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Virtuoso sitarist announced as lead artist for Opera North's diversity commitment

# Breaking cultura boundaries

See page 44

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#### **MKR MORTGAGES**

Growing from a community to a national network with CeMAP qualified advisors See page 23



Jasdeep Singh Degun at the premiere of Arya with the Orchestra of Opera North, Huddersfield (nicture credit Justin Slee) Opera North has announced the sitarist and composer Jasdeep Singh Degun as its new Artist in Residence. Breaking down cultural

boundaries with his extraordinary artistry and new

approach to composition, virtuoso sitarist, Jasdeep Singh Degun, who in recent years has brought a new energy and vision to both Indian classical and contemporary music.

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**Continued on page 8** 

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#### Vaseem Khan and Imran Mahmood's crime fiction novels up for selection as best crime stories THEY SAY IT'S I

most coveted crime writing accolades - the Theakston Old Peculier Crime Novel of the Year 2022, has been announced with debut authors and literary icons vying for the UK and Ireland's most coveted crime fiction writing award.

Among the incredible crime novels selected, authors Vaseem Khan's 'Midnight at Malabar House', and Imran Mahmood's 'I Know What I Saw' crime thrillers make the longlist along with 16 others.

The award, now in its eighteenth year, is presented by Harrogate International Festivals and recognises the best crime novels published in the UK and Ireland in paperback over the past year

This year's longlist takes readers from the decks of a haunted galleon to the claustrophobia of a psychiatric ward, from a small American town shaken by the disappearance of a young girl to the hedonism and danger of London's Georgian pleasure gardens.

The longlist for one of the UK and Ireland's author Brian McGilloway, who was highly commended at last year's prize, is also longlisted

Other prize alumni on the 2022 longlist include four-time shortlistees Elly Griffiths with 'The Night Hawks' and Mick Herron with 'Slough House', as well as previous longlistees Ann Cleeves with 'The Heron's Cry', Erin Kelly with 'Watch Her Fall', Imran Mahmood with I Know What I Saw', Joseph Knox for 'True Crime Story' Laura Shepherd-Robinson's Georgian detective novel 'Daughters of Night', Stuart Turton with genre-bending whodunnit 'The Devil and the Water', and William Shaw for Ďark 'The Trawlerman'.

While some familiar names have returned again this year to compete, the longlist features a number of authors receiving their first chance at the prize. M.W. Craven receives a nod for Dead Ground, while Vaseem Khan is featured for his novel Midnight at Malabar House, set in the turbulent streets of Bombay in 1950. Incredible debut authors in the running for the award



Vaseem Khan, author of the Baby Ganesh Detective Agency novels, is hoping to take the prize with his novel 'Midnight at Malabar House', which follows Inspector Persis Wadia, India's first female police detective in 1950, as she tries to solve the murder of English diplomat Sir James Harriott against the turmoil of a country on the

brink of becoming the world's largest republic. Imran Mahmood, perhaps best known for the BBC adaptation of his book 'You Don't Know Me', is also in the running for 'I Know What I Saw', a tense thriller which sees a homeless former banker witness an impossible murder, forced to confront his own confused memory in order to solve the crime.

The longlist sees a number of previous winners hoping to take home the prize once again. Theakston Old Peculier Crime Writing Festival 2022 Programming Chair Denise Mina will look to snatch her third win for 'The Less Dead', as will 'Rabbit Hole' author Mark Billingham, who took home the inaugural award in 2005 and again in 2009.

Chris Brookmyre, who won the 2017 prize, is in the running again with 'The Cut while Blood Ties'

include 2021 New Blood panellist Anna Bailey with her taut novel Tall Bones, and Abigail Dean

with bestselling debut Girl A. Simon Theakston, Executive Director of Theakston, added: "Crime fiction seems to have an enduring popularity with readers, and this year's longlist is a clear indication as to why.

"Books from iconic writers and impressive debuts demonstrate the wonderful talent working in the genre today – the public have got a hard job ahead of them voting for a shortlist of only six!" Chief Executive of Harrogate International

Festivals, Sharon Canavar, commented: "We are thrilled to announce the 2022 longlist for the Theakston Old Peculier Crime Novel of the Year Award, championing the very best crime fiction being published in the UK and Ireland.

"With a mix of nail-biting psychological thrillers, tense police procedurals and gripping mysteries, this year's longlist demonstrates the incredible breadth of modern crime fiction.

"We can't wait to see which books the public side with during voting, and look forward to revealing the winner at the Theakston Old Peculier Crime Writing Festival in July."

The public are now invited to vote for a shortlist of six titles at www.harrogate theakstoncrimeaward.com. Voting closes on 26th May, with the shortlist announced and winner voting opening on 14th June.

#### Theakston Old Peculier Crime Novel of the Year 2022 longlist

Girl A by Abigail Dean (HarperFiction)

• Tall Bones by Anna Bailey (Doubleday) • The Heron's Cry by Ann Cleeves (Pan

- Macmillan) Blood Ties by Brian McGilloway (Constable)
- The Cut by Chris Brookmyre (Little, Brown) The Less Dead by Denise Mina (Harvill Secker)
- The Night Hawks by Elly Griffiths (Quercus

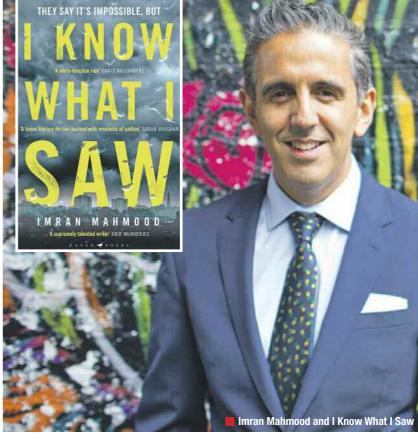
Fiction

 Watch Her Fall by Erin Kelly (Hodder & Stoughton

• I Know What I Saw by Imran Mahmood (Raven Books)

- True Crime Story by Joseph Knox (Doubleday) Daughters of Night by Joseph Knox (Doubleday, end of the children of the story by Joseph Knox (Doubleday, end of the story of

- (Raven Books) Midnight at Malabar House by Vaseem Khan
- (Hodder & Stoughton) The Last Thing to Burn by Will Dean (Hodder
- & Stoughton) The Trawlerman by William Shaw (riverrun)



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Group takes to walking, jogging and running with mission to encourage healthier lifestyles

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# Currywatchers on the go!

community healthy lifestyle group called 'Currywatchers' are determined to motivate South Asians on taking up healthier lifestyles, and watch what they're eating with the help of Asian doctors and a team of motivators.

To rustle up awareness, Currywatchers in association with Asian Express and with the support of MP Stuart Andrew, motivated over 400 people to take up running and walking, which also saw some successfully complete the Leeds half marathon on 8th May.

Founded by Dr Ezhil Anand and Muthu, Currywatchers offer GP-led advice via a free online service as well through their Bradford-based community radio station. Their mission is to help address health concerns faced by ethnic minority groups

"Exercise is something very beneficial for everyone no matter how old you are. It aids with both physical and mental health," says Dr Dr Ezhil Anand.

"People from ethnic minority groups are more likely to report being in poorer health and to report poorer experiences of using health services. "Rates of excess abdominal fat and insulin

resistance are higher among South Asian groups

compared with normal ranges; and the risk of developing diabetes is up to six times higher in South Asian groups than in white groups, and South Asian groups have higher mortality from diabetes.

"Through Currywatchers, we have successfully motivated people to change their lifestyle by being hysically active and changing their diet. We share healthy recipes and give non-judgmental advice."

Currywatchers encourages mindful eating as well as use cognitive behavioural techniques for weight loss, and also offer one-to-one coaching and support for ood monitoring and dietary advice.

Dr Anand talks about the success of Currywatchers, adding: "We have been successful due to a strong community spirit and support from a friendly group of motivators. We had several weight loss challenges and have promoted numerous charity park runs to increase awareness about organ donation.

We recently also completed a 7000 thousand kilometres 'India to UK' run where several people ran locally and completed the target within a month!" For help and advice, or more information, visit

www.currywatcher.com to get motivated!

"Rates of excess abdominal fat and insulin resistance are higher among South Asian groups compared with normal ranges; and the risk of developing diabetes is up to six times higher in South Asian groups than in white groups, and South Asian groups have higher mortality from diabetes."







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May 2022 - 1st Edition

#### **Breaking cultura** boundaries Virtuoso sitarist announced as lead artist for Opera North's diversity commitment

#### **Cover story continued**

He joins Opera North's new 18month programme as a lead artist from a non-Western tradition, an initiative part of the company's ongoing commitment to embed diversity at the heart of its artistic

diversity at the heart of its artistic decision-making. Part of PRS Foundation's Talent Development Partnership network supported by PPL, the ongoing annual residency programme in support of global majority artists launched with Partition, a collaboration with South Asian Arts-uk in commencation of the 60th uk in commemoration of the 60th anniversary of the division of India and Pakistan.

The scheme will create new musical encounters and bring unique ideas and perspectives to the full range of

the Company's work, to ensure that its stages reflect the many and diverse communities it reaches

Born and raised in Leeds, Jasdeep began his productive relationship with Opera North as music director

for the first of the Company's Resonance workshops in 2017. Learning under the careful guidance of Ustad Dharambir Singh MBE, Jasdeep has performed all over the world in mony high profile the world in many high profile productions and prestigious venues, including Buckingham Palace, the Amphitheatre in Doha, and Westminster Abbey at the Royal Commonwealth Service 2022 in the presence of the British Royal Family and Prime Minister.

Commenting on his new role at Opera North Jasdeep said: "I'm very grateful to Opera North for

appointing me as Artist in Residence. "Enabled by our mutual trust and willingness to venture outside of our respective musical worlds, it has been an honour to work with the Company over the last five years.

"As part of the closely-knit creative team for Orpheus, I'm excited to be further exploring the territory between my own tradition and western classical music, and I'm very much looking forward to being even more closely involved in Opera North's work over the next 18 months!"

He is currently working closely with baroque specialist Laurence Cummings as joint musical director, composer, arranger and performer on Orpheus, Opera North and South Asian Arts-uk's ambitious new reimagining of Monteverdi's reimagining of Monteverdi's masterpiece that brings together South Asian and western classical traditions

Records released Jasdeep's longawaited debut album Anomaly, produced under the mentorship of Nitin Sawhney and featuring collaborations with artists from both western and Indian classical backgrounds, to critical acclaim.

backgrounds, to critical acclaim. The Opera North residency will give Jasdeep presence and influence across the company's diverse platforms and stages – including its digital work and its engagement with new and existing artists and audiences, children and young people, ctudents and the wider community students and the wider community.

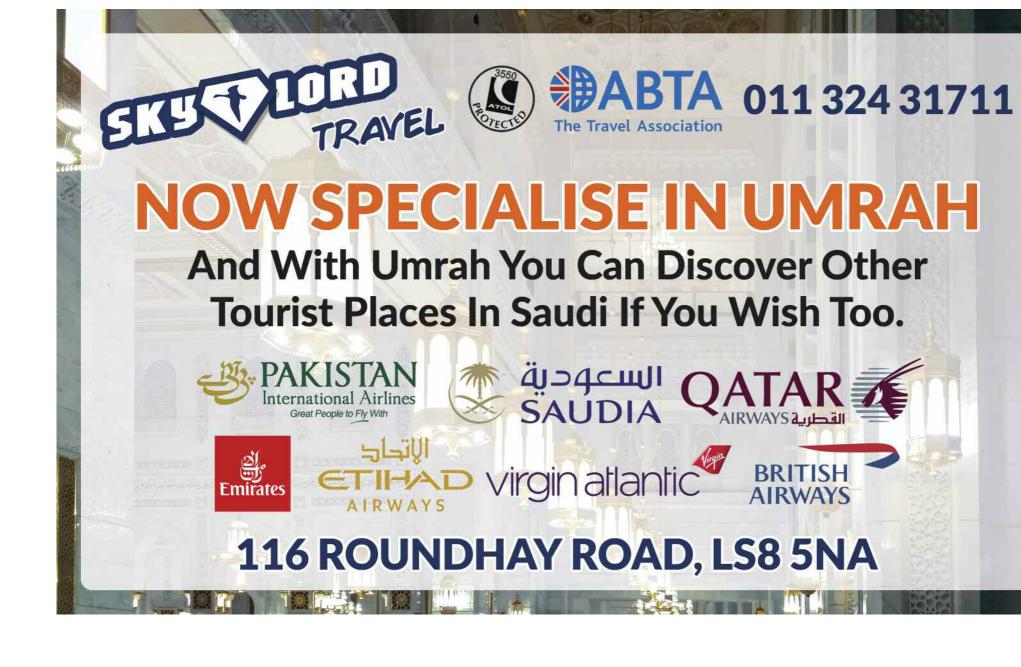
Richard Mantle, Opera North's General Director, comments: "I am delighted that we have restored the role of Artist in Residence, which will bring a fresh and fruitful dimension to our work. We very much welcome Jasdeep to the Opera North team at such an exciting time for us, as we continue to embed diversity at the heart of the company". Dominic Gray, Projects Director,

"We've enjoyed a fantastic relationship with Jasdeep over the last five years; getting ever closer in exploring the ways that western and Indian classical music can share and learn from one another. To take this to the next level we wanted to move from a 'project' format to one of continued and sustained interaction.

"Over the coming 18 months we'll work together to find the myriad ways this unique artistic relationship can grow and flourish, and we're excited to see what new and as yet undreamt-of musical encounters will come out it.'

Jasdeep's residency at Opera North will run until October 2023. Opera North and SAA-uk's Orpheus, with musical direction, arranging and performance from Jasdeep, opens at Leeds Grand Theatre on 14th October and tours to Theatre Royal Newcastle, Theatre Royal Nottingham and the Lowry, Salford Keys







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# Dance G Blind people of South Asian heritage take the floor

Blind and partially sighted people of South Asian heritage have taken to the dance floor to perform for a live audience for the very first time. The special event in Newham was to

The special event in Newham was to highlight the work of Dance Dosti, the UK's first programme targeting South Asian people with sight loss to be active through dance. The programme is created and led by inclusive dance company Step Change Studios and supported by Metro Blind Sport and Vision Foundation.

Vision Foundation. Spurred by the inequalities exacerbated by the pandemic, Dance Dosti is a one-year initiative that is using dance to improve physical and mental health, tackle social isolation and improve community engagement. Step Change Studios Founder, Rashmi

Step Change Studios Founder, Rashmi Becker, who recently received an MBE for services to disabled, people said: "It is both exciting and satisfying to see people who have never danced before proudly stepping on stage to perform for a live audience. Dance Dosti has highlighted the stigma that exists towards disability within communities but also the joy and confidence people experience in being able to access dance in a safe, supportive and sociable space."

The dance performances were accompanied by live sitar and tabla music performed by blind musician Baluji Shrivastav OBE, who is the Founder of the Baluji Music Foundation and Inner Vision Orchestra.

Esme Khalique who is blind and performed a dance duet said: "I have never done anything like this; I'm a bedroom dancer. This has been amazing. "When you're blind and have a disability, people may not expect much of you but that's not the case with our

dance classes. The teacher is informative and makes sure we are doing things right, which is important. The last thing you want is to feel patronised; you want to be treated like a proper student – and that's what we get."

what we get." Sajida Shah, another blind participant who performed said: "I think South Asian people tend to do less for just themselves and concentrate more on family.

"Dancing lifts my mood and gives me time to do something for myself instead of housework. I enjoy coming out, being part of a group and moving to the music."

During the evening, participants also took part in an audience Q&A and Dance Dosti partners spoke of their support for the initiative. Martin Symcox, CEO of Metro Blind Sport said: "We are consistently hearing

Martin Symcox, CEO of Metro Blind Sport said: "We are consistently hearing from participants just how much they enjoy being active, meeting people who share their lived experience, and the breadth of benefits that dancing provides. However, participants have also talked about limited opportunities



#### The programme has involved three key core elements

• Creating over 100 online dance workouts in four languages (English, Hindi, Gujarati, and Bengali)

• Working with the dance and fitness sector to improve the inclusion of disabled people from ethnically diverse communities • Piloting face-to-face dance programmes



spaces and experiences

and abilities.

activity in the past. This is why Dance Dosti has focused on providing accessible dance while also engaging

with the dance and fitness sector to

develop better practice." Dance Dosti is an ambitious and

pioneering programme which is making

a tangible difference to people. Partners will be continuing efforts to improve

participation inclusion in the sector

beyond the life of Dance Dosti to create

welcoming to people of all backgrounds

that are

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CASH

# New laws to protect access to cash

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New laws to protect access to cash and help victims of financial scams were announced by Her Majesty the Queen.

THINCOS I have nothing to offer but blood, toil, tears and sweat

The new Financial Services and Markets Bill, announced in today's Queen's Speech at the state opening of parliament, will support consumers by protecting access to cash. It will ensure the continued availability of withdrawal and deposit facilities across the UK, and that the country's cash infrastructure is sustainable for the long term.

Cash remains an important payment method for millions of people across the UK, particularly those in vulnerable groups, and the government is committed to preserving it. The Bill will also enable the Payment Systems

The Bill will also enable the Payment Systems Regulator to require banks to reimburse authorised push payment (APP) scam losses, totalling hundreds of millions of pounds each year. This will ensure victims are not left paying for fraud through no fault of their own

These measures form part of wider plans to maintain and enhance the UK's position as a global leader in financial services, cutting red tape while maintaining high regulatory standards and ensuring the sector continues to deliver for individuals and businesses.

Economic Secretary to the Treasury, John Glen said: "We are reforming our financial services sector now we have left the EU to ensure it acts in the interests of communities and citizens, creating jobs, supporting businesses, and powering growth across all of the UK.

"We know that access to cash is still vital for many people, especially those in vulnerable groups. We promised we would protect it, and through this Bill we are delivering on that promise.

we are delivering on that promise. "We are also sticking up for victims of financial scams that can have a devastating impact, by ensuring the regulator can act to make banks reimburse people who have lost money through no fault of their own."

The Financial Services and Markets Bill delivers on the ambitious vision for the financial services sector set out by the Chancellor at Mansion House last year. It builds on the Financial Services Act 2021, which was the first step in amending the UK's regulatory regime outside of the EU.

The Bill will make the most of the opportunities of Brexit, by establishing a coherent, agile and internationally-respected approach to financial services regulation that is right for the UK.

#### THE MAIN ELEMENTS OF THE BILL

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• Revoking retained EU law on financial services and replacing it with an approach to regulation that is designed for the UK. This includes the Solvency II legislation governing the regulation of insurers, which the government has committed to reform.

• Updating the objectives of the financial services regulators to ensure a greater focus on growth and international competitiveness.

• Reforming the rules that regulate the UK's capital markets, the engine of the UK economy, to promote investment.

• Ensuring that people across the UK continue to be able to access their own cash with ease.

• Introducing additional protections for those investing or using financial products, and to make it safer and support the victims of scams.

• More details will be available when the Bill is formally introduced.

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#### **Mayor's 'Safer** Communities **Fund' back** with £270,000 in grants

Tracy Brabin, Mayor of West Yorkshire has opened the latest round of her Mayor's Safer Communities Fund with £270,000 in grants available to apply for.

Voluntary, community groups, charities and partners can seek funding of up to £6000 for innovative projects which address at least one of the cross-cutting themes, and one of the priorities within the Police and Crime Plan 2021-24. Previously funded projects include

boxercise classes to increase the safety and wellbeing of women and girls, fishing and outdoor activities to divert young people away from anti-social behaviour, recovery programmes for drug and alcohol abuse, but as long as it meets the criteria all ideas will be considered. Tracy, said: "I am absolutely

thrilled to be able to open this latest grant funding opportunity to local groups who make such a massive difference in our communities. These groups often do not get the

recognition they deserve, so this is one way of saying thank you. "The fund is financed by money

recovered from criminals under the Proceeds of Crime Act within the county by West Yorkshire Police's Economic Crime Unit and prosecutors. So, a big shout out to them for all that hard work and in ensuring crime doesn't pay.

"Due to their exceptional work, we can open the largest funding pot of this kind since it first launched back in 2014 under the previous PCC. That means more projects than ever before can benefit so I really would encourage anyone that qualifies to apply. The process has been designed to be very straightforward, and we have a small team ready to help should you need

"The fund supports the overall vision as set out in my Police and Crime Plan, of a safe, just and inclusive West Yorkshire, and I can't wait to see who applies this time."



To find out more about the fund, and to apply, visit https://www.westyorks-ca.gov.uk/policing-and-crime/mayor-s-safer-communities-fund

West Yorkshire Police Chief the partnership response to tackling neighbourhoods safer is the right and Constable John Robins QPM, said: the issues that affect our "We welcome the latest round of the communities at grass-roots level. The closing date for applications to Mayor's Safer Communities Fund.

the issues that affect our communities at grass-roots level. "Seeing the money confiscated

proper thing to do." The closing date for applications to the fund is on Friday 10th June at The money being made available will from criminal gangs being invested 12pm noon. Grants will be allow projects, groups and back into schemes to help prevent distributed to successful applicants at organisations to play a key role in future offending and make our an awards evening in October 2022.





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May 2022 - 1st Edition

#### **Man jailed after** driving at 135mph to evade police

"The collision itself

Ghafoor ignored a no

entry sign on a one way

street. Upon seeing the

damage to the van

astounded that the

driver did not suffer

serious injuries."

involved, I was

occurred because

A man from north London who drove at movements and guided officers on the speeds of up to 135mph on the M11 to avoid ground to his location so he could be being caught by police has been jailed.

Minad Ghafoor, 18, from Enfield, was sentenced to ten months' imprisonment at Snaresbrook Crown Court on 9th May. He was also disqualified from driving for two years and four months.

He previously pleaded guilty to dangerous driving, failing to stop for police, driving without a licence and driving without insurance.

At approximately 20:25hrs on 29 November 2021 officers on patrol in a marked police car attempted to stop a vehicle seen driving at an excessive speed on the M11 in Redbridge, towards Cambridge.

The driver failed to stop and a pursuit was authorised with support from the National Police Air Service and Essex

Police. Ghafoor continued to the Bishops Stortford area where he drove the wrong-way up a oneway street. Officers ended the pursuit due to concerns about public safety.

ground to his location so he could be arrested. The driver of the van wasn't seriously injured as a result of the collision. Sergeant Hugh Weeks, of the Met's Roads Transport Policing Command said: and "Ghafoor's actions that night did nothing but demonstrate his selfish character. In his

attempts to evade police, he risked the lives of himself and others by driving at speeds in excess of 135mph on a motorway and more than twice the speed limit in a built-up residential area.

"The collision itself occurred because Ghafoor ignored a no entry sign on a one way street. Upon seeing the damage to the van involved, I was astounded that the driver did not suffer serious injuries. It is clear that after the collision Ghafoor himself was not injured but rather than offer assistance he

chose to run away. "I would like to thank officers from Essex Police and the National Police Air Service who assisted with Ghafoor's arrest. This Shortly after the pursuit ended, Ghafoor collided with a van and fled the scene on foot. The police helicopter followed his





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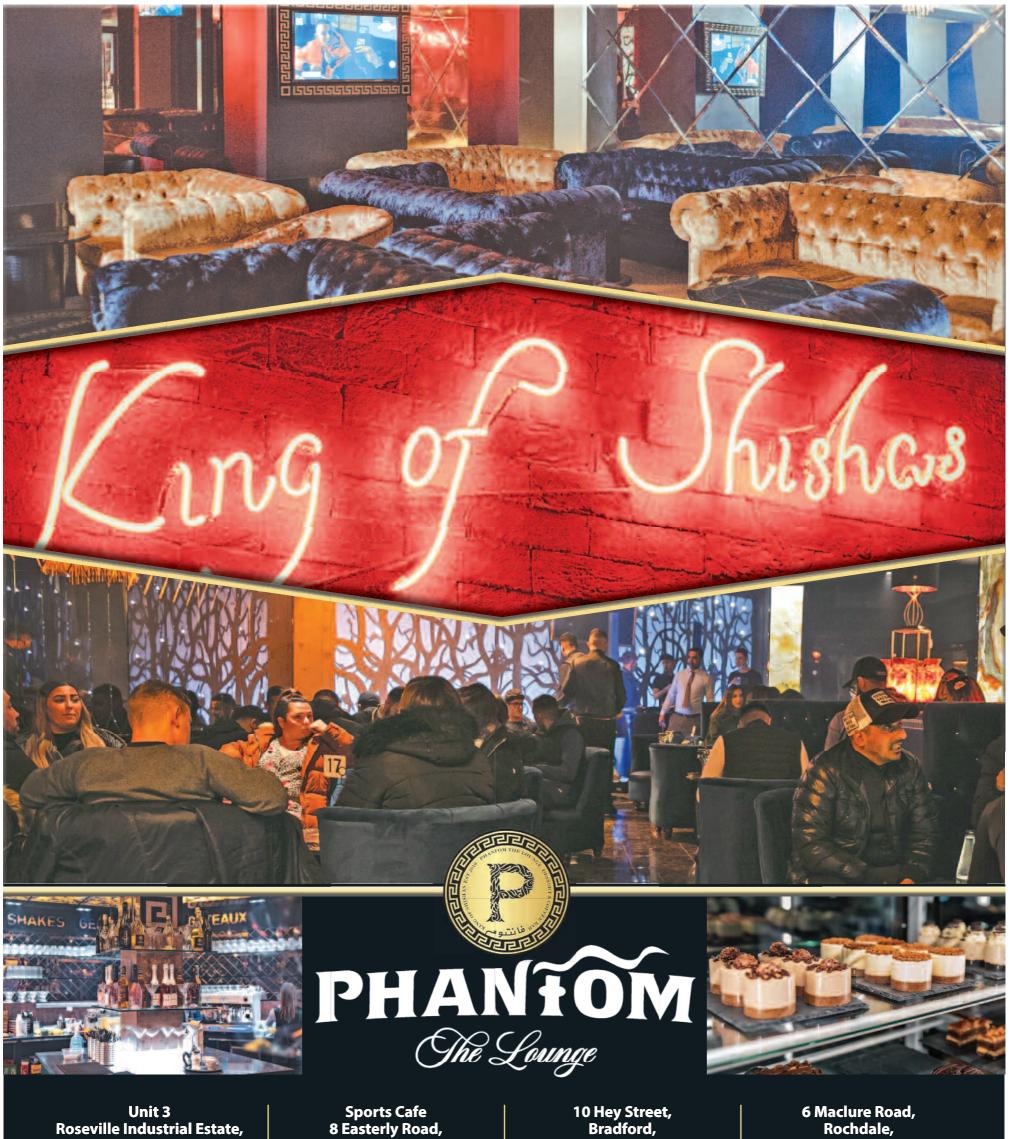
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A new study has revealed super cyclones, the most intense form of tropical storm, are likely to have a much more devastating impact on people in South Asia in future years.

The international research, led by the University of Bristol, looked at the 2020 Super Cyclone Amphan – the most costly cyclone to make landfall in South Asia – and projected its consequences in different scenarios of sea level rise due to global warming

The findings, published in the Royal Meteorological Society journal Climate Resilience and Sustainability, showed if the release of greenhouse gases into the atmosphere continues at the same scale, more than two and a half times (250%) the population in

India would experience flooding of greater than one metre, compared to the event in 2020.

Lead author Dann Mitchell, Professor of Climate Science at the University of Bristol, said: "South Asia is one of the most climatesensitive regions in the world, with super cyclones causing tens to hundreds of thousands of deaths in historical cases. Comparatively, very little climate impact research has been done in South Asia, despite the Intergovernmental Panel on Climate Change highlighting it as such a critical region

This study, in collaboration with local scientists, provides muchneeded climate impact information in one of the most vulnerable regions in the world.

"It presents a critical piece of evidence in support of ramping down our greenhouse gas emissions to achieve the Paris Agreement climate goals, where other lines of evidence all too often focus on high income countries where impacts are lower, and adaptation is more easily achievable."

The researchers, which included scientists from Bangladesh, used sophisticated climate model projections to anticipate the scale of those affected by cyclones in the rest of this century.

Although the increasing numbers of people at risk is anticipated to be more modest in Bangladesh, estimated to rise by 60% to 70%, this factors in declining coastal populations in future. Encouragingly, the research team went on to show if the Paris Agreement climate goals of 2 degrees Celsius warming above pre-industrial levels are adhered to, population exposures to flooding dropped close to zero there.

But even in this climate warming scenario, the exposures in India still showed an alarming increase of between 50% to 80% are expected

to experience flooding in future. The main objective of the Paris Agreement, a global framework to tackle climate change, is to hold the temperature global average increase to well below 2°C above pre-industrial levels and endeavour to limit the temperature increase to

1.5°C. Saiful Islam, Professor of Hydrology at the Bangladesh

University of Engineering and Technology (BUET), contributing author of the study, said: "The latest IPCC report has mentioned with high confidence that tropical cyclones with higher intense categories will be more

"This study shows that population exposure in Bangladesh and India will be increased up to 200% in the future for extreme storm surge flooding (greater than 3 metres) from intense cyclones under high emission scenarios. Hence, a strong, rapid and sustained greenhouse gas greenhouse reduction is essential to achieve goals of the Paris Agreement and to reduce losses and damages of highly vulnerable countries like Bangladesh.'

# 

Research shows future storms would expose vastly greater numbers of people in most vulnerable parts of the world to extreme flooding

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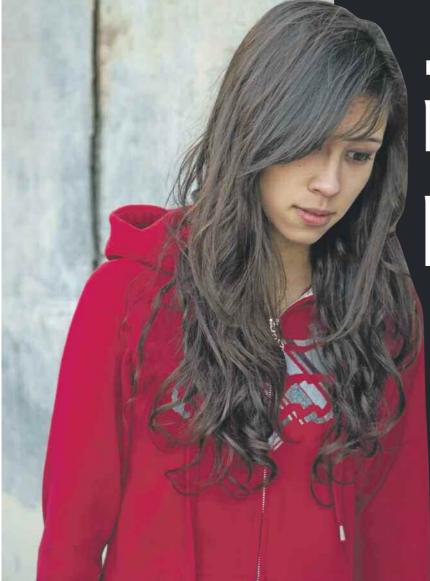


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#### More than 2.4 million children and young people now have access to mental health support in schools and colleges, thanks to the new fast tracking services to help address record demand. The NHS rollout is already one year ahead of schedule – more than 500 teams will be confirmed ahead of the April 2023 ambition with millions able NHS fast tracks to access help when they need it. NHS mental health support teams are now in place in around 4,700 schools and colleges across the country, with 287 its mental expert teams offering support to children experiencing anxiety. depression, and other common mental health issues A further 112 teams are in training health support and will start over the next year, with an additional 104 new teams starting their training in 2022/23, taking the total to more than 500 across the country. for MILLIONS A record 650,000 children and young people were in contact with mental NHS

health services over the last year - up from 534,000 compared to before the pandemic.

Experts hope that by intervening they can prevent problems early escalating into serious mental health issues, with health chiefs warning that



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the isolation and upheaval of the pandemic can be compounded by factors like pressure experienced on

actors like pressure experienced on social media platforms. Claire Murdoch, NHS national mental health director said: "Children's lives have faced enormous disruption over the last two years which is why NHS staff and partners have worked flat out to fast track the roll out of hundreds of mental health teams in schools and mental health teams in schools and offer support to millions of pupils, a year ahead of schedule.

"NHS mental health support teams are now in place in around 4,700 schools and colleges across the country ready to listen to any anxieties or issues children may have and I would urge everyone, whether you're a teacher, parent or child, to access this help before any issues escalate.

"The NHS Long Term Plan will continue to invest in not just Mental Health Support Teams, but mental health services more widely as part of plans to support a further 345,000 children and young people with mental health services by 2024." **Referral process** Referrals to the teams can be made

by teachers or GPs, as well by the young person themselves where the service is available.

Experts in the teams will offer children one-to-one and group therapy sessions while helping to improve the whole school's community awareness of mental health through training consider for health through training sessions for parents and workshops for teachers.

Those with issues are then offered tips on how to cope, including workshops on how to sleep better. The teams also run wellbeing sessions for teachers.

Minister for mental health, Gillian Keegan, said: "The last two years



have been particularly challenging for children and young people so it's important they can access support as early as possible. "Our investment is paying off - the

£79 million we have provided has allowed the NHS to accelerate the rollout of Mental Health Support Teams and expanded community services so tens of thousands more children can get help. "We've also opened a call for

**"NHS mental health** support teams are now in place in around 4,700 schools and colleges across the country ready to listen to any anxieties or issues children may have."

evidence to gather views from people of all ages to inform a new 10-year mental health plan to keep the nation in positive mental wellbeing and I urge people to respond."

Probable mental health problems among six to 16- year-olds in England have risen from around one in nine in 2017 to around one in six in 2021. Around two in five six to 16 year

olds have also experienced a deterioration in their mental health

since 2017.

The acceleration of mental health support teams in schools is only one part of a wider package of NHS support that will be on offer to children and young people as they come to terms with the impact of the pandemic

The NHS has introduced 24/7 crisis support lines, face to face, telephone or digital appointments so issues can be identified, and help given sooner.



## **English language proficiency test** the passage to work, study, live and

How LanguageCert can help with the B1 SELT exam for the British citizenship visa application process



Iraq-born Adel Kamoona (63), a etired highway engineer who vorked in both Iraq and Dubai, is boking forward to a happy When looking for the right English When looking for the right English When looking for the right English retired highway engineer who worked in both Iraq and Dubai, is looking forward to a happy retirement in northeast England – now he and his wife have been given indefinite leave to remain in the **country.** Adel obtained the LanguageCert

International B1 SELT English exam, enabling him to prove his English language proficiency, as part of his British citizenship visa application.

He migrated to the UK to join his wife, already a Fellow of the Royal College of Radiologists and working as a hospital consultant at Sunderland Royal Hospital. They now live in Washington, near Sunderland in Tyne and Wear.

Adel and his wife also wanted to be closer to her brothers, already living and working as doctors in the UK, and their families.

Though his native language is Arabic, Adel studied Engineering in

Language

test as part of his settlement visa application, he consulted a language centre in Newcastle, which confirmed that the LanguageCert test was approved by UK Visas and Immigration and with a test centre in Leeds.LanguageCert SELT exams are a set of UK Home Office approved, Ofqual regulated exams which are mapped with the CEFR levels. LanguageCert SELT exams cover

all the English based requirements for all types of UK immigration visas. Hence, people of all ages, can sit for SELT exams by booking just 24 hours earlier and receive their results in 3 to 5 working days! He also learned

that LanguageCert SELT exams are a set of UK Home Office approved, Ofqual regulated exams mapped to the Common European Framework

Adel's happily ever after: Taking the B1 test in February 2021, Adel said: "It was our dream to live in the UK – to have a better standard of living, a better life and eventually be able to remain and eventually be able to remain and

apply for citizenship. With a successful English test result, Adel was able to apply for his settlement visa which arrived three weeks later in March 2021. Now, both he and his wife are eligible to apply for British citizenship from March 2022 – and they can use their B1 English test result for that also.

I'm enjoying my retirement and hobbies in a great environment. We are close to our family, and we also have very good neighbours. British people are so nice and friendly!

For more information about LanguageCert SELT exams, visit: https://www.languagecert.org/en.

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#### **MKR Mortgages**

Growing from a community to a national network with CeMAP qualified advisors

#### Continued from page 23

He adds: "What makes MKR Mortgages unique is that it was originally designed and built by a member of the community who works for the benefit of the community (myself). There aren't many Asian brokers in the community who can speak Urdu and Punjabi, and this has definitely made us more accessible.

"As a result, we've become extremely popular in the Asian community."

With a wealth of experience in the financial services and CeMAP qualified, you're in safe hands when seeking mortgage and protection advice from the company's specialist advisers who can help with residential mortgages, buy-to-lets, commercial, first-time buyers, re-mortgages, Islamic home finance, home insurance and life cover

Supported by his able team of five colleagues, Nasser explains his typical working day: "My main responsibilities are overseeing the business and making sure that all our clients are prioritised whether it's just a new enquiry on the phone or an urgent adverse mortgage application.

"I manage all the advice, compliance checks, and admin staff and ensure my colleagues are adequately equipped with the knowledge and skills to carry out all their individual duties.

"I also put a lot of effort into expanding and marketing the business and working on how we can grow the business nationally. We're looking to set up hubs in large Asian communities throughout

the UK such as, Manchester, Birmingham, Ilford, and Southall." Despite having built up an extremely successful business, Nasser is acutely aware of the challenges which come with being a boss.

"As bosses, we all have similar challenges regardless of industry. I think the biggest challenge is making sure that our business stays consistent and delivers excellent service at all times.

"As we saw during the Covid-19 pandemic, the market can have spells of uncertainty and difficulties can rise especially when inflation increases and lenders change criteria on lending. The way I overcome this is by adapting successfully to changes and difficulties. I'm committed in ultimately getting the right outcome for our clients."

In line with the company's community focus, MKR Mortgages takes part in a range of charity work and is currently supporting several local grassroots football teams and upcoming aspiring amateur boxers

But despite his ambitious future expansion plans, Nasser always keeps his feet on the ground and never forgets his core ethos and philosophy for having built up his business.

"We always put our clients first and continually tell them 'we don't work for the banks, we work for you.' This is our motto, and what's made us a trustable firm and loved in the community."

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# Property market growth to. slow?

#### Prices rise 1.1% in April but interest rates and inflation will dampen the market, says the Halifax

he average UK house price hit a fresh record in April but growth is set to slow this year as inflation and interest rates rise.

The Halifax said house prices rose 1.1% in April compared with March. While it said prices had grown for 10

months in a row - the longest run since 2016 - it said "the headwinds facing the wider economy cannot be ignored

Hikes in the cost of living and higher interest rates will squeeze household budgets, predicted. the mortgage lender

The Halifax, which is part of Lloyds Banking Group, said that house prices had risen by 10.8% in a year, taking the average value to £286,079.

The Bank of England has warned of an economic downturn as it raised interest rates to the highest level in 13 years.

Home owners on fixed-rate nortgages have been cushioned from rate rises so far, the Halifax said. But Russell Galley, managing director

at the Halifax, said the house price to income ratio was already at its highest ever level.

"With interest rates on the rise and inflation further squeezing household budgets, it remains likely that the rate of house price growth will slow by the end of this year," he added.

In the short-term, property sales and purchases and mortgage approvals are still above pre-pandemic levels, and the Halifax expects the market to remain buoyant for now.

House prices are being driven up because there are more people looking to buy than there are properties for sale, it said

The biggest demand is for larger, family homes, rather than smaller properties such as flats. ahead Martin Beck, their chief economic adviser said: "The squeeze on real incomes from high inflation means fewer people will be able to afford to borrow the necessary amount they need to buy at higher mortgage rates." He said cost of living pressures weigh heaviest on low-income households,

#### Over the past year, prices for detached and semi-detached properties have risen by over 12%, compared to just 7.1% for flats, according to the Halifax figures

Over the past year, prices for detached and semi-detached properties have risen by over 12%, compared to just 7.1% for flats, according to the Halifax figures.

And the net cash increase for detached properties, at just under £50,000 over the past year, is nearly five times more than for flats. The price of the average house in

London reached £537,896 record for the city. The EY Item Club is a leading UK

economic forecasting group. Looking

who disproportionately rent, than on the better-off, who primarily own or in the market to buy.

Those with incomes high enough to be in a position to buy a property are more likely to have accumulated unplanned savings during the pandemic to put towards a deposit, Mr Beck said.

The dominance of fixed-rate mortgages means it will take time for higher mortgage rates to affect the finances of homeowners, he added.



#### **SELL OR LET WITH CONFIDENCE**



# **Stonegate Properties** – giving something back to the local community

#### By Andrew Vaux

For Mohammed Younis, the launch of Harehills-based Stonegate Properties was his way of putting something back into the local community where he grew up.

And now, eight years later, he's justifiably proud of the business he and his partner have developed and is looking forward to continued success as they expand across Leeds.

day-to-day issues.

In time, organic growth, and the support of the local community, led to the development of office space and personnel. Stonegate Properties now has a multi-layered structure comprising of directors, an office manager and an administration team – all ably backed up by maintenance and

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

# *"We realised we could make a tangible difference by establishing an independent lettings agency."*

He explains: "At the beginning, we were simply two local entrepreneurs who wanted to give something back to the community in which we both grew up. With several years' experience in the property market, we realised we could make a tangible difference to our community by establishing an independent lettings agency."

Their community routes not only gave them priceless knowledge of the local market, but a true insight into the needs of both prospective tenants and landlords.

In the early days, Younis and his partner played an extremely handson role in their new business venture – sharing responsibilities between them and dealing with Properties promise they'll be with you every step of the way to offer the highest quality customer experience and take away the stress.

They can also assist with valuations and mortgages – thus providing a complete property

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

A typical day at Stonegate Properties primarily consists of dealing with the needs of tenants and landlords - attending to maintenance-related issues, booking in visits for contractors, property inspections and liaising with landlords to keep them posted of developments with their respective properties.

The company is proud of its commitment and dedication to customer service – doing whatever is needed to keep clients happy and returning. Younis Adds: "Our defining

characteristic is that we're more than just a lettings agency – we're here to assist our clients directly or by signposting them whatever their needs.

"Taking a hands-on approach with our clients has allowed relationships with both tenants and landlords to blossom, and many have now been with us since our inception.

"This has been helped by our multi-lingual team who can engage fluently in Arabic, Somali, Urdu, Punjabi, Wolof and Mandinka, with additional support available for Romanian, Slovak and Czech speakers."

Having built up the business at the heart of the local community in Harehills, Younis is now keen to continue helping clients in other areas.

areas. "We've developed a model that works," he says. "We want to replicate this in other areas of Leeds – whilst, most importantly, ensuring we continue to deliver a first-class service to all our clients and partners," Younis adds.

For more information about Stonegate Properties contact Tel: 0113 833 4700 or Email: info@stonegateproperties.co.uk



"Relationships with both tenants and landlords have blossomed, and many have now been with us since our inception."

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#### ome improvements have never been so popular and the space race is back on.

A record number of planning permissions for property improvements and extensions were granted last year as homeowners sought the ultimate post-pandemic musthave: more room.

A total of 247,500 planning consents were granted in England in the year to September 2021. This is 19% above the pre-Covid norm and a third higher than the preceding 12 months, according to analysis of the latest government statistics by Savills estate agency.

Last year was also a bumper period for house purchases as Britons moved after reevaluating their lifestyle priorities, said Lucian Cook of Savills.

"Since the pandemic we have seen a strong correlation between home mover numbers and home extensions and improvements, as more people are buying and then extending a property to better suit their needs," he said.

The biggest increase in planning consents was in the north-east, with a whopping 47% rise, followed by Yorkshire and the Humber at 45%.

"With the arrival of widespread home working, and more buyers looking to relocate, increasing numbers are benefitting from the accessibility of markets in the North, allowing more funds to be spent on home improvements and extensions," Mr Cook said.

Not everyone has moved, though. Thousands of these recent renovators have overhauled their existing homes.

But Covid delays mean the works have taken a year, rather than six months, with many spending more than double their initial budget.

If you're planning on taking a hammer to your house, build plenty of contingency into your timeline and budget. There is a national shortage of bricklayers and carpenters, while the average lead time for roof tiles is currently 24 weeks, according to the Builders Merchants Federation.

The cost of some materials has already almost doubled during the course of the pandemic; rising energy prices mean they are expected to increase by at least another 10% or more this year.

Not fazed? Here's how to win the space race and add value to your home.



# Top tips on making the most of your property

The best and cheapest ways to add value and space to your home



Checkatrade, the tradespeople website, recommended budgeting £1,250 to £2,500 a square metre for extensions of standard rooms – although loft, kitchen and bathroom extensions cost more. Nevertheless, a well-executed build could add around 10% to the value of your home.

Basement extensions are typically only done in London and other very expensive markets, but the trend has taken off in other larger cities such as Leeds. The golden rule is to ensure the works cost less than the average price per sq ft in your area. Even then, buyers won't necessarily value underground space as much as upper floors.

According to Strutt & Parker's Housing Futures survey, conducted among respondents planning to move within the next five years, the additional rooms people would most like to have in their next home were ensuite bathrooms, a downstairs cloakroom and a utility room.

Spruce up

the kitchen

Having a kitchen you love can dramatically improve your quality

of life - and your house price, said Sophie Bonsor, of buying agency

Dressing up the space with a new worktop, floor and cabinet doors

£17,000 to the value of a London

property, £12,000 to one in Leeds.

especially if it's bespoke, can cost

A fully new kitchen, however,

tens of thousands.



It's not only size that counts it's what you do with it. Homes can be made more valuable by improving the existing layout, such as converting small kitchens and living areas into one large space.

Be careful not to turn a useful bedroom into an ensuite as this could harm the value of your home, said Jonathan Rolande of the National Association of Property Buyers.



#### Work on a home office

Adaptable space is now highly sought after. Having rooms that could function as a home office, a guest bedroom or even a yoga studio are top of the list.

Garden rooms are usually classed as outbuildings and come under permitted development rights. These include an eaves height lower than 2.5m and a maximum overall height lower than 4m for a dualpitched roof or 3m for other roof types.

#### Install eco features

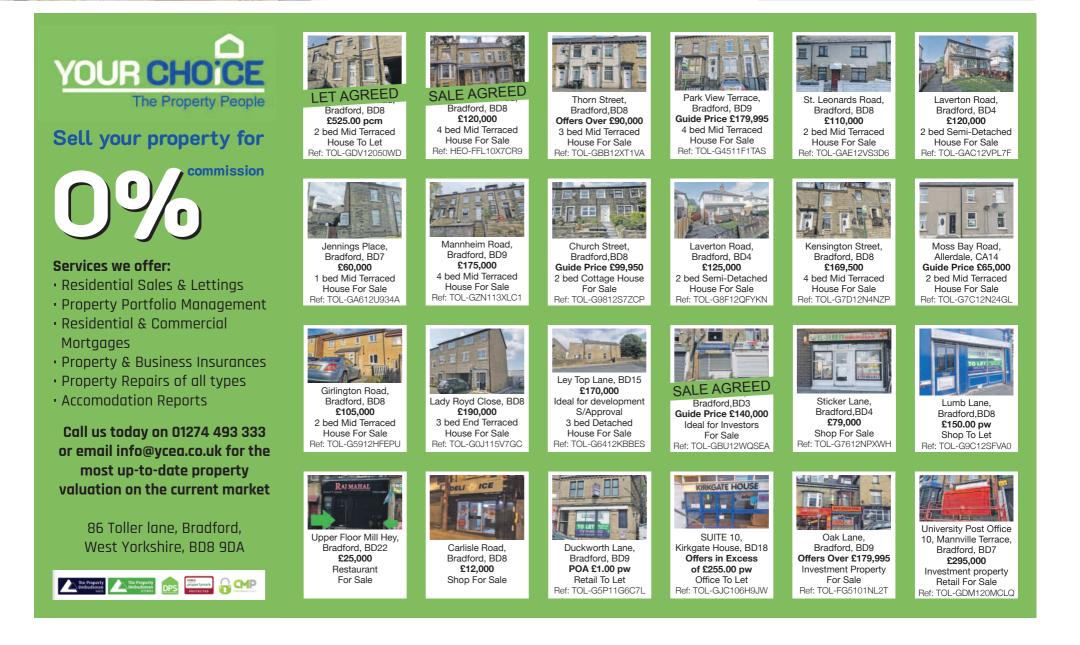
Given soaring energy prices and the pressing need to cut carbon emissions, the eco credentials of a property have become paramount.

Loft insulation is a cost-effective addition, while draught proofing single-pane sash windows can make a big difference to heat loss, said Cate Statham, of Knight Frank estate agency's residential building consultancy. Having a low-carbon heating system such as an

air source or ground source heat pump before they are set to become mandatory in 2035 can also make your home more attractive to potential buyers.

Paul Testa, of Sheffield-based Paul Testa Architecture, says: "A deep retrofit of an existing home is not cheap - expect about £1,200 per square metre (including VAT) to bring a property to EnerPHit standards, the Passivhaus certification for retrofits."







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## **CEO of Bradford bakery group at No.10 to discuss international trade**

CEO of Regal Food Products Group, Younis Chaudhry, was invited to 10 Downing Street for their Spring Showcase – an event hosted by the Prime Minister that promotes and champions the best of British Businesses. The event was also part of the Make British Food Great campaign.

After the recent news of Regal Foods receiving the prestigious Queen's Awards for Enterprise, Mr Chaudhry discussed with the Prime Minister matters around international trade and the importance of British export. International Trade Secretary Anne-Marie Trevelyan,

International Trade Secretary Anne-Marie Trevelyan, Environment Secretary George Eustice and Business Secretary Kwasi Kwarteng were also in attendance for this celebratory event.

Last month, the Bradford-based food and drink manufacturer was officially been given the Royal seal of approval and received the UK's highest accolade in business – The Queen's Awards for Enterprise: International Trade.

The Queen's Awards for Enterprise are the most prestigious awards for UK businesses and is a globally recognised royal seal of approval for UK companies.

Commenting on receiving the award, Mr Chaudhry said: "As a Bradford business we are extremely proud and honoured to have been granted this award by Her Majesty the Queen.

"With our exports portfolio now spanning over 40 countries, this acknowledgement is really the icing on the cake, it's a gift from Regal to Regal and it doesn't get any better than that."

"With our exports portfolio now spanning over 40 countries, this acknowledgement is really the icing on the cake, it's a gift from Regal to Regal and it doesn't get any better than that."

Regal Foods manufacture and distribute a wide range of south Asian and mainstream bakery products, confectionery and drinks, extending to 380 products. They export to over 40 countries and distribute to over 3,000 independent stores and major supermarket chains, such as Asda, Tesco, Sainsbury's and Lidl.



#### Contract Interpreted In A Commercial Context By The Court

:USINES:

he Court of Appeal recently upheld a High Court decision that found the buyer of diesel under a sale contract was entitled to the return of an advance payment following nondelivery of the diesel due to a force majeure event.

In the case of Nord Naphtha Limited v New Stream Trading AG, Nord entered into a contract with New Stream to purchase ultra-low sulphur diesel. Under the contract Nord had to pay an advance to New Stream equivalent to 90% of the value of the diesel (approximately \$16m USD). New Stream did not actually produce the diesel itself but sourced it from a refinery. The refinery issued a "comfort letter" to Nord which included a guarantee that the refinery would repay the advance to Nord in the event that the diesel was not delivered. However, the comfort letter specified that it could be revoked at any time by the refinery.

The refinery subsequently went into liquidation and the diesel was never delivered to Nord. Nord therefore terminated the contract and sought repayment of the advance from New Stream under the terms of the contract or, alternatively, on the basis of unjust enrichment by New

Stream. New Stream denied that it was under any contractual obligation to repay the advance or that there had been any unjust enrichment on its part because the advance had already been paid to the refinery (less a commission payable to it) and that the liability to repay the advance rested with the refinery under the terms of the comfort letter. Nord therefore issued proceedings

The High Court found in Nord's favour and held that it would be a surprising outcome if Nord was unable to recover the advance in any circumstances under the contract. Further, the contract was interpreted by the Court as containing an express obligation for New Stream to repay Nord, or in the alternative, that a repayment obligation was so obvious that it would be an implied term of the contract.

New Stream appealed against this decision arguing that the Judge had adopted a "back to front approach" in interpreting the contract and that he should have looked at the specific words in the contract before considering the effects of the clause.

effects of the clause. However, New Stream's appeal was dismissed by the Court of Appeal. The Appeal Court rejected New Stream's argument that the wording of the contract was open to interpretation and found instead that any reasonable person would interpret the contract as providing a right of repayment of the advance for non-delivery as a result of a force majeure event. Further, the Court held that when looking at the commercial context of a sale of goods contract it would "offend business common sense and ordinary common sense" for a buyer to enter into a contract where he would not be entitled to repayment of an advance in force majeure circumstances. In relation to the comfort letter the Court found

the comfort letter the Court found that it was "commercially worthless" because it could be revoked at any time by the refinery.

This case is an example of the Court interpreting contractual provisions in a commercial context. If a suggested interpretation offends business

interpretation offends business and ordinary common sense, then the Court is likely to be reluctant to allow such an outcome.

The case also highlights the need to ensure that provisions in a contract are expressed clearly and unambiguously and, where

possible, to cater for all eventualities. Blacks Solicitors can assist with the preparation of contracts and can deal with any disputes arising from contracts. Please contact Luke Patel on 0113 227 9316 or by email at "LPatel@LawBlacks.com".

Please contact Luke Patel on 0113 227 9316 or by email at LPatel@LawBlacks.com

#### 

# Searches for 'move abroad' explode to highest point EVER as Britons face skyrocketing costs of living

YOUR LOCAL &

Analysis of Google search data reveals that searches for 'move abroad' exploded 1,000% in the United Kingdom as of April 2022 - the highest level in internet history.

2022 - the highest level in internet history. The beginning of April saw price hikes coming into effect across various sectors, with a 54% rise in the energy price cap, a rise of up 3% in Council Tax across local authorities, VAT levels rising back to 20% and an increase in National Insurance.

The analysis, by immigration experts Reiss Edwards, reveals that searches for 'move abroad' exploded to ten times the average volume within the past month, an unprecedented increase in Brits looking to emigrate, according to Google search data analysis.

The data also reveals that searches for 'apply for Australian visa' - the country with the highest number of British expats have exploded 670% since the cost of living crisis began.

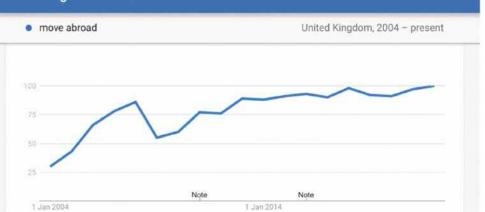
Explore

Amar Ali, Managing Director from Reiss Edwards, commented on the findings: "The British public have been faced with a gradual rise in the cost of living since the pandemic, which has only amplified enormously in the last couple of months, with these new price hikes leading to some British residents to look for an alternative, and more affordable, country to live in.

"To emigrate abroad can be a very important move for anyone and is a choice that should be well thought out with all the right information and these findings highlight the scale of Britons looking to make that commitment due to the cost of living crisis.

"With the inflation rate in the UK set to continue to rise, it will be interesting to see whether these searches come to fruition and see just how many Britons choose to move away from the UK this year."

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## Which was the cheapest supermarket in April 2022

Find out if switching where you shop for groceries could help you save

Lidl was the cheapest supermarket in April, according to the latest monthly analysis from Which? (which.co.uk). They compared the prices for a basket of 18 popular grocery items every day in April and found that, on average, shoppers would have paid £25.92 at Lidl - beating rival discounter Aldi by just 74p.

**Continued on page 36** 

#### **Continued from page 35**

Meanwhile, the most expensive supermarket was £9.14 pricier than Lidl for an equivalent basket of groceries.



#### Cheapest supermarket for a basket of groceries

Every day in April Which? checked the price of 18 popular groceries, including Hovis wholemeal bread, unsalted butter and semi-skimmed milk, at the UK's biggest supermarkets to see how they compare.

Lidl (lidl.co.uk) came out cheapest overall with the basket costing an average of £25.92, beating discounter rival Aldi (aldi.co.uk) by 74p. While Which? couldn't compare exactly

While Which? couldn't compare exactly the same items each month because products aren't always available, this is the fifth month in a row that Lidl has been the cheapest supermarket.

Asda (Asda.com) was the cheapest of the 'big four' supermarkets, with their basket costing £28.46.

The same basket of groceries was £9.14 more expensive at premium supermarket Waitrose.

Groceries with some of the biggest price differences for the month included ownbrand olive oil, which was  $\pounds 2.39$  at Lidl compared to  $\pounds 4.25$  at Waitrose - a difference of  $\pounds 1.86$ .



They also compared a trolley of 63 grocery items (the original 18 plus 45 more).

This included a greater selection of branded items, including Cathedral City cheddar and Twinings tea bags, that aren't always available in the discounter supermarkets – so for their bigger trolley, they haven't been able to include Aldi or Lidl.

Asda - which has been the cheapest traditional supermarket every month since January 2020 - was the cheapest for the bigger trolley of items at £132.81. It was  $\pounds$ 17.01 cheaper than Waitrose, where the bill would have been £149.82.

#### How Which? compares supermarket prices

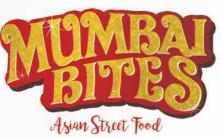
They check the prices of hundreds of grocery items at eight major supermarkets every day throughout the year, using an independent price comparison website

independent price comparison website. The average price for each item at each supermarket across the month is worked out, and add the averages up to get an average trolley price for each store. They include special offer prices but not multibuys, to keep it as fair as possible. The Which? shopping list combines broaded items such as Kenco coffee. Oxo

The Which? shopping list combines branded items such as Kenco coffee, Oxo stock cubes and Twinings English breakfast tea with own-label products, including onions and milk. Of course, own-brand items aren't exactly the same at different supermarkets, but they've used experts to ensure that the products are as comparable as possible based on a range of factors, including weight and quality.

# Find out if switching where you shop for groceries could help you save





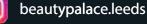
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# The 90s are in and skinny jeans are out

Have TikTok, millennials and mums killed off skinny jeans? New research from search experts MediaVision certainly suggest so, with 'skinny jeans' seeing a drop of 12% in search volumes from the start of the year.

Meanwhile iconic trouser and jeans styles of the 1990s are once again dominating the latest fashion - moving from the fashion pages to high streets up and down the country.

fashion pages to high streets up and down the country. A new generation of consumers are going online to seek out a range of 90s fashion staples: search volumes for 'cargo pants' are up by 43% and searches for 'cargo trousers' have doubled (up by 101%) - comparing 1 Jan to 10 April 2022 to the same period in 2021, Also showing a significant increase in online search

Also showing a significant increase in online search volumes are 'wide leg trousers' (up by 69%), 'low rise jeans' (a rise of 27.5%) and 'fanny pack' (up by 26%). The broader term '90s fashion' has seen an increase of over

The broader term '90s fashion' has seen an increase of over 1,115,000 searches when compared to last year, up by a quarter (26%).

#### 66

For 90s kids, the fashion of the day was synonymous with the icons of the day – the likes of TLC and All Saints. Now it's the turn of the next generation to borrow trends from millennials childhoods.

The analysis was carried out by online search expert MediaVision, using its proprietary Digital Demand Tracker tool that analyses search data from AdWords and Google Trends to get a blended view on demand changes by the week.

In addition, recent fashion must-have 'ripped jeans' has had almost 493,000 fewer searches than the previous year, down by 14%. Meanwhile 'high-waisted jeans' were down by 16%.

Louis Venter, CEO at MediaVision, comments: "For 90s kids, the fashion of the day was synonymous with the icons of the day – the likes of TLC and All Saints. Now it's the turn of the next generation to borrow trends from millennials childhoods. With social media providing the reach, it's easy for the next generation of fashion lovers to adopt the 'newest' trends.

trends. "Fashion is such a fast-moving industry that even the smallest of references can have an impact on trends - such as the #FreeBritney movement bringing 90s icon Britney Spears back into the limelight, exposing a new generation to archive images of the star at the height of her fame when she was the epitome of 90s fashion. "Social media is also a likely influence, thanks to cargo

"Social media is also a likely influence, thanks to cargo pants trending on the popular social media platform TikTok at the tail end of 2021. Either of these could have been the spark that re-ignited the forgotten trends of the 90s almost thirty years later."

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# Pharmacy drug Shortages: Expert reveals dangers of buying prescription drugs online

Drug shortages are affecting pharmacies in England - with two-thirds dealing with shortages everyday and another 21% encountering them several times a week.

This shortage is due to Brexit, Covid and supply chain problems that have altogether disrupted the availability of medicines.

Followines. Following this, a recent survey has revealed that around one-third (31%) of people have now turned to buy their prescription drugs online.

However, Martin Preston, CEO and Founder at private rehab clinic Delamere, warns that there are a number of risks that come with buying prescription pills online, and explains how to know where you are buying from is legitimate. Martin says: "With the ability to self diagnose

Martin says: "With the ability to self diagnose online now becoming easier, access to medication is also more widely available online. However, before purchasing any kind of medicine online it is important to be wary of the consequences that can come with it.

"A lot of online websites that claim you can buy medication through them online, will often make promises that aren't necessarily true. Just because they say they offer quick and good



quality service doesn't mean they will meet the correct requirements.

"But while it's important to be wary of websites like these, not all pharmacies are illegitimate. In fact, there are ways to identify if a website you are buying from is safe.

a website you are buying from is safe. "Regulated pharmacies will have a green and white logo displayed on their website that says "check if this website is operating legally". By clicking this you will be able to find a list of approved pharmacies and what medications they are allowed to sell.

approved pharmacies and what medications they are allowed to sell. "Visiting your local pharmacy is always the best option when buying prescription medication as there are trained professionals on hand to help you."

#### The risks of buying medication online

#### 1. Medicine could be fake or dangerous

One of the biggest risks that come with buying medicine online is that it could be fake or not what they say of the packet. Drugs that you receive can look very real, and may even be packaged the same. But if they are bought from unreliable sources the chances are they could be counterfeit, contaminated or be otherwise unsafe. Not only that, but fake medication can stop you from getting better or make you feel worse than you already do.

#### 2. Slight differences in medication can make a big difference

Legitimate pharmaceutical retailers in the UK will be regulated and have their ingredients approved for use, but if you buy from an unknown supplier, the contents of your medication may be different depending on what is allowed in the country it was produced. The problem with this is, that despite only a slight change in ingredients, it can cause new side effects or allow you to build up a resistance to your normal approved medicine.

3. Medicine can be past its expiry date and reduce the effectiveness

As well as the risk of not knowing exactly what is in the drugs you buy online, it's very possible that you can be given medication that is past its expiry date. Though some websites may seem like a cheaper or easier option, there can often be the absence of checks on the safety, expiry date or quality of the products supplied. Taking medication that is past its expiry date, can be dangerous because it can reduce its effectiveness or make you feel worse.

#### 4. They may contain harmful or other active ingredients

Another risk that comes with buying medication online is that there might be too much or too little of the active ingredient that is normally in the medicine you buy, especially if you are buying from an unknown supplier. For example, you might buy a product that you think is an anti-anxiety medication, but it doesn't actually contain any of the active ingredients that should be in it or may contain too much of it. This is particularly dangerous because too high doses of active ingredients in medication can have serious consequences for your health. **5. Medicines bought may prevent others from working** 

When you go to your GP, you will always be given a prescription that will work alongside any other medicines that you might be taking. But while buying medications you think you might need may seem easier than going through your GP, not knowing what works together can be a problem. It is therefore important that before you buy any kind of medication online, you seek the advice of an expert that can tell you if it's safe to take alongside other medicines you might be using so that you don't pose a risk to your health.



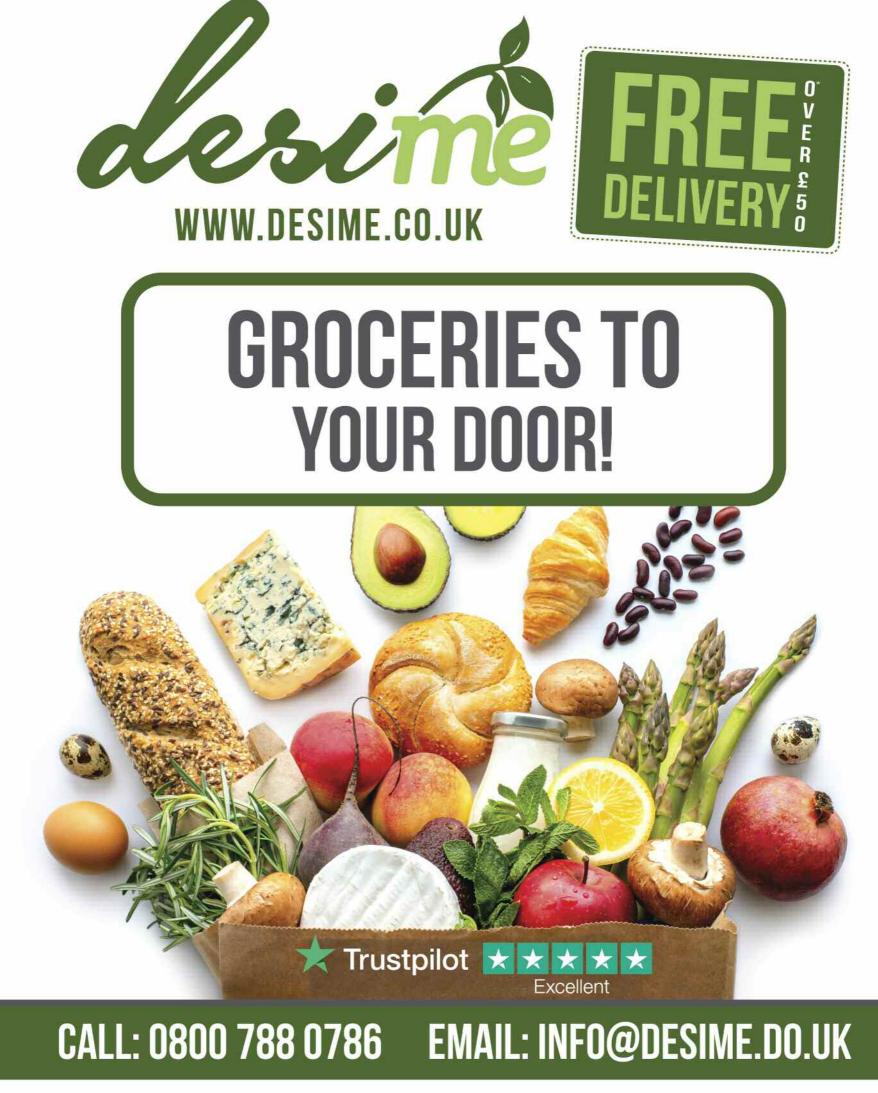
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# Entertainment

THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD

# DINDA DADDADO A Level student win dances her way

to a win in national competition

Adhya Shastry, whose speciality is classical Indian dance style Bharatanatyam, took to the dance floor and wowed judges clinching the winning title as BBC's Young Dancer of the year.

The grand final for the show was aired on Saturday 7th May, which and saw ten talented dancers between ages 17-24 compete for the coveted title at London's iconic Roundhouse.

Adhya, from Reading, started dancing Bharatanatyam when she was nine-yearsold and has trained in contemporary and ballet since 2019. Currently studying A Level Chemistry, Maths and Art, and for dance, her aims are to work with and learn from a range of different artists, as well as creating her own work and exploring her way of movement.

way of movement. Upon winning the BBC Young Dancer 2022 award, Adhya said: "I am honoured to have won.

I have learnt so much from Emma Gladstone (artistic director) and the choreographers and mentors, and I now

have a better understanding of who I am, what I stand for and how I like to dance. "I now want to be more involved and immersed in the creative world – I feel like it's only just the beginning and there are endless possibilities and things I want to learn and do!

"Also, through this experience I have met the most incredible dancers who have become friends and have inspired and pushed me to be a better version of myself."

For the young dancers taking part, this life changing opportunity began in 2021 with an Open Call for young dancers across the UK encouraged to apply.

The finalists, whose styles span a broad range including ballet, contemporary, street and tap, were put through their paces at the first ever BBC Young Dancer 'Academy' held at Dartington in Devon where they had the chance to work with some of the hottest dance talent in the UK.

Throughout the series, the dance team has been led by BBC Young Dancer Artistic Director Emma Gladstone OBE, former Chief Executive and Artistic Director of London's international festival Dance Umbrella.

For the final, the dancers performed

their own solos and premiered brand-new duets and trios choreographed by Kristina and Sadé Alleyne, Gianna Gi, Dickson Mbi, and Seeta Patel, as well as a highoctane group performance created by dancer, choreographer and filmmaker Ivan Blackstock.

The final also featured a performance from the 2019 winner Max Revell, currently dancing for the Akram Khan Company in their new production, Jungle Book Reimagined.

Presented by Clara Amfo, the main prize was judged by an independent panel of leading figures from UK Dance: Arthur Pita, Kate Prince, Subathra Subramaniam and Ryoichi Hirano. BBC Young Dancer Artistic Director

BBC Young Dancer Artistic Director Emma Gladstone OBE commented: "Our goal for BBC Young Dancer this year was to open creative doors for the dancers, and support their artistic growth.

support their artistic growth. "It has been joyous to see how they stepped through those doors with such ownership.

ownership. "Adhya Shastry was noticeable from the start for her commanding presence on stage, as well as her versatility across different styles. As the judges all commented, she is mesmerising to watch, and a most worthy winner."

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# UP CLOSE & PERSONAL WITH STARS HANIA AAMIR & ALI RAHMAN KHAN

Asian Express catches up with Hania Aamir and Ali Rehman Khan on their roles in 'Parde Mein Rehne Do'. Directed by Wajahat Rauf, the story revolves around a married couple who have been trying to conceive for many years and cannot do so. What ensues is a story full of drama and laughter.

#### What made you select the film?

Hania: It's more like the film chose me then I choose it. The writer Mohsin Ali first showed me the script and I knew it was something I wanted to play and create conversation on, so was a no brainer.

#### What have you both learnt from this film?

Hania: What we have learnt is that when you have an organised team which believes in planning things become quite easy and that it's very important to have as much fun as possible during the shooting.

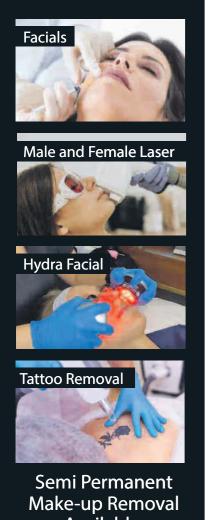
#### What's the funniest incident from shooting for the film? Hania: The funniest

Hania: The funniest incident was during the shooting of the song 'peela rung' because it didn't feel like we were shooting a film, but like we were at a dance practice for a friends wedding! Which is why it's got such a vibe to it!

What will be the most memorable moment both of you experienced in the film? Both: The whole experience was very memorable because shooting in Covid was so uncertain. We had to stop but then we started again and at that moment it felt like 'finally it's all coming together'. What is that one

#### message you would want to send to those who are in this situation as shown in the film, how should they tackle?

Ali: Believe in each other believe in God's will, and don't stress out. There are many resources now available online to read up on how to solve this issue so do that, and yes, no quacks!



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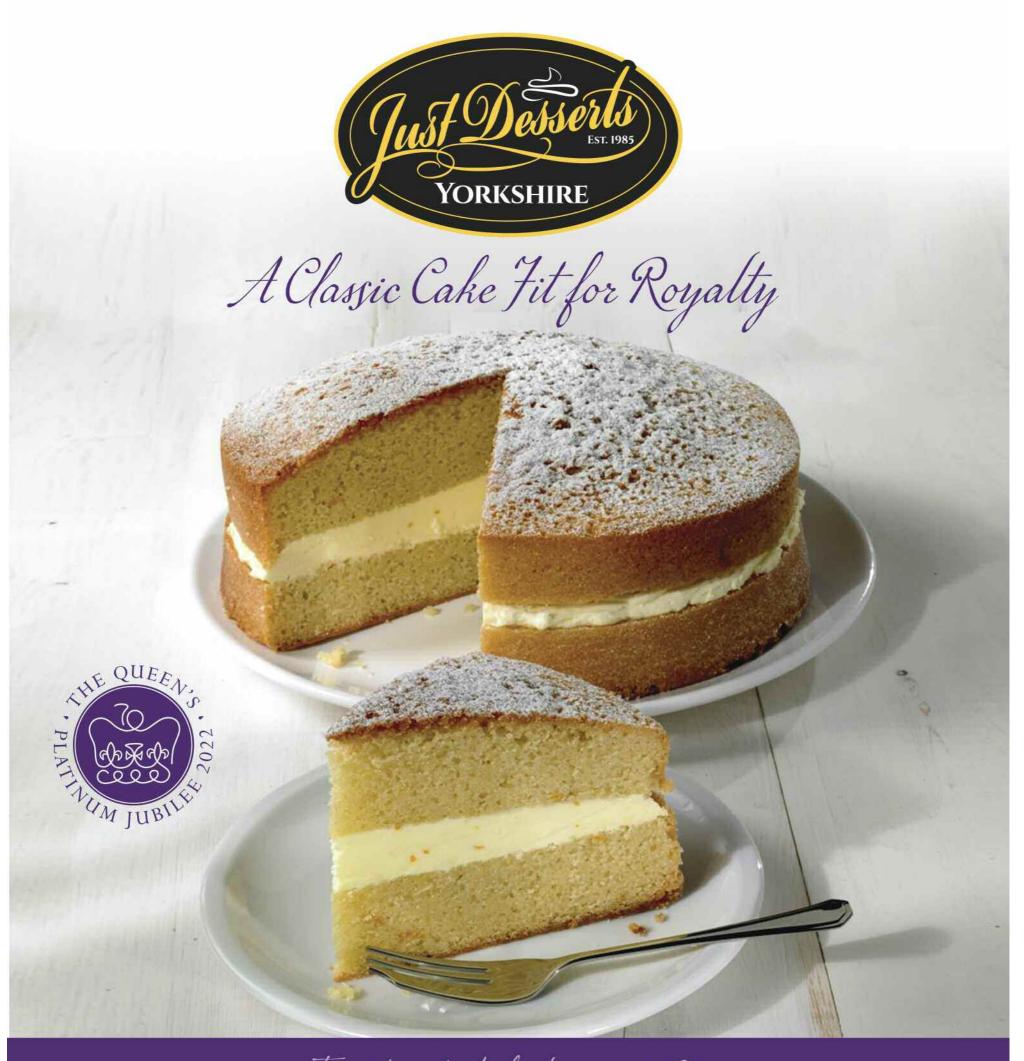
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He becomes the new recipient of the honorary Palme d'or, which pays tribute to a sparkling artistic journey, a rare personality as well as a discreet but strong humanitarian commitment to key topical issues.

On this occasion, his film 'For the Sake of Peace', directed by Christophe Castagne and Thomas Sametin and produced by Forest Whitaker, will be screened in Special Screening Wednesday, 18th May. Forest Whitaker is a legend who

Forest Whitaker is a legend who leaves an indelible impression: on film, on viewers, and on government decision-makers. His career path and his aura were fully revealed when he came to the Festival de Cannes in 1988 and appeared on the silver screen as the genius Charlie Parker, the visionary jazzman who took the saxophone to a higher, unprecedented dimension.

He was beside Clint Eastwood in Bird, his first lead role, although he had already stood out in Martin Scorsese's The Colour of Money, Oliver Stone's Platoon, and Barry Levinson's Good Morning, Vietnam. At the age of 27, he was awarded

At the age of 27, he was awarded the Prize for Best Actor at the Festival de Cannes for his Bird performance. The whole world discovered an actor with phenomenal power, in tune with a sensitivity that spells a form of grace, a mass of feelings that conveys human fragility through the voice and in the eyes.

Forest Whitaker returned six times in the Official Selection and four times in the Competition, with Bird and then Bill Duke's A Rage in Harlem, Abel Ferrara's Body Snatchers, and Jim Jarmusch's Ghost

Dog: The Way of the Samurai which defies categorisation and in which he plays the part of a melancholy hitman who lives his life according to the Hagakure, the code of honour of medieval Japanese samurais. Chockfull of power and yet very flexible, he embodies a playful, pondering hero who is driven by mysterious forces

who is driven by mysterious forces. Films such as The Crying Game, Smoke, Panic Room, Phone Booth, The Last King of Scotland (Oscar and Golden Globe for Best Actor), Street Kings, Southpaw, Rogue One: A Star Wars Story, Black Panther, The Butler, and Respect show his multiple facets and eclectic choices.

multiple facets and eclectic choices. In addition to his filmography as an actor, he has also directed four feature films (Strapped, Waiting to Exhale, Hope Floats, First Daughter) and produced such films as Ryan Coogler's stirring Fruitvale Station presented in Un Certain Regard as well as the exhilarating Dope, and more recently Songs my Brothers Taught Me by Chloé Zhao.

Forest Whitaker's artistic career sharply resonates with his humanitarian engagement.

In 2012, he founded the Whitaker Peace & Development Initiative (WPDI), an NGO which acts in Uganda, South Sudan, Mexico, South Africa, Cameroon, Chad, Gabon, and even Los Angeles. Working for peace and economic resilience in territories marked by armed conflict and violence, WPDI has helped more than one million and a half people, thanks to a network composed of more than 2,500 leading youths and 14 learning centres.

Forest Whitaker is UNESCO's Special Envoy for Peace and Reconciliation and a member of the United Nations Sustainable Development Goals Advocacy Group.

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"34 years ago, attending Cannes for the first time changed my life, and assured me that I'd made the right decision to devote myself to finding connectivity in humanity through film. It's always a privilege to return to this beautiful festival to both screen my own work, and to be inspired by many of the world's greatest artists – and I feel incredibly honored to be celebrated as part of the Festival's momentous 75th anniversary." Forest Whitaker

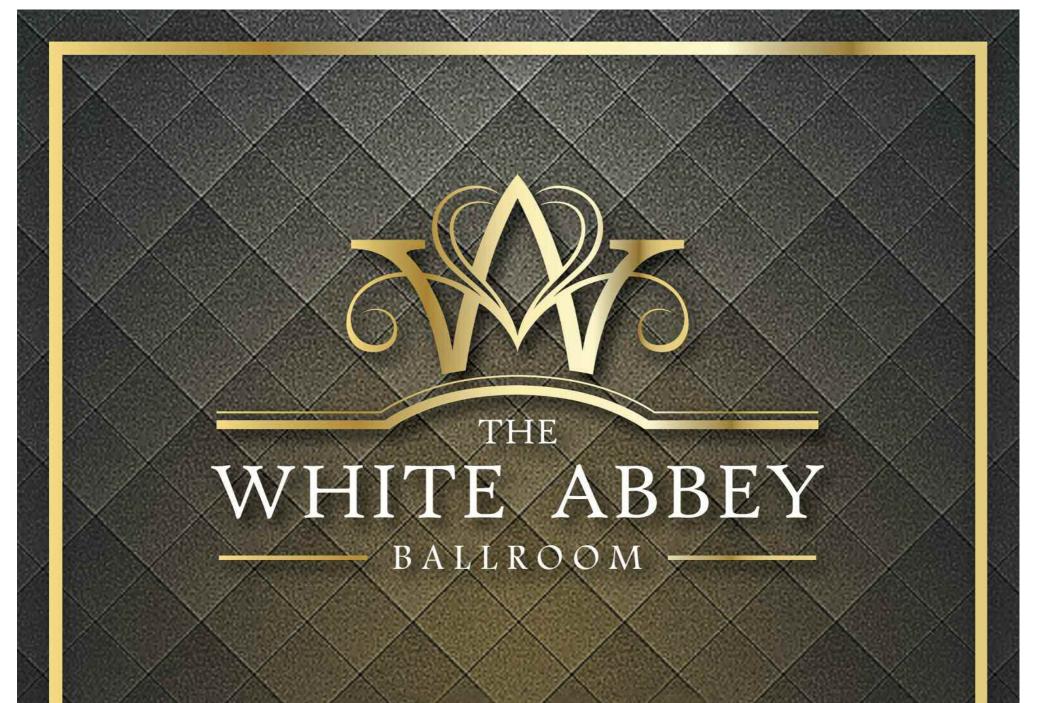
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Eight-year-old Advait Kolarkar carries his 'Zebra Utopia' artwork on a canvas which has been replicated to perfection by robotics

# tame changer

ABB Robotics has collaborated with two world-renowned artists, eight-year-old Indian child prodigy Advait Kolarkar and Dubai-based digital design collective Illusorr, to create the world's first robot-painted art car.

The award-winning PixelPaint

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technology has, without human intervention, perfectly recreated Advait's swirling, monochromatic design as well as Illusorr's tri-color geometrical patterns. Equipped with 1,000 nozzles in the

Equipped with 1,000 nozzles in the printer head, ABB's IRB 5500 paint robots were able to complete the

highly complex artworks in less than 30 minutes. PixelPaint technology de-

PixelPaint technology demonstrates unprecedented precision and speed, capturing intricate, elaborate detail that would be impossible to achieve by hand.

**Continued on page 52** 

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# Zooming ahead

Aston Martin's 'Racing.Green' strategy to push its journey to becoming world-leading sustainable ultra-luxury brand

Aston Martin has hit the accelerator pedal on its journey to becoming a world-leading sustainable ultra-luxury automotive business, with the announcement of an ambitious new sustainability strategy, Racing.Green. Launched on Earth Day,

Racing Green. formalises core principles, aligned with the UN Sustainable Development Goals, that reflect Aston Martin's established approach to sustainability and sets bold new targets across all aspects of the business with a focus on tackling climate change, creating a better environment and building a stronger, more diverse, and more inclusive company.

The ultra-luxury British manufacturer has joined a list of ambitious companies committing to act on climate change through membership of the Science Based Targets initiative (SBTi), the global body enabling businesses to set emissions reduction targets in line with climate science

delivering 20% of the plant's annual energy demands.

100% of waste at Aston Martin is already successfully diverted from landfill, with a target to eliminate all plastic packaging waste at Aston Martin within three years. The Racing.Green. strategy also targets the reduction of water consumption by 15%, maximisation of sustainable materials and enhancement of biodiversity across all sites.

Renowned for its product longevity, exclusivity and hand-built craftsmanship, Aston Martin has manufactured fewer than 109,000 cars in its 109 year history – with 95% of these highly treasured cars estimated to be still on their journey. Sustainability principles will also be embedded into Aston Martin's

future product strategy, including a clear roadmap to electrification. Aston Martin is developing alternatives to the internal combustion engine, with its first plug-in hybrid - the mid-engine supercar Valhalla – to commence deliveries in early 2024. Aston Martin's first battery electric vehicle

Within the commitments announced in **Racing.Green. Aston Martin is targeting Net-Zero emissions from its manufacturing** facilities by 2030, with a 30% reduction in supply chain emissions from a 2020 baseline

Within the commitments

announced in Racing.Green. Aston Martin is targeting Net-Zero emissions from its manufacturing facilities by 2030, with a 30% reduction in supply chain emissions from a 2020 baseline. The company has outlined an ambition to achieve Net-Zero emissions across its entire

supply chain by 2039. The new targets build on Aston Martin's sustainability progress to date, with a 44% reduction in emissions intensity in its UK operations between 2020 and 2021 and 100% renewable energy used across all its UK manufacturing facilities since 2019. A major project will see Aston Martin install more than 14,000 solar panels at its St Athan site in Wales, capable of

is targeted for launch in 2025, and by 2026, all new Aston Martin product lines will have an electrified powertrain option. Aston Martin plans for its entire core portfolio of GT sports cars and SUVs to be fully electrified by 2030.

The use of innovative sustainable materials in Aston Martin cars is also being expanded, including exploring the use of green aluminium alloy - manufactured using 100% renewable energy - and leather-free vegan interior options, to provide greater customer choice and reduce environmental impact. As part of its Diversity, Equality

and Inclusion strategy, Aston Martin is targeting 25% of all leadership roles to be filled by women within the next five years.



# Game changer

#### **Robotic paint technology** allows a detailed, colourful, and exact replication of any design

#### **Continued from page 51**

ABB's ground-breaking Pixel-Paint technology reimagines the paint application process and reflects the growing demand for sustainable personalisation in the automotive industry, particularly in exterior paint. Multi-coloured car painting has

traditionally been a laborious and costly process involving multiple stages of masking and unmasking, but ABB's technology allows for a detailed, colourful, and exact replication of any design.

Carefully controlled, the paint can be quickly applied in a single application. This breakthrough in the automation of the paint process opens the door to specialised and personalised designs automotive market. to the

Influential automotive designer, Ian Callum, responsible for the design of the Aston Martin Vanquish and more recently the ground-breaking Jaguar I-Pace said: "There's something very special about a car. People get emotionally attached to them and the importance of personalization is



becoming stronger and stronger. "In fact, I'm working with customers who actually want the whole car designed in a bespoke way. So this paint offering – with all sorts of new levels of individual design for a motor car – is incredible."

To create the art car, ABB refurbished a Volkswagen SUV that was damaged in the catastrophic floods in Germany in the summer of 2021. Its recycling confirms ABB's commitment to sustainability wherever possible.

Sami Atiya, President of ABB's Robotics & Discrete Automation business area, commented: "ABB's PixelPaint technology is more than an evolution – it is a revolution.

"It's a shining example of how robotic automation and our RobotStudio® software can not only pave the way for more sustainable manufacturing but can also perfectly replicate delicate pieces of art that celebrate the originality and beauty of the human

"At a time when consumers want products, more customised products, PixelPaint is a game changer and allows any design to be replicated in a manner that is both sustainable and affordable and affordable. Sami Atiya added: "We are in the

midst of a significant decade in the history of the automotive industry and the start of a new era. Automakers need to consider new ways of working towards the transition to electric vehicles. We are working to support the industry in this transition and I'm confident that with flexible automation, sustainable transportation will fast become reality.

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GB       J4       MELL         E15,000 UND       TEL. 07870 496 535         A84DLA       Standard St	Image: Second of the	IN.V       Image: Mage: Ma	,000 0N0 887 837 553 <b>S4FTR</b> <b>S4FTR</b> <b>S4FA</b> <b>S4JAO</b> <b>S4JAO</b> <b>S4JAO</b> <b>S4JAO</b> <b>S4JAO</b> <b>S4JAO</b> <b>S4JAO</b> <b>S4TPL</b> <b>S500AAN</b> <b>COFFERS</b> <b>S00FERS</b> <b>S00FERS</b> <b>S00FERS</b> <b>S00FERS</b> <b>S00FERS</b> <b>S00FERS</b> <b>S00FERS</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S100</b> <b>S1</b>	COFFERS TEL. 07522 173 297 C. SIDOF YN COFFES TEL. 07522 173 297 C. T4RAK COFFES TEL. 07522 173 297 C. T4SDK COFFES TEL. 07522 173 297 C. T522 173 297 C. T627 173 297 C. T17LAT COFFES TEL. 07522 173 297 C. T17LAT COFFES TEL. 07522 173 297 C. T17LAT COFFES TEL. 07522 173 297 C. TAS4NAR COFFES TEL. 07522 173 297 C. TAS4NAR COFFES TEL. 07522 173 297 C. TAS4NAR COFFES TEL. 07522 173 297 C. TAS4NAR COFFES TEL. 07522 173 297 C. COFFES TEL. 07522 173 297 C. COFFES	Tel: 07944 316 568	5 - 07815 114 201
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**UK's first nationwide British Asian televised** football tournament, featured teams from London, Derby,

**Birmingham and Leicester** 

**The inaugural IPLSOCCER** – the quality of the performances was superb and underlines why there needs to be more British tournament - a celebration of football and diversity took place at Pride Park, Derby, and saw London Warriors win the fourteam tournament.

Each team had a former Premier League star playing for them, including former Arsenal and Liverpool winger Jermaine Pennant; former Aston Villa striker Darius Vassell; former Aston Villa winger Lee Hendrie and former Aston Villa and West Ham striker Marlon Harewood. The IPLSOCCER tournament,

the UK's first nationwide British Asian football tournament, featured teams from London, Derby, Birmingham and Leicester, with players selected through regional trials and networks in a bid to give British Asians a chance to showcase their talents.

Former England striker Michael Owen attended the event and said: "The event has been a long time in the making and it was great to have such a good turnout

Asian heritage representation within the game.

"Pride Park has been a perfect setting, the fans have enjoyed themselves and with bhangra music it's been a fantastic family atmosphere.

atmosphere. "Congratulations to London Warriors for winning the first IPLSOCCER event but today is about celebrating diversity in football and hopefully encouraging more British Asians to get involved with the game." Recent data from the Professional Footballers' Association (PFA) reveals that there are only 115 British South Asian background players out of almost 15,000 players in academy and professional football, equating to less than half of one per cent of total professional footballers.

Continued on page 58



Boxing and Fitness Fully Equipped Gym Separate Ladies Only Fitness Centre





## Commonwealth Games honour

Bradford sports champ Harleen Kaur selected for Queen's Baton Relay

The proud sportswoman said: "I was on holiday when I first received the telephone call to tell me that I'd been selected.

"I'm immensely proud and humbled to think that people from the local community where I live nominated me for such a presticious occasion.

"It's such an honour to have been selected to represent Yorkshire and the Humber and feels so special to be recognised in this way for supporting the women in my area and the work I've done to help local communities in India."

The Relay started in October last year, when Her Majesty The Queen placed her Message to the Commonwealth into the Baton which is now on its 294-day long journey to every corner of the Commonwealth. The collective journey will ignite hope, solidarity and collaboration, as it connects communities embraces unique cultures and shares

inspirational stories. Over 100 people will carry the baton through Yorkshire and the Humber on Tuesday 12th July and Wednesday 13th July. Harleen will cover 200 metres, before passing it on. The Batonbearers come

The Batonbearers come from all across the country and from all walks of life - from local heroes to inspirational school children that vary in age, with children as young as 12 taking part.

Lisa Hampton, Head of the Queen's Baton Relay, explained: "In January 2022, we invited members of the public to nominate somebody they know who takes on challenges in their community, is a figure of inspiration or encourages others to achieve their best. We received around 8,000 incredible nominations which is amazing.

which is amazing. "The nominations were reviewed by regional selection panels and were scored on whether they met the selection criteria. This process confirmed the final 2,000 community Batonbearers to carry the Queen's Baton through England this summer."

Phil Barker, Assistant Director of Sport and Culture at Bradford Council, added: "We're delighted that Harleen has been chosen as one of the Community Batonbearers for the Queen's Baton Relay as anticipation builds for the Commonwealth Games in Birmingham this summer.

"She's a fantastic role model and champion for women and young people in sport and is a great ambassador for the Bradford district."

Harleen became interested in martial arts at the age of eight when she started karate, winning the national championships in 2013 and 2014. She took up kickboxing in 2015, winning the British Championships and representing Team England at the World Championships where she won silver.

She's now switched sports to Taekwondo, training and coaching with Horizon Taekwondo Academy GBR.

Two years ago, she won the Sporting Achievement category in the Yorkshire Asian Young Achievers (YAYA) awards.

During the Covid-19 lockdown, Harleen opened 'Club Ekta' a sports club in Bradford which focuses on empowering and improving the social, physical and mental wellbeing of women and children through sport.

wellbeing of women and children through sport. She also visits Punjab in North India every summer to support a sports charity by teaching life skills, English and self-defence and works as an ambassador for Sporting Equals and the Asian Sports Foundation which promote diversity within sport.

#### UK's first nationwide British Asian televised football tournament, featured teams from London, Derby, Birmingham and Leicester



#### **Continued from page 57**

#### Opportunities

Former Aston Villa striker Julian Joachim, now a football talent scout and agent, hopes IPLSOCCER will give the opportunity for players to secure a career in the game. He said: "It's hard to put a finger on

He said: "It's hard to put a finger on why there is an underrepresentation of Asian footballers making the professional game. There have been numerous factors. It would nice to see far more of these players in the professional game.

"Without a doubt these events can help the issue and it's good to see that these events can be more common. We've come here to support it and have a look at the players on show and see what the standard is like, which has been good. Some players have stood out and looked very talented and promising.

and roomer promising. "Hopefully more events like this will be put on for us to have a look at more Asian players to tackle this issue of under-representation. This event is the perfect stage to showcase those skills."

Former Newcastle and Cardiff City striker and IPLSOCCER ambassador Michael Chopra, whose father is of Indian descent, commented: "It's a great occasion having the first tournaments going ahead. It's a great way for Asian players to showcase their skills in front of a crowd and scouts which is one of the main things. The standard of players here today has been good. It's been brilliant. "It's very important that events like these take place. People talk a lot about other things can happen for Asian footballers but none have really happened.

tournament to reflect the increasing importance and popularity of the women's game. IPLSOCCER founder Sany Supra

added: "The British Asian community



"So it's great that IPLSOCCCER has actually put the event on and taken action. Action speaks louder than words. It's great for these players to showcase their skills and have the opportunity to play with ex-professional footballers"

"I would like to hope that events like these means that eventually more British Asian players can make it professionally. That's why I'm here – I want to support these players, who have been playing grassroots football and who scouts may have missed. Hopefully some can make it."

There are plans to expand the event in 2023 to include teams from more regions and include a women's has come together today to show their support for the teams and the players and underline what a huge opportunity it is for the game to do more to attract players of British Asian heritage to the sport.

"This first event has highlighted the untapped talent in British Asian football and I hope it proves to be a launchpad for the game in this country."

London Warriors beat Birmingham Challengers 3-1 in the final after beating Leicester Galacticos and Derby Crusaders respectively in the earlier semi-finals.

IPLSOCCER is the UK's first televised British Asian 11-a-side football tournament.

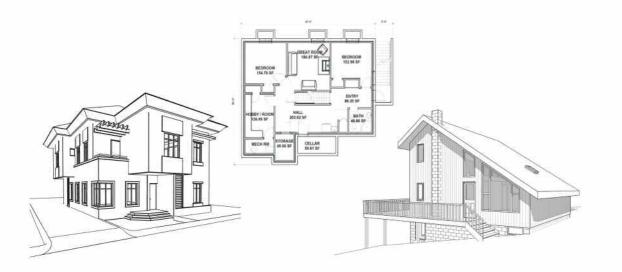
"It's a great way for Asian players to showcase their skills in front of a crowd and scouts."



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Boxing and Fitness Fully Equipped Gym Separate Ladies Only Fitness Centre



21-year-old boxer Subhaan Ahmed has turned professional under the watchful eye of world-famous Ingle gym in Sheffield, training under Dominic Ingle, son of Brendan Ingle.

As an amateur boxer, Subhaan was ranked as England's number one, winning multiple titles, including a Great Britain gold medal, a silver medal, an England championship national title and eight Yorkshire titles to name a few.

Subhaan even had the chance to represent the country against other nations on multiple occasions including a European championship. Subhaan has been training at the historic Ingle

Subhaan has been training at the historic Ingle gym in Sheffield where the legendary Prince Naseem Hamed once trained under the late Brendan Ingle.

Son of Brendan, Dominic Ingle, has guided many fighters to world championship level including Kell Brook, Kid Galahad and Billy Joe Saunders.

With Dominic as his coach, Subhaan now hopes to follow in the footsteps of his world champion gym mates.

Training and sparring with the likes of Kell Brook and Kid Galahad on a daily basis has progressed the young man to reach an incredible level that has even impressed his experienced coach Dominic.

impressed his experienced coach Dominic. "There is something very special about this kid," Ingle says.

"His power, skill and speed is a rare talent. "If he makes the right moves and continues to dedicate to his progress, he will surely go all the

way." Subhaan comments: "It's a privilege to train under and alongside such a wealth of experience. "I am here to represent Bradford, and I have no

"I am here to represent Bradford, and I have no doubt I can go far in this sport, and I plan on making a big knockout statement in front of a sellout crowd!"

Subhaan's first professional boxing match is on Friday 27th May at the Magna Centre, Rotherham. Bradford boxer training at famous Ingle Gym turns pro

**Group "Proudly Present"** Opportunities for British Overseas Kashmiris

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Published by Media Buzz

# "I love to make someone feel amazing and leave the salon smiling and feeling their very best."

#### – Owner Lydia Khoda

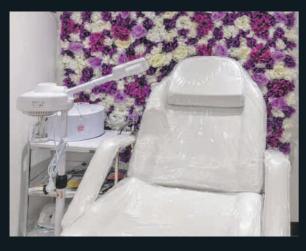
At a dedicated eyes and brows bar, customers can have eyelash tint and extensions as well as eyebrow tint and threading for a more natural look. There's also a treatment called Lift Volume Length to create the appearance of longer, thicker lashes. The added tint also creates a mascara style effect - ensuring your lashes look perfect from the moment you wake up.

For manicures and pedicures, customers can choose from endless shades of polish or shellac. Professionally-trained technicians treat each nail with the care and attention needed to leave your hands and feet looking, and feeling, amazing.

The products aren't just available for face-toface customers, the salon offers a postal service for all its products.

Quite simply, whether you want a new look for a special occasion, or you're ready for complete rejuvenation, Beauty Palace is the place for you.

Lydia explains: "I'm so proud to have opened Beauty Palace. I've always had a passion for hair and beauty, and I'm really excited to bring something so close to my heart to Leeds."



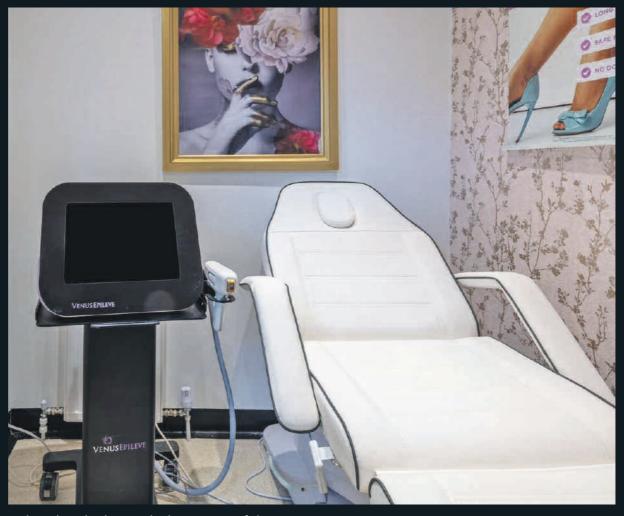
#### **Bespoke Services**

Lydia realises that not every customer is the same.

"We offer bespoke treatments catered to everyone's individuality, as everyone is different. With a bit of creativity and imagination, we can quite simply transform someone's appearance and give them a completely new style and look."

"All our hairdressers and therapists are experienced, and we've invested in the best treatments and equipment."

One of the salon's main areas of expertise is Balayage - a technique for highlighting hair in which the dye is painted on in such a way as to create a graduated, natural-looking effect.



The salon also boasts the latest state-of-theart technology with the Venus Epileve portable diode laser hair removal machine. More patients than ever are seeking comfortable, effective hair removal treatments – with hair removal recently being shown to be one of the top five in-demand minimally invasive cosmetic procedures.

Lydia explains: "The machine combines three wavelengths of light to deliver pain-free results with ease, for all skin types.

"This results in a far more comfortable experience for the patient than other techniques, and because of the fast nature of the technology they don't have to go though as many courses of treatment."

The laser treatment can be used on the upper lip, chin, sideburns, underarm, jawline, bikini line and many other parts of the body

But Lydia doesn't just want to keep the skills and techniques she's developed over the years to herself. Instead, she wants to share them as widely as possible with other hair and beauty specialists.

She says: "I've been extremely fortunate to train with, and learn from, the best of the best around the world. I now want to share what I've learnt, and over the coming weeks will be creating an opportunity for other local people from the industry to come into the salon to train with, and learn from, me."

Lydia's commitment, motivation and enthusiasm is clear throughout: "At Beauty Palace, we pride ourselves on delivering excellence at all times. Quite simply, we create, we transform, we inspire," she adds.

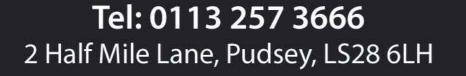
To celebrate its opening, Beauty Palace is offering a 30% discount to all laser removal patients from now until 30th June.

For any further information about the salon, including appointments, training and postal service, visit the website: www.beautypalaceleeds.com. Alternatively you can call 0113 257 3666 or send and email: beautypalaceuk@yahoo.com.

To celebrate its opening, Beauty Palace is offering a 30% discount to all laser removal patients from now until 30th June

Beauty Palace

# To celebrate our opening, Beauty Palace is offering a **30% DISCOUNT** to all laser removal patients from now until 30th June



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