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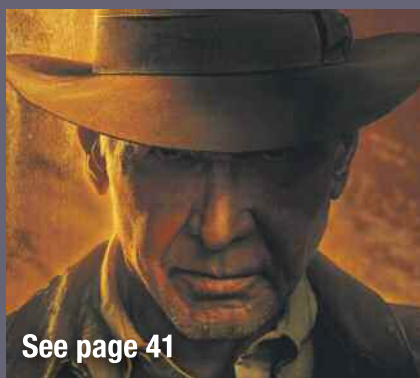
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WHAT'S ON in cinemas this month



See page 41

SAUDI ARABIA JOINS WOMEN'S WORLD CAR OF THE YEAR



See page 47

UK's leading halal trade-show comes to Manchester



■ The Halal Expo Manchester follows on from the huge success of the exhibition in London

With over two billion Muslims worldwide, the halal industry has become a lucrative asset in the global economy

With the halal industry determined not only by halal consumption, an exhibition coming to Manchester, explores all avenues of halal including food, clothing, art, financial advice, marital services, housing, beauty, educational resources, leisure, travel, importing/exporting, charity and much more.

Following on from the huge success of 'Halal Expo London', the event now comes to Manchester in a highly-anticipated two-day exhibition curated for both businesses, and consumers.

Interlacing the UK and global halal economy, creating lucrative opportunities within trade, investment and networking, Halal Expo Manchester takes place on 14th and 15th July 2023, at The Old Trafford Stadium, home of Manchester United.

With over two billion Muslims worldwide, the halal industry has become a lucrative asset in the global economy, with the UK Halal market currently estimated at over £3 billion.

Equipped to captivate the halal trade industry, both nationally and globally, the Halal Expo has become one of the leading halal trade exhibitions in the UK; and congregates some of the world's leading halal suppliers, buyers, manufacturers, consumers and professionals.

It's supported by the Department for Business & Trade, alongside some of UK's reputable Muslim/non Muslim-led businesses, prominent dignitaries and brands which have become household names.

Continued on pages 2 & 3

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Official Charity: Amir Khan Foundation

Halal Expo Manchester's official charity partner is the Amir Khan Foundation. Founder and trustee of the Amir Khan Foundation, two-time world boxing champion Amir Khan, says: "I'm thrilled to have the Amir Khan foundation as the official charity partner of the Halal Expo in Manchester and London. "Inspiring and innovative Muslim entrepreneurs are leading in the business world across a range of industries, and it's this spirit of enterprise development that has strengthened the halal economy to become one of the most lucrative markets across the globe."

Halal Expo Manchester's official charity partner is the Amir Khan Foundation

UK's leading halal trade-show comes to Manchester

With over two billion Muslims worldwide, the halal industry has become a lucrative asset in the global economy



Cover story continued

This comprehensive show will exhibit a series of seminars and workshops, with globally recognised Speakers/Ambassadors, providing eminent networking opportunities amongst business professionals and consumers.

Aatif Majid, Founder & CEO of Halal Expo London and Manchester says: "Halal Expo Manchester is not only for Muslim or halal businesses, but is also an opportunity for mainstream brands to showcase their commitment to diversity and inclusivity."

"We are also delighted to announce Asian Express Newspaper as our Official Print Media Partner for Halal Expo Manchester 2023."

Empowering communities since 2001, Asian Express has won numerous awards for connecting

communities, challenging perceptions and helping change the negative narratives for Britain's South Asians. It also is home to Britain's first female Muslim Managing Editor, Andleeb Hanif, who is the publication's co-founder.

Asian Express CEO Nadim Hanif comments on working with Halal Expo Manchester 2023: "We are thrilled that we are part of this dynamic event, one which has been garnering much attention."

"Halal Expo Manchester follows on from the huge success of Halal Expo London, and is loaded with a wealth of experience across all industry sectors."

"This event is equipped to captivate the halal trade industry, both nationally and globally. Showcasing suppliers, manufacturers, traders, and professional services in partnership with the Department for Business & Trade is



Asian Express Newspapers
CEO Nadim Hanif

a win win for everyone.

"We intensely look forward to promoting, and being involved with this exciting event."



For more information visit: www.halalexpomanchester.com,
and to get involved contact the team at
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‘Keep dancing’

Research shows dance can help over 85s get active and improve health

Regular dance sessions can benefit people over 85 by helping them be physically active, socialise, and reconnect with their younger selves, according to new research led by the University of Leeds.

The “Dance On” project was run by researchers from the University’s School of Biomedical Sciences, along with One Dance UK, Yorkshire Dance and darts, Doncaster’s participatory arts charity. It found that even people considered the “oldest old” - over 85 - can benefit from regular dance classes to improve their wellbeing and mobility.

The sessions, which took place across Leeds, Bradford and Doncaster, welcomed 685 people over the age of 55 to weekly dance classes over a 12-month period. With an average (mean) age of 75, more than a third of people who took part were from highly deprived communities.

Dr Sarah Astill, Associate Professor in Motor Control in Leeds’ School of Biomedical Sciences led the university research team. She said: “Physical inactivity is recognised as one of the main risk factors for non-infectious

diseases and mortality. Over time there has been a decline in physical activity in older adults, and this is particularly apparent in people over 75 years of age.

“Opportunities to engage adults in physical activity are a global priority as they support healthy ageing and slow progression of disease and disability.”

She added: “We show that dance delivered across a range of socially economically diverse communities, is a feasible way to get older adults physically active. This is evident even for the ‘oldest old’ at 85+ years.”

At the end of the trial, the researchers found that people who had taken part increased the amount of physical activity they did each week, and kept this up over the 12 months.

Their views on their own wellbeing also improved, with participants saying they felt stronger, more confident and “years younger”.

One participant in Doncaster said: “After a Dance On session, I feel exhausted but brilliant! I’m a lot better now than I’ve ever been.”

“It’s really changed my lifestyle because since I retired, I think I was deteriorating. It’s certainly improved my lifestyle and I feel years younger

Another added: “It’s really changed my lifestyle because since I retired, I think I was deteriorating. It’s certainly improved my lifestyle and I feel years younger in just the fact of the few months that I’ve been coming. I feel a lot better.”

Andrew Hurst, CEO of One Dance UK, said: “Dance is such a powerful tool to support physical and mental health. We are delighted to see the publication of these important

research findings highlighting the impact of the Dance On project in significantly increasing physical activity in more than 680 older adults from diverse communities across Leeds, Bradford and Doncaster.

“The Dance On project research report previously highlighted positive impacts on mental health including reduced anxiety and improvements in life satisfaction as a result of Dance On. One Dance UK is proud of and excited by the immense impact the work of our dedicated group of Dance On partners - darts, Yorkshire Dance and the University of Leeds - have been able to make in carrying out this important work.”

Hannah Robertshaw, Creative Director at Yorkshire Dance, added: “Yorkshire Dance has been at the forefront of designing dance programmes for older adults for many years. We’re delighted that Dance On is now an evidence-based programme, demonstrating the effectiveness of taking part in regular dance activity as you age. We hope this leads to future investment in this valuable work which contributes to people living

healthier, happier lives.”

In the research, published in BMC Geriatrics, the team reported that dance sessions are particularly accessible for people in deprived areas as classes can be organised cheaply and no special equipment in safe indoor environments. For older people, dance can help connect with previous experiences of dance when they were younger, encouraging enjoyment and a sense of community, they added.

The work - which began as a smaller project called “Dancing in Time” in 2015 - is moving on with music and movement sessions now being delivered in care homes and Dr Astill is set to present their findings at the International Society of Behavioral Nutrition and Physical Activity’s 2023 conference in Uppsala, Sweden, later this month.

The researchers also want councils, health officials and charities to think laterally about what type of activity they might promote or fund to help older people get active, and to consider dance as an accessible and effective option.





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Raising £2MILLION

Father of four pulls in whopping sum for charitable causes helping women and children in the Middle East & Africa



A man raised on a council estate in Bethnal Green, East London, has hit the £2 million fundraising mark through cycling challenges.

Shamsul Abdin, HSBC Analyst, father of four has been raising money for charities for 10-years through his popular cycling club that was originally launched as a support network and social outlet for Muslim men in East London.

Having started his career in a variety of jobs including fast food chains and call centres he eventually managed to secure a junior role in a stockbrokers. His hard work and commitment helped him move quickly up the ranks to his current role as an analyst at HSBC's Investment bank.

It was a colleague at HSBC who started his recent passion for cycling as he convinced him to start using his bike to commute to the office. He soon noticed the health benefits both physical and mental and started to convince some friends to cycle with him at the weekend. This led to the launch of the H&K cycling club in 2013.

The 'H&K Cycle Club', of which Shamsul is a co-founder, now has over 200 members and has taken on some extraordinary challenges to raise money for charitable organisations that support women, children and communities throughout the Middle East and Africa.

Earlier this year he organised and rode with 32 club cyclists from Mecca to Medina titled the 'Hijrah Ride'. Last year his organisation had become the first cycling club in the world to complete this challenging journey.

They endured a three-day ride across some of the most challenging desert conditions, such as strong headwinds and temperatures hitting 40C.

This ride, which was organised with the charity, Muntada Aid to raise money for Little Hearts, its flagship project to help congenital heart defects from underprivileged backgrounds. It's just one of many campaigns Shamsul and the club have embarked on over the last decade.

The team cycle from London to the South Coast once a year and also takes on the 'Three Cities' challenge every year which involves cycling to three cities in Europe.

The riding challenge for Little Hearts has been going on for nine-years, and each year they start from the city they finished in the previous year.

They have now cycled to 27 cities and in this 10th year of the ride are aiming to finish in Istanbul to mark the end of this epic European tour in the city that is the gateway between Europe and Asia.

Along with offering a social and exercise outlet for hundreds of men in his community the club has also supported and helped members with mental and physical health problems and brought hundreds of families together whilst always focussing on helping underprivileged women and children from the Middle East and Africa.

To date, the money raised by the club has built a maternity clinic and 52 homes for refugees in Syria, solar-powered water stations in Africa giving 20,000 people fresh and safe water, Schools in Ethiopia and Mali, a deaf and blind school in Somalia, funded 300 heart operations for children with serious heart defects, over 1000 cataract operations and many other amazing achievements.

Shamsul Abdin, Head of H&K Cycle Club, commented, "I am so proud of everything the club has achieved over the last 10 years. Seeing the results of the hard work put in to manage the club and all the miles cycled makes it all worthwhile. We will continue to work together as a community to support charitable campaigns throughout the Middle East and Africa and hopefully help many more people.

I would like to thank everyone at the club for all their hard work which makes all of these events possible, the cyclists for all the hours of training and time they offer to these causes, our charity partners and of course my wife and family for all their support that allows me to run the club."

GMFRS to offer new volunteering opportunities following 3,000 hours of support in 2022-23

Greater Manchester Fire and Rescue Service (GMFRS) is looking to recruit new volunteers to the Service to support key training, exercises and activities.

It comes as part of a refreshed Volunteer Strategy that focuses on recognising and utilising the value and benefits of volunteers to the Service, and launches to coincide with national Volunteers' Week (1-7 June 2023).

In the past year alone volunteers contributed 3,072 hours of their time to GMFRS. These dedicated individuals have supported a wide range of activities including operational training exercises, community engagement events and safety campaigns. They have also provided wellbeing support.

One of the key areas where volunteers have made a significant impact is in operational training exercises. Their commitment has led to nearly 1,500 hours of volunteering activity, role-playing casualties and evacuees in training scenarios for operational staff. Volunteers have enhanced the training experience for crews and partners by bringing a touch of realism to the exercises.

Volunteers have also provided support in various other areas, like the vital role they play in the promotion of the online Home Fire Safety Check, delivery of fire, road, and water prevention education messages, and support for young people participating in the Prince's Trust programme. Additionally, volunteer chaplains provide wellbeing support to GMFRS staff, and their families, to complement the Service's wellbeing strategy.

Assistant Chief Fire Officer Leon Parkes said:

"We are excited to expand our volunteer programme.

"Volunteers bring a wealth of skills, knowledge, and diversity to our workforce. Their dedication and commitment are invaluable in helping us protect and serve our community. Our volunteers are involved in a wide range of activities across our prevention and operational areas. One example is our volunteers role-playing as part of our operational training and exercises. Volunteers help us make the scenarios as realistic as possible so that we continue to develop and provide the best possible service to the people of Greater Manchester.

"Our new volunteer strategy seeks to enhance our current provision of volunteers and broaden the opportunities for those wishing to be part of our team.

"I would like to take the opportunity during Volunteers Week to say thank you to each and every volunteer that has helped us over the past year. We are extremely grateful for all of the support our service has received. It does not go unnoticed."

Sue Abbott, a GMFRS volunteer of five years, said:

"I've done all sorts of things, I've been cut out of cars, rescued from buildings and I'm a chaplain.

"I've absolutely loved every minute of it. I enjoy the company and I take pride in getting advice out to the community."

GMFRS's volunteer programme offers a wide variety of meaningful and purposeful roles that are highly valued by both the Service and the communities it serves.

If you are interested in becoming a volunteer and making a difference in your community please visit the GMFRS website for more information - Become a volunteer - Greater Manchester Fire Rescue Service

Baby Week is back for 2023 in Manchester

Hot on the baby heels of Manchester's first-ever week devoted to tiny tots last year, Baby Week is back again for 2023 with a packed programme of events for parents, babies, and parents-to-be.

From Monday 12 June to Saturday 17 June Manchester's cultural venues, leisure centres, and parks across the city will be going all out to champion babies and

parents with a week full of fun activities and opportunities to take part in - and all of them free of charge.

With around 12,500 under 2's in Manchester, and as the city works towards gaining recognition as a UNICEF UK Child Friendly City, the Council is determined to do everything it can to give parents and parents-to-be the tools they need to help ensure their children grow up

healthy, happy, and successful.

From pop up percussion jams, to baby centred Shake Rattle and Roll music and dance sessions for little ones, interactive story times, artist led messy play sessions, a special theatre production for the under twos, a postnatal rehab fitness session, and a chance to chill and learn to relax your way through parenthood using mindfulness, the not-to-be-missed day is guaranteed to keep parents and babies smiling and happy, and learning as they go along.

Baby Week isn't however just confined to the city centre - around 200 activities will be taking place during the week this year at venues across the city, including libraries and parks.

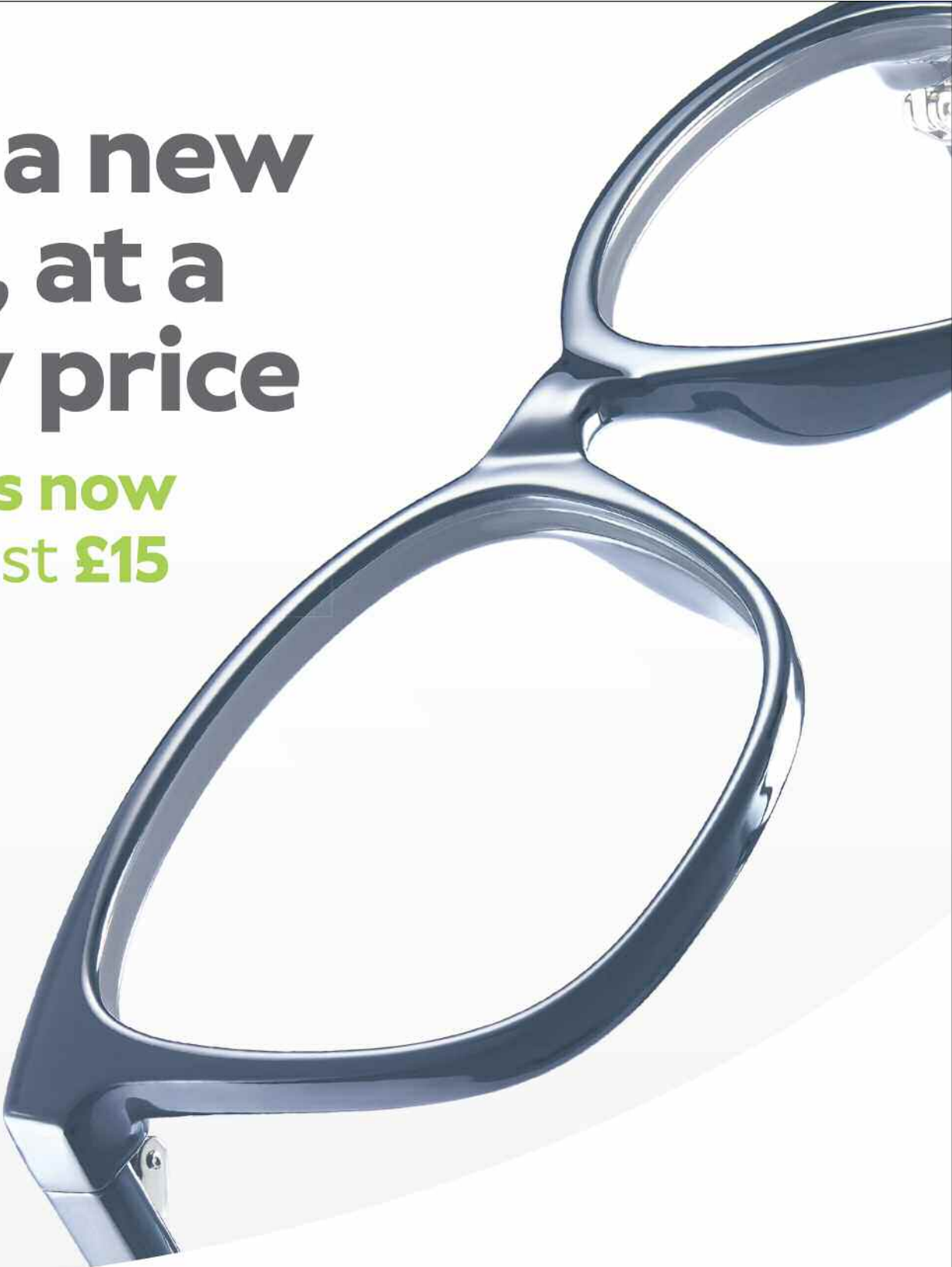
For more information about what's on during Baby Week visit www.manchester.gov.uk/babyweek



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WaterAid delivers over 129,000 feminine hygiene products to support women in need



Charity support services have distributed 129,000 feminine hygiene products to seven charities across the York and Leeds area in a donation made possible by the generosity of international charity WaterAid.

The donation aligned with this year's Menstrual Hygiene Day which aimed to end the stigma surrounding menstruation and raise awareness about the challenges regarding access to menstrual products.

With research by WaterAid in 2022 revealing that 1 in 5 women and girls were dependent on free sanitary products. The donation from specialist will help those most in need get access to these essentials.

Mosaic Fulfilment Solutions (MFS) has worked alongside WaterAid since 2016 – supporting the charity, which advocates for water, toilets and hygiene as a human right that should

be a normal part of daily life for everyone, everywhere.

WaterAid's donation of feminine hygiene products, which was distributed by MFS staff volunteering their time, saw the following Leeds and York-based charities benefiting from a share of nearly 68,000 tampons, 45,000 sanitary pads and just over 16,000 underwear liners:

- **Garforth and District Lions:** Will distribute to local foodbanks and community groups and send to Ukrainian refugees across the UK, as well as to other Lions clubs to assist with their local foodbanks (there are 350 Lions clubs across the UK).
- **The Hygiene Bank York:** Will distribute to five local community groups including food banks and hostels, and five local schools.
- **The Island:** Will distribute at its foodbank for families in need and use within its youth community groups.
- **St George's Crypt:** Will be using the products at the

Scott Gray, Chief Commercial Officer at MFS said: "This donation will have a positive impact on the important work of seven local charities, who strive to make a real difference to people in the York and Leeds area. We also hope that by sharing this story we can encourage others to think about these kinds of products when next donating to their

local foodbanks and charities.

"Everyone at MFS would like to thank WaterAid for its generous supply of these products that are often overlooked in discussions around the cost-of-living crisis. We're proud to be playing a small part in the bigger picture of tackling the stigma around period-poverty and raising awareness of the issue."

Crypt – its emergency care centre in the centre of Leeds, and its new service, Growing Rooms for ladies at Don Robins House in Armley which is an addiction recovery programme for women.

- **York Foodbank:** Will be used within its parcels for women in need.
- **Independent Domestic Abuse Services (IDAS):** Will help women who are fleeing from domestic violence.
- **RAY (Refugee Action York):** Will assist refugees and asylum seekers in need.

Nicholas Spandagos, Senior Individual Giving Manager at WaterAid UK commented: "At WaterAid we work to help lift the physical, social and emotional barriers that prevent people who menstruate to achieve their full potential. Through our pilot project, Fempowered, we enhanced our work with local communities while at the same time helping increase awareness of period-poverty among the UK public.

"We're delighted that our Fempowered products have now found a home with these incredible local charities and will go to those most in need. We will continue to work tirelessly with vulnerable communities around the world to ensure that everyone who menstruates can manage their periods safely hygienically and with dignity."



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With longer days and green shoots of summer beginning to brighten our lives, it is time for households to devote that all-important time towards the annual spring clean.

Whether you are short of time and can only give an hour to the task at hand, or you have given yourself the entire weekend, approaching the spring clean

systematically will have a hugely positive impact on your home, and ultimately your own wellbeing.

Cleaning expert and managing director of domestic cleaning brand www.poppies.co.uk, Chris Wootton says: "The spring clean doesn't have to feel like a punishment."

"It can actually be fun, and certainly gives those who take part the chance to start fresh and to

welcome the summer months properly.

"Whether it is you, your housemates, or the whole family, the spring clean is the perfect way to wipe away the stresses of the last few years and to say hello to a familiar but revitalised living space."

Here are some top tips from Chris on diving into this year's spring clean.



Top Tips from home cleaning expert to dive into...

2. The power of using vinegar as all-purpose cleaner



1. Work room by room

One of the biggest mistakes when starting the spring clean is only looking at the bigger picture.

But as with all tasks, you should break up the clean into smaller, manageable chunks. This is most effective by looking at a spring clean room by room.

This, along with a top-down approach to cleaning - start upstairs, move downstairs gradually and go from ceiling to floor in all rooms - forces the dust and debris out of the door with no corner of the home missed.

Working room by room also helps you maximise the potential of your cleaning personality - whether you are the procrastinator, the clean freak or anything in between! You will have less to focus on, and you will also have the chance to work systematically in a way that suits you best.



White vinegar is one of the best products to have in the house for year-round cleaning, and it certainly comes in handy when the annual spring clean comes along - it can save you a lot of money on buying cleaning products.

Due to its acidic nature, a warm water and white vinegar solution (roughly a 50/50 split) can be used on deep-cleaning most household surfaces that are common touchpoints.

Anywhere that has hard-water stains, such as sinks or lacquered taps, or has build-up of grease such as hobs are the ideal surfaces to

clean with white vinegar. In the bathroom, it is perfect for the shower and fittings and the sink. The acidity helps dissolve mineral deposit, limescale, dirt and grime.

In the kitchen, also focus on the touch points, counter-tops and any other spots that need disinfecting - white vinegar not only deep cleans but also keeps areas food-safe. For the same reason, you should use this solution when cleaning a fridge. Simply spray the shelves and sides and wipe using a microfibre cloth or soft bristle scouring pad. This process deodorises, sanitises and dissolves grime quickly and efficiently.

3. Remember appliances

We have all seen those uninviting statistics on common touch points such as TV remotes, door handles, light switches and other appliances being the dirtiest areas of a home.

For these finer areas, dip a microfibre cloth into a small bowl of warm soapy water, ring out excess liquid as much as possible and gently wipe the surfaces.

If needed, also use a soft bristle toothbrush to get into the cracks and sides of remotes, keyboards and other surfaces that pick-up grease and crumbs.

A spring clean is the perfect time to make sure every nook and cranny of your home is gleaming, especially the common ones you might overlook in any other clean! Remember the sides of your fridge and cooker as well the toaster, kettle and other smaller kitchen devices that are regularly exposed to bacteria from foods.



4. Shifting stubborn stains from toilets



The spring clean is the ideal time to finally address those stubborn stains around the toilet bowl and on the toilet seat (often yellow-ish in colour) where bleach is not quite working. In fact, using only bleach does just half a job – the stains will become invisible, but the route of the problem will still be there, causing stains to return quickly while becoming deeper-set in the toilet itself.

To remove these stains, create a baking soda paste with roughly a quarter cup of baking soda and 50ml of warm water. First, apply disinfectant and germ killer to the toilet bowl and allow it to sit for 5-10 minutes. Then, with a hard bristle scouring pad, apply the paste to the stained surface.

Leave the paste for 10 minutes, then scrub hard in a circular motion with a clean hard bristle scouring pad until the stains disappear.

Finally, rinse the surfaces by spraying a white vinegar mixture onto the recently cleaned areas and pour half a cup of white vinegar into the bowl, then let the liquid dwell for a further 20 minutes before flushing and wiping it away.

Not only does this process lift any deep-set stains, but it will also deodorise any smells that you may have unknowingly become nose blind to.

Community mosaic to be created for new University railway station

Residents, students and staff are being invited to help create a mosaic for the new University Railway Station building ahead of its opening later this year.

The local community, including students of the University of Birmingham and patients of the Queen Elizabeth Hospital, will be able to create clay tiles which will feature in the finished art work.

Tiles can be designed by pressing clay tools, letters or any other items into the clay to create patterns, words or shapes. The tiles will then be brought together to create the mosaic, which will depict a University Railway Station logo for display at the station.

The new station buildings are nearing completion as part of a major redevelopment to replace out of date facilities and massively increase passenger capacity.

The West Midlands Rail Executive and Transport for West Midlands have commissioned Maud Milton and Artyface Community Art, who specialise in community led public art, to produce the mosaic. They have created and installed mosaics for numerous schools and railway stations in London.

A pop-up session is at the Teaching and Learning Building in the University's Edgbaston Campus on Tuesday 6 June, 3-6pm. It is free to attend this session and print your own clay tile.

More information on the pop-up session is available on the West Midlands Rail Executive website.

When the mosaic is complete, it will be displayed as a lasting piece of art that represents the people and institutions that the station will serve for decades to come.

A similar mosaic has been created for Perry Barr railway station, with the help of families, local residents and community groups. This mosaic is due to be installed and unveiled in the coming weeks.

Public art mosaics were part of Birmingham tradition in the 1960s when the Queensway Ring Road was built. In July 1968, a J. F. Kennedy mosaic memorial designed by Kenneth Budd was erected outside St Chad's Cathedral before being demolished when the road system was redeveloped in 2007.

In 2013, a new version of the mosaic was created using new materials and installed in the city's Irish Quarter on Floodgate Street in Digbeth.



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Yasmine Dar becomes Manchester's first female Asian Lord Mayor

A proud Mancunian, Councillor Yasmine Dar becomes the city's first female Asian Lord Mayor of Manchester.

Councillor Dar was born in South Yorkshire but was raised in Manchester, but has lived in Manchester for over fifty years, alongside her five brothers and one sister.

Yasmine will be supported by her daughter Amina as Lady Mayoress, and her brother Majid Dar - a former councillor, will act as Lord Mayor's consort during her year.

Empowered by her life experiences, while being a mother to two daughters, Yasmine completed a BA Hons in Social Work from Salford University.

In 2009, Yasmine and her brother Majid set up a charity for young people called 'Community on Solid Ground' in Whalley Range. It is now an award-winning service, and more than 400 young people access its activities on a weekly basis.

Yasmine's working life has included helping some of the most vulnerable and stigmatised in our communities around

“

I am a proud Mancunian and I cannot wait to represent the people of this great city.

At the annual council meeting at Manchester Town Hall, the new Lord Mayor and "proud socialist" said she was born in Doncaster but "made in Manchester". She has moved to Manchester when she was three-years-old.

Yasmine attended both Manley Park Primary School and Whalley Range High School. She then attended Abraham Moss College, where she studied Art and Design, Hairdressing and Beauty Therapy.

After a few years of working, Yasmine took the decision to complete a Diploma and Certificate in Welfare Studies, following which she began working for a Welfare Rights Organisation supporting and advising people in need.

mental ill health, domestic abuse, and the criminal justice system.

She has valued the support of her loving parents, especially her late father M. Akram Dar, who encouraged her to become involved in local politics.

Yasmine has been the councillor for Moston for nine-years after first being elected in 2014. Soon after becoming a councillor, she was elected onto the Labour Party's National Executive Committee - its highest governing body.

Life taught Yasmine that she could empower herself to do better, and this is why her year as Lord Mayor will have the theme of self-empowerment.

Lord Mayor of Manchester, Councillor Yasmine Dar, said: "I am truly humbled and honoured to be the Lord Mayor of the City of Manchester. I am a proud Mancunian and I cannot wait to represent the people of this great city."

"I have been a Councillor in Moston since 2014, I am passionate about helping and connecting with communities across the city and I hope my role of Lord Mayor will help me do this."



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With Child Safety Week just around the corner, NICEIC – the UK's leading body for certified electrical businesses – is reminding parents about the importance of having sufficient measures in place to ensure electrical safety in the home for the whole family.

Child Safety Week takes place from Monday 5 to Sunday 11 June 2023, with this year's theme being, 'Safety Made Simple'. 'Safety Made Simple' provides parents with the simple changes they can make to stop the scariest of accidents happening within the home. Offering easy solutions that can fit into busy routines, the theme acknowledges the dangers that youngsters face both inside and outside of the home.

In support, NICEIC says that there will be a proportion of the nation's families who are unaware of the electrical dangers that can exist around the home; whilst for others, they may be aware but too busy to keep up with simple maintenance and vital periodic checks.

Ahead of Child Safety Week, Paul

NICEIC urges parents to watch out for electrical dangers this Child Safety Week

Collins, Technical Director at NICEIC, has provided some simple advice for families to stay safe within the home.

Paul says: "It's no secret that electrical devices such as tablets and video games are becoming the chosen choice of entertainment for many children. As a result, many tech-savvy kids are unknowingly leaving themselves open to serious electrical dangers. Should devices such as these be handled incorrectly, especially by children, the consequences are frightening. That's why we want to encourage parents to take on some simple checks and measures in order to safeguard their family in and around the home.

"All of these devices need to be plugged in at some point in the home and parents should not overlook the potential risks surrounding these. It's

vital that the socket-outlet is not overloaded, as this can increase the risk of a fire in the home.

"Other simple precautions that parents can take include keeping electrical cords out of reach, checking cables for damage, keeping appliances off when not in use and never leaving younger children unattended when using a device still connected to the mains. The charity Electrical Safety First has also done some fantastic work around highlighting the sale of dangerous goods via online marketplaces. We support in their message and urge parents to shop safely online and only buy goods from reputable retailers."

With summer just around the corner, parents must not overlook the potential hazards playing in the garden may bring. The garden poses particular

electrical safety risks due to the added potential for water and electricity to mix – especially with children dipping in and out of paddling pools.

Paul continues: "When using electrical equipment outside, it's important to make sure all electrical appliances are using a residual current device (RCD). An RCD is a safety device that automatically turns off electricity if a fault has been discovered.

"Another important tip that may be surprising to parents is to not rely on plastic plug in socket covers. Regular sockets, that comply with British safety standards, have a built-in protection mechanism already and socket covers will not prevent electric shock if the installation is not safe."

Crucially, NICEIC recommends that any electrical work in the home should be conducted by a certified business,

such as those listed with the NICEIC, as even the seemingly simplest of jobs can be incredibly dangerous if not installed properly.

Discussing the importance of child safety at home, Rory Carroll from the UK's leading charity Electrical Safety First comments: "In the UK, online marketplaces such as Facebook Marketplace, eBay and Wish are not obliged to obey by the same laws as traditional retailers. So large numbers of dangerous electrical products are being sold to unknowing customers. As these possibly contain sub-standard or non-compliant parts, they can pose a serious risk of fire or electric shock. We want to ensure everyone stays safe within the home and urge you to only purchase from reputable retailers. If you are unsure about any areas of electrical safety inside or outside, we have various resources available on our Safety Around the Home hub and more information is available at www.electricalsafetyfirst.org.uk."

For further information or to search for your nearest NICEIC Certified business visit www.niceic.com.

Aapki khushi

Ahead of his tour of the UK and Europe, sitarist and composer Jasdeep Singh Degun has released the viral hit that he wrote for Opera North and South Asian Arts-uk's acclaimed 2022 opera Orpheus.

The single, 'Aapki Khushi', on Peter Gabriel's Real World Records, features British Tamil singer and musician Ashnaa Sasikaran on vocals, backed by members of the Orchestra of Opera North and Jasdeep's touring band.

Jasdeep, who was born and raised in Leeds and is currently Artist in Residence at Opera North, recalls:

compositions.

Like Orpheus, Jasdeep's debut album 'Anomaly' it's built on his unique command of both Western and Indian classical traditions, combining the richness and scale of chamber music with the spontaneity of Indian improvisation.

Written and recorded under the mentorship of Nitin Sawhney, its twelve tracks range from shimmering high-wire sitar solos to lush, string-laden cinematic excursions, placing the sitar in innovative and thrillingly contemporary settings.

'Your joy is my joy': Jasdeep Singh Degun's Orpheus opera hit released ahead of tour

"Aapki Khushi was the first thing I composed for the opera".

"It was written specifically for Ashnaa, who sang the character of Eurydice, and it expresses her love for her new husband, Orpheus".

Its hooks and emotional intensity might feel distinctly contemporary, but 'Aapki Khushi' is rooted in the ancient musical system of raags – equivalent to western scales – that Jasdeep and Ashnaa share.

Trained in the South Asian classical tradition of Carnatic music, Ashnaa had built a dedicated international following by the time she was cast in the opera. In home recordings posted on TikTok and Instagram she ventures into jazz, funk and R&B as well as Tamil pop and film scores and her own

Presented by South Asian Arts-uk in association with Concerted Artists and Real World Records, the 'Anomaly tour' opens with a long-awaited hometown show for Jasdeep at the Howard Assembly Room, Leeds on 17 May. It continues with a headline appearance for Norfolk & Norwich Festival at St Peter Mancroft Church, Norwich (18 May); Djanogly Theatre, Lakeside Arts, Nottingham (19 May); Turner Sims Concert Hall, Southampton (20 May) and Willemburgerzaal, De Doelen, Rotterdam (21 May). Two more UK dates, at the Stoller Hall, Manchester (8 June) and the Tung Auditorium, Liverpool (9 June).

For more details and booking, visit jasdeepsinghdegun.com



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University of Sheffield ranked as one of top 50 in the world

The University of Sheffield has been ranked 42nd in the world and 8th in the UK for its work on sustainable development in the 2023 Times Higher Education (THE) Impact Rankings.

Over 1700 institutions around the world took part in the 2023 rankings, which measure the progress universities across the globe are making towards the UN's 17 Sustainable Development Goals (SDGs). The SDGs are a series of interlinked social, environmental and economic objectives which make up sustainable development.

Sheffield's individual rankings included 9th globally for action on Responsible Consumption and Production (SDG12) and in the top 15 for Peace, Justice and Strong Institutions (SDG16) and Climate Action (SDG13).

Scores for each SDG were awarded for efforts across four broad groupings; research, stewardship, outreach and teaching. The University scored full marks in a diverse range of metrics, including the number of patents it holds; support for student and community food programmes; its high percentage of students with disabilities; and its work to embed sustainability topics into the curriculum. It also scored highly across areas such as its high percentage of recycled waste on campus; its support for ecosystems, for example through its 2:1 tree replacement policy and biodiversity action plan; and its 100% renewable electricity contracts.

In addition, much of the University's leading sustainability research, including through its Energy and Sustainable Food Institutes, the South Yorkshire Sustainability Centre and the Institute for Global Sustainable Development, scored highly across the SDG measures.

Professor Sue Hartley, Vice-President for

Research and Innovation and Institutional Lead for Sustainability at the University of Sheffield said: "This is the first time the University of Sheffield has been included in the THE Impact Rankings, so we are delighted to have achieved a top 50 globally and top 10 position in the UK. This gives us a strong benchmark for us to continually improve our actions and policies, as well as giving our staff, students and the wider community confidence that we are committed to becoming one of the most sustainable research-intensive universities in the country."

"This is the first time the University of Sheffield has been included in the THE Impact Rankings, so we are delighted to have achieved a top 50 globally and top 10 position in the UK."

"The Sustainable Development Goals help to remind us that 'sustainability' is a broad and diverse topic and that we have to take action in a number of interlinked social, environmental and economic areas simultaneously if we want to create a sustainable society for the future."

Sam Timson, Welfare and Sustainability Officer at Sheffield Students' Union, said: "It is really exciting to see the University do so well in the THE Impact Rankings, and shows signs that the University is going in the right direction in terms of being a sector leader for sustainability. Our campus community are becoming more aware of

the challenges that we face, and although there is still a lot of work which needs to be done, we are really looking forward to working with the University to ensure that this work continues."

Phil Baty, Chief Knowledge Officer at the Times Higher Education, said: "The Times Higher Education Impact Rankings, now in its fifth year, is establishing itself as one of the world's most important university rankings. It moves away from the traditional and more narrow approach to rankings and looks at far broader issues - examining how universities' are improving our world."

"I'm especially impressed to see how well British universities are doing - taking more than a quarter of the top 100 places in the overall ranking and with a real diversity of institutions showing excellence. It is testament to how seriously those institutions take those critically important goals and how the UK higher education sector is taking a global lead on international sustainability issues."

"It is also inspiring to see even more universities participate and see countries that don't normally rank so highly do so well."

"This is an extremely valuable tool for universities, governments, funders and policymakers to understand how universities are supporting the drive to meet the UN's SDGs and what must be done to improve their performance even further in this massively important area."

"The rankings are also vital for millions of prospective students who are increasingly demanding to see evidence that the universities they consider for their education are committed to sustainability and to helping them to become sustainably minded citizens."

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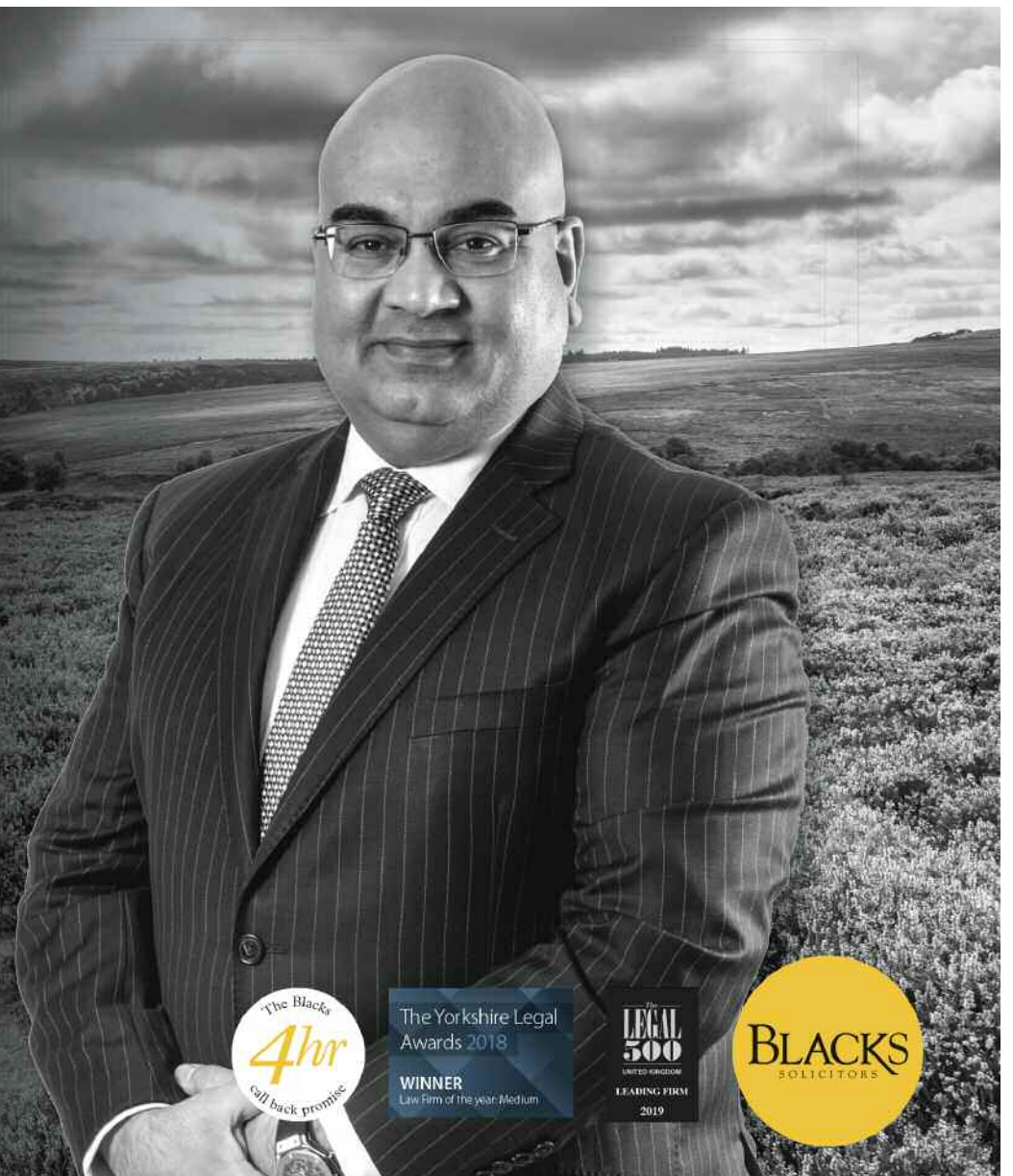
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STORY OF SUCCESS

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

ABOUT THE PERFUMES

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

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

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

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

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

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

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

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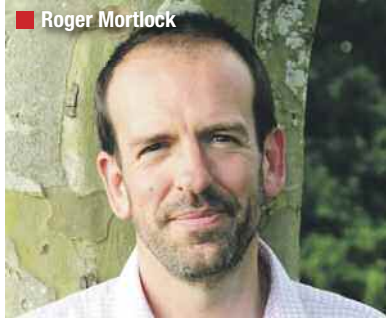
Commenting on Labour proposals to reform 'hope value' rules under compulsory purchase orders, Roger Mortlock, chief executive of CPRE, the countryside charity, said: "Our current housebuilding model is broken."

"It leads to sprawling, piecemeal development, making a fortune for some landowners and developers and doing little to address the root causes of the affordability crisis affecting so many low and middle income families."

"Reforms to the way the land market operates could help to change all this."

"Hope value needs to go. It's one of the primary reasons no government in the past two decades or more has managed to build anything like enough genuinely affordable homes."

"Rural areas have a particularly acute problem of a lack of affordable housing. However, the devil will be in the detail, and these proposals must be focused on delivering a new



■ Roger Mortlock

generation of social housing.

"It's a big if – but if we can get meaningful land reform, it offers a better chance of building more of the homes that are desperately needed than the current system. The potential for this kind of development is huge. It could lead to the regeneration of urban brownfield sites in a way that meets the housing and transport needs of people who live and work in our cities."

"We need well planned

developments, where the profits from rising land values are invested in public green spaces, walking and cycling infrastructure, community facilities, and well-designed homes that people can afford to live in, rather than accruing primarily to landowners."

"Getting rid of hope value should slash the cost of land, making it easier to build attractive new homes that are carbon neutral or negative."

Our current housebuilding model is broken



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Manchester and London leaders come together to call for best form of HS2

"Build it once and build it right" – leaders in Manchester and London have come together to urge Government to work with them to deliver the best form of HS2."

Mayor of Greater Manchester Andy Burnham, Manchester City Council Leader Cllr Bev Craig, Mayor of London Sadiq Khan and Camden Council Leader Cllr Georgia Gould have issued the following letter to Transport Secretary Mark Harper.

The letter outlines the importance of a Manchester Piccadilly underground station that supports Northern Powerhouse Rail in full, and

that HS2 connects with a London terminus at Euston, not six miles outside the city centre.

Manchester City Council and other partners will be making the case for the underground station at Manchester Piccadilly to the High Speed Rail (Crewe-Manchester) Bill Select Committee from 12 June.

"We are at a critical point in shaping how our country works and how our major economic centres are connected, not just for a couple of decades but for generations to come."

The Western Leg of the HS2 Phase 2b Bill has now reached Committee Stage in the House of

Commons, with discussions about the future shape of a Northern Powerhouse Rail (NPR) – HS2 station at Manchester Piccadilly set to commence in the next few weeks.

The future NPR – HS2 station at Manchester Piccadilly will be at the heart of the UK's high-speed rail network, and delivering the right solution at Manchester Piccadilly – an underground station that supports NPR in full, is important not just for the North, but for all of the UK, including London and the South East. We therefore want to work with Government to make sure it is built once and built right.

At the same time, we want to ensure HS2 connects with a London terminus at Euston, not six miles outside the city centre. The people of the London Borough of Camden have already made significant sacrifices for the Euston project, with many having had their homes and businesses demolished or relocated. The delay in ensuring the HS2 terminus is in Euston is causing continued frustration and uncertainty for many businesses and communities."



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Wicked!



■ Best-selling children's author Sharna Jackson leads the judging panel



■ Special guest judge Mark Curry impressed with young writers



■ (Picture credit: Matt Crockett)

The shortlist

Adam Ali, 10,

Cheam Park Primary Academy, Sutton

Amélie Arumugum, 9,

Powel Corderoy School, Surrey

Amelia Cheng, 10,

Cheam Park Primary Academy, Sutton

Ebony Ekpeino, 13,

Pen Y Dre High School, Cardiff

Hannah Firth, 13,

Trinity Academy, Halifax

Shivani Godhania, 10,

Dovelands Primary School, Leicester

Japmeh Gujral, 11,

Hallfield School, Birmingham

Natalia Hrickova, 10,

Thomas Deacon Academy Junior School, Peterborough

Faith Jarvis, 12,

St Michael's C of E High School, Sandwell

Lucy Kettlewell, 10,

Burley and Woodhead CE Primary School, Bradford

Junia Masindo, 13,

The Archbishop's School, Canterbury

Rebecca Park, 11,

New Hall School, Essex

Syeda Manha Rashid, 13,

Levenshulme High School, Manchester

Isabella Ridley, 14,

The Cathedral School, Llandaff

Aleesa Yasmin, 10,

Tipton Green Junior School, Sandwell

Ella Barker-Garrod, 10,

Ringwood School, Hampshire

Sixteen shortlisted young writers advocate change in brand-new schools' writing competition

Impassioned essays on issues as broad as the climate crisis, treatment of refugees, supporting women's rights and fighting against disability discrimination, by students aged 9 - 14 make a national shortlist.

The sixteen young aspiring change-makers, have had their persuasive essays shortlisted to win an inspiring competition hosted by acclaimed stage musical *Wicked*, as part of its Wicked Active Learning cultural learning programme, and the National Literacy Trust.

The overall winners of the Wicked Writers: Be The Change competition will be awarded a class trip to see *Wicked* in London, as well as an in-person workshop with award-winning author of *High-Rise* Mystery series and *The Good Turn*, Sharna Jackson.

The students, all under the age of 14, entered the competition by writing about a cause important to them, raising awareness and support to fight social injustice. From climate change to clean water, food banks to football, children up and down the UK have made their voices heard about the things they would like to

change for the better in our society.

In the North West, children were passionate about the climate crisis, as shortlisted entries from Manchester had a strong focus on how the crisis will impact people and animals.

In Yorkshire, shortlisted entries included how we can do better when it comes to discrimination, sexism, supporting women's rights, the treatment and attitude towards refugees coming to the UK, and the government's Stop the Boats bill.

In the Midlands, some of the shortlisted entries include topics of endangered species, and the dangers of palm oil production, the importance of being kind towards people and the earth, and ocean pollution, with its effects on the environment and marine animals.

In the South East, there was a strong focus on sport, with a wide variety of shortlisted entries including gender inequality in sport, as well as other entries which focused on accessibility and discrimination of disabled children in education.

In Wales, the climate crisis seems to be front and centre of children's

minds, as the shortlisted entries focused on deforestation, global warming, and how it is affecting animals and other endangered species.

Responding to the huge variety of issues raised by the competition entrants, Tim Judge, Head of Schools Programmes at the National Literacy Trust, said, "Writing is not just an incredibly important life skill, it's also a tool that we can use to change the world around us for the better."

"Be the Change' has encouraged children and young people across the country to use their writing skills to advocate for a cause they believe in, and it's clear that everyone who entered has a real passion for inspiring change."

"We hope that this enthusiasm for writing, and the literacy skills they have learnt, will stay with them not just throughout their school careers, but for the rest of their lives."

The judging panel, which includes *Wicked*-star and former Blue Peter presenter Mark Curry; CEO of the National Literacy Trust, Jonathan Douglas; Executive Producer of *Wicked* in the UK, Michael McCabe;

and author Sharna Jackson, will pick winners from each of two age categories who will receive tickets for their entire class to see *Wicked* at London's Apollo Victoria Theatre, a writing workshop with Sharna Jackson, and a bundle of books for their school's library.

"Covering issues from deafness to deforestation, water to welfare, the 2023 Wicked Writers: Be the Change competition entries are powerful, punchy, and persuasive," comments best-selling children's writer Sharna Jackson.

"The writers have not only used emotive language to pull you in, but they have also backed their words with facts, and incredibly strong call to actions. Well done to all of the writers – keep fighting for your causes!"

Special guest judge Mark Curry, currently playing 'The Wizard' in *Wicked* in the West End, concludes: "Reading through the shortlist of entries, it is very evident that these talented young writers have so much knowledge and passion about world issues... it's a total pleasure to read these pieces and I'm learning a lot!"

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Nominations now open for Manchester Culture Awards

The Manchester Culture Awards are back for 2023 with nominations opening this week as the city gears up to once again celebrate the stand-out cultural and creative highlights of the last year.

The awards were launched in 2018 by the city council to acknowledge Manchester's rapidly growing reputation for culture and the arts, with the annual awards recognising the very best of culture, creativity, and the arts in the city - from the grassroots up.

They recognise individuals, events, and organisations big and small, that together help make Manchester the vibrant and exciting place for culture and the arts that it is.

Last year the competition to win one of the coveted awards was fiercer than ever after the number of nominations made topped 466 across 12 different categories - the highest number of nominations received since the awards began.

Nominations are accepted across twelve different categories, including Best Event, Best Performance, and Young Creative of the Year, as well as other awards that shine a spotlight on some of the important themes of our times such as health and well-being, the environment, and social justice.

The Manchester People's Cultural Award will be presented to an individual or organisation whose dedication and contribution to culture in Manchester stands above the rest and deserves to be

recognised, with the final winner of the award chosen by public vote.

Nominees for each of the awards must either be based in the city of Manchester, or have a strong track record of delivering activity for those who live in or visit the city, or that benefits the local economy.

Judging will take place over the summer ahead of a special awards ceremony to be held at the end of the year - with more details to follow on this soon.

All nominations must reflect activity that has taken place between 1 April 2022 and 31 March 2023 - apart from the Manchester People's Cultural Award, which recognises achievement over a number of years.

Councillor Luthfur Rahman OBE, Deputy Leader Manchester City Council, said: "Manchester does arts and creativity like no-one else does and it's a massive part of what helps make our city such a brilliant place to be."

"With such a diverse talent pool and creativity on practically every street corner we're a city that truly embraces the arts and really appreciates the social and economic benefits they bring."

"There's an amazing creative scene here in Manchester and we can't wait to hear about your favourites and those who you think deserve a gong - so get nominating!"

For more info go to: www.manchester.gov.uk/cultureawards

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The COVID-19 vaccines offered by the NHS do not contain eggs, pork or beef

The COVID-19 virus has been circulating for over three years, but vaccines have saved countless lives around the world - protecting us from serious illness and hospitalisation.

The NHS has provided them for free, to all adults and children aged 5 and over. However, after 30 June, only those at increased risk of severe illness will be offered a vaccine.

Dr Jeeves Wijesuriya, a GP in London and Clinical Advisor for the COVID-19 Vaccination Programme says: "Most people have now taken up their offer of COVID-19 vaccination. But after 30 June, many people won't be able to get COVID vaccines from the NHS."

"So, if you've only had one COVID-19 vaccination, or not had a vaccination at all, please book yours - before it's too late."

Dr Wijesuriya explains that some people might have chosen to wait to have their vaccination.

"I have had a few patients say they were worried about side-effects of the vaccine and wanted to wait until more people had had it."

"Now, millions of adults and children around the world have had the COVID-19 vaccines, including people from communities like ours."

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"Like all medicines, there can be mild, short-term side effects, and not everyone is affected in the same way, but they remain the best way to play our part in protecting ourselves and our loved ones from the impact of this virus."

The COVID-19 vaccines offered by the NHS do not contain eggs, pork or beef. A newer vaccine (made by Sanofi-

GSK) contains a shark-derived oil. Other NHS COVID vaccines contain no animal products, and Muslim scholars have said they are permissible and suitable for a halal diet.

If you need to travel overseas, it's also important to follow the latest travel advice around vaccinations. You can check entry requirements at

www.gov.uk/foreign-travel-advice.

Some countries still require you to show proof of your COVID-19 vaccination status upon arrival. So don't get caught out and book your vaccine online at www.nhs.uk/COVIDvaccine or call 119 for free. And if you've already had your vaccine, you can download or print an up-to-date NHS COVID Pass.

Spring offer for those at highest risk

As protection against COVID (either from catching the virus or from a previous vaccination) fades over time, the NHS is again offering the COVID-19 vaccine this spring to those that need it. These include people who will be aged 75 and over by 30 June 2023, people with a weakened immune system, and residents of care homes for older adults (and half of eligible care home residents have had their jab already).

After the Government decides who should be offered the vaccine again later in the year ahead of winter, the NHS will let people know when it's their turn to come forward.

Catching up on your health

There's no better time to find out more about the life-saving benefits of other vaccines and check if you and your loved ones are up to date with yours. It's never too late to catch up on missed doses of routine vaccinations.

You can find out more about the different vaccines you and your child should have at www.nhs.uk and searching for 'NHS vaccinations and when to have them'.

If you're unsure if your child is due a vaccination or has missed one, you can check their red book or contact your GP practice.

Birmingham employers urged to check National Minimum Wage payments as £775,000 in arrears is paid to workers

Almost 2,800 workers in Birmingham were underpaid by £775,000 last year, HM Revenue and Customs (HMRC) has revealed as it approaches local employers to help prevent errors in salaries.

HMRC is writing to more than 8,000 employers in the Birmingham area to highlight common mistakes around the National Minimum Wage (NMW) and National Living Wage (NLW) - offering practical support to help them get it right and warning of the consequences of breaking the law.

Common mistakes include deductions or payments from items connected to the job, such as uniforms, not paying employees for the full time they have worked and not paying apprentices correctly.

The letters also signposts to further advice and contains a checklist for employers to work through to help identify any mistakes they are making.

Businesses failing to comply with minimum wage rules could face penalties of up to 200% of their arrears - plus having to pay the arrears owed to workers and may also be publicly named.

Marc Gill, Director of Individuals and Small Business Compliance at HMRC, said: "It is employers' responsibility to

ensure their workers get the pay they are due under minimum wage rules but we are here to support those who need information to get it right.

"Employers must pay the correct wage to their workers. Our information and checklist will help employers get it right first time, assist them in identifying any possible mistakes and make sure their staff are not losing out."

Compliance work carried out last year found almost 2,800 Birmingham area workers had been underpaid £775,000.

Birmingham employers were handed penalties of more than £900,000 last year because they failed to comply with minimum wage rules.

HMRC is also offering some employers a free support call with one of their National Minimum Wage / National Living Wage experts. The National Living Wage is the minimum wage for those aged 23 and over.

The letters are timely with the recent increase to National Minimum Wage and National Living Wage rates from 1 April 2023.

In the summer, HMRC will be writing to workers in Birmingham asking them to report any concerns they may have about being underpaid the National Minimum Wage.

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NHS Trust gets ready for annual Bradford Dragon Boat Festival to raise vital funds

■ Care Trust staff in training for the big race



Racing the dragon

Staff from Bradford District Care NHS Foundation Trust will be competing in the annual Bradford Dragon Boat Festival to raise vital funds for the Trust's charity, Better Lives. Teams will once again congregate at Roberts Park to race the dragon on Sunday 2 July 2023, joining in the celebration for the NHS 75th birthday.

The Care Trust currently has two sponsored teams, one team from the Trust's Estates and Facilities team and the other from the Trust charities' corporate sponsors, P.E.C Contractors. Both teams will be

competing against 45 other teams in the multi-charity championship.

The Trust will be raising money for its own charity Better Lives, which uses donations to fund a wide variety of additional activities to support patients and carers.

Emma Clarke, Energy, Waste and Sustainability Manager at the Trust, said: "As a team we are delighted to be participating in the Bradford Dragonboat Race 2023 to raise money for our Trust charity, Better Lives.

"We see first-hand how important charitable funds are to enrich the care

we provide to our patients and services users as well as supporting staff well-being.

"Participating in this tough physical challenge will require hard work and coordination from the team, but knowing we're supporting a great charity will help motivate us as we paddle, hopefully to victory."

Each dragon boat team is made up of 16 paddlers and a drummer. The teams will race over a course of 200 meters, starting just beyond the cricket pavilion and finishing in front of the crowds in Roberts Park. Each team will have a minimum three

timed races, where their single fastest time only will count for grand final qualification.

Marketing Manager of P.E.C Contractors, Penny Doherty, said: "With the 2023 Dragon Boat Race coming up, P.E.C. are delighted to be joining the Better Lives Charity for the second year running, and the team is raring to go, with training starting

soon we are determined to beat last year's 8th place result.

"P.E.C. are proud to be supporting the Better Lives Charity at this event, with all money raised been spent on improving the physical and mental wellbeing of their patients."

Along with the dragon boat racing, there will also be ethnic and international food vendors each serving their diverse range of foods, drinks outlets, market stalls and a whole host of traders, some of which will have travelled from overseas just to be at this festival.

The charity raises funds to enhance patient care and go over and above the core services offered.

For more information, please see the events on www.bradforddragonboatfestival.co.uk.

If you want to enter a team and join in the fun, please email Better Lives charity: betterlivescharity@bdct.nhs.uk.

£38.8m worth of heroin recovered in bottles of pomegranate juice



National Crime Agency investigators have foiled a plot to smuggle heroin with a street value of £38.8m into the UK in bottles of pomegranate juice.

A consignment of the Class A drug weighing 388 kilos was recovered by NCA and Border Force officers from a shipping container at the port of Southampton.

Officers arrested three suspects as they began to unload the container which contained 2.6 tonnes of pomegranate juice at an industrial premises in north east Birmingham.

The bottles of purple juice turned red if they contained heroin.

A fourth man was arrested at a residential address in Alum Rock, Birmingham.

The four suspects were released on bail.

Derek Evans, NCA branch commander, said: "The Class A drug trade is a scourge to society and this seizure goes a significant way to helping to protect the public.

"Drugs are inextricably linked with organised crime groups and the use of serious violence which can often spill over wrecking the lives of innocent victims and their families.

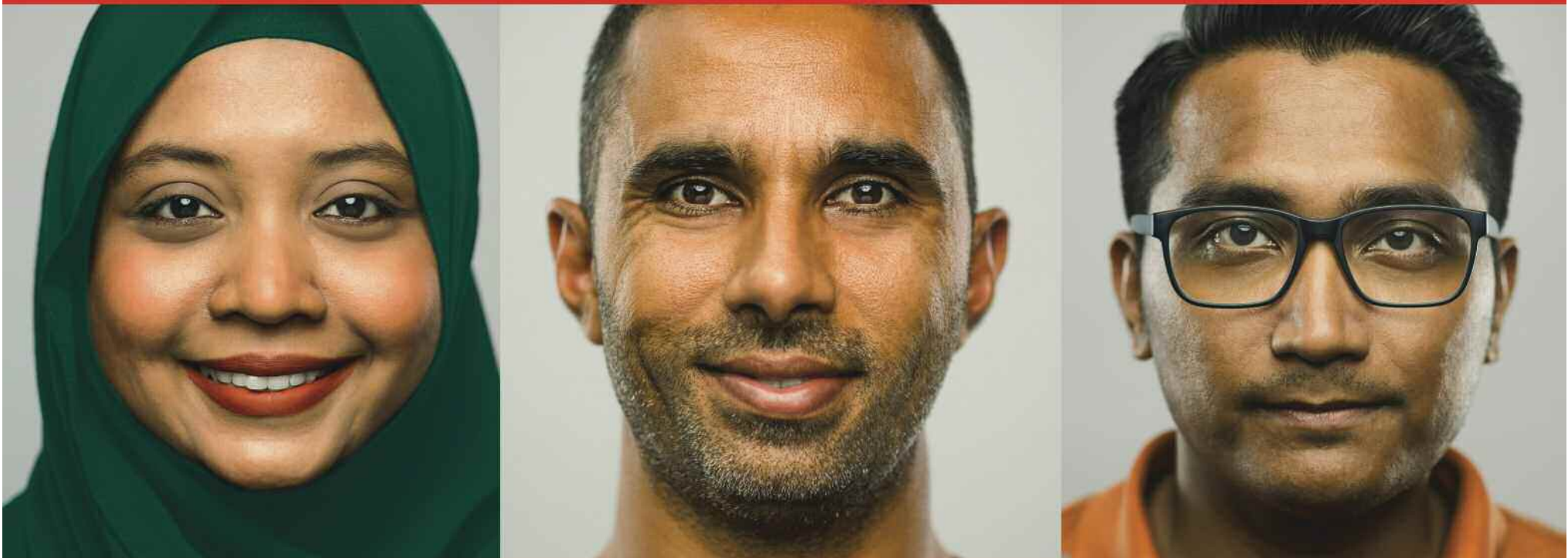
"The NCA works at home and abroad to do everything it can to stop heroin coming into the UK and damaging our communities."



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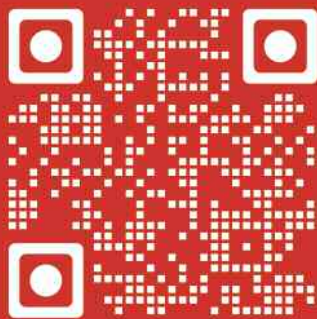
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Seventy Muslim scouts walked 12 miles in East London to raise money for survivors of the Türkiye/Syria earthquake.

One of the first Muslim Scouts groups in London, 7th Goodmayes, walked from masjid to masjid (mosque to mosque) in Redbridge, East London, to support a Türkiye/Syria earthquake appeal.

The Scout group raised a record amount of £32,000, for what was their first sponsored walk since 2019 due to the Covid-19 pandemic.

On Saturday 27th May, 70 scouts from the ages of four to 18 participated, walking 12 miles from Gardens of Peace Cemetery to Newbury Park Mosque, Gants Hill Masjid, Redbridge Masjid, Masjid-e-uwais-e-Qarni, Masjid al-Falah, Ilford Muslim Society, Seven Kings Masjid, Masjid Ansar, Masjid Adam, Ilford Islamic Centre Masjid, Loxford Muslim Society, Eton Road Community Centre and finally Al Madina Masjid.

The money raised went towards Islamic Relief UK's emergency appeal to help those affected by the Türkiye/Syria earthquake in which approximately 30 million people were affected in Türkiye and 10.9 million in Syria. The charity is on the ground providing food, hygiene kits, medicine, shelter, and other much-needed assistance.

Shabana Shaukat, Group Scout Leader said: "All the scouts who took part in the walk are literally taking positive steps within our community to help raise thousands of pounds for people in need. I am truly humbled and inspired by the impact of the collective fundraising efforts of the group."

Faysal Maruf one of the founding leaders of 7th Goodmayes Scout Group said: "It's inspiring to be part of such a dedicated group of scout leaders who are volunteering week in and week out for our young people."



Muslim Scout group raises £32,000

"It's inspiring to be part of such a dedicated group of scout leaders who are volunteering week in and week out for our young people."



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HMRC issues £3.2 million in money laundering penalties

Hundreds of businesses fined a total of £3.2 million for breaching anti-money laundering rules have been named by HM Revenue and Customs (HMRC).

The 240 supervised businesses named today were fined between 1 July and 31 December 2022 by HMRC for breaching Money Laundering Regulations aimed at preventing criminals from exploiting illicit cash.

Certain types of business are required to register with HMRC which is a supervisory body for Money Laundering Regulations.

Xpress Money Services Ltd, based in London, was hit with a large fine of £1.4 million for failing to carry out risk assessments, not having appropriate anti-money laundering controls, and failing to conduct proper due diligence checks.

HMRC's work with other enforcement agencies and government departments to tackle economic crime and crack down on breaches is working to drive non-compliant firms out of business.

Continued on page 30



BUSINESS



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What Constitutes “Attendance” At Court?

In the case of Owen v Black Horse Limited the Court of Appeal clarified what is meant by a Claimant “attending” a court hearing.

In that case the Claimant pursued a claim against the Defendant, a financial services company, claiming that the capital and interest which he had been charged under a loan agreement was unfair. As the amount of the claim was less than £10,000 the claim was allocated by the Court to the Small Claims Track. The Civil Procedure Rules (the rules that govern civil claims) state that if a Claimant does not attend the final hearing in a Small Claims Track claim then the Court may strike out the claim. The Claimant did not personally attend the final hearing but instructed a solicitor to attend on his behalf. Nevertheless, the Claimant’s claim was struck out by the District

Judge due to the Claimant’s non-attendance. The District Judge found that cross examination was vital for the case in view of the discrepancies between the Claimant’s evidence and the documentation and therefore the claim could not be dealt simply on the basis of the documentation.

The Claimant appealed arguing that the District Judge had been wrong to find that he did not attend at the final hearing when his legal representative was present and therefore the Court did not have the power to strike out his claim. However, his appeal was dismissed at first instance.

The Claimant then appealed to the Court of Appeal. The Appeal Court allowed the appeal. It found that the Claimant had “attended” the trial through his solicitor in accordance with the requirements of the Civil Procedure Rules and therefore the claim should not have been struck out. The Appeal Judges held that a party to litigation was entitled to either represent himself or be represented by a legal representative and that the Civil Procedure Rules should not impinge upon that right.

This is a sensible decision by the Court of Appeal.

However, if a Claimant personally fails to attend at the trial, then they risk their claim being dismissed (as opposed to being struck out) because the burden of proof in civil claims rests on the Claimant and the Court may conclude that, by failing to attend to give oral evidence, the Claimant has failed to discharge that burden.

Litigants should not therefore automatically assume that by having legal representation at the final hearing, their representative can advance their case on their behalf.

If you are involved in any civil or commercial litigation dispute, then Blacks Solicitors can assist. Please contact Luke Patel on 013 2279316 or email him at “LPatel@LawBlacks.com”.



HMRC issues £3.2 million in money laundering penalties

Continued from page 29

This means that the number of money service businesses has fallen by around a third from 1,508 in 2020 to 1,049 in 2023, and the number of money service business agents has reduced from 35,507 to 30,217 in the same period.

Nick Sharp, HMRC’s Deputy Director of Economic Crime, Fraud Investigation Service, said: “Money laundering is not a victimless crime. We are here to help businesses protect themselves from criminal attacks and will continue to tackle the minority of businesses which do not comply with the Money Laundering Regulations.”

“Serious and organised crime costs the UK billions of pounds every year and our anti-money laundering supervision is a vital tool in combatting that.”

In addition to the named businesses, another 179 companies received smaller fines totalling more than £200,000 for rule breaches.

Money service businesses provide vital services to the community, offering currency exchange, money transmission and cheque cashing. However, they can be exploited by criminals to launder the proceeds of crime, so must have a robust risk assessment and policies, controls, and procedures to prevent this.

HMRC supervises tens of thousands of businesses across the UK under Money Laundering Regulations, and helps these firms protect themselves from criminals who seek to launder cash or finance terrorism.

Guidance for money service businesses on anti-money laundering rules is available on GOV.UK.

“Serious and organised crime costs the UK billions of pounds every year and our anti-money laundering supervision is a vital tool in combatting that.”

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TEACHERS CAN TELL...

They know which students have eaten a proper breakfast before school due to 'significant difference' in concentration levels

A study of 500 educators found 72 per cent notice a significant difference between students who eat the first meal of the day and those who don't.

Youngsters who do eat before school are more willing to take part in group activities, they'll have higher concentration levels and appear to be happier in class.

Whereas characteristics of those who don't have breakfast on a regular basis include giving up on

tasks quickly, showing signs of tiredness and being easily distracted.

Similarly, they aren't as engaged compared to those who have eaten and show a lack of curiosity.

A further 97 per cent of teachers believe breakfast, such as a bowl of cereal or toast, is very important to the success of kids at school.

The research was commissioned by Warburtons as part of its partnership with the charity Magic Breakfast to highlight the

importance of a good breakfast and provide over a million breakfasts to children facing food insecurity.

The study also found during a typical school day, a child will first say they are 'hungry' at 9:54am.

According to the teachers polled via OnePoll, nearly half (48 per cent) of children in their school communities will eat while on the journey in, and 46 per cent will have their morning meal at a breakfast club.

However, teachers reckon 34 per cent of their class don't eat before they start lessons for the day.

Aside from the nutritional aspect, 70 per cent believe a good breakfast allows children time to properly prepare for the day ahead. While a further 57 per cent say it gives them time to wake up before lessons.

Dietitian Priya Tew said: "Children who eat a hearty breakfast have a higher intake of key nutrients than breakfast skippers."

"Whilst all meals are important, breakfast can be a golden opportunity to encourage children to eat fibre, calcium, B vitamins, protein, iron as well as one of their five a day with a portion fruit."

"Numerous studies have shown breakfast may benefit physical health and cognitive function too – improving concentration levels and chances of a child's success at school."

Continued on page 36

The seven most romantic destinations in the world

Loved-up couples in search of stunning destinations to travel to this summer have been told the top seven most romantic spots around the world.

Whether newly-weds are planning a relaxing honeymoon in the South of France or jetting off to New York for anniversary celebrations there are several spots across the globe offering the ultimate romantic experience.

The Isle of Skye and Iceland are both packed with unique, stunning landscapes for those looking for a more remote trip away together.

Couples wanting to soak up the sun should head to Nice, France or Seville in Spain, to make the most of the long daylight hours and enjoy the beautiful architecture together.

Hamilton Island in Australia is next to Heart Reef - a collection of heart shaped coral in the middle of the crystal blue sea - making this spot a quintessentially romantic destination for couples this summer.

Iceland

Although not first on everyone's romantic getaway list, Iceland is full of unique, rugged landscapes making the country a perfect spot for those looking for an adventure together. Discovering the awe-inspiring glaciers, waterfalls and lava fields and ending the day watching the breathtaking Northern Lights makes for a charming trip with your loved one.

Venice, Italy

Italy has long been dubbed one of the most romantic countries in the world and Venice is a must-

stop for couples this summer. The city offers the chance to wander around the backstreets hand in hand, taste true Italian cuisine and relax on board the famous gondolas down the many canals which Venice has become synonymous with.

Nice, France

For those looking for the romance which France is famous for but wanting to avoid the crowds of Paris, travelling to the French Riviera and stopping off in Nice is a must. Couples can enjoy the views of the sparkling blue sea whilst soaking up the sun and

stroll through the vibrant and characteristic old town.

Isle of Skye, Scotland

Couples wanting to get away from the stresses of everyday life should make a trip up to the Scottish Inner Hebrides. This fairytale island is packed full of sweeping green landscapes and incredible sunset spots makes the Isle of Skye undoubtedly one of the most romantic destinations in the world.

Hamilton Island, Australia

Hamilton Island is the largest

inhabitable island in the area next to Heart Reef - a stunning collection of coral which has naturally formed into the shape of a heart. The gorgeous blue seas, luxurious summer sun and natural romantic landscapes in the area makes Hamilton Island a top destination for couples.

New York City, USA

It may be the city that never sleeps but New York is a perfect spot for couples looking for a jam-packed trip with plenty to do together. Strolling through Central Park on a bright summer's day and making a trip up the Empire State

Building to see the romance of the lights at nightfall are must do's for couples in New York.

Seville, Spain

Enjoying a candle-lit traditional Spanish dinner together and admiring the magnificent architecture across the city, makes Seville the perfect city for loved up couples. Appreciating the long daylight hours throughout the summer months together and watching the sunset at the top of Seville's cathedral makes for an exquisite and romantic destination.



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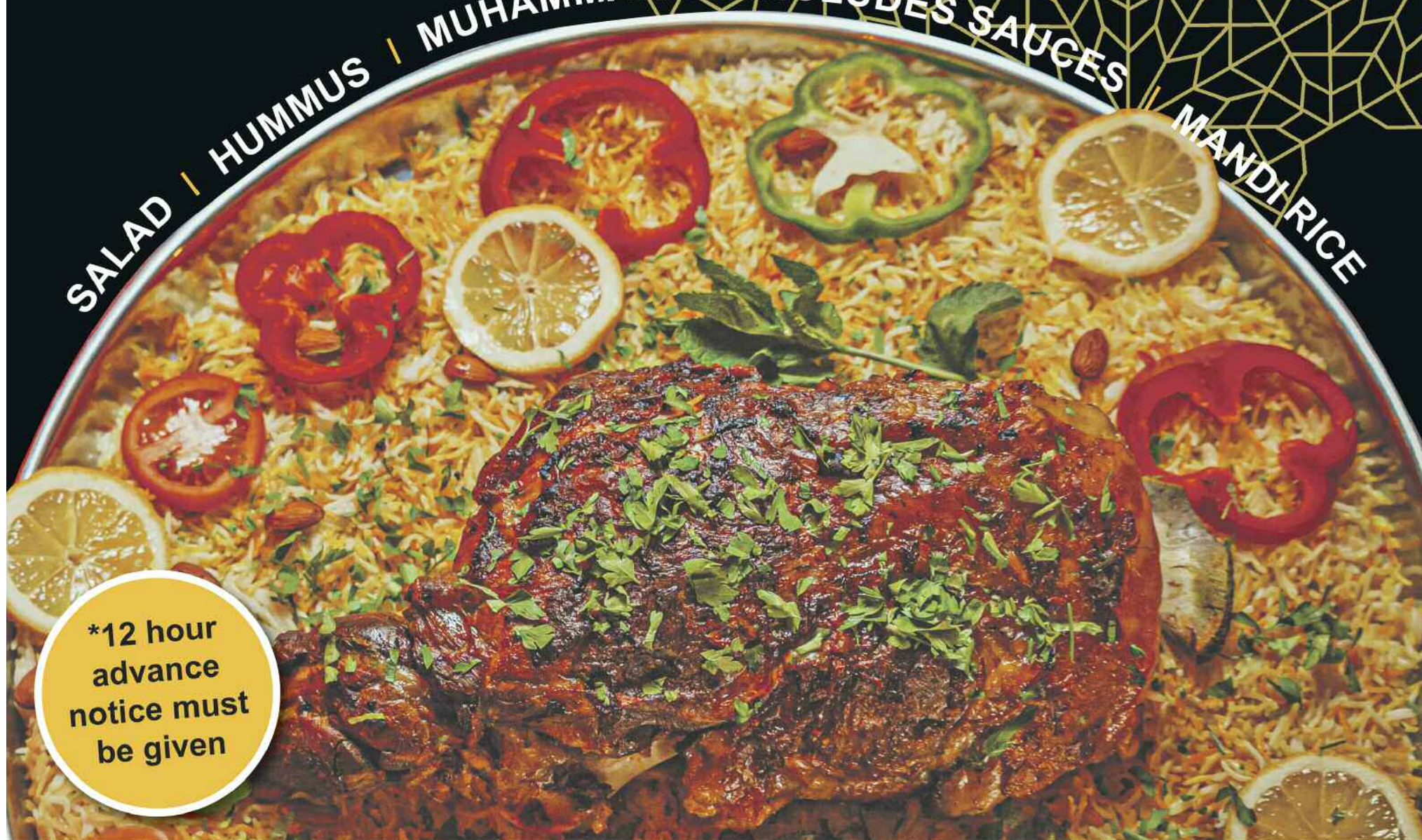
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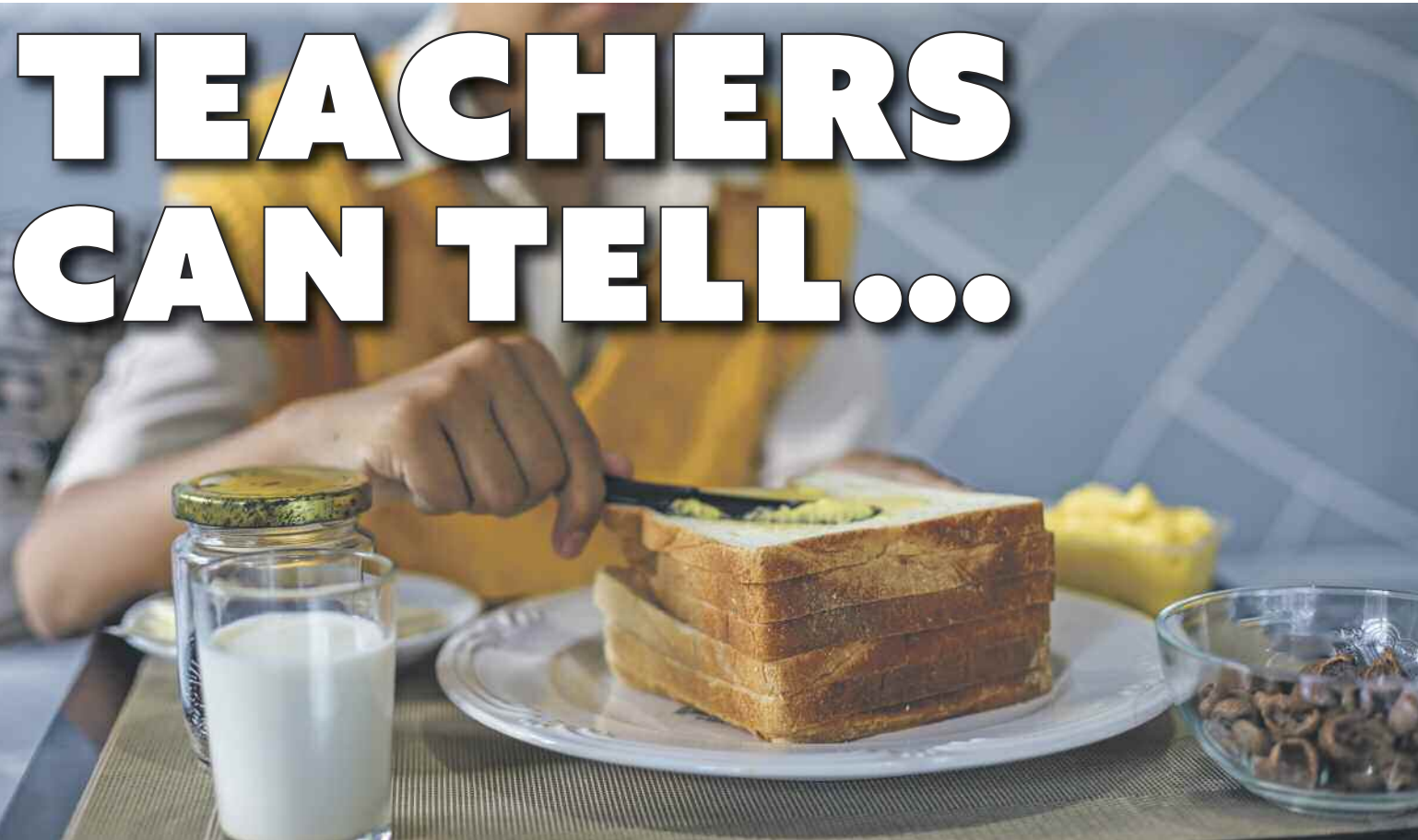
10 characteristics of children who **DO** eat breakfast before school

- ✓ High concentration levels
- ✓ Engaged with the lesson
- ✓ A positive attitude
- ✓ Happier to be in the classroom
- ✓ A willingness to participate in class activities
- ✓ A good memory of things previously learnt/spoken about
- ✓ Contributing to group activities
- ✓ Better grades
- ✓ Raising their hand to answer questions
- ✓ Curiosity about what is being taught

10 characteristics of children who **DON'T** eat breakfast before school

- ✗ Tiredness
- ✗ Struggles to concentrate
- ✗ Easily distracted
- ✗ Not fully engaged with the lesson
- ✗ Gives up on tasks quickly
- ✗ A negative attitude
- ✗ Easily confused
- ✗ Struggles to remember things from previous lessons
- ✗ Lack of curiosity about what is being taught
- ✗ Less creative

They know which students have eaten a proper breakfast before school due to ‘significant difference’ in concentration levels



Continued from page 33

Lindsey MacDonald, chief executive at Magic Breakfast, said: “At Magic Breakfast it’s our mission to end morning hunger as a barrier to learning for children and young people in the UK. “However, as financial pressures continue to stretch more and more families, sadly an increasing number of children are going to school hungry. “We’re thrilled to be working with Warburtons and to have their support in providing more young people the chance to have a nutritious breakfast at school. “We know that those who have had a breakfast are more settled, ready to learn and go on to achieve better results at school, helping them realise their dreams.”

Foods families most regularly throw away

A study of 1,800 adults found households whose kids, aged under 18, are still at home munch through 1,872 snacks each year; and families are spending a fifth of their food budget – more than £1,200 each year – on snacks alone.

Parents estimate 21 per cent of their weekly shopping is purely nibbles for the household.

The research was commissioned by savoury cracker brand Jacob’s, and hopes to help families save money and reduce food waste by being more resourceful with their snacks.

The study found that of those who throw away food that could still be eaten, 44 per cent regularly bin leftovers from previous meals.

While 37 per cent don’t get through all the fresh fruit they buy, and 36 per cent have the same problem with veg, the study via OnePoll found.

But a third have thrown away food because they bought too much, and it went out of date before it was consumed.

And 41 per cent throw away food because they have left items to go stale with packets opened for too long.

A quarter of those polled also admitted they don’t know what to do with a small amount of food left over – so chuck it out instead.

Sustainable chef, Martyn Odell, said: “One of the best ways to fight food waste is to be more resourceful with the food you have.

“The recipes I’ve created all showcase how, with just a humble cracker, you can quickly knock up fresh and delicious snacks using food you already have at home.

“The snacks are a great way to use up all those little bits and bobs leftover in your fridge that you may not know what to do with and so often throw away.”

Foods families most regularly throw away

- | | |
|--|--|
| <ul style="list-style-type: none">• Leftovers• Fresh fruit• Fresh vegetables• Bread/ toast (including crumpets, muffins, waffles)• Yoghurt• Cold cuts of meat• Cheese• Dips• Quick noodles/ rice• Sandwiches• Baked goods like pastries or cakes• Dried fruit | <ul style="list-style-type: none">• Pre-packaged deli snacks (like olives)• Pre-packaged sweet snacks (like biscuits, chocolate, sweets)• Frozen snacks (like ice cream or lollies)• Crackers• Snack bars• Pre-packaged salty snacks (like crisps)• Nuts or seeds• Raw meat |
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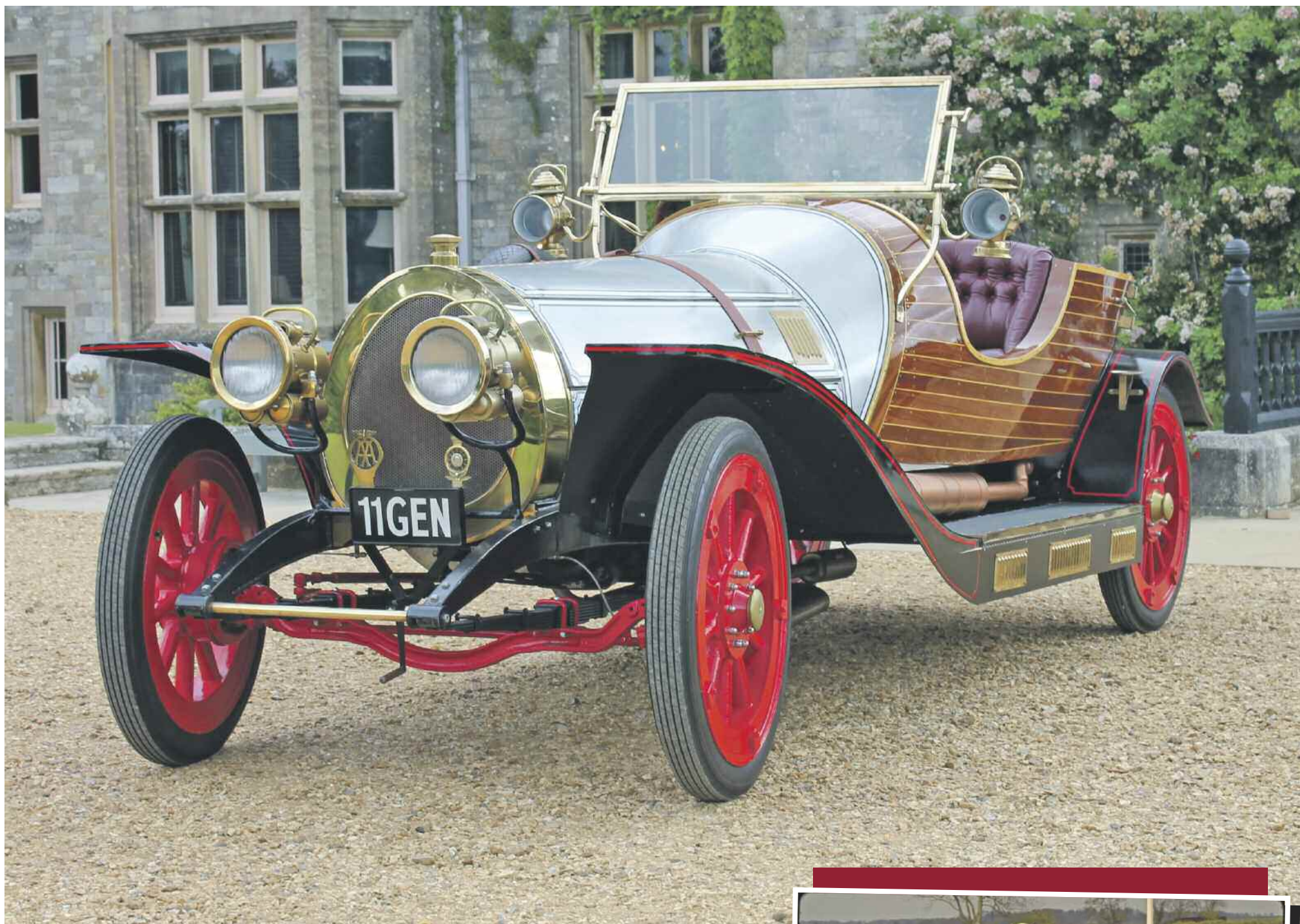


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Chitty Chitty Bang Bang and Truly Scrumptious' 1909 Humber return to iconic film location in Oxfordshire

In the 55th anniversary year of the iconic film *Chitty Chitty Bang Bang*, two of the vehicles that starred in the film are due to return to one of the filming locations as part of a commemoration service for Sally Ann Howes, who played *Truly Scrumptious*.

On Sunday 21st May 2023, both a reconstruction *Chitty Chitty Bang Bang* and the original 1909 Humber 8hp used in the film, will return to Russell's Water in Oxfordshire, to the spot where they filmed *Truly Scrumptious* driving the Humber into a duck pond as she encounters members of the Potts family, Caractacus, Jeremy and Jemima.

The vehicles, being provided by the National Motor Museum at Beaulieu in the New Forest, will be parked near to the pond as part of a commemoration service following the death of Sally Ann Howes in December 2021.

The service will include guests from

Russell's Water Village committee, the National Motor Museum, and Sally Ann Howes' family members, including her nephew Rupert Howes, and his daughter Ella Howes who has recorded a modern arrangement of the classic Sherman Brothers songs by composer Alfie Godfrey.

A tree will also be planted together with a commemorative plaque alongside the pond, which has become a pilgrimage for fans of the film from across the world.

Six *Chitty* vehicles were built by Alan Mann for the purpose of filming, one of which, still owned by the filmmakers, Eon Productions, is proudly on display in the National Motor Museum. The *Chitty* attending the service has been built by an ardent fan of the film, Gordon Grant, and reconstructed from parts of the film vehicles that were salvaged post-production.

It now also resides at Beaulieu and is available to visitors as a special ride

experience, as well as for external hire.

Gordon Grant says: "I am truly honoured to be attending the service to commemorate the life of Sally Ann Howes."

"I work as a set decorator in the film and TV industry, a career that was inspired by my love of this film as a young boy. I consider myself lucky to have met Sally over the years, an incredible lady beyond her role as *Truly Scrumptious*."

"It seems fitting in the 55th anniversary year of the film to bring the vehicles to Russell's Water to mark her passing, which was not possible in 2021 due to the pandemic. I'd like to thank the National Motor Museum for supporting this, and for their ongoing maintenance and preservation of these iconic cars."

The commemoration service will take place at Russell's Water in Oxfordshire from 11.30am on Sunday 21st May 2023.



The 1909 Humber 8hp, driven by Truly Scrumptious, was originally purchased in 1959 by the late Edward, Lord Montagu of Beaulieu as a wedding present for his first wife, Belinda, Lady Montagu, and loaned to Eon Productions for the filming of *Chitty Chitty Bang Bang*.



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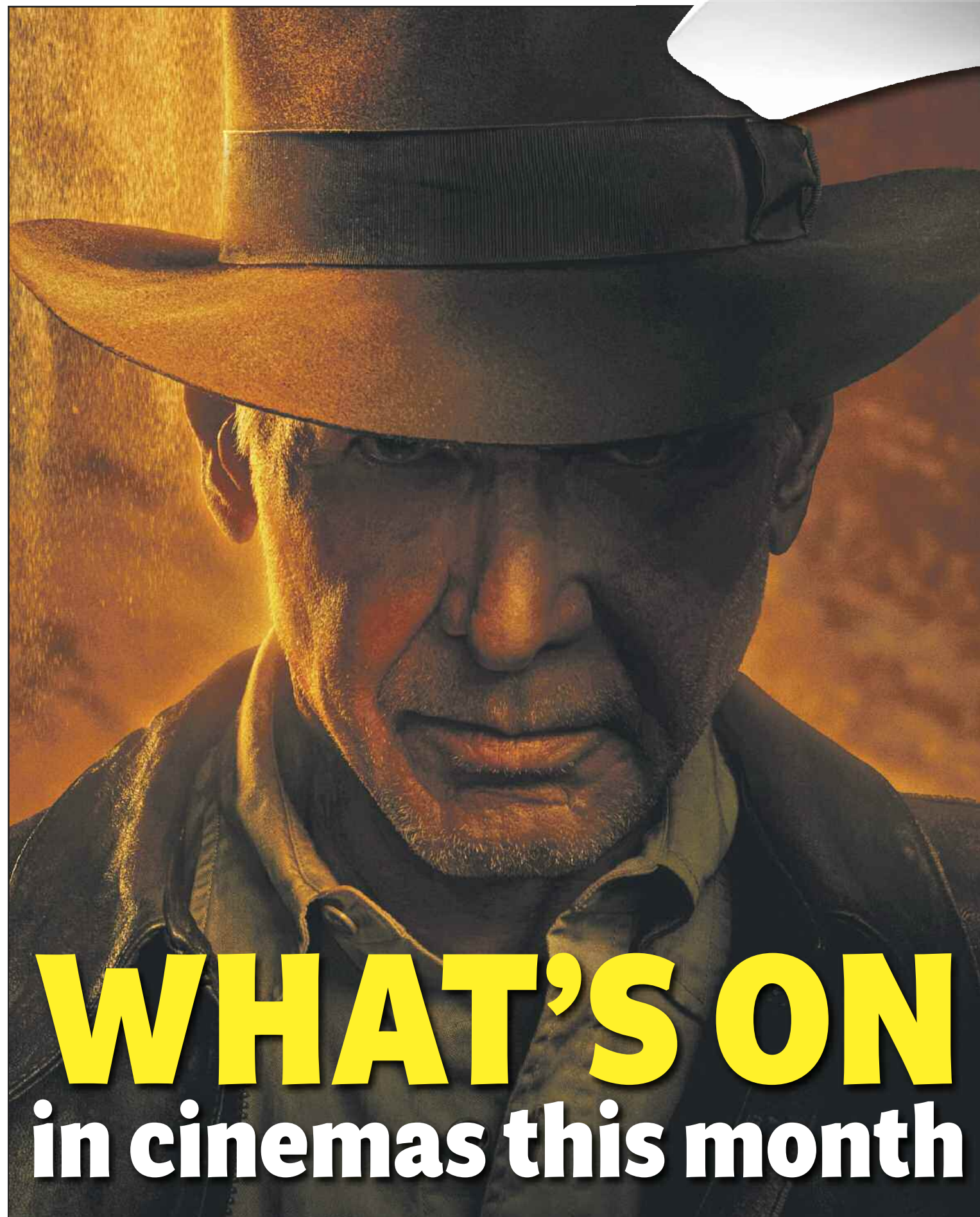
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THE **LATEST ENTERTAINMENT** AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD



Indiana Jones and the Dial of Destiny

Release date: 28/06/2023

Starring: Harrison Ford, John Rhys-Davies, Toby Jones, Boyd Holbrook, Thomas Kretschmann, Shaunette Renee Wilson, Oliver Richters, Ethann Isidore, Phoebe Waller-Bridge, Mads Mikkelsen

Director: James Mangold

Harrison Ford returns as the legendary hero archaeologist in the highly anticipated fifth instalment of the iconic "Indiana Jones" franchise, directed by James Mangold ("Ford v Ferrari," "Logan").

Produced by Walt Disney Pictures and Lucasfilm Ltd. and distributed by Walt Disney Studios Motion Pictures, the film is a sequel to Indiana Jones and the Kingdom of the Crystal Skull (2008) and serves as the final instalment in the Indiana Jones film series.

The film stars Harrison Ford in his final portrayal of archaeologist Indiana Jones.

Starring along with Ford are Phoebe Waller-Bridge ("Fleabag"), Antonio Banderas ("Pain and Glory"), John Rhys-Davies ("Raiders of the Lost Ark"), Shaunette Renee Wilson ("Black Panther"), Thomas Kretschmann ("Das Boot"), Toby Jones ("Jurassic World: Fallen Kingdom"), Boyd Holbrook ("Logan"), Oliver Richters ("Black Widow"), Ethann Isidore ("Mortel") and Mads Mikkelsen ("Fantastic Beasts: The Secrets of Dumbledore").

'Dial of Destiny' is the only film in the series that is neither directed by Steven Spielberg nor written by George Lucas, with both serving as executive producers instead.

Plans for a fifth Indiana Jones film go back to the late 1970s when Lucas and Spielberg negotiated with Paramount for four sequels to Raiders of the Lost Ark (1981). Lucas began researching potential plot devices for a fifth film in 2008, although the project stalled for years.

Indiana Jones and the Dial of Destiny premiered at the 76th Cannes Film Festival on May 18, 2023, and is scheduled to be theatrically released in the United States on June 30, 2023. It has received mixed reviews, with critics praising Ford's performance and the film's sense of nostalgia, but also feeling that the franchise had run its course.

See pages 44 & 45

WHAT'S ON

in cinemas this month



From telling stories to **killling tigers**

London Indian Film Festival & Birmingham Indian Film Festival's mini season launches in June

This year, UK and Europe's largest South Asian film festival, takes place at the prestigious BFI, Barbican (London), and MAC (Birmingham). The London Indian Film Festival and Birmingham Indian Film Festival presents a selected season of films and shorts premieres in June, with a larger programme returning in September across the UK.

The exciting June season, supported in London by the Bagri Foundation, includes the European premiere of multi-starrer *The Storyteller* directed

by Ananth Mahadevan on 22nd June at BFI Southbank and 23rd June at MAC Birmingham. This sumptuous film is based on the writings of Satyajit Ray and includes charming performances from Indian arthouse stalwarts Paresh Rawal as a struggling writer with Adil Hussain and Tannistha Chatterjee amongst the glittering cast, presented by Jio Studios.

Winning awards at Toronto International Film Festival and Palm Springs International Film Festival

high-impact documentary *To Kill A Tiger* comes to the UK, with the harrowing, but ultimately hopeful story of a village teenager and her loving father, who fearlessly take on their society, demanding justice, when the young woman is attacked by a group of men.

A special showcase at the festival are new British Asian movies including a special preview of comedy drama *The Effects of Lying* prior to its ITVX release, with an all-star British cast including Laila Rouass, Mark

Williams, Navin Chowdhry, Ace Bhatti and Bhasker Patel. Following on its heels is our ever popular platform of Brit-Asian shorts showcasing new and emerging film talent from around the UK.

Director N Padmakumar (*A Billion Colour Story*) returns to the festival with the super-cute love story *Max, Min & Meowzaki* (world premiered at Busan). This charming film is a must for all cat lovers and fans of anime.

The European Premiere of US documentary *Call Me Dancer* directed by Leslie Shampaine and Pip Gilmour is a live-your-dreams film charting the journey of Manish, a charismatic teenage street dancer from Mumbai, who dreams of entering the world of ballet against the wishes of his struggling parents.

The compelling debut feature of director Siddharth Chauhan, *Amar Colony* uncovers the secretive and

connected lives of residents in a dilapidated apartment block in a small hill town in the lower Himalayas, unveiling sexual desires and emotional desperations.

The festival is delighted to present a special classic showcase at Barbican of two award-winning features of director Deepa Mehta and starring actor Nandita Das, *Fire* and *Earth*, followed by panel debates.

Completing the June in-cinema season is the festival's most popular annual shorts programme *Too Desi Too Queer*, which will include the world premiere of documentary *Discovering Kali* - 25 years of the *Legendary Club*, charting the ascent of the British Asian LGBTQIA+ scene.

Alongside the cinema season the festival is presenting a range of shorts packages online on BFI Player from 22 June.

For more information on the festival check out www.londonindianfilmfestival.co.uk and www.birminghamindianfilmfestival.co.uk

BROWN GIRLS DO IT TOO

SOLD-OUT SMASH HIT RETURNS TO THEATRES FOR EXTENDED RUN

'Brown Girls Do It Too' the award-winning podcast from Poppy Jay and Rubina Pabani explores the messy realities, fantasies and expectations of British Asian women, navigating life and relationships along the way.

Following their incredible autumn 2022 world premiere, Tilted and Soho Theatre revive the hit show for an extended run at Soho Theatre until Saturday 10th June.

The fourth series of the BBC Sounds' podcast is available now, featuring Meera Syal, Diet Paratha, Jameela Jamil, and many more.

'Brown Girls Do It Too: Mama Told Me Not to Come' is the critically acclaimed show inspired by the podcast, winner of the Podcast of the Year at the British Podcast Awards 2020 and of the Best Podcast at the 2021 Asian Media Awards.

True to the podcast, Poppy & Rubina discuss their life experiences with their trademark uncensored, no-filter approach – touching on orgasms and first loves to racism and family politics.

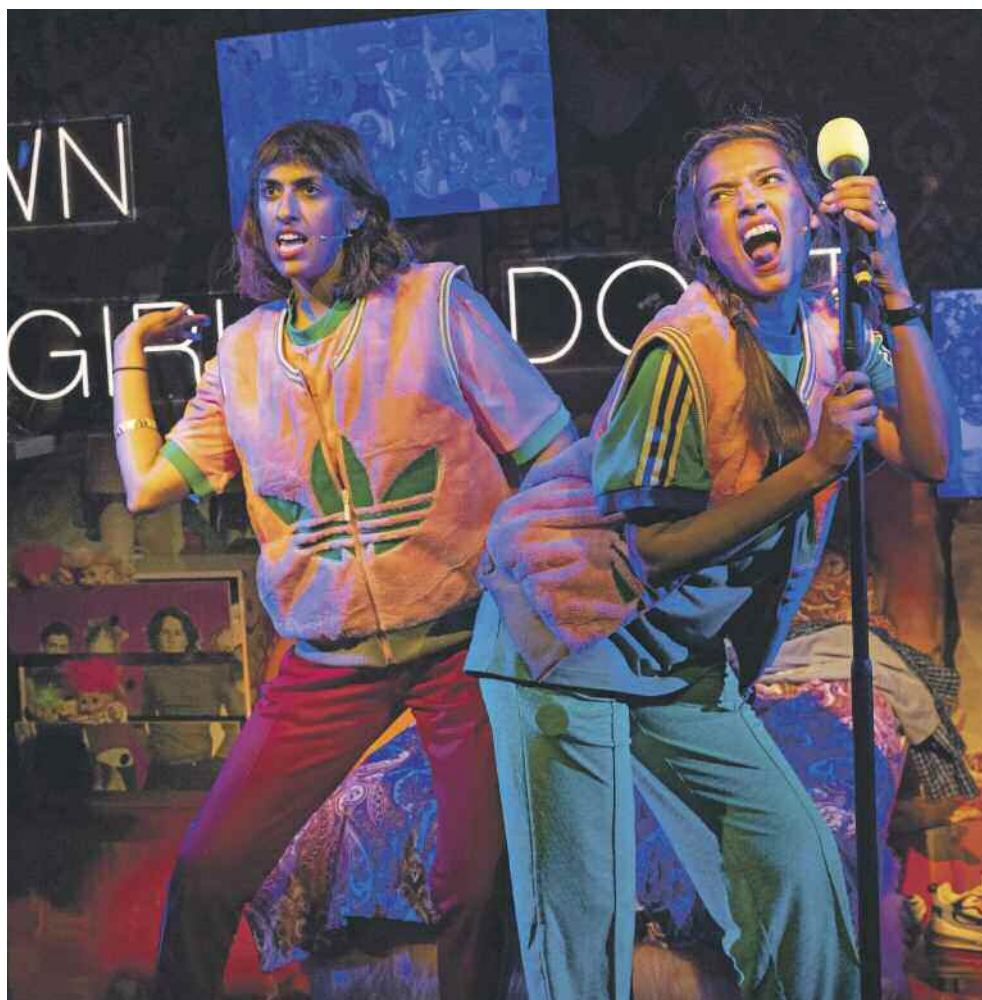
But the live show turns the dial up even

further, with Rubina describing the experience as 'like the podcast, but on acid'. Expect a myriad of songs, sketches, dances, and some questionable Indian accents.

The revival reunites the original creative team, including writer/performers Rubina Pabani and Poppy Jay, producer/ co-director Sam Hodges, co-director Aneesha Srinivasan, dramaturg Pia Furtado, set and costume designer Rosanna Vize, lighting designer Bethany Gupwell and sound designer Jasmin Kent Rodgman.

"We were blown away by the response to the first London run and tour round the country this autumn. We always knew that Rubina and Poppy were comedy gold. But what has also become very clear is what an important podcast, and now stage show, this is for so many people – who have told us that this is the first time they have seen their story represented on stage. We can't wait to share it with even more people this summer," says Sam Hodges from Tilted.

Tickets for 'Brown Girls Do It Too: Mama Told Me Not to Come' are available at browngirlsdoitto.com and sohotheatre.com.



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WHAT'S ON in cinemas this month

Spider-Man: Across the Spider-Verse

Release date: 01/06/2023

Starring: Oscar Isaac, Shea Whigham, Jason Schwartzman, Rachel Dratch, Luna Lauren Velez, Greta Lee, Karan Soni, Brian Tyree Henry, Daniel Kaluuya, Hailee Steinfeld, Shameik Moore, Jake Johnson, Jorma Taccone
Director: Joaquim Dos Santos, Justin K. Thompson, Kemp Powers

Miles Morales returns for the next chapter of the Oscar®-winning Spider-Verse saga, Spider-Man™: Across the Spider-Verse. After reuniting with Gwen Stacy, Brooklyn's full-time, friendly neighbourhood Spider-Man is catapulted across the Multiverse, where he encounters a team of Spider-People charged with protecting its very existence. But when the heroes clash on how to handle a new threat, Miles finds himself pitted against the other Spiders and must redefine what it means to be a hero so he can save the people he loves most.



The Boogeyman

Release date: 01/06/2023

Starring: Lisa Gay Hamilton, Sophie Thatcher, Maddie Nichols, Vivien Lyra Blair, Madison Hu, Marin Ireland
Director: Rob Savage

High school student Sadie Harper and her younger sister Sawyer are reeling from the recent death of their mother and aren't getting much support from their father, Will, a therapist who is dealing with his own pain. When a desperate patient unexpectedly shows up at their home seeking help, he leaves behind a terrifying supernatural entity that preys on families and feeds on the suffering of its victims.



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



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

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

Which actor plays the legendary role of 'Indian Jones'?

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, 30th June 2023**. Winners will be selected randomly from all correct entries.

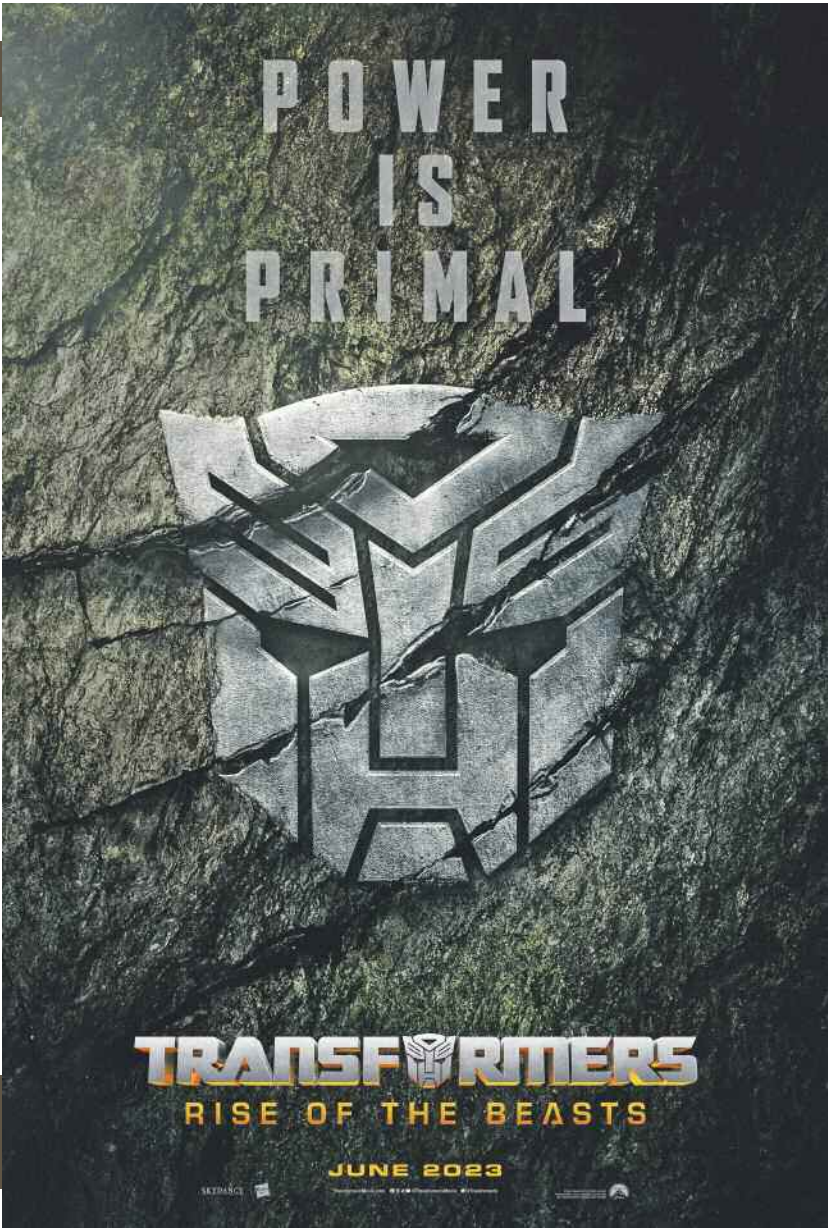
Hook on to this page for free cinema tickets to upcoming films.

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

Transformers:
Rise of the Beasts

Release date: 08/06/2023
Starring: Ron Perlman, Dominique Fishback, Peter Cullen, John DiMaggio, Liza Koshy, Cristo Fernández, Tobe Nwigwe, David Sobolov, Michaela Jaé Rodriguez, Peter Dinklage, Michelle Yeoh, Peter Davison, Anthony Ramos, Pete Davidson
Director: Steven Caple Jr.

Returning to the action and spectacle that first captured moviegoers around the world 14 years ago with the original Transformers, Transformers: Rise of the Beasts will take audiences on a '90s globetrotting adventure and introduce the Maximals, Predacons, and Terrorcons to the existing battle on Earth between Autobots and Decepticons. Directed by Steven Caple Jr. and starring Anthony Ramos and Dominique Fishback, the film arrives in cinemas in 2022.



The Flash

Release date: 08/06/2023
Starring: Ezra Miller, Antje Traue, Maribel Verdú, Sasha Calle, Kiersey Clemons, Michael Keaton, Ron Livingston
Director: Andy Muschietti

Worlds collide in “The Flash” when Barry uses his superpowers to travel back in time in order to change the events of the past. But when his attempt to save his family inadvertently alters the future, Barry becomes trapped in a reality in which General Zod has returned, threatening annihilation, and there are no Super Heroes to turn to. That is unless Barry can coax a very different Batman out of retirement and rescue an imprisoned Kryptonian... albeit not the one he’s looking for. Ultimately, to save the world that he is in and return to the future that he knows, Barry’s only hope is to race for his life. But will making the ultimate sacrifice be enough to reset the universe?



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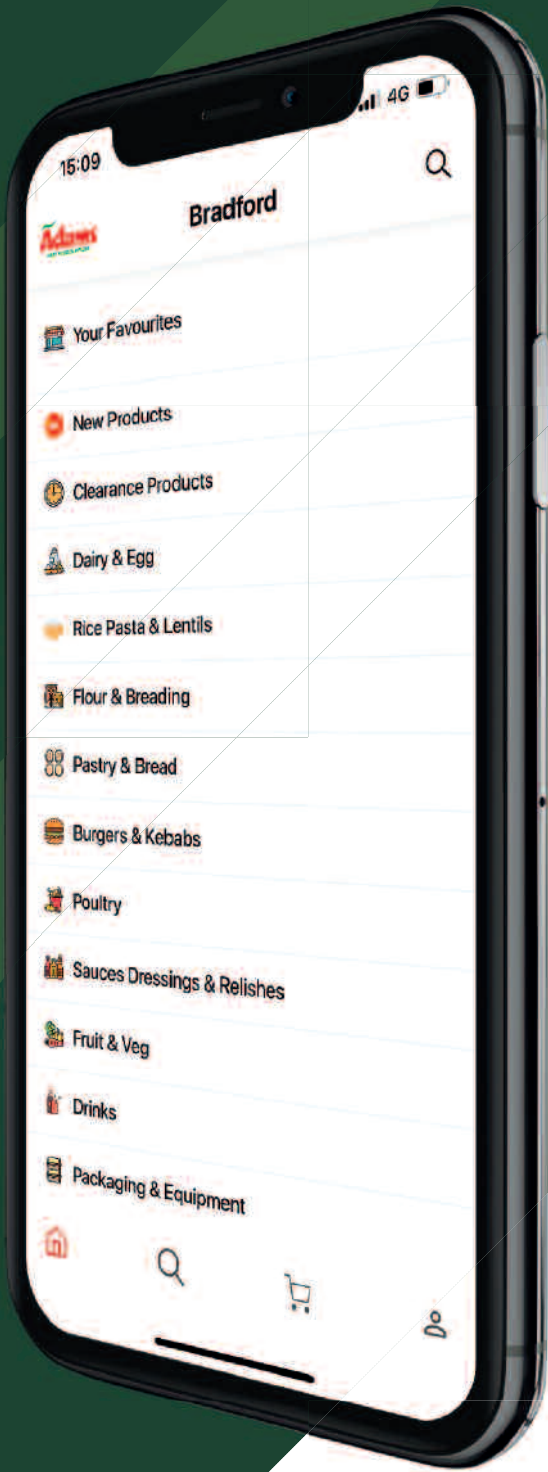
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Saudi Arabia joins Women's World Car of the Year

■ Motoring journalist Layan Damanhoury joins exclusive panel of international judges

The Women's World Car of the Year (WWCOTY) has confirmed that Layan Damanhoury, motoring journalist on Al-Bilad Newspaper, has joined this international jury.

It is the only car awards in the world composed exclusively of women motoring journalists. With her appointment, WWCOTY has 66 judges from 48 countries.

The addition of Layan is particularly important because until 2018 women were banned from driving in Saudi Arabia.

Her appointment to the WWCOTY jury highlights the new role that women have begun to play in this Arab country. The lift of the ban introduced many social reforms aiming to empower women and opened up many business opportunities.

Damanhoury started writing for the Saudi Gazette newspaper, an English daily distributed nationwide in Saudi Arabia. She covered the lift of the ban on driving for women but also news related to the automotive industry and the female market segment, such as car sales targeting female audiences, car

insurance, and test drives for different cars.

She also did test drives for many cars brands. Currently, she writes in Al-Bilad, the first daily newspaper in Saudi Arabia and one the most important of the Middle East.

The Middle East/North Africa (MENA) region, where Damanhoury works and lives, is growing at an estimated 36% with Saudi Arabia as the leading market. Saudi Arabia accounted for almost 35% in the MENA region in 2020.

The majority of households in Saudi Arabia own or drive a car. This is because the population is concentrated in large cities that are not pedestrian-friendly. Medium and big cars are more common than smaller cars.

In 2021, Saudi Arabia imported \$12.1B worth of cars, becoming the 13th largest importer in the world. At the same year, automobiles were the most imported product in Saudi Arabia primarily from Japan, China, United States, South Korea and Germany.



About Women's World Car of the Year

Women's World Car of the Year is the only car awards group in the world comprised exclusively of women motoring journalists. It was created by New Zealand motoring journalist Sandy Myhre in 2009. She is Honorary President while Marta García is Executive President.

This unique award aims to recognise the best cars of the year and to give a voice to women in the automotive world. The voting criteria are based on the same principles that guide any driver when choosing a car. The jurors do not select a 'woman's car' because cars are not gender specific.

Aspects such as safety, quality, price, design, ease of driving, benefits and environmental footprint, among others, are considered when casting the votes.

However, beyond choosing the best cars of the year, our goal is also to give visibility to women in the automotive world and to contribute to making women's voices heard on all continents because mobility for a woman means access to many personal and professional possibilities.

"Women were banned from driving in Saudi Arabia up until 2018"

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Pure and elegant

All-electric smart #1 signals the start of an exciting new era for the brand

Unveiled at the Mercedes-Benz dealership, Stratstone in Leeds on 19th May, the smart #1 makes the beginning of a new era for smart off the road as well as on it. The compact SUV offers unprecedented levels of design and build quality in addition to an exceptionally well-equipped standard specification.

Initially available in three production variants – Pro+, Premium and BRABUS – as well as a highly exclusive Launch Edition, the #1 is priced from just £35,950 on the road (OTR), underscoring smart's dedication to offering remarkable value for money.

Mercedes-Benz dealership unveils the smart #1



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It's already been awarded two prestigious design prizes by international expert juries. In addition to the Red Dot Award for product design the premium all-electric compact SUV won the iF Design Award, known for honouring outstanding design and social engagement.

Thanks to its design philosophy, the smart #1 features a pure and elegant streamlined exterior, a perfect mixture of aesthetics and aerodynamics. Features like concealed door handles, a floating halo roof and frameless doors make the smart #1's design outstanding.

The elegance of efficiency

Based on Geely's EV-specific SEA (Sustainable Experience Architecture) platform and staying true to smart's long-standing drive for practicality, efficiency and style, the #1 makes full use of its 2750mm wheelbase with a spacious five-seat cabin and up to 421 litres of luggage space thanks to a standard sliding second row (986 litres with the rear seats folded down).

Designed with tomorrow in mind, the #1's practicality and economy are belied by its sophisticated exterior and interior styling. Conceived by the Mercedes-Benz global design team, the #1's simple yet elegant features include a floating halo roof, concealed door handles and 19-inch alloy wheels.

With a drag coefficient of just 0.29 Cd, the sleek lines and flowing curves of the #1 are for far more than just show, however, optimising the car's aerodynamic efficiency and

maximising its range.

The confidence to explore

The smart #1 is not only designed for style and performance, but also to be among the safest vehicles on the road. Its exceptional build quality and suite of advanced assistance systems both contribute to the highest standards for active and passive safety.

Having received the full five stars in the industry standard EURO NCAP safety tests, the #1 furthered its credentials with a second-place finish in the prestigious What Car? Safety Award 2023, also achieving one of the highest Adult Occupant protection scores of the year with 96%.

The high level of standard driver assistance features that every #1 comes equipped with includes: BSM (Blind Spot Monitoring), EAB (Emergency Autonomous Braking), HWA (Highway Assist), EMA (Evasive Manoeuvre Assist), ELKA (Emergency Lane Keep Assist), TJA (Traffic Jam Assist) and ACC (Adaptive Cruise Control) with Stop&Go.

Every car includes an Integrated Service Package covering servicing and wear and tear items for 3 years / 30,000 miles, a high-voltage battery warranty covering 8 years / 125,000 miles, and Roadside Assistance for up to 8 years / 100,000 miles if maintained at a smart aftersales partner.

Making smart connections

Users benefit not only from the presence of Apple CarPlay and Android Auto as standard, but also

from an outstanding human-tech balance ensured by a partnership with ECARX, experts in software and hardware integration.

Built on Qualcomm's Snapdragon 8155 intelligent chipset with 7nm process technology and an 8-core CPU processor – making it the strongest mass-produced car-level chip presently on the market – and combined with ECARX's self-developed software stack, the smart #1 boasts one of the most advanced infotainment platforms available today.

Displayed via a 12.8-inch high-definition central control screen with a resolution of 1920x1080, the system offers a seamless technology and connectivity experience tailored to the user.

Colourful ambient lighting with 64 colours and pre-configured themes illustrates a brand-new user experience, while a wide spectrum of third-party apps transform the cabin into an additional living space, including music streaming (with Spotify pre-installed as standard), podcasting, and in car games.

A standard 4G WiFi hotspot is complemented by a one-year trial of the Premium Connectivity Package (including unlimited data, stolen vehicle tracking and map updates). Dynamic upgradeability via over the air (OTA) updates will ensure a refreshed user experience over time while bringing functional enhancements and new functionalities to continuously improve the user experience.

Clearly priced to perform

Initially available to UK buyers in Pro+, Premium and limited-edition Launch Edition trim levels, as well as an exhilarating BRABUS variant, the #1 offers drivers class-leading performance and safety in addition to an exceptional level of standard specification.



smart #1 Pro+

The smart #1 Pro+ offers everything needed for modern e-mobility – and so much more. Priced from £35,950 on the road, the Pro+ offers a remarkably well-equipped standard specification with an extensive range of driving assistance systems, panoramic sunroof, ACC (Adaptive Cruise Control), heated seats, a 360-degree surround camera, intelligent voice assistance, LED lights and a powered tailgate. With anxiety-busting WLTP range of 260 miles and smile-inducing 0-62mph performance of 6.7 seconds, the Pro+ makes every journey an event.

smart #1 Premium

In addition to the features already available on the Pro+, the smart #1 Premium offers a sound system by Beats, a Head-Up Display (HUD), CyberSparks+ Matrix LED headlights and APA (Automatic Parking Assist). Priced from £38,950, the Premium offers an even greater WLTP range of 273 miles with a state-of-the-art silicon carbide inverter and heat pump for improved response and efficiency, as well as a 22kW three-phase on board charger for 10-80% AC charging in less than three hours.



The exclusive smart #1 Launch Edition is a special statement for those who cannot wait to experience the new era of smart. Combining unique design traits and exclusive aesthetics with the long feature list of the Premium, just 100 UK examples of the Launch Edition will be available from £39,450.

smart #1 BRABUS

The smart #1 BRABUS, opens a completely new chapter for smart and BRABUS, continuing a story that the two brands have been writing since 2003.

Priced from £43,450, the #1 BRABUS sets standards unmatched by any rival at its price point. Signalling its intentions with a range of design cues including more aggressive styling, bonnet vents, unique contrast paint and 19-inch Dynamo wheels, the transformation continues within, where an Alcantara steering wheel, microfibre suede seats and headrests with BRABUS design stitching add to the sporty feel of the car alongside red seatbelts and metal pedals.

Naturally, the performance of the smart #1 BRABUS also leaves rivals in its wake, with the standard 200 kW of power increased to 315 kW and torque up from 343 Nm to 584 Nm. With all-wheel drive to ensure traction and aid acceleration, as well as a specifically calibrated BRABUS driving mode, this results in an even more thrilling smart experience, unleashing the full potential of the car for incredible 0-62mph performance of just 3.9 seconds.



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786 KAM £25,000 TEL: 07733 244 444	AMO3EAR £3,000 ONO TEL: 07956 342 385	ASII NAK £1,500 ONO TEL: 07983 590 591	BD55TAN £2,495 TEL: 07954 389 874	DRIIAYS £8,000 (DR HAYS) TEL: 07985 455 057	EVIIKAR £650 ONO (EVIL CAR) TEL: 07411 953 337	GVIIJAY £10,000 (G VIJAY) TEL: 07985 455 057	J4 NGS £10,000 TEL: 07815 114 201	KHINGZ £13,000 TEL: 07921 576 971	MAIMVD £1,500 (MAHMMUD) TEL: 07867 886 786	MSIIAWK £9,500 (MS HAWK) TEL: 07985 455 057	NLIICAS £7,000 (N LUCAS) TEL: 07985 455 057	PDIIIEEP £7,000 (P DILEEP) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057
786 MAK £10,000 ONO TEL: 07867 886 098	AMO4EAR £3,000 ONO TEL: 07956 342 385	ASII NJT £1,500 ONO TEL: 07983 590 591	BEIOLD £19,000 (BEHOLD) TEL: 07370 026 653	DR SINGG OFFERS TEL: 07720 976 861	EYIISAF £15,400 (E YUSAF) TEL: 07985 455 057	GYIISAF £15,400 (G YUSAF) TEL: 07985 455 057	J4UEO £2,495 TEL: 07954 389 874	KH59 LED £3,000 TEL: 07970 281 994	MAIIMVD £1,500 (MAHMMUD) TEL: 07867 886 786	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NLIICAS £7,000 (N LUCAS) TEL: 07985 455 057	PDIIIEEP £7,000 (P DILEEP) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057
B2 GK OFFERS TEL: 07787 334 567	AMII AAD £2,000 (AMII AAD) TEL: 07971 732 789	ASIANXS £15,000 ONO TEL: 07908 472 121	BHO4GUL OFFERS (BHOUL) TEL: 07970 926 653	DR5ISHA £995 (DR. SHISHA / SHA) TEL: 07834 531 683	EYISUF £15,000 (E YUSUF) TEL: 07985 455 057	GYISUF £15,000 (G YUSUF) TEL: 07985 455 057	JAIHLS £15,000 (JALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAI RYM £1,500 (MAHMMUD) TEL: 07867 886 786	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NLIICAS £7,000 (N LUCAS) TEL: 07985 455 057	PDIIIEEP £7,000 (P DILEEP) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057
A17JEO £5,000 ONO (AMJED) TEL: 07971 732 789	AMII EEN £5,000 ONO TEL: 07971 732 789	ASII AAD £15,000 ONO TEL: 07908 472 121	BH54RAT OFFERS (BHARAT) TEL: 07970 926 653	DR 5 500D £8,000 T: 07740 784 983 privateplates@hotmail.co.uk	EYISUF £15,000 (E YUSUF) TEL: 07985 455 057	GYISUF £15,000 (G YUSUF) TEL: 07985 455 057	JAIHLS £15,000 (JALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAI RYM £1,500 (MAHMMUD) TEL: 07867 886 786	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NLIICAS £7,000 (N LUCAS) TEL: 07985 455 057	PDIIIEEP £7,000 (P DILEEP) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057
A2SSM £1,499 ONO TEL: 07875 337 224	AMII JAM £5,000 ONO TEL: 07971 732 789	ASII AAD £15,000 ONO TEL: 07908 472 121	BH54RAT OFFERS (BHARAT) TEL: 07970 926 653	DR 5 500D £8,000 T: 07740 784 983 privateplates@hotmail.co.uk	EYISUF £15,000 (E YUSUF) TEL: 07985 455 057	GYISUF £15,000 (G YUSUF) TEL: 07985 455 057	JAIHLS £15,000 (JALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAI RYM £1,500 (MAHMMUD) TEL: 07867 886 786	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NLIICAS £7,000 (N LUCAS) TEL: 07985 455 057	PDIIIEEP £7,000 (P DILEEP) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057
A212 JAN OFFERS OVER £5,000 TEL: 07817 615 022	AMII SAR £2,500 ONO TEL: 07971 732 789	ASII AAD £15,000 ONO TEL: 07908 472 121	BH54RAT OFFERS (BHARAT) TEL: 07970 926 653	DR 5 500D £8,000 T: 07740 784 983 privateplates@hotmail.co.uk	EYISUF £15,000 (E YUSUF) TEL: 07985 455 057	GYISUF £15,000 (G YUSUF) TEL: 07985 455 057	JAIHLS £15,000 (JALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAI RYM £1,500 (MAHMMUD) TEL: 07867 886 786	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NLIICAS £7,000 (N LUCAS) TEL: 07985 455 057	PDIIIEEP £7,000 (P DILEEP) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057
AAII LAM £1,500 ONO TEL: 07971 732 789	AMII SER £2,500 ONO TEL: 07971 732 789	ASII AAD £15,000 ONO TEL: 07908 472 121	BH54RAT OFFERS (BHARAT) TEL: 07970 926 653	DR 5 500D £8,000 T: 07740 784 983 privateplates@hotmail.co.uk	EYISUF £15,000 (E YUSUF) TEL: 07985 455 057	GYISUF £15,000 (G YUSUF) TEL: 07985 455 057	JAIHLS £15,000 (JALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAI RYM £1,500 (MAHMMUD) TEL: 07867 886 786	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NLIICAS £7,000 (N LUCAS) TEL: 07985 455 057	PDIIIEEP £7,000 (P DILEEP) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057
AAIIMAD £15,000 (A AHMAD) TEL: 07985 455 057	AN544R N £1,500 ONO (ANSAAR) TEL: 07946 162 099	ANS55OM £10,000 (AWEsome) TEL: 07985 455 057	AVIINUS £9,500 (A YUNUS) TEL: 07985 455 057	BYIISAF £15,400 (B YUSAF) TEL: 07985 455 057	FAIISAF £15,400 (F YUSAF) TEL: 07985 455 057	FAIISAF £15,400 (F YUSAF) TEL: 07985 455 057	FAIISAF £15,400 (F YUSAF) TEL: 07985 455 057	FAIISAF £15,400 (F YUSAF) TEL: 07985 455 057	FAIISAF £15,400 (F YUSAF) TEL: 07985 455 057	FAIISAF £15,400 (F YUSAF) TEL: 07985 455 057	FAIISAF £15,400 (F YUSAF) TEL: 07985 455 057	FAIISAF £15,400 (F YUSAF) TEL: 07985 455 057	FAIISAF £15,400 (F YUSAF) TEL: 07985 455 057
AAIYAA £20,000 (AAIYAA) TEL: 07985 455 057	AN55AR K £1,000 TEL: 07983 480 777	AVIINUS £9,500 (A YUNUS) TEL: 07985 455 057	BYIISAF £15,400 (B YUSAF) TEL: 07985 455 057	FAIISAF £15,4									

SH04 BEK £1,995 ONO TEL: 07764 656 667 OFFERS T: 07754 852 402 no withheld numbers	SHA2D £25,000 TEL: 07867 861 193	TAIHAS £3,000 ONO (TALHA) TEL: 07946 162 099	TVIJAY £10,000 (T VIJAY) TEL: 07985 455 057	VY55 HAL £3,500 TEL: 07588 326 444	WDIIEEP £7,000 (W DILEEP) TEL: 07985 455 057	XX 56XY XX £8,000 ONO TEL: 07908 472 121
SHIOAEB OFFERS T: 07754 852 402 no withheld numbers	SOII BYA £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	TAIIMAD £10,000 (T AHMAD) TEL: 07985 455 057	TYIISAF £15,400 (T YUSAF) TEL: 07985 455 057	VY55 HNU £3,500 TEL: 07588 326 444	WGIPTA £6,995 (W GUPTA) TEL: 07985 455 057	XYIISAF £15,400 (X YUSAF) TEL: 07985 455 057
SHIOABY £4,000 ONO TEL: 07826 695 464	SPIIRTY £15,000 (SPORTY) TEL: 07985 455 057	TAIIYRS £1,500 (TAHYRS) TEL: 07867 886 786	TYIISUF £15,000 (T YUSUF) TEL: 07985 455 057	WOIVER £6,500 (W OLIVER) TEL: 07985 455 057	WKIIMAR £15,000 (W KUMAR) TEL: 07985 455 057	YIINES OFFERS (YOUNAS) TEL: 07834 016 393
SHIOKET OFFERS T: 07754 852 402 no withheld numbers	STIIGGG £20,000 ONO TEL: 07786 510 000	TAI3BYS £1,600 ONO TEL: 07557 387 547	UAIIMAD £10,000 (U AHMAD) TEL: 07985 455 057	W2I JAS £1,200 ONO TEL: 07925 757 677	WMILES £7,500 (W MILES) TEL: 07985 455 057	YSIILMA £4,000 ONO (SALMA) TEL: 07969 598 969
SHIOKUT OFFERS T: 07754 852 402 no withheld numbers	SUR87IT £1,500 (SURBUT) TEL: 07985 589 631	TA55LYM £4,895 ONO TEL: 07779 324 610	UDIIEEP £7,000 (U DILEEP) TEL: 07985 455 057	W33DDY £5,000 ONO TEL: 07779 994 695	WSIISAN £7,500 (W SUSAN) TEL: 07985 455 057	Y55ANA OFFERS TEL: 07835 316 786
SHII AED £1,000 TEL: 01274 414141 MON - FRI: 9-5.30	SYIISAF £15,400 (S YUSAF) TEL: 07985 455 057	TA55TEE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	UKIIRD OFFERS TEL: 07522 199 997	W33DY K £5,000 ONO TEL: 07779 994 695	WYIISAF £15,400 (W YUSUF) TEL: 07985 455 057	Y9 ALT £30,000 TEL: 07525 817 453
SHII AFS £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	SYIISUF £15,000 (S YUSUF) TEL: 07985 455 057	TA55TYE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	UMM444R £4,995 TEL: 07707 747 776	W33NTD £1,800 (WANTED) TEL: 01202 877 038	WYIISUF £15,000 (W YUSUF) TEL: 07985 455 057	YAIIMAD £10,000 (Y AHMAD) TEL: 07985 455 057
SHIIAHZ £6,000 TEL: 07921 576 971	TOYSR £15,000 ONO TEL: 07973 787 934	TAG7 ETS £6,000 ONO TEL: 07908 472 121	UYIISAF £15,400 (U YUSAF) TEL: 07985 455 057	W4JLD £1,995 TEL: 07954 389 874	X3 SINGS £3,500 (SINGHS) TEL: 07833 333 870	YAIYAA £15,000 (YAYYAA) TEL: 07985 455 057
SHII ANY £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	TIUUCS OFFERS TEL: 07581 169 231	TAHIR £100,000 (TAHIR) TEL: 07403 302 725	VOIIRAS £2,000 (VOHRA) TEL: 07867 886 786	W4KY R £10,000 TEL: 07786 615 234	X 7BY X £1,500 TEL: 07767 778 798	YEIICOM £48,000 (YELL COM) TEL: 07985 455 057
SHIIKEL £4,999 ONO (SHAKEL) TEL: 07863 845 709	TI4 REK OFFERS (TARIOQ) TEL: 07508 066 661	TBIATT £7,000 (T BHATT) TEL: 07985 455 057	VOIIVER £6,500 (V OLIVER) TEL: 07985 455 057	W4LYT £2,000 TEL: 07854 435 656	XAL IIX £15,000 TEL: 07733 244 444	YDIIEEP £7,000 (Y DILEEP) TEL: 07985 455 057
SHII OBY £1,000 TEL: 01274 414141 MON - FRI: 9-5.30	TI9 ARX OFFERS (TIGER X) TEL: 07837 780 981	TDIIEEP £7,000 (T DILEEP) TEL: 07985 455 057	V 4RFN £1,000 TEL: 07967 193 033	WAIIEEM £15,000 (WAHEEM) TEL: 07985 455 057	X BAIG £50,000 TEL: 07947 979 777	YKIIMAR £15,000 (Y KUMAR) TEL: 07985 455 057
SHIIPER £15,000 (SHIPER) TEL: 07985 455 057	TILI 786 £1,500 ONO TEL: 07974 179 156	TERIK VALUED AT OVER £60K TEL: 07739 413 695	V 44HJD £850 ONO TEL: 07803 012 253	WAIISHA £9,000 (W AISHA) TEL: 07985 455 057	X K04SER OFFERS TEL: 07611 146 312	YUIONES OFFERS T: 07754 852 402 no withheld numbers
SHIYLA £10,000 TEL: 07969 914 041	T44 RKK £2,200 ONO TEL: 07926 095 168	TJIDGE £15,500 (T JUDGE) TEL: 07985 455 057	VAIIMAD £10,000 (V AHMAD) TEL: 07985 455 057	WAIITAD £10,000 (WANTED) TEL: 07778 881 126	X KIIN X £2,700 TEL: 07786 087 155	YVIJAY £10,000 (Y VIJAY) TEL: 07985 455 057
SHI2ADH £3,000 ONO TEL: 07870 983 553	T444BYS £995 ONO TEL: 07886 606 431	TKIINGS £14,000 (T KIINGS) TEL: 07985 455 057	VBIATT £7,000 (V BHATT) TEL: 07985 455 057	WAH330K £2,500 (WAHEED K) TEL: 07973 199 979	XKIIMAR £15,000 (X KUMAR) TEL: 07985 455 057	Y44SCR £2,500 ONO TEL: 07828 159 318
SHI2ANH £3,000 ONO TEL: 07870 983 553	T8WHD £15,000 (TAWHEED) TEL: 07842 955 147	TMILES £7,500 (T MILES) TEL: 07985 455 057	VDIIEEP £7,000 (V DILEEP) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057	XMILES £7,500 (X MILES) TEL: 07985 455 057	
SHI3 MLA £5,000+ (SHIMMLA) TEL: 07973 165 474	T9RYK OFFERS TEL: 07863 289 625	TRII HAD £2,500 TEL: 01274 414141 MON - FRI: 9-5.30	VSIISAN £7,500 (V SUSAN) TEL: 07985 455 057	WAJ33D £2,995 TEL: 07793 628 670	XSIKAS £4,500 (X SHAKS) TEL: 07985 455 057	
SH54ZHD £5,725 TEL: 07802 183 450	TAIIATS £1,500 (TALLAT) TEL: 07867 886 786	TSIISAN £7,500 (T SUSAN) TEL: 07985 455 057	VYIISAF £15,400 (V YUSAF) TEL: 07985 455 057	WASIIF £10,000 TEL: 07867 861 193	XXIO MAR OFFERS TEL: 07928 473 771	
5 NAS £30,000 TEL: 07540 176 854	CHIEFS £20,000 ONO TEL: 07786 615 234	PIINEM £2,995 ONO (PUNEM) TEL: 07305 700 800				
ATT4H £8,500 ONO TEL: 07786 424 251	K7 PPA £3,995 ONO TEL: 07890 201 854	UK I IORD OFFERS TEL: 07522 199 997				
H4 SSB £12,995 ONO TEL: 07440 766 843	L99HOR OFFERS TEL: 07850 706 930	YA55EEM £75,000 ONO TEL: 07887 837 553				
J4 MEL £15,000 ONO TEL: 07870 496 535	NOO2HAT £2,000 ONO (NUZHAT) TEL: 07813 011 702					

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AI.2GGY OFFERS TEL: 07522 173 297	AMIIAS.X OFFERS TEL: 07522 173 297	FAIIZAM OFFERS TEL: 07522 173 297	K4UR.X OFFERS TEL: 07522 173 297	MAI4RYA OFFERS TEL: 07522 173 297	S4JAO OFFERS TEL: 07522 173 297	SIOOFYN OFFERS TEL: 07522 173 297
AAI2OMA OFFERS TEL: 07522 173 297	AY55HAS OFFERS TEL: 07522 173 297	FI2ANA OFFERS TEL: 07522 173 297	K44HNY OFFERS TEL: 07522 173 297	MAI4RYM OFFERS TEL: 07522 173 297	S4TPL OFFERS TEL: 07522 173 297	T4RAK OFFERS TEL: 07522 173 297
AAI3EZA OFFERS TEL: 07522 173 297	BI9 ACN OFFERS TEL: 07522 173 297	FI2LAT OFFERS TEL: 07522 173 297	KE55AR.B OFFERS TEL: 07522 173 297	MAQ4DAS OFFERS TEL: 07522 173 297	S50QAAN OFFERS TEL: 07522 173 297	T4SDK OFFERS TEL: 07522 173 297
AA55HAD OFFERS TEL: 07522 173 297	BAO.5HAN OFFERS TEL: 07522 173 297	FI7RAN OFFERS TEL: 07522 173 297	KA55YM.A OFFERS TEL: 07522 173 297	MEIIZAN OFFERS TEL: 07522 173 297	SAI4HYL OFFERS TEL: 07522 173 297	T5PAN OFFERS TEL: 07522 173 297
ABIIDLA OFFERS TEL: 07522 173 297	BD5.7HUG OFFERS TEL: 07522 173 297	HIGFSA OFFERS TEL: 07522 173 297	KE55AR.J OFFERS TEL: 07522 173 297	MUIIAMO OFFERS TEL: 07522 173 297	SHO2ZEB OFFERS TEL: 07522 173 297	TIGYUB OFFERS TEL: 07522 173 297
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ANIAMS OFFERS TEL: 07522 173 297	CH JAT OFFERS TEL: 07522 173 297	JA13ARZ OFFERS TEL: 07522 173 297	KISHVR OFFERS TEL: 07522 173 297	RI4SYT OFFERS TEL: 07522 173 297	SHIIMEM OFFERS TEL: 07522 173 297	TA54WAR OFFERS TEL: 07522 173 297
ANIEEK OFFERS TEL: 07522 173 297	DI4TAA OFFERS TEL: 07522 173 297	JA55 KOR OFFERS TEL: 07522 173 297	KKI. 2AYN OFFERS TEL: 07522 173 297	RI7WAJ OFFERS TEL: 07522 173 297	SHIISAD OFFERS TEL: 07522 173 297	V3JEY OFFERS TEL: 07522 173 297
ANIQUE OFFERS TEL: 07522 173 297	EI3RAR OFFERS TEL: 07522 173 297	JA5.5NGH OFFERS TEL: 07522 173 297	LIGAYD OFFERS TEL: 07522 173 297	RAI3 KHN OFFERS TEL: 07522 173 297	SHI3KHE OFFERS TEL: 07522 173 297	W4SAB OFFERS TEL: 07522 173 297
A.RI3MHN OFFERS TEL: 07522 173 297	ESIIMYL OFFERS TEL: 07522 173 297	JAIIBAR OFFERS TEL: 07522 173 297	L4IIORE OFFERS TEL: 07522 173 297	RAI3NWZ OFFERS TEL: 07522 173 297	SHI3KHY OFFERS TEL: 07522 173 297	WI4JYD OFFERS TEL: 07522 173 297
ASIIWYN OFFERS TEL: 07522 173 297	FBI2ANA OFFERS (FARANA) TEL: 07522 173 297	JASS JAZ OFFERS TEL: 07522 173 297	MI2NYR OFFERS TEL: 07522 173 297	RAI4SHD OFFERS TEL: 07522 173 297	SHI4KEL OFFERS TEL: 07522 173 297	X.I5AH.X OFFERS TEL: 07522 173 297
ATIIQUE OFFERS TEL: 07522 173 297	FBRHN OFFERS TEL: 07522 173 297	KI55HYF OFFERS TEL: 07522 173 297	M42RUF OFFERS TEL: 07522 173 297	S3I ACN OFFERS TEL: 07522 173 297	SHI4KYL OFFERS TEL: 07522 173 297	



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PUBLIC NOTICE

Licensing Act 2003

Notice is hereby given that
We **Collab Leeds** have made an application under
section 17 of part 3 of the Licensing Act 2003 for the grant of a
premises licence for the premises known as:
Collab Leeds, 71 Commercial Road, Kirkstall, Leeds, LS5 3AT

We intend to conduct the following licensable
activities on or from the premises:

Sale by retail of alcohol - Everyday 11:00 – 23:00

Responsible authorities or any other person may make written representations
to Leeds City Council about this application until **23 June 2023** which should be
sent to entertainment.licensing@leeds.gov.uk or Civic Hall, Leeds, LS1 1UR

For full details and to view a copy of the application please contact Entertainment
Licensing on 0113 378 5029 or email entertainment.licensing@leeds.gov.uk

It is an offence to knowingly or recklessly make a false statement in connection
with an application and the maximum fine for which a person is liable on
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GAMECHANGER

FA's new rules for serious misconduct in grassroots football

The Football Association (FA) will introduce point deductions for teams across the grassroots game from the start of the 2023/24 season if their players or coaches commit repeated offences of serious misconduct.

This landmark development has been approved by the Football Regulatory Authority and ratified by the FA Council, and it is part of The FA's commitment to tackle and address incidents of unacceptable behaviour in the game.

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The tougher sanctions follow consistent feedback from across grassroots football that player behaviour is a significant issue, and will specifically target offending teams where its participants commit serious misconduct, making clear to clubs that this kind of behaviour will not be tolerated.

Point deductions will apply to clubs at Step 7 and below of the men's game, and clubs across Tier 3 and below in the women's pyramid, which commit cumulative incidents of serious misconduct, such as acts of discrimination and assault or attempted assault, and physical contact or attempted physical contact against a match official.

Deductions will range from three to 12 points depending on the number of breaches within 12

months of the team's first offence and severity of the case(s).

FA CEO Mark Bullingham said: "This is a significant step for grassroots football in England, and clearly outlines our commitment to

“This is a significant step for grassroots football in England, and clearly outlines our commitment to tackle incidents of serious misconduct.”

tackle incidents of serious misconduct.

“We frequently hear from grassroots participants that player behaviour is a growing issue and we're determined to change this. So, from the start of the 2023/24 season, players and coaches who repeatedly offend will hurt their team by losing points.

“Unacceptable behaviour towards other players and officials will not be tolerated.

“We hope this proves to be a strong deterrent which helps to improve the culture within the grassroots game.

“We're also working with the professional leagues and other stakeholders to tackle poor behaviour in the professional game and will provide an update on this ahead of next season.”

The FA continues to work with the wider game and the English football authorities to identify new ways to improve behaviour at every level, and further details will be announced before the start of the 2023/24 season.



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■ John Gimson and Anna Burnet © Sailing Energy



■ Emma Wilson © Lloyd Images

British Sailing Team unveils Olympic test event line-up

Back page story continued

The test event is a dress rehearsal for the Games with only one entry per nation in each of the ten classes.

It's also a key performance indicator in the run-up to Paris 2024, where Britain will aim to maintain its title as the world's most successful Olympic sailing team.

Gimson and Burnett, Nacra 17 silver medallists at Tokyo 2020, will head to Marseille unbeaten in 2023 having chalked up wins at the Princess Sofia Trophy and Semaine Olympique Française regattas.

Windsurfer Wilson (above), who won Olympic bronze in the RS:X, has also enjoyed an impressive start to the season with victory at the Princess Sofia Trophy and bronze at the iQFOiL European Championships.

With many of the successful Tokyo 2020 team hanging up their wetsuit boots, including gold medallists Giles Scott, Hannah Mills, Eilidh McIntyre, Dylan Fletcher and Stuart Bithell, a new generation will get their chance

stake their claims for a ticket to the greatest show on Earth.

Joining Wilson on the iQFOiL, one of two new sailing classes making their Olympic debut in Paris, will be Sam Sills (below), who won bronze at the Lanzarote International Regatta before clinching the top spot at the Princess Sofia Trophy.

With Formula Kite also set to debut in Paris, Connor Bainbridge and Ellie Aldridge have been chosen to



■ Ellie Aldridge © Lloyd Images

■ James Peters and Fynn Sterritt © Sailing Energy



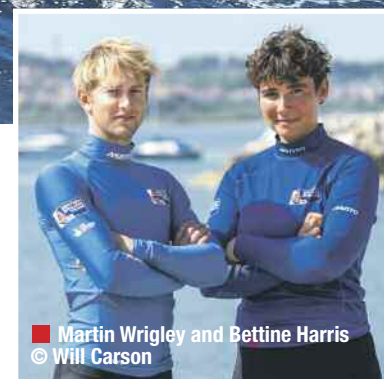
complete at the test event off the back off bronze medals at the Princess Sofia Trophy and another for Bainbridge at Semaine Olympique Française.

A win at Princess Sofia followed by bronze at Semaine Olympique Française was enough to secure Micky Beckett the coveted spot in the ILCA 7, while 2022 Princess Sofia silver

medallist Hannah Snellgrove will fly the flag in the ILCA 6 fleet.

Stalwart pairing James Peters and Fynn Sterritt will take on the 49er fleet while two-time Olympian Saskia Tidey and test event debutant Freya Black (below) will contest the 49erFX class.

In the mixed 470, the spot goes to Martin Wrigley and Bettine Harris.



■ Martin Wrigley and Bettine Harris © Will Carson

The duo only joined forces a few months ago but have put in some promising performances.

Selection for the test event, made by the RYA's Olympic Selection Committee, is a key step in the RYA's ongoing process to nominate athletes to go to Paris 2024 as part of Team GB.

It doesn't guarantee that these athletes will be picked to represent Team GB at Paris 2024.

Mark Robinson, the RYA's Performance Director, said: "Attending the Olympic test event is always a key milestone in one's Olympic campaign journey and these 14 athletes, through their recent performances, thoroughly deserve that opportunity. With a number of equipment and class changes for Paris 2024 we have selected a great mix of up-and-coming performers alongside seasoned campaigners at the highest level."

The Paris 2024 test event runs from July 9 to 16, and results can be followed at the event website. Stay tuned to British Sailing Team social media for updates throughout the regatta.



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British Sailing Team unveils Olympic test event line-up

Tokyo 2020 stars John Gimson, Anna Burnet and Emma Wilson will headline a stellar cast of athletes picked to represent Great Britain at the Paris 2024 test event.

The medal-winning trio are among a 14-strong squad that will take on the world's best in Marseille, host city of the sailing competition at next summer's Olympics, in July.

Continued on page 55



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