brand's vast clothing and accessory line-up.

Indian Motorcycle UK's, Andy Simpson,

commented: "This is an exciting time for Indian Motorcycle in the UK.

"Our range of models is expanding, we have a growing customer base and we're able to bring experienced and respected partners into our dealer network to support key areas such as South Yorkshire and North Derbyshire.

"Operated by the hugely experienced SMC Bikes team, Indian Motorcycle Sheffield is not only great news for those keen to join the Indian Motorcycle family, but an important boost for existing owners, as we strive to make their ownership experience

Indian Motorcycle Sheffield opens its doors



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both simpler and better. With Frank Hayes and the SMC team representing Indian Motorcycle, we are extremely confident that we have the very best representation in this important area.”

Having been in the industry for over 20 years, SMC bikes bring exceptional experience to the Indian Motorcycle dealer network.

Managing Director,
Frank Hayes
commented:
“Motorcycles have been
my passion from a very

early age, and since setting up in business I have had the privilege to work in an industry I love.

“This is a very exciting new chapter for us and one that’s been a dream of mine for a long time now. We look forward to welcoming new and existing fans of the brand, while making friends for many years to come.”



Centre stage

Aston Martin in the spotlight at **Beaulieu Supercar Weekend 2022**

Beaulieu Supercar Weekend is back with a bang this summer for a huge weekend of automotive excitement, bringing together impressive high-performance motors for a show that the whole family will enjoy.

Now in its 11th year, this two-day event set in the grounds of the National Motor Museum and the parkland of Palace House on Saturday 6th and Sunday 7th August, will feature over 900 jaw-dropping supercars and hypercars, with high-octane demonstration runs, sound-offs and special displays throughout the weekend.

A favourite amongst fans of the show is the demonstration run, which will return as prized supercars are put through their paces during this 100-metre sprint. See how these supercars perform in heats designed to test acceleration, handling and breaking. Lamborghini, Ferrari, McLaren, Porsche and Maserati will be just a few of the marques represented in this ever-popular feature.

The Sporting Bears Motor Club are attending the show, raising money for children’s charities by raffling off rides in a select number of supercars. If you’re joining as visitors, make sure you don’t miss the chance to be part of the action by grabbing a ticket.

Palace House will be the backdrop to a special one-off display, celebrating Aston Martin through the ages. From early classics through to modern day

motoring, all varieties of models will be represented in a showcase of one of Britain’s most iconic brands.

Aston Martin enthusiasts can head inside the National Motor Museum to see new exhibition Bond in Motion – No Time To Die, home to some of their most desirable vehicles including Bond’s DB5 and his V8, which appeared in The Living Daylights and most recently No Time To Die.

In the afternoon, crowds will gather to see the return of the Supercar sound-off. This feature is designed to find out which supercar has the best roar. A selection of cars will be chosen to showcase the tunes of their powerful engines and whoever rouses the loudest cheer from spectators, will receive a celebratory trophy.

Exhibiting some of the latest and most sought-after supercars, specialist manufacturers will be attending the show in their numbers.

A ticket to the show includes all that Beaulieu has to offer, including Bond in Motion – No Time To Die in the National Motor Museum, Little Beaulieu, World of Top Gear, On Screen Cars, the ancestral Montagu home Palace House, Secret Army Exhibition, 13th century Beaulieu Abbey and the stunning grounds and gardens. Head to www.beaulieusupercarweekend.co.uk/ for the latest details and to pre-book tickets.

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123 YKP £1,275 ONO TEL: 07852 290 229	AKH773R £2,995 TEL: 07867 861 193	AS1MED £8,000 (ASHOK M) TEL: 07985 455 057	BAS33R £13,000 ONO TEL: 07879 230 103	DRI1OPE £8,000 (DR HOPE) TEL: 07985 455 057	ET11ANR £8,500 (ET11AN R) TEL: 07985 455 057	GS1SAN £7,500 (G SUSAN) TEL: 07985 455 057	JOS5FYN OFFERS T: 07740 784 983 privatplates@hotmail.co.uk	KH11AAN £10,000 ONO TEL: 07985 455 057	MA11DAA £1,500 ONO (MAIDA) TEL: 07946 162 099	MR 57NOH £8,000 (MR SINGH) TEL: 07731 464002	NCI1ARK £9,000 (N CLARK) TEL: 07985 455 057	PA11LSG £11,000 (PAUL SG) TEL: 07985 455 057	RC1GIGS £23,000 (R GIGGS) TEL: 07985 455 057
IBZ 786 OFFERS OVER £10,000 TEL: 07889 184 532	AKR5M £5,500 TEL: 07947 979 777	AS1IRAJ £4,500 (ASH RAJ) TEL: 07985 455 057	BC1IARK £9,000 (B CLARK) TEL: 07985 455 057	DRI1ORN £8,000 (DR HORN) TEL: 07985 455 057	ET11ANT £8,500 (ET11AN T) TEL: 07985 455 057	GUI1DES £15,000 (GUIDES) TEL: 07985 455 057	JON8OSS £6,995 TEL: 07530 612 171	KH11AAN £10,000 (P MAH) TEL: 07946 162 099	MA11DAH £1,500 ONO (MAIDAH) TEL: 07946 162 099	MR N4S OFFERS TEL: 07787 334 567	ND1IEEP £7,000 (N DILEEP) TEL: 07985 455 057	PA11LSR £11,000 (PAUL SR) TEL: 07985 455 057	RJ1IDGE £15,500 (R JUDGE) TEL: 07985 455 057
IKKY OFFERS OVER £35,000 TEL: 07720 987 913	AL11 EEF £12,000 ONO TEL: 07884 115 115	AS1IRAP £2,500 (ASHIRAP) TEL: 07985 455 057	BD1IEEP £7,000 (B DILEEP) TEL: 07985 455 057	DRI1ANS £15,000 (DR IANS) TEL: 07985 455 057	ET11ANW £8,500 (ET11AN W) TEL: 07985 455 057	GUI1FAM £3,000 ONO (GULLFAM) TEL: 07946 162 099	J17T OK £900 ONO (JAT OK) TEL: 07881 423 143	KH11ANZ £10,000 (P MAH) TEL: 07946 162 099	MA11IEZ £1,500 ONO (MALEK) TEL: 07946 162 099	MS1IHOPE £9,500 (MS HOPE) TEL: 07985 455 057	NAS555A £4,500 TEL: 07867 861 193	PA11MAD £10,000 (P AHMAD) TEL: 07985 455 057	RS1IAUN £15,000 (R SHAUN) TEL: 07985 455 057
55ABR £4,000 TEL: 07733 244 444	AL11 HSN £3,000 ONO (ALI HASSAN) TEL: 07946 162 099	AS1IZZZ £2,500 (ASH IZZZ) TEL: 07985 455 057	BD55 CAB £2,995 ONO TEL: 077970 914 137	DRI1ARY £12,000 (DR HARY) TEL: 07985 455 057	ET11OJAY £10,000 (E OJAY) TEL: 07985 455 057	GUI1LAM OFFERS OVER £5,000 TEL: 07597 629 845	J17VEE £1500 ONO TEL: 07774 246 877	KH11 LAK £10,000 (N AHMAD) TEL: 07946 162 099	MA11MAD £9,500 (MS HALE) TEL: 07985 455 057	MS1IALE £29,000 (NEIL FOX) TEL: 07985 455 057	PA11SHA £9,000 (P AISHA) TEL: 07985 455 057	RV1IJAY £10,000 (R VIJAY) TEL: 07985 455 057	RY1ISAF £15,000 (R YUSUF) TEL: 07985 455 057
786 KAM £25,000 TEL: 07733 244 444	AM03EAR £3,000 ONO TEL: 07954 389 874	AS14 NAK £1,500 ONO TEL: 07983 590 591	BD55TAN £2,495 TEL: 07954 389 874	DRI1AYS £8,000 (DR HAYS) TEL: 07985 455 057	ET11AVI £650 ONO (EVIL CAR) TEL: 07667 886 786	GUI1VJAY £10,000 (G VIJAY) TEL: 07985 455 057	J4 NGS £10,000 TEL: 07711 953 337	KH11NGZ £13,000 TEL: 07921 576 971	MA11MVD £1,800 (MAHMUD) TEL: 07867 886 786	MS1IAHW £9,500 (MS HAWK) TEL: 07985 455 057	NLI1CAS £7,000 (N LUCAS) TEL: 07985 455 057	PD1IEEP £7,000 (P DILEEP) TEL: 07985 455 057	RY1ISUF £15,000 (R YUSUF) TEL: 07985 455 057
B2 GK OFFERS TEL: 07877 334 567	AM11 AAD £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	AS1ANSX £15,000 (ASHANX) TEL: 07908 472 121	BHO4GUL OFFERS (BHOGUL) TEL: 07970 026 653	DR51SHA £995 (DR. SHISHA / SHA) TEL: 07834 531 683	EY1ISUF £15,000 (E YUSUF) TEL: 07985 455 057	GY1ISAF £15,000 (G YUSAF) TEL: 07985 455 057	JAI1ALS £15,000 (J ALLALS) TEL: 07985 455 057	KK1IMAR £15,000 (K KUMAR) TEL: 07985 455 057	MA11 RYM £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	MS1IAYS £9,500 (MS HAYS) TEL: 07985 455 057	NO11 SHN £2,500 TEL: 01274 414141 MON - FRI: 9-5.30	PD55ESS £10,000 (P DILEEP) TEL: 07971 732 789	SO11JA £10,000 (SOULJA) TEL: 07876 615 234
A17JEO £5,000 ONO (AMJED) TEL: 07971 732 789	AM11 EEN £5,000 ONO TEL: 01274 414141 MON - FRI: 9-5.30	A SH42D £10,000 ONO TEL: 07976 024 735	BHS4RAT OFFERS (SHARAT) TEL: 07970 026 653	DR 5 500D £8,000 T: 07740 784 983 privatplates@hotmail.co.uk	EY1ISAF £15,000 (E YUSAF) TEL: 07985 455 057	GY1ISAF £15,000 (G YUSAF) TEL: 07985 455 057	JAI1ALS £15,000 (J ALLALS) TEL: 07985 455 057	KS1IAUN £15,000 (K SHAUN) TEL: 07985 455 057	MA11TAB £18,000 (M AHMAD) TEL: 07985 455 057	MS1IUGH £15,000 (MS HUGH) TEL: 07985 455 057	NS1IAUN £15,000 (N SHAUN) TEL: 07985 455 057	PH11FOX £29,000 (PHIL FOX) TEL: 07877 334 567	SO11LJA £10,000 (SOULJA) TEL: 07876 615 234
A2SSM £1,499 ONO TEL: 07875 337 224	AN11 JAM £5,000 ONO TEL: 01274 414141 MON - FRI: 9-5.30	ASK1 £70,000+ TEL: 07854 012 093	BK1IMAR £15,000 (B KUMAR) TEL: 07985 455 057	DS1IAUN £15,000 (D SHAUN) TEL: 07985 455 057	FI7 STX £2,999 ONO TEL: 07904 018 063	HO55AYN £8,895 ONO TEL: 07779 324 610	JAI1MED £15,000 (J AHMED) TEL: 07985 455 057	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UDD £4,000 TEL: 07588 326 444	MS1ISAN £7,500 (M SUSAN) TEL: 07985 455 057	NS1ISAN £7,500 (N SUSAN) TEL: 07985 455 057	PK1INGS £14,000 (P KINGS) TEL: 07985 455 057	SII ETK OFFERS (SHEIKH) TEL: 07815 114 201
A212 JAN OFFERS OVER £5,000 TEL: 07817 615 022	AN11 SAR £2,500 TEL: 01274 414141 MON - FRI: 9-5.30	ATT4H £8,500 ONO NO WITHHELD NO TEL: 07786 424 251	BS1IAUN £15,000 (B SHAUN) TEL: 07985 455 057	DS1ISAN £7,500 (D SUSAN) TEL: 07985 455 057	F44EEM £4,500 TEL: 07825 040 037	HO1IVER £7,500 (H OLIVER) TEL: 07985 455 057	JAV333D £8,895 TEL: 07779 324 610	KV1IJAY £10,000 (K VIJAY) TEL: 07985 455 057	MA55 UMM £2,800 TEL: 07588 326 444	MUI1AM £10,000 (MOHAMMAD) TEL: 07867 886 786	NS1IAT £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	PK1INGS £14,000 (P KINGS) TEL: 07985 455 057	SII ETK OFFERS (SHEIKH) TEL: 07815 114 201
AA11 LAM £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	AN11 SER £5,000 TEL: 01274 414141 MON - FRI: 9-5.30	AV1IJAY £10,000 (A VIJAY) TEL: 07971 732 789	BT55MLA £15,000 (BISMILA) TEL: 07971 732 789	DV1IJAY £10,000 (D VIJAY) TEL: 07985 455 057	F44TMA £7,500 TEL: 07825 040 037	HII RAA £5,000 TEL: 07525 927 144	JAV333D £5,500 TEL: 07867 861 193	KY1IUSAF £15,400 (K YUSAF) TEL: 07985 455 057	M AL1IS OFFERS TEL: 07871 334 567	MUI1 SAH £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	NS1IAYN £10,000 (N VIJAY) TEL: 07985 455 057	PS1ISAN £7,500 (P SUSAN) TEL: 07985 455 057	SII OHL £5,000 TEL: 07900 895 552
AA11MAD £15,000 (A AHMAD) TEL: 07985 455 057	AN54AR N £1,500 ONO (ANSAAR) TEL: 07946 162 099	ANS55OM £10,000 (AWESOME) TEL: 07985 254 294	BUS5TED £5,000 ONO (BUSTED) TEL: 07985 455 057	DY1ISAF £15,400 (D YUSAF) TEL: 07985 455 057	F44TMA £7,500 TEL: 07825 040 037	HII RAA £5,000 TEL: 07525 927 144	JAV333D £5,500 TEL: 07867 861 193	KY55 HOR £3,800 TEL: 07588 326 444	M AR20F £4,000 ONO TEL: 07990 116 644	MUI1 SAH £1,500 (MOHAMMAD) TEL: 07867 886 786	NS1IAYN £10,000 (N VIJAY) TEL: 07985 455 057	PS1ISAN £7,500 (P SUSAN) TEL: 07985 455 057	SII OHL £5,000 TEL: 07900 895 552
AA11YAA £20,000 (AAIYAA) TEL: 07985 455 057	AN55AR K £1,000 TEL: 07983 480 777	AY1IUNUS £9,500 (A YUNUS) TEL: 07985 455 057	BV1IJAY £10,000 (B VIJAY) TEL: 07985 455 057	DY1ISUF £15,000 (D YUSUF) TEL: 07985 455 057	FA11SHA £9,000 (F AISHA) TEL: 07985 455 057	HA11EEX £12,000 (HAILEE X) TEL: 07985 455 057	JE11OUS £20,000 TEL: 07786 615 234	KY55 HOR £3,800 TEL: 07588 326 444	M DO4WOD £1400 (M DAWOOD) TEL: 07428 657 147	MV1IJAY £10,000 (M VIJAY) TEL: 07985 455 057	NY1IUSUF £15,000 (N YUSUF) TEL: 07985 455 057	PS1ISAN £7,500 (P SUSAN) TEL: 07985 455 057	SII OHL £5,000 TEL: 07900 895 552
AA12JAN £15,000 (ARJAN) TEL: 07731 464002	ANJ33M £4,995 TEL: 07867 861 193	AS1ISAF £15,400 (A YUSAF) TEL: 07985 455 057	BY1ISAF £15,400 (B YUSAF) TEL: 07985 455 057	EAI1MAD £10,000 (E AHMAD) TEL: 07985 455 057	FA11MAD £12,000 (FAILEY X) TEL: 07985 455 057	HA11EYX £12,000 (HAILEY X) TEL: 07985 455 057	JK11 ANN £2,500 (J KHAN) TEL: 07815 114 201	KY55 HOR £3,800 TEL: 07588 326 444	M DI1EEP £7,000 (M DILEEP) TEL: 07985 455 057	MY1IUNUS £9,500 (M YUNUS) TEL: 07985 455 057	NY1IUSUF £15,000 (N YUSUF) TEL: 07985 455 057	PS1ISAN £7,500 (P SUSAN) TEL: 07985 455 057	SII OHL £5,000 TEL: 07900 895 552
AA12JAN £15,000 (ARJAN) TEL: 07731 464002	ANJ33M £4,995 TEL: 07867 861 193	AS1ISAF £15,400 (A YUSAF) TEL: 07985 455 057	BY1ISAF £15,400 (B YUSAF) TEL: 07985 455 057	EAI1MAD £10,000 (E AHMAD) TEL: 07985 455 057	FA11MAD £12,000 (FAILEY X) TEL: 07985 455 057	HA11EYX £12,000 (HAILEY X) TEL: 07985 455 057	JK11 ANN £2,500 (J KHAN) TEL: 07815 114 201	KY55 HOR £3,800 TEL: 07588 326 444	M DI1EEP £7,000 (M DILEEP) TEL: 07985 455 057	MY1IUNUS £9,500 (M YUNUS) TEL: 07985 455 057	NY1IUSUF £15,000 (N YUSUF) TEL: 07985 455 057	PS1ISAN £7,500 (P SUSAN) TEL: 07985 455 057	SII OHL £5,000 TEL: 07900 895 552
AA12JAN £15,000 (ARJAN) TEL: 07731 464002	ANJ33M £4,995 TEL: 07867 861 193	AS1ISAF £15,400 (A YUSAF) TEL: 07985 455 057	BY1ISAF £15,400 (B YUSAF) TEL: 07985 455 057	EAI1MAD £10,000 (E AHMAD) TEL: 07985 455 057	FA11MAD £12,000 (FAILEY X) TEL: 07985 455 057	HA11EYX £12,000 (HAILEY X) TEL: 07985 455 057	JK11 ANN £2,500 (J KHAN) TEL: 07815 114 201	KY55 HOR £3,800 TEL: 07588 326 444	M DI1EEP £7,000 (M DILEEP) TEL: 07985 455 057	MY1IUNUS £9,500 (M YUNUS) TEL: 07985 455 057	NY1IUSUF £15,000 (N YUSUF) TEL: 07985 455 057	PS1ISAN £7,500 (P SUSAN) TEL: 07985 455 057	SII OHL £5,000 TEL: 07900 895 552
AA12JAN £15,000 (ARJAN) TEL: 07731 464002	ANJ33M £4,995 TEL: 07867 861 193	AS1ISAF £15,400 (A YUSAF) TEL: 07985 455 057	BY1ISAF £15,400 (B YUSAF) TEL: 07985 455 057	EAI1MAD £10,000 (E AHMAD) TEL: 07985 455 057	FA11MAD £12,000 (FAILEY X) TEL: 07985 455 057	HA11EYX £12,000 (HAILEY X) TEL: 07985 455 057	JK11 ANN £2,500 (J KHAN) TEL: 07815 114 201	KY55 HOR £3,800 TEL: 07588 326 444	M DI1EEP £7,000 (M DILEEP) TEL: 07985 455 057	MY1IUNUS £9,500 (M YUNUS) TEL: 07985 455 057	NY1IUSUF £15,000 (N YUSUF) TEL: 07985 455 057	PS1ISAN £7,500 (P SUSAN) TEL: 07985 455 057	SII OHL £5,000 TEL: 07900 895 552

SH04 BEK £1,995 ONO TEL: 07764 656 667	SHA2D £25,000 TEL: 07867 861 193	TAIHAS £3,000 ONO (TALHA) TEL: 07946 162 099	TVIJAY £10,000 (T VIJAY) TEL: 07985 455 057	VY55 HAL £3,500 TEL: 07588 326 444	WDIEEP £7,000 (W DILEEP) TEL: 07985 455 057	XX 56XY XX £8,000 ONO TEL: 07908 472 121
SHIOAEB £2,000 ONO (S YUSAF) TEL: 07985 455 057	SOII BYA £2,000 ONO (S YUSAF) TEL: 07985 455 057	TAIMAD £10,000 (T AHMAD) TEL: 07985 455 057	TYIISAF £15,400 (T YUSAF) TEL: 07985 455 057	VY55 HNU £3,500 TEL: 07588 326 444	WGIPTA £6,995 (W GUPTA) TEL: 07985 455 057	XYIISAF £15,400 (X YUSAF) TEL: 07985 455 057
SHIOABY £4,000 ONO TEL: 07828 695 464	SPIIRTY £15,000 (SPORTY) TEL: 07985 455 057	TAIYRS £1,500 (TAHYRS) TEL: 07867 866 786	TYIISUF £15,000 (T YUSUF) TEL: 07985 455 057	WOIVER £6,500 (W OLIVER) TEL: 07985 455 057	WKIIMAR £15,000 (W KUMAR) TEL: 07985 455 057	YIINES £OFFERS (YOUNAS) TEL: 07834 016 393
SHIOKET £OFFERS T: 07754 852 402 no withheld numbers	STIIGGG £20,000 ONO TEL: 07786 510 000	TAI3BYS £1,600 ONO TEL: 07557 387 547	UAIIMAD £10,000 (U AHMAD) TEL: 07985 455 057	W2I JAS £1,200 ONO TEL: 07925 757 677	WMILES £7,500 (W MILES) TEL: 07985 455 057	YSIILMA £4,000 ONO (SALMA) TEL: 07969 598 969
SHIOKUT £OFFERS T: 07754 852 402 no withheld numbers	SUR87IT £1,500 (SURBJIT) TEL: 07985 589 631	TA55LYM £4,995 ONO TEL: 07779 324 610	UDIIEEP £7,000 (U DILEEP) TEL: 07985 455 057	W33DDY £5,000 ONO TEL: 07779 994 695	WSIISAN £7,500 (W SUSAN) TEL: 07985 455 057	Y55ANA £OFFERS TEL: 07835 316 786
SHII AED £1,000 ONO (S YUSAF) TEL: 07985 455 057	SYIISAF £15,400 (S YUSAF) TEL: 07985 455 057	TA55TEE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	UKIIRD £OFFERS TEL: 07522 199 997	W33DY K £5,000 ONO TEL: 07779 994 695	WYIISAF £15,400 (W YUSUF) TEL: 07985 455 057	Y9 ALT £30,000 TEL: 07525 817 453
SHII AFS £1,500 ONO (S YUSAF) TEL: 07985 455 057	SYIISUF £15,000 (S YUSUF) TEL: 07985 455 057	TA55TYE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	UMM444R £4,995 TEL: 07707 747 776	W33NTD £1,800 (WANTED) TEL: 07985 455 057	WYIISUF £15,000 (W YUSUF) TEL: 07985 455 057	YAIIMAD £10,000 (Y AHMAD) TEL: 07985 455 057
SHIIAHZ £5,000 TEL: 07921 576 971	TOYSR £15,000 ONO TEL: 07973 787 934	TAG7 ETS £8,000 ONO TEL: 07908 472 121	UYIISAF £15,400 (U YUSAF) TEL: 07985 455 057	W4JLD £1,995 TEL: 07954 389 874	X3 SINGS £3,500 (SINGHS) TEL: 07833 333 870	YAIYAA £15,000 (YAYYAA) TEL: 07985 455 057
SHII ANY £2,000 ONO (S YUSAF) TEL: 07985 455 057	TIUUCS £OFFERS TEL: 07581 169 231	TAHIR £100,000 (TAHIR) TEL: 07403 302 725	VOIRAS £2,000 (VOHRA) TEL: 07867 886 786	W4KY R £1,000 TEL: 07786 615 234	X 7BY X £1,500 TEL: 07767 778 798	YEIICOM £45,000 (YELL COM) TEL: 07985 455 057
SHIIKEL £4,999 ONO (SHAKEL) TEL: 07863 845 709	TI4 REK £OFFERS (TARIO) TEL: 07985 455 057	TBIATT £7,000 (T BHATT) TEL: 07985 455 057	VOIIVER £6,500 (V OLIVER) TEL: 07985 455 057	W4LYT £2,000 TEL: 07854 435 656	XAL IIX £15,000 TEL: 07733 244 444	YDIIEEP £7,000 (Y DILEEP) TEL: 07985 455 057
SHII OBY £1,000 ONO (S YUSAF) TEL: 07985 455 057	TI9 ARX £OFFERS (TIGER X) TEL: 07837 780 981	TDIIEEP £7,000 (T DILEEP) TEL: 07985 455 057	V 4RFN £1,000 TEL: 07967 193 033	WAIIEEM £15,000 (WAHEEM) TEL: 07985 455 057	X BAIG £50,000 TEL: 07947 979 777	YKIIMAR £15,000 (Y KUMAR) TEL: 07985 455 057
SHIIPER £15,000 (SHIPER) TEL: 07985 455 057	TILI 786 £1,500 ONO TEL: 07974 179 156	TERIK £850 ONO TEL: 07803 012 253	V 44MJD £850 ONO TEL: 07803 012 253	WAIISHA £9,000 (W AISHA) TEL: 07985 455 057	X K04SER £OFFERS TEL: 07811 146 312	YUIONES £OFFERS T: 07754 852 402 no withheld numbers
SHIYLA £10,000 TEL: 07969 914 041	T44 RKK £2,200 ONO TEL: 07926 095 168	TJIDJE £15,500 (T JUDGE) TEL: 07985 455 057	VAIIMAD £10,000 (V AHMAD) TEL: 07985 455 057	WAIITAD £10,000 (WANTED) TEL: 07778 881 126	X KIIN X £2,700 TEL: 07786 087 155	YVIJAY £10,000 (Y VIJAY) TEL: 07985 455 057
SHIZADH £3,000 ONO TEL: 07870 983 553	T444BYS £995 ONO TEL: 07886 806 431	TKIINGS £14,000 (T KIINGS) TEL: 07985 455 057	VBIATT £7,000 (V BHATT) TEL: 07985 455 057	WAH330K £2,500 (WAHEED K) TEL: 07973 199 979	XKIIMAR £15,000 (X KUMAR) TEL: 07985 455 057	Y44SCR £2,500 ONO TEL: 07828 159 318
SHI2ANH £3,000 ONO TEL: 07870 983 553	T8WHD £15,000 (TAWHEED) TEL: 07842 955 147	TMILES £7,500 (T MILES) TEL: 07985 455 057	VDIIEEP £7,000 (V DILEEP) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057	XMILES £7,500 (X MILES) TEL: 07985 455 057	
SHI3 MLA £5,000+ (SHIMLA) TEL: 07973 165 474	T9RYK £OFFERS TEL: 07863 289 625	TRII HAD £2,500 ONO (T TRII HAD) TEL: 07985 455 057	VSISAN £7,500 (V SUSAN) TEL: 07985 455 057	WAJ33D £2,995 TEL: 07973 628 670	XSHAKS £4,500 (X SHAKS) TEL: 07985 455 057	
SH54ZHD £5,725 TEL: 07802 183 450	TAIIATS £1,500 (TALLAT) TEL: 07867 886 786	TSIISAN £7,500 (T SUSAN) TEL: 07985 455 057	VYIISAF £15,400 (V YUSAF) TEL: 07985 455 057	WASIIF £10,000 TEL: 07867 861 193	XXIO MAR £OFFERS TEL: 07928 473 771	

5 NAS £30,000 TEL: 07540 176 854	CHIEFS £20,000 ONO TEL: 07786 615 234	PIINEM £2,995 ONO (PUNEM) TEL: 07305 700 800
ATT4H £8,500 ONO TEL: 07786 424 251	K7 PPA £3,995 ONO TEL: 07890 201 854	UK I IORD £OFFERS TEL: 07522 199 997
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J4 MEL £15,000 ONO TEL: 07870 496 535	NOO2HAT £2,000 ONO (NUZHAT) TEL: 07813 011 702	

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Women and girls' football boosted by new taskforce

A new taskforce is being launched to promote women's and girls' football across the city-region, ahead of the UEFA Women's EURO 2022 kicking off next week.

The new group has been set up to develop women's and girls' football at all levels, from increasing participation at grassroots level to supporting teams in the FA Women's Football pyramid.

It will play an active role in supporting the game and developing players, identify partnership and funding opportunities, and make recommendations on future facility plans across Greater Manchester.

Three venues across Greater Manchester have been selected to host matches: Old Trafford, the Manchester City Academy Stadium, and Leigh Sports Village.

Mayor of Greater Manchester Andy Burnham said: "I am immensely proud to be a part of this first ever Greater Manchester Women's Football Board, supporting the game at all levels in our city-region.

"We know that the Euros and the journey of the Lionesses will inspire people up and down the country, and women and girls might want to take up the game for the first time or lace up their boots again after some time away. We want to make sure that everyone has those opportunities to access great community facilities, that the funding is there to support the

growth of the game, and that they can enjoy the best possible coaching and development to reach the highest levels."

Baroness Sue Campbell, Director of Women's Football at the FA, said: "With the record-breaking UEFA Women's EURO 2022 kicking off at Old Trafford next week, we couldn't be more excited to be a part of the first Greater Manchester Women's Football Board.

"Planning for the legacy of this tournament started over two years ago and thanks to the exceptional work of our Host City stakeholders in Wigan and Leigh, Manchester and Trafford, we know that women and girls of all ages will now be able to access football opportunities for the first time.

"We now want to extend this great work across all ten boroughs within Greater Manchester and collectively grow both the grassroots and professional women's game; increase the number of female coaches, referees and volunteers in the game and align future facility planning. Having three of our nine Host Cities within Greater Manchester this summer gives us a great platform to build from."

The GMCA will act as the secretariat for the GMWFB, and the Board will report to the GMCA and The FA.





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Matthew Milnes on three-year YCCC contract

The seamer, 28, will join up with his new teammates at Headingley in November.

Having started his career at Nottinghamshire, Milnes joined Kent ahead of the 2019 season and has taken 140 First-Class wickets with a best of nine for 77, alongside 59 wickets in white-ball cricket.

Milnes said: "I have had four happy and successful seasons with Kent, and I will always be grateful to Paul Downton, Matt Walker and my teammates for their support over the years.

"It was a tough decision, but this feels like the right time to embrace a new challenge.

"I am excited by the prospect of joining Yorkshire and working with Ottis and his coaching staff. Hopefully, this will help me improve and

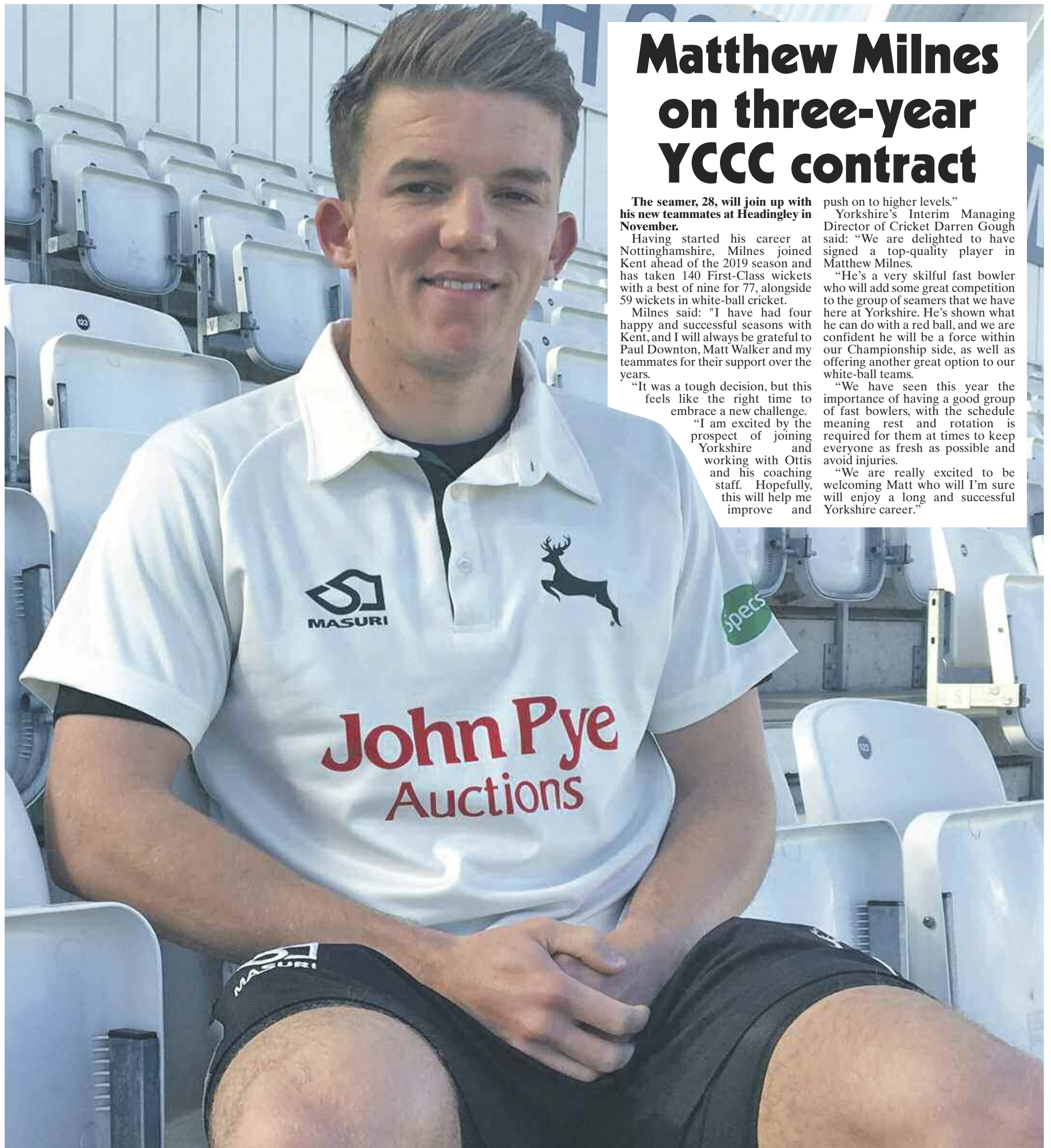
push on to higher levels."

Yorkshire's Interim Managing Director of Cricket Darren Gough said: "We are delighted to have signed a top-quality player in Matthew Milnes.

"He's a very skilful fast bowler who will add some great competition to the group of seamers that we have here at Yorkshire. He's shown what he can do with a red ball, and we are confident he will be a force within our Championship side, as well as offering another great option to our white-ball teams.

"We have seen this year the importance of having a good group of fast bowlers, with the schedule meaning rest and rotation is required for them at times to keep everyone as fresh as possible and avoid injuries.

"We are really excited to be welcoming Matt who will I'm sure will enjoy a long and successful Yorkshire career."





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22nd Commonwealth Games begin

The ceremony took place at the Alexander Stadium with Prince Charles watching from the stands.

It came almost 10 years to the day since the critically-acclaimed opening ceremony of the London 2012 Olympics.

Over the next few days, more than 5,000 athletes from a total of 72 nations will compete across 19 sports.

It will also be the first major multi-sport games to award more medals to women than men.

England, Australia and Canada will be joined by lesser-known federations such as Norfolk Island, which will be represented in the second city by 14 lawn bowlers.

Bearing the flag for Team England during the ceremony was diver Jack Laugher and weightlifter Emily Campbell.

Throughout the performance, a video played showing a star falling to earth and various people, known as Stella and the Dreamers, collecting pieces of it.

The ceremony aimed to tell the story of the group as they discover Birmingham, meeting historical people from the city, who are depicted with bizarre giant figures, and learning about its past as they go.

The first part of the show concluded with 72 houses appearing in the stadium, representing each of the nations competing this year.

A tribute was also paid to the

Queen for her leadership of the Commonwealth, with a combination of clips played showing various appearances and speeches during her role as the head of state.

While she was not at the opening ceremony, Charles and Camilla were there to represent the Royal Family - making quite the entrance by driving into the stadium in an Aston Martin.

In a perhaps unexpected appearance, Pakistani activist Malala Yousafzai took to the stage to deliver an inspirational speech about her experience in the city.

"Over the next few weeks, as we watch the incredible athletes of the Commonwealth Games, remember that every child deserves the chance to reach her full potential and pursue her wildest dreams," she said.

The world's youngest Nobel Prize laureate was taken to the Queen Elizabeth hospital in Birmingham in 2012 after she was shot in the head in Pakistan for demanding the right to education.

CGF President Dame Louise Martin DBE said: "Our 72 nations and territories are all here - and Birmingham looks magnificent."

"The city and wider region will provide the perfect stage for our athletes to compete. I believe this event will be one of the greatest and most important editions of the Commonwealth Games in our 92-year history."



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