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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

By Andrew Vaux

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.

**Continued on pages
2 & 3**

AAGRAH: CELEBRATING 45 MAGNIFICENT YEARS

CELEBRATING 45 YEARS

AAGRAH

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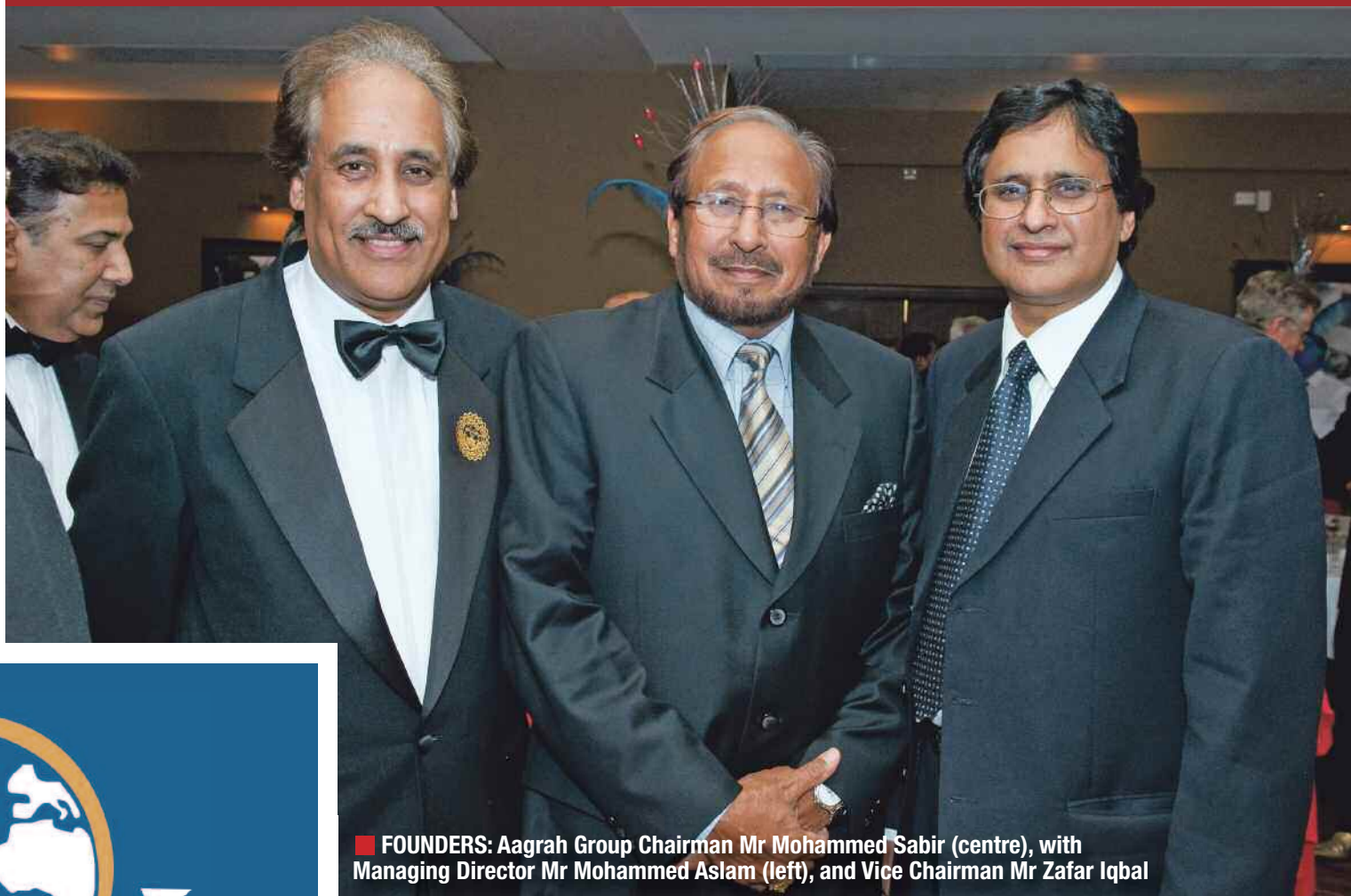
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AAGRAH: CELEBRATING 45 MAGNIFICENT YEARS

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



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

Cover story continued

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 further 8 locations.

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

"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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Featured accolades

• Winner of Best Indian/Asian in the East side Restaurant Awards 2013-2017 – Aagrah Doncaster

• Food Awards England & Wales Best Indian Establishment 2015 Aagrah Leeds

• Best National Group for England at the International Indian Chef Awards 2017 Aagrah Group

• Best Asian Restaurant Chain in the North of England at the Asian Restaurant Awards 2018

• Best Restaurant Group (North of England) & Lifetime Achievement Award for Liaquat Ali from Aagrah Doncaster at the Asian Restaurant Awards 2019

• Best Restaurant Group (North of England) & Lifetime Achievement Award for Mohammed Aslam MBE, DL at the Asian Restaurant Awards 2021

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."



Timeline of Aagrah restaurants

- 1977 – Shipley Westgate (moved to Saltaire Road in 2002)
- 1986 – Midpoint Pudsey (moved to Midpoint Thornbury in 2009)
- 1988 – Skipton (later relocated to Coach Street)
- 1993 – Leeds Garforth
- 1995 – Doncaster
- 1997 – Wakefield
- 1998 – Tadcaster
- 2004 – Leeds City
- 2011 – Leeds Chapel Allerton





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A leading Sikh historian and heritage consultant based in Leicester who has, for over 25 years, prominently promoted Sikh History and Heritage across the world, publishes his book highlighting the rich military history of the Sikhs.

Gurinder Singh Mann has researched and discovered many Sikh artefacts linking to Anglo Sikh history. He has appeared on radio and TV, including the BBC, (Celebrity Antiques Roadtrip, BBC World Service) ITV and other channels, giving his views on heritage and theological matters.

His newly published book 'The Rise of the Sikh Soldier' highlights the rich military history of the Sikhs.

Readers are taken through a journey of over 200 years through anecdotes and important events.

The small community from the Punjab overcame tremendous odds to become a pivotal military force which conquered Northern India eventually leading to a Sikh Empire.

In this deeply-researched book, Mann uses rare anecdotes to provide recognition of early descriptions from administrators, writers and illustrators who depicted the history of the Sikhs and the land of the Punjab.

Sikh Military History is sometimes only seen through the lens of World War I and II. Yet the tradition was an inbuilt system from the faith's inception in the 15th Century.

Standing up to tyranny and oppression whilst espousing values of peace and freedom of others was paramount. Whilst facing tremendous odds under the conquest of the Mughals and the Afghans, Sikhs rose to create a band of warriors known as the Misls in the 18th Century.

This would lead to the golden age of the Sikh Empire (1799-1849) formulated by Maharajah Ranjit Singh.

The empire was a world power and

had diplomatic links with the British and the French as well as governments within South Asia.

However the Anglo Sikh Wars saw the Sikh Empire come into conflict with the East India Company, which eventually led to the annexation of the Punjab.

The Sikhs were absorbed into the British India Army, leading to them to participate in many military campaigns across the world. This included arenas in Africa, Europe as well as South Asia. This paved the way to Sikh recruitment during the World Wars.

The book also gives credence to the underrepresented role of women warriors and how they were pivotal to many campaigns.

Mann has undertaken research for the book by visiting India, including visiting the battlefields of the Anglo Sikh Wars and unearthing rare photographs from public and private collections in the UK. The book is supplemented with maps of battles, rare military images, relics and artefacts, together with the appendices citing important documents and letters.

Commenting on the book, Gurinder Singh Mann, said: "This book serves as a commentary of Sikh Military history over 200 years. It covers the important people and events which shaped the Sikhs into an Empire through to the Colonial period. It will appeal to people who want a wider understanding on how the Sikhs developed through translations, correspondence and military warfare and to anyone wishing to learn more about Sikh valour and chivalry."

The book is available from the leading UK Military publishers, Helion and Company: www.helion.co.uk and Amazon.

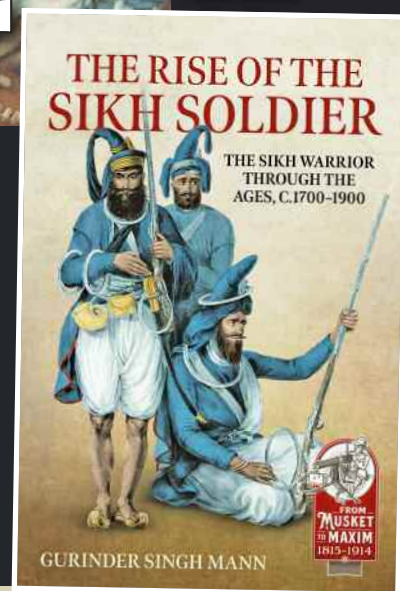
■ Gurinder Singh Mann at Leicester Museum and Art Gallery



The rise of the Sikh soldier

■ 'The Rise of the Sikh Soldier' highlights the rich military history of the Sikhs

New book highlights the rich military history of Sikh warriors spanning 200 years



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Amir Khan: Three men arrested after boxer's £70,000 watch was stolen at gunpoint

Three men have been arrested after boxer Amir Khan had his £70,000 Franck Muller watch stolen at gunpoint in London earlier this year.

The former world champion, 35, and his wife Faryal were threatened by two men in Leyton, at 9.15pm on 18th April.

The three suspects, aged 20, 25 and 34, were arrested on suspicion of robbery after warrants were carried out, Scotland Yard said.

The 25-year-old man has also been arrested on suspicion of possession of a firearm with intent to cause fear of violence, while the 20-year-old has been arrested for

that offence and possession of ammunition. All three are in custody.

At the time of the incident, Khan's custom-made, one-off Franck Muller timepiece was described by police as 'easily' recognisable.

"If you, or anyone you know is offered the watch at a discounted price please contact us immediately," Detective Constable Ben Grix said.

Khan, the former WBA and IBF light-welterweight champion, said he and Faryal were 'both safe' following the incident.

He tweeted: "Just had my watch

taken off me at gun point in East London, Leyton. I crossed the road with Faryal - luckily she was few steps behind me.

"Two men ran to me, he asked for my watch whilst having a gun pointed in my face.

"The main thing is we're both safe."

Detective Sergeant Lee Warrington of the Met's Specialist Crime Command said: "Tackling robbery is a key priority for the Met and these arrests demonstrate our commitment to taking those intent on using violence, or the threat of violence, off of our streets."



"Just had my watch taken off me at gun point in East London, Leyton. I crossed the road with Faryal - luckily she was few steps behind me."

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A musical tale

■ Ashnaa Sasikaran as Eurydice with Kavi Pau on keyboards rehearsing A Tale of Orpheus & Eurydice (photo credit Tom Arber)

Some of the musical styles that the audience will encounter include both opera and classical Tamil singing



■ Mendi Singh playing tabla during rehearsals for A Tale of Orpheus & Eurydice (photo credit Tom Arber)

For more info visit <https://www.operanorth.co.uk/whats-on/tale-of-orpheus-eurydice/>

opera a go – and introduce the art form to communities who might not otherwise feel it's for them."

The production opens at the Howard Assembly Room in Leeds on Tuesday 21 June before touring to Stage@TheDock in Hull, Victorian Art Gallery at Leicester Museum & Art Gallery, Nottingham's Theatre Royal, the National Centre for Early Music in York, Kings Hall at Newcastle University, Slung Low in Leeds, City Park Stage in Bradford, Clothworkers Centenary Concert Hall at the University of Leeds and The Lowry in Salford. A special performance will also be held at The Sikh Temple Gurdwara in Leeds. Ticket prices vary by venue, with many offering the performance for free.

Emily Simpson, Opera North Director of Audiences, said: "A Tale of Orpheus and Eurydice is a celebration of musical storytelling in all its myriad forms and, at only 45 minutes long, is the perfect introduction to the power of live performance and to the unique combination of Western opera and Indian classical music which we'll be exploring further when Orpheus opens later this year."

"By touring to a variety of community venues across the north of England, we hope to engage and entertain people who may not have encountered opera before and perhaps even spark a lifelong passion for the art form!"

Keranjeet Kaur Virdee, Chief Executive and Artistic Director, SAA-uk, added: "2022 is a year of celebration for SAA-uk as we mark and celebrate 25 years of work and pave the way to Leeds 2023 and beyond."

"This unique collaboration is the end result of a longstanding relationship and many conversations through which Opera North and SAA-uk have developed trust and confidence to be bold and innovative with creative approach. It is exciting to be a part of this evolution and see a new work that is reflective of people like me who have made the UK their home."

Opera North explores a wealth of musical styles from South Asian classical, opera and folk to jazz, blues and soul

A new show which celebrates music from around the world through the timeless story of Orpheus and Eurydice will be touring the north of England this month as Opera North takes its latest pop-up production on the road.

Inspired by Monteverdi's opera Orfeo, A Tale of Orpheus & Eurydice transforms the myth of the two star-crossed lovers into a modern-day fable.

Audiences will be taken on a 45-minute musical odyssey as the two characters reminisce about their first meeting and how they negotiated their way through an unfamiliar city. On the way, they explore a wealth of musical styles from South Asian classical, opera and folk to jazz, blues and soul, including a new song composed by sitarist, composer and Opera North's artist-in-residence Jasdeep Singh Degun.

The joyful celebration of music and love is a collaboration between Opera North and South Asian Arts-uk (SAA-uk) and features performers from both South Asian and Western musical traditions.

Operatic tenor Nicholas Watts brings Orpheus to life alongside British-Tamil Carnatic singer Ashnaa Sasikaran as Eurydice. Both will assume the same roles when Orpheus, Opera North and SAA-uk's new reimagining of Monteverdi's opera Orfeo, opens at the Leeds Grand Theatre in October.

Providing the musical accompaniment for the show is British Indian composer and keyboardist Kavi Pau. He is joined by tabla player Mendi Singh who was one of the participants in the latest Opera North Resonance residencies offering creative opportunities to musicians of colour. Simone Ibbett-Brown directs with Hannah Sibai providing set and costume design.

As director Simone Ibbett-Brown says: "This show provides an amazing introduction to the two artists who will be appearing in Orpheus in the autumn and to some of the musical styles that the audience will encounter, including both opera and classical Tamil singing."

"Reflecting what will happen in the main-stage production, we've also been able to write Eurydice back into the action, building on the scant few lines she was given in Monteverdi's original work. I hope it will really inspire people to give

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A Tale of Orpheus & Eurydice Performance Diary

- Howard Assembly Room, Leeds, 7pm Tue 21 Jun
- Stage@TheDock, Hull, 2pm & 4pm Sat 25 Jun
- Leicester Museum & Art Gallery, 1:30pm Mon 27 Jun
- Third Stage, Theatre Royal, Nottingham, 7pm Mon 27 June
- National Centre for Early Music, York, 6pm Thu 30 Jun
- Kings Hall, Newcastle University, 1:15pm Fri 1 Jul
- The Holbeck, Slung Low, Leeds, 3pm Sat 2 Jul
- City Park Stage, Bradford, 2:10pm & 4:15pm Sun 3 Jul
- Clothworkers Centenary Concert Hall, Leeds, 1:05pm Mon 4 Jul



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Trainee police officer faked Covid test

Ahmed Anwari drew red lines on lateral flow test in bid to stay home from work

A trainee police officer tried to fake having COVID-19 by drawing red lines on a lateral flow test, a tribunal has heard.

In a bid to stay home from work, Ahmed Anwari told his training officer last December that he could not come in because of a positive lateral flow test result.

But his ruse was uncovered when he was asked to send a photograph of the result as proof and it became "clear that the test had been manually altered with drawn red lines", his disciplinary was told.

The Lancashire Constabulary officer was then invited to take a coronavirus test on a Microsoft Teams meeting in which he again falsely claimed the result was positive.

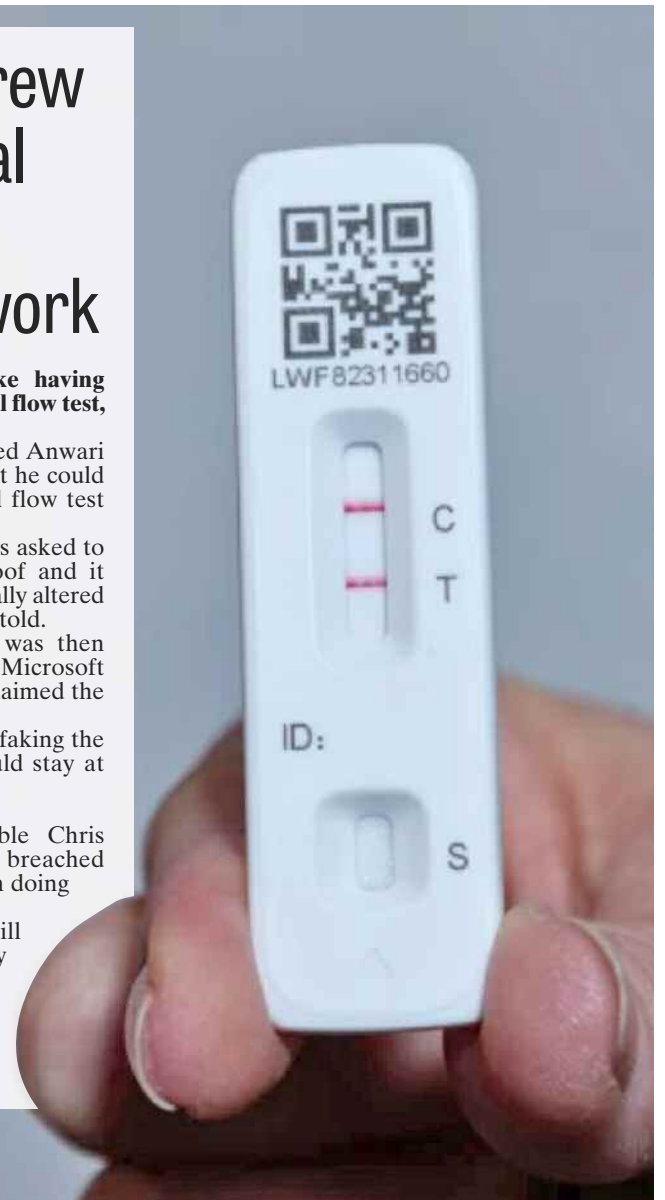
When confronted, Mr Anwari admitted faking the test and lying, saying he did it so he could stay at home under the then self-isolation rules.

He resigned from the force a day later.

Chairing the hearing, Chief Constable Chris Rowley found that Mr Anwari had breached standards of professional behaviour and in doing so had committed gross misconduct.

He said: "I find that had Mr Anwari still been a member of Lancashire Constabulary he would have been dismissed."

"Police officers must keep in mind at all times that the public expect them to maintain high standards of professional behaviour."



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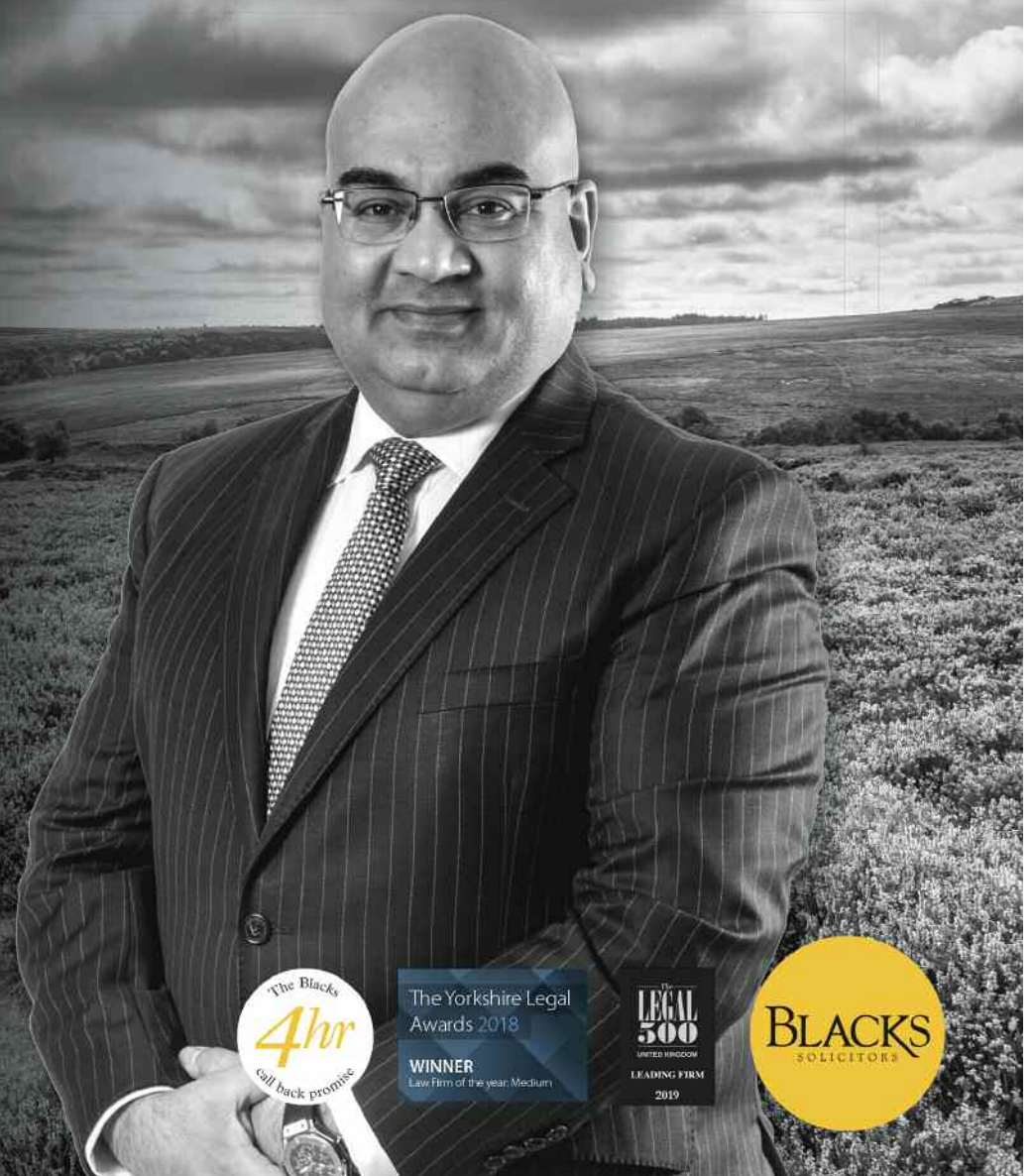
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Over **1 million** people now diagnosed with diabetes across the North of England

Diabetes UK calls for action as stats show just 34 per cent of those diagnosed in the North are receiving the care they need.

Diabetes UK are calling on NHS systems across the North of England to put diabetes at the heart of local health plans so people living with, and at risk of, diabetes get the care they need as the numbers of people living with the condition continues to rise.

The announcement, comes after the charity recently revealed that thousands of people with diabetes are still struggling to access vital care. Those from the most deprived areas of the country are least likely to have access to the care they need.

In the North of England, there are

now over 1 million people diagnosed with diabetes while just 34 per cent of people diagnosed with the condition in the region have received all eight of the recommended care checks in 2020/21.

A recent survey from the charity also showed that 48 per cent of people in the North East & Yorkshire said they had difficulties managing their condition during 2021.

People living in the most deprived areas of the region were more likely to have had difficulty with 56% in the most deprived compared to 43% in the least deprived and of those who experienced difficulties managing their diabetes, 67% in North East & Yorkshire attributed this in part to

A recent survey from the charity also showed that 48 per cent of people in the North East & Yorkshire said they had difficulties managing their condition during 2021

not having sufficient access to their healthcare team.

Clare Howarth, Head of the North of England at Diabetes UK said: "Diabetes can't wait. Without access to essential care people with diabetes risk serious complications, such as amputation, stroke, heart disease, sight loss and mental health problems.

"These complications devastate lives and can even lead to early death, yet we know these are all avoidable if people receive the care and support they need and deserve."

After the launch of Diabetes UK's report into diabetes care published last month, the charity held a free online event on Tuesday 21st June

2022 aimed bringing together healthcare professionals, people affected by diabetes and decision makers from across the North of England, to look at next steps for getting care in the region back on track.

Clare Howarth added: "We know the NHS has worked tirelessly to keep us safe throughout the pandemic, but the impacts on care for people living with diabetes have been vast.

"Urgent action is now required, which is why we're calling on the UK Government to prioritise the recovery of diabetes care and to recommit to improving outcomes for people with and at risk of diabetes in the updated NHS Long Term Plan. We'll continue to press for a renewed focus on diabetes to get this essential, life-saving care back on track."

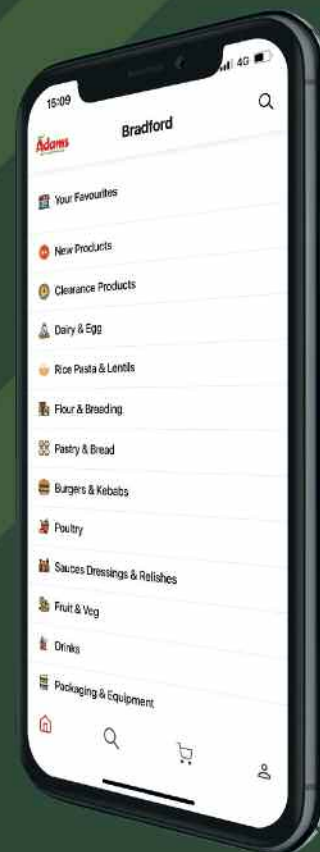
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Primark begins new online click-and-collect trial

Primark has decided to give in to resisting selling its clothes online, and will begin internet shopping through a new click-and-collect service for children's products.

The High Street retailer said 2,000 goods will be offered through a trial which will run out of 25 shops in the north west of England.

Until now, Primark, which was founded in 1969, has resisted selling its products online unlike other retailers, and was particularly hard hit by Covid lockdown when businesses were closed. Rival companies, however flourished.

Parent company Associated British Foods (ABF) said the group has recently revamped its UK site to give more details of in-store ranges, so customers can browse the full collection and check availability before coming into stores.

ABF said its new website, which launched in April, saw online traffic rise by around 60%, and that the

pandemic had accelerated the online changes that had been in the pipeline prior to Covid.

It said the trial will allow customers who live nearer a smaller Primark store access to a much wider range of items.

"Our average-size stores are only able to stock a limited range and for these customers the number of options available to them will broadly double, increasing even more for customers of our small stores," said ABF.

"This trial will enable us to provide more fashion, licence and lifestyle products to more customers and more often."

The group said Primark sales increased by 81% in the three months to the end of May, when compared with last year.

All Primark stores were open during the period, unlike last year when most stores were closed until the middle of April due to lockdown restrictions.



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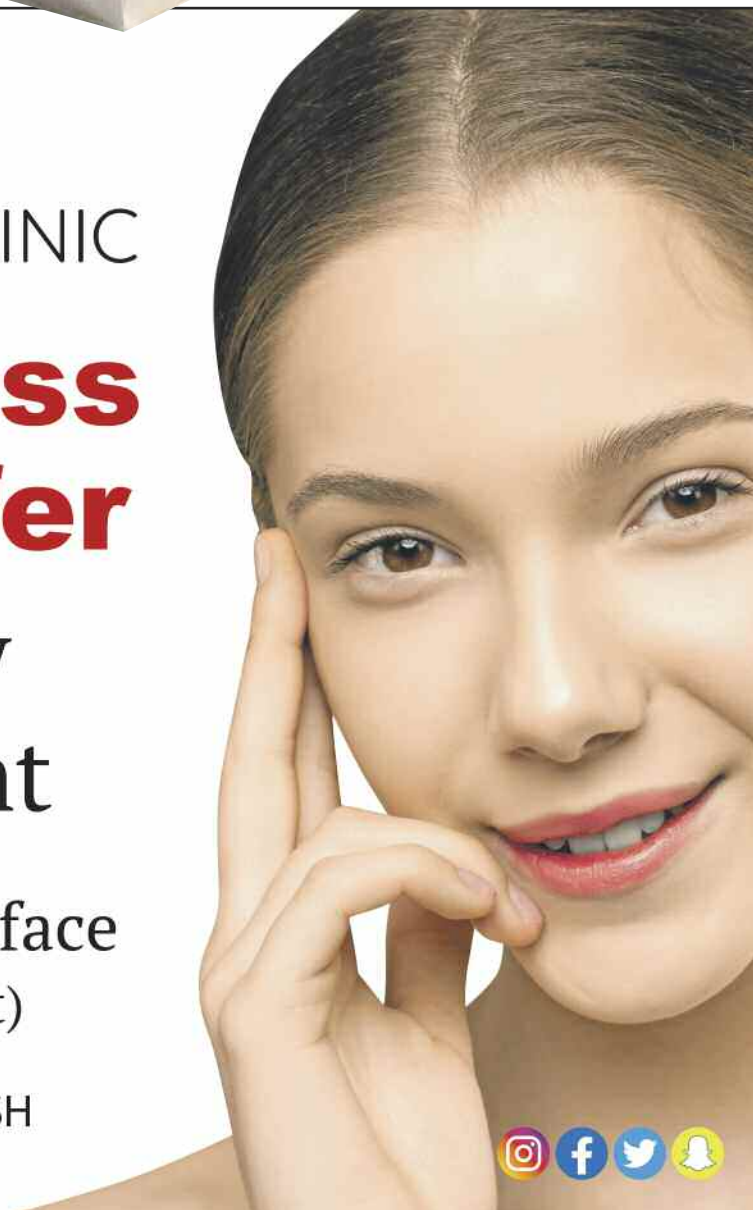
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Bangladesh: Worst floods in 18 years as army evacuates people in affected areas



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Heavy monsoon rains over the past few days have led to rivers bursting their banks, cutting off around two million people in northeast Bangladesh. Many families are stranded and could run out of food within days.

Communities in low-lying areas in Sylhet and Sunamganj have been deluged. Homes and schools as well as vital infrastructure such as power supply lines, water sources and roads are all damaged or underwater. Many people have been affected by floods for the second time within weeks, after severe flooding also struck the region in mid-May.

The government of Bangladesh has deployed the army to evacuate people from affected areas, a mission made all the more urgent by predictions of worse flooding to come. In Sylhet, exams have been called off as schools are turned into temporary shelters for families fleeing their flooded homes.

Islamic Relief, which has been

working in the flood-prone country for over 30 years, is responding to this latest disaster by distributing life-saving aid over the coming days. As well as hiring boats to reach stranded people, we will be distributing food, water purification and hygiene items.

Shabel Firuz, Islamic Relief's Head of Asia region, says: "Many people are out of food and others will run out in the coming days. As markets are flooded and not operating, people have nowhere to buy supplies, so it's urgent that aid gets through to them."

"People's houses have been damaged, washed away or completely covered in the flood water. Thousands of people are looking to make their way to flood shelters where they will need a lot of support. Islamic Relief's office in Sylhet and the homes of some of our staff have also been flooded."

Many families in the area depend on agriculture and livestock for food and income, and with precious

paddy fields and pasture now underwater we are also planning to provide cash grants so that people can buy seeds, tools, fodder for animals and repair their shelters.

Islamic Relief will also be working closely with the ward disaster management committees set up through our extensive disaster-preparedness programming in Bangladesh. Made up of community volunteers, these local committees are among the first responders to crises such as these.

Tufail Hussain, Director of Islamic Relief UK said: "Time is now running out for survivors of the worst floods to hit Bangladesh in 18 years, as food could run out in days. There are also fears of more floods to come which would be catastrophic for those already homeless and stranded."

"Islamic Relief is on the ground and responding with life-saving aid. We urgently appeal to the public to donate and help those affected by this disaster."





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New legislation to regulate UK smart charge points

New legislation is being introduced to regulate UK smart charge points and cables for electric cars.

This comes after the growing popularity of private electric car ownership, replacing diesel and petrol car models faster than previously anticipated.

The UK Government will oversee the implementation of new legislation designed to regulate and encourage how and when EV energy consumers use smart EV charging points at home and at work.

The increase in private ownership of electric cars has been precipitated by the Paris Agreement after COP 21. Expedited in 2022 after COP 26, where net-zero emission targets were locked into being reached by 2050. And with grants available for the adoption of electric vehicles over petrol or diesel vehicles, more people than ever before are choosing to make the switch.

As a direct result of these factors, new legislation has been drafted for enforcement in June 2022 to ensure that the national grid can keep up with the soaring demand for electricity from the surge in electric vehicle ownership.

The new legislation aims to introduce regulation that provides a more flexible and streamlined range of energy systems across the nation. These regulations are for private charge points that are sold for use in workplace or home environments.

It is the intention that by implementing these changes for private charging points, that the national grid will be able to supply appropriate amounts of electricity

to those who need it. It is also the intention of this legislation to ensure the national grid remains stable.

The regulations that are being introduced are designed to standardise device-level requirements of new smart charging points and cables sold after enforcement of the legislation has begun.

The purpose of smart functionality of charging points is to encourage charging when there's less demand on the national grid or when more renewable energy is available.

For users of electric vehicles, this means that new smart charging equipment purchased after the enforcement date will incorporate randomised delay function and pre-set, off peak charging hours by default. All this will be pre-programmed into the smart chargers themselves during the manufacturing process.

Default pre-set, off peak charging times can be removed and or changed during or after initial setup to suit your schedule.

The randomised delay function is designed to regulate how many EVs are charging from the national grid at any one given time. This is to prevent too many people charging their electric vehicles at the same time and putting stress on the national grid during peak times.

These regulations will be rolled out and enforced across the nation on 30th June 2022. Many companies that deal in electric car parts and accessories are already prepared for these changes with compliant charger models.



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Stalker who terrorised **121 VICTIMS** with rape threats jailed

He identified his victims online and even paid for online services such as ancestry records in order to obtain their names and full address details



A man who stalked and terrorised 121 victims online by posting graphic threats of sexual violence along with their details has been jailed.

Vishaal Vijapura, 28, of Shirley, Croydon, was sentenced at Croydon Crown Court to two years and eight months' imprisonment. He also received a Sexual Harm Prevention Order for a term of five years.

Vijapura identified the victims

online and then followed this up by paying for online services such as ancestry records in order to obtain their names and full address details.

He then published online containing the victim's personal details, as well as a short essay attempting to justify raping the women, more victims came to light during the intense police investigation.

On many other occasions, Vijapura took the victims images from their personal social media profiles and published these with a rhetoric stating that the victims enjoyed outlandish sexual gratification, he also published posts online of them with their personal details encouraging serious sexual violence against them.

Vijapura sent many of the victims direct messages containing vile and horrific topics with sexualised themes throughout.

In some instances he paid an ancestry website in order to obtain even more detailed personal information relating to the victims and their families.

Since receiving the initial allegations, detectives carried out a complex investigation involving the forensic analysis of many devices in order the gain the necessary

evidence to place Vijapura before the courts.

Detective Inspector Paul Smith, from the South Area Public Protection Unit, said: "The dedication and commitment from the officers working on the case, with national support from colleagues across the UK, has meant that Vijapura can no longer put these victims at fear of violence. Some of the victims police have contacted were too scared to venture out alone after the threats received from Vijapura.

"The internet is now a safer place with future proofing against ongoing offending from this man in the form of a custodial sentence. This kind of criminality is dangerous and offensive and will absolutely not be tolerated.

"The victims in the case have shown great strength in coming forward. They have supported the investigation and provided evidence of how Vijapura's misogynistic behaviour has deeply affected their lives. It is wholly right that he has received a custodial sentence.

Anybody who may have further evidence relating to this case or who may need support should contact DI Paul Smith of the South Area Public Protection Unit by calling 101.

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Average UK house price is at record £289,000, but buying demand has come down

Housing market shows signs of cooling down

The housing market is showing signs of cooling, according to Halifax data, but the annual growth rate slowed in a sign that the cost of living crisis is cooling the market.

Mortgage lender Halifax said that while house prices continued to climb despite cost of living pressures and rising food and energy bills because demand for homes continued to outstrip supply.

House prices increased by 1% between April and May, or £2,857, taking the average price of a home to a record of £289,099.

While annual house price growth remains at the elevated level of 10.5%, this is the slowest rate of growth seen since the start of the year.

The rise meant the average price of a house hit another record of £289,099. This means prices have now climbed for eleven consecutive months.

However, mortgage activity

has started to slow, according to Halifax - part of Lloyds Banking Group, the country's biggest mortgage lender. This means it's expected that we will see a reduction in housing market activity.

Recent property price inflation has been felt differently by house hunters, depending on the type of home they were looking to buy.

Russell Galley, managing director at Halifax said: "Despite the very real cost of living pressures some people are experiencing, the imbalance between supply and demand for properties remains the primary reason driving the continued climb in house prices.

"Compared with May last year, you'd need about £10,000 more to buy a flat, but an additional £50,000 for a detached home. This clearly creates a knock-on effect for

those looking to make their first home move, as the rungs on the housing ladder have become increasingly wider," he said.

"However, the housing market has begun to show signs of cooling.

"Mortgage activity has started to come down and, coupled with the inflationary pressures currently exerted on household budgets, it's likely activity will start to slow," he added.

"So, there is perhaps one green shoot for prospective purchasers; with overall buying demand down compared to last year, we may be past the peak sellers' market."

Inflation - the rate at which prices rise - hit 9% in April, a 40-year-high. The Bank of England has warned inflation might reach 10% within months, as the prices of fuel and food put pressure on household budgets.



"Mortgage activity has started to come down and, coupled with the inflationary pressures currently exerted on household budgets, it's likely activity will start to slow."



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Their ecology becoming so closely synchronised with humans shows the species is on its way from being a parasite to a symbiont - an organism entirely dependent on another for its survival. In this case, us.

Microscopic parasitic mites that live in the pores of the skin on our faces which may be destined for an evolutionary dead-end, according to a new scientific analysis of their DNA.

More than 90% of us host the 0.3mm long-mites, known as Demodex follicularum, in the oily folds on our faces, most living in the pores near our noses and eyelashes.

The mite spends its entire lifetime living in our skin follicles, and it's probably the closest relationship to another animal humans will ever have.

During the day they feed on our oily skin secretions, at night they leave the pore to find mates, and find new follicles in which to reproduce and lay their eggs.

If the thought makes you want to wash your face, forget it. You've been carrying the mites since you were born - they're passed from mother to baby during breast feeding - and live too deep in the pores to be washed out. And besides, we need them, says Dr Alejandra Perotti of the University of Reading, who co-authored the study.

"We should love them because they're the only animals that live on our bodies our entire life and we should appreciate them because they clean our pores."

"Besides, they're cute," says Dr Perotti.

Perhaps not everyone would agree. The mites have four pairs of stubby legs each with a pair of claws. Beyond that a long worm like body which, under the microscope, can sometimes

be seen protruding from our hair follicles.

But this latest study, published in the journal Molecular Biology and Evolution, has shown just how incredibly intimate their relationship with humans has become.

The researchers analysed the genome of the mites and found it has the smallest number of functional genes of any arthropod (insects, arachnids and crustaceans).

The animals have become so dependent on their human host that their genome is "eroding" - stripped down to the bare minimum of genes needed to survive, the researchers conclude.

They found that the gene which normally regulates waking and sleeping in arthropods has been lost. Instead, the organism detects changes in levels of the hormone melatonin in our skin secretions. When we go to sleep levels go up - a signal to the Demodex to get up. When we wake up, hormone levels decrease - so their cue to head back down our oily pores for dinner.

They've also lost the gene that protects their bodies from UV light - what's the point when you only come out at night? Even their body plan is

minimalist - each leg is powered by just a single muscle cell.

Their ecology becoming so closely synchronised with humans shows the species is on its way from being an external parasite to an internal symbiont - an organism entirely dependent on us for its existence.

As their genetic diversity shrinks,

and with it their ability to leave their host and find new mates, they are also at possible risk of eventually going extinct - either when humans do or as a result of some significant change to their environment.

It was once believed Demodex were a cause of common skin conditions, but in healthy people the

evidence is Demodex actually help prevent problems like acne by unblocking pores.

But that's not the only reason we should care about them, says Dr Perotti: "We are living in a world where we should be protecting biodiversity -- and these are our very own animal."

Tiny parasites that live on our faces could face evolutionary oblivion



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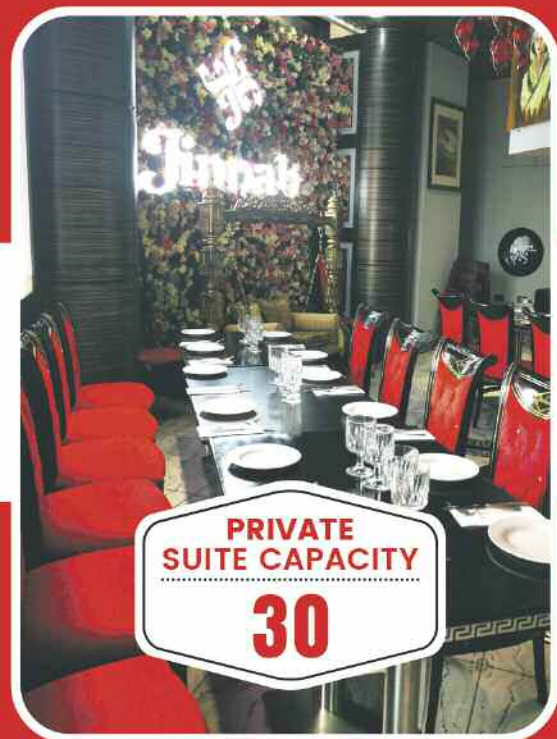
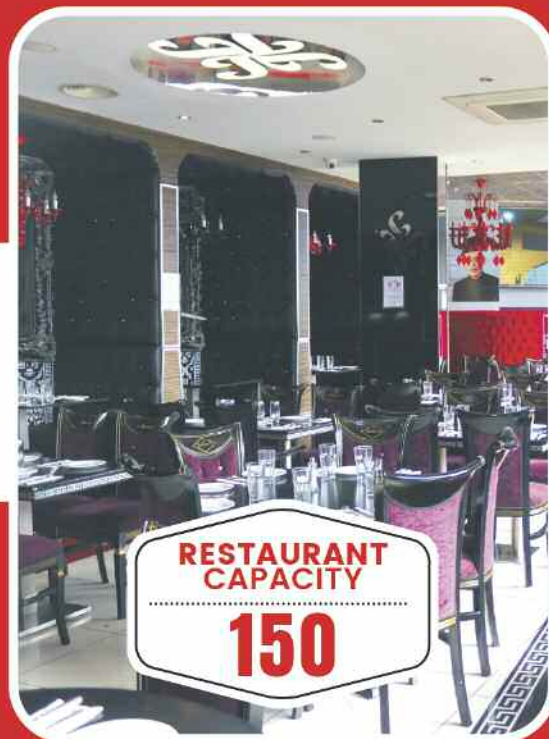
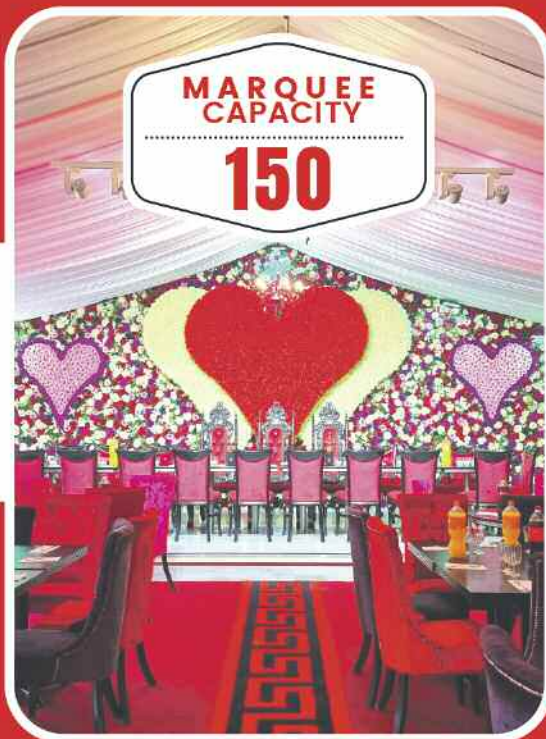
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As baggage chaos hits airports, new research reveals the most commonly lost items at UK's busiest airport.

More than 170 iPhones have been lost at Heathrow alone over the past year, as the airport's luggage struggles are causing flight cancellations. Jackets, wallets, Kindles and bank cards also among most commonly mislaid things.

The study by financial comparison site Forbes Advisor has revealed that iPhones are the most commonly lost item at Heathrow, with 179 of the Apple smartphones being handed in at the airport's lost property office between the start of July 2021 and the end of May 2022 – equivalent to an iPhone being lost every two days.

The study, which analysed more than 5,000 items lost over the 11 month period, found that other Apple products are similarly lose-able, with 164 pairs of AirPods being mislaid at Heathrow, along with 24 Macbooks and a further 138 iPads. However the most commonly lost tablet is Amazon's Kindle, 146 of which were listed as missing.

A jacket is the second most commonly mislaid item at Heathrow – 176 have been misplaced since July last year. A total of 171 lost wallets put the item in third place in the Heathrow loss rankings, while in fourth, 167 rings have slipped off fingers and been handed into lost property.

Lots of travellers are also failing to keep an eye out for their spectacles, with 165 pairs of reading glasses going missing, plus 106 pairs of sunglasses, while a total of 125 bank cards have been lost, as well as 84 passports.

When looking at broader categories of lost items, the most commonly lost were defined as "travel effects", of which 542 were mislaid in total, which includes things

like rucksacks, suitcases and handbags.

In total 519 items of clothing were lost, while 493 security / identity documents were handed into the lost and found.

Commenting on the study, a spokesperson for Forbes Advisor said: "The stress of travelling means that it can be easy to misplace items, even those as essential as a smartphone. And this summer is shaping up to be even more stressful

than usual for travellers given the chaos we are seeing in airports across the country.

"It's worth checking the terms and conditions of your travel insurance for whether you are covered for loss, whether there is an excess to pay, and if there are particular exclusions.

"A new iPhone can easily cost £700, while a good

annual multi-trip policy can cost as little as £20 for one person, so it's well worth being protected."

iPhone tops list of items most likely to be lost at airports



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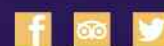
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Your National and Local Business Round-up

Business news

Making your house a home with Direct Properties

By Andrew Vaux

With a passion for the property market, the founders of Direct Properties knew from the outset they could set up a successful property business.

And now, 15 years after founding the company, that's exactly what they've done.

The company director says: "I started my ambitious journey

after seeking a gap in the sales and lettings agency market in West Yorkshire.

"In my heart, I had a strong felt focus that with hard work, dedication, and commitment I could provide a suite of high-quality property services in the areas I know as home – Leeds City Centre, Headingley, Hyde Park and surrounding areas.

"We never wanted to be like the other estate agencies, we wanted to do better and go

above and beyond for our customers – landlords, tenants, young professionals, students, freeholders, residential management companies, residential and commercial property investors, buyers and sellers in and around Leeds and across West Yorkshire."

Whatever stage of the property journey you're at – selling, buying, renting, or letting – the experienced and dedicated team at Direct

Properties will be with you every step of the way to offer the highest quality customer experience and take away the stress.

At any one time, the company has hundreds of properties on its books with something for everyone – new couples wanting to move into their first house, families wanting to sell their home for something better, tenants searching for quality homes or landlords wanting to lease properties.

But what exactly is it that sets Direct Properties apart from other agents across the district?

The company director explains: "We're constantly adapting and changing so we can improve and stay ahead of the game.

"Quite simply, we get on with things and it's this direct and proactive approach which is instrumental to our foundations and has made us what we are today – a reputable and well-connected sales and lettings agency.

"We've grown organically, with continual learning and improvements. We're all about learning and constant bettering. We seek to adopt new technology, throwing ourselves into estate agency innovation to improve the service we offer to customers."

Other key players in the business include Branch Manager Sabid Miah, Lettings Administrator Grace Hardy, Lettings Negotiator Gabrielle Caunce, Maintenance Co-ordinator Jawad Asghar, Sales Negotiator Ismail Mahmood, and Maintenance Manager Karlos Slapinski.

The highly qualified and professional team is committed to outstanding levels of customer service.

Direct Properties says: "We pride ourselves on being direct and honest. We believe in keeping everyone informed, building trust, and making sure things get done right.

"We want all our clients to become part of our Direct Properties family and feel welcomed and cared for. We're extremely flexible in our approach and will help in any way we can."

And so, what does the future hold for the business?

Direct Properties add: "Expanding into other areas has always been part of our growth strategy with the aim to cover all areas of Leeds.

"We're looking forward to welcoming new landlords and vendors who can now take advantage of our amazing customer service and experience of sales, lettings, property management and block management."



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Most commercial contracts will include a clause known as an “entire agreement clause”. This type of clause is used to signify the intent of the parties that the written terms of the contract should represent the agreement between the parties in its entirety and that it will supersede all preceding agreements, negotiations or discussions that have not been set out in the agreement.

The primary purpose of such a clause is to prevent the parties to a written agreement claiming that statements made before or during contract negotiations, which are not included in the final agreement, constitute either additional terms of the agreement or a form of side or collateral agreement.

Entire Agreement Clauses provide commercial certainty for the parties to an agreement as the full extent of the agreement between them is contained in one single document. They also prevent potential litigation between the parties, which would not only be costly but also very time consuming, as they force the parties to acknowledge that they are not relying on any statements or representations made before or during the contractual negotiations other than those expressly set out in the document and therefore they are effectively waiving their

rights to rely subsequently on anything said before the legal formation of the contract.

Entire Agreement Clauses must be reasonable under the Unfair Contract Terms Act 1977. If the parties are both commercial entities and the contract is made in a commercial context, it is unlikely that an Entire Agreement Clause excluding liability for pre-contract representations would be considered unreasonable. However, an Entire Agreement Clause cannot be used to exclude liability for fraudulent pre-contractual representations.

A typical Entire Agreement Clause will state that:

- The contract is the whole agreement between the parties.
- contract supersedes any previous agreements or understandings.
- The parties do not rely on any representation made prior to the making of the contract.

Although the Courts will uphold Entire Agreement Clauses which are expressed in general terms, the parties should be aware of the limits to these clauses and consider whether to provide for express exclusions. If the parties wish to exclude certain liabilities or to ensure that a specific term is not implied into a contract then this should be expressly and clearly stated and they should not assume that the Entire Agreement Clause will cover the position.

Blacks Solicitors can assist with all aspects of contractual matters from drawing up contracts to dealing with any disputes arising from contracts.

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Legal aid supplier droughts will erode eligibility gains

The UK government must shore up the beleaguered legal aid market if more generous eligibility criteria are to benefit people on lower incomes, solicitors' leaders have warned.

The Law Society of England and Wales has published updated legal aid deserts maps to accompany its response to the Ministry of Justice consultation on changes to the legal aid means test.

“Legal aid is a lifeline for people, usually living in poverty, to help them in moments of crisis such as when they are facing eviction or seeking protection from a violent partner for themselves and their children,” Law Society president I. Stephanie Boyce said.

already out of date, and then freeze it at that level until 2026.

“By then the cost-of-living crisis is expected to have driven prices up by a breath-taking 20%, leaving many unable to afford legal advice but being judged by 2019 standards to be too wealthy to qualify for legal aid.

“People will also only see the benefits of eligibility changes if there is significant investment in the legal aid sector.

“Fewer and fewer firms can afford to provide civil legal aid advice because rates of pay for this work have not been uprated for 25 years.

“Our updated legal aid deserts maps show a sector in crisis. Month after month

law firms providing legal aid are closing their doors, leaving large areas of the country with no access to face-to-face legal aid services.

“If the government truly wants to ensure people facing poverty are not left to fend for themselves when they face life-changing legal problems, it must take a 360-degree approach:

“Uprate the means test annually to keep pace with the spiralling cost of living.

“Set thresholds so nobody's income and capital falls below a minimum standard of living if they have to pay their own legal costs.

“Invest in both criminal and civil legal aid providers so anyone eligible for legal aid can find an expert to help them when they need them.”

Month after month law firms providing legal aid are closing their doors, leaving large areas of the country with no access to face-to-face legal aid services.

“The legal aid means test has not been updated in line with inflation for 13 years, in which time prices have risen 40%.

“The widening of eligibility that should now come from the government's proposals is good news, if long overdue.

“However, government wants to uprate the means test to 2019 prices, which is



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Purpose of Post

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Main Duties

- To conduct initial needs assessments with patients to establish support required around mental, physical and support requirements and co-produce care plans with patients using the 'What matters to me' approach.
- To promote healthy choices to improve health and wellbeing, manage long-term conditions and

reduce hospital readmissions.

- To liaise with local agencies to ensure appropriate referral mechanisms are in place.
- To work jointly with colleagues in health and social care to allow for seamless referrals, information sharing and person centred care planning to add value to the service and outcomes.
- To provide signposting advice and guidance to patients supporting them to make informed choices about services.

Candidates must have:

- Experience of engaging with communities and building good relationships whilst observing professional boundaries.
- Ability to liaise and build partnerships with voluntary and statutory agencies.

- Experience of supporting individuals to develop their health and well-being including support planning, signposting and advice and guidance;
- Knowledge of third sector organisations, support groups and activities within the locality;
- Excellent communication skills both written and verbal;
- Ability to speak one or more BME community language;
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HALO Group Activities 9.00am - 3.00pm Member-led activities: Illustration Classes at Swarthmore College. English - Beginners Primarily for foreign language speakers. 10.00am - 11.30am At Hamara HLC. Men's Walking Group Men, 55+ 10.00am - 1.00pm Meet at Hamara HLC. Food Bank Collection 12:00 - 1:00pm Hamara HLC. Youth Group 11-18 year-olds' 6.30pm - 8.30pm The Heritage Café.	HALO Group Activities 9.00am - 3.00pm Weekly shopping AM, Digital 'Know-How' PM, HALO Room. Job Search Club 11.00am - 1.00pm Anyone who wishes to join, IT Suite at Hamara HLC. English & ITC Class Any & everyone! 10.30am - 12.00pm In Hall 2 at Hamara HLC. Recycled Teenagers Anyone, 60+ 10.00am - 12.00pm In Hall 2 at Hamara HLC. Food Bank Collection 12:00 - 1:00pm Hamara HLC. Women's Boxing Any women 4.00pm & 5.00pm Burmantoft's Amateur Boxing Club, Harehills. Youth Group 11-18 year-olds' 6.30pm - 8.30pm The Heritage Café.	HALO Group Activities 9.00am - 3.00pm Bowling or Cinema, AM Football, PM HALO Room. English - Beginners Primarily for foreign language speakers. 10.00am - 11.30am At Hamara HLC. Coffee morning/ English Practice Women, 55+ 10.00am - 1.00pm In Hall 2 at Hamara HLC. Shopping Trip Women, 55+ Travel to Leeds City Centre from Hamara HLC Youth Diner 11-18 year-olds' 6.00pm - 8.30pm The Heritage Café. Men's Woodwork/Gardening Men, 55+ 10:00am-1:00pm In Hall 1 at Hamara HLC. Youth Group 11-18 year-olds' 6.30pm - 8.30pm The Heritage Café.	HALO Group Activities 9.00am - 3.00pm Swimming/Gym/Zumba AM, Afternoon Trip Out PM, HALO Room. English - Beginners Primarily for foreign language speakers. 10.00am - 11.30am At Hamara HLC. Leeds United Foundation exercise class Men, 55+ 10.00am - 1.00pm In Hall 2 at Hamara HLC. CV Writing Session 11.00am - 1.00pm Anyone who wishes to join, IT Suite at Hamara HLC. Sewing Session 11.00am - 1.00pm Women 18+ Lincoln Green Community Centre. Chair based exercise/ Sewing in the afternoon Women, 55+ 11.30am - 2.00pm In Hall 2 at Hamara HLC. Food Bank Collection 12:00 - 1:00pm Hamara HLC.	HALO Group Activities 9.00am - 3.00pm Cooking Club AM, Friday Prayers PM, HALO Room. English - Beginners Primarily for foreign language speakers. 10.00am - 11.30am At Hamara HLC. Knitting, Spiritual & Education Session Women, 55+ 10.30am - 3.30pm In Hall 2 at Hamara HLC.	Supplementary School FREE online (via Zoom), supplementary classes. 10.00am - 11.30am Via Zoom.



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These Foods will help you burn FAT

Perhaps the most important lesson is to avoid trying to lose weight too quickly. And, during June, there has been an 1100% increase in Google search results for “how to lose stubborn belly fat” as we’re looking to tone up for the summer.

We know you’re going on holiday next month, we know you feel like you blinked and gained ten pounds without realising it, but if your goal is to preserve as much muscle as you can then for most people, a pound of fat lost per week is the maximum you should go for. But that’s still quite an accomplishment.

However, Belly fat isn’t just a problem if you’re dreaming about

the perfect body for your holiday, it can have severe health implications too.

As belly fat surrounds your vital organs, excess fat can be linked to serious health conditions such as heart attacks or stroke. The good news is that losing this type of fat can be achieved with the right types of food.

With that being said, nutrition experts at Barbend have revealed the top ten foods which you can add into your diet that can help burn stubborn belly fat to keep you healthy.

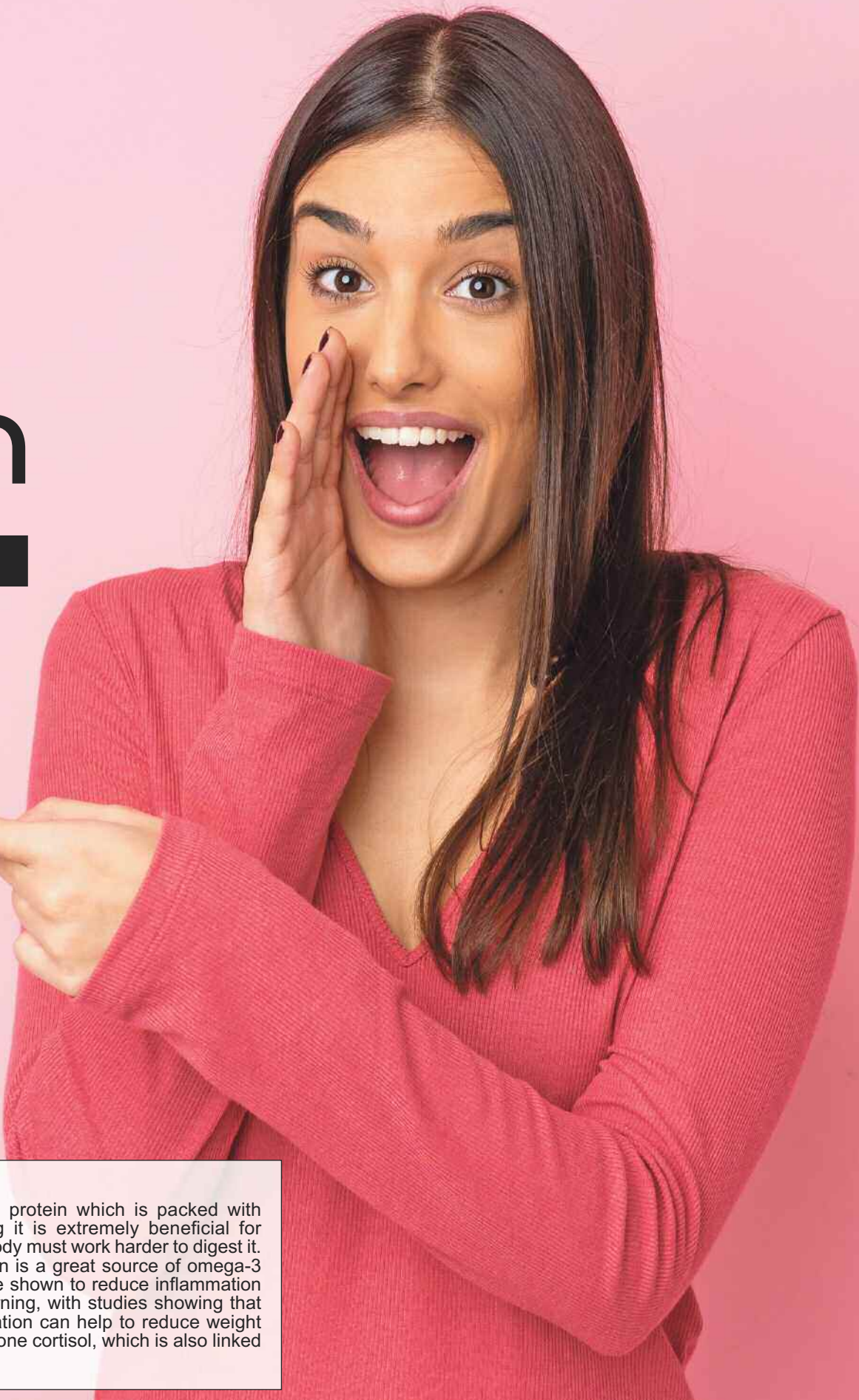
Continued on page 36



Salmon

Salmon is a lean protein which is packed with omega-3s, meaning it is extremely beneficial for weight loss as the body must work harder to digest it.

In addition, salmon is a great source of omega-3 fatty acids which are shown to reduce inflammation and promote fat burning, with studies showing that fish oil supplementation can help to reduce weight and the stress hormone cortisol, which is also linked to fat storage.



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 oversized 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 contribute 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.

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.

The study also found that 46% of

WASTERS -

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

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 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 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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These foods will help you burn fat



Broccoli

Broccoli – as well as cauliflower and Brussels sprouts – are high in fibre and nutrients that keep your body burning fat. Broccoli also contains calcium, which is good for healthy joints as well as weight loss. Steaming broccoli is the best way to reap the full fat-burning effects because it gives you the best chance of absorbing the nutrients.

Chillies

Chillies can help to stimulate metabolism, having a thermogenic effect which speeds up the metabolism and the rate at which your body uses energy. Thermogenesis works by raising our body temperature, and people may find they burn more calories during this process just by being warm. Adding chillies to some of your favourite meals is an easy way to incorporate them into your diet.

Avocado

Avocados are rich in vitamin B6—which directly counteracts the belly-fat-building stress hormone, cortisol—they're also full of monounsaturated fat. This healthy fat may prevent body fat distribution around the belly by downregulating the expression of certain fat genes. You can try adding it to your breakfasts or even making guacamole and having it as a snack.



Eggs

Starting the day off with some eggs can be an effective part of a weight loss plan. Eggs are extremely high in protein that can promote fat-burning. Protein speeds up metabolic rate in any case, which can be as much as 30% after eating high-quality protein. Furthermore, protein is essential for building and maintaining muscle mass and the more muscle you have, the more metabolically active you'll be.



Blueberries

Not only do they count as one of your five a day, but blueberries can also contribute towards burning fat - especially belly fat. Blueberries, and other berries, have high water content and are lower in sugar than other fruits without sacrificing sweetness. Their high antioxidant content helps keep you healthy, too.



Whole Grains

Adding a range of hearty whole grains to your diet can help aid fat loss. Quinoa, brown rice, whole grain bread and cereals are all excellent choices. Whole grains such as oats and quinoa are high in fibre, which can enhance weight loss, digestion, and blood sugar levels. Eating whole grains has also been shown to reduce appetite and influence your body's energy use, both of which can affect body composition.



Green Tea

Green tea is renowned as one of the best fat-burning foods out there. It's loaded with antioxidants such as epigallocatechin gallate (EGCG) which help to speed up metabolism. It also contains a small amount of caffeine, which can speed up metabolic rate and increase fat-burning if drunk before exercise. Try adding it into your diet by drinking one cup every day.



Greek Yoghurt

Full-fat Greek yoghurt contains conjugated linoleic acid (CLA) which promotes fat burning. Probiotics naturally found in the yoghurt support good gut bacteria which is key to weight loss. Amino acids, vitamin D and calcium found in yoghurt can speed up fat burning. Adding blueberries, as mentioned above, can make for a great breakfast for those looking to lose weight.



Cinnamon

Cinnamon can help balance blood sugar levels, helping to stop the body from storing fat. It helps in losing weight by suppressing appetite, regulating blood sugar levels and speeding up metabolism. Incorporate it into your daily diet by sprinkling some on your morning porridge or adding it to smoothies.

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Britain has some of the most expensive childcare in the developed world. Families paying for childcare typically spend more than 7% of their income on it, the SMF has calculated. Families on the lowest wages pay the highest share of their income on childcare.

Childcare crisis means new mothers miss out on £70,000 of earnings



Women who have a baby miss out on almost £70,000 in wages over the following decade, according to a new analysis of the impact of Britain's childcare provision.

The Social Market Foundation (SMF) revealed the new figure as it launched a cross-party commission on childcare led by Conservative and Labour MPs.

The commissioners, John Penrose MP and Siobhain McDonagh MP, will work with the SMF to analyse the impact of poor childcare provision on wages and poverty, and ways to improve provision.

The SMF revealed that a woman who had

her first child in 2010/11 typically suffered a cumulative income loss of £66,434 over the following nine years, relative to what would have happened if she had remained childless.

The income loss figure measures the money a woman would have earned if her career had progressed in the way that similar women without children earn. It does not take account of the additional spending that parents face.

The figures are based on new SMF analysis of the Understanding Society dataset, which tracks the experiences of around 30,000 people over decades.

Looking at women who were 25-35 in 2009/10, the SMF found that the typical woman who remained childless would have seen her earnings rise by around third over the next decade. By contrast, a woman who had a first child in 2010/11 was earning 10% less.

Women on lower incomes face the biggest losses in earnings in their child's early years, the SMF found. In the first three years after having a baby, women on lower incomes saw their earnings fall by around 30%. But women on higher wages saw their earnings drop by around 20%.

The SMF said that the high cost and limited availability of childcare means it is often not possible for parents to work as much as they want to, leading to reduced earnings, stalled wage growth, and limited career progression.

Britain has some of the most expensive childcare in the developed world. Families paying for childcare typically spend more than 7% of their income on it, the SMF has calculated. Families on the lowest wages pay the highest share of their income on childcare.

The SMF Childcare Commission will now carry out more data analysis, take evidence from key stakeholders and make recommendations later this year on how to make Britain's childcare provision work better for families and the economy.

Scott Corfe, SMF Research Director said: "In the UK, having a child is expensive – particularly for women. With childcare costs prohibitive, many either have to stop working, or work reduced hours, in order to look after children. This means derailed career paths, missed promotion opportunities, and tens of thousands of pounds of foregone earnings over the course of a decade.

"No government can claim to have solved the cost-of-living crisis – nor to be doing the most to achieve gender equality – if the costs of childcare remain unaddressed. This is a national problem that needs a national solution, and our new cross-party commission will provide some answers to deliver the high-quality and affordable childcare that Britain needs."

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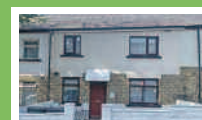
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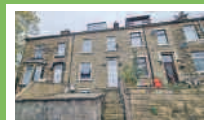
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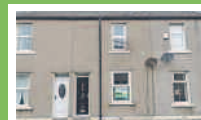
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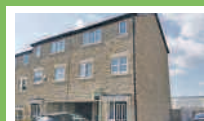
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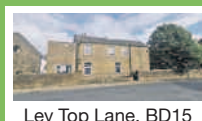
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Ms Marvel: First Pakistani Muslim superhero refreshingly bats misconceptions



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.

Continued on pages 42 & 43

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Ms Marvel: First Pakistani Muslim superhero refreshingly bats misconceptions



The Ms Marvel series, which stars Pakistani Canadian Iman Vellani, is said to have made “pop culture history”

‘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



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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 documentarian 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.



"Ms. Marvel" stars: Iman Vellani as Kamala Khan, Matt Lintz as Bruno, Yasmeen Fletcher as Nakia, Zenobia Shroff as Muneeba, Mohan Kapur as Yusuf, Saagar Shaikh as Aamir and Rish Shah as Kamran. The series also features Fawad Khan, Farhan Akhtar, Mehwish Hayat, Samina Ahmed, Laurel Marsden, Arian Moayed, Adaku Ononogbo, Alysia Reiner, Azhar Usman, Laith Nakli, Nimra Bucha and Travina Springer, with Aramis Knight.

Directors are Adil & Bilal (Adil El Arbi & Bilall Fallah) ("Batgirl," "Bad Boys for Life,"), Episodes 101 and 106; Meera Menon ("Equity," "Farah Goes Bang"), Episodes 102 and 103; and two-time Academy Award® winner Sharmeen Obaid-Chinoy ("A Girl in the River: The Price of Forgiveness," "Saving Face"), Episodes 104 and 105



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JUGJUGG JEEYO: Anil Kapoor talks about the upcoming family entertainer

Q: You seem more in your element when doing comedies. Why?

I love making people happy. If comedy makes people happy then I want to do that. When people are entertained that makes me happy, so I do things that make me happy. Comedy is something that makes people happy, so I am happy.

Q: How did you react when you were offered Jugjugg Jeeyo and did you agree straight away?

Anil Kapoor: Immediately, no confusion, no discussion, ek second mein! Karan called me up that this is the film, this is the story and immediately I said 'Done', khatam.

Q: Tell us about the film and your character.

Anil Kapoor: The film is an entertainer, it's a family comedy – lots of fun, songs, music, high production values, scale, good acting and excellent performances. Today people want to see good performances, performances which look real, which are not over-the-top, which are situational. I play the character of Bheem, who feels that you only live life once and to the extent that you can be selfish also and many people are like that. They become so selfish, self-centred, self-absorbed that they don't realise in that process that they are hurting other people. I related to the character in a way that I saw a lot of men were like that and it was good to play such a character with so many grey shades and sometimes even black! I don't want to do only goody-goody characters, it's too boring. I want some mirch masala!

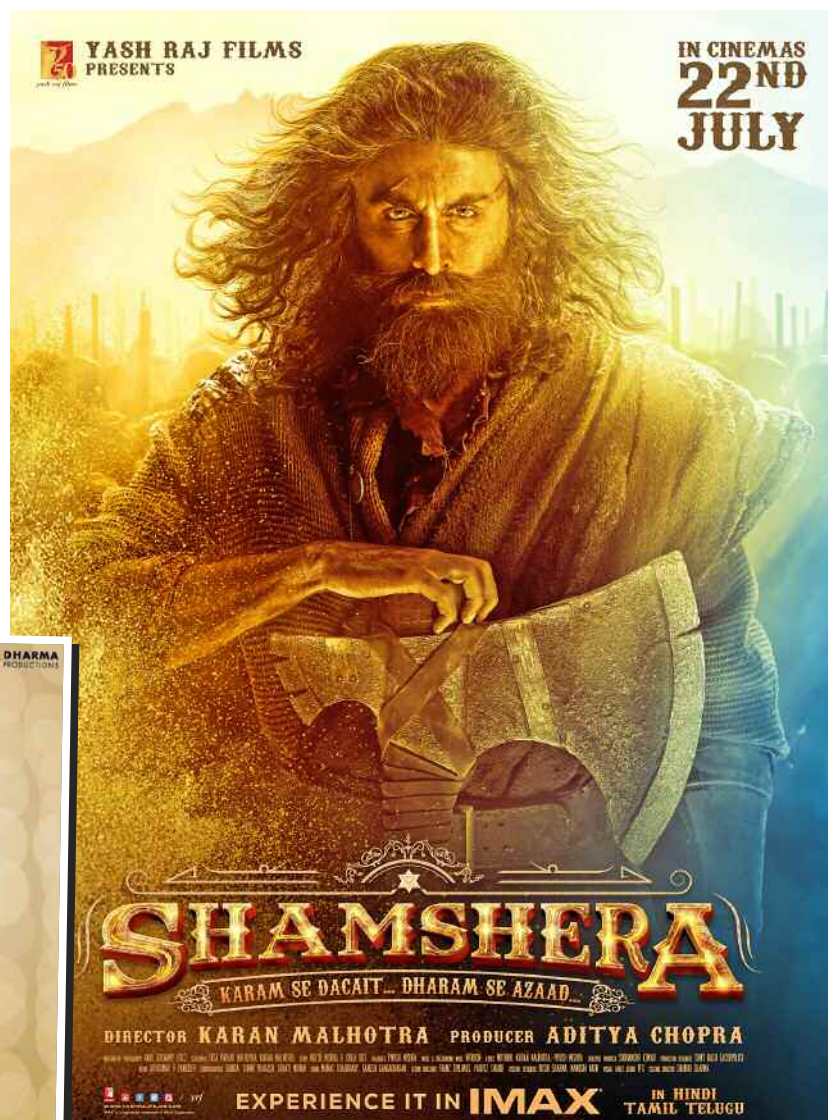
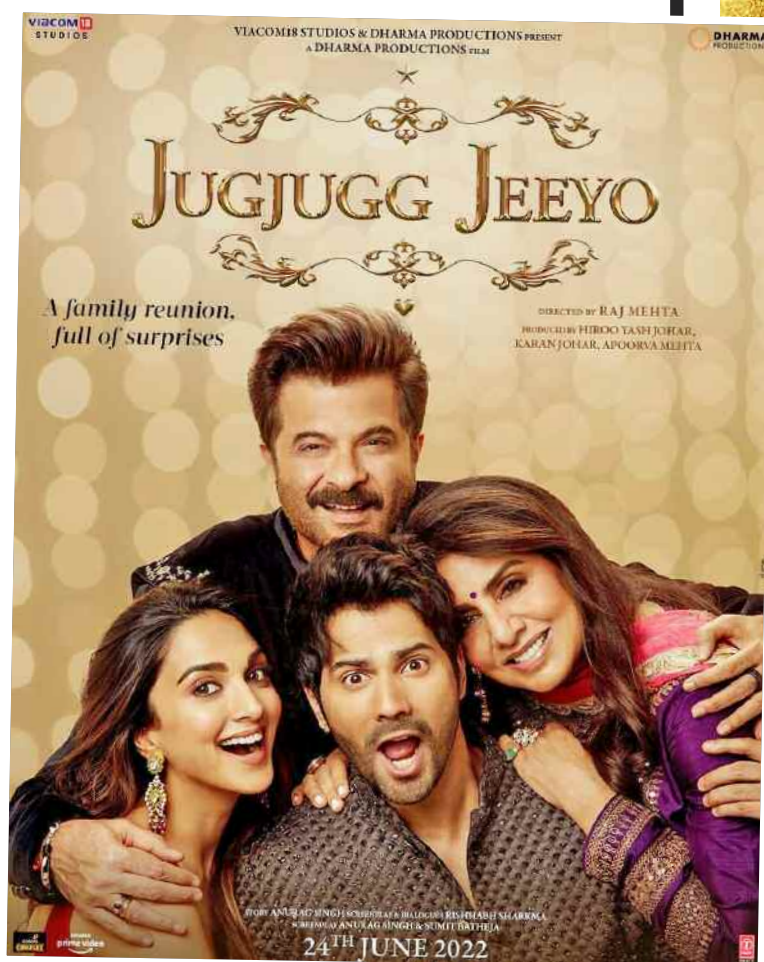
Q: Do you relate to your character?

Anil Kapoor: Absolutely. Everybody has a selfish streak to them, which can sometimes be disruptive. Some people who have these streaks are too scared to be selfish but I don't think there is a man or woman who doesn't have that streak. No one is a saint. For some people, whatever instincts and dreams they have, they keep within themselves, they control themselves

but there are some people who don't care.

Q: What is your favourite moment in this film?

Anil Kapoor: My favourite moments are all the mischievous moments – the parts when I am doing things which I feel nobody is noticing or observing and sometimes I get away with it and sometimes I get caught.



Shamshera: Yash Raj Film's next action period drama with Ranbir Kapoor and Sanjay Dutt

Shamshera is set in the heartland of India and will be a high-octane, larger-than-life entertainer with jaw-dropping action sequences and Ranbir Kapoor in a never seen before avatar.

Sanjay Dutt will portray the role of the ruthless and merciless villain in the period action adventure Shamshera. He will be pitted against

Ranbir Kapoor in the mega action spectacle.

Vaani Kapoor is set to sizzle like never before in this film. She will play the character of the most desirable and sought-after travelling performer from heartland India.

Directed by Karan Malhotra, Shamshera is set to release in UK cinemas on 22 July 2022.

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Odeon and The Asian Express bring back the movie mania as you get a chance to win free cinema tickets. Answer a simple question and you could win tickets to a film of your choice.

What is the name of the actress who plays the role of "Ms Marvel"?

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 Thursday 30th June**. Winners will be selected randomly from all correct entries. Hook on to this page for free cinema tickets to upcoming films.

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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.



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Cupra has revealed the future of the brand – which was established just four years ago – with three new electrified models joining the line-up by 2025.

To date, the brand has delivered close to 200,000 units while its turnover has grown from 430 million euros in 2018 to almost 2.2 billion euros in 2021, far beyond all expectations. In 2022, Cupra intends to double its sales, turnover and global network.

By 2025 Cupra will have entered a new era with three new electrified models – Cupra Terramar, Cupra Tavascan and Cupra UrbanRebel – as well as renewing its current product line-up.

CEO Wayne Griffiths said: “In the midterm, our aim is to deliver 500,000 cars per year and push forward with our international expansion into new markets as well as entering new segments.

“The Cupra tribe is committed to making all this happen, it’s the people that count. Because at the end, it’s the people who make the brand.”

Plug-in hybrid technology has shown that electrification is part of Cupra’s DNA, and the range of vehicles that benefit from the technology has grown to encapsulate a large part of the brand’s range.

Joining the team is the Terramar, a

Cupra showcases three new models

sports SUV that pays homage to Terramar, Sitges, combining bold proportions with striking design. This new electrified SUV will move the company to the hot spot of the SUV segment, the fastest-growing segment in Europe. It will be produced in Hungary at Audi’s Győr plant.

It will be available with conventional gasoline powertrains as well as a new generation of plug-in hybrid powertrains that deliver around 62 miles (100 kilometres) in

all-electric mode.

The next stage of the journey is the Tavascan. The car encapsulates the brand’s electrified vision and will remain faithful to the 2019 concept car. Some design elements were strongly hinted at in the 2021 Cupra Tavascan Extreme E Concept. It will be launched in 2024.

In 2025, Cupra will bring the UrbanRebel – its Urban Electric Car – to the market. The UrbanRebel is driven by emotion, designed, and

developed for a more rebellious electric world.

The front-wheel drive Urban Electric Car uses the Volkswagen Group’s MEB Small platform to deliver an emotional, high-performance urban vehicle.

“The Cupra UrbanRebel will be the biggest project for our company in the upcoming years, since it is key for our transformation as a fully electric brand,” said Werner Tietz, Vice-President for Research &

Development.

“We are leading the cluster development, the family of vehicles that will democratise sustainable urban mobility, for different brands within the Volkswagen Group.”

The 4.03m long vehicle has sustainability at its core, integrating advanced recycled polymers and bio-based materials to push the boundaries of what is achievable, and delivering a more environmentally-conscious vehicle.

Lightweight design both in the exterior and interior help the vehicle’s 226PS (166kW) electric motor and battery pack push the Urban Electric Car to 100km/h in just 6.9 seconds and give it a range of up to 273 miles / 440km (long range version).

By 2025 Cupra will have entered a new era with three new electrified models – Cupra Terramar, Cupra Tavascan and Cupra UrbanRebel – as well as renewing its current product line-up



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



CENTRE STAGE

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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AA15 £15,000 TEL: 07733 244 444	ASII AKS £1,500 TEL: 01274 414141 MON - FRI: 9-5-30	ASKI £2,000 TEL: 01274 414141 MON - FRI: 9-5-30	BKIMAR £15,000 (B KUMAR) TEL: 07985 455 057	DSIAUN £15,000 (D SHAUN) TEL: 07985 455 057	EYISAF £15,400 (E YUSAF) TEL: 07985 455 057	GVIJAY £10,000 (G VIJAY) TEL: 07985 455 057	J4UEO £2,495 TEL: 07954 389 874	KH59 LED £3,900 TEL: 07970 281 994	MAIMVD £1500 (MAHMUD) TEL: 07867 886 786	MSIAHW £9,500 (MS HAWK) TEL: 07985 455 057	NEILFOX £29,000 (NEIL FOX) TEL: 07985 455 057	PAISHA £9,000 (P AISHA) TEL: 07985 455 057	RVIJAY £10,000 (R VIJAY) TEL: 07985 455 057
AA115 £10,000 TEL: 07733 244 444	ASII GER £2,000 TEL: 01274 414141 MON - FRI: 9-5-30	ASKI £2,000 TEL: 01274 414141 MON - FRI: 9-5-30	BKIMAR £15,000 (B KUMAR) TEL: 07985 455 057	DSIAUN £15,000 (D SHAUN) TEL: 07985 455 057	EYISAF £15,400 (E YUSAF) TEL: 07985 455 057	GVIJAY £10,000 (G VIJAY) TEL: 07985 455 057	J4UEO £2,495 TEL: 07954 389 874	KH59 LED £3,900 TEL: 07970 281 994	MAIMVD £1500 (MAHMUD) TEL: 07867 886 786	MSIAHW £9,500 (MS HAWK) TEL: 07985 455 057	NEILFOX £29,000 (NEIL FOX) TEL: 07985 455 057	PAISHA £9,000 (P AISHA) TEL: 07985 455 057	RVIJAY £10,000 (R VIJAY) TEL: 07985 455 057
AAZ15 OFFERS TEL: 07977 612 479	ASIIOKB £9,500 (ASHOK B) TEL: 07985 455 057	ASKI £2,000 TEL: 01274 414141 MON - FRI: 9-5-30	BKIMAR £15,000 (B KUMAR) TEL: 07985 455 057										

<div><div>GB</div><div>SH04 BEK</div><div><div>£1,995 ONO</div><div>TEL: 07764 656 667</div></div><div><div>£25,000</div><div>TEL: 07764 656 667</div></div></div>	<div><div>GB</div><div>SHA2D</div><div><div>£25,000</div><div>TEL: 07867 861 193</div></div><div><div>£25,000</div><div>TEL: 07867 861 193</div></div></div>	<div><div>GB</div><div>TAIHAS</div><div><div>£3,000 ONO (TALHA)</div><div>TEL: 07946 162 099</div></div><div><div>£10,000 (T VUAY)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>TVIJJAY</div><div><div>£10,000 (T VUAY)</div><div>TEL: 07985 455 057</div></div><div><div>£10,000 (T VUAY)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>VY55 HAL</div><div><div>£3,500</div><div>TEL: 07588 326 444</div></div><div><div>£3,500</div><div>TEL: 07588 326 444</div></div></div>	<div><div>GB</div><div>WDIIEEP</div><div><div>£7,000 (W DILEEP)</div><div>TEL: 07985 455 057</div></div><div><div>£7,000 (W DILEEP)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>XX 56XY XX</div><div><div>£8,000 ONO</div><div>TEL: 07908 472 121</div></div><div><div>£8,000 ONO</div><div>TEL: 07908 472 121</div></div></div>
<div><div>GB</div><div>SHIOAEB</div><div><div>£1,995 ONO</div><div>TEL: 07754 852 402</div></div><div><div>£1,995 ONO</div><div>TEL: 07754 852 402</div></div></div>	<div><div>GB</div><div>SOII BYA</div><div><div>£2,000 TEL: 01274 414141</div><div>MON - FRI: 9-5.30</div></div><div><div>£2,000 TEL: 01274 414141</div><div>MON - FRI: 9-5.30</div></div></div>	<div><div>GB</div><div>TAIIMAD</div><div><div>£10,000 (T AHMAD)</div><div>TEL: 07985 455 057</div></div><div><div>£10,000 (T AHMAD)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>TYIISAF</div><div><div>£15,000 (T YUSUF)</div><div>TEL: 07985 455 057</div></div><div><div>£15,000 (T YUSUF)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>VY55 HNU</div><div><div>£3,500</div><div>TEL: 07588 326 444</div></div><div><div>£3,500</div><div>TEL: 07588 326 444</div></div></div>	<div><div>GB</div><div>WGIPTA</div><div><div>£6,995 (W GUPTA)</div><div>TEL: 07985 455 057</div></div><div><div>£6,995 (W GUPTA)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>XYIISAF</div><div><div>£15,000 (X YUSAF)</div><div>TEL: 07985 455 057</div></div><div><div>£15,000 (X YUSAF)</div><div>TEL: 07985 455 057</div></div></div>
<div><div>GB</div><div>SHIOABY</div><div><div>£4,000 ONO</div><div>TEL: 07828 695 464</div></div><div><div>£4,000 ONO</div><div>TEL: 07828 695 464</div></div></div>	<div><div>GB</div><div>SPIIRTY</div><div><div>£15,000 (SPORTY)</div><div>TEL: 07985 455 057</div></div><div><div>£15,000 (SPORTY)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>TAIYRS</div><div><div>£1,500 (TAHYRS)</div><div>TEL: 07867 886 786</div></div><div><div>£1,500 (TAHYRS)</div><div>TEL: 07867 886 786</div></div></div>	<div><div>GB</div><div>TYIISUF</div><div><div>£15,000 (T YUSUF)</div><div>TEL: 07985 455 057</div></div><div><div>£15,000 (T YUSUF)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>W0IIVER</div><div><div>£6,500 (W OLIVER)</div><div>TEL: 07985 455 057</div></div><div><div>£6,500 (W OLIVER)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>WKIIMAR</div><div><div>£15,000 (W KUMAR)</div><div>TEL: 07985 455 057</div></div><div><div>£15,000 (W KUMAR)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>YIINES</div><div><div>£OFFERS (YOUNAS)</div><div>TEL: 07834 016 393</div></div><div><div>£OFFERS (YOUNAS)</div><div>TEL: 07834 016 393</div></div></div>
<div><div>GB</div><div>SHIOKET</div><div><div>£OFFERS T: 07754 852 402</div><div>no withheld numbers</div></div><div><div>£OFFERS T: 07754 852 402</div><div>no withheld numbers</div></div></div>	<div><div>GB</div><div>STIIGGG</div><div><div>£20,000 ONO</div><div>TEL: 07786 510 000</div></div><div><div>£20,000 ONO</div><div>TEL: 07786 510 000</div></div></div>	<div><div>GB</div><div>TAI3BYS</div><div><div>£1,600 ONO</div><div>TEL: 07557 387 547</div></div><div><div>£1,600 ONO</div><div>TEL: 07557 387 547</div></div></div>	<div><div>GB</div><div>UAIIMAD</div><div><div>£10,000 (U AHMAD)</div><div>TEL: 07985 455 057</div></div><div><div>£10,000 (U AHMAD)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>W2I JAS</div><div><div>£1,200 ONO</div><div>TEL: 07925 757 677</div></div><div><div>£1,200 ONO</div><div>TEL: 07925 757 677</div></div></div>	<div><div>GB</div><div>WMIILES</div><div><div>£7,500 (W MILES)</div><div>TEL: 07985 455 057</div></div><div><div>£7,500 (W MILES)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>YSIILMA</div><div><div>£4,000 ONO (SALMA)</div><div>TEL: 07969 598 969</div></div><div><div>£4,000 ONO (SALMA)</div><div>TEL: 07969 598 969</div></div></div>
<div><div>GB</div><div>SHIOKUT</div><div><div>£OFFERS T: 07754 852 402</div><div>no withheld numbers</div></div><div><div>£OFFERS T: 07754 852 402</div><div>no withheld numbers</div></div></div>	<div><div>GB</div><div>SUR87IT</div><div><div>£1,500 (SURBJIT)</div><div>TEL: 07985 589 631</div></div><div><div>£1,500 (SURBJIT)</div><div>TEL: 07985 589 631</div></div></div>	<div><div>GB</div><div>TA55LYM</div><div><div>£4,895 ONO</div><div>TEL: 07779 324 610</div></div><div><div>£4,895 ONO</div><div>TEL: 07779 324 610</div></div></div>	<div><div>GB</div><div>UDIIEEP</div><div><div>£7,000 (U DILEEP)</div><div>TEL: 07985 455 057</div></div><div><div>£7,000 (U DILEEP)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>W33DDY</div><div><div>£5,000 ONO</div><div>TEL: 07779 994 695</div></div><div><div>£5,000 ONO</div><div>TEL: 07779 994 695</div></div></div>	<div><div>GB</div><div>WSIISAN</div><div><div>£7,500 (W SUSAN)</div><div>TEL: 07985 455 057</div></div><div><div>£7,500 (W SUSAN)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>Y55ANA</div><div><div>£OFFERS</div><div>TEL: 07835 316 786</div></div><div><div>£OFFERS</div><div>TEL: 07835 316 786</div></div></div>
<div><div>GB</div><div>SHII AED</div><div><div>£1,000 TEL: 01274 414141</div><div>MON - FRI: 9-5.30</div></div><div><div>£1,000 TEL: 01274 414141</div><div>MON - FRI: 9-5.30</div></div></div>	<div><div>GB</div><div>SYIISAF</div><div><div>£15,000 (S YUSAF)</div><div>TEL: 07985 455 057</div></div><div><div>£15,000 (S YUSAF)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>TA55TEE</div><div><div>£5,000 T: 07740 784 983</div><div>privateplates@hotmail.co.uk</div></div><div><div>£5,000 T: 07740 784 983</div><div>privateplates@hotmail.co.uk</div></div></div>	<div><div>GB</div><div>UKIORD</div><div><div>£OFFERS</div><div>TEL: 07522 199 997</div></div><div><div>£OFFERS</div><div>TEL: 07522 199 997</div></div></div>	<div><div>GB</div><div>W33DY K</div><div><div>£5,000 ONO</div><div>TEL: 07773 994 695</div></div><div><div>£5,000 ONO</div><div>TEL: 07773 994 695</div></div></div>	<div><div>GB</div><div>WYIISAF</div><div><div>£15,000 (W YUSUF)</div><div>TEL: 07985 455 057</div></div><div><div>£15,000 (W YUSUF)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>Y9 ALT</div><div><div>£30,000</div><div>TEL: 07525 817 453</div></div><div><div>£30,000</div><div>TEL: 07525 817 453</div></div></div>
<div><div>GB</div><div>SHII AFS</div><div><div>£1,500 TEL: 01274 414141</div><div>MON - FRI: 9-5.30</div></div><div><div>£1,500 TEL: 01274 414141</div><div>MON - FRI: 9-5.30</div></div></div>	<div><div>GB</div><div>SYIISUF</div><div><div>£15,000 (S YUSUF)</div><div>TEL: 07985 455 057</div></div><div><div>£15,000 (S YUSUF)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>TA55TYE</div><div><div>£5,000 T: 07740 784 983</div><div>privateplates@hotmail.co.uk</div></div><div><div>£5,000 T: 07740 784 983</div><div>privateplates@hotmail.co.uk</div></div></div>	<div><div>GB</div><div>UMM444R</div><div><div>£4,995</div><div>TEL: 07707 747 776</div></div><div><div>£4,995</div><div>TEL: 07707 747 776</div></div></div>	<div><div>GB</div><div>W33NTD</div><div><div>£1,800 (WANTED)</div><div>TEL: 01202 877 038</div></div><div><div>£1,800 (WANTED)</div><div>TEL: 01202 877 038</div></div></div>	<div><div>GB</div><div>WYIISUF</div><div><div>£15,000 (W YUSUF)</div><div>TEL: 07985 455 057</div></div><div><div>£15,000 (W YUSUF)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>YAIIMAD</div><div><div>£10,000 (Y AHMAD)</div><div>TEL: 07985 455 057</div></div><div><div>£10,000 (Y AHMAD)</div><div>TEL: 07985 455 057</div></div></div>
<div><div>GB</div><div>SHIIAHZ</div><div><div>£5,000</div><div>TEL: 07921 576 971</div></div><div><div>£5,000</div><div>TEL: 07921 576 971</div></div></div>	<div><div>GB</div><div>TOYSR</div><div><div>£15,000 ONO</div><div>TEL: 07973 787 934</div></div><div><div>£15,000 ONO</div><div>TEL: 07973 787 934</div></div></div>	<div><div>GB</div><div>TA67 ETS</div><div><div>£6,000 ONO</div><div>TEL: 07908 472 121</div></div><div><div>£6,000 ONO</div><div>TEL: 07908 472 121</div></div></div>	<div><div>GB</div><div>UYIISAF</div><div><div>£15,000 (U YUSAF)</div><div>TEL: 07985 455 057</div></div><div><div>£15,000 (U YUSAF)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>W4JLD</div><div><div>£1,995</div><div>TEL: 07954 389 874</div></div><div><div>£1,995</div><div>TEL: 07954 389 874</div></div></div>	<div><div>GB</div><div>X3 SINGS</div><div><div>£3,500 (SINGHS)</div><div>TEL: 07833 333 870</div></div><div><div>£3,500 (SINGHS)</div><div>TEL: 07833 333 870</div></div></div>	<div><div>GB</div><div>YAIYYAA</div><div><div>£15,000 (YAYYAA)</div><div>TEL: 07985 455 057</div></div><div><div>£15,000 (YAYYAA)</div><div>TEL: 07985 455 057</div></div></div>
<div><div>GB</div><div>SHII ANY</div><div><div>£2,000 TEL: 01274 414141</div><div>MON - FRI: 9-5.30</div></div><div><div>£2,000 TEL: 01274 414141</div><div>MON - FRI: 9-5.30</div></div></div>	<div><div>GB</div><div>TIUUCS</div><div><div>£OFFERS</div><div>TEL: 07581 169 231</div></div><div><div>£OFFERS</div><div>TEL: 07581 169 231</div></div></div>	<div><div>GB</div><div>TAHIR</div><div><div>£100,000 (TAHIR)</div><div>TEL: 07403 302 725</div></div><div><div>£100,000 (TAHIR)</div><div>TEL: 07403 302 725</div></div></div>	<div><div>GB</div><div>VOIIRAS</div><div><div>£2,000 (VOHRA)</div><div>TEL: 07867 886 786</div></div><div><div>£2,000 (VOHRA)</div><div>TEL: 07867 886 786</div></div></div>	<div><div>GB</div><div>W4KY R</div><div><div>£10,000</div><div>TEL: 07786 615 234</div></div><div><div>£10,000</div><div>TEL: 07786 615 234</div></div></div>	<div><div>GB</div><div>X 7BY X</div><div><div>£1,500</div><div>TEL: 07767 778 798</div></div><div><div>£1,500</div><div>TEL: 07767 778 798</div></div></div>	<div><div>GB</div><div>YEIICOM</div><div><div>£49,000 (YELL COM)</div><div>TEL: 07985 455 057</div></div><div><div>£49,000 (YELL COM)</div><div>TEL: 07985 455 057</div></div></div>
<div><div>GB</div><div>SHIIKEL</div><div><div>£4,999 ONO (SHAKEL)</div><div>TEL: 07863 845 709</div></div><div><div>£4,999 ONO (SHAKEL)</div><div>TEL: 07863 845 709</div></div></div>	<div><div>GB</div><div>TI4 REK</div><div><div>£OFFERS (TARIO)</div><div>TEL: 07508 066 661</div></div><div><div>£OFFERS (TARIO)</div><div>TEL: 07508 066 661</div></div></div>	<div><div>GB</div><div>TBIATT</div><div><div>£7,000 (T BHATT)</div><div>TEL: 07985 455 057</div></div><div><div>£7,000 (T BHATT)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>VOIIVER</div><div><div>£6,500 (V OLIVER)</div><div>TEL: 07985 455 057</div></div><div><div>£6,500 (V OLIVER)</div><div>TEL: 07985 455 057</div></div></div>	<div><div>GB</div><div>W4LYT</div><div><div>£2,000</div><div>TEL: 07854 435 656</div></div><div><div>£2,000</div><div>TEL: 07854 435 656</div></div></div>	<div><div>GB</div><div>XAL IIX</div><div><div>£15,000</div><div>TEL: 07733 244 444</div></div><div><div>£15,000</div><div>TEL: 07733 244 444</div></div></div>	<div><div>GB</div><div>YDIIEEP</div><div><div>£7,000 (Y DILEEP)</div><div>TEL: 07985 455 057</div></div><div><div>£7,000 (Y DILEEP)</div><div>TEL: 07985 455 057</div></div></div>
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THE WEST & NORTH YORKSHIRE CHAMBER JOIN FORCES WITH LEEDS RHINOS AND THE RUGBY LEAGUE WORLD CUP TO HOST A BUSINESS BREAKFAST IMPACT DAY



The Rugby League World Cup is set to dominate the sporting calendar later this year, with the tournament coming to England this autumn. It is set to be the most diverse and inclusive event to date, with the men's, women's and wheelchair competitions set to run side-by-side.

With most of the games to be played in the North of England, many in North and West Yorkshire, we are delighted to announce a partnership with Leeds Rhinos Rugby League club to host a very special Host Impact Day at Headingley Stadium on Wednesday 20th July. This Business Networking Breakfast will take place 9:00am – 10:30am, is free to attend and will give West and North Yorkshire Chamber members the opportunity to hear about what this means for the region and business.

Guests will enjoy breakfast amidst the backdrop of the iconic rugby and cricket ground in the company of a rugby league legend while learning more about the tournament taking place later this year.

This event will allow Chamber members to learn about what is happening in the local area when the tournament starts and how you and your business can get involved. There is the opportunity to network and ask the player and tournament experts questions.

To make this event even more exciting, you will have the chance to win tickets and other great prizes, see the trophies on display, meet a rugby league legend and take photos with them.

Speaking about the partnership, James Mason, Chief Executive of the West and North Yorkshire Chamber said, "The Rugby League World Cup will be one of the biggest sporting events to hit our shores since before Covid. After the Commonwealth Games this summer, the World Cup provides the sports mad population of West and North Yorkshire the opportunity to see world class sport and be part of a huge celebration of many cultures coming together after over two years of being apart. As a sporting spectacle it will be fantastic, but also it presents a big opportunity for businesses in our region to be part of the commercial activity that will take place in a quieter period of the year. From corporate hospitality opportunities, to restaurant and hotel bookings, transport requirements and service delivery, it will be a busy few weeks. We're delighted to be able to partner with the Leeds Rhinos and the Rugby League World Cup to host this event and encourage our members to sign up as we expect demand to be high."

Gary Hetherington, Chief Executive of Leeds Rhinos said "The Rugby League World Cup will provide a fabulous festival of entertainment for the city and the region, and we are delighted to be hosting so many of these big events. To have the worlds best men and women players here from Australia, New Zealand, Fiji, Jamaica, and Ireland, as well as the opening ceremony of the women's tournament where England will take on Brazil, there is so much to look forward to."

To book your place

Please visit RLWC2021 (e-connectservice.com) or send any queries to events@en2end.com

The full event details are as follows:

Location: Headingley Stadium

Address: Headingley Stadium, St Michael's Lane, Headingley, Leeds LS6 3BR

Date: Wednesday 20th July

Time: 9:00am - 10:30am



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Willey to leave at end of the season

Yorkshire County Cricket Club can confirm that David Willey will leave Headingley at the end of the season to re-join former club Northamptonshire.

Willey, who moved to Headingley ahead of the 2016 season, has had an illustrious career with England to date and led Yorkshire Vikings to Vitality Blast quarter finals last summer.

Darren Gough, Yorkshire County Cricket Club's Interim Managing Director of Cricket said: "The Club was keen to keep Dave at Headingley, but unfortunately were unable to match Northants' offer.

"We proactively engaged with Dave on his return from the IPL at the end of May, but were not able to make an offer until our new Board were in place. Since our first cricket strategy meeting with the new Board, we have begun negotiations on a number of contracts with players and look forward to making some exciting announcements in the coming weeks.

"Everyone at Yorkshire would like to thank Dave for his time at the Club and wish him all the very best for the future."

#	Player	Team	Instagram Followers	Engagement rate	Potential earnings
1	Cristiano Ronaldo	Manchester United	452,045,459	1.89%	£754,228.00
2	Paul Pogba	Manchester United	54,187,693	1.06%	£114,701.43
3	Mohamed Salah	Liverpool	51,161,833	2.88%	£108,282.89
4	Philippe Coutinho	Aston Villa	24,761,154	1.59%	£52,430.73
5	Thiago Silva	Chelsea	19,398,200	0.60%	£41,051.64
6	Raphael Varane	Manchester United	18,850,592	3.30%	£39,884.53
7	Kevin De Bruyne	Manchester City	17,977,364	2.74%	£38,024.17
8	Gabriel Jesus	Manchester City	17,199,935	0.78%	£36,374.79
9	Erling Haaland	Manchester City	16,040,094	4.54%	£33,921.38
10	N'Golo Kante	Chelsea	13,749,298	7.60%	£28,885.03

- **Cristiano Ronaldo could earn upwards of £750k for a sponsored post on his Instagram account**
- **Paul Pogba and Mo Salah make the second and third top spots for the highest social media earners**
- **Manchester City's new addition Erling Haaland also makes the top ten**

The Premier League rich list: What the top players earn from social media

New research has found how much the Premier League's top stars could be earning off the pitch through sponsored posts on Instagram.

The study by odds comparison site Odds Scanner analysed the follower counts and engagement rates of the Premier League's top players to determine how much they could each earn per sponsored post on social media.

It found that thanks to Cristiano Ronaldo's 452,045,459 followers and an engagement rate with his posts of 1.89%, he could earn on average £754,228 per sponsored post on Instagram. He is the most followed player in the Premier League by far, with

each of the posts on his account averaging over 8,000,000 likes at a time.

Another Manchester United player, Paul Pogba, was the second-highest earner through social media. With 54,187,693 Instagram followers at the time of the study and an engagement rate of 1.06%, he could be earning upwards of £114,701.43 for every sponsored post on his Instagram, where each post averages 574,328 likes.

Third place goes to Liverpool's Mohamed Salah, with the Egyptian expecting around £108,282.89 per sponsored Instagram post. This is thanks to a follower count of 51,161,833 and an engagement rate of 2.88%. His account also averages over 1,000,000 likes

per post.

New Villa signing Philippe Coutinho takes fourth place in the list, with an Instagram follower count of 24,761,154 and an engagement rate of 1.59%, meaning he could earn around £52,430.73 per sponsored post on the platform. Coutinho makes his first Premier League return since 2018 with Aston Villa after signing on a permanent deal in May 2022.

Chelsea's Thiago Silva takes fifth place on the list, potentially earning around £41,051.64 per sponsored Instagram post. This is thanks to a follower count of 19,398,200 and an engagement rate of 0.60%. His posts on the platform also average around 115,993 likes.

Erling Haaland, Man City's

marquee signing set to join in July, now makes his way into the list as not only one of the league's most-followed players but also one of the highest earners from social media. Thanks to a follower count of 16,040,094 and an engagement rate of 4.54%, he could earn around £33,921 for every sponsored Instagram post.

Commenting on the findings, a spokesperson from Odds Scanner said: "While some of the Premier League's top players are already on salaries worth millions, this list highlights how powerful social media can be as a side gig, with companies potentially willing to pay big money to have their products advertised by some of the world's best football players."



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FA CUP: "Women and men's teams deserve equal prize money"



There's plenty of money in the game – so let's blow the final whistle on this shameful inequality congress is told



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For more details turn to page 55



Women and men's football teams deserve equal prize money for winning the FA Cup, GMB congress was told

The union, which represent match hospitality and security staff at several premiere league stadiums, calls on Football Association to end the gender discrimination in footballers pay.

Women's football teams receive less than £1,000 in the first round compared with over £22,000 for men at the same stage.

During the whole competition women's teams get less than 5 per cent of the prize money paid to men's teams, congress heard.

GMB's annual congress takes place in Harrogate, Yorkshire, from 12 – 16 June.

Penny Robinson, GMB London Regional President,

said:

"Hard-fought equal pay battles have been won across every sector and it's long overdue in football.

"This blatant sexism is outdated and pay parity for our women's teams is overdue.

"Overall, the total prize money for the women's FA Cup is £309,000 which is shared by 300 teams.

"This compares with £15.9 million for the men's FA Cup which is shared by 735 teams.

"The FA should level up the prize money available for women's teams in the FA Cup to the level paid to the men's teams in the same competition.

"There's plenty of money in the game – so let's blow the final whistle on this shameful practise."



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