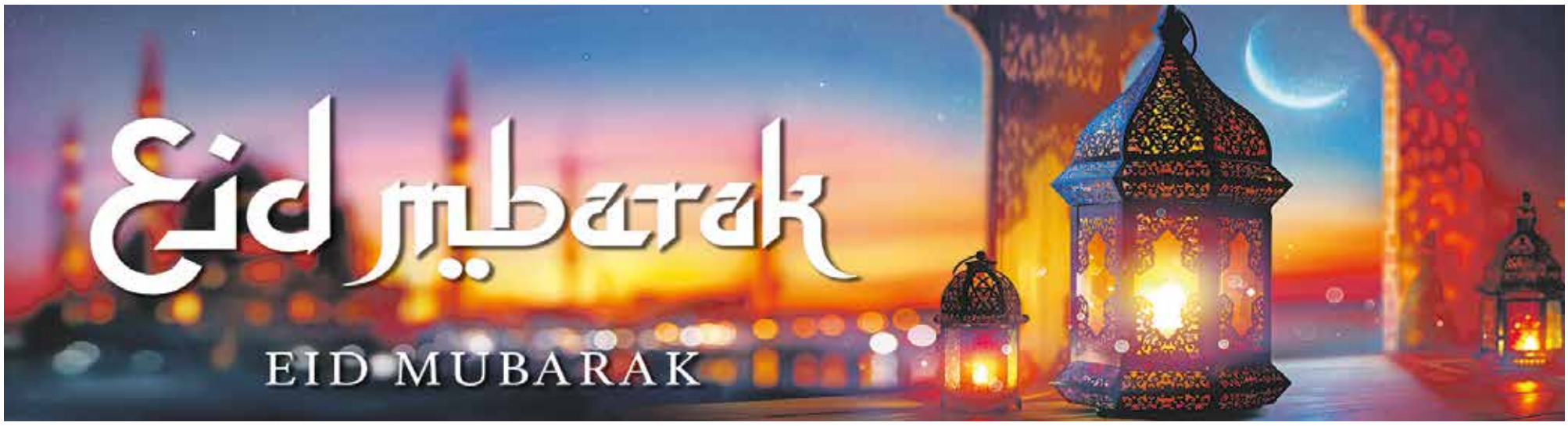
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Naz Shah's 'Honoured' making waves - and forcing an uncomfortable reckoning



Picture Credit: Bradford Literature Festival

Fresh from a packed hometown launch in Bradford - and already making noise as an Amazon hot-seller as readers rush to buy it - MP Naz Shah's memoir 'Honoured' is doing far more than drawing attention. It is forcing an uncomfortable reckoning.

This is not a safe political memoir, nor is it a polished tale of Westminster success wrapped neatly in the language of resilience.

'Honoured' lands as something far more unsettling: an indictment of the silences that protected abuse, of the shame too often placed on women instead of perpetrators, and of the quiet, deeply rooted power structures that have long decided whose pain is heard and whose is buried.

That is what gives this book its force.

When Naz launched 'Honoured' in Bradford on International Women's Day at the Midland Hotel, the room was full and the applause was loud. The city showed up for one of its own.

But this was never just a feel-good homecoming, because this book does not simply revisit Naz's past - it confronts the systems that shaped it.

National coverage has understandably focused on the most brutal elements of Naz's story: the violence, the forced marriage, the trauma and the extraordinary survival.

But for British South Asian readers - the deeper power of this memoir lies elsewhere.

It lies in the uncomfortable question sitting at the centre of the title itself: who exactly has "honour" served all these years?

Because too often, honour has not protected women. It has protected appearances, reputations, men, and a culture of silence that asks women to endure quietly so everyone else can remain comfortable. That is the real charge at the heart of this book, and it is what makes 'Honoured' feel so powerful.

Continued on page 6

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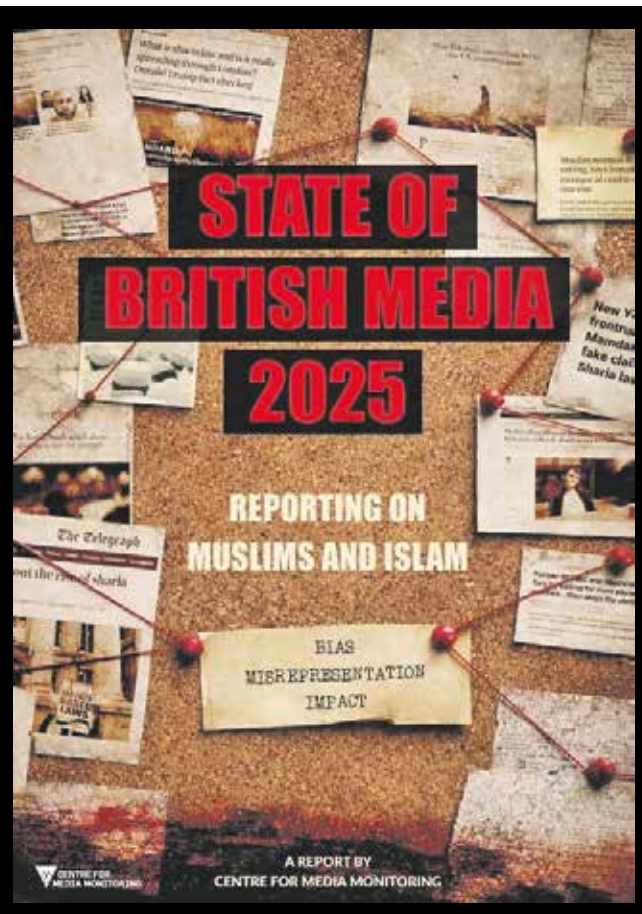
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Mass media machine against Muslims



The Telegraph, Daily Mail and GB News alone account for nearly half of all "very biased" articles identified in the study.



Landmark study exposes systemic bias in mainstream British press

A landmark analysis of more than 40,000 news articles reveals systemic bias in the way British media reports on Muslims and Islam - reinforcing concerns long raised by community voices and publications such as Asian Express.

For years, Muslim communities in Britain have argued that they are viewed through a distorted lens by much of the national media.

Headlines that sensationalise, stories that generalise, and narratives that repeatedly frame Islam through conflict or crisis have long shaped public perception.

Now, a landmark study has laid bare the scale of the problem.

The 'State of British Media 2025' report, produced by the Centre for Media Monitoring (CfMM), analysed 40,913 articles across 30 major UK news outlets to examine how Muslims and Islam were represented in the press.

What it reveals is not the odd bias or editorial oversight. It reveals a system - nearly half of all articles about Muslims contained measurable bias, while 70% of coverage associated Muslims or Islam with negative behaviour or controversy.

The scale of the distortion

The study's methodology was rigorous and unprecedented in scale. Researchers analysed tens of thousands of articles using measurable indicators of bias.

Articles were classified as "biased" when they contained patterns such as negative associations with Islam, sweeping generalisations, misrepresentation of facts, omission of context or sensationalist headlines.

The results were damning.

Of the 40,913 articles examined, 16,570 were categorised as biased and a further 2,044 as "very biased" - the most severe form of distortion.

These are not marginal figures. They represent a media environment where biased portrayals of Muslims are not exceptions - they are routine, and they are determinedly regular.

The report identifies a cluster of publications responsible for a disproportionate share of the worst coverage.

The Telegraph, Daily Mail and GB News alone account for nearly half of all "very biased" articles identified in the study. These news



outlets shape almost half of the most distorted reporting about Muslims.

Other outlets, including The Spectator and Daily Express, also recorded alarmingly high levels of biased content.

Such patterns strongly suggest that anti-Muslim framing is not merely accidental, but embedded within the editorial cultures of parts of the British media.

The power of headlines

The study also exposes how Muslims are disproportionately associated with conflict and political controversy.

Another deeply troubling finding is the scale of contextual omission: Nearly 44% of biased articles failed to provide crucial context, meaning readers were often presented with incomplete or misleading narratives.

In practical terms, this might involve failing to explain legal realities, ignoring Muslim voices in stories about Muslim communities, or presenting isolated incidents as representative of wider social patterns.

One case highlighted in the report involved media coverage of claims that London is governed by "Sharia law".

Although some outlets debunked the conspiracy, others repeated the claim in ways that blurred fact and fiction - allowing misinformation to circulate under the appearance of legitimate debate.

The power of collective blame

Perhaps the most insidious feature of the coverage identified in the study is the use of generalisation.

In many articles, the actions of individuals are implicitly linked to the wider Muslim community - a crime committed by one person becomes a reflection of a faith.

A political controversy involving one individual becomes a commentary on millions.

This standard is rarely applied elsewhere.

When perpetrators of crimes are white or Christian, their identity is almost never treated as representative of an entire group.

But when the subject is Muslim, the line between individual and community is frequently erased.

Warnings ignored for 25 years

For readers of Asian Express, these findings will feel painfully familiar.

For more than 25 years, the newspaper has documented examples of misrepresentation, challenged distorted narratives and highlighted the voices too often excluded from mainstream media.

Andleeb Hanif, managing editor of Asian Express, says: "From sensationalist reporting around terrorism to racialised coverage of crime or immigration, this pattern of media bias has been repeatedly identified long before it was quantified by academic research.

"What this report provides is statistical confirmation, that being - the concerns raised by Muslim communities were not exaggerated. They were simply dismissed.

"The question now is, whether Britain's media is willing to confront its own role in shaping prejudice - or whether it will continue to feed a narrative that millions of its citizens know all too well?"

Negative portrayals of Muslims in the media correlate with increased hate crime, employment discrimination and public support for policies targeting Muslim communities.

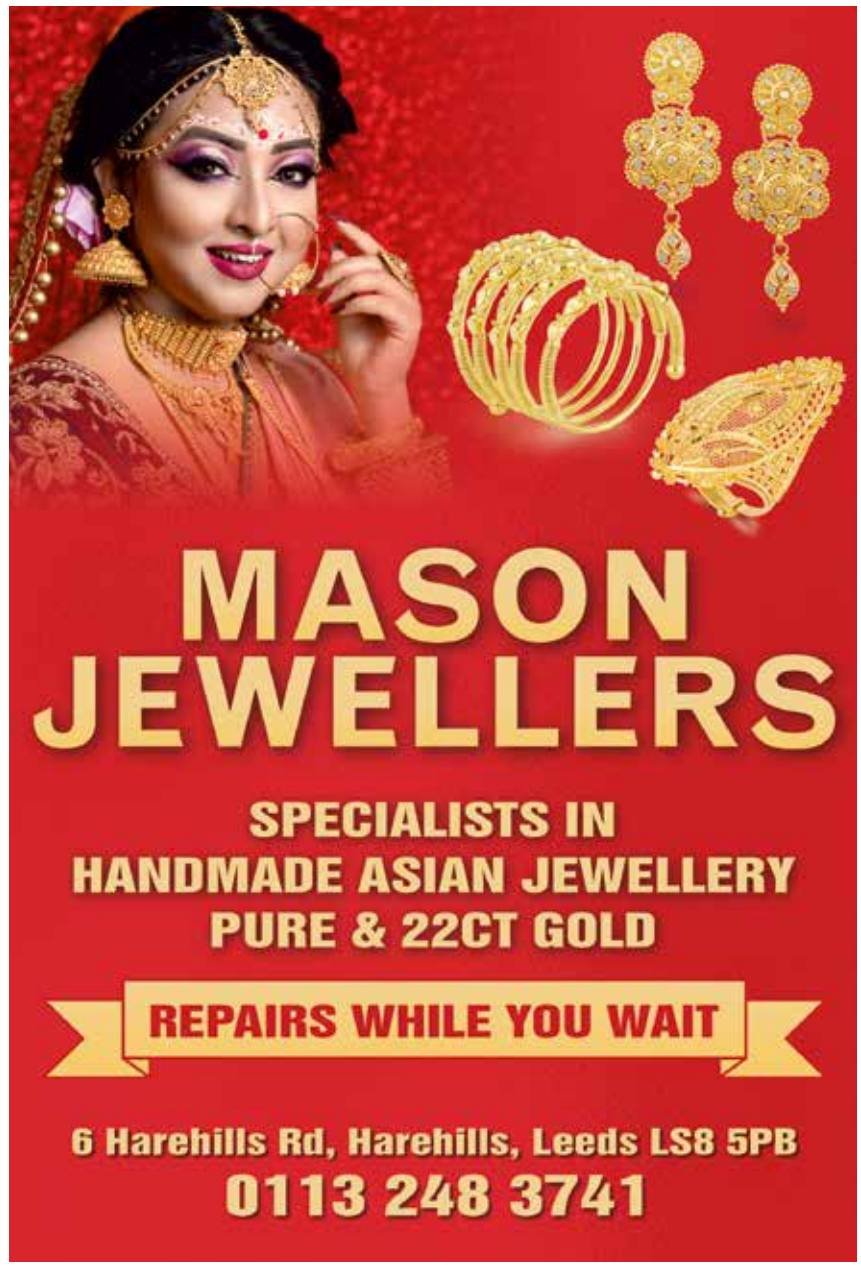
The two dominant themes in coverage of Muslims were politics and governance (30.7%) and conflict or terrorism (18.7%) - meaning Muslims are most frequently discussed in contexts of political tension or security threat.

Stories about everyday life, culture or positive contributions appear far less frequently.

The cumulative effect is powerful.

When audiences repeatedly encounter Muslims only in stories about extremism, crime or controversy, the impression created is that these issues define the community itself.

Over time, this frames the entire Muslim population into a permanent subject of suspicion.



Britain's charities under pressure as six million fewer people donate



Britain's charities are facing growing pressure as new figures reveal around six million fewer people are donating than a decade ago - a worrying trend that community leaders say is already being felt by the grassroots organisations many families rely on most.

According to the Charities Aid Foundation (CAF), just 55% of people in the UK donated to charity in 2025, down from 69% ten years ago.

Public donations also fell by £1.4 billion last year, dropping from £15.4bn to £14bn, with the average gift falling from £72 to £65. Nearly half of those who did not give said they simply could not afford to.

For many in Britain's diverse communities, where local charities, mosques, gurdwaras, churches, foodbanks and neighbourhood support groups often step in long before statutory services, the figures paint a troubling picture.

From warm spaces and emergency food parcels to domestic abuse support, youth mentoring, refugee help and mental health services, grassroots organisations are increasingly being asked to do more with less.

While large national charities continue to feel the squeeze, it is often smaller local groups - many powered by volunteers and supported by community fundraising - that are most vulnerable when public giving drops.

The decline comes at a time when need remains high. Families across the UK are still grappling with the long tail of the cost of living crisis, while charities report rising demand linked to poverty, isolation, housing stress and poor mental health.

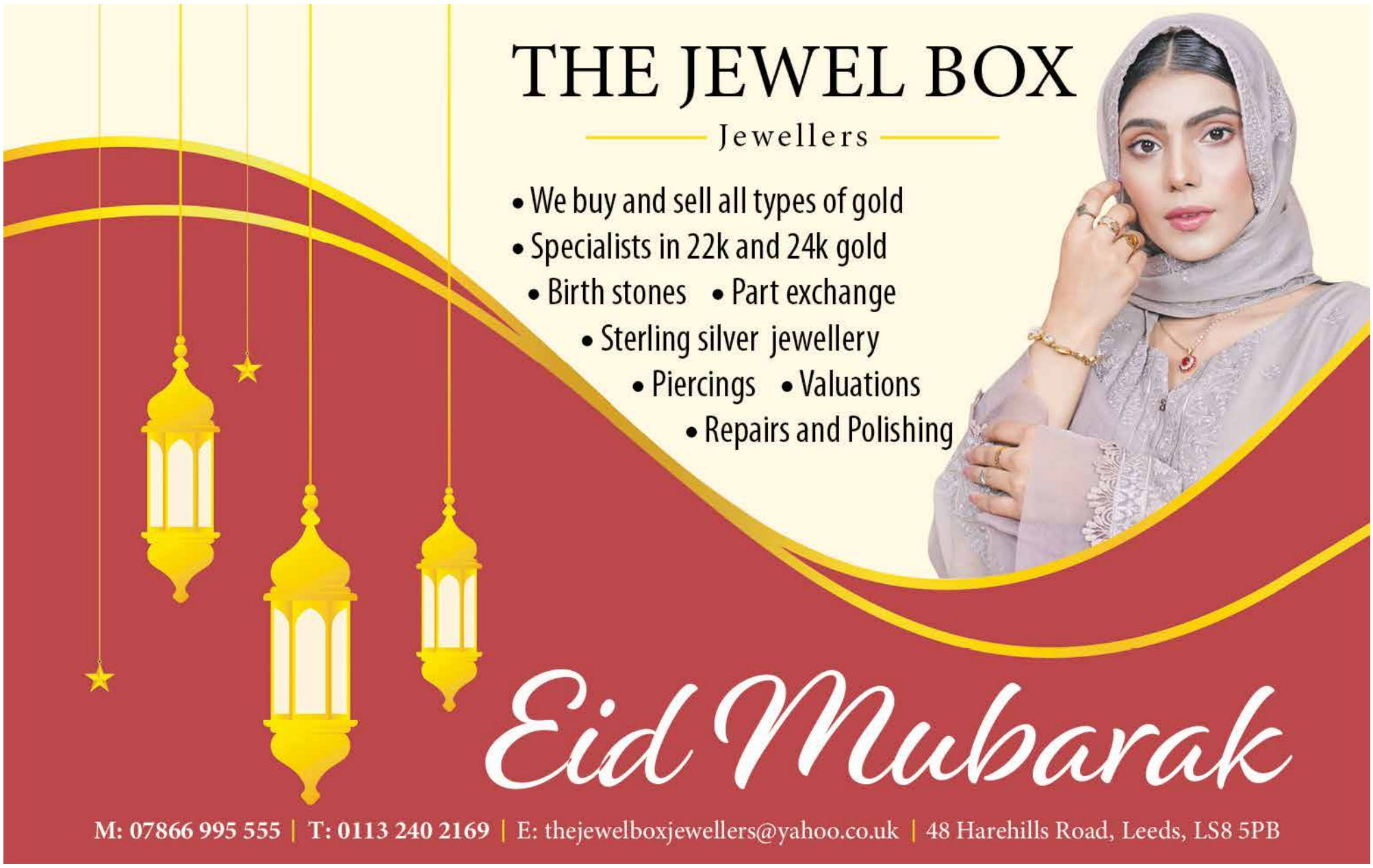
Community leaders say the impact is not theoretical - it is being felt in shorter opening hours, reduced outreach, fewer projects, and harder choices about who can be helped.

CAF has warned that charitable giving is no longer the deeply embedded cultural norm it once was. While economic pressure is clearly a major factor, the report also suggests a wider shift in public habits and priorities, with fewer people giving regularly and some wealthier households saying they are simply less engaged with charitable causes than in previous years.

There are signs that giving is becoming more local and more immediate. Foodbanks, for example, are now attracting a bigger share of donations than arts, culture, science or education. But even these frontline services are finding it harder to maintain consistent support as donor fatigue grows and household budgets tighten.

For British South Asian communities - where giving is often deeply rooted in faith, family and a strong sense of social responsibility - the findings are likely to strike a particular chord. Whether through zakat, sadaqah, seva, church collections or informal community appeals, generosity has long been one of the quiet forces holding neighbourhoods together.

But campaigners say the message is clear: if fewer people are able to give, the burden on those already carrying communities through hardship becomes even heavier.



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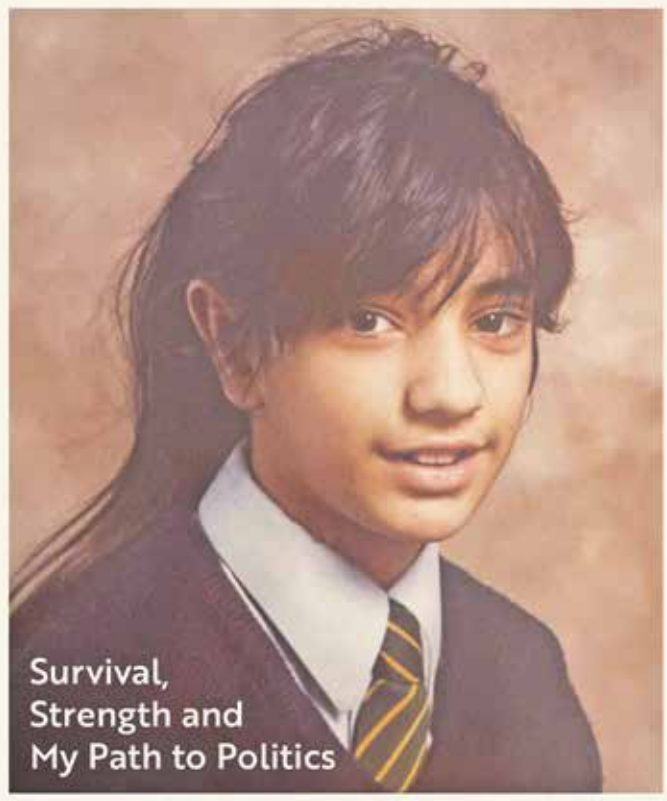
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National coverage has focused on the most brutal elements of Naz's story: the violence, the forced marriage, the trauma and the extraordinary survival... but for British South Asian readers - the deeper power of this memoir lies elsewhere.

Naz Shah's 'Honoured' making waves - and forcing an uncomfortable reckoning



Cover story continued

Naz Shah is not simply reclaiming her own story. She is tearing the mask off a word that has too often been used to control women while shielding others from accountability.

The result is a memoir that does not flatter the community or ask for sympathy. It confronts, exposes and demands honesty, forcing readers to ask not just what Naz survived, but why survival had to be so lonely in the first place.

One of the book's most striking public interventions came at the Bradford launch, where Naz described the Quran as her "feminist handbook".

It is a bold line, but also an important one, because it cuts through years of lazy public debate in a single phrase. Naz's point is clear: the problem is not faith, but patriarchy dressed up as culture, authority and respectability.

For many Muslim women, that will feel less like a soundbite and more like a truth long overdue.

Naz is also careful not to frame this as a fight for women alone. She has openly acknowledged the Muslim men in her life who stood beside her, and she has thanked male allies willing to challenge misogyny. That matters, because if silence has protected power, then breaking that silence cannot be left to women alone.

Then there is Bradford itself… As Naz said at the launch: "This book is about Bradford. I'm as Bradford as they come."

She is right. 'Honoured' is not just about one woman's suffering; it is about the conditions that allowed that suffering to be hidden, the codes that kept people quiet, and the respectability politics that demanded endurance from women and discretion from everyone else.

In that sense, Bradford is not simply the backdrop. It is part of the reckoning.

That is why the standing ovation matters - but not as closure. It matters as a test of whether communities that are quick to celebrate successful women are equally willing to confront the structures that break them, and whether "community values" can still be romanticised when those values have too often meant silence, shame and survival at any cost.

That is why 'Honoured' matters: not because it gives readers another story of pain to admire from a safe distance, but because it strips away the excuses. And once it does that, it leaves behind one brutal question that lingers long after the applause has faded: How many women had to suffer quietly before this truth could finally be spoken aloud?


Images courtesy of Bradford Literature Festival



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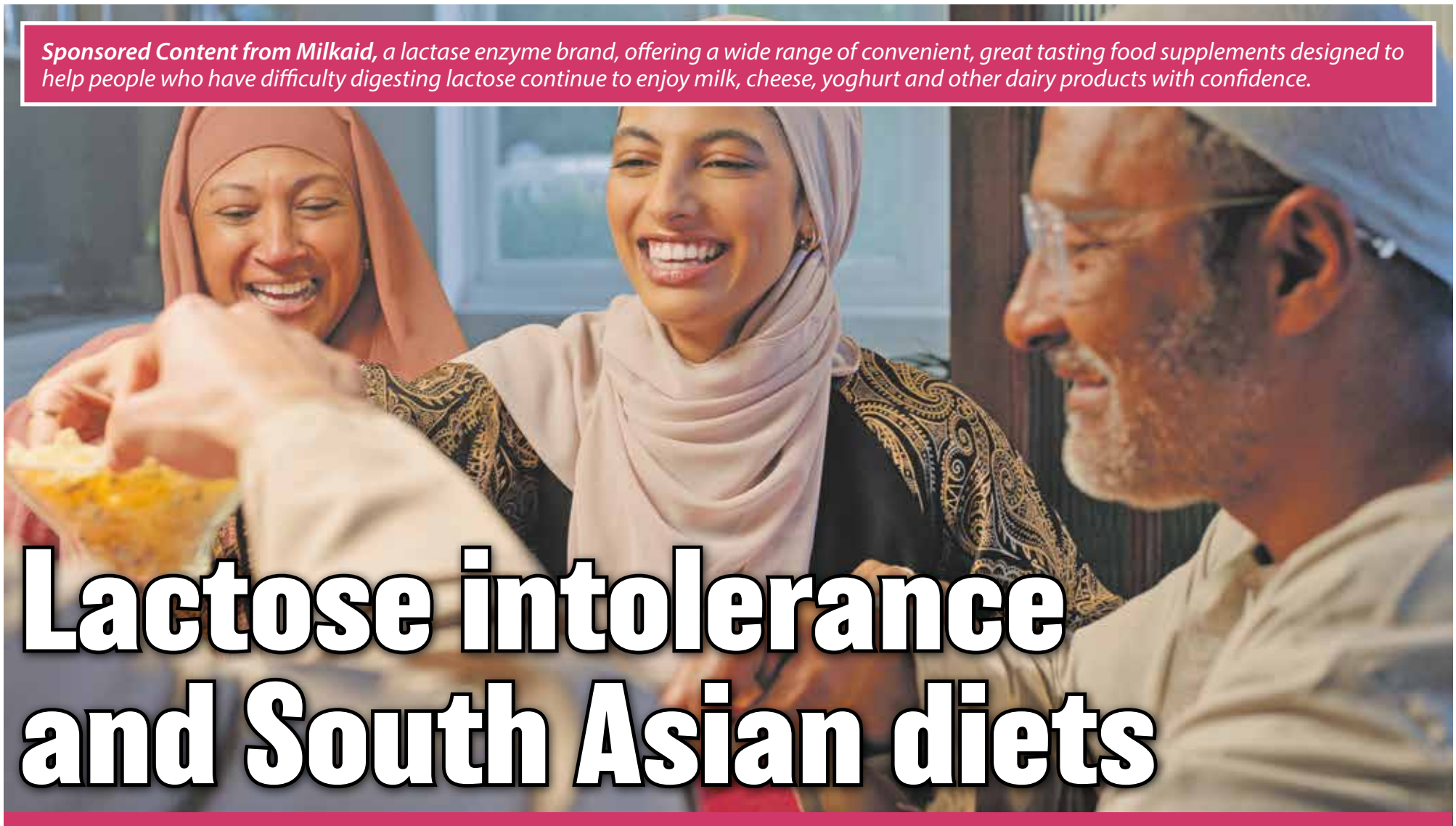
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Lactose intolerance and South Asian diets

Why understanding it matters - and how people can still enjoy dairy



By Dr Pooja Dhir
Registered Specialist Dietitian

Digestive discomfort after drinking milk or eating dairy is something many people experience at some point.

For some, however, symptoms such as bloating, abdominal pain, wind or diarrhoea occur regularly after consuming dairy products. In many cases, the underlying cause is lactose intolerance - a common but often misunderstood condition.

Globally, lactose intolerance affects the majority of adults. Yet its prevalence is not evenly distributed. People of South Asian heritage are among the populations most likely to experience it, which makes understanding the condition particularly important in diverse societies such as the UK.

What is lactose intolerance?

Lactose is the naturally occurring sugar found in milk and dairy foods. To digest it properly, the body relies on an enzyme called lactase, produced in the small intestine. Lactase breaks lactose into two smaller sugars, glucose and galactose, which can then be absorbed into the bloodstream.

In individuals with lactose intolerance, lactase activity is reduced. As a result, lactose passes undigested into the large intestine, where it is fermented by gut bacteria. This fermentation produces gases and draws water into the bowel, leading to symptoms including bloating, cramps, flatulence and diarrhoea.

Why prevalence differs across populations

The ability to digest lactose in adulthood is determined largely by genetics. In many parts of the world, lactase production naturally declines after childhood - a pattern known as lactase non-persistence.

Research consistently shows that lactose intolerance is highly prevalent among South Asian populations. Previous studies and systematic review estimate that between 60% and 80% of adults of South Asian origin experience lactose malabsorption.

For healthcare professionals, recognising these differences is important. Digestive symptoms such as bloating or abdominal discomfort may sometimes be attributed to conditions like Irritable bowel syndrome when lactose intolerance could also be contributing.

Dairy in South Asian diets

Despite the high prevalence of lactose intolerance, dairy remains central to many South Asian cuisines. Milk, yoghurt, paneer and traditional desserts made with milk are widely used in everyday cooking and celebrations.

Interestingly, many people with lactose intolerance can still tolerate some dairy foods. The amount of lactose in different products varies considerably, and symptoms are often dose dependent.

Fermented dairy products such as yoghurt are often easier to digest because bacteria partially break down lactose during fermentation. Hard cheeses (such as cheddar and parmesan) also tend to contain very little lactose. Eating dairy as part of a meal rather than on its own may further improve tolerance by slowing digestion. Alongside these approaches, some individuals may find lactase supplements, such as Milkaid, useful when consuming dairy foods.

Avoiding dairy is not always the best solution

One common misconception is that lactose intolerance requires complete elimination of dairy. In reality, unnecessary avoidance can sometimes lead to nutritional gaps.

Dairy foods are major contributors of calcium, iodine, riboflavin and high-quality protein in many diets. In the UK, milk and dairy products provide roughly one third of total dietary calcium intake. Removing them without suitable alternatives may increase the risk of inadequate intake of these nutrients. Indeed, studies have found that lower calcium intake and reduced dairy consumption were associated with poorer bone mineral density and a higher risk of fragility fractures and osteoporosis.

For communities where lactose intolerance is common, the focus is therefore often on identifying tolerable amounts of dairy rather than eliminating it entirely. Emerging research is exploring the efficacy of dietary changes combined with lactase supplements such as Milkaid.

Dietitians frequently encourage individuals to experiment with portion sizes, try lower-lactose foods and monitor their personal tolerance levels. This approach allows many people to continue enjoying culturally important foods without discomfort.

The role of lactase supplements

Another strategy supported by research is lactase enzyme supplementation. These products provide the enzyme needed to break down lactose and are typically taken just before consuming dairy foods.

Recent clinical evidence suggests this approach can be effective. A randomised controlled trial reported that lactase supplementation can reduce symptoms such as bloating, abdominal pain and wind compared with a placebo in individuals with lactose malabsorption. Previous reviews similarly concluded that these preparations can improve lactose digestion and reduce gastrointestinal symptoms in many people.

For individuals who wish to continue enjoying dairy foods in social or cultural settings, lactase supplements can provide flexibility. Products such as Milkaid contain lactase enzyme designed to help digest lactose when dairy is consumed.

A balanced approach to lactose intolerance

Lactose intolerance exists on a spectrum. Some individuals are highly sensitive to even small amounts of lactose, while others can tolerate moderate quantities without symptoms. This variability highlights the importance of personalised dietary advice.

For many people, effective management involves a combination of strategies: understanding personal tolerance levels, choosing lower-lactose foods, and using lactase supplements when needed.

As awareness grows, it is increasingly clear that lactose intolerance does not have to mean giving up dairy altogether. With the right knowledge and practical strategies, most individuals can maintain both digestive comfort and a nutritionally balanced diet.

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National recognition for Bronte Girls' and Feversham Girls' as pupils excel

Bronte Girls' Secondary Academy and Feversham Girls' Secondary Academy have been formally recognised by the Secretary of State for delivering exceptional outcomes for disadvantaged pupils - a moment of pride not just for the schools, but for the communities they serve.

Both academies, part of the iExel Education Trust, received letters from Bridget Phillipson, congratulating staff and students on their outstanding performance during the 2024/25 academic year.

Their results place them among the highest-performing schools in the country for disadvantaged learners.

In her message, Phillipson praised the dedication of teachers, the ambition of pupils and the culture of high expectations that underpins success in both schools.

She also encouraged leaders to share their effective practice nationally and to play a leading role in school improvement through collaboration, professional networks and the Department for Education's Regional Improvement for Standards and Excellence programme.

Dr Tim Coulson, Director General for the Department for Education's Regions Group, confirmed that both academies were included in a select group of schools within the Trust singled out for their impact.

For many families across Bradford, this recognition carries particular weight.

Disadvantaged pupils often face structural barriers - from financial pressures to limited access to enrichment opportunities - yet these schools have demonstrated that background does not determine destiny.

Professor Khurshid Khan, CEO of iExel Education Trust, said the achievement reflects "years of dedication, high expectations and an unwavering belief that every young person, whatever their background, deserves the opportunity to succeed."

He added: "These excellent achievements reflect the strength of our communities, the ambition of our pupils and the relentless commitment of our colleagues across the Trust."

At a time when conversations around educational inequality continue to dominate national debate, Bronte Girls' and Feversham Girls' are offering something powerful - proof that sustained investment in people, purpose and partnership delivers real change.

The Trust says it remains committed to sustaining excellence for disadvantaged pupils while working closely with regional partners to raise standards for all through engagement with professional communities and cross-sector collaboration.

For the young women walking through those school gates each morning, this is more than a letter from Westminster. It is affirmation that their hard work matters - and that no matter their starting point, their future can be bright.



Disadvantaged pupils often face structural barriers - from financial pressures to limited access to enrichment opportunities - yet these schools have demonstrated that background does not determine destiny.



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HOW JOBCENTRE PLUS IS HELPING BUSINESSES TACKLE RECRUITMENT CHALLENGES AND TRANSFORM LIVES



Safwan Hanash
Head of Partnerships, Embark Learning

When Alex O'Neil founded Embark Learning Care Academy, his mission was clear: connect people seeking meaningful work with a care sector urgently in need of skilled, compassionate staff.

But as demand grew, so did the challenge. Safwan Hanash, Head of Partnerships, who also leads recruitment for the organisation, said:

"As we scaled, sourcing consistent, work-ready candidates became increasingly difficult. We were spending huge amounts of time advertising roles, reviewing applications, and inviting people to interviews who didn't attend or weren't suitable. Meanwhile, over 250 care employers across the West Midlands were relying on us to supply trained, reliable staff."

The ambition was there. The workforce demand was there. What was missing was a streamlined recruitment pipeline.

That's when Embark turned to Jobcentre Plus, part of the Department for Work and Pensions (DWP).

A different experience than expected

Like many recruiting employers, Safwan admits he initially had assumptions about government-led support.

"I thought it would be very process-driven, rigid, and difficult to navigate," he says. "But the reality was completely different."

From the first conversation, Jobcentre Plus Employer Advisers focused on understanding Embark's specific needs. They explored the skills required, the attitudes valued, and the progression opportunities available.

Rather than simply sending CVs, they referred pre-profiled candidates aligned to Embark's requirements, saving time and improving suitability.

Recruitment events were organised locally, job fairs were coordinated, and tailored support offered at no cost to the business.

"The communication was open and transparent," Safwan explains. "They genuinely wanted to collaborate and help us meet our workforce goals."

Delivering measurable results

The impact has been significant.

To date, Embark Learning, in partnership with Fairway Healthcare and associated care employers, has recruited more than 2,000 people into paid employment through its employability programmes, supported by Jobcentre Plus.

The partnership has not only improved hiring outcomes but strengthened long-term workforce development.

Through collaboration with Jobcentre Plus, Embark has delivered structured employability programmes, helping candidates gain sector-specific training and recognised qualifications, including Level 2 and Level 3 certifications. This creates clear career pathways rather than short-term placements.

"We're not just filling vacancies," Safwan says. "We're building sustainable careers."

Opening doors for young people

A key focus of the partnership has been supporting young people aged 18–30 who are not in education, employment or training.

Working alongside Jobcentre Plus and in partnership with The King's Trust, Embark delivers tailored employability programmes designed to remove traditional barriers and provide entry into health and social care work.

"We train them, build their confidence, and give them real-world experience," Safwan explains. "Many just need the right opportunity and someone to believe in them."

In the past three years, more than 300 young people have progressed into employment through this route.

Additionally, under the Youth Guarantee, the government is bringing together new and existing support to ensure all young people aged 16 to 24 are earning and learning. It offers employers access to training, financial incentives and a pipeline of young talent to help businesses fill skills gaps and build their future workforce.

Jobcentre Plus has supported Embark to access wider and more diverse talent pools, including individuals with health conditions or disabilities. In the last two years alone, more than 100 people facing health-related barriers have moved into work through Jobcentre referrals.

For employers in the care sector — and beyond — this demonstrates how tailored recruitment support can unlock motivated, capable candidates who might otherwise be overlooked.

Saving time, reducing costs, strengthening communities

For Safwan, the operational benefits are clear.

"Jobcentre Plus saves businesses enormous amounts of time and resource," he says. "Instead of advertising repeatedly and interviewing unsuitable applicants, we receive candidates who are ready and motivated."

Employer Advisers can facilitate recruitment events, coordinate candidate shortlisting, and provide ongoing support — creating a more efficient and cost-effective hiring process.

Beyond efficiency, the partnership has strengthened Embark's connection to its local community.

"As a community-focused organisation, it matters to work with partners who understand the people we serve," Safwan says. "This partnership has helped us reflect our community in our workforce and create real social impact."

The relationship has grown into a two-way collaboration. Safwan has contributed insights on workforce development in adult social care at senior-level discussions, reinforcing the shared goal of reducing unemployment while strengthening essential public services.

A message to businesses who feel government support isn't for them

For employers who may feel hesitant about engaging with government services, Safwan is clear:

"There's a perception that support like this isn't designed for businesses like ours, or that it will be complicated. That simply hasn't been our experience," he says. "It's practical, responsive, and built around what employers actually need."

His advice? "Take the first step. Make the call. Start the conversation. The support is there to help you grow."

Backing businesses to build the workforce of tomorrow

Jobcentre Plus offers employers tailored recruitment support, including help to recruit young people, access to wider and more diverse talent pools, opportunities to create apprenticeships or training opportunities, and the chance to strengthen long-term workforce pipelines. The Youth Guarantee can also offer employers access to training, financial incentives and a pipeline of young talent to help you fill skills gaps and build your future workforce.

For Embark Learning Care Academy, Jobcentre Plus support has translated into thousands of people moving into work, hundreds of young lives redirected towards sustainable careers, and a stronger care workforce across the West Midlands.

Behind every placement is a person gaining confidence, stability and purpose — and a business gaining the talent it needs to thrive.

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‘I may be the first, but I won’t be the last’: the Bradford daughter breaking barriers at the Bar

The daughter of a taxi driver from Bingley, and the first in her family to attend university, Rukhsar Jahangir has become the first barrister - and the first woman in her family to be Called to the Bar.

At just 24, her rise is about more than legal success. It is about class, courage and changing what an entire generation believes is possible.

Some achievements change a life. Others change the direction of a family.

For Rukhsar, being Called to the Bar was never just about earning a title. It was about stepping into a world no one in her family had entered before - and proving that the doors of Britain’s most exclusive professions do not belong only to the privileged.

It is a milestone she carries with pride - but also with the weight of everything it took to get there.

“I’m proud to say I’m the first barrister in my family,” says Rukhsar. “And the first woman in my family to be Called to the Bar.”

Some achievements change a life. Others change the direction of a family.

Raised in a modest household by a father who spent most of his life working as a taxi driver and a mother who later worked in education after dedicating herself to raising six children, Rukhsar did not grow up surrounded by lawyers, judges or professional networks.

What she did grow up with, however, was something far more powerful: belief.

Her parents built a home, she says, that was “safe from negativity and full of encouragement” - a place where ambition was protected, not questioned. Her mother quietly made sure she never missed an opportunity, balancing lifts, timing and costs behind the scenes so her daughter could keep showing up.

“She understood something before I did,” says Rukhsar.

“Exposure builds confidence, and confidence builds courage.”

Courage was forged long before t he photographs in a gown

Behind the polished milestone was a much harder reality: three jobs while studying, long shifts in healthcare, private health struggles, relentless pressure and the kind of self-doubt that rarely makes it onto social media.

“Resilience is built in private,” she says.

“That’s where the real work happened.”

For many children of working-class and immigrant families, success is never purely individual. It is collective. It is shaped by sacrifice, responsibility and the quiet determination to make your parents’ struggle mean something.

“‘First’ carries uncertainty because there’s no blueprint,” she says.

“It means figuring out applications, networking and professional systems alone. It means learning the unspoken rules without guidance. But it also carries power. Being the first means you change what feels possible for everyone after you.”

Rukhsar is the eldest and only girl among five younger brothers - and she speaks of them with visible pride.

During exam seasons and long nights of revision, they helped with chores, brought her favourite snacks and sat beside her through the stress, even when they did not fully understand what she was studying.

Today, one of her younger brothers, now 14, is already inspired to pursue a career in law after watching her be Called to the Bar.

“Representation doesn’t just change rooms,” says Rukhsar. “It changes households.

It changes what younger siblings grow up believing is possible.”

In the three months since her Call, Rukhsar has already been working alongside a barrister in the Military Court, specialising in military law - an intellectually demanding arena that has sharpened her advocacy and confirmed what she already knew: this is not simply a title, but a responsibility.

Yet for all the prestige of the profession, it is one memory that seems to matter most.

The moment her mother and father saw her in her wig and gown.

“Seeing their pride, their relief, their joy, all in that single moment, made every struggle worth it,” she says.

For the next “first in the family” girl watching from the sidelines, Rukhsar’s message is clear: “You do not need connections to build credibility. You do not need to shrink yourself to succeed. You do not need permission to dream beyond what you’ve seen.

“I am not here because it was easy. I am here because I refused to be reduced.”



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Aqsa Mushtaq

On representation: When I stepped onto the football pitch, I realised I wasn't just playing for myself - I was playing for every young girl who looked like me and wondered if she belonged.
On success: The difference is that those who succeed push through the setbacks and use criticism as fuel to keep going.
Advice to young women: Your dreams are not unrealistic. Walk into every room knowing you belong there and be confident in your abilities.
Describe the 'BPA Lionesses' spirit: Inspirational. Resilient. United.



Noor Ali BEM

On leadership: Women are often told we're not decisive - yet women make tough decisions every day, often while managing more complexity than we're ever credited for.
On success: Success is rarely a straight line. Behind every achievement are failures, doubts and challenges people rarely see.
Advice to young women: Work hard and pursue your goals - but never at the expense of your wellbeing. True success means lifting others as you rise.
Describe the 'BPA Lionesses' spirit: Tenacious. Fearless. Inspiring.



Sarah Khan-Bashir MBE

On inspiration: Reading 'To Kill a Mockingbird' shaped my understanding of justice and inspired my path into law.
On purpose: Opening my own firm, SKB Law, allowed me to deliver legal services in the way I truly believed people needed.
Advice to young women: Listen to your inner voice and trust your instincts - they will guide you more than you realise.
Describe the 'BPA Lionesses' spirit: Supportive. Empowering. Inspiring.



Sobiya Jawaid

On representation: Winning my European kickboxing medal wearing my hijab and draped in the Union Jack was a moment that proved you never have to compromise who you are to succeed.
On leadership: Strong leadership isn't about compromising your values - it's about standing firmer in them.
Advice to young women: Never let fear or the judgement of others stop you from pursuing what truly matters to you.
Describe the 'BPA Lionesses' spirit: Connection. Inspiration. Legacy.



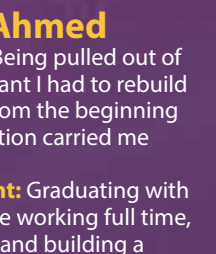
Rukhsana Siddique

On resilience: In the hardest year of my life - losing my brother during Covid while rebuilding our business - I learned what true resilience really means.
On purpose: Continuing the business my brother started is his legacy. Every time I see a Crossleys car on the road, it fills me with pride.
Advice to young women: Follow your dream and don't let anyone stand in your way. If you have a vision, go for it 100%.
Describe the 'BPA Lionesses' spirit: Bonded. Experienced. Genuine.



Dr Saira Ali FLI

On resilience: Losing my father at 18 forced me to learn resilience not as a concept, but as a necessity. That experience shaped my strength, my empathy, and the way I lead today.
On leadership: Empathy, collaboration and care aren't weaknesses - they're leadership strengths, especially when the stakes are high.
Advice to young women: Don't wait to feel ready. You grow into leadership by stepping forward, not by standing back.
Describe the 'BPA Lionesses' spirit: Fearless. Supportive. Transformational.
Describe the 'BPA Lionesses' spirit: Fearless. Supportive. Transformational.



Nazreen Ahmed

On resilience: Being pulled out of school at 16 meant I had to rebuild my education from the beginning - but determination carried me through.
On achievement: Graduating with ACCA at 40 while working full time, raising children and building a business showed me that it is never too late to achieve your goals.
Advice to young women: Believe in your capability and stay determined - success comes through persistence, not overnight.
Describe the 'BPA Lionesses' spirit: Courageous. Ambitious. Determined.



Samreen Akhtar

On purpose: "Qualifying as a barrister opened the door to a career that not only challenges me intellectually, but allows me to stand up for some of the most vulnerable in our society."
On success: Success is never effortless. Behind every achievement are sleepless nights, doubts, fears and sacrifices that few people see.
Advice to young women: Do not fear failure. Every loss carries a lesson - even if you only recognise it later.
Describe the 'BPA Lionesses' spirit: Inspirational. Uplifting. Resilient.

Why women supporting women is the most powerful force for change



From boardrooms to community spaces, women across Yorkshire are proving that when knowledge, mentorship and opportunity are shared, everyone moves forward. At the heart of this movement is a growing network of female leaders known as the BPA Lionesses.

Every year, International Women's Day (IWD) offers a moment to celebrate progress. But it is also a reminder that meaningful change rarely happens alone.

Across Yorkshire, women are building powerful networks designed not just to celebrate success, but to share it. One of the most influential emerging networks is the BPA Lionesses, created through the 'Business Power Awards' and the 'BPA Empowering Women Awards'.

The two awards platforms bring together accomplished female leaders committed to mentorship, collaboration and community impact.

The BPA Lionesses Winner's Circle includes entrepreneurs, executives, public servants and community leaders who understand that leadership comes with responsibility. Their focus is simple: open doors for others. A perfect fit for IWD2026's theme - "Give to Gain".

What started as a celebration of women's achievements has evolved into a powerful support network designed to connect experienced leaders with emerging voices across business, public life and community work.

Through initiatives such as "Coffee & Collaborations" the BPA Lionesses are delivering peer-to-peer support, work-life balance and wellbeing sessions, and the upcoming Breaking Barriers leadership event. Their objective: creating safe spaces where women can exchange experience, guidance.

Editor's Note - By Andleeb Hanif

Progress has never been achieved in isolation. Success becomes meaningful when it is shared. Leadership becomes powerful when it lifts others. Across our region, and beyond, remarkable women are doing exactly that - mentoring, guiding and championing the next generation. The BPA Lionesses came together with that spirit in mind. A circle of women who recognise that the real legacy of leadership is not titles or awards, but the impact we have on those who follow. Because when women support women, we don't just create success stories. We create movements.

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The woman helping Bradford's hidden heroes finally get heard

Across Bradford, hundreds of small community organisations are quietly changing lives every day.

They run breakfast clubs, mentor young people, support struggling families and create safe spaces where none existed before. Yet many operate on the edge - underfunded, overstretched and often invisible to those with the power to help.

For Fozia Naseem, Partnerships Manager at GiveBradford, making sure those organisations are seen, heard and supported has become a personal mission.

Her journey into the role did not begin in boardrooms or funding bodies. It started on the frontline.

Several years ago, Fozia co-founded Hop On Yorkshire Ltd, a social enterprise delivering cycling, yoga, walking and eco-coaching programmes across Bradford and Kirklees. Working directly with communities transformed how she understood the sector.

"You see the passion people bring to their communities," she says. "But you also see the reality - organisations trying to survive with very little support while doing work that genuinely changes lives."

Like many grassroots leaders, Fozia experienced the strain herself. Running a community organisation with limited resources can be isolating, uncertain and emotionally demanding.

During a particularly difficult period in her life, she began to notice a wider pattern.

"So many organisations are doing incredible work," she explains.

"But they're often overlooked simply because they don't have the right connections or the confidence to navigate funding systems."

That realisation gave her a sense of purpose. Today, at GiveBradford, Fozia works to shift that imbalance.

"I want to be a voice for organisations in spaces they're rarely invited into," she says. "These groups are the heartbeat of our communities."

Where grassroots voices meet opportunity

Fozia's role is as much about listening as it is about funding.

Each day she meets community leaders, volunteers, businesses and donors - people who care deeply about Bradford but may never have crossed paths before.

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She helps grassroots organisations access funding, build partnerships and gain the confidence to grow their work.

At the same time, she works with businesses and philanthropists who want to invest in the city. "It's about helping people understand what's happening on the ground," she says.

"And showing them how their support can create real, lasting change."

GiveBradford has already distributed millions of pounds in grants to local organisations tackling some of the district's most pressing issues, from youth services and mental health to poverty and unemployment.

But numbers alone do not tell the story.

"For me, impact is the difference it makes in someone's life," Fozia adds.

One project that left a lasting impression on her is Café South, run by Saif Space CIC in Buttershaw. The initiative offers young people a safe space before school, with breakfast, mentoring and wellbeing support.

She recalls hearing about one young person who began attending after struggling to engage at school. "They were arriving tired and disconnected," she says.

"But through something as simple as a warm breakfast and trusted adults who showed up every day, their confidence started to grow."

Attendance improved. Behaviour changed. The young person began engaging with school again.

"It shows how something small on the surface can completely change the direction of someone's life."

Protecting stories, building pride

Another project close to Naseem's heart is the Bradford South Asian Festival, which created space for communities to share migration stories and explore identity and belonging.

The work resonated deeply with her own family history.

"My parents were just nine and ten years old during the Indian partition," she says.

"Some of the stories they shared about what they witnessed were horrific."

Those memories were never fully recorded before her father passed away and her mother later developed Alzheimer's.

"So much of that history disappears unless communities preserve it themselves."

Projects like this, she believes, do more than celebrate culture. They help young people understand their roots and build pride in who they are.

They also highlight something Bradford has always been known for - resilience.

Investing in Bradford's future - born and raised in the city, Fozia speaks about Bradford with unmistakable affection.

"I'm a Bradford girl - or maybe a Bradford woman," she says with a smile.

"This city shaped me."

Its diversity, creativity and strong community spirit continue to inspire her work.

But she also believes Bradford deserves greater investment.

While many people generously support charitable causes overseas, Fozia encourages donors to look closer to home as well.

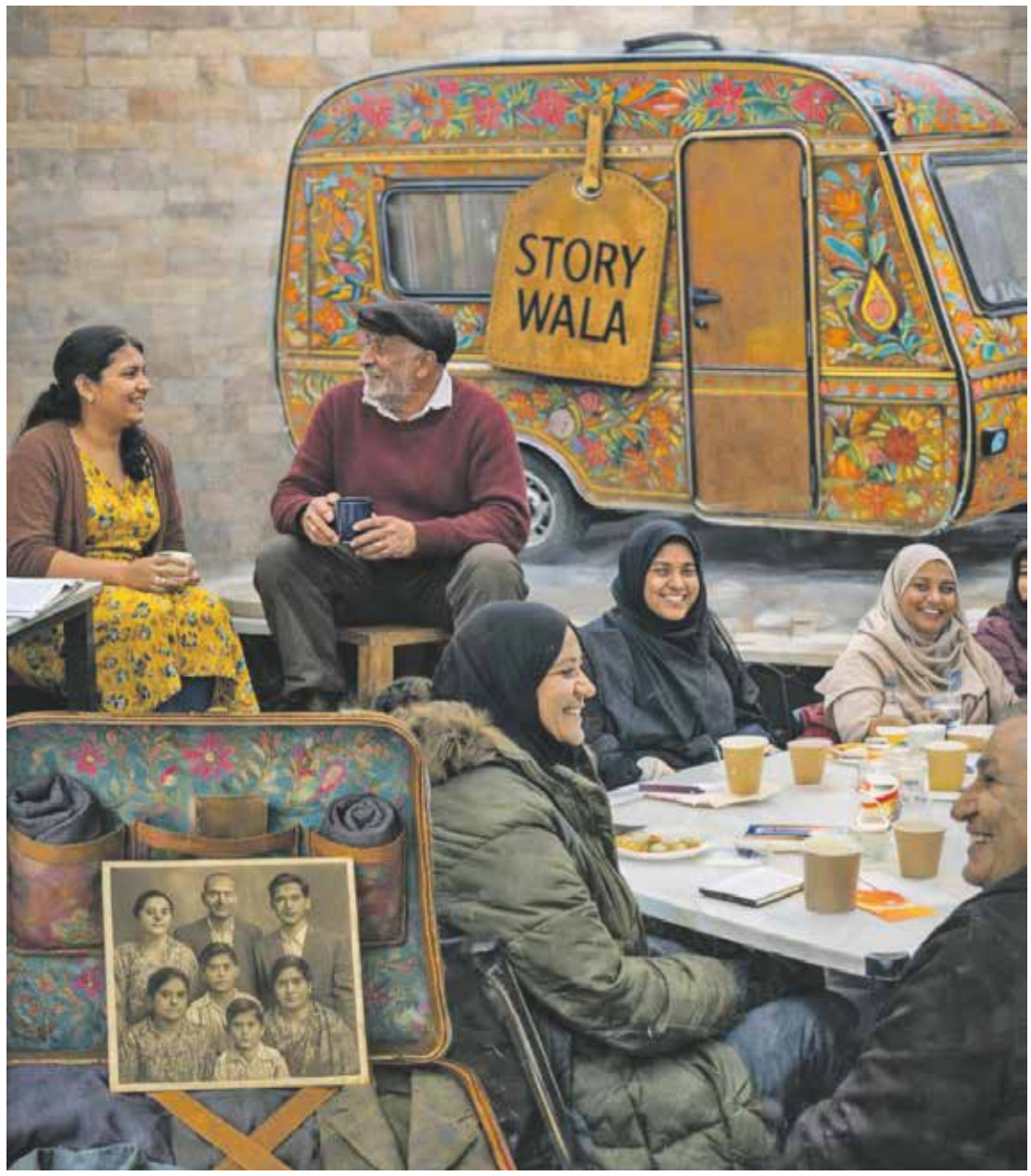
"A lot of money goes abroad, which is important," she says. "But we also need to support communities here."

Grassroots organisations, she argues, understand local needs better than anyone.

"They're rooted in the communities they serve. They understand the culture, the challenges and the lived experiences."

Supporting them means strengthening the foundations of the city itself.

For Fozia, success is not measured simply by how much funding is distributed, but by the strength of the communities that grow from it. "My vision is simple," she says. "To make a positive difference in the world, one person at a time."



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From cartoons to coding: the scholarship student inspiring more women in tech

A University of Bradford student is hoping to inspire a new generation of women to pursue careers in technology after receiving a scholarship supported by the University's Chancellor, broadcaster Anita Rani.

Anum Ayub, 22, a second-year Computer Science student, is among the latest recipients of the Rani Scholarship - a programme designed to support women who may not otherwise be able to access higher education, particularly in subjects where women remain under-represented.

Originally from Pakistan, Ayub is the first in her family to attend university.

"I want to give back to the community in a positive way," she said.

"I want to encourage other young women that they can have a career in tech and achieve their goals. They just need to get out there and ask for help."

Launched in the 2024-25 academic year and now returning for its third year, the Rani Scholarship is supported in part by TechnologyOne, a London-based software company working across government, business and education.

The scholarship offers financial support through bursaries, tuition fee reductions and cost-of-living help for students facing the greatest barriers, including refugees and asylum seekers, disabled students, care leavers, and those from disadvantaged socio-economic backgrounds.



After moving to the UK in 2019, she learned English by watching Horrid Henry cartoons

After moving to the UK in 2019, she learned English by watching Horrid Henry cartoons and relied on online resources to study for her GCSEs.

She says the scholarship has been life-changing.

"The scholarship has had a really big impact on my life. It's opened doors and new opportunities for me," she said. "It gives me independence and motivation to face my studies."

Anum hopes to use her experience to encourage other young women from diverse backgrounds to consider careers in technology.

For Anum, the impact is personal - and powerful.

"When I found out I had received the scholarship, I was really happy and emotional," she said. "It has been incredibly empowering to be truly seen and valued as someone with potential."

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BPA Lioness Sarah Khan-Bashir MBE opens doors for young women in law at powerful Aura Network event

BPA Lioness Sarah Khan-Bashir MBE brought together aspiring lawyers, legal professionals and allies for a standout International Women's Day event that championed mentorship, visibility and the power of women lifting each other up.

Hosted in partnership with LCF Law, The Aura Network for South Asian Women in Law marked International Women's Day 2026 with an inspiring evening built around this year's theme, 'Give to Gain' - a message that resonated strongly with the next generation of women navigating the legal profession.

Founded by Sarah Khan-Bashir MBE, the Aura Network has become a growing force for South Asian women in law, creating the kind of space many wish had existed when they first entered the profession: one built on connection, confidence and real support.

The event brought together lawyers, students and allies for an honest and energising panel discussion, where speakers shared their experiences of overcoming barriers, building careers and learning that leadership is not just about success - it is about making sure others can rise too.

An audience Q&A added to the momentum, before guests were invited to take part in the interactive 'Give to Gain' tree, where attendees wrote down the support they could offer - or hoped to receive - turning conversation into action and creating the foundations for future mentorship and collaboration.



For younger women in the room, it was more than an event.

It was a visible reminder that there is a place for them in law - and that the women ahead of them are willing to hold the door open.

Sarah Khan-Bashir MBE said: "There was such a positive energy in the room, with people connecting, sharing experiences and supporting one another.

"It's the kind of space I wish had existed when I was starting out in my career. Thank you to the LCF Law team for partnering with us and hosting the event."

That spirit was echoed by Ennah Hussain, lawyer at LCF Law, who said the event showed exactly why women-led spaces matter. She said: "The 'Give to Gain' theme really resonated with me, as I believe supporting and sharing knowledge with other women in law helps to create genuine opportunities for all of us to grow and thrive together.

"As a junior lawyer, it was particularly encouraging to see the support of senior lawyers and allies who continue to guide and inspire the next generation in the profession."

Launched at the House of Lords in 2023, the Aura Network continues to build momentum as a platform for mentoring, connection and visibility.



PANEL SPEAKERS: Sarah Khan-Bashir MBE - founder & solicitor at SKB Law, Sabeena Din - solicitor & director at Milson Legal, Ennah Hussain - solicitor at LCF Law, Jo Pope - regional director at Quarterdeck, and Mahnoor Saif - associate solicitor at SKB Law



BPA Lioness Sarah Khan-Bashir MBE

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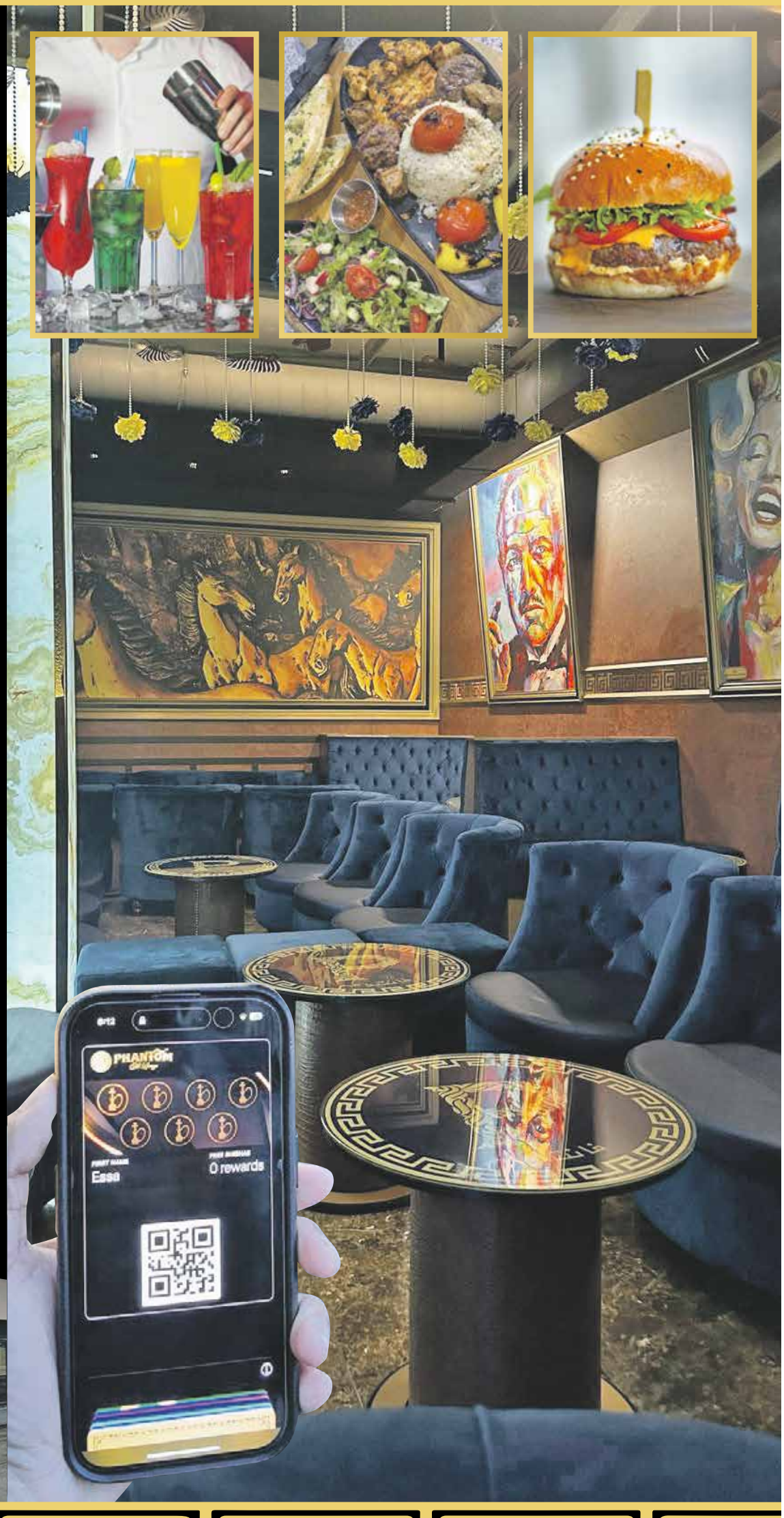
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Nominations now open for BPA Empowering Women Awards 2026

Nominations are now open for the BPA Empowering Women Awards 2026, with organisers urging entries from across all sectors and backgrounds. Nominees do not need formal titles or senior roles. Impact, influence and commitment remain the core criteria.

The awards gala dinner event, which takes place on 25 June 2026 at the Cedar Court Hotel in Bradford, is an Asian Express Newspaper initiative, launched last year to mark the publication's 25th anniversary.

What began as a moment of celebration has since developed into a wider movement focused on visibility, leadership and long-term support for women across Yorkshire.

This year's nominations open against the backdrop of a growing legacy.

Since the 2025 ceremony, the awards have become directly linked to mentoring and peer support through the launch of BPA Lionesses - a network formed from last year's winners and finalists. The initiative is now delivering mentoring and networking sessions for women across the region, turning recognition into sustained action.

The Lionesses bring together women from business, health, education, culture, law, sport and the voluntary sector. Their focus is practical and forward-looking: sharing experience, widening access to networks and supporting women at different stages of their careers.

Organisers say the model reflects a clear shift away from one-off applause towards long-term investment in women's leadership.

The current cohort of BPA Lionesses includes Rizwana Mahmood MBE, Dr Saira Ali, Sarah Khan Bashir MBE, Rifhat Malik MBE, Noor Ali BEM, Aqsa Mushtaq, Fatima Khan Shah, Humma Nizami, Lois Monks, Naheed Akhtar, Nazreen Ahmed, Prity Farooq, Rukhsana Siddique, Dr Saghira Sharif, Samreen Akhtar, Shanaz Gulzar, Sobiya Jawaid, Usha Parmar and Wania Ahmed, led by Andleeb Hanif - chairperson of the Business Power Awards.

The 'BPA Empowering Women Awards' programme sits within the wider Business Power Awards framework and is coordinated by its founders, Nadim and Andleeb Hanif.

Know a woman who is leading, lifting others or changing lives?
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Eye Spy

In the recent case of UAB Business Enterprise & Another v Oneta Limited & Others, a claim was dismissed following the discovery that one of the Claimants' witnesses was being provided with answers through his smart glasses while he was giving evidence in the witness box.

In that case, Laimonas Jakstys, a Lithuanian businessman and the second Claimant in the proceedings, was seeking an order that he be reinstated as a director of Oneta Limited, a company which was involved in property development and owned properties in London and Tonbridge.

During Mr Jakstys' cross examination through a Lithuanian interpreter, the Judge noted that he seemed to pause for quite a long time before replying to the questions. It was discovered that the glasses that Mr Jakstys were wearing were smart glasses which were connected to his mobile phone and through which he was being provided with answers to questions he was being asked under cross-examination. After Mr Jakstys was asked by the Judge to remove the smart glasses his mobile phone started broadcasting out loud with the voice of someone talking to him. When he was asked who had been speaking to him, Mr Jakstys' explanation was that he thought it was ChatGPT that had caused the voice to be heard from his mobile phone once his smart glasses had been removed. The Judge found this explanation lacked any credibility.



The Defendants' Counsel submitted that Mr Jakstys was being coached by a Lithuanian lawyer (who Mr Jakstys said had helped him prepare his witness statement but denied that he was acting for him) and that this lawyer had been providing Mr Jakstys with answers to questions that he was being asked.

The Judge said "I do not have to determine who was coaching Mr Jakstys but I accept that Mr Jakstys is being assisted or coached in his replies to questions put to him during cross-examination until this was stopped. Not only have I held that Mr Jakstys was untruthful in denying the use of the smart glasses… but the effect of this is that his evidence is unreliable and untruthful".

The Judge found that Mr Jakstys was unable to reply to many of the issues set out in his witness statement because he had no personal knowledge and it was clear that the arguments and submissions made in the statement were not his own. The Judge held that Mr Jakstys was an unreliable witness, not only because he was untruthful about being coached but also because the content of his witness statement had clearly been prepared by others. Mr Jakstys' evidence was therefore rejected in its entirety by the Judge.

Mr Jakstys may have escaped lightly with only having his claim dismissed as his conduct amounted to contempt of court for which he could have been more severely punished. This case illustrates that some litigants are prepared to go to any lengths, lawful or unlawful, to succeed with their case.

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Leeds children's charity seeks new Chair to drive growth and reform

Leeds Children's Charity at Lineham Farm has begun the search for a new Chair of Trustees as it prepares to enter a pivotal new phase of growth and transformation.

The Leeds-based charity, which supports vulnerable and disadvantaged children from across the region, is reshaping its Board following a comprehensive governance review.

Several new Trustee roles are being introduced to strengthen oversight, build long-term sustainability and expand the charity's reach to even more young people.

The move comes as the organisation progresses a wider programme of reform, including a full rebrand and significant investment in new fundraising and community engagement roles.

Together, the changes are designed to futureproof the charity and ensure it continues to meet rising demand for its services.

The Board is now seeking an inclusive, values-driven leader to help steer the next chapter. Strengthening equity, diversity and inclusion at Board level is a central priority, with the charity keen to better reflect and represent the communities it serves across Leeds and West Yorkshire.

Chief Executive Sharon Milner said the organisation was entering the next stage of its journey with renewed confidence.

"We look ahead with confidence and optimism, united by a shared purpose - to give more children the chance to learn, grow and thrive," she said.

"If you share our commitment to inclusive leadership and creating lasting positive change, we would be delighted to hear from you."

The Chair recruitment pack is now available. For further information about the Chair and wider trustee opportunities, or to request the full recruitment pack, contact info@leedschildrenscharity.org.uk.




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Bradford's Link AP Academy is redefining Alternative Provision - with precision, partnership and purpose

In an education system under mounting pressure - rising exclusions, overstretched staff and increasingly complex pupil needs - 'Alternative Provision' (AP) has become one of the most important, yet misunderstood, parts of the school landscape.

Too often viewed as a last resort, AP settings can carry stigma or suffer from inconsistency. But in Bradford, one specialist provision is quietly reshaping that narrative.

Link AP Academy is proving that Alternative Provision can be rigorous, restorative and results-driven - without compromising on standards.

Designed as a part-time AM/PM placement, Link AP Academy works in close partnership with mainstream schools to stabilise, re-engage and reintegrate students over short, purposeful placements.

This is not a permanent move away from school. It is a structured intervention.

and embedded into daily practice. Monitoring tools such as CPOMS are used not as box-ticking exercises, but as meaningful frameworks for transparency and accountability with partner schools.

Visiting school leaders and oversight teams have identified operational rigour as a defining strength. Expectations are explicit. Communication is frequent. Progress is evidenced. In short, this is Alternative Provision run with the same seriousness as any high-performing school environment.

The curriculum model is intentionally focused. Students are assessed on entry to pinpoint precise areas of need. Teaching is clear, structured and aligned to GCSE pathways where appropriate. Progress is tracked and reassessed to ensure measurable impact.

Alongside academic learning, enrichment and relational work play a central role in rebuilding confidence and restoring routine. For students who may have felt overlooked or misunderstood

Students remain on roll with their mainstream setting, while receiving targeted support that addresses academic gaps, social and emotional development, and behavioural barriers simultaneously. From day one, reintegration is the goal.

Students remain on roll with their mainstream setting, while receiving targeted support that addresses academic gaps, social and emotional development, and behavioural barriers simultaneously. From day one, reintegration is the goal.

For many young people who have experienced fractured routines or repeated setbacks, that clarity of purpose is transformative.

What sets Link AP Academy apart is its insistence on high professional standards.

Lessons are delivered by qualified staff. Safeguarding systems are robust

elsewhere, small-group teaching and structured pastoral support can make the difference between disengagement and renewed ambition.

A spokesperson From Link AP Said: "We operate on a simple belief: every student's journey matters, and every voice counts. But belief alone is not enough. It is matched by systems, standards and a refusal to dilute expectations - for pupils or professionals."

For further information, please visit www.linkapacademy.co.uk.



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Falling asleep isn't always easy; we spend almost one third of our lives asleep, and yet many of us still struggle. Luckily, experts at Meditopia have revealed five hacks to can help you transition into sleep, while also improving your sleep quality.

Continued on page 31

Ease your mind into sleep

Now that you feel clean, calm, and rested, you may notice your mind wandering among thoughts, plans, hypothetical arguments, and so on. You're not alone, as that's something many of us experience.

One thing that can help with this is meditation. There are lots of sleep meditations online to guide you on your way to a peaceful, rest-filled sleep. Alternatively, try listening to calming music or sleep stories.

Another way to relax is by trying some low-impact stretching. Our bodies and minds are interconnected, which is why moving your body if you feel tired or anxious can be helpful. You can try moving your head gently side to side, rolling your shoulders while taking deep breaths, and stretching your hamstrings and hips by reaching for your toes in bed.

Breathing exercises go hand in hand with stretching. Breathing connects your body and mind, helping you to stay present. With each breath, let go of intrusive thoughts and allow your body to get heavier on your bed.

The biggest hair mistake women make after 50



There comes a point in life when your hair starts to feel… different.

The style you've worn for years suddenly won't sit the same way. The shine isn't quite there. The texture feels unfamiliar. And what used to be "wash and go" becomes a daily battle with frizz, flatness or breakage.

If you've ever looked in the mirror and thought, why is my hair being so difficult now? - you're not alone.

According to celebrity hairstylist Edward James, whose clients include Dame Joanna Lumley and members of the royal circle, the biggest mistake women make after 50 is surprisingly simple: Trying to style your hair the way you always have.

Edward says midlife hair changes are completely natural, influenced by hormones, lifestyle, colouring, and ageing. "The biggest mistake is styling it like you did years ago and feeling frustrated when it doesn't behave the same way," he explains.

Instead of fighting every strand, he encourages women to lean into softer, more modern texture. Sometimes, hair that looks slightly "undone" is actually healthier - and far more flattering.

Before spending a fortune on treatments and miracle products, Edward says the most powerful changes are often the simplest. Here are his top habits for healthier, more manageable hair after 50:

1. Brush better - not harder

Your scalp produces natural oils that condition the hair, and brushing helps distribute them. Edward recommends brushing gently every night before bed using a soft bristle mix brush.

Top tip: Always start from the ends and work upwards to avoid breakage.

2. Wash less often

As hair matures, the scalp often produces less oil. Over-washing can leave hair dry, frizzy and dull. Try spacing washes out by an extra day and refreshing in between instead of stripping hair back to zero.

3. Massage your scalp when shampooing

Healthy hair starts at the scalp. A one-minute fingertip massage boosts circulation, supports growth and removes build-up that can make hair feel heavy or lifeless.

Small circular movements - then rinse thoroughly.

4. Finish with a cool rinse

A final cool rinse after conditioning helps the cuticle lie flat, instantly improving shine and reducing frizz. It also means less reliance on straighteners.

5. Be extra gentle when hair is wet

Wet hair is fragile. Avoid rough towel-drying or aggressive brushing.

Instead: Squeeze out water gently. Use a wide-tooth comb. Detangle slowly.

6. Regular trims matter more than ever

Split ends don't stay at the bottom - they travel upwards. A light trim every 6-8 weeks keeps hair looking fresh, bouncy and healthy.

7. Air-dry whenever you can

Heat weakens hair over time. Letting hair dry naturally whenever possible preserves strength and softness. Even swapping one blow dry a week can make a difference.

8. Blow dry with lift, not flatness

Hair often becomes finer with age, so technique matters.

Top Tip: Lift sections away from the scalp as you dry the roots, then direct airflow down the hair shaft for smoothness and shine.

9. Let hair cool before touching it

This is a game-changer. Heat reshapes hair, but cooling is what sets it. Touching or brushing too soon makes styles drop faster - leading to more heat, more damage, more frustration. Style, pause, cool… then loosen gently with your fingers.

10. The real secret? Letting go a little

Edward's final advice is reassuring: "Midlife hair isn't about perfection. It's about working with your hair, not against it.Sometimes, the healthiest and most youthful look comes from softness, movement, and a little less control.

Because hair after 50 doesn't need to be "fixed". It just needs a new kind of care."



Swap coffee for camomile

If you're a coffee person and are having difficulty falling asleep, you may have been drinking too much caffeine during the day.

Try not to drink more than 2 cups, especially later in the day. To keep your energy up during the day, try getting some fresh air, or doing some stretches rather than refilling your coffee cup. Caffeine can disrupt your sleep cycle, making it harder for you to fall asleep.

Chamomile tea, which can be found for as little as 89p in shops like Aldi, is a great alternative hot drink that will help you wind down and relax at bedtime. In the evening, make the switch from coffee to chamomile and see the difference in your sleep.



Blue light and sleep

Many of us want to watch something on TV or spend some time scrolling through social media in the evening. However, research shows that devices that emit blue light aren't good for our eyes or our sleep.

A study found that individuals who use blue light filtering lenses compared to regular lenses two hours before sleep show fewer symptoms of insomnia and have better sleep quality.

In light of these findings, it's best for you not to look at your phone, computer, or television at least one hour before bed. Instead, you can try listening to the radio, or a podcast, or a sleep story.

There are lots of alternatives, but if you need to use screens, it's best to turn on the night screen mode in order to help filter the blue light.



Sleep environment

Technological devices carry lots of stimuli, which can make us anxious. It's better to limit those stimuli as it gets closer to bedtime to give your mind time to relax after a long day.

Try dimming the lights during the evening, putting on a chilled melody in the background, or reading a book.



Sleep hygiene

Take a warm shower, allowing your body to release the tension with the help of some hot water. Change your sheets and pyjamas. Clean fabric with a soft smell can help create a good environment for a restful sleep.

Put a few drops of soothing and relaxing lavender oil on your pillow. You can massage your head, neck, hands, or shoulders with lavender oil as well, letting the smell calm you down.

Open your window for a little while to allow fresh air to circulate into your room.

Get help Sleeping is essential to our daily routines, and it's important to find something that helps you. Last but not least, don't hesitate to seek out professional help for your sleep struggles. You can visit your doctor or see a therapist about any difficulties you're having.

When will south asian communities stop judging women by their skin colour?

By Prity Farooq
Prity Beauty & Aesthetic, Bradford

For generations, many South Asian women have lived with a quiet but deeply painful reality: the belief that lighter skin is somehow more beautiful, more desirable, and more worthy of respect.

While the world is increasingly speaking out against racism, a different form of discrimination continues to thrive inside our own homes - colourism.

This is not just a beauty preference. It is a cultural problem that damages confidence, opportunities, and mental health for countless women.

In many South Asian families, the comments begin early. A girl playing in the sun is warned, "Don't get too dark." A relative at a wedding says, "She would be so pretty if she were fairer." These remarks are often dismissed as harmless or even loving advice. In reality, they are messages that tell young girls their natural skin tone is a flaw.

Imagine hearing that message again and again while growing up.

For darker-skinned girls, the comparison with lighter cousins or siblings becomes a routine part of family life. Compliments are unevenly distributed. Marriage discussions quietly favour "fair" daughters. Even today, some matrimonial ads still include the word "fair" as if it were a qualification.

We need to be honest about what this means: it is discrimination.

The problem does not stop at home. Many South Asian women say the bias follows them into workplaces and professional environments. Appearance standards shaped by media stereotypes still favour lighter skin. Darker-skinned women often feel they must work harder to be taken seriously or seen as equally professional.

This is especially painful because the prejudice comes from within the community itself.

Part of the responsibility lies with decades of media messaging. South Asian films, television shows, and advertising have repeatedly promoted the idea that success and romance belong to those with lighter complexions. For years, fairness creams were sold with promises that lighter skin would bring confidence, love, and career success.

Although many of these products are now facing criticism, the mindset they created has not disappeared overnight.

But the most important place where change must happen is not television screens or social media - it is in our living rooms and family gatherings.

Parents, aunties, uncles, and grandparents must ask themselves a difficult question: what are we teaching our daughters?

When we compliment only fairness, we teach girls that beauty has a single shade. When we joke about someone being "too dark," we reinforce insecurity that may stay with them for a lifetime. When we prioritise complexion in marriage conversations, we reduce women to outdated beauty standards.

This cycle will continue unless the community decides to confront it openly.

Younger generations are beginning to challenge these ideas. Many South Asian women are proudly embracing their natural skin tones and speaking publicly about colourism. Social media has given them a platform to reject the notion that beauty must look a certain way.

But individual courage alone cannot fix a cultural problem.

True change will happen when families stop making complexion a topic of conversation altogether. When parents teach children that intelligence, kindness, resilience, and character matter far more than appearance. When community elders recognise that the words they use can shape a young girl's self-worth.

South Asia is home to an extraordinary range of skin tones, from the lightest to the deepest brown. That diversity should be a source of pride, not prejudice.

The question we must ask ourselves is simple: in a world already filled with discrimination, why are we still creating more of it within our own communities?

Until South Asian families reject colourism completely, many women will continue to carry an invisible burden. And that is something we can, and must change.



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The volunteers bringing South Asian stories to life

Coventry-based volunteers have shared their stories of British South Asian culture as part of a major exhibition at the Herbert Art Gallery & Museum.

'Stories That Made Us - Roots, Resilience, Representation' traces more than 50 years of South Asian life in the UK through four immersive rooms inspired by the real experiences of one Coventry family. Since opening in November, it has welcomed thousands of visitors.

A team of seven South Asian Cultural Ambassadors have contributed their voices and personal histories to the exhibition as part of a partnership between Herbert Art Gallery & Museum and Coventry Archives, which aims to bring stories of identity, belonging and migration to life.

The group, which has been meeting monthly to share and record oral histories which appear in the exhibition, includes Prashant Kansara, Priti Kansara, Ayisha Abraham, as well as Jitey Samra, Mehru Fitter MBE, Suminder Virk and Kauser Husain.

Visitors can hear their voices in key parts of the show, including the "passport control" room setting, where people describe what it felt like arriving in Britain, and in sound installations exploring what it means to be British South Asian across generations.

The ambassadors' stories reflect the diversity of Coventry's South Asian communities, with roots spanning India, Kenya, other parts of Africa and South Asia and the wider diaspora. Together, they explore migration journeys, first impressions of Britain, and how language and attitudes around belonging often repeat across decades.

Jitey Samra, who has worked in mental health services in Coventry, said sharing lived experiences can help create understanding.

She said: "I grew up thinking many of the struggles I heard about in my family were in the past. But listening to people's stories made me realise how much prejudice and inequality was still happening, often quietly, behind closed doors. When people hear these experiences, it creates empathy and helps explain behaviour, trauma and identity in a much deeper way."

Ayisha Abraham, who was born in London in the 1960s and later left Britain with her family following Enoch Powell's 'Rivers of Blood' speech, said the exhibition feels especially relevant now.

She said: "There's something uncanny about how these stories repeat themselves. The language around who belongs and who doesn't, feels uncomfortably familiar. What this exhibition does so powerfully is place an intimate family story inside a much bigger historical framework, making global forces human and emotional.

"There is so much that will resonate with you in unexpected ways. That's why it's an unmissable exhibition for people regardless of their background, and why I think so many people feel compelled to speak about it after seeing it."

Coventry-born visual artist Prashant Kansara said being involved had changed how he understood his own memories of growing up in the city.

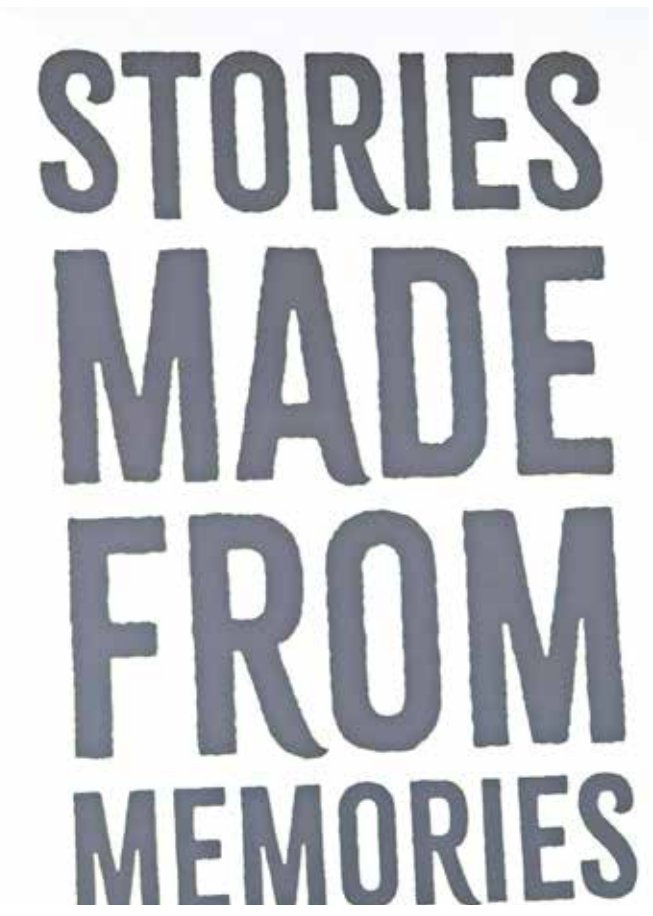
He said: "This exhibition gives value to memories many of us thought were just everyday incidents, and shows they were part of something much bigger. It's an incredible platform to build connection and I can't wait to see what other people make of it."

The programme is hosted by Coventry Archives as part of the 'Stories That Made Us – Roots, Resilience, Representation' exhibition, conceived and co-curated by artist and curator Hardish Virk in partnership with the Herbert Art Gallery & Museum, with support from The National Lottery Heritage Fund.

'Stories That Made Us – Roots, Resilience, Representation' is on display at the Herbert Art Gallery & Museum until 25 May 2026.


Ayisha Abraham (Credit Ayesha Jones)


Prashant Kansara (Credit Ayesha Jones)




Ayisha Abraham, Shaniece Martin and Jitey Samra (Credit Ayesha Jones)


Jitey Samra (Credit Ayesha Jones)

GLITZ Entertainment

THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD

The true story of hope, resilience and skateboarding sisters rolls out on UK tour

SISTERS360

A vibrant new theatre production inspired by the real-life story of three hijab-wearing skateboarders is set to tour the UK this spring - bringing a powerful message of representation, resilience and sisterhood to family audiences.

Sisters360, written by award-winning playwright Asif Khan and produced by Turtle Key Arts, is a fast-paced, high-energy play that places Muslim girls at the heart of an uplifting story about friendship, ambition and breaking stereotypes.

The production, which begins its UK tour in March, follows step-sisters Fatima and Salima - a determined skateboarding duo from Bradford whose sights are firmly set on winning the "Tiny is Mighty" competition and following in the footsteps of their hero, Olympic medallist Sky Brown.

But as the sisters chase their dreams, life off the skate ramp becomes increasingly complicated. When their parents begin discussing separation and the possibility of living in different cities, the girls find their world shifting beneath their feet. Through it all, skateboarding becomes the one constant binding them together.

Continued on page 34

SISTERS360

The true story of hope, resilience and skateboarding sisters rolls out on UK tour



Continued from page 33

Funny, energetic and heartfelt, the play explores the emotional turbulence of teenage life while celebrating the power of sisterhood and determination.

A story inspired by real life

At the heart of Sisters360 lies the remarkable real-life story of Layna, Maysa and Amaya - widely known as the "Hijabi Sisters" from Hull.

Their passion for skateboarding while wearing hijabs captured national attention and challenged assumptions about who belongs in skate culture.

Inspired by their story, Khan set out to address the lack of diverse representation in children's theatre.

Working closely with the sisters and drawing inspiration from his own family life, the playwright crafted a story that celebrates contemporary British Muslim identity while delivering a universal message about family and belonging.

"As a parent you worry about the challenges our children face, which we ourselves faced when we were kids," Khan said.

"One of which I only fully understood as an adult was the effects of never seeing myself represented. All the 'cool' people on television, sport, music, films and plays never included anyone who looked like me.

"This led me to believe that being 'brown' and being a 'Muslim' was not cool.

Because there is a lack of stories for children involving British Muslim characters, I thought - why not write some myself?"

Representation at centre stage

The production places hijab-wearing girls front and centre - something rarely seen in mainstream children's theatre.

Actors Sara Abanur and Farah Ashraf bring Fatima and Salima to life as fearless, funny and fiercely ambitious young characters determined to succeed on their own terms.

Costume designer Erin C Guan has worked to authentically capture the identity of the original sisters, ensuring the hijab remains an integral part of the characters' story rather than a background detail.

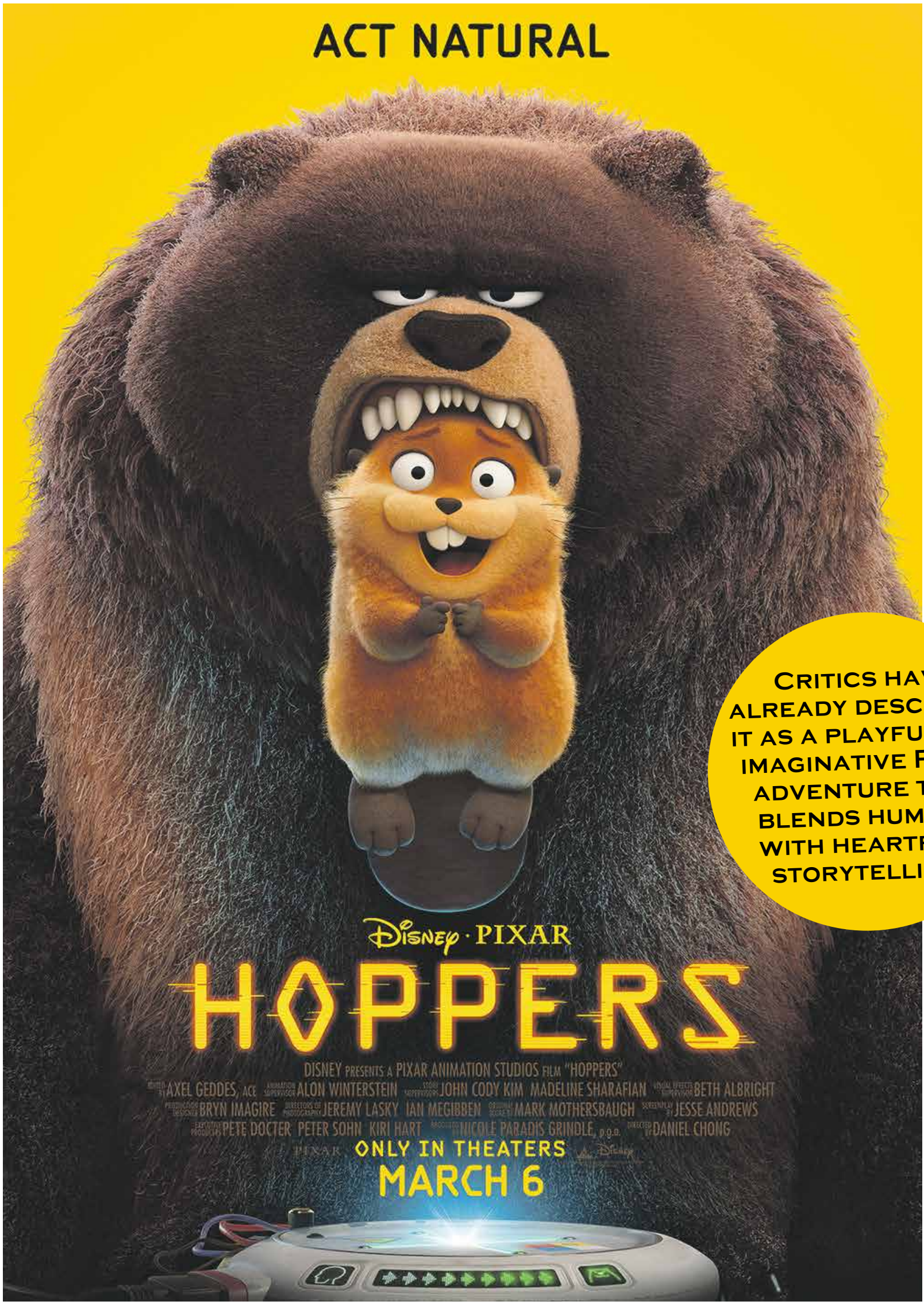
The result is a vibrant and contemporary stage production that allows Muslim children to see themselves reflected in a positive and empowering light.

At its core, Sisters360 is about far more than skateboarding. It is a story about family, resilience and the unbreakable bond between sisters - reminding audiences that dreams can flourish even when life takes unexpected turns.

Sisters360 is a Polka Theatre and Turtle Key Arts co-production, presented in association with Leeds Playhouse.



Pixar's **Hoppers** hops into cinemas with wild adventure and heart



A beaver, a bold environmental message, and a technology that lets humans live as animals - Pixar's latest animated adventure is anything but ordinary.

Hoppers, directed by Daniel Chong, arrives in cinemas on 6 March 2026, bringing a quirky blend of sci-fi imagination, comedy and family-friendly storytelling to the big screen.

With a runtime of 1 hour 44 minutes and a U certificate, the film is designed for audiences of all ages, though it contains some very mild threat, brief violence and a dose of playful humour. The voice cast includes Piper Curda, Bobby Moynihan and Jon Hamm, alongside a wider ensemble of comedic talent.

At the heart of the story is Mabel Tanaka, a passionate young animal lover who dreams of protecting the forest she grew up exploring. When scientists develop groundbreaking technology that allows humans to "hop" their consciousness into robotic animals, Mabel sees a chance to experience wildlife from the inside - literally.

Curious and fearless, she uploads her mind into a robotic beaver and plunges into the hidden society of the forest. But what begins as an experiment quickly turns into a chaotic adventure when the animals mistake her for one of their own.

Suddenly, Mabel is navigating the strange politics of the woodland, meeting eccentric characters including King George, a proud beaver leader voiced by Moynihan, and confronting the looming threat of human development.

The story's main conflict centres on a plan by local mayor Jerry Generazzo (Jon Hamm) to build a freeway that would destroy the animals' habitat. Determined to save the forest, Mabel rallies the creatures together, learning along the way that understanding nature means more than simply loving it.

CRITICS HAVE ALREADY DESCRIBED IT AS A PLAYFUL AND IMAGINATIVE PIXAR ADVENTURE THAT BLENDS HUMOUR WITH HEARTFELT STORYTELLING.

Directed by Chong, best known for creating the hit animated series We Bare Bears, Hoppers mixes slapstick comedy with bigger themes about empathy, technology and the environment. Critics have already described it as a playful and imaginative Pixar adventure that blends humour with heartfelt storytelling.

Visually, the film explores two perspectives: the human world and the animal kingdom. This dual viewpoint gives audiences a glimpse into how wildlife might perceive humans - and why the balance of nature is so fragile.

Packed with action, jokes and a surprisingly emotional core, Hoppers asks a simple question with big implications: what if we could truly understand the animals we share our world with?

For families heading to the cinema this week, Pixar's latest adventure promises laughs, chaos - and one unforgettable robotic beaver.

WHAT'S ON

in cinemas this month



Crime 101

Starring: Chris Hemsworth, Mark Ruffalo, Barry Keoghan, Monica Barbaro, Corey Hawkins, Jennifer Jason Leigh, Nick Nolte, Halle Berry, Tate Donovano
Director: Bart Layton
Cert: 15 **Genre:** Crime/Thriller
Release Date: 13/2/2026

Set against the sun-bleached grit of Los Angeles, Crime 101 weaves the tale of an elusive jewel thief (Chris Hemsworth) whose string of daring heists along the 101 freeway have left police baffled and bruised.

Smooth, meticulous, and always one step ahead, he has built a reputation as a ghost in the city's criminal underworld.

But when he sets his sights on the score of a lifetime, his carefully controlled world begins to fracture. His path collides with that of a disillusioned insurance broker (Halle Berry), a woman standing at her own crossroads, drawn into the danger - and temptation - of reinvention.

Meanwhile, a relentless detective (Mark Ruffalo), convinced he's uncovered the thief's pattern, closes in with mounting obsession. As the net tightens and the heist approaches, the line between hunter and hunted begins to blur, pushing all three toward life-defining choices - and the chilling realisation that there can be no turning back.

Adapted from Don Winslow's acclaimed novella, the film is written and directed by Bart Layton (American Animals, The Imposter). Barry Keoghan, Monica Barbaro, Corey Hawkins, Jennifer Jason Leigh, and Nick Nolte round out a stellar cast in this slick, high-stakes crime thriller.

One Battle After Another

Starring: Leonardo DiCaprio, Benicio Del Toro, Sean Penn, Wood Harris, Regina Hall, Alana Haim, Teyana Taylo
Director: Paul Thomas Anderson
Cert: 15 **Genre:** Drama
Release Date: 20/2/2026

Leonardo DiCaprio is back - and this time, the fight is personal.

One Battle After Another, the latest film from acclaimed director Paul Thomas Anderson, is shaping up to be one of the most talked-about releases of the year: a genre-bending black comedy action-thriller that blends political chaos, dark humour, and high-stakes emotion into one relentless cinematic ride.

Starring an all-star cast including DiCaprio, Sean Penn, Benicio del Toro, Regina Hall, Teyana Taylor and newcomer Chase Infiniti, the film marks a striking new chapter for Anderson, known for prestige dramas like There Will Be Blood and Licorice Pizza. Here, he pivots into sharper action territory - without losing his signature depth.

At the heart of the story is Bob (DiCaprio), a former revolutionary who has retreated from the world, living off-grid with his spirited daughter Willa. But the past, as always, has unfinished business.

When an old enemy resurfaces and Willa suddenly goes missing, Bob is forced back into the world he tried to leave behind. What follows is a tense and unpredictable journey that propels him through violence, memory, and a reckoning with everything he once stood for.

The film's title isn't subtle: once the battle begins, it doesn't stop.

Set against a backdrop of political unrest and fractured loyalties, One Battle After Another explores themes of generational divide, the consequences of rebellion, and the fierce bond between parent and child.

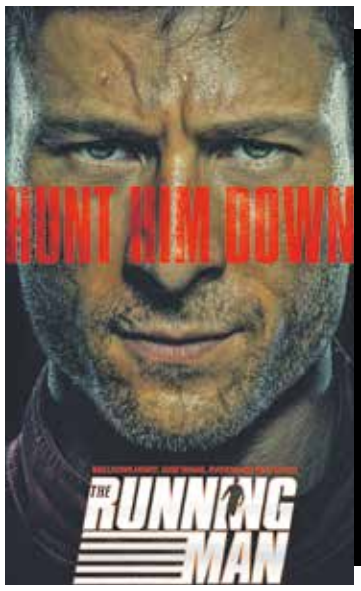
While there are action-packed set pieces and moments of biting humour, critics have noted that the emotional core lies in Bob's desperate attempt to save his daughter - and perhaps redeem himself along the way.

DiCaprio's performance has already been singled out as one of his most intense in years, while Chase Infiniti, in her film debut, is being praised as the film's beating heart.

With its combustible cast, daring tone, and Anderson's bold direction, One Battle After Another isn't just another action film - it's a cinematic collision of spectacle and soul.

One thing's certain: this is a battle audiences won't forget.





The Running Man

Starring: Glen Powell, William H. Macy, Lee Pace, Emilia Jones, Michael Cera, Daniel Ezra, Colman Domingo, Josh Brolin

Director: Edgar Wright **Cert:** 15 **Genre:** Action/Sci-Fi **Release Date:** 27/2/2026

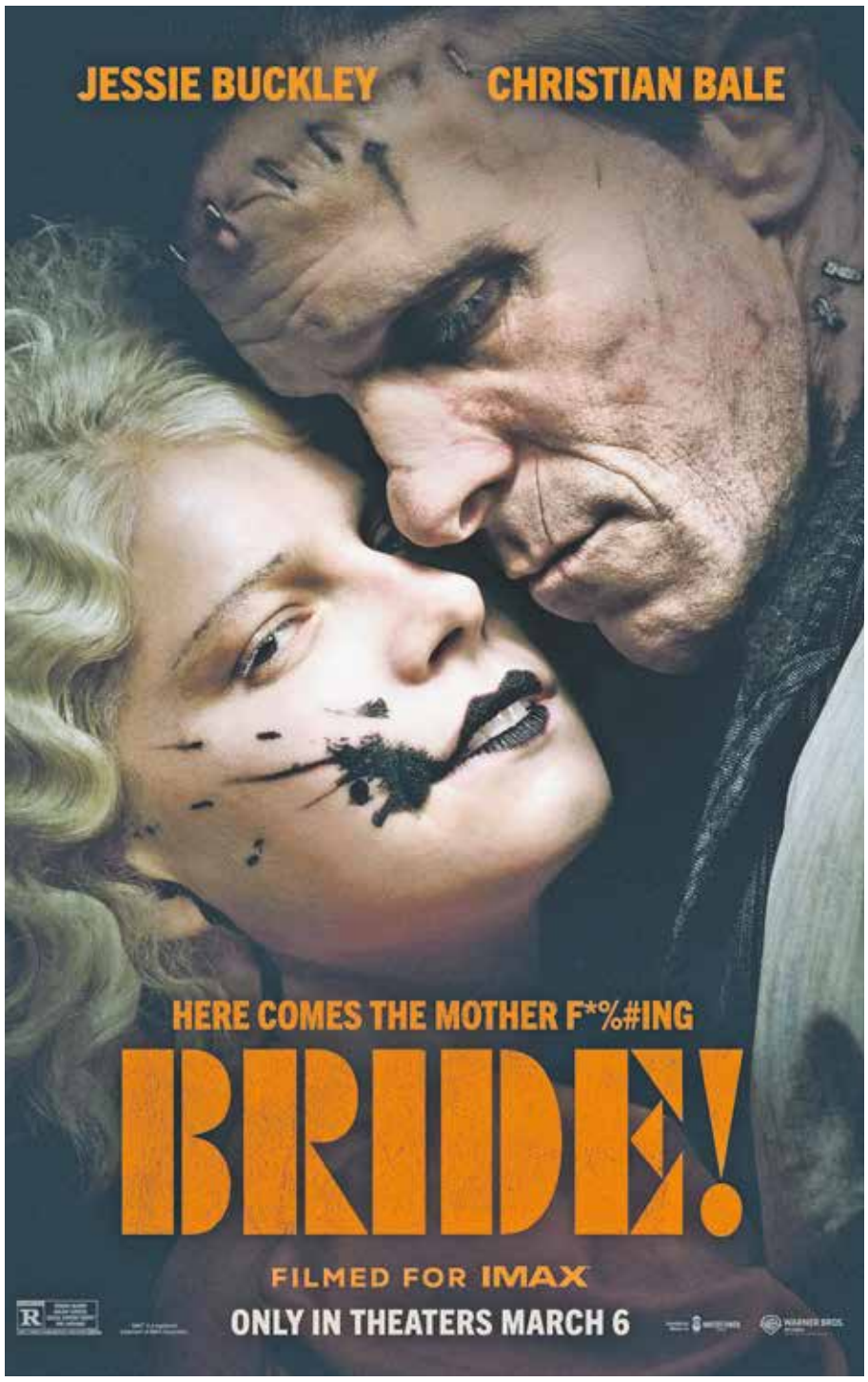
In a near-future society where entertainment has turned brutally real, The Running Man is the most watched show on television - a deadly, high-stakes competition in which contestants, known as Runners, must survive for 30 days while being hunted by professional assassins. Every step, every breath, every moment of fear is broadcast live to a bloodthirsty audience, with cash rewards rising each day the Runner stays alive.

For working-class Ben Richards (Glen Powell), the decision to enter isn't about fame - it's about desperation. With his daughter gravely ill and no other way out, Ben is persuaded by the show's charming but merciless producer, Dan Killian (Josh Brolin), to join the game as a last, impossible resort.

But Ben is no ordinary contestant. His defiance, sharp instincts, and sheer grit quickly turn him into an unexpected fan favourite - and something far more dangerous: a symbol of resistance. As ratings soar, so does the violence, and the system begins to panic.

Now Ben must outwit not only the relentless Hunters sent to kill him, but an entire nation addicted to watching him fall. In a world where survival is spectacle, The Running Man becomes a pulse-pounding fight for life - and a showdown that could bring the whole machine crashing down.

A slick, adrenaline-fuelled thriller with bite, this is dystopian blockbuster entertainment at full speed.



The Bride

Starring: Jessie Buckley, Christian Bale, Peter Sarsgaard, Annette Bening, Jake Gyllenhaal, Penélope Cruz

Director: Maggie Gyllenhaal **Cert:** 15 **Genre:** Drama/Horror **Release Date:** 6/3/2026

One of the most unusual and daring films landing in cinemas this week, The Bride! arrives on 6 March 2026 with a bold reimagining of one of horror's most iconic legends. Directed by Maggie Gyllenhaal, the film transforms the classic Frankenstein myth into a dark, operatic tale of obsession, identity and forbidden love.

The film blends horror, romance and psychological drama into something far stranger than a traditional monster movie.

At its centre is a lonely and tormented Frankenstein's monster, played by Christian Bale, who wanders through the industrial shadows of 1930s Chicago searching for companionship in a world that fears and rejects him. Desperate to end his isolation, he turns to brilliant but controversial scientist Dr. Euphronious, portrayed by Annette Bening.

Together they attempt the impossible: resurrecting a murdered young woman to create a companion for the monster.

The result is The Bride, brought to life by Jessie Buckley. But instead of becoming the obedient partner they envisioned, she awakens with her own fierce will, desires and rage. What follows is a volatile chain reaction of violence, rebellion and chaotic romance that spirals far beyond the scientists' control.

As the Bride begins carving out her own identity, the story expands into a darkly glamorous world of underground clubs, radical movements and outlaw lovers. The film's supporting cast adds further star power, with appearances from Peter Sarsgaard, Jake Gyllenhaal, and Penélope Cruz, each bringing a distinctive edge to the film's twisted universe.

At its core, The Bride! asks a provocative question: what happens when a woman created to belong to someone else refuses to play the role she was designed for?

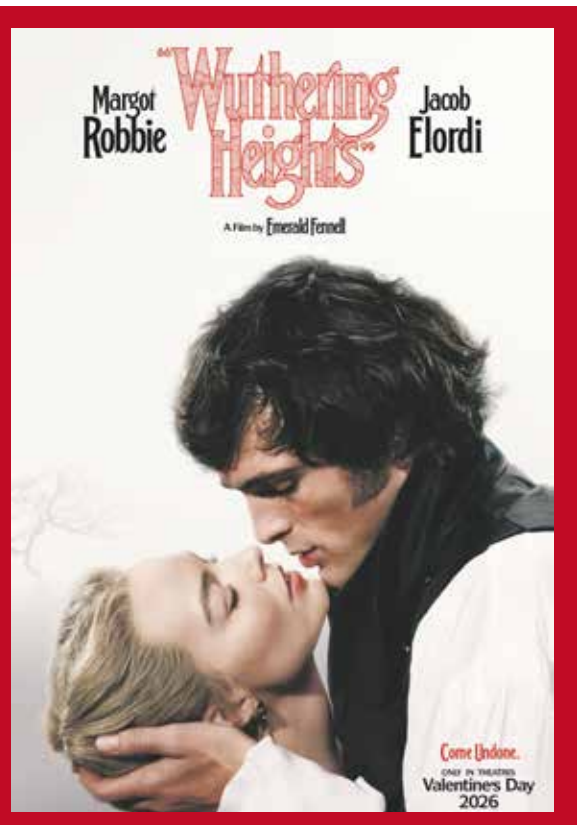
The answer, it seems, is explosive.

Wuthering Heights

Starring: Margot Robbie, Jacob Elordi, Hong Chau, Shazad Latif, Alison Oliver, Martin Clunes, Ewan Mitchell

Director: Emerald Fennell **Genre:** Drama/Romance

Release Date: 12/2/2026



Few love stories in literature burn as fiercely as Wuthering Heights, and director Emerald Fennell brings a bold new vision of the classic to cinemas this year.

The film reimagines Emily Brontë's iconic gothic romance for a modern audience, blending sweeping passion with darker themes of obsession, revenge and destructive love.

Leading the cast are Margot Robbie as the wild and headstrong Catherine Earnshaw and Jacob Elordi as the brooding outsider Heathcliff - a pairing that gives new intensity to one of literature's most volatile relationships.

Set against the bleak beauty of the Yorkshire moors, the story follows Heathcliff, an orphan brought into the Earnshaw household as a child. Raised alongside Catherine, the two form a powerful and complicated bond that blurs the lines between love, loyalty and emotional destruction.

But when social expectations and family pressures pull them apart, the consequences ripple through generations.

Emerald Fennell's version leans heavily into the story's gothic atmosphere while pushing its emotional intensity even further. Known for her sharp, provocative filmmaking style in Promising Young Woman and Saltburn, Fennell reframes the novel as a darker exploration of desire, power and class.

Rather than a traditional period romance, the film explores how obsession can shape identity and ruin lives.

The supporting cast adds depth to the haunting world of the moors, including Hong Chau, Shazad Latif, Alison Oliver, Martin Clunes, and Ewan Mitchell, each bringing new shades to the story's complex family drama.

Visually, the film contrasts the raw, windswept landscapes of the moors with the suffocating expectations of society, creating a cinematic world that mirrors the turbulent emotions at its centre.

At its heart, Wuthering Heights remains one of the most haunting love stories ever written - not a gentle romance, but a tale of passion so powerful it borders on destruction.

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BMW unleashes a track-ready M2 - and it's road legal



If you've ever taken your car to a track day and thought, this still isn't quite enough, BMW has just answered your prayers.

The German performance division has revealed a new M Performance Track Kit for the BMW M2 - a proper motorsport-inspired upgrade designed to sharpen the car's already ferocious abilities on circuit. And here's the key detail: it's fully road legal.

In other words, you can drive to the track, terrorise it, and drive home again.

Exactly the sort of thing we like.

The current BMW M2 already sits at the entry point to the brand's high-performance M line-up, but BMW's engineers clearly decided "entry level" shouldn't mean "mild".

The new Track Kit pushes the coupe far closer to a racing machine, with aerodynamic upgrades that look like they've been pinched straight off a GT racer.

Up front there's a manually adjustable splitter integrated with a front diffuser, plus wheel arch diffusers and a scoop feeding the engine oil cooler. All of it works together to increase front-end downforce and give the M2 more bite when you're leaning hard on the front tyres through fast corners.

Continued on pages 40 & 41



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SHOCKED? YOU SHOULD BE.

One in four cars thought to be running on a weakening battery

More than 8.6 million cars on Britain's roads could be running low on power.

With 34.49 million licensed cars in the UK, new analysis suggests that if one in four is affected, a staggering 8.62 million vehicles could be driving around with a weakening 12-volt battery – leaving owners exposed to sudden non-start dramas, security glitches and unwanted repair bills.

The findings from automotive diagnostics specialist Carly – based on data from more than 550,000 UK vehicles analysed between 1 January 2025 and 1 January 2026 – reveal that across most car brands, around 25 per cent of vehicles could be operating with a 12-volt battery in poor condition. In the worst-affected cases, that figure climbs to more than 40 per cent – meaning two in five cars could be at risk.

Unlike major mechanical failures, 12-volt battery decline is a slow burn, often giving little to no warning. For many drivers, the first sign of trouble is a car that simply won't start – frequently at the most inconvenient moment. Carly's data shows failing 12-volt batteries remain one of the leading causes of roadside breakdowns across the UK's car parks.

In modern vehicles, the impact of a weakened 12-volt battery extends well beyond inconvenience. Low battery voltage can affect vehicle reliability, compromise personal safety and disrupt security systems, particularly if a breakdown occurs on high-speed roads, at night or in remote locations. As the 12-volt battery powers essential 'body' electronics such as central locking, alarms and keyless entry, degradation can also cause locking systems to behave unpredictably or leave vehicles temporarily unresponsive.

Although battery degradation can affect vehicles of all fuel types and ages, Carly's data suggests the risk increases for older vehicles, cars used mainly for short urban journeys, vehicles equipped with start-stop systems and models with high electrical demand from infotainment and driver assistance features. Vehicles left parked for extended periods can also be more vulnerable, particularly during colder conditions, increasing the likelihood that early symptoms go unnoticed before a failure occurs.

Carly's diagnostics show that many drivers may experience subtle warning signs long before a breakdown occurs. These commonly include sluggish or hesitant engine starts, headlights briefly dimming during ignition, start-stop systems disabling themselves without a clear fault message, intermittent warning lights after a vehicle has been left unused, and power steering feeling briefly heavy immediately after start-up.

When these signs are ignored, the likelihood of a sudden and disruptive failure increases significantly.

While the immediate cost of addressing a battery issue is often relatively modest, the financial impact can escalate quickly when degradation is left untreated. Based on Carly's Repair & Maintenance Cost Estimator and UK pricing benchmarks, replacing a 12-volt battery typically costs £150–£330, including parts and fitting.

However, if a reported 'battery issue' is actually linked to the charging or starting system, costs can rise significantly, with starter motor repairs averaging around £330 and alternator repairs typically ranging from £250 to £800, depending on the vehicle.

Taken together, Carly's findings suggest that many drivers are unknowingly operating vehicles with weakened 12-volt batteries, increasing the likelihood of breakdowns, safety concerns and avoidable repair costs. Identifying battery-related issues earlier can help prevent minor faults from escalating into more disruptive and expensive problems later on.

Carly's OBD2 Scanner and App plug-in diagnostic solution is designed to support that early identification, allowing drivers to assess battery condition, understand fault codes in plain English and view typical repair costs before visiting a garage. The system connects via a vehicle's OBD port and is available in Basic and Premium packages, with prices starting from around £40.

BMW unleashes a track-ready M2 - and it's road legal

Continued from page 39

Then there's the real headline act: a swan-neck rear wing.

Yes, the same style used on BMW's M4 GT3 and M4 GT4 race cars.

And it's not just for show.

Race mode? Yes please.

BMW has given the rear wing two personalities.

In Street Mode, it sits neatly within road regulations. Everything remains perfectly legal for everyday driving.

Switch to Race Mode, though, and the wing slides 50mm further back, dramatically increasing aerodynamic effectiveness. You can also tweak the angle of attack depending on the circuit layout, helping dial in maximum rear grip.

Oh, and because this thing has genuine motorsport DNA, there's even a brake light integrated into the rear wing.

Subtle? Not really.

Cool? Absolutely.

Motorsport suspension - but legal

Aero is only half the story. The Track Kit also delivers a serious chassis upgrade.

BMW has fitted a threaded suspension setup with four-way adjustable damping, allowing drivers to fine-tune rebound and compression settings for different tracks and driving styles.

Even more impressive: it's the first motorsport damper system developed by BMW that's still road legal.

Ride height can also be dropped by up to 20mm, with infinitely adjustable settings to get the stance and balance exactly right.

The whole setup was honed by BMW M engineers using the brand's wind tunnel and motorsport expertise. Final chassis tuning was handled by BMW M test engineer and record-setting driver Jörg Weidinger - the sort of name you want involved when your car's heading for the apex at speed.

Price for the Track Kit? €23,500 before tax and installation, with availability from July 2026.

Track day addicts may want to start saving.

And then there's the noise

BMW hasn't stopped at aero and suspension.

The BMW M2 CS also gets a new M Performance exhaust system designed to make the already outrageous straight-six



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sound even more dramatic.

The M2 CS packs a 530hp turbocharged inline-six, and the new exhaust reworks gas flow to deliver a louder, sharper soundtrack depending on the driving mode selected.

But the system isn’t just about noise.

The exhaust tips are made from carbon fibre and titanium, materials lifted straight from the motorsport world, and the entire system weighs around 8kg less than the standard setup.

Which means you get more sound and less weight - a win-win in anyone’s book.

Cost? From €8,343.50 before installation.

Our verdict

BMW’s M division clearly knows its audience.

Track days are exploding in popularity, and the M2 has already built a reputation as one of the most entertaining driver’s cars in the brand’s line-up.

This new Track Kit doesn’t turn the M2 into a race car.

But it gets very, very close.

And the fact you can still drive it to the shops afterwards?

That’s exactly the kind of madness we approve of.



America’s biggest SUVs just landed in Britain

Britain has always had a fascination with American cars - the noise, the size, the sheer don’t-care attitude to fuel economy.

But actually owning one here has usually meant complicated imports, patchy warranties and a mountain of paperwork.

That’s now changed.

For the first time, General Motors is officially selling some of its most iconic North American SUVs and pickup trucks in the UK, thanks to the launch of GM Specialty Vehicles (GMSV). It means buyers can now order machines like the Cadillac Escalade, GMC Yukon Denali, and Chevrolet Silverado directly from the manufacturer with full UK homologation, warranty, finance options and nationwide servicing.

Vehicles can be ordered immediately through the GMSV website, with deliveries expected to begin this spring.

Yes, the proper dealership experience - just for vehicles normally seen cruising down American highways.

The move comes through a partnership with luxury performance dealer Clive Sutton, whose North West London facility will act as the first UK base for GM Specialty Vehicles before a wider retailer network rolls out nationwide.

For UK buyers who’ve long admired America’s most extravagant SUVs and pickups, it’s the most straightforward route yet. Vehicles can be ordered immediately through the GMSV website, with deliveries expected to begin this spring.

The line-up reads like a greatest-hits album of American automotive excess.

Cadillac’s offering centres on the mighty Escalade, including the stretched Escalade ESV and the outrageous Escalade-V, a supercharged luxury SUV that combines limousine levels of comfort with muscle-car aggression.

GMC brings the enormous Yukon Denali alongside the Sierra 1500 Denali and off-road-focused Sierra 1500 AT4pickups.

From Chevrolet comes the Tahoe, the even longer Suburban, and the legendary Silverado pickup truck - a staple of American roads that’s rarely been seen officially on this side of the Atlantic.

Crucially, these aren’t grey imports. Every vehicle arrives with full UK homologation and a three-year unlimited-mileage warranty, with the option to extend cover for a further two years. Customers will also have access to finance packages, nationwide servicing and the ability to commission bespoke builds or purchase vehicles from available stock.

Retailers will offer a full range of accessories and upgrades, from paint protection film and specialist finishes to security systems and tailored customisation packages.

Let’s be honest: Britain’s narrow roads and medieval town centres probably weren’t designed with vehicles like the Escalade or Silverado in mind.

But that’s precisely the appeal.

They’re enormous, unapologetic and unmistakably American - and now, for the first time, you can buy one in Britain without jumping through import hoops.

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HAI3 ZAH OFFERS OVER £5,000 TEL. 07973 165 474
JSIIAUN £15,000 (J SHAUN) TEL. 07985 455 057
L6ON FR £2,000 ONO TEL. 07427 677 989
MEIIMUD £19,000 (MEHMUD) TEL. 07985 455 057
MY55TYC £7,500 T: 07740 784 983 privateplates@hotmail.co.uk
OOIIARY £15,000 (OO HARY) TEL. 07985 455 057
ROIIANK £9,500 (ROHAN K) TEL. 07985 455 057
S6F XX £1,200 ONO TEL. 07791 919 237

AAII5 £15,000 TEL. 07733 244 444
ASII AKS £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
BO55Y BO £5,000 T: 07740 784 983 privateplates@hotmail.co.uk
C 5KY W £999 ONO TEL. 07427 677 989
EAS7S £REASONABLE OFFERS TEL. 07974 179 156
FAZ 786 OVER £10,000 TEL. 07765 555 786
HAI7 GEL £8,000 ONO TEL. 07908 472 121
JVIIJAY £10,000 (J VIJAY) TEL. 07985 455 057
LAI4BBA £675 ONO (LAIBA) TEL. 07779 050 970
MEIITAB £18,000 (MEHTAB) TEL. 07985 455 057
NOO5HEN £OFFERS TEL. 07870 696 399
OAIIMAD £10,000 (O AHMAD) TEL. 07985 455 057
ROIIANP £15,000 (ROHAN P) TEL. 07985 455 057
S7KCK £1,000 TEL. 07508 341 074

AALII5 £10,000 TEL. 07733 244 444
ASII GER £2,000 TEL: 01274 414141 MON - FRI: 9-5.30
BIII NAA £OFFERS TEL. 07557 472 855
CAIISHA £9,000 (C AISHA) TEL. 07985 455 057
EBIIATT £7,000 (E BHATT) TEL. 07985 455 057
FBIIACK £8,500 (F BLACK) TEL. 07985 455 057
HA54NS R £OFFERS TEL. 07866 947 665
JYIINUS £9,500 (J YUNUS) TEL. 07985 455 057
LDIIEEP £7,000 (L DILEEP) TEL. 07985 455 057
MJIIDGE £25,000 (M JUDGE) TEL. 07985 455 057
NI7ILA E £1,500 ONO TEL. 07427 677 989
OA55ERS £5,000 ONO (QASSER) TEL. 07967 350 957
ROIIANX £12,500 (ROHAN X) TEL. 07985 455 057
S777YRA £500 TEL. 07473 865 081

AAZI5 £OFFERS TEL. 07977 612 479
ASIIOKB £9,500 (ASHOK B) TEL. 07985 455 057
BI5 NAD £REASONABLE OFFERS TEL. 07834 016 393
CAIIMAD £10,000 (C AHMAD) TEL. 07985 455 057
EBIIACK £8,500 (E BLACK) TEL. 07985 455 057
FDIIEEP £7,000 (F DILEEP) TEL. 07985 455 057
HAB333B £5,550 TEL. 07867 861 193
JYIISAF £15,400 (J YUSAF) TEL. 07985 455 057
LJIIDGE £15,500 (L JUDGE) TEL. 07985 455 057
MKIIMAR £20,000 (M KUMAR) TEL. 07985 455 057
NIDEM £15,000 ONO TEL. 07774 112 121
OBIIACK £8,500 (O BLACK) TEL. 07985 455 057
RI2I SAM £OFFERS TEL. 07962 394 890
S8XXY £2,995 ONO TEL. 07949 891 313

ABIOCHO £OFFERS NO WITHHELD No TEL. 07754 852 402
ASIIOKC £9,500 (ASHOK C) TEL. 07985 455 057
BI6 KMY £2,500 TEL. 07405 763 319
CA55Y ME £OFFERS T: 07740 784 983 privateplates@hotmail.co.uk
EBIIACK £8,500 (E BLACK) TEL. 07985 455 057
FDZI4 £2,495 TEL. 07954 389 874
HAV3N £16,000 (HEAVEN-HAVEN) TEL. 07731 464002
JYIISUF £15,000 (J YUSUF) TEL. 07985 455 057
LLIIONG £4,500 (L LUONG) TEL. 07985 455 057
MMO2 AAM £1,495 TEL. 07794 820 437
N333EWS £2,500 TEL. 07969 914 041
OCIIARK £9,000 (O CLARK) TEL. 07985 455 057
RI2 EEE £OFFERS TEL. 07707 707 609
S80HAL £6,995 TEL. 07867 861 193

ABIOSAB £3,250 ONO (ABID SAB) TEL. 07773 995 142
ASIIOKD £9,500 (ASHOK D) TEL. 07985 455 057
BI66 BOB £6,995 TEL. 07530 612 171
CA55Y MS £OFFERS TEL. 07787 334 567
EGO 80Y £OFFERS TEL. 07787 334 567
FE5IALL £4,999 TEL. 07846 480 112
HEIIENH £15,000 (HELEN H) TEL. 07985 455 057
KII ANN £50,000 TEL. 07815 114 201
LSIISAN £7,500 (L SUSAN) TEL. 07985 455 057
MOII BEN £3,000 TEL: 01274 414141 MON - FRI: 9-5.30
N333RAA £OFFERS TEL. 07751 427 106
ODIIEEP £7,000 (O DILEEP) TEL. 07985 455 057
RI2SYY £OFFERS TEL. 07816 488 420
S88 TAL £OFFERS (SHEETAL) TEL. 07786 510 000

ABIIACK £8,500 (A BLACK) TEL. 07985 455 057
ASIIOKF £9,500 (ASHOK F) TEL. 07985 455 057
BI7SH U £OFFERS TEL. 07866 860 894
CA65 NOW £4,000 ONO TEL. 07908 472 121
EH55ANS OFFERS OVER £4,000 TEL. 07513 257 029
FGIIPTA £6,995 (F GUPTA) TEL. 07985 455 057
HEIIENM £15,000 (HELEN M) TEL. 07985 455 057
K3LAM £800 ONO TEL. 07774 112 121
LVIIJAY £10,000 (L VIJAY) TEL. 07985 455 057
MRO4LLY £1,900 ONO (MR D ALLY) TEL. 07774 246 877
N444HEM £5,500 ONO TEL. 07766 645 325
OEII BOY £20,000 (DELL BOY) TEL. 07815 114 201
RI2Y MP OFFERS OVER £400 TEL. 07866 992 500
SAIIDAH £1,500 ONO (SAIDAH) TEL. 07946 162 099

ABIIDVL £OFFERS TEL. 07707 146 047
ASIIOKG £9,500 (ASHOK G) TEL. 07985 455 057
BI9 ALY £3,495 TEL. 07954 389 874
CBIIATT £7,000 (C BHATT) TEL. 07985 455 057
EJIIDGE £15,500 (E JUDGE) TEL. 07985 455 057
FKIIMAR £15,000 (F KUMAR) TEL. 07985 455 057
HEIIENP £15,000 (HELEN P) TEL. 07985 455 057
K4AHN £100,000 ONO TEL. 07506 342 385
MRIO JAT £OFFERS TEL. 07928 473 771
N44DLM SERIOUS OFFERS TEL. 07969 914 041
NGIIPTA £6,995 (O GUPTA) TEL. 07985 455 057
RI5WNA £3,000 ONO (RIZWANA) TEL. 07779 300 128
SAIIHAS £1,500 ONO (SALIHA) TEL. 07946 162 099

ABI2AAR £3,500 ONO (ABRAAR) TEL. 07946 162 099
ASIIOKH £9,500 (ASHOK H) TEL. 07985 455 057
BI9 FRR £995 (BIG FRR) TEL. 07971 850 490
CDIIEEP £7,000 (C DILEEP) TEL. 07985 455 057
EKIIMAR £15,000 (E KUMAR) TEL. 07985 455 057
FLIICAS £7,000 (F LUCAS) TEL. 07985 455 057
HEIIENR £15,000 (HELEN R) TEL. 07985 455 057
K4JOL OFFERS OVER £5,000 FAZ911@MSN.COM
MRIIOOK £9,500 (MR HOOK) TEL. 07985 455 057
N4SUR £1,995 TEL. 07954 389 874
OJIIDGE £15,000 (O JUDGE) TEL. 07985 455 057
R9SHS OVER £2,000 ONO TEL. 07427 677 989
SAIIKAS £1,500 ONO (SAIKA) TEL. 07946 162 099

ABDIIIL £10,000 ONO (ABDUL) TEL. 07946 162 099
ASIIOKJ £9,500 (ASHOK J) TEL. 07985 455 057
BIG SLD £2,500 TEL. 07764 656 667
CHIILER £OFFERS Panaceahealthcare@hotmail.co.uk
ELIICAS £7,000 (E LUCAS) TEL. 07985 455 057
FRA22T £4,900 TEL. 07867 861 193
HEIIENT £15,000 (HELEN T) TEL. 07985 455 057
MOIIEB S £OFFERS TEL. 07787 334 567
MRIIOBB £9,500 (MR HOBB) TEL. 07985 455 057
N4 YEB £950 TEL. 07896 699 241
OKIIMAR £15,000 (O KUMAR) TEL. 07985 455 057
R24 SAM £OFFERS TEL. 07962 394 890
SAIIMAD £15,000 (S AHMAD) TEL. 07985 455 057

ABR44R £10,000 ONO (ABRAAR) TEL. 07946 162 099
ASIIOKK £9,500 (ASHOK K) TEL. 07985 455 057
BILRL £OFFERS (BILAL) TEL. 07808 950 492
CBIIATT £7,000 (C BHATT) TEL. 07985 455 057
ELIISAA £20,000 (ELISA A) TEL. 07985 455 057
FSIISAN £7,500 (F SUSAN) TEL. 07985 455 057
HEIIOO X £1,500 ONO (HELLO X) TEL. 07946 162 099
K4OSUM £3,500 TEL. 07867 861 193
MOIIEB X £OFFERS TEL. 07787 334 567
MRIIOWE £15,000 (MR HOWE) TEL. 07985 455 057
N4 WED £10,000 (NAWED, NAWEED) TEL. 07731 464002
OMIILES £7,500 (O MILES) TEL. 07985 455 057
R34 RAJ £OFFERS TEL. 07928 473 771
SAIIMAZ £3,500 ONO (SAIMA/SALMA) TEL. 07946 162 099

ADIIEEP £7,000 (A DILEEP) TEL. 07985 455 057
ASIIOKL £9,500 (ASHOK L) TEL. 07985 455 057
B4 RWH SOLD £OFFERS TEL. 07815 114 201
CHI3 DRY £10,000+ (CHOWDRY) TEL. 07973 165 474
EMIILYC £8,000 (EMILY C) TEL. 07985 455 057
FYIISAF £15,400 (F YUSAF) TEL. 07985 455 057
HDIIEEP £7,000 (H DILEEP) TEL. 07985 455 057
K444BAH £2,500 ONO (KAABAH) TEL. 07779 300 128
MOIITYP £7,000 (MONTY P) TEL. 07985 455 057
MRIIOYD £29,000 (MR LLOYD) TEL. 07985 455 057
NAIIEED £15,000 (NAHEED) TEL. 07985 455 057
O MIIRZA £3,500 ONO TEL. 07962 394 890
R40 JAH £OFFERS TEL. 07779 675 730
SAI3 BAH £OFFERS TEL. 07983 104 538

AESI4IT £OFFERS TEL. 07867 861 193
ASIIOKM £9,500 (ASHOK M) TEL. 07985 455 057
B4 RUF £OFFERS TEL. 07796 008 786
CHI3 LER £10,000+ (CHILLER) TEL. 07973 165 474
EMIILYD £8,000 (EMILY D) TEL. 07985 455 057
FYIISUF £15,000 (F YUSUF) TEL. 07985 455 057
HKIINGS £14,000 (H KINGS) TEL. 07985 455 057
K77 MYE £OFFERS T: 07907 318 666 no withheld numbers
MOIIVER £10,000 (M OLIVER) TEL. 07985 455 057
MRIIACK £9,500 (MR HACK) TEL. 07985 455 057
NAII DEA £2,500 TEL: 01274 414141 MON - FRI: 9-5.30
OSIISAN £7,500 (O SUSAN) TEL. 07985 455 057
R40LEX £OFFERS TEL. 07868 572 069
SAI3 NAJ SOLD £10,000 ONO TEL. 07838 603 001

AFII AAK £2,000 TEL: 01274 414141 MON - FRI: 9-5.30
ASIIOKN £9,500 (ASHOK N) TEL. 07985 455 057
B4 WFA £1,195 ONO TEL. 07867 770 940
CSIO NGH £OFFERS TEL. 07928 473 771
EMIILYE £8,000 (EMILY E) TEL. 07985 455 057
G I3OXD £OFFERS TEL. 07913 919 169
HKIIMAR £15,000 (H KUMAR) TEL. 07985 455 057
K7 PPA £3,995 ONO TEL. 07890 201 854
MO 5IDDK £OFFERS T. 07954 370 359 MOHAMMED SIDDIQUE
MRIIALE £9,500 (MR HALE) TEL. 07985 455 057
NAIIMAD £10,000 (N AHMAD) TEL. 07985 455 057
OVIIJAY £10,000 (O VIJAY) TEL. 07985 455 057
R44JA F £2,800 ONO TEL. 07974 179 156
SAF333R £2,995 ONO TEL. 07729 288 346

AFII LAK £2,500 TEL: 01274 414141 MON - FRI: 9-5.30
ASIIOKO £9,500 (ASHOK O) TEL. 07985 455 057
B45HAR £12,500 TEL. 07891 217 880
CSIISAN £7,500 (C SUSAN) TEL. 07985 455 057
EMIILYF £8,000 (EMILY F) TEL. 07985 455 057
GI3SAL £OFFERS TEL. 07977 802 112
HMIILES £7,500 (H MILES) TEL. 07985 455 057
KAII DEM £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
MIII NWR £1,500 (MUNAWAR) TEL. 07597 572 045
MRIIAYE £9,500 (MR HAYE) TEL. 07985 455 057
NAIIMAZ £1,500 ONO (NAIMA) TEL. 07946 162 099
OYIISAF £15,400 (O YUSAF) TEL. 07985 455 057
R6JJY £OFFERS TEL. 07968 163 510
SA55Y MS £5,000 T: 07740 784 983 privateplates@hotmail.co.uk

AFII SAN £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
ASIIOKP £15,000 (ASHOK P) TEL. 07985 455 057
B5 WAJ £1,500 TEL. 07838 130 681
CYIISAF £15,400 (C YUSAF) TEL. 07985 455 057
EMIILYM £8,000 (EMILY M) TEL. 07985 455 057
G23RGE £OFFERS TEL. 07501 292 802
HUII TER £21,000 (HUNTER) TEL. 07985 455 057
KAII SYM £2,000 TEL: 01274 414141 MON - FRI: 9-5.30
MIIIYAS £20,000 ONO TEL.07774 112 121
MRIIAYS £9,500 (MR HAYS) TEL. 07985 455 057
NAII ZAM £3,000 TEL: 01274 414141 MON - FRI: 9-5.30
OYIISUF £15,000 (O YUSUF) TEL. 07985 455 057
R77JHA £2,500 (RAJHA) TEL. 07786 424 251
SADIIIA £7,000 TEL. 07825 040 037

AHIIMDS £1,000 (AHMADS) TEL. 07846 269 808
ASIIOKS £15,000 (ASHOK S) TEL. 07985 455 057
B9 SHU £OFFERS TEL. 07812 728 079
D4WUO £1,495 ONO TEL. 07832 302 222
EMIILYS £15,000 (EMILY S) TEL. 07985 455 057
GAIIMAD £10,000 (G AHMAD) TEL. 07985 455 057
HU55 ANX £10,000 T: 07740 784 983 privateplates@hotmail.co.uk
KA5IERH £OFFERS TEL. 07980 802 471
MITUH £OFFERS TEL. 07894 335 033
MRIIUGH £20,000 (MR HUGH) TEL. 07985 455 057
NAI2ANG £OFFERS (TEXT ONLY) TEL. 07884 064 015
PI2 MYR £OFFERS (PREMIER) TEL. 07837 780 981
RAIIMAD £10,000 (R AHMAD) TEL. 07985 455 057
SAM3R £12,000 TEL. 07867 861 193

AJIIDGE £25,000 (A JUDGE) TEL. 07985 455 057
ASIIOKV £9,500 (ASHOK V) TEL. 07985 455 057
BAIIALZ £3,495 ONO TEL. 07957 429 964
DAIIDY X £8,000 TEL. 07921 576 971
ERIIEST £49,000 (ERNEST) TEL. 07985 455 057
GAIIMED £15,000 (G AHMED) TEL. 07985 455 057
HU55 EFA £OFFERS (HUZAIFAH) TEL. 07737 071 097
KA55YMS £3,000 TEL. 07983 480 777
M44KAH £10,000 TEL. 07779 117 865
MR 54BAR £13,250 ONO TEL. 07837 867 868
NAI3 AAB £5,000+ (NAIWAAB) TEL. 07973 165 474
PI4YAA £3,995 TEL. 07954 389 874
RAIIMAD £10,000 (R AHMAD) TEL. 07985 455 057
SAM3R £12,000 TEL. 07867 861 193

AKII BER £5,000 TEL: 01274 414141 MON - FRI: 9-5.30
ASIIOKX £12,500 (ASHOK X) TEL. 07985 455 057
BAIIMAD £10,000 (B AHMAD) TEL. 07985 455 057
DAIIMAD £10,000 (D AHMAD) TEL. 07985 455 057
ESIISAN £7,500 (E SUSAN) TEL. 07985 455 057
GAIISHA £9,000 (G AISHA) TEL. 07985 455 057
HVIIJAY £10,000 (H VIJAY) TEL. 07985 455 057
K55 5HAB £1,500 ONO (SHAB) TEL. 07977 348 295
M444 LKK £850 TEL: 07977 118 134 no withheld numbers
MR 5 5KOL £5,000 T: 07740 784 983 privateplates@hotmail.co.uk
NA55AR X £10,000 T: 07740 784 983 privateplates@hotmail.co.uk
P44YJA £3,000 (PAAYJA) TEL. 07786 424 251
RAIISHA £9,000 (R AISHA) TEL.

SH04 BEK £1,995 ONO TEL. 07764 656 667	SHA2D £25,000 TEL. 07867 861 193	TAIIHAS £3,000 ONO (TALHA) TEL. 07946 162 099	TVIIJAY £10,000 (T VIJAY) TEL. 07985 455 057	VY55 HAL £3,500 TEL. 07588 326 444	WDIIEEP £7,000 (W DILEEP) TEL. 07985 455 057	XX 56XY XX £8,000 ONO TEL. 07908 472 121
SHIOAEB £OFFERS T: 07754 852 402 no withheld numbers	SOII BYA £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	TAIIMAD £10,000 (T AHMAD) TEL. 07985 455 057	TYIISAF £15,400 (T YUSAF) TEL. 07985 455 057	VY55 HNU £3,500 TEL. 07588 326 444	WGIIPTA £6,995 (W GUPTA) TEL. 07985 455 057	XYIISAF £15,400 (X YUSAF) TEL. 07985 455 057
SHIOABY £4,000 ONO TEL. 07828 695 464	SPIIRTY £15,000 (SPORTY) TEL. 07985 455 057	TAIIYRS £1,500 (TAHYRS) TEL. 07867 886 786	TYIISUF £15,000 (T YUSUF) TEL. 07985 455 057	WOIIVER £6,500 (W OLIVER) TEL. 07985 455 057	WKIIMAR £15,000 (W KUMAR) TEL. 07985 455 057	YIINES £OFFERS (YOUNAS) TEL. 07834 016 393
SHIOKET £OFFERS T: 07754 852 402 no withheld numbers	STIIGGG £20,000 ONO TEL. 07786 510 000	TAI3BYS £1,600 ONO TEL. 07557 387 547	UAIIMAD £10,000 (U AHMAD) TEL. 07985 455 057	W2I JAS £1,200 ONO TEL. 07925 757 677	WMIILES £7,500 (W MILES) TEL. 07985 455 057	Y5IILMA £4,000 ONO (SALMA) TEL. 07969 598 969
SHIOKUT £OFFERS T: 07754 852 402 no withheld numbers	SUR87IT £1,500 (SURBJIT) TEL. 07985 589 631	TA55LYM £4,895 ONO TEL. 07779 324 610	UDIIEEP £7,000 (U DILEEP) TEL. 07985 455 057	W33DDY £5,000 ONO TEL. 07779 994 695	WSIISAN £7,500 (W SUSAN) TEL. 07985 455 057	Y55ANA £OFFERS TEL. 07835 316 786
SHII AED £1,000 TEL: 01274 414141 MON - FRI: 9-5.30	SYIISAF £15,400 (S YUSAF) TEL. 07985 455 057	TA55TEE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	UKIIORD £OFFERS TEL. 07522 199 997	W33DY K £5,000 ONO TEL. 07779 994 695	WYIISAF £15,400 (W YUSAF) TEL. 07985 455 057	Y9 ALT £30,000 TEL. 07525 817 453
SHII AFS £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	SYIISUF £15,000 (S YUSUF) TEL. 07985 455 057	TA55TYE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	UMM444R £4,995 TEL. 07707 747 776	W33NTD £1,800 (WANTED) TEL. 01202 877 038	WYIISUF £15,000 (W YUSUF) TEL. 07985 455 057	YAIIMAD £10,000 (Y AHMAD) TEL. 07985 455 057
SHIIAHZ £6,000 TEL. 07921 576 971	TOYSR £15,000 ONO TEL. 07973 787 934	TA67 ETS £6,000 ONO TEL. 07908 472 121	UYIISAF £15,400 (U YUSAF) TEL. 07985 455 057	W4JLD £1,995 TEL. 07954 389 874	X3 5INGS £3,500 (SINGHS) TEL. 07833 333 870	YAIIYAA £15,000 (YAYYAA) TEL. 07985 455 057
SHII ANY £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	TIIUCS £OFFERS TEL. 07581 169 231	TAHIR £100,000 (TAHIR) TEL. 07403 302 725	VOIIRAS £2,000 (VOHRA) TEL. 07867 886 786	W4KY R £10,000 TEL. 07786 615 234	X 7BY X £1,500 TEL. 07767 778 798	YEIICOM £49,000 (YELL COM) TEL. 07985 455 057
SHIIKEL £4,999 ONO (SHAKEL) TEL. 07863 845 709	TI4 REK £OFFERS (TARIQ) TEL. 07508 066 661	TBIIATT £7,000 (T BHATT) TEL. 07985 455 057	VOIIVER £6,500 (V OLIVER) TEL. 07985 455 057	W4LYT £2,000 TEL. 07854 435 656	XAL IIX £15,000 TEL. 07733 244 444	YDIIEEP £7,000 (Y DILEEP) TEL. 07985 455 057
SHII OBY £1,000 TEL: 01274 414141 MON - FRI: 9-5.30	TI9 ARX £OFFERS (TIGER X) TEL. 07837 780 981	TDIIEEP £7,000 (T DILEEP) TEL. 07985 455 057	V 4RFN £1,000 TEL. 07967 193 033	WAIIEEM £15,000 (WAHEEM) TEL. 07985 455 057	X BAIG £50,000 TEL. 07947 979 777	YKIIMAR £15,000 (Y KUMAR) TEL. 07985 455 057
SHIIPER £15,000 (SHIPER) TEL. 07985 455 057	TILI 786 £1,500 ONO TEL. 07974 179 156	TERIK VALUED AT OVER £60K TEL. 07739 413 695	V 44MJD £850 ONO TEL. 07803 012 253	WAIISHA £9,000 (W AISHA) TEL. 07985 455 057	X KO4SER £OFFERS TEL. 07811 146 312	YUIONES £OFFERS T: 07754 852 402 no withheld numbers
SHIIYLA £1,000,000 TEL. 07969 914 041	T44 RKK £2,200 ONO TEL. 07926 095 168	TJIIDGE £15,500 (T JUDGE) TEL. 07985 455 057	VAIIMAD £10,000 (V AHMAD) TEL. 07985 455 057	WAIITAD £10,000 (WANTED) TEL. 07778 881 126	X KIIAN X £2,700 TEL. 07786 087 155	YVIIJAY £10,000 (Y VIJAY) TEL. 07985 455 057
SHI2ADH £3,000 ONO TEL. 07870 993 553	T444BYS £995 ONO TEL. 07886 606 431	TKIINGS £14,000 (T KINGS) TEL. 07985 455 057	VBIIATT £7,000 (V BHATT) TEL. 07985 455 057	WAH33OK £2,500 (WAHEED K) TEL. 07973 199 979	XKIIMAR £15,000 (X KUMAR) TEL. 07985 455 057	Y44SCR £2,500 ONO TEL. 07828 159 318
SHI2ANH £3,000 ONO TEL. 07870 993 553	T8WHD £15,000 (TAWHEED) TEL. 07842 955 147	TMIILES £7,500 (T MILES) TEL. 07985 455 057	VDIIEEP £7,000 (V DILEEP) TEL. 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL. 07985 455 057	XMIILES £7,500 (X MILES) TEL. 07985 455 057	
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‘Ramadan Runner’

completes Derby 10K while fasting and surpasses £1.4m raised for charity



Bradford humanitarian and BEM recipient Nazim Ali has completed his 13th annual Ramadan 10K challenge in Derby - running 6.2 miles while fasting for 14 hours and pushing his lifetime charitable fundraising beyond an extraordinary £1.4 million.

Nazim crossed the finish line on Sunday 15 March 2026, once again self-funding the challenge, covering his own accommodation, race fee and travel costs as part of one of Yorkshire’s most remarkable annual acts of endurance and service.

Battling bitterly cold, blustery conditions, he completed the course in 1:04:11 - despite a strong headwind and pain in his right hip during the closing stages - before producing what supporters have come to know as his trademark sprint finish.

Nazim said: “It was really cold to begin with with blustery conditions and at times the wind pushing against me, which meant I had to work twice as hard. Then in the final two kilometres I could feel my right hip. I still ended up with a time of 1:04:11 with the trademark sprint finish.”

This year’s route took runners from Derby County Football Club’s Pride Park Stadium through the city centre, passing Derbion shopping centre, Derby Cathedral and the Silk Mill, before heading back along the River Derwent to the stadium.

This year’s run was in aid of the Nazim Ali Foundation, in partnership with Green Crescent Aid UK, to support the charity’s Azad Kashmir New Homes Project - helping poor and vulnerable families move out of dangerous, crumbling homes and into safe, secure new three-room houses complete with a kitchen and bathroom.

Each home costs £2,600, and Nazim’s original target was £52,000 - enough to build 20 new homes.

But with donations and pledges continuing to come in, he now expects the total to exceed £70,000, meaning even more families could soon have a safe place to call home.

The campaign is deeply personal.

Nazim recently visited the remote mountainous village of Charhoi in Azad Kashmir at the start of Ramadan, where he saw first-hand the dangerous conditions many families are living in.

He described cracked walls, unstable structures and homes without bathrooms in a village so remote that access itself was a challenge.

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‘Ramadan Runner’ completes Derby 10K while fasting and surpasses £1.4m raised for charity

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Nazim said: “This fundraiser is very personal to me as my family’s roots are from Azad Kashmir. The homes were unsafe with cracks in the walls and they didn’t even have bathrooms in the remote mountainous village of Charhoi.”

His first training run for the challenge was completed in the mountainous town of Kotli in Azad Kashmir - a symbolic beginning to a campaign rooted in both heritage and humanitarian duty.

This year marked Nazim’s 13th annual Ramadan 10K run, a powerful tradition that has become one of Bradford’s most inspiring examples of faith, resilience and service. Over the previous 12 Ramadan 10K runs, he had already raised more than £512,000.

That impact now stretches even further. With this latest fundraiser, Nazim says he has now surpassed £1.4 million raised for charitable causes in the UK and overseas - supporting house-building projects, emergency relief and humanitarian aid across countries including Malawi, Syria, Pakistan, Uganda, Burundi, and Afghanistan.

For more than 28 years, Nazim has been a driving force for community and humanitarian action in Bradford and beyond. A British Empire Medal (BEM) recipient in the King’s New Year Honours 2025, and awarded an Honorary Fellowship from the University of Bradford in 2023, he continues to balance his charity work with a full-time role as a Careers Adviser in three inner-city schools.

Closer to home, he also leads the Nazim Ali Foundation’s Khidma Community Kitchen, providing weekly meals for homeless and vulnerable people in Bradford.

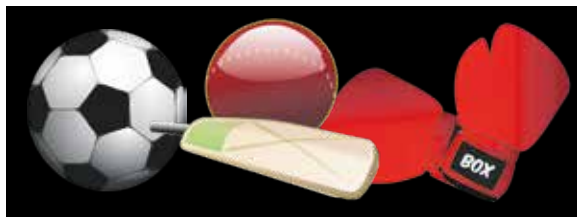
Nazim also thanked his long-term supporters, including Green Crescent Aid UK, the Keighley-based charity with a 100% donation policy he has worked with for more than nine years.

For those donating the full £2,600 needed to fund an entire home, a personalised plaque can be arranged, with full project feedback including videos and updates.

With the run complete and the fundraising total still rising, Nazim’s latest Ramadan challenge has once again shown what one determined Bradford fundraiser can achieve - not just over 10 kilometres, but across a lifetime of service.

Arjon “The Bullet” Basi’s remarkable comeback continues as the unbeaten lightweight lands major London fight card





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Continued from page 48

Nicknamed "The Bullet", the orthodox lightweight produced a composed and dominant display to beat the durable Angelo Dragone 40-36, instantly underlining the talent many around him had long recognised.

Now, with two wins from two and his profile steadily rising, Basi is ready for another step up.

The lightweight division is stacked with elite champions and unbeaten contenders, but Basi believes the professional ranks suit his style far more than the amateur game ever did.

"Amateur boxing is fast-paced, with a higher volume of punches due to shorter rounds," he said. "Professional boxing suits me more because it's about being articulate, methodical, controlling the pace, and delivering higher-quality punches."

Outside the ring, Basi's faith remains central to his identity. A devoted Sikh, he regularly visits his local Gurdwara, crediting his spirituality with helping guide him through both life and boxing.

"I visit the Gurdwara nearly every day on my way home from training to pray. I believe in divine intervention and that faith helps guide me in both life and boxing."

His upcoming appearance on the MVP card also carries wider significance. Basi praised the promotion's role in changing the landscape of modern boxing - particularly for women in the sport.

"I am very excited to be part of the show," he said.

"It's fantastic what Most Valuable Promotions are doing, especially for women's boxing. Where women were once placed on undercards, they are now headlining main events, and MVP have helped make that possible."

Arjon is widely recognised for his remarkable return from career-threatening injuries, including torn wrist ligaments and life-threatening lung blood clot.

In his corner is legendary trainer Mark Tibbs, one of British boxing's most respected coaches, whose decorated career includes working with champions such as Frank Bruno, Barry McGuigan, Lloyd Honeyghan and Nigel Benn. With that calibre of guidance behind him, Basi has the experience around him to match his ambition.

But what makes his rise especially compelling is the road he has travelled to get here.

At just 15, Basi lost his father - a devastating blow that changed the course of his life. Boxing became both refuge and release.

Then came the setbacks that would have ended many careers before they began.

He suffered torn tendons in both wrists, with doctors warning he might never box again and could even face permanent disability.

Through relentless rehabilitation, discipline and sheer mental resilience, he fought his way back to full fitness and passed the British Boxing Board of Control medical tests needed to continue.

Then, just as he appeared to be moving forward, he was hit with another major health scare - a life-threatening blood clot on his lung.

After surgery and another lengthy spell of rehabilitation, Basi once again returned. Stronger. Sharper. More determined.

After four years of battling serious medical setbacks, his long-awaited comeback finally arrived - and now, with two professional wins already banked, his story is gathering real momentum.

Having spoken to Basi, what stands out is not just his talent, but his calm maturity. In an era where hype and hostility often dominate the sport, he cuts a different figure - focused, respectful and unshaken by the noise around him.

"I'm chasing titles, not boxers," he said.

"If a boxer holds a title that I want, then he's in my way and I'll meet him in the ring. I don't believe in unnecessary disrespect or trash talking."

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Arjon "The Bullet" Basi's remarkable comeback continues as the unbeaten lightweight lands major London fight card



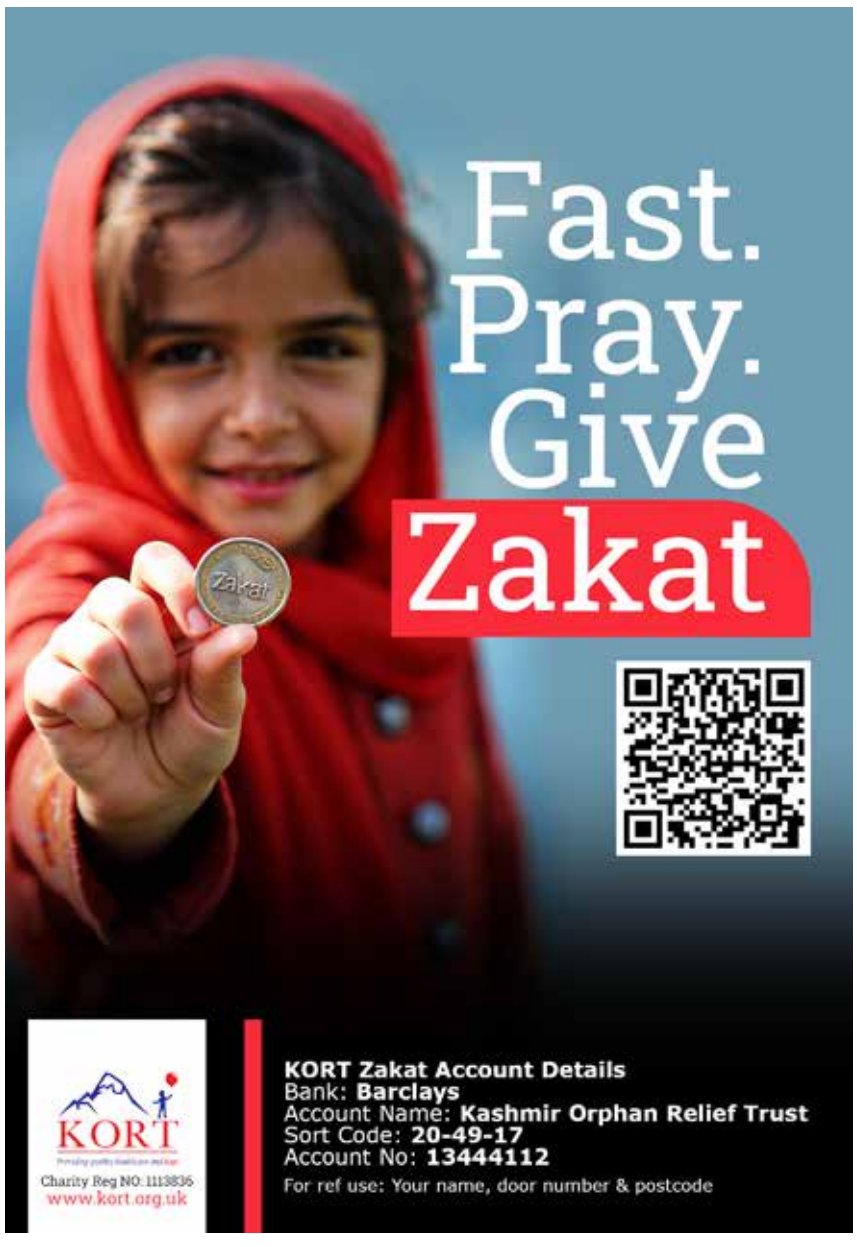
Unbeaten lightweight prospect Arjon "The Bullet" Basi is set for the biggest night of his young professional career as he returns to the ring on a major London boxing card next month.

The 2-0 Ilford fighter will feature on Most Valuable Promotions' UK debut Fight Night on Sunday 5th April at London's iconic Olympia, stepping onto a significant platform as he looks to build momentum in one of boxing's most fiercely competitive divisions.

Still in the early stages of his professional journey, Basi is already earning attention not just for his ability in the ring, but for the adversity he has overcome to get there.

A former amateur standout who grew up in a boxing family in Newham, Basi turned professional after committing fully to the sport and made an immediate impact on his debut at York Hall in May 2025.

Continued on pages 46 & 47



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