



# Boosting Covid-19 immune response

■ Rajeev Verma has the highest antibody levels of any Asian donor so far



People from Asian communities who have recovered from COVID-19 are more likely to have the antibody-rich convalescent plasma which can save lives, according to early analysis. Asian donors, including the man with the highest antibodies of Asian donor so far, are now supporting NHS Blood and Transplant's (NHSBT) appeal for more people to donate plasma to help people with COVID-19.

Continued on page 10

## Rajeev recovered from coronavirus, now his convalescent plasma could save lives

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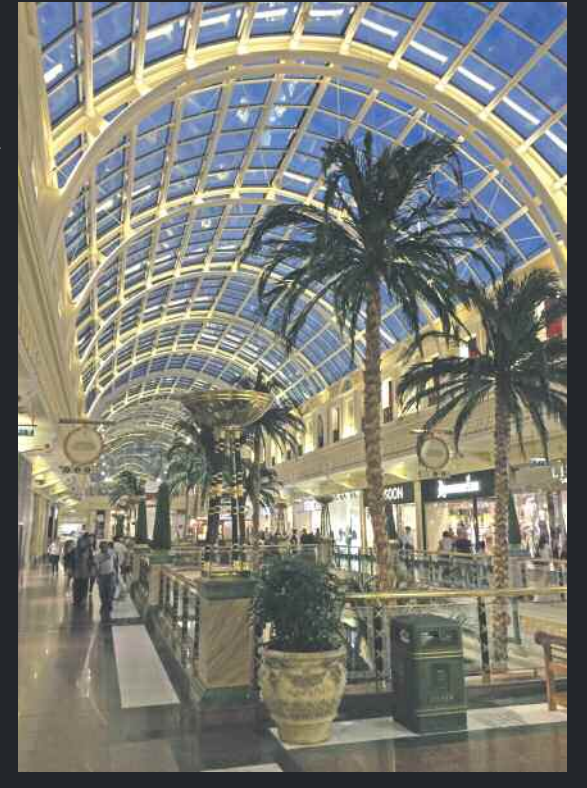
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THE INDIAN

# Manchester's Trafford Centre could collapse



**Owners of the Trafford Centre have warned that the shopping centre could be forced to shut as it appoints KPMG to prepare a contingency plan for administration, in case rescue talks with lenders fail.**

Intu Properties, which also owns the Lakeside shopping centre in Essex, remains locked in crunch talks as it struggles with £5bn debts after being hard hit by debt and the Covid-19 pandemic.

The group is negotiating details with lenders to secure vital funds to stay afloat ahead of a deadline on Friday.

The company's current debt waivers expire on 26th June. Intu is hoping to arrange a so-called standstill agreement on terms of up to 18 months, but said at this stage it is unlikely to be more than 15 months.

It cautioned that if it cannot reach an agreement and is placed in administration, then without critical up-front funding from its lenders, "there is a risk that centres may have to close for a period".

The group is trying to negotiate a freeze on loan repayments to its banks but demands from landlords is increasingly making this unlikely.

Intu was already under financial pressure as it came into the coronavirus pandemic, selling properties in the UK and Spain in recent years to help prop up its finances.

In May, the company threatened 'robust action' against large tenant businesses who haven't paid their rent during the coronavirus lockdown.

It said it had only received 40 per

cent of all rent and service charge for the first quarter of the year, which was due by the end of March.

The firm warned in March it could collapse if it cannot find further funds after losing £2bn in 2019.

In a statement, Intu said on May 18 it gave an update on lender discussions "in particular looking to achieve stability through standstill-based agreements with relevant financial stakeholders across its structures, at both the asset and group level."

It said since this update, Intu has been in discussions with key stakeholders to progress this standstill strategy ahead of the revolving credit facility covenant waiver deadline of 26 June 2020.

"At this stage it is not expected that the duration will exceed 15 months," it said. The extent and basis to which creditors at the individual asset level will share (to the extent it exists after the repayment of debt, accrued interest and applicable break costs) in any future valuation recovery; and creditors of Intu Properties plc may also benefit (including possibly by way of future equitization of PLC debt).

"How the operations of individual centres are to be funded. Some centres have reduced rent collections as a result of Covid-19 and cash trapped under their financing arrangements which

restrict their ability to pay for support (such as shopping centre staff) from other entities in the Intu group.

"Securing additional funding in centres funded by bond structures is more difficult to achieve and, in this connection, consent will be sought shortly from the stockholders of Intu Debenture PLC to authorise the trustee to release certain monies within the existing debt structure to be used for short term liquidity needs.

"Other centres may also require cash injections for these purposes. This all remains subject to further negotiations, with no certainty as to whether Intu will achieve a standstill, or on what terms or for what duration.

"Further announcements will be made as appropriate. Notwithstanding the progress made with lenders, Intu has also appointed KPMG to contingency plan for administration. In the event that Intu Properties plc is unable to reach a standstill, it is likely it and certain other central entities will fall into administration.

"In this situation, all property companies would be required to pre-fund the administrator to provide central services to the shopping centres. If the administrator is not pre-funded then there is a risk that centres may have to close for a period."

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# We're lovvin' it

McDonald's have reopened all of its 1,061 Drive Thrus in the UK and Ireland for drive-through or delivery, as it returns to trading after the coronavirus shutdown.

With many offering the McDelivery service, the Bradford burger chain has been working with the local authority in the run-up to the reopenings after almost two months' closure.

Customers and McDonald's staff are protected by perspex screens installed at the drive-through windows, and further measures are in place to protect workers inside the restaurant's kitchens.

Each employee has their temperature checked with a contactless thermometer when they arrive for a shift, and is given protective equipment including masks and gloves. They've also introduced physical distancing inside the restaurants, including floor markings in each branch.

Bradford franchisee, Saj Shah, said: "I am delighted to be

## Bradford McDonald's stores reopen after coronavirus lockdown

returning to the community in Bradford and I would like to thank both staff and customers for your continued support and patience.

"All employees are being asked to confirm they are fit and able to work and we are conducting wellness checks and conducting risk assessments.

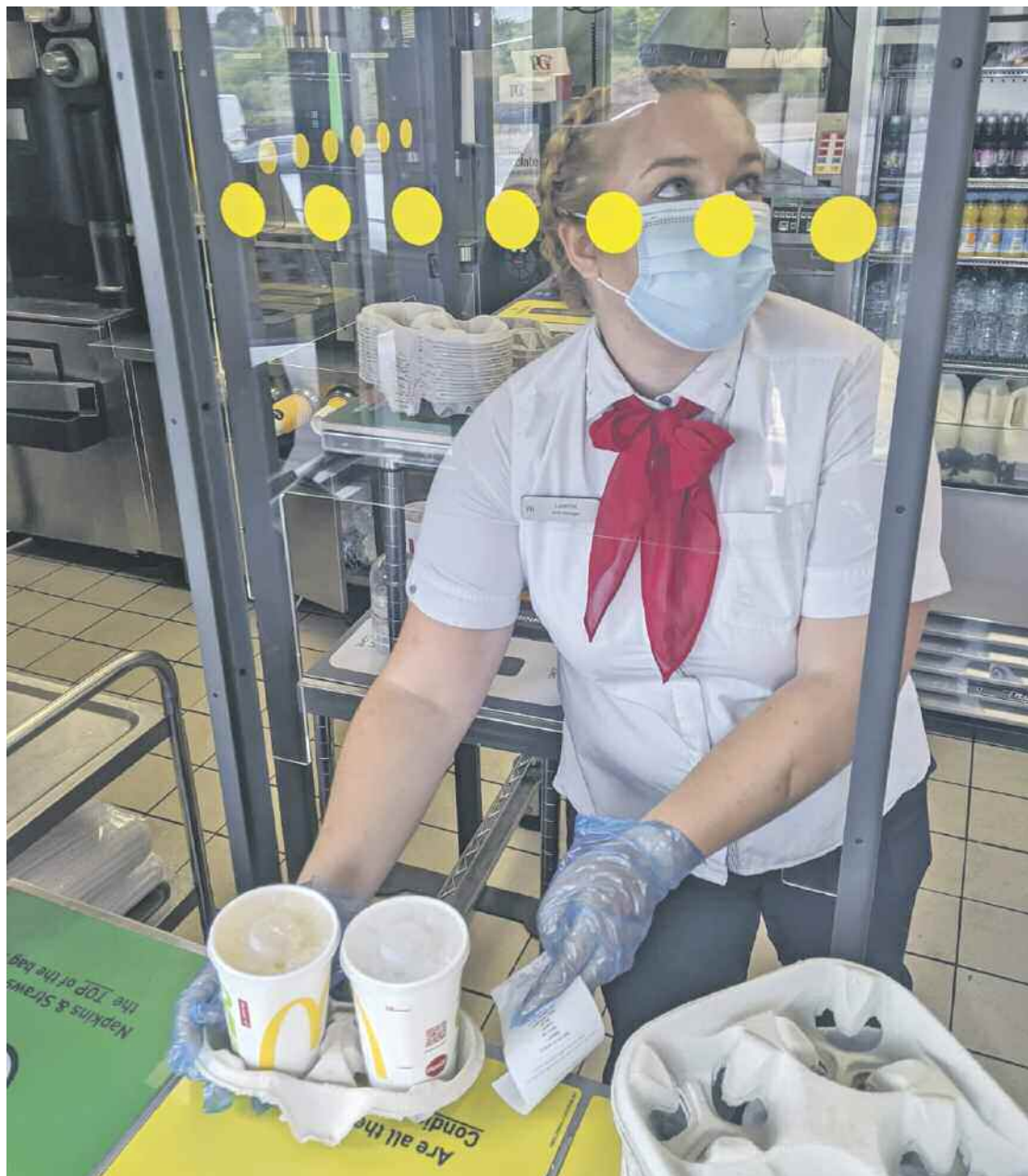
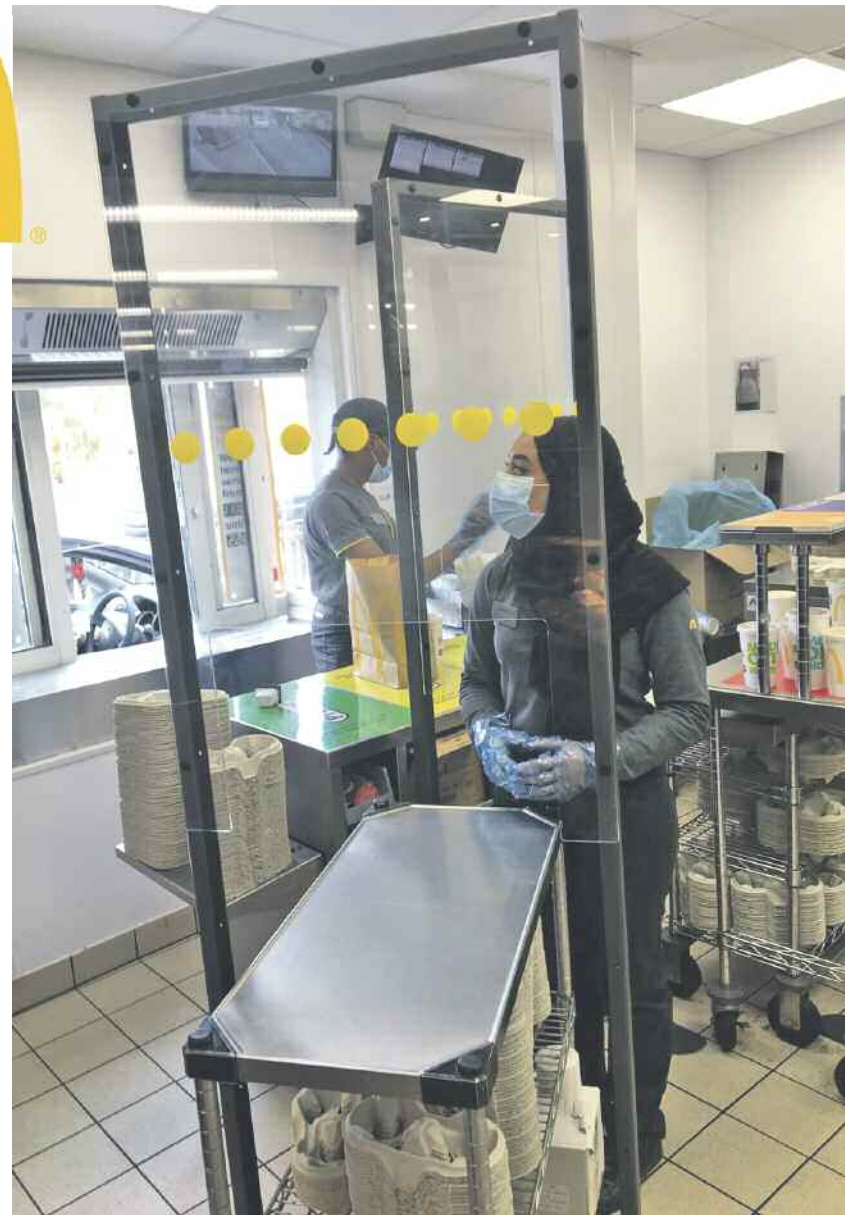
"We would like to assure you that social distancing has been introduced in the kitchens and service areas to help create a safe working environment for restaurant teams. We are glad to be back but it will look a little different and may take a little

longer, so please bear with us."

For now, McDonald's branches will continue to offer a limited menu, which does not include breakfast or shakes, owing to smaller teams working in each location.

The restaurants have reduced opening hours 11am-10pm, and customers are asked to use contactless payment methods if possible and spending is capped at £25 per vehicle.

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# How is Capt Tom Moores's £33m fundraising money actually being spent?

What began as a 99-year-old Army veteran walking laps of his garden for charity has evolved into a story that has captured the hearts of a nation desperate for positive news during the coronavirus pandemic.

Captain Tom Moore's initial hopes of raising £1,000 by lapping his Bedfordshire garden 100 (1.6 miles) times before his 100th birthday seem like a distant memory, with the total now surpassing a staggering £30m.

The fund continues to rise and has been earmarked for the NHS. What will happen to the money?

The £33m raised by centenarian Sir Tom was in aid of the health service's charitable wing, NHS Charities Together. It is part of an overall £116m collected for the fund as part of its Covid-19 Urgent Appeal. Some £20m has been spent so far. The umbrella organisation supports more than 140 member health service charities, which are typically linked to specific hospitals or NHS trusts.

Many of the funds donated to NHS Charities Together are being disseminated to charities to use at a local level - and that's where the kind of money raised by Capt Tom will be spent.

Donations since the pandemic started have been used to help set up wellbeing spaces in hospitals. These include sleep pods, reclining chairs and so-called

"wobble rooms" - areas where staff have a safe space to release emotions after a traumatic experience, such as losing a patient.

Money is going towards funding wellbeing packs and gifts for staff and volunteers. This might include food deliveries, protein bars, snacks and refreshments or wash bags and overnight kits. Some money may fund travel and parking costs, accommodation and volunteer expenses.

In the long term, the funds will be used in planning to allow people to leave hospital quicker and safely, and also provide mental health support for staff and volunteers involved in dealing with the pandemic.

Cap Tom Moore's fundraising total is the largest raised in a single campaign. In March 2019 the website JustGiving abolished its 5% mandatory platform fee from donations, replacing it instead with a voluntary contribution model.

In a statement a spokeswoman said: "This model provides donors with choice and transparency, as well as allowing JustGiving to maintain the technology that keeps our site running 24/7, provide top-notch customer service and give everyone the best experience on She added that 97% of all monies raised would go to NHS Charities Together, as with any other fundraiser on the donation site.





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# Tens of thousands sign petitions to replace slave trade statues and signs around the UK

■ Statue of Robert Clive of India - Shrewsbury Square



Hundreds of petitions have been started on petition platform Change.org to replace statues and signs of slave traders, colonialists and imperialists since the statue of Edward Colston was torn down on Sunday.

One of the most popular petitions, with almost 30,000 signatures, calls on the UK Government to remove all slave trader statues from around the UK.

Dozens of petitions have been started about the Edward Colston statue. 15,000 people have signed a petition for a statue of Bristolian civil rights campaigner Paul Stephenson, while another calls for the statue to be replaced with a memorial to victims of the slave trade.

Another demand on Bristol City Council is to "Remove Slave Trader Edward Colston's Name From All Roads, Schools And Landmarks". Rebecca Bolden, who started the petition, says "It's a disgrace for a slave trader to still be celebrated and commemorated in such a way. There is no place in society in this day and age for Landmarks, schools and roads to be named after those who profited in the sale and exploitation of slaves."

A similar petition calls for road names to be changed in Glasgow, with 20,000 people calling on Glasgow City Council to rename streets named after slave owners. Writing on their petition, Ciara Spratt points out that "Currently there are many streets in Glasgow which are

named after slave owners, such as Glassford Street (John Glassford), Ingram Street (Archibald Ingram) and Buchanan street (Andrew Buchanan) glorifying the slave owners of the past.

Elsewhere in the UK, almost 30,000 people have signed a petition to Derbyshire Dales District Council to "remove the racist caricature of a black man's head from the Green Man sign" in Ashbourne whilst a counter-petition to keep the "Black's Head" has nearly 3,000 signatures.

and other parts of Southeast Asia], and established colonial control by force over millions of people, as a leading agent of the East India Company (EIC). If we are to start to address and destroy everyday racism in the UK today, we must confront the racism this statue embodies and bring it down."

The long-running campaign to remove the statue of Cecil Rhodes at Oriel College in Oxford has been reignited with 7,000 people signing a petition to the University of Oxford to "Remove your racist statue"

***There is no place in society in this day and age for Landmarks, schools and roads to be named after those who profited in the sale and exploitation of slaves.***

Another council - Shropshire Council - is being called on to remove the statue of Robert Clive in Shrewsbury.

David Parton, who started the petition, says Clive "was responsible for looting the wealth and resources of [Bangladesh, Bhutan, India, Maldives, Myanmar, Pakistan and Sri Lanka,

The petitions to replace slave trade statues and signs come amidst protests around the world for the Black Lives Matter movement and justice for George Floyd. A viral petition for Justice for George Floyd has amassed over 16 million signatures, making it the biggest petition in history.

On the 72nd anniversary of the arrival of the Empire Windrush, carrying migrants from the Caribbean to England, the NHS is marking the contribution of staff from more than 200 nationalities who have played a critical part in the shaping of the health service, and remain a crucial part of our NHS workforce today.

With the Windrush arrival in 1948 coming only a fortnight ahead of the founding of the NHS, the anniversaries this year are being used to drive practical changes in support for BAME staff and patients.

A new Health and Race Observatory has been established to offer practical changes in working practices and services, building on the work of the NHS' pioneering

## NHS Chief Executive Pays tribute to "Essential Contribution" of Windrush generation

Workforce Race Equality Standard, which assesses the experience of NHS BAME staff.

These will support the work that NHS organisations are doing to progress race equality for staff, patients, and communities. Every local NHS trust and employer is also being urged to complete assessments of staff in at-risk groups, including those from BAME

backgrounds.

Speaking from Windrush Square in Brixton, Sir Simon Stevens, NHS chief executive, said: "Many of those who came to this country shortly after the war, on ships such as the Windrush, helped nourish the NHS in its early years, and became an integral part of its success."

"So it's right to take a moment to look back at this contribution with

pride, while also confronting the reality that their dedication and service has not always been recognised, respected or rewarded.

"Fast forwarding to today, there is increasing evidence that longstanding inequalities are now being magnified and worsened by the disproportionate impact of COVID-19 on our black, Asian and minority ethnic patients, friends and

colleagues.

"So Windrush Day this year has to serve not only as a reminder of our history, but as a catalyst for urgent action to tackle racism and discrimination wherever it is to be found."

The NHS will lead applause for all those who have supported the NHS through recent months at 5pm on the 5th of July NHS staff .

**"Many of those who came to this country shortly after the war, on ships such as the Windrush, helped nourish the NHS in its early years, and became an integral part of its success."**



  
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# COVID 19: Safer shopping

## Steps towards restoring people's livelihoods and keeping everyone safe

With all non-essential retailers, including fashion shops and homeware stores, able to reopen from 15th June using the UK Government's 'Covid-Secure' guidance, it's the next step towards restoring people's livelihoods and restarting the UK's economy.

As we welcome the 'new normal', businesses are carrying out risk assessments as well as maintaining hygiene procedures to keep staff and customers safe, including limiting how many customers are inside the building at any one time, frequent hand sanitisation and ensuring social distancing.

As well as frequently cleaning surfaces and objects that are touched regularly, including self-checkouts, trolleys, or staff handheld devices, employers will also need to provide regular reminders and signage to maintain hygiene standards and help those with visual impairments or disabilities to navigate these measures.

### IKEA greets eager shoppers

IKEA has reopened 22 stores nationwide after temporarily closing when the nation went into lockdown due to the coronavirus pandemic.

Though the iconic furniture and homeware Swedish giant continued its online retail operations since 23rd March, it has now enforced new measures to help protect staff and the thousands of eager shoppers visiting their reopened stores.

Customers are being asked to

stick to strict new rules, and that all shoppers come into stores alone with the only exceptions being if customers need special assistance or need to bring their children with them.

With new safety measures introduced as well as reduced opening hours, the furniture chain has also introduced a strict queuing system to manage entry into the store. Staff and signage are helping customers stick to social distancing guidelines inside the shop.

Hand sanitisers are stationed throughout the store, as will new protective screens at key points such as checkouts and cashless payments. Deeper and more frequent cleaning routines for bags, trolleys, bathrooms, rest areas, equipment and touchscreens has been implemented.

Peter Jelkeby, IKEA's Country Retail Manager for its UK and Ireland stores, is delighted about the team spirit that has powered the return: "In the weeks that we've been closed to customers, we've been focused on accelerating our plans to create a new IKEA; one that is more accessible, affordable and sustainable," he says.

IKEA's new measures focus on maintaining a 'safe environment' for everyone and have provided online safety training and health screenings for all shop floor staff. The UK and Ireland reopenings follow the return of service at its stores across the rest of Europe.



Peter Jelkeby, IKEA's Country Retail Manager for UK and Ireland

## 8 ways IKEA is safeguarding its stores

- Online health & safety and social distancing training, and health screening prior to co-workers' return to work.
- Guidance and support for travelling to work safely, what to do when arriving at work and separate co-worker entry and exits.
- Limited numbers of customers granted entry in store at any one time. A staggered entry system and restricted car parking and, in line with guidance, one adult and one child per household will be permitted.
- Social Distance Wardens throughout the store to help customers find their way round the new one-way system and ensure new social distancing measures are being followed.
- Customers urged to come prepared with ready-made lists and their own bags.
- Additional hand sanitiser facilities and more frequent deep cleaning routines for bags, trolleys, bathrooms, rest areas, equipment and touchscreens.
- Screens at key areas such as checkouts, service points and customer returns, to enable social distancing.
- Swedish Food Market will be open, with the Bistro offering a takeaway service.

The UK Government has published COVID-19 secure guidance to support businesses to reopen and for workers to feel confident, safe and empowered to return to work. If you run a business and would like to know which of the

coronavirus support schemes you are eligible for, you can use the business support finder tool [www.gov.uk/business-coronavirus-support-finder](http://www.gov.uk/business-coronavirus-support-finder). It takes just minutes to complete and will help you easily find support for your business.

"In the UK, we're in a fortunate position to be able to build on learnings from other IKEA countries that have reopened ahead of us, and we have a range of comprehensive measures in place to ensure that our co-workers and customers are comfortable and safe with us at all times," Jelkeby explains.

"To help ensure social distancing, we have implemented a new one-way system and have Social Distance Wardens throughout to help

customers find their way round and remain accessible to the many people. Whilst room sets remain open, they are limited to one group at a time."

Jelkeby recommends that shoppers do plan ahead, to ensure that they have the best experience possible in store: "To be fair to all customers and to help limit browsing, we are encouraging everyone to come to store prepared for what they want to buy, as well as to bring their own bags," he says.

"Where possible, we also encourage customers to shop online, from the comfort of their own home, where wardrobe, kitchen, living room storage, sofa and home furnishing planning services are readily available.

"And we ask those who purely wish to return items, not to come to our stores in the first instance. We have a 365 days returns policy and urge customers, where possible, to return items at a later date, when they will find it easier to do so."

Non-essential retail businesses were able to reopen their shops and stores to the public from the 15 June, and are required to meet the UK Government's five tests and follow the COVID-19 secure guidelines.

Shops have had to carry out a risk assessment, using guidance from the Health and Safety Executive and

employers have a duty to consult staff and union representatives. Businesses are expected to inform all employees about the findings of the assessment and those with more than 50 employees should publish the results on their website.

Shops also need to develop hygiene procedures to keep staff and customers

safe, including frequency of hand-washing and cleaning of surfaces; as well as limiting how many customers are inside their building at any one time.

Employers will also need to provide regular reminders and signage to maintain hygiene standards and help those with visual impairments or disabilities to navigate these measures.

**FIND OUT MORE: Businesses can get safer workplaces guidance: [www.gov.uk/guidance/working-safely-during-coronavirus-covid-19](http://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19)**

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# Boosting Covid-19 immune response

■ Bharivi Sampat

## Rajeev recovered from coronavirus, now his convalescent plasma could save lives

### Cover story continued

NHSBT is collecting convalescent plasma for a major coronavirus treatment trial, and if the trial is successful, widespread use in hospitals. The antibody rich plasma of people who have recovered from COVID-19 can be transfused into people who are struggling to develop their own immune response.

Asian convalescent plasma donors were almost twice as likely to have high antibody levels as white donors. 63% of Asian donors met the threshold, compared to 36% of white donors.

Rajeev Verma, 52, a healthcare facilities manager from Wolverhampton, has the highest antibody levels of any Asian donor so far.

He had to spend a few nights in hospital with breathing difficulties.

Rajeev said: "COVID 19 is very dangerous and it can attack anyone regardless of colour or creed. There are so many symptoms that you have to endure and fight against.

"Donating plasma was a new and pleasant experience, the nurses were very supporting and reassuring and the process took around 35mins. If I can help in the research and save someone's life with my donation, I would do it with great pleasure. It is better to give than to receive.

"I find that some people from the Asian community take a step back when you say you have had coronavirus. I am very open. I think

there needs to be more awareness. I would very much support people talking more and feeling able to donate."

Convalescent plasma is being collected at NHSBT's 23 donor centres around the country including London, Birmingham, Manchester, Luton and Leeds, as well as in pop-up donor centres.

Convalescent plasma donation takes about 45 minutes, during which time you can sit back and relax. Your body usually replaces the plasma you've donated in 24-48 hours and you can get on with your normal day after donating. Your body quickly replaces the antibodies and people can donate plasma as often as every two weeks.

NHS Blood and Transplant is appealing for people who have recovered from COVID-19 or the symptoms, and who live near one of its 23 donor centres, to offer to donate their plasma by calling 0300 123 23 23 or completing our online form.

Bhairvi Sampat, aged 40, an infection prevention and control nurse specialist from Bexley who works at Lewisham and Greenwich NHS Trust, recovered from coronavirus and donated convalescent plasma at Tooting donor centre in south London.

She said: "I was very nervous about donating but it was actually easier than I expected. It felt brilliant afterwards, to know my donation might help someone who is seriously ill.

"I think there needs to be more openness in the Asian community. There's still some stigma around the virus, a lot of people wouldn't even say they had had the virus.

"I would definitely say to other Asian people that they should go it and donate. It's a simple procedure. You can help people who are less fortunate."

**NHS Blood and Transplant is appealing for people who have recovered from COVID-19 or the symptoms, and who live near one of its 23 donor centres, to offer to donate their plasma by calling 0300 123 23 23 or completing our online form.**



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# Suppressing the Muslim Uighurs



## China's hidden partner - did President Trump encourage mass impoundments?

**President Trump has signed the Uighurs Human Rights Protection Act, the first US legislation to focus on the role of the US in protecting the rights of Uighurs and other indigenous Muslims inside China.**

On the same day, former national security adviser John Bolton revealed in an excerpt from his book that Trump had allegedly told the Chinese leader, Xi Jinping, perhaps as early as 2017 and again in 2019, that he agreed with his policy of placing Muslims in mass internment camps.

While contradictory messaging is not new to the Trump administration, these particular mixed messages about Uighurs have a longer history which belies the role that the US has played in stoking the flames of Islamophobia in China.

During the 1990s, the Chinese government frequently repressed Uighurs in the name of combating "separatism", an excuse for attacking minorities that was not palatable to the international community at the time.

The 9/11 attacks and the advent of the global "war on terror" changed that equation for the Uighurs.

China shifted its discourse about suppressing Uighur dissent in late 2001, claiming that it was combating an international terrorist threat

linked to al-Qaida, a justification that was endorsed by the international community.

Over the next several years, this would lead to an exodus of Uighurs fleeing repression in China and a handful of instances of Uighur violent resistance to the state in 2013 and 2014 that looked a lot like terrorist acts, appearing politically motivated, premeditated, and targeting civilians.

The present wholesale attack on Uighur identity has its origins in this tumultuous time.

In 2014, China declared a "people's war on terror" that was in reality nothing less than a war on the Uighurs.

They began building an expansive electronic surveillance network to track Uighurs, started beta-testing "re-education" classes for political indoctrination, and criminalised many cultural practices important to Uighur identity as signs of "extremism".

In 2017, this war was put into full motion through the mass internment of large swaths of the Uighur population.

China's ongoing campaign against the Uighurs has always been an effort to neutralise their resistance to China's full integration into a unified and monocultural Chinese state. It

has never been a response to a terrorist threat, real or imagined – but a narrative of Islamist terrorism founded in the US-led "war on terror" has always served as its convenient justification.

In this context, nobody should be surprised if Bolton's revelations about Trump's tacit approval of Beijing's actions are true.

Trump is not only motivated by the same obsession with Islamic terrorism that has preoccupied all US administrations since 11 September 2001, but he also frequently aligns himself with racist movements and autocrats. Indeed, why would anyone expect Trump, who proposed a Muslim travel ban, to not agree with Xi about the mass internment of Muslims?

The real tragedy of the Bolton revelations is its disservice to the Uighur Human Rights Protection Act, which has always been a bipartisan initiative from Congress and not a product of the Trump administration. In many ways this legislation reaffirms the stated commitment of the US to uphold international human rights, an aspect of US foreign policy that has been in retreat since 9/11. It also serves as an imperfect mea culpa for US complicity in China's Uighur cultural genocide.

## Half of UK rice breaches limits on arsenic for children, warn scientists

**Scientists have called for labelling to warn the public about levels of arsenic in rice, after their research found half of rice varieties studied exceeded maximum limits on the deadly toxin.**

In a study published in the journal *Ecotoxicology and Environmental Safety* (open access), a team at the University of Sheffield's Institute for Sustainable Food found 28 out of 55 rice samples sold in the UK contained levels of arsenic that exceeded European Commission regulations for rice meant for the consumption for infants or young children.

Up to 90 per cent of UK households buy rice, with the average person consuming around 100g per week.

Rice and rice-based products are widely used for weaning and as baby food, due to their nutritional benefits and relatively low allergic potential – but, according to the European Food Safety Authority, children are two-three times more susceptible to arsenic risks than adults due to their lower body weight.

Arsenic, which is classified as a Group 1 carcinogen by the International Agency for Research on Cancer, is water-soluble – so it accumulates in rice, which is grown in flooded fields more than other cereals. Arsenic exposure affects almost every organ in the body and can cause skin lesions, cancer, diabetes and lung diseases.

The results of the study showed that brown rice contained higher levels of the carcinogen than white or wild rice because it contains the bran

– the outer layer of the grain. Meanwhile, organically grown rice was found to contain significantly higher levels than non-organically grown rice. White rice contained the lowest levels of arsenic.

Considering the health implications, the researchers concluded that babies under the age of one must be restricted to a maximum of 20g per day of the 28 rice varieties that breached regulations, in order to avoid risks of developing cancer in later life. They have recommended that the UK government and European Commission introduce labelling to clarify whether rice is safe for consumption by babies and children under five.

Dr Manoj Menon, Environmental Soil Scientist in the Department of Geography at the University of Sheffield and lead author of the study, said: "Brown and wild rice are healthy foods full of fibre and vitamins, and there is no need for grown-ups to avoid them – but it is concerning to see so many varieties sold in the UK breaching food safety regulations.

"Rice products are often considered a safe option for babies and young children, but our research suggests that for more than half of the rice we sampled, infants should be limited to just 20g per day to avoid risks associated with arsenic.

"The government and the European Commission must introduce labelling to warn people of arsenic levels in rice to enable families to make informed food choices."

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# Normal, not new:

## Institutional racism in the UK

By Lubnaa Joomun

**Against a backdrop where the world is battling a disease that can leave people unable to breathe, the brutal murder of George Floyd has galvanised the Black Lives Matter movement – forcing many countries to turn their gaze to their own legacy of systemic racism.**

His dying words "I can't breathe", have become a rallying cry against police brutality – the same words repeated 11 times by Eric Garner six years earlier.

Despite the threat of a pandemic, millions have been taking to the streets – from the US to the UK – to demand change in a world where a police officer felt safe enough to kneel on the neck of a black man for nearly nine minutes while being filmed on camera. There is after all safety in numbers.

Since 2015, US police have shot and killed 5,400 people: many unarmed black men.

Progress is overdue, and at a time when the world is at a standstill, feels even more potent.

In Britain, a country once described by George Orwell as a rich family that maintains silence about the sources of its wealth, statues of slave traders are being pulled down by protestors. But change – within social and political institutions – is only just starting. We still have a very long way to go.

Prime Minister Boris Johnson, who wrote a column in 2002 urging 'the best fate for Africa' lies in the restoration of the old colonial powers, has recently stepped forward to say that he does not believe the UK is a racist country. Globally, the UK is marketed as a welcoming, diverse platform – however, this is far from the reality for many black people and minority groups.

It has been 27 years since Stephen Lawrence was murdered in a racist attack, leading to an inquiry that found the police guilty of "institutional racism". It is a charge that stands true to date. Black and brown people are disproportionately imprisoned in the UK, just like in the US. They are disproportionately dying in custody (since 1969, only one police officer has been convicted in such cases).

The colour of your skin dictates how you are treated by the criminal justice system, a David Cameron-commissioned report by David Lammy found in 2017.

But racial discrimination is far more widespread. It exists in the UK's most prized institutions, from healthcare to education. Black, Asian and minority-ethnic (BAME) communities continue to face poorer outcomes in many areas of British life.

### Education

Government reports show black Caribbean children are nearly three times more likely to be permanently excluded, for example – negative stereotypes play a part in this. Meanwhile, a lack of understanding about cultural traits mean black students are disproportionately targeted by "draconian" zero-



■ Lubnaa Joomun is a political commentator for the Immigration Advice Service and Ethical Printed Tape Co

tolerance behaviour, facilitated in part by a lack of black representation in both teaching workforces and British curriculums.

Covert racism is a lived reality for many children, just as it is for the majority of BME teachers.

Racial bullying is also rife in schools. Refugee children in particular continue to face a 'toxic environment' of racial discrimination, another 'hostile environment' legacy. Such is the case of Shukri Yahya Abdi, a 12-year-old refugee from Somalia who was being

severely bullied at her school prior to her tragic death last year, as recently brought to light by the Black Lives Matter Movement.

Where racial discrimination does not cut lives short, it continues as a lifelong affliction.

### Employment

In the workplace, Britain's black and ethnic minority workers face an astounding £3.2bn "pay penalty", earning less than white colleagues in the same jobs.

But those from ethnic minorities have already stumbled before

landing a foot on the career ladder. An Oxford University study found that BAME applicants send on average 80% more applications to elicit a positive response from an employer – at levels unchanged since the 1960s. It is even higher for those of Nigerian and north African origin. Over in the US, a Harvard study found job candidates were more likely to succeed when they "whitened" their name.

### Immigration

Within immigration law, the Windrush scandal instigated by

'hostile environment' policies has laid bare decades of racism. It has seen thousands of black Britons and their families systematically targeted: wrongly deported (11 of whom have died) or imprisoned, denied treatment, evicted – despite having a legal right of residence in the UK.

Many have since been granted official British citizenship; however, only a fraction of the compensation promised has been made so far – and the measures that led to the Windrush scandal remain a central part of government policy.

Earlier this year, a report found the Home Office guilty of "institutional ignorance" towards race – to speak in watered down tones – in its treatment of the Windrush generation. The Equality and Human Rights Commission has since announced a new investigation, aimed at ending "systemic and entrenched race inequalities" in the UK.

### The list goes on

Similar disparities permeate the housing sector, healthcare, even the way black and brown people are portrayed in the media. Black and Asian households are more likely to live in "persistent" poverty, face unemployment, and avoid seeking the healthcare they need when ill or injured.

Race continues to guide who is deemed armed and dangerous. Black people are 40 times more likely to be stopped and search. But in other areas, they remain severely underrepresented: only 1.3% of the police workforce are black.

There are no BAME MPs in Scotland, Wales or Northern Ireland. Barely 3% of Britain's most powerful people are from ethnic minorities.

Now, evidence has mounted that shows BAME people are disproportionately dying from coronavirus. Why? Is it because they are more likely to work as nurses, as care workers? Is it because they are more likely to live in overcrowded households, in deprived areas? What system is propping this up?

Only recently Boris Johnson announced an inquiry into racial inequality in the UK, a new initiative to stamp out racism. How many reports does it take to effect change? Three years ago, Theresa May's Race Disparity Audit pledged to tackle the same burning injustices. Evidence breeds inquiry on a loop, again systematically.

Three months ago, we woke up to a new world, it took a matter of weeks for us to adjust to new rules and a 'new normal'. Change does not need time; it just needs to happen.

**Black people are 40 times more likely to be stopped and search. But in other areas, they remain severely underrepresented: only 1.3% of the police workforce are black.**

# Katie Hopkins permanently removed from Twitter

**Controversial rightwing commentator Katie Hopkins has had her Twitter account permanently suspended. The platform said she violated their "hateful conduct" policy.**

Hopkins, who regularly promotes pro-Trump, pro-Brexit and anti-immigration messages, had more than 1.1 million followers. She was removed to "keep Twitter safe", according to the social media platform.

The move came hours after she had complained that her blue

"verified" check mark, which lets users know that an account is authentic, had been removed. A spokesperson for Twitter confirmed her removal to the Guardian.

The statement read: "Keeping Twitter safe is a top priority for us. Abuse and hateful conduct have no place on our service and we will continue to take action when our rules are broken."

"In this case, the account has been permanently suspended for violations of our hateful conduct

policy." According to Twitter's website, that policy prohibits promoting violence against or directly attacking or threatening people based on race, ethnicity, national origin, caste, sexual orientation, gender, gender identity, religion, age, disability or serious disease.

Recently, she has been criticising the Black Lives Matter movement as well as the government's decision to offer free meals to children during school holidays, a campaign driven by the Manchester United footballer Marcus Rashford.

In her final tweets before the ban, she celebrated hitting 1.1 million followers and urged her fans to follow her on Instagram.

Hopkins, who rose to prominence as a contestant on The Apprentice, was temporarily locked out of the platform for violating its anti-hate policy.

In 2018, Hopkins was forced to apply for an insolvency agreement to avoid bankruptcy after a costly libel case involving the food writer Jack Monroe.

**"Keeping Twitter safe is a top priority for us. Abuse and hateful conduct have no place on our service and we will continue to take action when our rules are broken."**



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Knifeman shot dead by police after rampage had told people he was 'fed up'



# Glasgow bloodbath

The knife man was shot dead by police, and six people including the police officer David Whyte remain in hospital. He was critical but is now in a stable in hospital.

One of the injured, a hotel resident said, is 17-year-old Mohamed Mansarie from Sierra Leone.

Resident Beatrice Onwuka, 37, from Nigeria said another of the stabbed refugees was teenager Sultan Mohammed, also from Sierra Leone.

Police Scotland have not released any names officially, but did say that the injured included people of the ages of 17, 18, 30, 38 and 53.

Friends of the dead man said he was in his twenties, had 'big hair and a cute face.'

Siraj added: "I think he was getting more mentally ill over the three months."

"He had gastric problems and had to isolate for around 20 days and his room had no light from a window."

"He didn't like the food and was fed up."

Ms Onwuka revealed Badradeen had changed his mind about seeking asylum and wanted to return back to the Sudan.

"He was fed up. He didn't speak much English and he had only a few friends. He was nearly always on his own."

"He told me he wanted to go home. He didn't want to stay here anymore. He had had enough."

■ The alleged knifeman's friend, Siraj, said that he had a conversation with Badradeen the night before the bloodbath at the Park Inn hotel in Glasgow city centre



**Glasgow knifeman is named as 'loner' Sudanese asylum seeker who had been in a hostel room with no daylight for three months and had threatened to attack his neighbours for making too much noise.**

The alleged knifeman known as Badradeen had warned the night before the carnage that he was going to launch an attack. He was shot dead by police during the rampage.

His name was revealed by his close friend Abdal Nasser, 22, who told of his shock at seeing the 'loner' standing with a knife after six people, including a police officer, had been stabbed.

Another friend Siraj said that he had a conversation with Badradeen the night before the bloodbath at the Park Inn hotel in Glasgow city centre.

Siraj, 22, an asylum seeker from Yemen told press: "He told me that he was fed up. He had been in the hotel for three months. There was no daylight in his room and he was very angry."

"He said that he was going to attack two guys in the room next to his because they're were making noise to deliberately annoy him."

Siraj added: "I didn't think he would actually do anything."

"But I did go to the hotel supervisor and make a report. The next morning at around 9.30 the hotel talked to me and took down the details of what he had said he was going to do."

"I then went to sleep I was only woken up by the fire alarm and then when I came down I just saw the blood everywhere. I couldn't believe he had done it."

**"He said that he was going to attack two guys in the room next to his because they're were making noise to deliberately annoy him."**



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■ Nusrat Mehtab quit the Metropolitan Police this year after complaining of a 'toxic workplace'



# Former top Met officer sues force for **£500k** over 'racist and sexist abuse'

**Scotland Yard's former top female Asian officer is suing the force in a £500,000 claim over alleged racist and sexist abuse.**

Nusrat Mehtab quit the Metropolitan Police this year after complaining of a "toxic workplace" in which colleagues and bosses, including Commissioner Cressida Dick, allegedly only paid "lip service" to diversity.

In documents supplied to an employment tribunal, she alleges that she was told to keep quiet when a swastika was drawn on the wall of a police station in an area only accessible to staff. She also claims her bosses tried to hush up the graffiti and later blamed it on builders.

Ms Mehtab is suing for constructive dismissal, race, sex and religious discrimination, harassment and victimisation.

She says her promotion was slow, held up by opposition she had to overcome, though she rose through the ranks to become a superintendent and the most senior female ethnic minority officer.

She worked in undercover operations and counter-terrorism and was a poster girl for the force, once starring in a TV show entitled 'Mehtab Of The Met'.

She says she quit the force in January after 32 years because of institutional racism and sexism that was preventing further promotion.

In tribunal papers, she says she is claiming £500,000 compensation for lost earnings and pension and injury to her feelings.

She began her career in Tower Hamlets in east London and recalled that an initiation ceremony for new female recruits was to have their breasts and bottoms stamped with the office stamp.

"In my case, the white male officers did not know how to initiate me," she said.

"They put their minds to it and set a trap. Hence, in my case they left a vibrator in my locker and congregated to watch me open my locker, thrilled with their ingenuity and sniggering. That was the openly misogynistic culture in the police then."

#### **Singled out**

Ms Mehtab, who is of Pakistani origin and a practising Muslim, claims she was forced to patrol alone because of her race and was ignored by white male colleagues who refused to talk to or sit next to her.

For religious reasons she says she refused to wear a uniform skirt and was forced to wear trousers made for a male officer.

When she was promoted to inspector, she claims she overheard a colleague saying: "You'll never believe it. The Doris has passed. How the hell did that happen? How did you let it happen?"

She also claims that senior white female officers "huddled together like Mean Girls" - giving black, Asian and minority ethnic (BAME) colleagues the cold shoulder like a clique in the hit film starring Lindsay Lohan.

She said: "Most resented and disliked me. It was apparent that many white officers found it very difficult to

# Muslim Met officer Nusrit Mehtab claims the 'Metropolitan Police Service only pays lip service to the diversity and inclusion agenda'

take orders from me as a woman of colour who was also a Muslim.

"Being racist and sexist, they found it too humiliating. Fortunately, an order is an order and no one threw it back in my face and risked being disciplined for insubordination, but they made my job as difficult as they could behind my back."

In 2018, she was posted as a superintendent to Haringey and Enfield. There, she said, a team photo of an Asian superintendent colleague was repeatedly defaced with drawings of penises.

She said that senior ethnic minority officers had to march 10 metres (33ft) behind Commissioner Cressida Dick and white colleagues at a parade to celebrate women's role in policing last year. She said: "It is how we are made to feel unvalued. It was humiliating."

### Resignation

Ms Mehtab said she resigned in September 2019, but was persuaded to stay before finally quitting in January.

She said: "Reaching the rank of superintendent is my biggest achievement. I also believe that were it not for the institutional racism at the force, I would have achieved more senior rank. I believe that the Metropolitan Police Service only pays lip service to the diversity and inclusion agenda."

She accused Commissioner Cressida Dick of failing to tackle racism, claiming she "protects the racist working environment by supporting racist officers".

Ms Mehtab's solicitor Lawrence

Met Commissioner Cressida Dick is accused of failing to tackle racism in the force



Davies, of law firm Equal Justice, said: "In the context of the George Floyd tragedy, it is essential we move away from the Met Police's present institutional denial of racism."

"Racist officers must be dismissed, not promoted. Anti-corruption must understand that the reputation of the

force is best served not by covering up racism but tackling it. The vast majority of Met officers are not racist, so it is a tragedy that management and HR defend the few."

### Statement

It's estimated that three quarters of the Met's senior ethnic minority cops

are involved in force legal wrangles, leading to claims of racism.

Just two of eight top BAME (black, Asian, ethnic minority) officers are not tangled up in either disciplinary proceedings or civil litigation.

On the matter of MS Mehtab's case, the Metropolitan Police said:

"We are aware a police officer has brought a claim against the MPS alleging race, sex and religion/belief discrimination and harassment. It would be inappropriate to comment further ahead of the employment tribunal hearing."

"While we will not discuss details of an ongoing claim, it should be highlighted that the Met has, in recent years, made a number of major changes to the way complaints about discrimination and victimisation in the workplace are investigated, making our processes more fit for purpose."

"New procedures to make investigating and resolving complaints from officers and staff about discrimination, bullying, or victimisation more effectively have been implemented. Additional resources, expertise, and training have also been introduced along with support mechanisms for those involved in any ongoing process."

"As an organisation, the Met champions fairness and equality, and there is no place for discrimination or victimisation of any kind in the organisation. We actively encourage our officers and staff to challenge such behaviour if it is displayed and report it through the appropriate channels."

"We want everyone who works for the Met to have full confidence in how internal grievance complaints are managed, and the organisation's commitment to ensuring the core values of fairness and equality are upheld."

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# Hindu communities unite online to celebrate International Yoga Day

## Zoom zoom zoom zoom...

**Hindu organisations from across the Bradford District organised a Zoom Yoga event, attracting over 192 participants.**

Joining in were people of all backgrounds with the youngest being five-years-old and the eldest over the age of 75.

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolising the union of body and consciousness.

Today it is practiced in various forms around the world and continues to grow in popularity. Yoga and meditation contribute in a holistic way to achieving equilibrium between mind and body.

The programme from Bradford Hindu Council was was expertly conducted by Jayesh Mistry who has been practising Yoga and pranayama (breathing techniques) for over 30 years.

He was joined by Nidhi Shah who holds a Yoga Science qualification, 67-year-old Satish Shah who has been practicing yoga and cardio fitness for last 20 years, and Brahma Kumari Usha Didi - a specialist meditator for over 25 years.

Participants who were unable to sit on the floor were introduced to Chair Yoga. The event also included a guided meditation session which calmed the body and mind.

The Lord Mayor of Bradford Councillor Doreen Lee sent a recorded video, which was played at the start of the event. In her message she stressed the importance of well being during these times when our daily activities and relationships have been restricted.

Also joining the Zoom Yoga session was Mr Mahmood Mohammed from Bradford Council's Stronger Communities project.

He said: "I take this opportunity to thank you and all the volunteers for putting on a great event for the international yoga day. In these difficult times we are finding new ways to communicate, celebrate and commemorate."

"Bradford council is proud to support the world yoga day which adds to the rich diversity and culture of this great city. Together we can make great things happen."

The Bradford Hindu Council is a representative body of various established Hindu Organisations of Bradford and from surrounding areas within West Yorkshire. Although it has been working behind the scenes for few years, the COVID challenge has brought the BHC to the forefront of the communities of Bradford.



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# #YouAreNotAlone

**“Culture is never an excuse for abuse”**  
says human rights charity boss

The stories of domestic abuse towards women, and their contextual backgrounds are heart-wrenching to know and difficult to understand.

A campaign is reminding victims of domestic abuse that police response and support services remain available for victims and their children during the coronavirus pandemic through the ongoing #YouAreNotAlone initiative.

Domestic abuse includes physical, psychological, sexual, emotional and economic abuse and can be carried out not only by a partner or ex-partner, but also family members. Whoever the perpetrator and whatever form the domestic abuse takes, all domestic abuse is a crime.

The campaign reassures victims of domestic abuse that they can still leave home to seek help during the COVID-19 pandemic, if this is possible.

For victims of domestic abuse who are concerned about their immigration status, the message is the same, you are not alone, police response and support services remain available for victims and their children.

Natasha Rattu, Director at Karma Nirvana, an organisation which supports the victims of honour-based abuse and forced marriage said: “At the moment we are being asked to stay home as much as possible to keep ourselves and others safe, but we know that for some people, home isn’t necessarily the safe haven it should be.

“In some Black and South Asian communities, people worry about bringing shame and losing family respect, which can prevent them from getting help. Honour abuse is a form of



domestic abuse and can take many forms including forced marriages and female genital mutilation.

“Culture is never an excuse for abuse. We want people experiencing honour abuse to know that they deserve to live abuse free and that help is available.”

“So, if you are living with someone who is hurting you, threatening you or doing anything that makes you feel scared, then it is really important you take action immediately. While it may seem a very difficult step to take, there is support out there for you.”

Anyone in immediate danger should call 999 and the police will respond. Anyone who is worried that they, or someone they know, may be experiencing domestic abuse can find support at gov.uk/domestic-abuse or by calling the freephone 24-hour national domestic abuse helpline being provided by Refuge on 0808 2000 247.

**“If you are living with someone who is hurting you, threatening you or doing anything that makes you feel scared, then it is really important you take action immediately. While it may seem a very difficult step to take, there is support out there for you.”**



■ Karma Nirvana, Director, Natasha Rattu

## Victims of domestic abuse reminded that help and support available

Find more support at [gov.uk/domestic-abuse](https://gov.uk/domestic-abuse) or call one of the following helplines:

- The Freephone 24-hour National Domestic Abuse Helpline run by Refuge for victims in England: 0808 2000 247
- The 24-hour Live Fear Free helpline for domestic abuse victims in Wales: 0808 80 10 800 or text 078600 77 333.
- The Men’s Advice line offers support for male victims of domestic abuse: 0808 801 0327.
- The National Honour-Based Abuse helpline run by Karma Nirvana offers support to victims of “honour”-based abuse and forced marriage: 0800 5999 247.
- The national FGM helpline, run by the NSPCC, offers guidance and support if you are concerned that someone has experienced, or may experience, FGM: 0800 028 3550.
- The National LGBTQ+ helpline offers support for LGBTQ+ victims: 0800 999 5428



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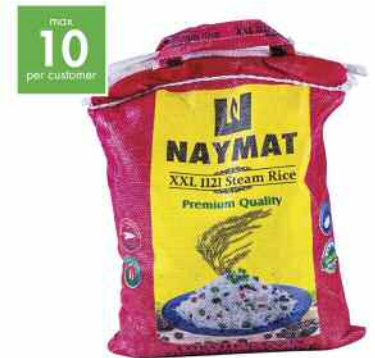
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## How your business can survive the coronavirus pandemic

**Our new grim reality in the wake of the Covid-19 crisis has left business owners unsure if they will survive the long-term impact of this tumultuous blow.**

Forecasting your future revenues will materially vary based on your business and how badly it's been impacted by the Coronavirus quarantines and the restrictions on trade.

For example, if you are in the travel industry dependent on tourism, assume the worst. You may not have any material revenues in the next six months, at least. And in hospitality, if you can adapt the

business as a take-out service only, you may just survive this tide.

On the flip side, if you are in the hand sanitiser or home-based entertainment business (like Netflix), you are probably going to see a big upside in your revenues, with more people needed those types of products or services during this time.

With most other businesses ending up somewhere in the middle, as things crash, people have less wealth or people lose jobs, and then they spend less on just about everything. S

So, to be safe, if you are in one of the hardest hit

industries, be conservative and ask yourself what you need to do to if absolutely zero revenues comes in for an extended period of time (e.g., six months). That would be a crippling blow to most any business.

You most likely aren't sitting on excess cash that can fund six months worth of operating expenses, and raising capital from outside lenders or investors will be close to impossible, unless you take advantage of one the government's bailout packages.

**Continued on page 26**



# BUSINESS



## YOUR LOCAL &

## What Does 'Without Prejudice' and 'Subject To Contract' Mean?

**T**he terms 'without prejudice' and 'subject to contract' can often be found in legal correspondence or documents but what do they actually mean and what is their legal significance?

### 'Without Prejudice'

Generally, statements which are made in an attempt to settle a dispute are 'without prejudice' and as such they cannot be referred to in court proceedings as evidence. Any form of communication between the negotiating parties, be it in written correspondence, telephone calls or meetings can be classed as 'without prejudice'. The reason for this is that parties are more likely to enter into settlement discussions if they believe they can speak openly and without restriction knowing that what they say, and any admissions that they make to try to settle the dispute, cannot be used against them if those discussions do not achieve a settlement.

Use of 'without prejudice' allows the parties to negotiate behind a cloak of confidentiality and protection with such communications being legally privileged and not admissible as evidence should those negotiations break down and the matter subsequently proceeds to a trial. The public policy of encouraging parties who are involved in litigation to try to settle their dispute out of court is the main reason for having the without prejudice rule.

However, simply marking

correspondence 'without prejudice' does not guarantee that it is privileged material as for any communication to qualify as being without prejudice it must contain a genuine offer to settle. So, for example, marking a letter that contains defamatory content 'without prejudice' would not prevent it being admissible in a defamation claim. Equally, omitting the heading from a letter which contains an offer to compromise may not prove fatal if the letter clearly contains a genuine offer of settlement.

### 'Subject to Contract'

During pre-contract negotiations parties frequently head correspondence 'subject to contract'. This phrase indicates that the negotiating parties wish to remain uncommitted until a formal agreement has been reached and all terms are known. It therefore prevents one party bringing a claim on what was said in the pre-contract communications because where a term is offered by one party without reference to further terms yet to be negotiated and agreed and that term is accepted by the other party, it can give rise to a legally binding settlement. In those circumstances there will be no scope for the parties to negotiate further terms.

Marking correspondence 'subject to contract' makes it clear that the content of the letter will not give rise to a legally binding contract until all the terms have been agreed and the contract has been signed by both parties. Therefore, marking a letter 'subject to contract' prevents the inadvertent creation of a contract or an argument that one has been created. Further, it is prudent once the contract has been agreed to incorporate a term into the contract that all pre-contractual terms and representations do not bind the parties save for the terms included in the final contract (commonly referred to as an 'entire agreement' clause).

In the right context communications can and should be marked 'without prejudice' and/or 'subject to contract'. Failure to observe these rules could prove fatal to a case. For instance, if a Judge reading a Court Bundle comes across a 'without prejudice' offer in the Bundle which has not been marked as such then there is a risk that the Judge may withdraw from the case and order a new trial (before a different Judge) with the consequence that the offending party having to pay the costs of the aborted trial.

If you are involved in any contractual dispute or require assistance in having a contract drawn up then Blacks Solicitors can assist. Please contact Luke Patel on 0113 227 9316 or by email at LPatel@LawBlacks.com



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## How your business can survive the coronavirus pandemic

### Continued from page 25

Taking matters in your own hands typically means cutting expenses down to the bare minimum, "keep the lights on" levels, while taking advantage of whatever stimulus options become available.

### Keep The Faith—Stay Positive Minded

No matter how bad it gets, perseverance will successfully get you through the end of the dark tunnel you now find yourself. If you look at this situation from a negative, "glass half-empty" mindset, your business is doomed to fail. So, you might as well shutter the business and stop the bleeding right now. If you look at this situation from a positive, "glass half-full" mindset, that positivity will infuse itself into the culture of the business, the team will rally around you and you will survive with flying colours. That said, always be honest with your team. Don't cherry coat reality, and keep it realistic,

as your team is not stupid to the world that is going on around them.

### Promote yourself

If you've reopened your business and/or changed the way you deal with providing goods or services to customers plug this information. Most likely when Covid-19 restrictions ease up, many constraints will still be in place for a few months. If the customer isn't sure, chances are they'll move on to a business who is clearly stipulating how they are functioning.

### Downsizing Expenses

Effective immediately, there is no time to wait, you need to "right-size" your expenses to a level that will get you through to the other side. This will be a big blow to your company culture and morale, so there has to be a clear message to your surviving staff that "cuts have ended" and they are safe and we need to keep them focused on the future.

### Lowering Payroll Costs

There are other creative

solutions for dealing with payroll. Perhaps you move your sales team from salaried to commission-only. That keeps them with the business, but in a structure that they get paid only if revenues from their efforts are coming in to afford their costs. Or, pay your team with equity instead of cash. Tell them salaries will stop for this month, and instead they will get extra shares in the business to offset the difference.

### Bootstrap Financing Options

Guess what, your profitable established business, may have just returned to unfunded startup land. So, you are going to have to be creative in figuring out ways to fund your business in a world where investment and bank capital will be scarce. You can explore all options available to you - this could be anything from friends and family, to credit cards or home equity loans, to name a few.

BUSINESS ROUND-UP



BUSINESS

# Turbocharged

Troy Autopoint's been been revving it up for over 55 years as one of the most reputable service and tyre specialists



**A** family-run garage has been tending to vehicles from the everyday commercial van to beefy supercars since 1965.

Vance Johnson was an enthusiastic 19-year-old teenager when he established Troy Autopoint in North Street as a small motor accessory shop in Leeds. With more ambition than money, he faced stiff competition, and worked tirelessly to set his business apart from others.

Today, his empire is a thriving business with fully equipped stores in Harehills and Halton, providing an extensive range of services to the local communities and beyond.

From oil change, replacing car batteries to servicing, MOTs there's little this garage can't put right.

With the growing complexities of elaborate electronic systems in new cars, finding faults is only possible using sophisticated diagnostic equipment. Vance has invested heavily in diagnostics tools and devices, and provided training in this specialised skill to his staff. Troy Autopoint can pretty much detect, diagnose and resolve almost any fault in any vehicle.

The secret to his success? Vance says it's his belief that it's his team that makes his business what it is, and committing to regular training courses for all his staff so that they remain in the 'fast lane'.

"I've given 55 years of my life to this business and while it's been hard work wouldn't change a thing," says Vance.

"I've been lucky enough to work with some fantastic people. All the senior staff have between 15 and 30 years' motor experience, so I know our customers are in excellent hands.

**"We have always strived to give our customers good honest service at a fair price. Small jobs can often be carried out on a 'while-you-wait' basis and customers relax in our modern air-conditioned and heated waiting areas."**

"We have always strived to give our customers good honest service at a fair price. Small jobs can often be carried out on a 'while-you-wait' basis and customers relax in our modern air-conditioned and heated waiting areas."

Troy Autopoint has many industry accreditations tucked under its belt, and with a reputation that goes beyond Yorkshire's borders is one of the region's leading suppliers of affordable quality tyres.

Servicing over 25,000 vehicles a year, the business has won excellence awards for ten-years-running from West Yorkshire Trading Standards.

"With stock of more than 1500 tyres on the shelf and ready to fit, we aim to keep you on the road with the minimum of delay and at prices that big national companies just cannot match!"

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# TERRARIUMS:

## Stylish low-maintenance tiny ecosystem brings natural elements into your space

Let your inner botanist experiment with moisture-loving plants like tropical orchids or cacti, or you can try your hand at Insta-worthy succulents in an open terrarium.

Terrariums with their tiny ecosystems arranged with rocks, soil, and small plants inside a glass enclosure, add a stylish touch to any corner in your home or business, with the biggest perk being how easy they are to care for.

These glass houses hold soil and plants while trapping moisture to create an enclosed growing system, which makes them self-sustaining mini gardens that you can enjoy in the comfort of your own home.

Urban Botanist has a

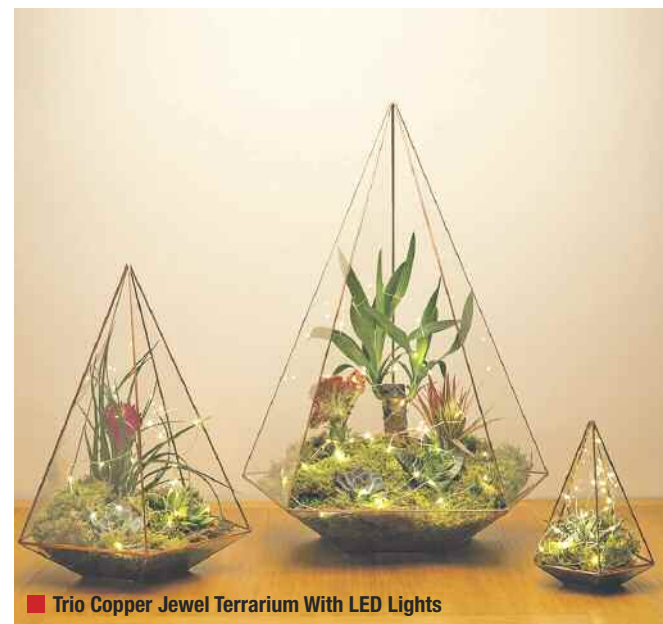
sensational range of low-maintenance, space-saving and simply beautifully stylish terrariums which look spectacular. Coming complete with adornment, these glass houses will enhance your space, but also make a wonderful gift idea.

Their Duo Cube Terrarium set is an ideal solution for those that wish to bring some of the outdoors inside, in a stress-free, low-maintenance way. These elegant glass cube terrariums are eye-catching and make an ideal gift for green fingers; whether you're buying for yourself or for someone special in your life.

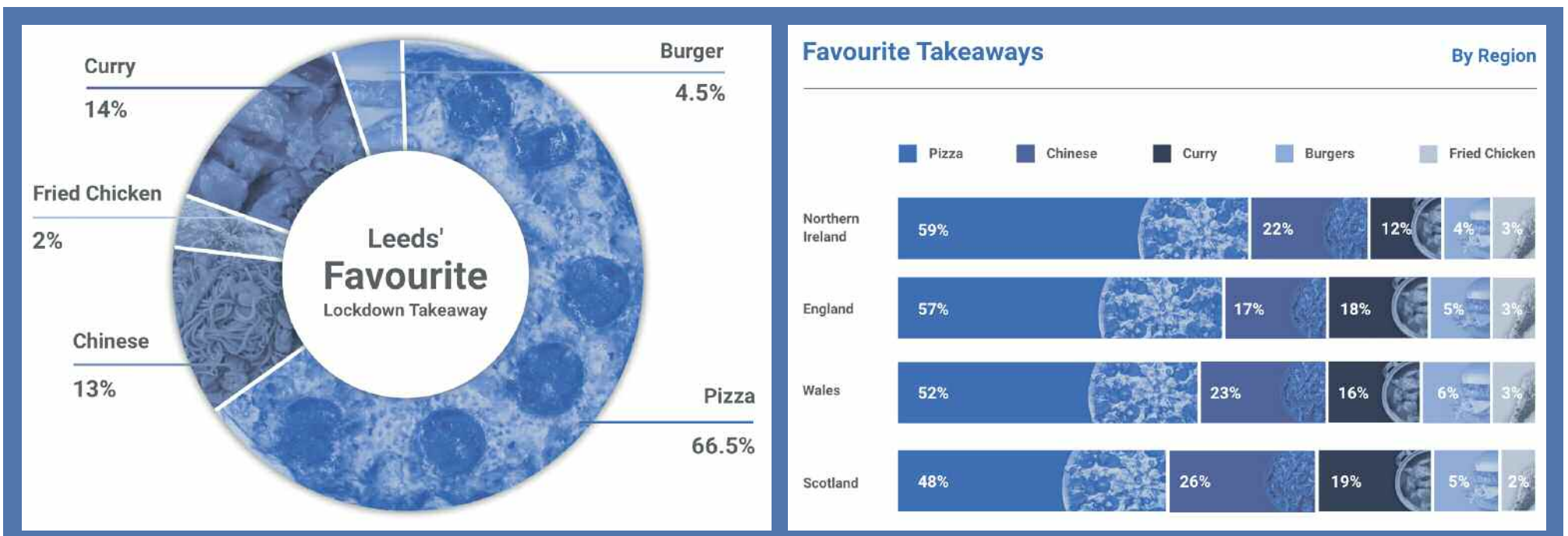
Continued on pages 32 & 33



■ Copper Coffee Gem Terrarium With LED Lights



■ Trio Copper Jewel Terrarium With LED Lights



# Leeds ranks high in lockdown's favourite takeaway survey

When it comes to favourite lockdown takeaway food, families across the UK have been voting with their feet - or more likely their computer mouse.

With many of the UK's favourite restaurants and fast food outlets remaining closed, it's no surprise that UK takeaway sales are currently booming.

The survey, conducted by Ascensor, reviewed lockdown search trends, using fast-food keywords. The results paint a mouth-watering picture of fast-food fancies. The investigation covered search terms including takeaway curry, pizza, Chinese, fried chicken and burgers.

Pizza topped the survey as the UK's lockdown takeaway of choice and ranked as the favourite in each UK nation.

The Italian snack achieved

59% of the total takeaway searches in Northern Ireland, 57% in England, 52% in Wales and 48% in Scotland.

To get under the crust of the data, the survey examined online activity to find out which UK city had the largest pizza fan base. Of the total takeaway searches, it was a whopping 66.5% of Leeds residents opting for the cheesy treat. This was followed closely by Coventry at 66% and Sheffield at 64%.

Ascensor spokesperson Lucy Bolland said "Let's not scoff at this data. Any way you slice it, pizza is the lockdown takeaway favourite, topping the choice for customers. Hungry consumers enjoy spending their hard-earned dough on this tasty treat. The winner is clear and there's not mushroom for argument."



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# TERRARIUMS:

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## Stylish low-maintenance tiny ecosystem brings natural elements into your space

Continued from page 29

Both of the uniquely designed terrariums feature intelligent bases, which include hydro grains that release water whenever the plants need it, and the sealed flask allows the process of photosynthesis, keeping the contents fresh and healthy. Add LED fairy lights for more visual impact, and a personalised message on a wooden round. Perfect as an Eid or Diwali gift.

They are suitably sized to house some stunning self-sufficient plants, which are super easy to care for, requiring no upkeep or watering.

Making this beautiful indoor garden a great gift for those who like the look of real

plants, but lack the time or desire to spend on maintenance. The seasonal succulents and cacti have been specially selected for you by our botanical experts, and they can work to absorb carbon dioxide, purify the air around you, and help you to relax.

This indoor garden system is excellent addition to your home décor and come in an exciting variety of shapes and sizes. Some can hold multiple plant species, allowing you to get creative with miniature landscaping. With so many offerings on the market, choosing a terrarium can be tricky.

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# Terrariums bring natural elements to your home or office and can last several years with proper care.



■ The Urban Botanist Terrariums

**They are generally low-maintenance and require less attention than most other house plants.**

## HAVE YOU TRIED THE UK'S LEADING INDO-CHINESE BRAND?



Founded in 2012, Oodles Chinese is one of the UK's leading Indo Chinese brands with over 12 branches to date, thousands of customers across the country and ambitious plans for another 10 stores in 2020.

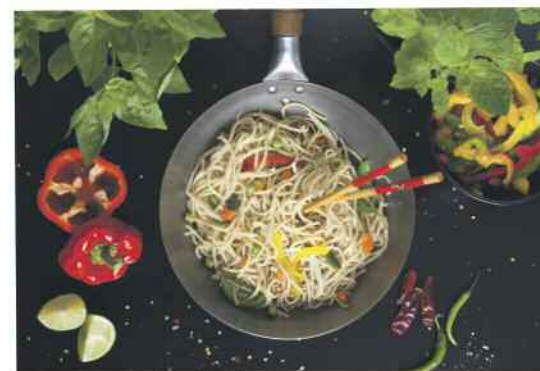
It serves Indo Chinese food with customers choosing their starters and main dishes which are filled in small, medium or large boxes.

### Food so fresh you'll flip

Dishes include Malaysian chicken, chilli chicken, Chinese lamb curry, chilli prawns, caramel chicken, teriyaki chicken, schezuan beef stir fry and crispy prawns. Side options include veg spring rolls, Chinese wok wings and Torpedo prawns.

### Wok's up Yorkshire

Oodles Chinese now has two branches in Yorkshire after it opened its 60-seater Bradford location on Leeds Road last December. It is the second store in Yorkshire after bringing the brand to Leeds for their first branch in The Merrion Centre in August this year.



Franchise owner Khurum Akhtar said: "Our concept of fresh and unique tasting Indo Chinese food is something Yorkshire has never experienced before."



It is certified HMC approved with dedicated vegetarian options. The decor of the restaurant features interior inspired by its Chinese influence with an open-plan kitchen with live cooking so diners can see their food being freshly-prepared to order.



"We have invested into creating a real experience in both our stores which includes an open kitchen area where customers can see their food being freshly prepared."

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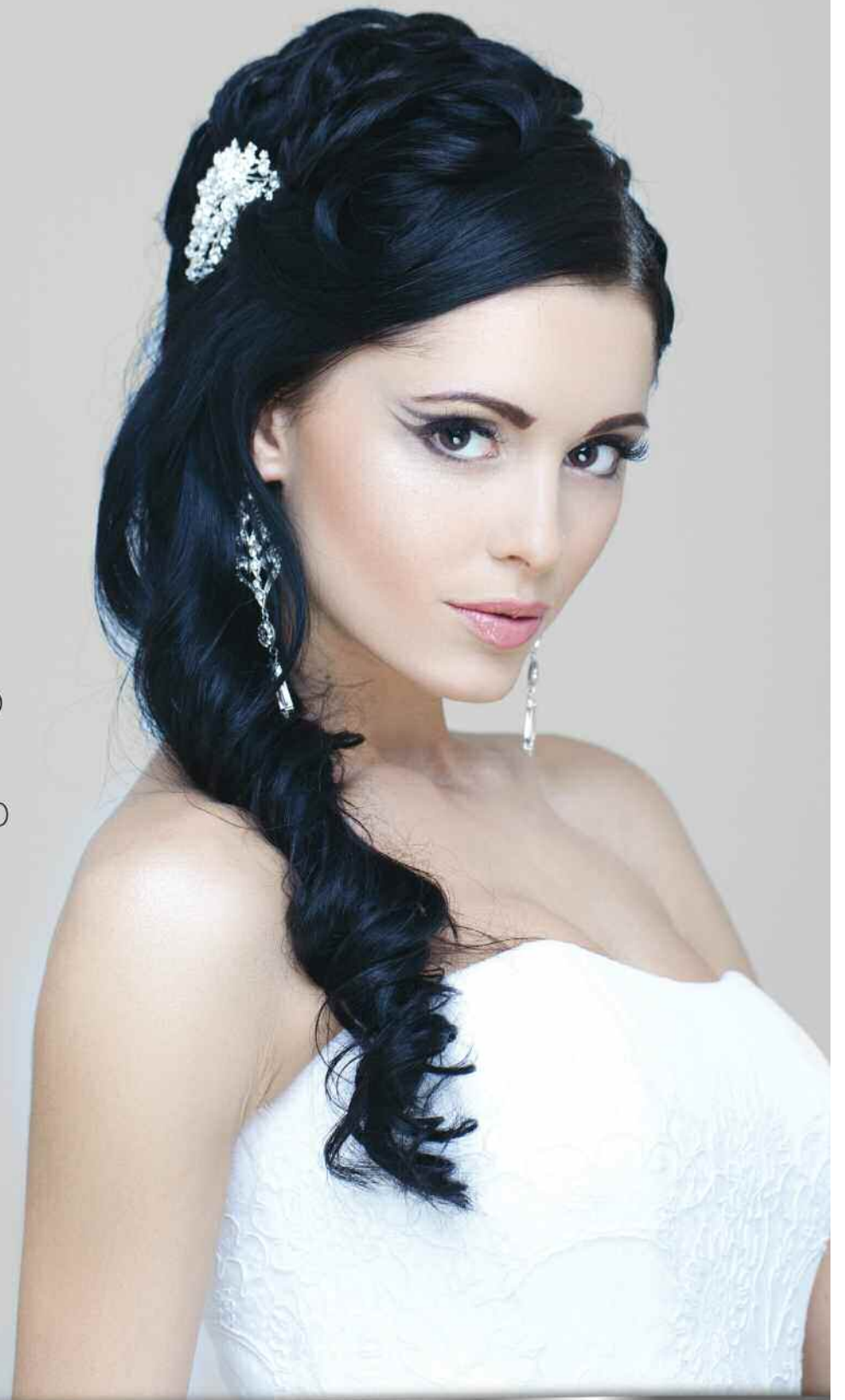
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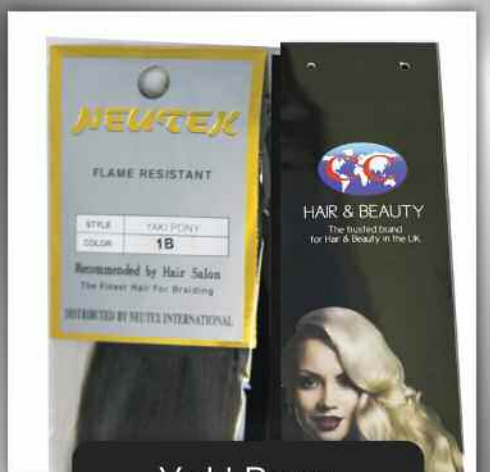
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# GLITZ

## Entertainment

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

# #RIIP

Sushant Singh Rajput had revealed that he fears 'death' the most

2020 has proved to be a difficult one for Bollywood, with the industry losing many gems including Irrfan Khan, Rishi Kapoor, Wajid Khan, and Sushant Singh Rajput.

Sushant Singh Rajput's tragic death shocked India and bollywood fans across the globe. The prominent actor in Indian films and television programs, was found dead on Sunday 14th June in his home in Mumbai. He was 34.

His post-mortem report confirmed that his death was due to suicide by hanging.

Continued on page 36



## Sushant Singh Rajput had revealed that he fears 'death' the most

# #RIP

### Continued from page 35

His fans, friends, and family members have been sharing his memories on social media as a tribute to the late actor ever since.

Recently, a throwback interview came to surface where Sushant spoke about his fears.

Elaborating more, the TV heartthrob had said in the three hours that he sleeps, he is not in control of himself and he does not know who he is, and that scares him.

Then he admitted that he feared death most of all, mainly because he wouldn't be in control of himself and is scared

of what happens when people when they die too.

Sushant started his acting career on television, where he was best known for his role as a car mechanic, Manav Deshmukh, in 'Pavitra Rishta,' a soap opera that debuted in 2009.

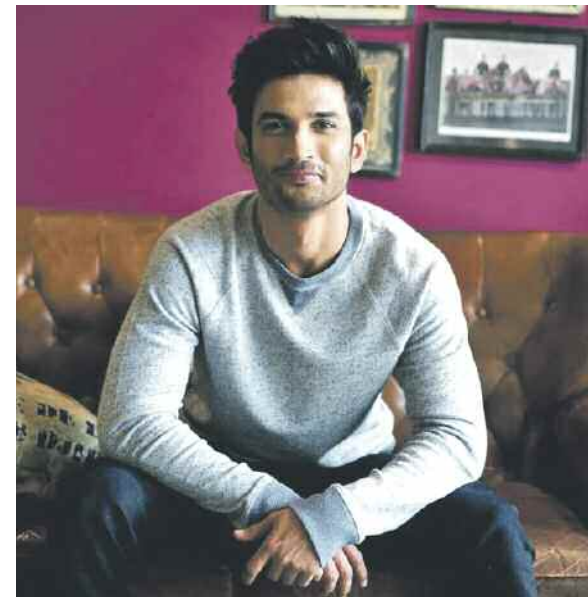
On the work front, he was shooting for his upcoming film, 'Dil Bechara' co-starring debutant Sanjana Sanghi. The movie marks the debut directorial of Mukesh Chhabra.

Sushant had made his Bollywood debut in 2013 as a gifted but troubled cricket player in 'Kai Po Che', a film based on a novel by Chetan Bhagat. For his performance he was nominated for a Filmfare

Award, a coveted honour in the Hindi-language film industry of India.

In 2016 he starred in 'M.S. Dhoni: The Untold Story', about the rise of the Indian cricketer Mahendra Singh Dhoni. It was one of the highest-grossing Bollywood films of 2016, and Sushant was again praised for his performance, netting several award nominations and one win.

In an interview he said: "I've always wanted to be an astronaut, but then talked myself into becoming a pilot. Later, I settled for a career in engineering. I finally became an actor, knowing I'd probably get to live my dream playing all three roles."



## Pakistan's veteran TV recovers from Covid-19

**Legendary TV actress and director Rubina Ashraf, 60, who has been battling Covid-19, has thanked her fans for their love and prayers during her recovery.**

Being in a 'critical condition' two weeks ago, Rubina contracted the coronavirus on 3rd June. She was shifted into intensive care at a hospital in Karachi after her health deteriorated rapidly.

But it seems she is now well on the road to recovery, according to her husband Tariq Mirza.

The star shared an update on Instagram for fans, thanking them for their prayers as she fought the

virus, along with a special shout out for close friend Badar Khalil for being there for her during this difficult time.

"Your love saved me guys!! Thank you for all the prayers."

Her daughter, actress Minna Tariq, shared a tribute to her mother on Monday 22nd June to welcome her home, saying: "This woman who I am so proud to call my mother fought with all her heart to come back to me, I cannot explain in words how much you have taught me in the past 3 weeks, you truly are a force of nature and a fighter."





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# Exhilarating

An exclusive new 20th Anniversary edition of one of the world's most exhilarating and dynamic sports cars, the Exige Sport 410, has been unveiled by Lotus.

Finished in a choice of vibrant new retro-inspired colours, the thrilling two-seater boasts higher levels of standard equipment and an enhanced interior package. The Lotus Exige Sport 410 20th Anniversary is the perfect way to celebrate this sensational model's impact on the sports car world.

Continued on page 40



# Lotus Exige Sport 410 20th Anniversary Edition

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# Exhilarating

## Lotus Exige Sport 410 20th Anniversary Edition

Continued from page 39

All versions come with upgraded exterior features commemorating the Exige Series 1 from the year 2000. These are the body-coloured roof, side air intake pods and rear wing, plus the black 'shark fin' stone chip protector ahead of the rear wheel. The nostalgia is carried over to the interior, where there's a choice of different coloured Alcantara trims, and each seat is decorated with panelled stitching which echoes that of the original car.

Also part of the new car's customer appeal is the unique '20th Anniversary' black silhouette logo featuring a striking profile image of the Series 1. It's visible on the front wings above the side repeaters and on the rear bumper. Inside it's embroidered on the seat backs and embossed on the car's dashboard 'build plaque'. A distinctive '20' logo on the rear wing end-plates adds the

finishing touch to this highly desirable design.

The Lotus Exige Sport 410 20th Anniversary is available in one of three bespoke exterior colours all taken from the Exige Series 1, namely Chrome Orange, Laser Blue and Calypso Red. In addition, customers can select Saffron Yellow - a colour reminiscent of the original Norfolk Mustard Yellow - Motorsport Black or Arctic Silver.

The car's list of standard equipment includes Nitron three-way adjustable dampers. These have variable bump and re-bounce settings that enable the driver to personalise the suspension to suit driving style and environment, for example, on the road or a race track. The front splitter, front access panel and rear tailgate are all made from carbon fibre.

A number of features which are optional extras on the Exige are fitted as standard on the 20th Anniversary car. These include DAB digital radio with Bluetooth, cruise control, ultra-

lightweight forged alloy wheels and an Alcantara steering wheel. Remaining options include carbon fibre sill trim, lightweight lithium-ion battery and titanium lightweight exhaust.

The price of the Lotus Exige Sport 410 20th Anniversary is £79,900 (€83,613), which represents £5,412 worth of extras over the standard Sport 410. The first cars will be with customers in selected international markets later this year.

Ema Forster, Head of Product Marketing, Lotus, said: "The Exige Sport 410 20th Anniversary builds on the Exige's unrivalled levels of handling and performance. This special edition of one of our most acclaimed sports cars ever will continue the Lotus ethos of being born for the track and bred for the road."

Designed, engineered and hand-built in Hethel, Norfolk, the Exige was created to be an ultra-lightweight performance coupe. Critically



acclaimed from the moment it was launched and always 'For The Drivers', it is as raw and agile today as it was 20 years ago. The Exige delivers on Lotus' core values of exceptional handling, outstanding grip and aerodynamic expertise. Constructed around a driver-focused interior, it dispenses a pure, immersive and exhilarating driving experience unlike anything else on the road.

Gavan Kershaw, Director of

Vehicle Attributes, Lotus, added: "From the very first drives of the development car the Exige displayed new levels of ability. It set new standards for Lotus road and race cars, perfectly illustrating our core values of performance through light weight, aerodynamics and handling. It really is a race car for the road; I've competed and won races in every version of the Exige, from the Series 1 to the Series 3, and always walked away with a grin on my face."



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## New car costs slashed by nearly 25% as showrooms get back to business

Since new car registrations fell so drastically during April and May, these discounts suggest that dealerships are keen to shift an abundance of stock and capitalise on increased demand.

Car showrooms across England have dramatically lowered their prices in a bid to lure buyers after lockdown. Costs have been slashed by almost 25% for some models, after dealers opened their doors to the public on 4th June for the first time in 10 weeks.

Fans of the Mercedes-Benz E-Class estate have enjoyed the biggest saving, with a whopping £16,500 off the list price. Meanwhile, a new Volkswagen Golf SV can be yours with a 24.2% discount, reducing the price tag by as much as £6,752.

Since new car registrations fell so drastically during April and May, these discounts suggest that dealerships are keen to shift an abundance of stock and capitalise on increased demand. However, a significant lull in manufacturing over the last few months means there's no certainty about how long discounts will last.

The Society of Motor Manufacturers and Traders (SMMT) hopes the move will help sales bounce back after it revealed closed showrooms are costing the Treasury £61 million every day.

May proved a tough month for the industry with new registrations down by a staggering 89%.

SMMT's Mike Hawes said: "It has been a black week for UK Automotive with devastating job cuts across retail and manufacturing coming hard on the heels of earlier losses. "As the sector strives to weather the worst storm in a generation, measures to drive cash flow, stimulate demand and, above all, maintain our competitiveness are essential."

A possible £1.5 billion scrappage scheme could potentially encourage sales for the struggling industry. The SMMT believes an increased subsidy of £2,500 off the price of a car when motorists scrap their older vehicles could see a further 600,000 new motors hit the road.

If you're looking for your next set of wheels, RAC Cars lists over 300,000 new and used options sold from an Approved Dealer network which conducts an 82 point check on every vehicle.

# Green number plates for electric cars will appear this autumn

**Pure electric vehicles will be given distinctive 'green' number plates in a move that may help owners of the cleaner vehicles access a range of perks.**

Local authorities could use the easily identifiable plates to help offer discounted parking, entry to low emission zones and other schemes.

A green strip will appear on the left-hand side of number plates from the autumn and according to Transport Secretary Grant Shapps, the designs will help show "that a greener transport future is within our grasp."

Plans for the new-look plates were revealed back in October last year. Yesterday's announcement confirmed their design, start date and a £12 million investment into zero-emission vehicle research.

The initiatives may help the Government reach its aim of net zero greenhouse gas emissions by 2050, but could be met with hostility from drivers of traditional combustion engine vehicles.

A similar green licence plate system for cleaner vehicles is already in place in Ontario, Canada. Cars with the plates are permitted to use car pool lanes with one person travelling in the vehicle. They are also given no-cost access to toll roads.

The Department for Transport's £12 million for research into zero-emissions vehicles has been made through the Office for Low Emission Vehicles (Olev) and delivered through Innovate UK.

A £10 million zero-emission vehicle innovation competition will invite applicants to bid for funding to support advances in electric and hydrogen vehicles, as well as charging infrastructure.

A further £2 million will be available to small and medium businesses to support their research into battery technology.

Mr Shapps said: "Green number plates could unlock a number of incentives for drivers and increase awareness of cleaner vehicles on our roads. "A green recovery is key to helping us achieve our net zero carbon commitments while also promoting economic growth. "We're supporting small businesses to develop the transport tech of the future through a multimillion pound investment, ensuring that UK businesses remain at the forefront of low-carbon innovation and research."



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# Motorists struggle to get to grips with driving again after lockdown

## Top 10 errors made by drivers since lockdown

1. Stalled
2. Struggled to parallel park
3. Forgot to indicate
4. Scraped wheels on kerb
5. Had to think carefully about what each pedal does
6. Not checking mirrors when pulling away
7. Forgot where the filler cap was
8. Forgot to turn the ignition key
9. Not shut the door properly
10. Not put their seatbelt on

**A fifth of motorists have struggled to get to grips with driving again - after being off the road during lockdown.**

The average UK car is driven more than 7,000 miles per year - or an average of 583 miles per month, according to MOT data.

But a survey of 2,000 motorists revealed that over the past 28 days the average driver has covered just 90 miles - with 30 per cent driving 25 miles or fewer.

With so little driving, 18 per cent have struggled to get back to normal behind the wheel of a car.

Of those who have found it difficult to adjust to being back on the road, 28 per cent had stalled their car, 21 per cent had scraped their wheels on the kerb and more than one in five have forgotten to indicate.

Four in 10 motorists said they hadn't visited a filling station over the past 28 days, with 12 per cent admitting that they had forgotten which side or end they fill up or charge their car.

The survey, carried out by Hyundai, also revealed almost half (48 per cent) of motorists are concerned that the standard of road users' driving will be worse now restrictions have started to be lifted.

More than four in 10 (44 per cent) think road users have been driving faster during lockdown, with just 10 per cent believing they have been driving more slowly.

The study follows numerous cases where police forces across the UK have spoken out about shocking driving during lockdown.

However, one third of the drivers surveyed said they have been driving more cautiously since the start of the pandemic.

Hyundai conducted the research as its showrooms across England reopen following new guidelines from the government.

To boost road safety, the car manufacturer's Kona Electric model is fitted with 'Smartsense' - which is made up of numerous pieces of intelligent technology designed to protect occupants as well as people outside of the vehicle.



This includes radar and camera sensors on the Kona Electric which can automatically brake if it detects a possible collision with a vehicle, pedestrian or cyclist.

It ties in with research by the manufacturer which revealed that since the start of lockdown, 18 per cent have had a near-miss with a cyclist as either a driver or pedestrian.

More than four in 10 (44 per cent) of those surveyed by OnePoll for Hyundai admitted they were concerned about the prospect of an increase of cyclists on the road.

Engineers working on the zero emission Kona Electric, which has a range of up to 278 miles, have also developed Rear Cross Traffic Alert, which reduces the risk of a collision with approaching traffic when reversing out of narrow areas with poor visibility.

A spokesperson for Hyundai UK said: "Absence can make the heart grow fonder and our research found that 45 per cent of motorists have missed driving because of lockdown.

"Like with many things, there can be a few teething issues after a break and driving is no different.

"With a little care and practice though, I'm sure that motorists will soon get their confidence back behind the wheel."

## Ready, set, go

Motorists are being urged to 'Get Road Ready' after research revealed millions are risking a blowout by driving with underinflated tyres following weeks of not using their cars.

A survey of 2,000 motorists found just four in 10 can correctly identify the low tyre pressure warning light when it pops up on the dashboard.

And 50 per cent of drivers who have encountered the warning light have ignored it - despite underinflated tyres placing excess pressure on the edges of the tyre, causing them to wear more rapidly.

However, with cars remaining parked up over the past two months, checks on tyres, lights and battery are likely to have been neglected further due to a lack of use.

But with just 68 per cent of drivers surveyed by Halfords knowing the correct tyre pressure for their car, and with the average driver checking their tyre pressure just once every three months, the consequences of non-roadworthy tyres could be serious.

Underinflated tyres are more likely to suffer a blowout, use more fuel, make steering heavier and affect the car's ride quality.

Halfords has now launched its 'Get Road Ready pledge', to help motorists safely return to the roads, offering a free 30 minute service.

This covers checks on tyre depth, tyre

inflation, a battery health test, headlights and brake lights, screen wash, AdBlue, coolant and oil levels, and is intended to help keep motorists in control and reassure them at this critical time.

Halfords has capacity to carry out 25,000 Road Ready Car Checks a week, which would normally cost £15, at any

Halfords retail store or

Autocentre. Almost seven per cent of all cars fail their MOT due to defective tyres, according to the DVSA.

Tyre pressure can fall due to a natural leakage of air through the walls of the tyre, drops in ambient temperature and slow puncture.

More than one third (35 per cent) of those polled admitted to driving around with underinflated tyres in the past because there was a queue at the petrol station.

And almost one quarter (23 per cent) said they didn't put air in their tyres because they didn't want to pay to do it.

But 10 per cent of drivers incorrectly think underinflated tyres can improve fuel efficiency, despite it being estimated that a tyre with 20 per cent less air uses 20 per cent more fuel.

For more information on how to book in a free Road Ready Car Check go to <https://www.halfords.com/motoring/batteries/car-batteries/full-car-check-315006.html>



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# A homage to tradition



## The 8C Competizione was both a return to the roots of Alfa Romeo and a testbed for the future

**The 8C Competizione was both a return to the roots of Alfa Romeo and a testbed for the future. It was created in the middle of a process of reorganisation in the automotive sector as it prepared to face the new millennium. It became the banner around which Alfa Romeo would redefine its identity and values, a stylistic and technical point of departure for future product planning.**

In early 2006, Sergio Marchionne gave the signal to launch the series production of a concept car that had generated so much excitement at the 2003 Frankfurt Motor Show.

Alfa Romeo Centro Stile, under the management of designer Wolfgang Egger, redefined the original design in just eight months and presented the definitive production version at the Paris Motor Show. The 8C collected 1,400 orders from all over the world in a few weeks, and the 500 numbered models planned were sold out well before it began production.

The story of the 8C Competizione

starts from its name. "8C" refers to the eight cylinder cars designed by Vittorio Jano, cars which in the 1930s won races all over the world including four wins in a row at Le Mans and three at the Mille Miglia. "Competizione", on the other hand, was the name of the 6C 2500 that Juan Manuel Fangio drove in the 1950 Mille Miglia.

Created to synthesise and relaunch the quintessence of Alfa Romeo, the 8C echoed technical themes dear to the brand since the beginning.

Lightness was enhanced by the "dual frame" and by the use of aluminium, titanium, carbon and composite materials, the weight balance between front and rear was obtained using a "transaxle" system (longitudinal front wheel drive and rear-axle gearbox) and driving precision was further refined through the use of suspension systems with double transverse arms on both axles.

The 8C boasted a powerful engine, a 4.7-litre V8 delivering 450hp, but above all it marked a return to the rear-axle gearbox, which had been

missing from Alfa Romeo road cars since the early 1990s. The result was a car with an optimal weight/power ratio, able to reach 62mph from stationary in just 4.2 seconds.

Then there was the little matter of style.

The almost swollen bonnet seemed to bite the tarmac, its profile soft and sinuous with a horizontal cut uniting the wheel arches, joining them to the "muscular" shape of the rear mudguard and the rear window was wrapped by the uprights, which extended backwards until they tapered on the tail.

It resembled a quiz on design from brand history. Its "eyes" came from the 33 Stradale, slightly higher than the bonnet line; its rear recalled that of the '61 Giulietta SZ, the first "truncated tail"; the circular rear lights are a tribute to the Giulia TZ. The 8C played with the past, as though the Alfa Romeo Centro Stile was paying tribute to a whole era of car design.

The 8C Competizione summarised the most classic canons of Alfa



Romeo style, and became a natural inspiration for all later models, such as MiTo and Giulietta. However, the 8C also had a close relative in the 4C. A compact technological and sensual supercar, it was clearly related to the 8C but without having to bear the burden of being a limited edition.

With the 4C, Alfa Romeo returned to the compact sports market by offering cutting-edge materials and technological solutions, combined with maximum lightness and extraordinary dynamic qualities.

The Alfa Romeo designers decided not to maximise the power, instead keeping the weight down so it came in at just over 1,000kg, giving it a weight/power ratio of less than 4kg/hp. Two values that guaranteed maximum agility and thrilling performance.

To achieve the desired lightness it

used a cradle-like monocoque frame, completely made from carbon fibre and made with technology derived from Formula 1. The material, composed of unidirectional fibres, was pre-impregnated with a special resin before being subjected to a process known as "cooking". With this treatment, the cradle could be made in a single piece and was able to perfectly perform its structural tasks despite weighing only 65kg.

The 4C engine too was ultra-light. The 1,750cc four-cylinder in-line engine, entirely made of aluminium, generated up to 240hp. To ensure optimal weight distribution, it was placed in a transversal rear position. The gearbox used a double dry clutch system. It achieved top speeds of over 158mph, accelerating from zero to 62mph in 4.5seconds.

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## Lecturer and pals hoping to pedal into record books after non-stop 30-hour indoor cycle



**University of Bradford lecturer and clinical lead in the Faculty of Health Studies Jamie Moseley took part in an attempt to beat the world record for the longest static cycle ride.**

He was part of a 19-strong team, which included Super League stars Keith Senior, Ewan Dowes, Chev Walker, Wayne Godwin, and Gareth Carvell, among others, who between them cycled thousands of miles over a 30-hour period.

Jamie, who is originally from Huddersfield and now lives in Rothwell, Leeds, managed just over 577 miles during his 30 hours - averaging over 19 miles per hour.

The record attempt came about after Jamie and his friends decided to raise money for charity Rugby League Cares and Motor Neurone Disease Ass-ociation after friend Rob Burrows was recently

diagnosed with the life altering condition.

Originally, they had planned to cycle 900 miles in five days from Headingley, Leeds to Toulouse, Spain in time for the Leeds Rhinos vs Catalan's Super League fixture but the coronavirus outbreak meant they had to think of something else.

Father-of-two Jamie, 45, who spent six years as a physiotherapist in Super League, with stints at Bradford Bulls and Hull FC, is part of the Physiotherapy and Sport Rehabilitation team at the University of Bradford, which has been recognised nationally with a Collaborative Award for Teaching Excellence (CATE) from Advance HE, the most prestigious team award available for learning and teaching in Higher Education.

This highly sought after award recognises the team's creation of a

pioneering Physiotherapy Clinic, developed in collaboration with employers, students and staff. It is open to the public and takes regular referrals from GPs, charging just £20 for six sessions, a fraction of the cost compared to the private sector. Their work has transformed teaching and practice in physiotherapy and sports rehabilitation and is being used as a positive example by other institutions.

Jamie said: "The original plan was to cycle from Leeds to Catalan for the Leeds game as part of this but Covid put an end to that but rather than pack it in we took it indoors. The previous record was 28 hours continuous in a spin studio. We did 30."

The team cycled from 6.30am on Saturday May 30 all the way through to 12.30pm on Sunday,

recording the event on the indoor cycling app Zwift, Garmin and Strava, data from which has now been sent to the Guinness World Records for verification.

Jamie admitted the challenge was tougher than he expected: "I am a sporty person. I've done a few iron man challenges, I like to run and cycle, but this was one of the hardest challenges I've done.

"I went through several rough patches, where I had no energy. It was tough to keep going, especially from 2am to 4am but then other times I suddenly found lots of energy. I think I did some of my best numbers from 4am to 6am."

At one point they had 20,000 people viewing them on YouTube.

To keep him going during the marathon stint, he prepared 25 500ml bottles of water mixed with carbohydrates and electrolytes. He

also munched his way through bananas, flapjacks, bagels and even packets of jelly babies, chocolate and crisps.

He said: "The diet was designed to keep me going, not just physically but mentally, with lots of easy sugars, some salts and so on. I kept off caffeine during the day, so I could have some at night to keep awake."

Jamie, who took part in a cycling challenge from Barcelona to Leeds more than a decade ago, said he was proud of the achievement and was now having a well-deserved rest... ahead of his next challenge.

"The day after, I could not stand up without feeling sick," he said. "It was a bit easier the day after that. I don't think I'll be cycling as far again but I would like to do the North Coast 500."



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# Gunning for glory

18-year-old Amaar Akbar set to make professional debut under Frank Warren banner



Seeded number one in England by the England Boxing Association, 18-year-old Amaar Akbar already had a great run in the national elite boxing tournament last year. Now the former Mirfield Grammar School student awaits to make his professional debut.

Dewsbury-born and bred, Akbar beat five opponents last year to reach the finals of the most prestigious boxing event in the amateur calendar. This year he'll be one of the youngest ever to be showcasing his ability at the epicentre of British boxing under Frank Warren's illustrious banner.

"I got into boxing around four-years ago, and from the off my coaches and other people in boxing said I had talent," says Akbar.

"I've always had an interest in combat sport; from boxing to MMA, and have grown up in a family which have been big around sports - especially boxing.

"I'm very proud to be representing Dewsbury at the top level of the sport in England," says Akbar.

Due to coronavirus restrictions in place, Akbar's been busy preparing to grace the squared circle, he's been training up to three times a day five or six days a week at Warrior Breed Boxing Gym under the watchful eye of his coach - dad Zahir Akbar.

Studying a sporting course at Bradford

College, Akbar has been a regular sparring partner with ex British champion Tyrone Nurse from Huddersfield - a respected name on the boxing circuit; and Bilal Rehman former English champion. He was also asked to help out with sparring with David Ava Avanesyan - former world champion and current European champion against his bout with England's Josh Kelly.

Speaking about sparring with boxing icons, Amaar says: "Not only am I honoured, I've learnt so much from one of the best in the world.

"I fully understand the thrill of the boxing business and the need to perform in order to cement my place among the very best.

"In relation to this tournament, I'm one of the youngest to reach the finals. I had to beat a lot of good men to get here, five straight bouts which were fatiguing both mentally and physically.

"I have very strong faith and place everything on Allah SWT. As long as I train hard, winning and losing comes from the Almighty.

"It's with this belief I feel I can deal with anything. I learnt this after the death of my younger brother who sadly died due to a heart condition.

"Looking to the future, I'd like to represent my country, and beyond that aim is to be world champion."

# Premier



## Liverpool finally win league after gruelling 30-year wait for top-flight title

A number of Reds players, including goalkeeper Alisson, defender Virgil van Dijk and midfielder Alex Oxlade-Chamberlain, celebrated together after watching the Chelsea-City game.

Liverpool manager Jurgen Klopp hailed the moment as 'incredible' as he paid tribute to club legends Kenny Dalglish and Steven Gerrard on this historic occasion.

Klopp, wearing a Liverpool shirt and clearly emotional, told Sky Sports: "I have no words, it's unbelievable.

"It's much more than I ever thought would be possible. Becoming champion with this club is absolutely incredible.

"I haven't waited 30 years - I have been here for four and a half years - but it is quite an achievement, especially with the three-month break because nobody knew if we could go on.

"I know it is difficult for people in this moment but we could not hold back. We will enjoy this with our supporters when we can."

With the global Covid-19 pandemic disrupting everything, football fans groaned with the suspension of the Premier League for three months.

For Liverpool supporters though, the lurking possibility that the season might have been declared null and void, meant

bracing the reality that their remarkable efforts could have been wiped from the record books.

The Premier League's return in June enabled them to cap their stunning success.

But, Liverpool will not be able to celebrate their long-awaited success with their supporters immediately, at least not in the traditional sense.

As with Wednesday's impressive 4-0 win over Crystal Palace, when they next play at Anfield - against Aston Villa on Sunday 5 July, and for their two other remaining home games - it will be behind closed doors.

It also seems unlikely they will be able to take part in any of the usual public events in Liverpool, such as an open-top bus parade around the city.

By a quirk of fate, though, the next time they take to the field will be at the side they have beaten to this season's title and who pipped them so narrowly last campaign, Manchester City.

**Record-breaking season**

Winning the title was always the main aim for a club which endured such a long wait to be crowned champions of England again, having earned that honour 11 times between 1973 and 1990.

Things could get better yet, with City's 100-point total for a season one of numerous records

Liverpool can still break.

Klopp's side have produced one of the most memorable campaigns in Premier League history, amassing 86 points with 28 victories, two draws and a single defeat from 31 games.

Such has been their dominance, at one stage they led the table by 25 points - a record gap between a side in first and second in the English top flight.

Also still a possibility are the most wins in a season (the record is 32), most home wins (18), most away wins (16) and biggest winning margin (19 points).

Their title win this season is the earliest on record, at least with regard to games remaining, with the Reds having seven to play.

That it is not the earliest title win by date is only because of the halting of football in England between March and May as a result of the coronavirus pandemic.

**30-years of pain**

Liverpool's victory represents a huge moment for their fans, who grew accustomed to success.

The 1970s and 1980s, included a run between the 1972-73 and 1990-91 seasons in which they failed to finish first or second in the league



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# League

only once. In the past 30 years, they've won three FA Cups, four League Cups, a Uefa Cup, the Champions League twice - the latest coming last season under Klopp - as well as three Super Cups and one Club World Cup.

However, since Kenny Dalglish led them to the First Division championship, they have had to endure three decades without league success, during which their record tally of titles was surpassed by rivals Manchester United, who have 20 to their name.

It was during this period that United boss Sir Alex Ferguson famously revelled in having "knocked Liverpool off their perch".

Liverpool have come close during that time to restoring themselves to the top of the English game, finishing second in the Premier League four times.

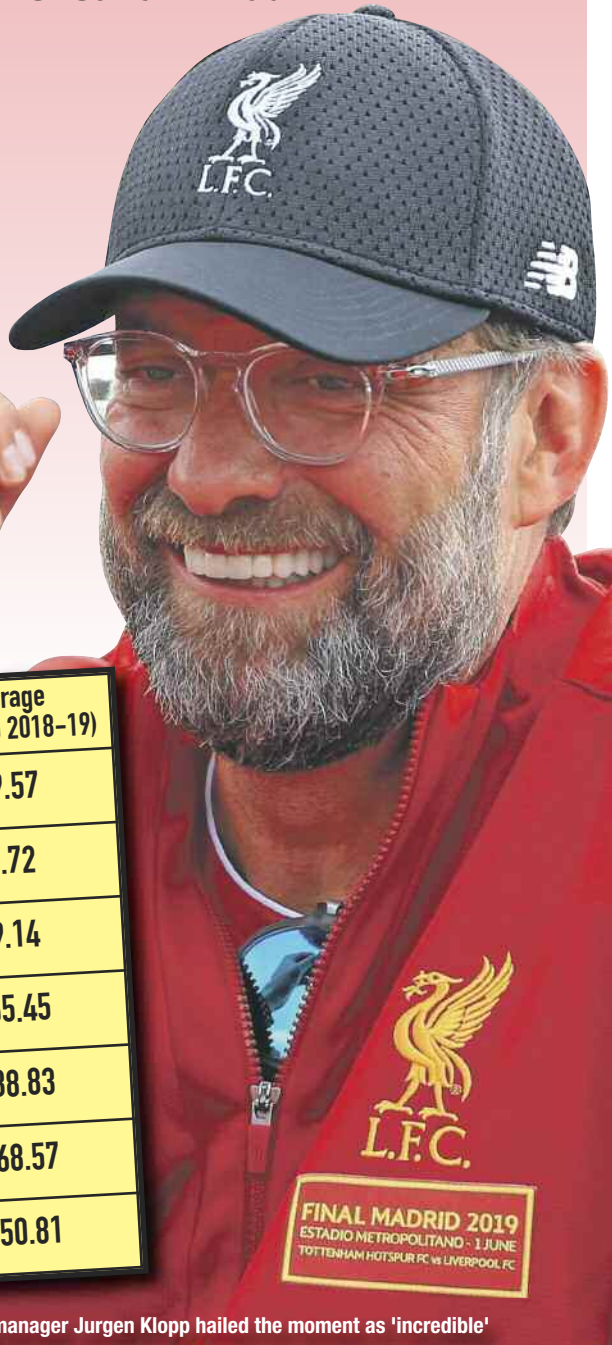
Gerard Houllier (2001-02) and Rafael Benitez (2008-09) both took them close.

Famously, in the 2013-14 season, Brendan Rodgers' side looked as though they were going to take the crown but a late-season slump - synonymous with a Steven Gerrard slip that enabled Chelsea to score and win at Anfield - saw them fall agonisingly short.

Last season, they racked up a stunning 97 points, losing only one game all campaign, but had the misfortune of coming up against an even better Manchester City side, who beat them to the title by a point. No side had ever earned so many points without winning the league.

## KEY HIGHLIGHTS

- Liverpool won their 19th league title in English top-flight
- The Reds automatically became champions after Manchester City were beaten 2-1 by Chelsea
- Liverpool will next face Manchester City who will give the champions a guard of honour at Etihad



	2019-20	Average (90-91 to 2018-19)
WINS	28	19.57
DRAWS	2	9.72
LOSES	1	9.14
GOALS SCORED	70	65.45
GOALS CONCEDED	21	38.83
POINTS	86	68.57
WIN %	90.32	50.81

■ Liverpool manager Jurgen Klopp hailed the moment as 'incredible'



## Welcome to Yorkshire's recovery plan

Substantial steps have been taken in Yorkshire's tourism recovery plan progression as Welcome to Yorkshire reveal some very encouraging data, suggesting interest in the county as a place to visit has dramatically increased as the UK re-emerges from lockdown.

In the month of May, www.yorkshire.com saw traffic increase by 47% compared to April with 91% of visitors clicking on the website for the first time. Traffic to members' listing pages saw an increase of 45% with links directly to member websites also up by 42%.

In the last few weeks the decision to rebrand the organisation's membership social media feeds, to have a greater focus on industry specific news, has paid off with visitors turning to www.Industry.yorkshire.com for information and guidance on COVID-19 specific related content.

Traffic to the industry website during May was up by 52%, with again a big increase from new visitors (85%).

The most popular pages visited related to a series of 'tourism recovery plan' webinars which were oversubscribed on each occasion.

This positive news for Yorkshire's visitor economy comes ahead of the tourism organisation's decision to release a recovery plan for the region under the banner of Reopen, Recover and Rebuild.

Welcome to Yorkshire Chief Executive James Mason said "I have made no secret about the fact that we have so

much digital potential going forward and this can provide valuable insight for the industry and key decision makers.

"We saw a big volume of organic impressions across our social accounts in April when lockdown really kicked in reaching 4,108,503 accounts in April alone, up by 24% compared to March.

"Our creative and digital team, in fact the whole organisation, has worked non-stop since COVID-19 struck. Our aim was to lead from the front with engaging, yet important, information for the industry.

"I think these statistics prove more than ever that Welcome to Yorkshire is a viable proposition, but more importantly has a huge part to play in the region's recovery, both as an economy and tourist destination. The suggestion is that the UK 'staycation' market is really set to boom."

Welcome to Yorkshire also saw a big increase in their social media engagement across the last six weeks, with Twitter, Facebook, Instagram & LinkedIn all seeing great growth.

Welcome to Yorkshire have accepted the challenge to act as the conduit for the region's crucial tourism resurgence now and post-COVID-19, collaboratively working with the county's business and tourism representatives on a robust recovery plan.

With the aim to reopen, recover and rebuild our much-loved attractions and locations, following current and changing Government guidelines, when the time is right. For some this has already happened, for others the planning part is well underway.

Ensuring businesses are prepared is of paramount importance, as the Yorkshire tourism sector is worth £9bn to the county's economy and employs almost 225,000 people, but has taken a big hit as a result of the coronavirus crisis. Now more than ever, it's crucial to work as #YorkshireTogether to support a safe, sustainable future and promote all that it has to offer.



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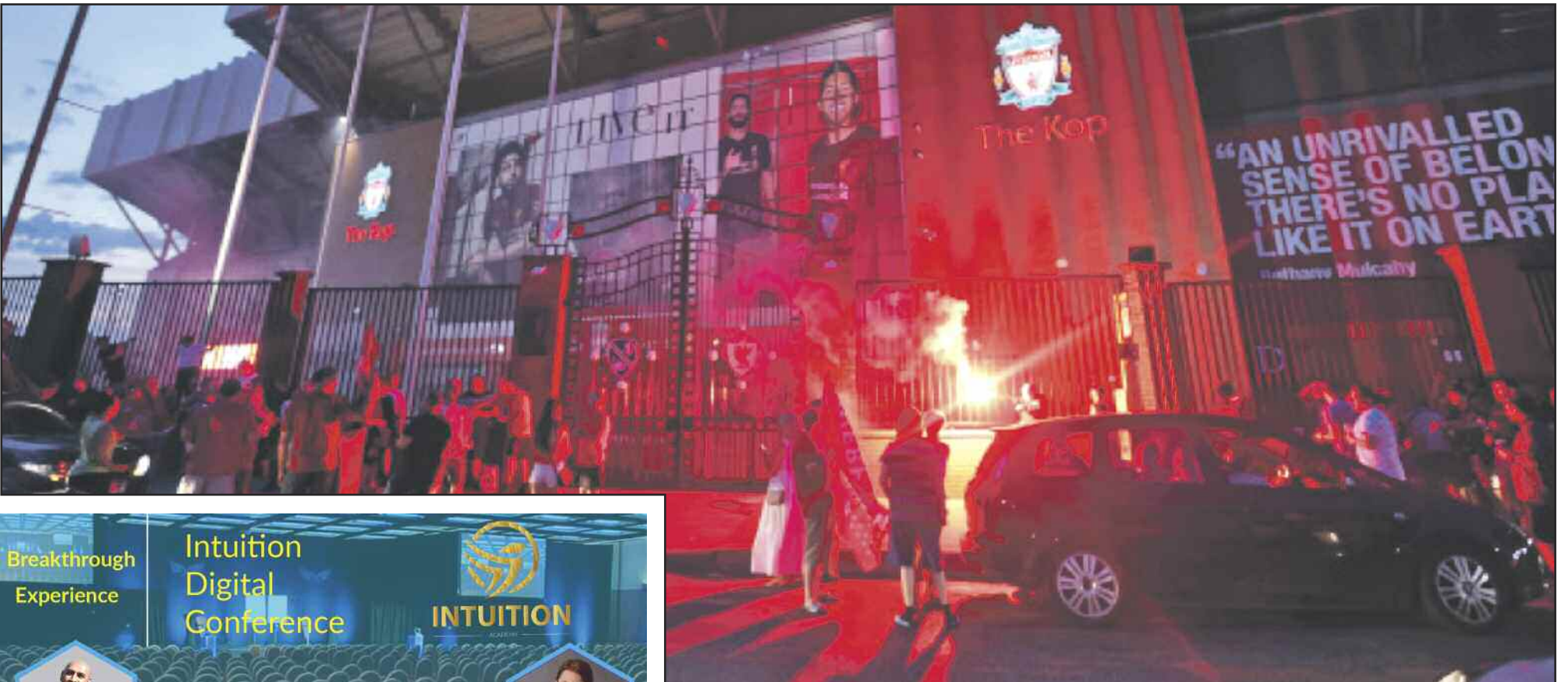


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# Premier League

## Liverpool finally win league after gruelling 30-year wait for top-flight title

**Liverpool brought an end to their 30-year wait for the league title as Manchester City were beaten 2-1 by Chelsea on Thursday 25th June confirming them as Premier League champions. The Reds will face Manchester City next in the Premier League.**

It's taken £1.47bn spent, 239 players, nine permanent managers and a steadfast 30-year wait for Liverpool, and what a wait it's been!

**Continued on pages 46 & 47**



Thousands of fans gathered at Anfield to celebrate for Liverpool's 19th top-flight title and their first since 1989-90

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