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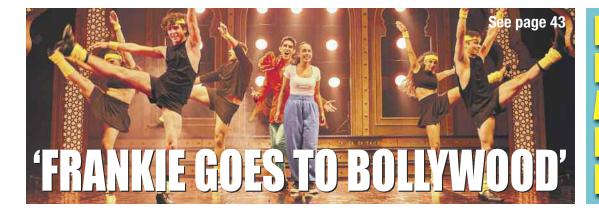


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"It was a fantastic opportunity to showcase the work we do, not just within the food and drink industry, but the initiatives we support within communities around the world."



Royalty at Regal House:

HRH The Duke of Gloucester's esteemed visit leaves a mark of grandeur

Regal Food Products Group Plc experienced a momentous occasion on Tuesday 23rd April, as HRH The Duke of Gloucester graced their headquarters in Bradford with his

presence.With significant investments and changes to their main manufacturing site, Regal proudly waved the flag for Yorkshire manufacturing, showcasing their dedication to innovation and

The visit was marked by warmth, hospitality, and a genuine celebration of Regal's rich heritage and contributions.

The Duke's arrival was met with a warm welcome from Ed Anderson CBE, The Lord-Lieutenant of West Yorkshire, setting the stage for a day filled with camaraderie and admiration.
As he was introduced to Younis

Chaudhry, the Chief Executive Officer of Regal Food Group, the Duke embarked on a journey through the company's storied past and promising future.

Starting with a meet and greet with staff, the Duke gained insight into Regal's 20+ year journey and

its impressive portfolio of brands.
But the highlight of the visit was undoubtedly the Duke's behindthe-scenes tour of the bakery and

manufacturing facilities.

Led by Mr Chaudhry, the Duke and his entourage marvelled at the craftsmanship behind Regal's household favourites, from Madeira cakes to Cake Rusk.

A poignant moment arrived as a commemorative plaque was unveiled, immortalising the Duke's visit and its significance to Regal Food Products Group Plc. For Mr Chaudhry, this event was

more than just a royal engagement; it was a testament to the dedication and passion of every individual within the company.

In his remarks, Chaudhry expressed gratitude for the honour



bestowed upon Regal by the main manufacturing site and we Duke's visit, highlighting the were proud to show it off and wave company's commitment not only to the flag for Yorkshire excellence in the food and drink industry but also to supporting

communities worldwide.

"He commented: "We were honoured to host a special visit by His Royal Highness, The Duke of Gloucester in celebration of our iourney.

'It was a fantastic opportunity to showcase the work we do, not just within the food and drink industry, but the initiatives we support within communities around the world."

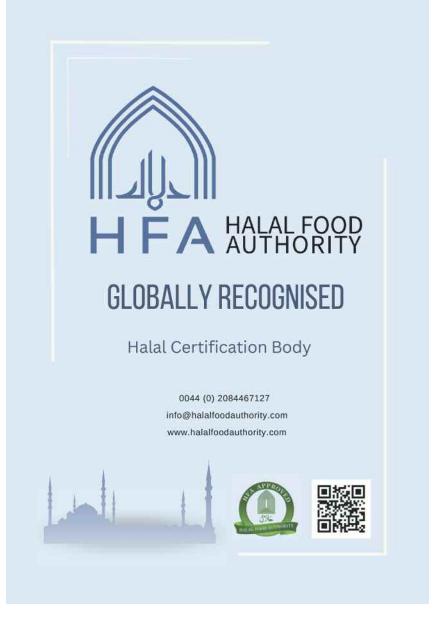
"We have made significant investments and changes to our

the flag for Yorkshire manufacturing."

"This event is a real milestone for Regal and it is one that will be remembered and celebrated for many years to come'

As the day concluded, the echoes of the Duke's visit lingered, leaving an indelible mark on Regal Food Products Group Plc and serving as a beacon of inspiration for the years to come. This event was truly a milestone, one that will be remembered and celebrated for generations within the Regal family and beyond.







Leading UK Charity, Muslim Aid has been accredited as a Living

Wage Employer.

This Living Wage commitment ensures that all UK employees at Muslim Aid will receive at least a minimum hourly wage of £13.15 (£23,933 per annum based on a 35-hour week), significantly higher than the current government minimum wage of £11.44 for those over 21.

The UK charity has its head office in

London, so the majority of its UK staff are based in the capital, a region where 13.3% of all jobs (approximately 574,000) pay less than the real Living Wage.

Muslim Aid celebrates commitment to real Living Wage

Muslim Aid's commitment to the Living Wage ensures every employee in the UK earns at least £13.15 per hour, which is the London Living Wage significantly higher than the national minimum wage and the Real Living Wage in the rest of the UK which is £12 per hour.

Living Wage in the rest of the UK which is £12 per hour.

This initiative is part of a strategy to enhance employee satisfaction and retention, demonstrating Muslim Aid's commitment to social justice.

commitment to social justice.
Zakya Hussain, Head of People &

Culture and Services at Muslim Aid, commented, "Paying the Real Living Wage is a commitment to existing and future employees that working for us means that they're part of an organisation that lives by its values and treats people well, ensuring they will earn a good living for themselves and their families as well as doing good for others in society.

"It's part of several other initiatives Muslim Aid has in place to enhance work-life balance, including extra paid days off on the two Muslim festivals of Eid every year, paid pilgrimage leave, hybrid working, flexible working hours, remote work options, and mental health support training."

The real Living Wage is the only

The real Living Wage is the only rate calculated according to the cost of living.

It serves as a voluntary benchmark for employers who wish to ensure that their staff earn a wage sufficient for a decent standard of living, rather than the government minimum. Since 2011, the Living Wage movement has delivered pay raises to over 460,000 individuals and has contributed an additional £3 billion to

contributed an additional £3 billion to the earnings of low-paid workers.

Khalid Javid, CEO of Muslim Aid, added, "At Muslim Aid, we believe that dignity and respect should be the foundation of our employment practices. Committing to the Living Wage is more than a policy, it's a reflection of our values and our dedication to our team."





SEKHON GROUP OF COMPANIES



Peregrine Falcon chick hatches at the University of Leeds

A tiny chick has hatched from one of four eggs laid by peregrine falcons nesting on the University of Leeds' Parkinson Tower.

This year, the birds of prey have laid four eggs. So far, one chick hatched at 2.43pm on Friday 3rd May after a month-long incubation period.

This year's female falcon is identified as '7.H' by the ring on her leg, through which we know that she hatched in Stoke-on-Trent six years ago, while the male – known as a tiercel - is unfortunately not ringed.

Michael Howroyd, Sustainability

Projects Officer and Biodiversity programme lead at The University of Leeds, said: "It's wonderful to see the safe arrival of a peregrine chick here at Leeds today. The University is continually working to shape and support biodiversity on campus and it is great to see that we are a valuable urban location for wildlife to thrive."

Peregrine Falcons have been nesting intermittently on the Parkinson Tower at The University of Leeds, since 2018. In that time 11 chicks have successfully hatched.

The falcons are the fastest creatures on the planet, reaching

speeds of up to 200mph when diving down to catch their prey. The peregrine is protected under Schedule 1 of the Wildlife and Countryside Act, 1981.

The University is a corporate partner of the RSPB and is also a Gold Corporate member of the Yorkshire Wildlife Trust, working in partnership on a range of initiatives. Falcons hatched at the University of Leeds are ringed by a local licenced ringer, which helps track and identify them in future.

Also supporting the monitoring of the peregrines is a team of people including Leslie Arkless, Analytical Technician in Microstructure Materials Characterisation at The University of Leeds. Les has worked alongside the Yorkshire Wildlife trust for 15 years and has been actively involved in developing our knowledge of the peregrines to ensure we can work alongside nature to manage our campus

campus.
He added: "As a birder with a general interest in wildlife, it has been good to see the biodiversity on campus increase since I first started at the University over 14 years ago. We are looking forward to following the birds' journeys as they fledge the nest."



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Caring children's team given top award

A hospital children's team has won a national award for the care, dedication and compassion shown to their patients. The Children's Diabetes team at

The Children's Diabetes team at Bradford Teaching Hospitals NHS Foundation Trust is celebrating after being honoured by the Royal College of Paediatrics and Child Health (RCPCH).

Health (RCPCH).

The doctors, nurses, dietitians and a psychologist, were selected for the 'Voice Champion of the Year Award' for their commitment to engaging with young people in Bradford; they were presented with their award at the annual RCPCH conference.

Consultant Paediatrician, Mat Mathai, who received the award on behalf of the team, said: "Involving our children, young people and families in making decisions about their diabetes care, and how we run our service, not only empowers them to take ownership of their health, it also makes sure our service aligns with their needs and preferences and improves the quality of care we provide.

quality of care we provide.

"We are really grateful to Anita
Sehdev and Emma Sparrow from
the RCPCH&US team who showed
us how to do this simply and
practically.

"We continue to learn how to do things better. We were surprised but delighted to pick up the award on behalf of our amazing young people and team."

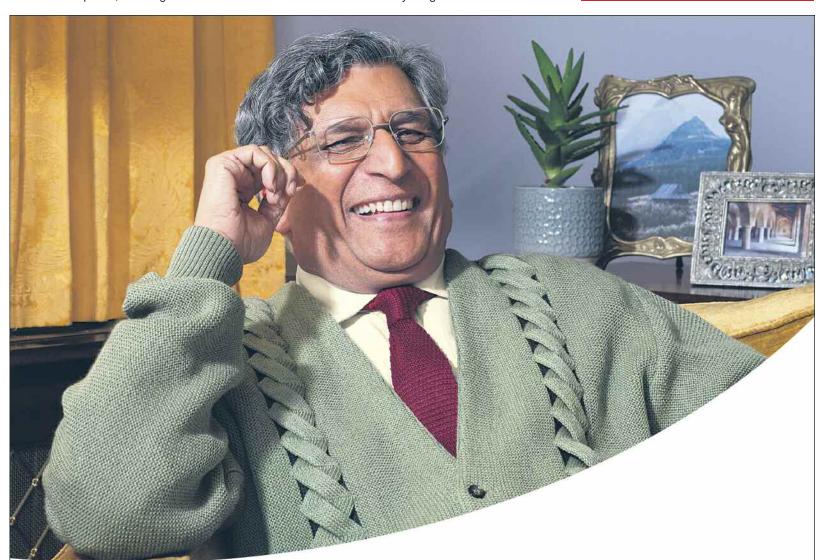
RCPCH &Us is an advisory group of children, young people, parents and carers, which has been created by the Royal College to actively seek and share views which go on to influence and shape policy and practice.

Every year, children and young people from RCPCH &Us review nominations and select a 'Voice Champion of the Year', recognising the winner's commitment to working with RCPCH &Us to improve child health collaboratively with young people and adults. The award recognises paediatric health workers who have gone 'over and above' to support the group's projects.

There are currently 221 young people with diabetes who attend the

There are currently 221 young people with diabetes who attend the Trust's hospitals at Bradford Royal Infirmary and St Luke's Hospital for treatment and care.

This year, 50 nominees were scored against the four core values of RCPCH &Us which provides a structure to identify and evidence the impact of their support through education, collaboration, engagement and change."



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acking a massive

Cover story continued

The event, witnessed the coming together of esteemed dignitaries, funders, supporters and over fifty volunteers, all joining hands to commemorate the remarkable achievement.

The accolade presented to Give A Gift, by the Lord Lieutenant, was accompanied with high praise in acknowledgment of the charity's tireless efforts and impactful initiatives in supporting refugees, asylum seekers and those living in

Amidst an atmosphere brimming pride and appreciation, attendees heard from guest speakers including the Lord Lieutenant, highlighting the charity's remarkable journey, from humble beginnings to becoming a beacon of hope and support for countless individuals in need in the city.

'This honour further inspires us'

Charity Director, Rifhat Malik MBE said: "We are absolutely delighted to receive this award as it recognises the brilliant contribution our amazing volunteers make to the organisation.

"This recognition reflects the dedication and tireless efforts of our team, volunteers, and supporters and will inspire us to continue our mission of making a positive impact on the most disadvantaged communities.

The event served not only as a platform for celebration but also as an opportunity to express gratitude to the generous funders and the whose unwavering volunteers support has been instrumental in enabling Give A Gift to expand its reach and impact.

In a heartfelt address, volunteers ranging from Eliza who started volunteering at the age of nine to Jenny who is now 70, spoke with warmth at their pride in supporting the work of the organisation and helping 'those less fortunate than helping 'those less fortunate than ourselves'.

Brother and sister Eisa and Annie reflected on how Give a Gift has played a pivotal role of learning about compassion for others, and have been fundraising since they were very young. They, with their parents have been involved in the

a Gift since 2013.
Councillor Abigail Marshall-Katung, the Lord Mayor elect for Leeds, expressed her profound gratitude to all those who have contributed to the charity's success. contributed to the charity's success, emphasising the invaluable role played by Give A Gift in tackling poverty locally and making Leeds a better place for those who are destitute or struggling with food insecurity.

Reflecting on the significance of the occasion, Rifhat remarked: "Receiving the King's Award is not just a recognition of our past accomplishments, but a testament to the continuing spirit of generosity and compassion that defines our organisation.

The honour will further inspire us to redouble our efforts in serving those in need and working towards a brighter, more inclusive future for

Driving force in the city

Launched in 2013, Give a Gift's primary mission was to dispel and change negative narratives of Muslims in the UK via charitable

work with local organisations.
Since then, the their incredible



Grassroots charity, Give a Gift, honoured with King's Award

seen them raise over £200,000, and deliver over a whopping £500,000, and food and key essentials packages to some of the most vulnerable individuals and families across West Yorkshire.

Since their inception, Give A Gift's local fundraising has assisted in equipment, services, and facilities at Martin House Hospice, Leeds Children's Heart Surgery Fund, children's cancer charity cancer charity Candlelighters, and Bradford Hospitals.

During the Covid-19 pandemic, thousands of essential care packages were delivered by their wholly dedicated, and incredibly hardworking army of volunteers to hundreds of vulnerable families and individuals across Leeds.

Culture Hub

Not resting on their laurels, in 2022 Give a Gift proceeded to lauch their 'Culture Hub', the country's first 'culturally-appropriate' food bank, carrying food items suitable for people of different faiths and backgrounds.

The food bank supports the individual needs of African, Caribbean, Middle Eastern, South Asian and Eastern European. Give a Gifts' culture hub supports

over 1000 beneficiaries a week with food packages. On top of this, the Leeds-based charity works

fundraising and social care work has relentlessly to support refugees, a Gift has distributed over half a asylum seekers and those living in million pounds worth of food and poverty by providing food, clothing, hygiene, fuel vouchers and baby food.

Providing essential items via a

culturally-appropriate food hub, Give

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Saliha Sadiq appointed Overseas Human Rights Minister of Azad Jammu and Kashmir

In a landmark achievement, Saliha Sadiq has been bestowed with the esteemed position of Overseas Human Rights Minister of Azad Jammu and Kashmir, marking a significant milestone in her illustrious career as a British Asian Muslim woman.

The announcement was celebrated with fervour at Leeds Mumtaz, where a gathering of dignitaries convened to honour Saliha's remarkable accomplishment.

Hosted by the Leeds Hum Wattan centre, the dinner witnessed the presence of notable figures including Lord Wajid Khan from the House of Commons, Tafheen Sharif, former police commissioner and the first Muslim Mayor of Tameside, as well as Shafina Shah - Miss Pakistan and Bollywood actress.



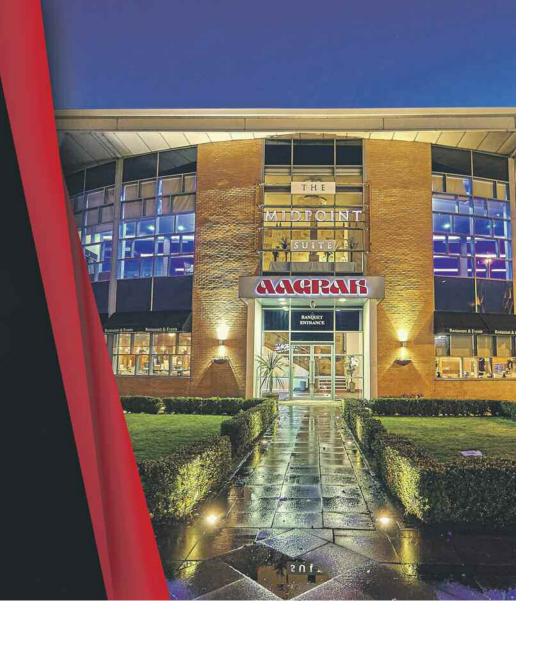


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Among the esteemed guests were Doctorate Bashir (MBE) and a multitude of influential individuals spanning across various sectors including business, healthcare, and politics. The occasion served as a testament to Saliha's unwavering dedication and trailblazing contributions to the community.

Saliha's appointment to the position of Oversees.

Saliha's appointment to the position of Overseas Human Rights Minister underscores her tireless advocacy for marginalised communities and commitment to promoting gender equality and inclusion.

Renowned for her work in mental health awareness, Saliha has garnered numerous accolades, including the Coronation Champion Award from King Charles, and has been recognised as an influential woman in her own right.

Throughout her journey, Saliha has remained a steadfast voice for those whose voices often go unheard, both in the UK and overseas.

Throughout her journey, Saliha has remained a steadfast voice for those whose voices often go unheard, both in the UK and overseas. Her efforts have not only ushered in positive change but have also inspired countless others to take action within their own communities.

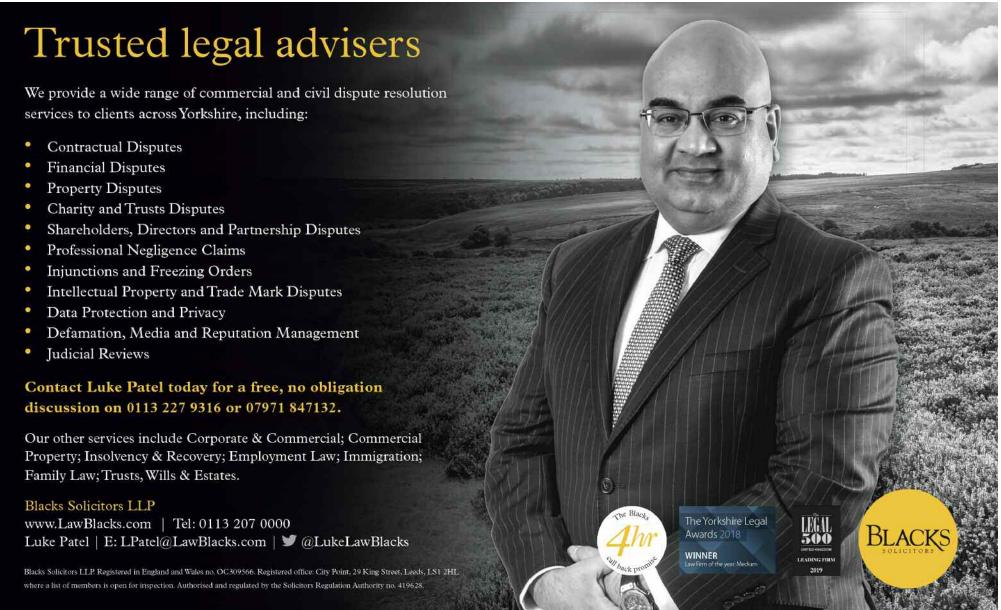
own communities.

Lord Wajid Khan expressed pride in Saliha's achievements and presented her with the Influential Woman Award, while Tafheen Sharif hailed her as a true role model for all communities, expressing confidence in her ability to make a difference and empower women.

In her response, Saliha expressed deep gratitude and humility for the opportunity to serve as Overseas Human Rights Minister of Azad Jammu and Kashmir, a region close to her heart due to her familial ties. She pledged to uphold the values of justice, women's rights, independence, and empowerment, affirming her commitment to the betterment of the people of Azad Jammu and Kashmir.

Saliha Sadiq's appointment is not just a personal triumph but a beacon of hope for communities worldwide, symbolising the power of perseverance, passion, and dedication in effecting meaningful change.





The trailblazing contributions of Muslims living and working in the north of England is being celebrated in a new museum display in Leeds.

Leeds City Museum's spectacular Voices of Asia Gallery is hosting Muslims in the North, which runs until March 2025, and which explores the pioneering work of prominent Muslims in fields including commerce, healthcare, law and research.

Underpinned by research conducted and led by Maria Hussain, lecturer in management and organisations at the University of Leeds Business School, the display explores the inspiring stories of figures including Nazir Afzal, OBE, former chief crown prosecutor of north west England and Professor Ghazala Mir, who is chair in Health Equity and Inclusion at the University of Leeds.

Also included is Dr Mumtaz Patel, consultant nephrologist, RCP VP education and training, associate dean PG with NHS England and Mohsin and Zubair Issa, CBE, the joint owners of Leeds-based supermarket Asda and co-founders of EG Group.

Maria Hussain said: "The project's main aim is to showcase the value of cultural diversity and intercultural working within the region.

"I hope to contribute to work towards decolonising civic spaces to become more inclusive and representative of our diverse communities and most importantly, to inspire the next generation in continuing to nurture diverse cultural perspectives required to navigate an increasingly complex world."

The exhibition is part of the Cross-Disciplinary Innovation Fund, awarded by the University's Cultural Institute, which brings



together academics with Leeds Museums and Galleries to collaborate and apply novel research methods to museum collections.

Objects on display include an Islamic headscarf, necklace and a 2022 Commonwealth Games mascot loaned by Nazir Afzal who was a baton bearer when the games were held in Birmingham. Adam Jaffer, Leeds Museums and

Adam Jaffer, Leeds Museums and Galleries' curator of world cultures, said: "This new display is an inspiring addition to the Voices of Asia Gallery and highlights just some of the unique and positive contributions Muslims have made to

life in the north of England.

"It's fascinating to learn more about the stories and accomplishments of some of those who feature in the display, and I hope visitors will enjoy finding out about the part Muslims have played in life in the north."

The museum's Voices of Asia

Gallery takes visitors on a journey through Asian culture and Leeds's links with the world's largest continent, celebrating the sights, sounds and diversity of the Asian communities in the city.

The gallery contains some of the 6,000 Asian items in Leeds Museums and Galleries collection.





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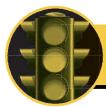
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'I love my culture and my heritage, but that does not necessarily mean that I don't love being British'

Dr Sarah Hussain's debut eco-thriller confronts and redresses traditional narratives of South Asian women during British

A debut novel by the University of Huddersfield's Dr Sarah Hussain is confronting traditional narratives and redresses the balance in writing about the Raj era and British colonialism in India.

'In the foothills of the Himalayas' is Dr Hussain's first full-length book and follows on from her novella 'Escaped From Syria' and a short story collection, 'Sit up, Stand up, Speak up'.

The novel encompasses family tragedy, environmental catastrophe and conspiracy in India through the 20th Century, but comes from a very different place compared to traditional fiction about the British Raj era.

Works like 'The Far Pavilions' and 'A Passage To India' took a British-centric approach, with Indian characters pushed to the side-lines, while women were often portrayed as powerless victims.

It is the culmination of more than seven years of post-colonial research following on from a Master's degree that saw Sarah complete her PhD whilst also juggling the demands of being a mother of two. Throw pandemic lockdowns into the mix, and Sarah is understandably

South Asian women were depicted as oppressed or as victims, and they were voiceless

"I love my culture and my heritage, but that does not necessarily mean that I don't love being British. You can be proud of both," says Dr Hussain, who teaches Humanities at the University's International Study

"This novel was about connecting with my roots and the journey of learning about my history. It's like building a house – you build the outside, which is the main structure, but then you have to add all the important details like plastering and decorating. For me, that meant going through draft after draft adding the finer detail."

Sarah's book celebrates the women who raised awareness of the damage done to India's environment by colonialism by drawing attention to a non-violent protest, inspired by the Chipko Movement.

This saw women organising themselves to protest

logging and deforestation in the 1960s and 1970s by keeping vigils over and attaching themselves to trees that had been earmarked for felling. However, there is a long history of women's environmental activism that predates the independence era, and the novel pays homage to

"The literature I found about the British colonial era in India were very much romanticised depictions, and women were almost wholly absent from this whole narrative. South Asian women were depicted as oppressed or as victims, and they were voiceless," Dr Hussain adds.

"I found it amazing to discover these women, who were not well-known. I wanted to create a novel that was telling the real story of what happened in the Raj era to acknowledge South Asian women and give them a fairer representation, to show we are not just





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Where it Beg

Began, a special exhibition that forms part of this year's countdown to Bradford 2025 UK City of

In this solo exhibition, Where it Began, artist Osman Yousefzada invites viewers to contemplate themes of labour, social class, immigration and the impact of colonialism on human bodies.

The title itself serves as a metaphor that spans

different timelines: from historical relationships between the British Empire and South Asia regarding textiles to Yousefzada's father arriving in Bradford during the wave of Commonwealth migration in the 1960s to labour at Crofts Engineering foundry to concepts of belonging, identity and homemaking.

Where It Began presents work both inside and outside Bradford Council's Cartwright Hall Art

The main hall itself will showcase the artists' handcrafted textiles, sculptures and newly wrapped artworks. Continuing his dialogue with site-specific objects, the artist will wrap the various busts and statues at Cartwright Hall Art Gallery including a marble bust of Queen Victoria and the statue 'Humanity Overcoming War' (1925).

Outside in Lister Park, Yousefzada is giving the

statue of Diana the Huntress a new cultural life, where migrant and diasporic threads are woven into

a tribute to the female.

What Is Seen and What Is Not, along with new works and outdoor commissions created specifically for Bradford. Where It Began is the first of several events presented by Bradford leading up to its year as the UK City of Culture in 2025.

For the duration of Yousefzada's show, Street

Osman Yousefzada takes a deeply personal look at migration, identity and community in Where It series of creative conversations, workshops and sessions to explore the intricate dynamics of social engagement within Cartwright Hall and Lister Park.

> 'Where it Began' is a celebration of this city enabling me to share narratives that unite us and through the power of storytelling we create more understanding and hopeful futures."

Osman Yousefzada said "To be in Bradford is to be at a second home. Where my father arrived as an immigrant to find a New Life. To recount these forgotten tales across generations of change, upheaval, struggle and resilience is an honour.

'Where it Began' is a celebration of this

city enabling me to share narratives that unite us and through the power of storytelling we create more understanding and hopeful futures.'

Where It Began is presented in partnership between Bradford District Museums and Galleries and Bradford 2025 UK City of Culture. For more details about Bradford 2025, please visit bradford2025.co.uk. 2025.

Osman Yousefzada behind the scenes at Where It Began, Cartwright Hall Art Gallery (Credit: Bradford 2025 UK City of Culture) Artist Osman Yousefzada creates new work for his Bradford exhibition

Where: Cartwright Hall Art Gallery

When: 3rd May - 13th October 2024



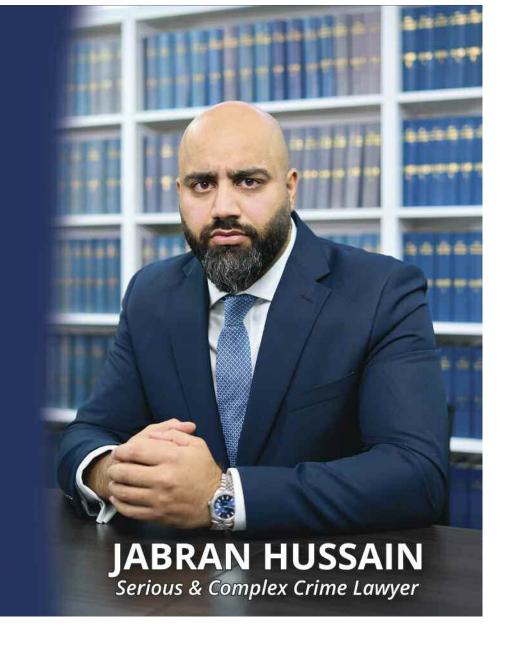
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The trailblazing contributions of Muslims living and working in the north of England is being celebrated in a new museum display in Leeds.

Leeds City Museum's spectacular Voices of Asia Gallery is hosting Muslims in the North, which runs until March 2025, and which explores the pioneering work of prominent Muslims in fields including commerce, healthcare, law and research.

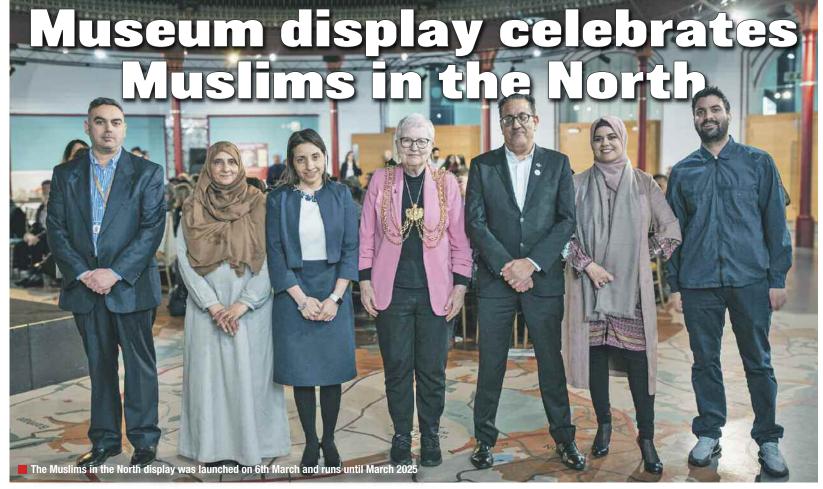
Underpinned by research conducted and led by Maria Hussain, lecturer in management and organisations at the University of Leeds Business School, the display explores the inspiring stories of figures including Nazir Afzal, OBE, former chief crown prosecutor of north west England and Professor Ghazala Mir, who is chair in Health Equity and Inclusion at the University of Leeds.

Also included is Dr Mumtaz Patel, consultant nephrologist, RCPVP education and training, associate dean PG with NHS England and Mohsin and Zubair Issa, CBE, the joint owners of Leeds-based supermarket Asda and co-founders of EG Group.

Maria Hussain said: "The project's main aim is to showcase the value of cultural diversity and intercultural working within the region.

"I hope to contribute to work towards decolonising civic spaces to become more inclusive and representative of our diverse communities and most importantly, to inspire the next generation in continuing to nurture diverse cultural perspectives required to navigate an increasingly complex

The exhibition is part of the Cross-Disciplinary Innovation Fund, awarded by the University's Cultural Institute, which brings



together academics with Leeds Museums and Galleries to collaborate and apply novel research methods to museum collections.

Objects on display include an Islamic headscarf, necklace and a 2022 Commonwealth Games mascot loaned by Nazir Afzal who was a

baton bearer when the games were held in Birmingham.
Adam Jaffer, Leeds Museums and

Galleries' curator of world cultures, said: "This new display is an inspiring addition to the Voices of Asia Gallery and highlights just some of the unique and positive contributions Muslims have made to

abdn

life in the north of England.

"It's fascinating to learn more about the stories and accomplishments of some of those who feature in the display, and I hope visitors will enjoy finding out about the part Muslims have played in life in the north.

The museum's Voices of Asia

Gallery takes visitors on a journey through Asian culture and Leeds's links with the world's largest continent, celebrating the sights, sounds and diversity of the Asian communities in the city.

The gallery contains some of the 6.000 Asian items in Leeds Museums and Galleries collection.

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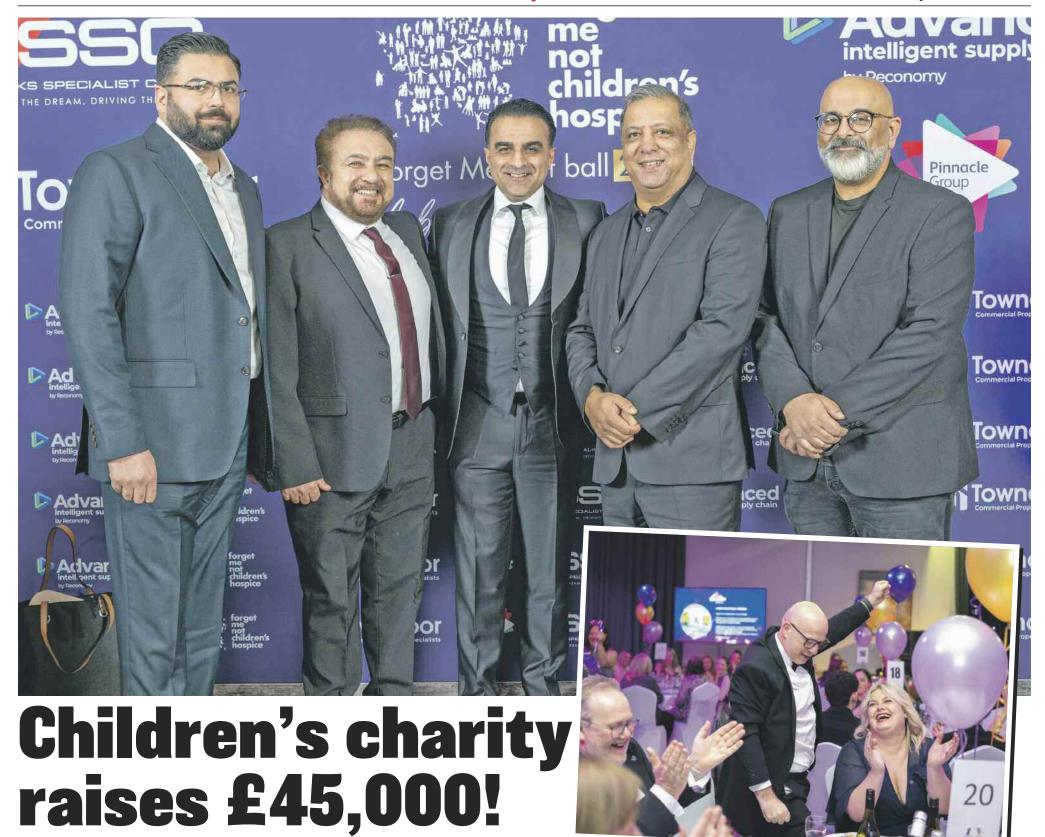














Forget Me Not Children's Hospice's hugely successful celebration ball held in Bradford raised an incredible £45,000 to support the charity's vital work.

The ball was an opportunity to

The ball was an opportunity to celebrate the diverse communities that do so much to support Forget Me Not and to enjoy an evening of fine food and dancing together. Entertainment was provided by bhangra dancers and dhol drummers, the band Indria, and DJ, Soulaisa Roadshow.

Forget Me Not says that every penny of the £45,000 raised in

ticket sales and fundraising on the night will go towards supporting local children with life-shortening conditions and their families both at the children's hospice and in their own homes.

Brilliantly hosted by Lee Hayes, the evening was kicked off with a speech by Forget Me Not's chair of trustees, Jeremy Cross and one of the mums the children's hospice supports told her story.

supports told her story.

Then the fundraising got into full swing with an exciting and high stakes auction. The main auction prize - a fantastic 7-day stay in Barbados for 10 people generously donated by Ken Davy (local entrepreneur and president of Forget Me Not's Platinum Partners consortium) was worth over £8,000. Enthusiastic bidding from a number of tables drove that up to a jaw-dropping £15,000!

Vicky Lough, event organiser, said: "What an amazing night it's been! A great atmosphere, lots of fun and a real community spirit. A huge thank you to all our guests for their generosity and support and to all the businesses who donated prizes as well as to our sponsors, volunteers and everyone



at the Cedar Court Hotel for helping make this an evening to remember!"

Forget Me Not's celebration ball was sponsored by Shaks Specialist

Cars. Other sponsors were: entertainment sponsor Advanced Supply Chain, reception sponsor Towndoor, and programme sponsor Pinnacle Group.



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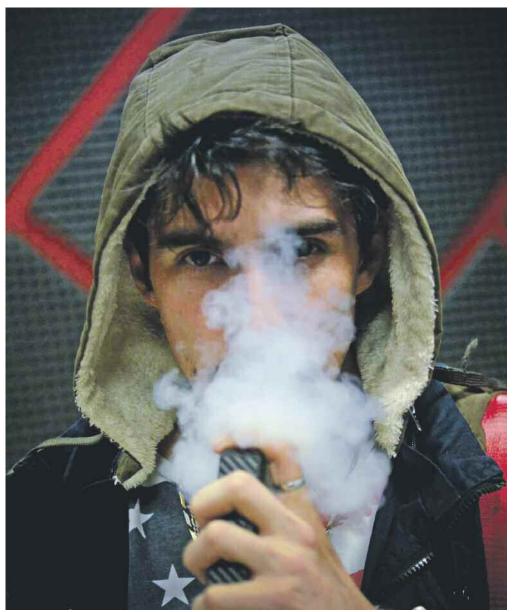
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Illicit market

Three West Yorkshire areas among 'Top Ten' for highest demand in illegal vapes

An online vape retailer has analysed the monthly search volume for illegal vapes across the UK over the past 12 months. Terms included 'crystal pro max,' 'r and m tornado', and '9000 puff vape'.

The search volume was compared to each area's population to determine the final ranking, with Batley, Halifax and Keighley listed in the illegal top ten areas.

It's illegal to sell vapes containing more than 2ml of e-liquid (equivalent to roughly 600 puffs) in the UK. However, illegal vapes containing more than 15 times the legal limit of liquid, are freely circulating across the country.

It's believed that a third of vapes currently sold in the UK are non-compliant, and this figure could rise significantly with the impending ban on disposable vapes due in 2025.

Research shows the vast majority of illegal vapes are purchased from brick-and-mortar stores, but the volume of online searches demonstrates the existence of a growing illicit market on the internet.

Guy Lawler, Managing Director of Vapekit.co.uk, who conducted the study comments: "It's incredibly concerning to see how illegal vapes are becoming more sought after in the UK, with many consumers having no idea that the products they're buying are untested and potentially unsafe.

"Retailers have a responsibility to adhere to UK vape regulations, but still, there are rogue operators, both on the high street and online, who openly sell illegal products and make no attempt to verify whether or not buyers are over



"Enforcement by Trading Standards has been virtually non-existent in recent years, which allows these rogue retailers to continue operating with impunity.

Vapes are meant to help people quit smoking, but the ever-growing black market is putting people's health at risk. Some of these non-compliant products even feature cartoon characters that attract younger people who should not be

6th March of the introduction of

a new vape tax in 2026, and the pending ban on disposable vapes, it is feared the UK black market could grow exponentially as UK consumers find they are unable to source the products they want legally and affordably. The proposed vape tax will result in a 300% increase in cost for many vapers with those from low-income households hit the hardest.

strongly urge government to prioritise public waping.

"With the announcement on market importers and retailers are a matter of urgency." as a matter of urgency.

It's illegal to sell vapes containing more than 2ml of e-liquid, equivalent to roughly 600 puffs, in the UK

The ten most prolific towns and cities for searches relating to illegal vaping products

- **1. Croydon -** with an average monthly search volume of 379 illegal vaping products per 100,000 people. 284 of these searches are for the 'Crystal Pro Max' vape, which is illegal in the UK due to the product's high 'puff' counts of 4,000 and 10,000.
- 2. Carlisle with an average monthly search volume of 360 per 100,000 people. Like Croydon, the study also revealed that Carlisle most frequently searches for the 'Crystal Pro Max' vape, with accounts for 150 of the city's searches.
- **3. Batley** with an average monthly search volume of 311 per 100,000 residents, and 145 of these searches are for the 'Crystal Pro Max' vape. The 'R and M Tornado 9000' is another product which is frequently searched in Batley, accounting for 18 of the town's vape searches. The 'R and M Tornado 9000' is illegal in the UK, as the vape's liquid levels exceed the legal limit of 2ml per 600 puffs. the legal limit of 2ml per 600 puffs.
- **4. Bolton -** with an average monthly search volume of 302 per 100,000 people. 22 of the town's searches are for the 'R and M Tornado 9000', and 12 of these searches are for the 'Crystal Prime 7000'. Due to the product's high puff count, the 'Crystal Prime 7000' is illegal in the UK when containing nicotine.
- **5. Washington** with an average monthly search volume of 289 per 100,000 residents. The town in Sunderland frequently searches for the 'Crystal Pro Max' vape, which accounts for 96 of Washington's illegal vape searches, and 35 searches are for the 'R and M Tornado 9000'.

- **6. Halifax -** with an average monthly search volume of 274 per 100,000 people. 11 of these searches are for the 'Ene Legend' vape, which is commonly referred to as the 'Elux Legend'. This product is illegal in the UK due to its 10ml tank, which exceeds the legal limit of 2ml. The 'Elux Legend' also offers 3,500 puffs, making the product illegal when containing nicotine.
- **7. Widnes** with an average monthly search volume of 271 per 100,000 residents. Popular vape searches in the Lancashire-based town include the 'Crystal Prime 7000', which accounts for 45 of the town's searches, and the 'R and M Tornado 9000', which contributes to 29 of these searches.
- **8. Barnsley** with an average monthly search volume of 262 per 100,000 people. The town in South Yorkshire frequently searches for the 'Crystal Pro Max', which accounts for 117 of Barnsley's vape searches.
- **9. Blackburn** with an average search volume of 255 per 100,000 residents. Popular vape searches in Blackburn include the 'Crystal Pro Max', which makes up 155 of the town's searches. 11 of Blackburn's vape searches are for the 'Crystal Pro Max 4000', which is also illegal in the UK when containing nicotine.
- **10. Keighley** with an average monthly search volume of 253 per 100,000 people. Common searches in the town include the 'Crystal Pro Max', which accounts for 114 of the town's searches. 22 of Keighley's searches are for the 'R and M Tornado 9000', which contains more than 15 times the UK's legal liquid limit.

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NASA to create Lunar Time

NASA has been directed to create a standard time zone for the moon to make sure communications are synchronised and data transfers in space are secure. But the same clock on Earth would move differently on the moon - making the time zone both vital and complicated to develop. The moon will get its own time zone after the White House directed NASA to

the White House directed NASA to

develop a unified lunar time standard by the end of 2026.

The Coordinated Lunar Time, or LTC, would provide a time-keeping benchmark for lunar spacecraft and satellites that will require extreme precision for their

Having a standard lunar time is vital - and complicated - because time unfolds differently on the moon compared to how it is perceived on Earth due to the difference

in gravitational force.

"The same clock that we have on Earth would move at a different rate on the moon," Kevin Coggins, NASA's space communications and navigation chief, said in an interview.

For a person on the moon, an Earth-based clock would appear to lose on average 58.7 microseconds per Earth-day, the head of the White House Office of Science and Technology Policy (OSTP) said in a memory in a memo.

Other periodic variations would further drift moon time from Earth time, Arati Prabhakar added.

The OSTP instructed NASA to work with other parts of the US government to devise a plan by the end of 2026 for developing LTC.

"Think of the atomic clocks at the US Naval Observatory [in Washington]. They're the heartbeat of the nation, synchronising everything. You're going to want a heartbeat on the moon," Mr Coggins said.

Coggins said.

Under NASA's Artemis programme, the space agency is aiming take a team of astronauts to the moon in the coming years for the first time since Apollo 17 in December 1972.

Dozens of companies, spacecraft and countries are involved in the effort.

An OSTP official said that without a unified lunar time standard it would be challenging to ensure that data transfers between spacecraft are secure and that communications between Earth, satellites, bases and astronauts are synchronised.

Discrepancies in time also could lead to

errors in mapping and locating positions on or orbiting the moon, they added.

"Imagine if the world wasn't syncing their clocks to the same time - how disruptive that might be and how challenging everyday things become," the

official said.
On Earth, most clocks and time zones are based on Coordinated Universal Time, or UTC, which relies on a vast global network of atomic clocks around the world.





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He's a school career's advisor on a mission, who's recent 10K challenge while fasting 16-hours has taken his fundraising total to over £900,000.

Nazim Ali's dedication to charitable work is truly inspiring. His long history of humanitarian work, both locally and internationally, demonstrates his unwavering dedication to serving others - from self-funded international aid deployments to distributing gifts to hospitalised children.

His latest bout saw the 'Ramadan Runner' completing his 11th Annual Ramadan 10K Run on Sunday 7th April, while fasting almost 16-hours.

It was blustery conditions with the ferocious wind pushing against me for half of the race, which meant I had to work twice as hard.

His fundraising challenges have now raised over £900,000 for various charitable causes, including his recent pledge to build new homes for impoverished families in Afghanistan.

Via his own 'Nazim Ali Foundation',

along with Green Crescent Aid UK, Nazim aims to provide better living conditions for vulnerable groups in Afghanistan.

His selfless actions will not only provide shelter but also hope and dignity to those facing poverty and hardship.

By personally covering race expenses,

Nazim ensures that every penny donated goes directly to the cause. His transparency and dedication to ensuring 100% of donations support the intended beneficiaries reflect his integrity and commitment to making a meaningful

Talking about the run, Nazim says: "I completed my 11th Annual Ramadan 10K Run (while fasting almost 16-hours) at the Fleetwood 10K Run in a time of 1 hour 3 minutes and 14 seconds.

"It was blustery conditions with the ferocious wind pushing against me for half of the race, which meant I had to

work twice as hard.

"With the waves crashing on to the Fleetwood promenade overlooking Morecambe Bay meant our feet got wet!

"I finished the race at 11am and still

had 9-hours before I opened my fast - no

food or drink until sunset.

"Including this year's running challenge while fasting, I have raised over £400,000 during the last 11 Ramadan running challenges, which I'm so incredibly honoured about."

The 'A februistan New Homes Project'

The 'Afghanistan New Homes Project' ensures that vulnerable people such as poor families, widows, orphans, the disabled and elderly can be moved from makeshift tent homes to safe and secure

new two-room dwellings.
"I am grateful for the kind support of all my sponsors," he comments.

"I have worked with Green Crescent Aid UK which is an experienced UK registered charity for over seven-years now, having visited Malawi and witnessed 126 house transformations, providing over 600 live goats to poor villagers in Malawi and so forth.'

Nazim's accolades, including an Honorary Fellowship from the University of Bradford, underscore the recognition of his remarkable contributions to society. Nazim's tireless efforts exemplify the spirit of Ramadan, embodying the values of compassion, generosity, and solidarity with the less fortunate.



ILESTONE: £900,000!

Ramadan Runner hits new fundraising record with Fleetwood 10K Run





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Refugees treated to free

Royal Onsen, the luxury spa nestled in the heart of Bradford, West Yorkshire, extended its warm embrace to those seeking solace and relaxation in trying times. In a heartfelt gesture of compassion and solidarity, Royal

Onsen opened its doors to refugees in the West Yorkshire area, offering them a day of pampering and rejuvenation, completely free of charge.

Continued on page 30

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Negligence Claims Against Valuers – What Is The Test?

he recent High Court case of Bratt v Jones provides useful guidance as to how negligence claims against valuers will be determined by the Court.

In that case the Defendant valuer was jointly instructed by the Claimant and a property developer as a third-party valuer in relation to the sale of a site by the Claimant to the developer under an Option Agreement. The Claimant and the developer had instructed separate valuers to make submissions to the Defendant about the estimated market value of the site. The Claimant's valuer put forward a valuation of between £7,000,000 to £8,600,000 (based on evidence of comparable transactions) whereas the developer's valuer put forward a market valuation of £1,766,000 (based on the developed value of the site less the development costs). The

subsequently prepared his own valuation by reference to both valuation approaches and determined the market price of the site to be £4,075,000.

The Claimant

The Claimant claimed that the true

the site was £7,800,000 with a 10% margin of error either way and, as such, he had received substantially less for the site from the developer than he was entitled to, and pursued a negligence claim against the Defendant for the alleged shortfall.

The Claimant's claim was based on the result of the valuation by the Defendant rather than how the Defendant had arrived at that valuation. The Claimant submitted that the fact that the Defendant's valuation fell outside of a reasonable margin of the correct valuation that would be sufficient to establish negligence on the Defendant's part without the need to consider whether the Defendant's conduct in fact fell below the requisite standard of skill and care expected of a reasonable valuer, under the well-established legal doctrine known as the Bolam Test.

The Defendant contended that in assessing liability, the starting point was the Bolam Test and that it was not enough to simply show that another valuer would have given a different valuation. Instead, the Court had to assess whether the Defendant had acted in accordance with the best practices that were regarded as acceptable by a respectable body of opinion of valuers. The Defendant submitted that he had acted in accordance with reasonably accepted practices in arriving at his valuation and therefore he had not been negligent.

The Court agreed with the Defendant and dismissed the claim. The Judge held that, to establish negligence by a professional, the Claimant firstly had to prove that the professional had failed the Bolam Test and, in respect of valuers, that their valuation fell outside the permitted margin of error. In this instance, the Judge found that the "true" value of the site was £4,550,000 (as compared to the Defendant's valuation of £4,075,000) and that was within the margin of error that was acceptable to other experts. Consequently, if followed that it was not necessary for him to assess whether the Defendant's valuation methodology satisfied the Bolam Test

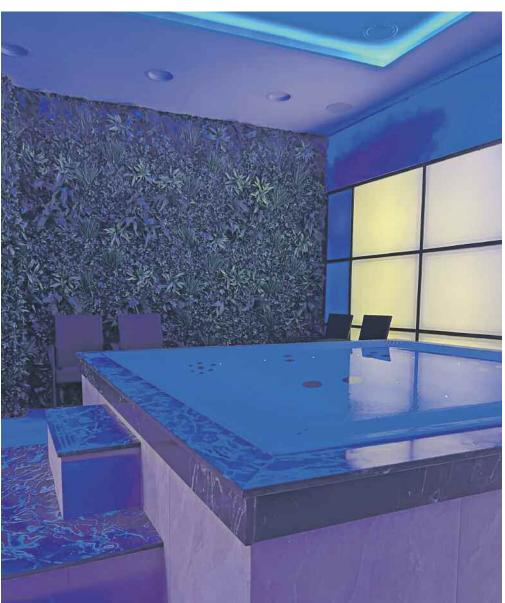
Although the Court did not apply the Bolam Test in this case, the case does however clarify that in respect of negligence claims against valuers, the Test is fundamental in establishing liability.

If you require advice or

If you require advice or assistance in the minefield area of professional negligence then please contact Luke Patel on 0113 227 9316 or email him at "LPatel@LawBlacks.com".

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





Refugees treated to free spa experience

Continued from page 29

The event, aptly named "Luxurious Refuge," aimed to provide a sanctuary of peace and tranquillity for individuals who have endured hardships and challenges in their journey to find safety and security.

Amidst the serene ambiance of Royal Onsen's exquisite facilities, refugees were treated to a bespoke spa experience designed to alleviate stress, restore vitality, and instil a sense of well-being.

"We believe that everyone deserves to experience moments of serenity and self-care, regardless of their circumstances," said Maryam Iqbal, the founder and CEO of Royal Onsen.

Royal Onsen.

"Luxurious Refuge is our way of giving back to the community and offering a moment of respite to those who have faced adversity. It's about nurturing both the body and the spirit."

The day-long event featured an array of indulgent treatments, including luxurious massages, soothing baths, and access to the spa's renowned facilities. Each guest was

greeted with warmth and hospitality, ensuring they felt cherished and valued throughout their time at Royal Onsen.

"We are incredibly grateful to Royal Onsen for their generosity and kindness," expressed one of the attendees, a refugee from a war-torn region.

from a war-torn region.
Inayah Sher from the Sisters of Shukr group in Bradford said "This experience has been truly transformative, allowing these lovely ladies to momentarily escape the challenges of their reality and embrace a sense of peace."

Luxurious Refuge exemplifies Royal Onsen's commitment to social responsibility and community engagement.

By opening its doors to those in need, the Spa hopes to inspire others to embrace compassion and empathy in their own lives, fostering a culture of inclusivity and support.

For more information about Royal Onsen and its initiatives, please visit www.royalonsen.com or visit their Instagram social media page.



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Beauty experts reveal the for pre-teen skincare routines

a growing concern over pre-teens and teenagers using an excessive amount of luxury skincare products. However, many of these trending products are age-restricted due to the potential damage they may cause to young people's skin. In light of this ongoing discussion,

experts at the beauty and wellness marketplace, Fresha, have compiled a dos and don'ts guide for pre-teen skincare routines

A spokesperson for Fresha has commented: "People must be aware of the risks some skincare products can have on young people's skin. While pre-teens and teenagers may be easily swayed by skincare influencers on TikTok, it's essential to do your research before applying the products you see online. "However, pre-teen skincare

and more youngsters are interested in taking care of their skin thanks to social media, but it's essential to recognise which products may cause more harm than good and instead stick to safer skincare routines.

Steer clear of risky products

1. Avoid using retinol

Retinol has become a popular product on social media that is videly used by beauty influencers. However, due to the product's anti-aging ingredients, it is generally only to be used by people in their mid-twenties and older.

When prescribed by a doctor or a

In recent months, there has been growing concern over pre-teens doesn't have to be ruled out dermatologist, retinol can be used should avoid it altogether. as an acne treatment. Other than When used on adolesc this, it is an entirely unnecessary product to be used by pre-teens because it can have some damaging consequences on juvenile skin.

Retinol can irritate pre-teen's skin due to the product's high acid levels and can cause premature skin damage. The product also reduces the skin's natural protection against the sun, making retinol users more susceptible to UV rays and sun

2. Ditch the hydroxy acid

Like retinol, hydroxy acid is typically used to prevent wrinkles and fine lines. Due to the product's anti-aging ingredients, it's generally advised not to be used by people under the age of 25. Due to the product's high acid levels, pre-teens

When used on adolescent skin, droxy acid can irritate and hydroxy worsen skin conditions due to the product's removal of the top layer of skin cells. Hydroxy acid, like retinol, can also make users more susceptible to lasting sun damage, which is why pre-teens should avoid unless prescribed as acne treatment.

Ultimately, pre-teens should steer clear of anti-aging products entirely. As well as causing potential skin damage, anti-aging products can also spark harmful and pre-mature insecurities about wrinkles and other natural effects of aging.

3. Push aside the exfoliating

Most exfoliating acids are too

harsh to be used on young people's skin and should be avoided in preteen skincare routines. The products contain high levels of acid, which are intended to remove dead skin cells but ultimately irritate preteens' skin. Experts have also suggested that exfoliating acids may even disrupt the natural skin barrier, causing itching, dryness, and skin swelling.

Once again, it's also risky for preteens to use exfoliating acids due to the increased risk of sun damage, making it a product to avoid in preteens' skincare routines. It's important to note that pre-teens can use milder exfoliating acids as acne treatment, but only when advised by a doctor or dermatologist.

Continued on page 34



Beauty experts reveal the dos and don'ts for pre-teen skincare routines

Continued from page 33

4. Stay away from vitamin C serums

Some benefits of vitamin C serums include reducing the appearance of wrinkles and fine lines. Because of this, vitamin C serums are an unnecessary product to be used

in pre-teens' skincare routines.
Skin experts have also debated the safety of vitamin C serums for children's skin. Some claim these serums can worsen skin conditions like eczema due to the product's high acid levels. Overall, it's best to steer clear of expensive serums entirely, as the anti-aging benefits of these products will be entirely unnecessary for pre-teens.

5. Introduce a safe routine

Despite the dangers of some viral skincare products, pre-teen skincare doesn't have to be an entirely negative subject. It can be positive for pre-teens to express an interest in looking after their skin, which is why some products can be a great place to start a safe skincare

6. Rely on a trustworthy moisturiser

Moisturiser is an essential part of many skincare routines and a safe product for pre-teens. A light layer of moisturiser can improve hydration and prevent dryness, so it's a great introduction to the world of skincare.

7. Experiment with pimple patches

Applying a pimple patch on a blemish can reduce redness and inflammation, making them a fun and exciting product for pre-teen skincare routines.

8. Never underestimate SPF

Due to the popularity of these products on TikTok, many pre-teens may already be applying SPF products in their skincare routines. #SPF currently has over 6 billion views on TikTok and has over 232,000 posts, showing its relevance on social media.

SPF products are an incredibly safe and beneficial product to incorporate into pre-teen skincare routines as they provide protection against the sun. SPF should always be the last step in any skincare routine and should be applied at least 20 minutes before going outside for maximum effect.

9. Try out a mild cleanser

Cleansing is an effective way to rid your skin of dirt and oil, making it a reliable breakout preventive. Because of this, mild cleansing products, such as gel cleansers, can be a safe and refreshing part of a pre-teen skincare routine.



SCENTSALIM

FINE ARABIAN SCENTS

Imagine over 1,000 scents with inspiration and ingredients taken from traditional Arabian sources and blended in a way that combines East and West.

This is exactly what you have with Scent Salim – a company which draws its customers from around the world.

Fragrances created by Scent Salim are a delight for the olfactory senses. For those familiar with Oud fragrances this is a treasure trove of delights – bringing the best ingredients and superb customer service together. If you are not so familiar this is a chance to purchase a scent you may never have smelled before – or to have your own bespoke fragrance made.

STORY OF SUCCESS

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

ABOUT THE PERFUMES

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

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

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

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

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

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

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



Experience the Arabian and western scent fusion www.scentsalim.com



Thalassemia Relief

A beacon of hope in the fight against devastating blood disorder in Pakistan

In the heart of Pakistan, where poverty intertwines with the silent killer known as Beta Thalassemia, a glimmer of hope emerges through the tireless efforts of Thalassemia Relief.

Founded by Adam Khan, this organisation is more than just a charity; it's a lifeline for those battling this devastating genetic blood disorder.

Adam Khan's journey with Thalassemia Relief began from a deeply personal place. Having witnessed firsthand the

Having witnessed firsthand the plight of underprivileged children suffering from Beta Thalassemia, Adam was driven by a simple yet profound belief: medical support should be a fundamental right, not a luxury.

With this conviction, he embarked on a mission to ensure that every child, regardless of their socioeconomic background, had access to life-saving treatment.

The statistics are staggering. Between 500,000 to 900,000 children

are born with Beta Thalassemia in Pakistan each year, a significant portion of whom are unable to afford even the most basic medical care.

The Amna Jahangheer Thalassemia Centre in Kotli, Pakistan, became the focal point of Thalassemia Relief's efforts. Here, the team could address the pressing needs of patients and work towards their ultimate goal of saving lives.

Beta Thalassemia Major looms large as a leading cause of mortality in specific regions of Pakistan. Recognising this grim reality, Adam Khan and his team at Thalassemia Relief set out to raise awareness and mobilise resources to support the most vulnerable members of society.

How it all began

The journey began modestly, with Adam and a dedicated volunteer, Bilal Hasan, leading the charge.

Through grassroots efforts and community outreach, they laid the foundation for what would become a beacon of hope for countless families.

As the organisation grew, so did its impact.

Adam says: "Today, Thalassemia Relief boasts over 50 patients receiving essential long-term blood transfusions and iron chelation medicines, thanks to the generosity of donors.

"But the work is far from over.

"Thalassemia Relief provides a comprehensive range of services, including blood transfusions, tests, medication, food, transport, medical equipment, specialist ppointments, and crucial awareness programs. Every donation, no matter how big or small, directly contributes to these vital initiatives."

Registered with the Charity Commission and Fundraising Regulator, Thalassemia Relief operates with a 98.9% donation policy, ensuring that your contributions go directly towards supporting those in need. They are supported by the UK NHS Beta Thalassemia Genetic Counselor,



Sobia Khan.

What's next?

Looking to the future, Thalassemia Relief envisions expanding its reach beyond Kotli, Pakistan, to other regions where poverty and lack of access to healthcare exacerbate the suffering of those with Beta Thalassemia.

Adam says: "With your continued support, this vision can become a

"At Thalassemia Relief, the mission is clear: to provide free,

comprehensive care to patients battling Beta Thalassemia while addressing the broader issues of poverty and inequality.

"Through a combination of medical treatment, education, and community empowerment, they strive to create a brighter, healthier future for all."

brighter, healthier future for all."
Back in December 2021,
Thalassemia Relief began as a humble
appeal, driven by a sense of urgency
and compassion. By June 2022, it was
officially registered, marking the
beginning of a remarkable journey





towards healing and hope.

Since then, Thalassemia Relief has treated over 300 patients, extending its reach to over 10 different parts of the country, including remote villages where access to healthcare is limited.

has been at the Awareness forefront of Thalassemia Relief's efforts from the very beginning.

Through various methods such as door-to-door campaigns, private fundraisers, and fund days, the organisation has sought to educate communities about Beta Thalassemia and the importance of early detection and treatment. These grassroots initiatives have played a crucial role in saving lives and preventing needless suffering. Thalassemia Relief operates with

transparency and accountability, adhering to regulations set forth by the Charity Commission, Fundraising

Regulator, Gift Aid, and HMRC.
Supported by NHS Thalassemia
Genetic CLLRS, the organisation is
committed to providing gold
standard, long-term care to its registered patients, covering a wide range of services from blood examinations to iron chelation

The Amna Jahangheer Thalassemia Centre in Kotli, Azaad Kashmir, serves as the primary hub for Thalassemia Relief's operations, providing essential care to 178 long-

However, the demand for their services continues to grow, with 25 patients awaiting registration. With your donations, Thalassemia Relief can extend its reach and support even more individuals in need.

Providing support

In addition to providing medical care, Thalassemia Relief is committed to creating a supportive and nurturing environment for its patients. Last year, they invested in cosmetic renovations at the centre, transforming it into a child-friendly space filled with colourful cartoons and paintings.

"These small gestures make a big difference in the lives of children battling Beta Thalassemia," Adam

"The achievements of Thalassemia Relief are a testament to the dedication and hard work of its team members and volunteers.

From receiving awards for their impactful work to halving excess iron levels and reducing the need for blood transfusions, the organisation has made significant strides in improving the quality of life for those affected by

Beta Thalassemia.

But Thalassemia Relief cannot do it alone. They need the support of long-term donors, business leaders, and compagnionate in this latest and compagnionate in the compagnionate in t compassionate individuals like you to continue their life-saving work. Whether it's through local collections, pledges, or spreading awareness in your community, every contribution makes a difference.

"Looking ahead, Thalassemia Relief's goals are ambitious yet achievable. They aim to register more patients, support additional centres, and expand regionally, ensuring that no child suffers needlessly from Beta Thalassemia," says Adam.

"With your continued support, they can turn these aspirations into reality and create a brighter future for

generations to come.
"In conclusion, Thalassemia Relief is not just an organisation; it's a beacon of hope for those battling Beta Thalassemia in Pakistan and beyond. Together, let's stand with them in their fight against this silent epidemic and make a difference in the ves of those who need it most.

For more information on how you can support Thalassemia Relief or to volunteer your time, visit their website at www.thalassemia relief.org contact them directly or contact them directly at info@thalassemiarelief.org or 01274 009575. Follow their journey on social media and show your support for this worthy cause.

HELP US SAVE A LIFE TODAY

Text **Thalrelief** to 70460 to donate £10



Texts will cost the donation amount plus one standard network message





From the author of 'Would I Lie to You?', comes a funny, heartwarming novel about a British-Asian mother and daughter who clash over the plans for the bride's Big Day – a timely exploration of generational expectations and Muslim weddings.

A funny, heartwarming and page-turning novel about a British-Asian mother and daughter, who clash over the plans for the bride's Big Day.

for the bride's Big Day.

Noor has no interest in getting married (much to the aunties' distress). Growing up she saw first-hand how divorce tears families apart... But then, she falls in love.

Soon, Noor's engaged and planning an intimate wedding that feels perfect for her and her fiancé Dan. But when Noor discovers her mother Leena also has grand plans for the Big Day, their once-close relationship starts to unravel.

Noor can't understand why Leena is determined to have an

Noor can't understand why Leena is determined to have an elaborate Desi celebration when their lives have been anything but traditional. And after a lifetime following other people's dreams, Noor is determined not to back down.

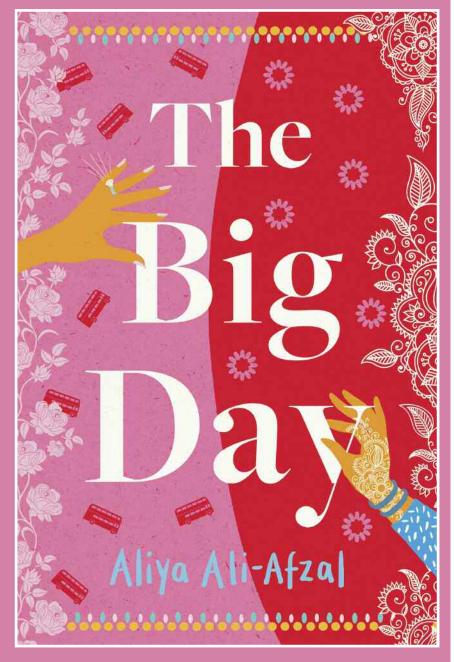
As Leena and Noor clash over every point on their to-do lists, it begins to look like there will be two weddings and only one bride. And when family secrets shake the women's bond further, will there even be a wedding at all?

About the Author

Aliya Ali-Afzal has a degree in Russian and German from UCL and worked as an Executive MBA Career Coach in London. While helping her clients to pursue their dream lives and careers, she decided to take her own advice and become a writer. She is studying for an MA in Creative Writing at Royal Holloway, is an alum of Curtis Brown Creative, and has had her writing longlisted for the Bath Novel Award, the Mslexia Novel Competition, the Mo Siewcharran Prize, and the Primadonna Prize. Aliya has lived in London all her life since moving there from Pakistan as a young child.

BOOK: 'The Big Day'

Aliya AliAfzal's
heartwarming
novel about a
British-Asian
mother and
daughter
who clash
over the
plans for the
bride's
Big Day



'Uplifting and joyous... A refreshing new voice in commercial fiction' - Cosmopolitan

'Compelling and heartwarming' - Happiful

Warm, intelligent... and keeps up the tension right till the end' -Sophie Kinsella







THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD

Dubbed the most violent and goriest film India has ever produced

Get ready to see the action-packed film KILL in cinemas around you! Kill, directed by Nikhil Nagesh Bhat and produced by Karan Johar, Apoorva Mehta for Dharma Productions, and Guneet Monga Kapoor, Achin Jain for Sikhya Entertainment, is a gripping action film poised for an adrenaline rush.

It recently debuted at the Toronto Film Esstival as

It recently debuted at the Toronto Film Festival as part of its Midnight Madness selection, introducing audiences to a captivating narrative.

The movie, featuring newcomer Lakshya in the lead

role alongside Raghav Juyal and Tanya Maniktala, has garnered attention for its unique storyline and intense action sequences.

Lionsgate, a renowned Hollywood studio, has secured the North American and UK rights for theatrical release in 2024, marking a significant

collaboration between Indian and Western cinema.

In the heart of the film, we meet Amrit, a fearless army commando, who embarks on a daring mission when he discovers that his beloved Tulika is trapped in an unwanted engagement. His journey takes a thrilling turn as he boards a New Delhi-bound train, only to encounter a menacing gang of knife-wielding thieves led by the merciless Fani.

As chaos ensues onboard, Amrit finds himself thrust

As chaos ensues onboard, Amrit finds nimself thrust into a life-or-death battle to protect the innocent passengers from the clutches of terror.

What begins as a routine commute transforms into a pulse-pounding spectacle of survival, as Amrit navigates through the perilous obstacles, unleashing a relentless barrage of action to thwart the sinister plans of his adversaries.

of his adversaries.

With its blend of high-octane thrills and heartfelt drama, Kill promises audiences an electrifying cinematic experience that transcends boundaries.

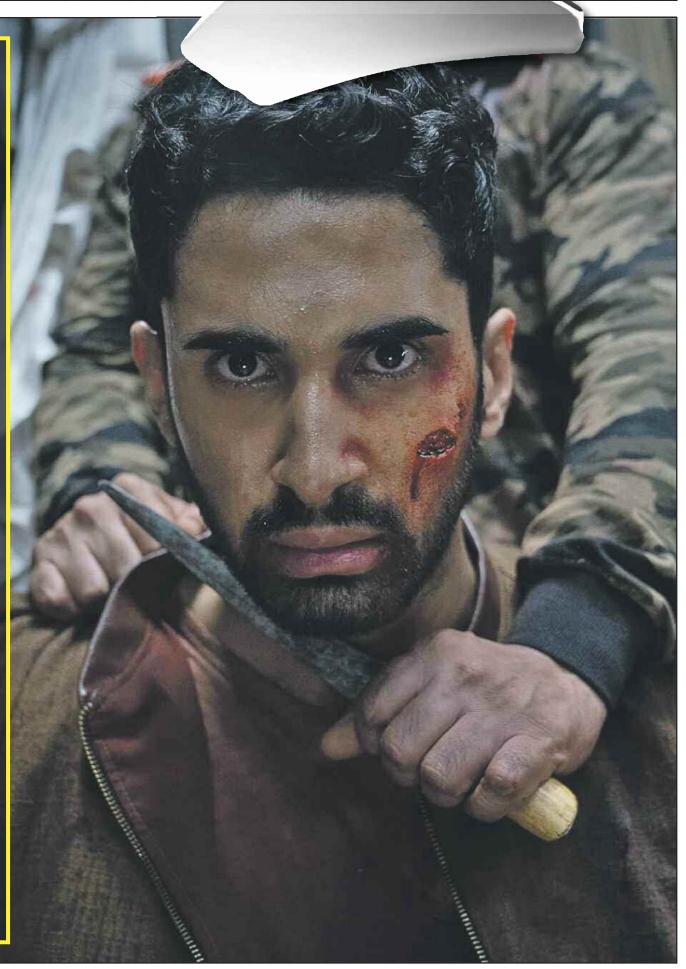
Through its groundbreaking partnership with Lionsgate, the film is set to captivate audiences on an international scale, heralding a new era of collaboration between Indian and Western cinema.

Peter Debruge from Variety said, "A train, two commandos and 40 thieves add up to one bloody action bonanza"

action bonanza.'

Nate Richard from Collider said, "Nikhil Nagesh Bhat's aggressively violent action flick is destined to become a cult classic."

Watch the film in cinemas from 5th July 2024.



Amina Khayyam Dance Company (AKDA) presents YOU&ME and BIRD, a double bill of award-winning and critically acclaimed Kathak, at The Place, London 4th June 2024

Opening with a silent scream, BIRD poses a question that crosses the mind of many women stuck in abusive relationships: "Where will I go?" "Will anyone believe me?"

High energy Kathak weaves the story to a specially commissioned live music score by Jonathan Mayer featuring Sohini Alam on vocals and Debasish Mukherjee on tabla.

Critically-acclaimed, it won the Lustrum Award at Edinburgh Festival Fringe 2023. Since Edinburgh, the piece has been scaled up and developed into a longer performance with more

YOU&ME was developed from workshops with women groups - where some shared their real-life experiences of a marriage where their partner could not express his sexuality for fear of bringing shame to the

Artistic Director Amina Khayyam said: "BIRD started in a workshop with a women's community group where a

participant asked "What happens to a woman when she runs away from domestic abuse?" In BIRD we explore the social stigma for women in such a situation.

"These stories are forever relevant but seem even more so in current times. The pieces tell these stories with the compassion and energy of Kathak and the power of the original live music."

BIRD is a stage sequel to AKDC's critically acclaimed digital work 'Catch The Bird Who Won't Fly' shown at the Fringe in

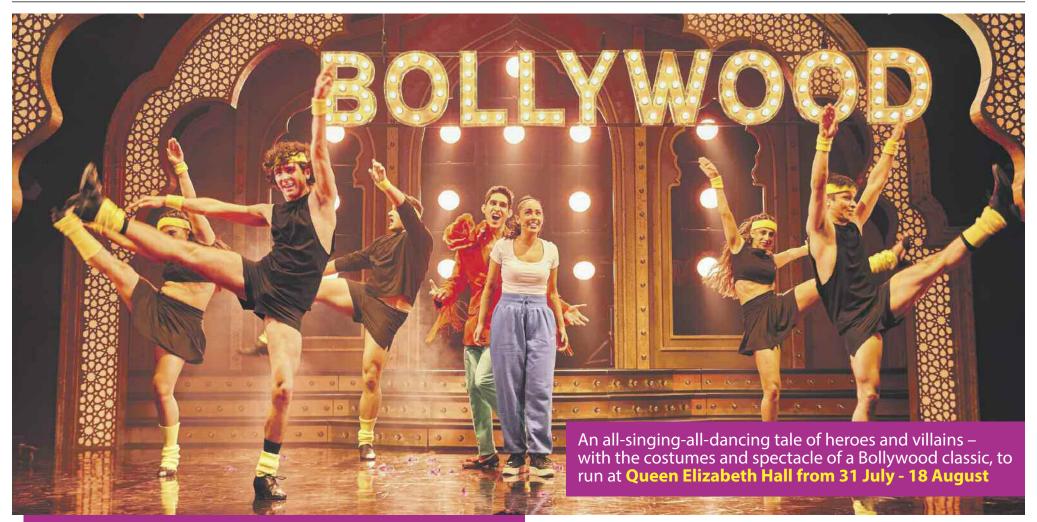
Amina Khayyam Dance Company (AKDC) makes touring dance theatre work using the South Asian dance Kathak as the core narrative and works in collaboration with those who are culturally least engaged, economically challenged and societally disenfranchised. The special focus is on the marginalised female voices – developing ideas for performances from the dance workshops produced with women's groups in Luton, Slough, Woking, East London and

for further information

explores social stigmas

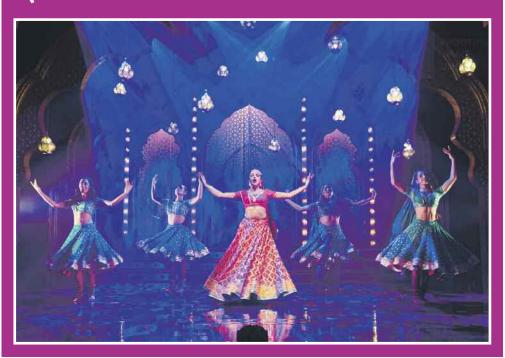
Amina Khayyam Dance Company's production explores minds of women stuck in Birmingham.
Find out more: Visit
https://aminakhayyamdance.co.uk
for further information





'Frankie Goes to Bollywood'

RIFCO's most spectacular and ambitious musical to date, set for the Southbank's Queen Elizabeth Hall



Rifco Theatre Company in partnership with Watford Palace Theatre and HOME Manchester are over the moon to announce that Frankie Goes to Bollywood, Rifco's most spectacular and ambitious musical to date, is to transfer to The Southbank's Queen Elizabeth Hall.

The showstopper music which has just opened for its world premiere for a three-week run at Watford Palace Theatre will go on to a 10-day run at HOME Manchester, followed by a national tour which will culminate in the three-week Southbank run.

three-week Southbank run.
Conceived by Artistic Director of Rifco, Pravesh Kumar MBE, 'Frankie Goes to Bollywood' is a spectacular all-singing-all-dancing tale of heroes and villains, with all the costumes and the spectacle of a Bollywood feature film. It tells the tale of being British in Bollywood and explores what it takes to get to the top.

the top.
Frankie never wanted to be a star, all she's ever really wanted is a close and loving family - but after a chance encounter with an up-and-coming director, she finds herself transported to Bollywood, cast in a movie and thrust into the limelight. Might the Bollywood world provide her with the family and community she has always dreamed of?

Suddenly Frankie is immersed in the world of fame and fortune but as she climbs the sparkling staircase of stardom, each step makes her question about what she is willing to do, or be subjected to, for success.

Drawing inspiration from both traditional Bollywood music and the best of Western musical theatre, the music for Frankie Goes To Bollywood is a carefully integrated hybrid designed to appeal to lovers of the Bollywood genre and also lovers of a good old West End extravaganza.

Bollywood as an industry generates over £2 billion a year, and globally the films have an audience of 1.3billion. In the UK a successful Bollywood film can be expected to take as much as £4 million - so it's little wonder that the glamorous lure of Bollywood stardom appeals to many British-South Asian young people. Frankie Goes To Bollywood is inspired by the true stories of Brits in Bollywood

Alongside a couple of very well-known British-born faces in Bollywood including Katrina Kaif and Alia Bhatt, there are also dozens more male and female actors born in Britain who have established successful careers. Frankie Goes To Bollywood was inspired by many of their stories, by Pravesh's own experience of being a Brit in Bollywood, and by what he observed regarding Britishborn women's experience in the industry.

Pravesh Kumar, MBE (Writer/Director) says

Pravesh Kumar, MBE (Writer/Director) says "Frankie is a multi-layered piece of theatre. It offers a sumptuous British spin on the glorious stories of Bollywood; a breathtakingly colourful journey of romance, sweeping songs and vibrant dance juxtaposed with an exploration of the darker undercurrent within the culture.

"This is a celebration of everything glorious and spectacular about Bollywood and Indian culture while highlighting less positive experiences women face. I wanted to highlight this issue because it's men's responsibility to shine a light on sexism and to call it out whenever and wherever they see it. I hope this show is a catalyst.

show is a catalyst.

Rifco Theatre has a long tradition of working to celebrate and reflect contemporary British Asian experiences, culture, and society. Pravesh's own experience working for a decade in Bollywood, and his extensive work looking at the British South Asian experience in UK theatre and film, play a fundamental role in the development of Rifco's productions and subject matter focusing on untold stories and under-represented voices.

subject matter focusing on untold stories and under-represented voices.

Pravesh continues: "Frankie Goes to Bollywood is both an ode and a call to action. An ode to the films we grew up with - movies that brought us laughter and tears and belting our lungs out in the shower.

"It's also a nudge to interrogate the culture

"It's also a nudge to interrogate the culture we've grown up with, and come together to make it better, brighter, and ask important questions about the deeply ingrained sexism."

"We have been blown away by responses to the show - the pre-sales for our opening venue have been phenomenal to the point where Frankie has almost outsold presales for any other performance at Watford Palace Theatre. We are so excited to come to Southbank and continue meeting what is clearly pent-up demand for authentic South Asian theatre in the UK"

Join the conversation:

#FrankieGoesToBollywood



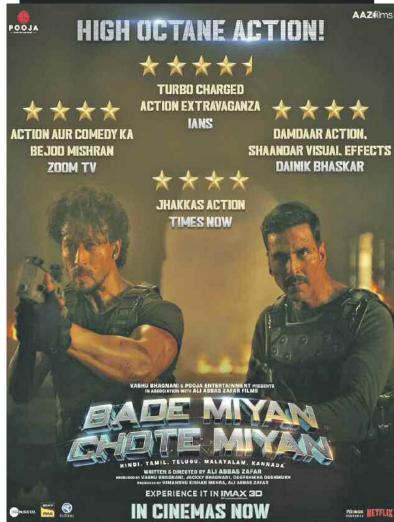
Civil War

Release date: 9/4/2024 Starring: Kirsten Dunst, Wagner Moura, Cailee Spaeny, Stephen McKinley Henderson, Sonoya Mizuno, Nick Offerman Director: Alex Garland Cert: 15

In the near future, a team of journalists travel across the United States during a rapidly escalating civil war that has engulfed the entire nation.



in



Bade Miyan Chote Miyan Release date: 10/4/2024 Starring: Akshay Kumar, Tiger Shroff, Prithviraj Sukumaran, Sonakshi Sinha, Alaya F and Manushi Chillar Director: Ali Abbas Zafar Cert: 12A

When a masked enemy rises within the nation, mercilessly targeting the military by stealing the country's most dangerous weapon, Colonel Azad sends his best officer to unearth two legendary from his unit for the mission: Brooding Bade Miyan and cocky Chote

Miyan.

What follows is Bade-Chote's unmatched camaraderie and courage as the duo strive to restore justice, delivering heart-pounding action and an adrenaline-pumping cinematic experience.

Producer Jackky Bhagnani and Director Ali Abbas
Zafar have joined forces to deliver a heart-racing blend

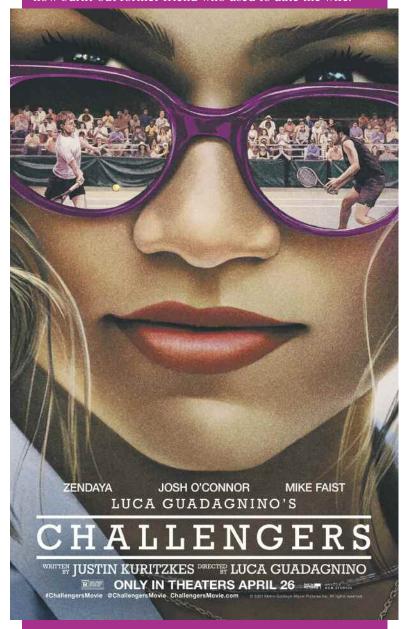
of action and adrenaline, guaranteed to captivate cinephiles worldwide.

Challengers

Release date: 26/4/2024

Starring: Mike Faist, Josh O'Conner. A.J. Lister **Director: Luca Guadagnino Cert:TBC**

A tennis coach helps her husband transform from a mediocre player to a champion. To end a recent losing streak, they enter at the lowest level of a tournament and find themselves facing off against a once-promising and now burnt-out former friend who used to date the wife.





Kingdom of the Planet of the Apes

Release date: 9/5/2024 Starring: William H. Macy, Kevin Durand, Freya Allan, Peter Macon, **Owen Teague Director: Wes Ball Cert: 12A**

Director Wes Ball breathes new life into the global, epic franchise set several generations in the future following Caesar's reign, in which apes are the dominant species living harmoniously and humans have been reduced to living in the shadows.

As a new tyrannical ape leader builds his empire, one

young ape undertakes a harrowing journey that will cause him to question all that he has known about the past and to make choices that will define a future for apes and humans alike.

Nearly 300 years after the events of War for the Planet of the Apes (2017), ape civilizations have emerged from the oasis to which Caesar led his fellow apes, while humans have regressed into a feral, primitive state.

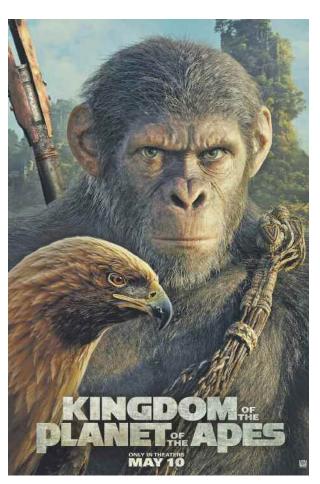
When the ape king Proximus Caesar, armed with

weapons forged from lost human technologies, perverts Caesar's teachings to enslave other clans, the chimpanzee hunter Noa embarks on a harrowing journey alongside a human girl named Mae to determine the future for apes and humans alike.

The Fall Guy

Release date: 2/5/2024 Starring: Ryan Gosling, Emily Blunt, Aaron Taylor-Johnson, Hannah Waddingham, Teresa Palmer, Stephanie Hsu, Winston Duke **Director: Luca Guadagnino** Cert:12A

Oscar® nominee Ryan Gosling (Barbie, La La Land, Drive) stars as Colt Seavers, a battle-scarred stuntman who, having left the business a year earlier to focus on both his physical and mental health, is drafted back into service when the star of a mega-budget studio movie—being directed by his ex, Jody Moreno, played by Golden Globe winner Emily Blunt (Oppenheimer, A Quiet Place films Sicario), goes missing films, Sicario)—goes missing.



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



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

Who is the Director of 'Kingdom of the Planet of the Apes'?

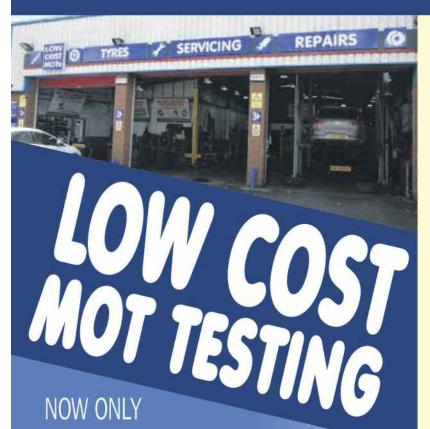
Send in your answers to my.competition@asianexpress.co.uk. Don't forget to mention your full name, contact details and address. Entry closes 10pm, 31st May 2024. Winners will be selected randomly from all correct entries. Hook on to this page for free cinema tickets to upcoming films.

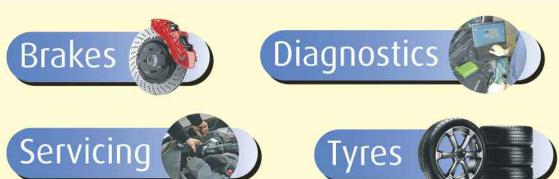
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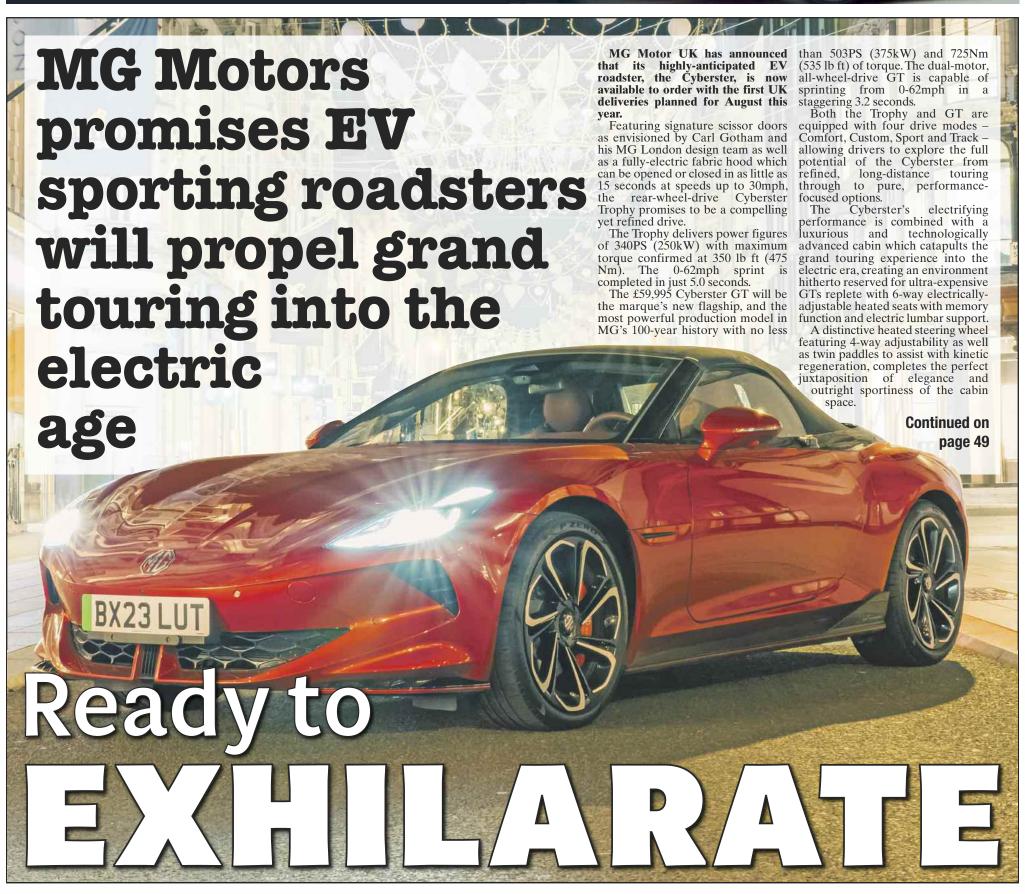
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The latest iterations of the all-electric BMW i4 and the BMW 4 Series Gran Coupé are set to further cement their distinctive presence in the market with new design enhancements and the introduction of

the latest digital capabilities.

Already boasting best in class driving dynamics, both the i4 and combustion-engine variants of the new BMW 4 Series Gran Coupé benefit from refined and reference developed. from refined and refreshed exterior aesthetics including newly designed headlights and optional Laserlight tail lights which enhance their striking presence on the road.

Newly introduced exterior paint options and light-alloy wheel designs offer more choice and opportunity for individualisation.

Inside, both models feature the BMW Curved Display which integrates the latest version of the BMW iDrive with QuickSelect, based

on BMW Operating System 8.5.

The world premiere of the BMW i4 in 2021 established purely electric mobility at the core of the BMW brand. It was the first premium model in the midsize class and brought the brand's signature design, material and build quality, individualisation and



intuitive operation together with

locally emission-free mobility.

The BMW Group's technological expertise and decades of experience in the development of sporty premium cars come to the fore in the integrated application of all powertrain and

chassis control systems.

With its overall concept focused on delivering compelling all-electric driving pleasure, the BMW i4 has spearheaded the BMW Group's electric offensive.

was the company's most

successful electric vehicle in 2023, selling more than 83,000 units worldwide. And most recently, the allelectric variants of the BMW 4 Series Gran Coupé accounted for around two-thirds of its overall sales. The BMW i4 has also acted as the driving force behind the transformation of BMW M GmbH into a provider of electric mobility; the range-topping BMW i4 M50 xDrive was the highest-selling BMW M model in both 2022 and 2023.

The success of the BMW i4 in

Europe also played a major role in helping the BMW Group to lower its fleet CO2 emissions once again in 2023. The company's provisional figure of 102.1 g/km in the WLTP cycle was well below the European Union's target of 128.5 g/km. This equates to a 2.8 per cent reduction in fleet CO2 emissions compared to 2022.

The popularity of the BMW i4 also represents an endorsement of the

represents an endorsement of the BMW Group's "technology-open" approach in the current ramp-up phase of electric mobility. The all-

electric gran coupé was developed based on a flexible drive system architecture. Similar vehicle concepts now also enable BMW 7 Series, BMW S Series, BMW X1, BMW X2 and BMW X3 model variants with combustion engines, plug-in hybrid systems and all-electric drive to be offered alongside one another.

The global market launch of both models will commence in July 2024 - BMW 4 Series Gran Coupé is priced from £43,830 RRP in the UK, with the BMW i4 starting at £50,365 RRP.



LIVING THE DREAM, DRIVING THE DREAM "



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MG Motors promises EV sporting roadsters will propel grand touring into the electric age

Continued from page 47

To maximise the pleasure and comfort of

long distance, roof-down motoring, a specially-designed wind deflector positioned between the front seats reduces buffeting to a minimum.

The Trophy and GT's 77kWh battery delivers an exemplary combination of range and performance. Maximum range (WLTP) for

and performance. Maximum range (WEIT) for the Trophy is 316 miles and 276 miles for the more performance-focussed GT.

David Allison, MG Head of Product and Planning, comments: "The Cyberster is a car designed to excite, whether through its head-turning design or its scintillating performance. "Port the Trophy and GT are compelling."

"Both the Trophy and GT are compelling two-seat EV sporting roadsters which promise to propel grand touring into the electric age."

The single motor Cyberster Trophy is available from £54,995 OTR and like all MG

models is supported by a comprehensive 7year, 80,000-mile warranty.

A sporting grand tourer for the electric age

Both the Cyberster Trophy and GT have undergone an extensive 18-month performance and handling development programme in the UK, directed by MG's Longbridge engineering team who also played a key role in developing the award-winning

The end result is a powerful roadster with a chassis optimised for UK and continental driving that offers high-levels of refinement in the city right through to a genuinely sporting experience on the open

The Cyberster is equipped with Brembo brakes as well as three-mode regenerative braking to maximise energy efficiency and extend the driving range. Trophy features a 19-inch alloy Lightning-design wheel, while the GT wears a 20-inch Jetstream-design with Pirelli P Zero tyres for optimised performance and control.

The impressive driving range for a sporting GT is underpinned by rapid DC charging up to 150kW, enabling a charge of 10% to 80% to be delivered in only 38 minutes.

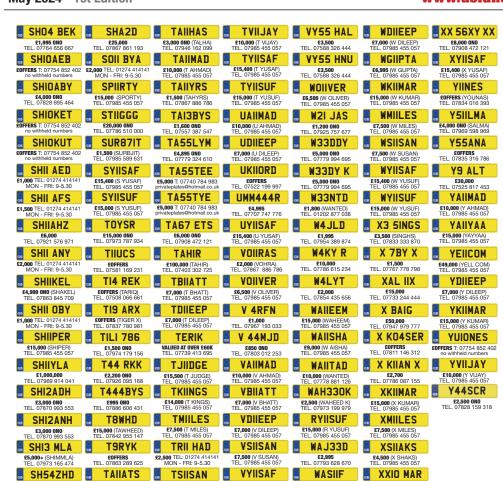
An extensive suite of driver assistance features provides additional safety and actively managing traffic conditions via MG Pilot. This includes Lane Change and Lane Keep Assist, Adaptive Cruise Control, Blind Spot Detection, Active Emergency Braking with pedestrian and bicycle detection, Traffic Jam Assist, Intelligent Speed Assist and Intelligent Headlight Control.

MG's interior designers have designed a cabin to match the striking exterior. In addition to the highly distinctive and multifunctional steering wheel there are metal sports pedals, with the leather-style seats available in grey with white accents or black with red. There are five exterior colour choices, from the classic New English White to the vibrant Inca Yellow, accentuated by the contrasting black lower trim. Including roof fabric and exterior paint colours, there are 32 combinations to choose from.



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786 KAM	MO3EAR	ASI4 NAK	BD55TAN	DRIIAYS	EVIIKAR	GVIIJAY	J4 NGS	KHIINGZ	MAIIMED	MSIIALY	N KIIANZ	PAII VEZ	RYIISAF
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786 MAK	MO4EAR	S ASI4 NJT	BEIIOLD	DR 5INGG	EYIISAF	GYIISAF	J4UEO	KH59 LED	MAIIMVD	MSIIAWK	NLIICAS	PDIIEEP	RYIISUF
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£0FFERS TEL. 07787 334 567	£2,000 TEL: 01274 41414 MON - FRI: 9-5.30	£15,000 0N0 TEL. 07908 472 121	£0FFERS (BHOGUL) TEL. 07970 026 653	£995 (DR. SHISHA / SHA TEL. 07834 531 683	£15,000 (E YUSUF) TEL. 07985 455 057	£15,000 (G YUSUF) TEL. 07985 455 057	£15,000 (JALLALS) TEL. 07985 455 057	£15,000 (K KUMAR) TEL. 07985 455 057	£1,500 TEL: 01274 414141 MON - FRI: 9-5.30	£9,500 (MS HAYS) TEL. 07985 455 057	£2,500 TEL: 01274 414141 MON - FRI: 9-5.30	£1,500 0N0 (POSSESS) TEL. 07971 732 789	£10,000 (SOULJA) TEL. 07786 615 234
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A212 JAN	ANII SAR	ATT4H	BSIIAUN	DSIISAN	F44EEM	HOIIVER	JA55BYR	KVIIJAY	MA55 UMM	MUIIAMD 🔡	NUII ZAT	PMILES	SIILYM
£0FFERS OVER £5,000 TEL. 07817 615 022	£2,500 TEL: 01274 41414 MON - FRI: 9-5.30	E8,500 ONO NO WITHHELD NO TEL. 07786 424 251	£15,000 (B SHAUN) TEL. 07985 455 057	£7,500 (D SUSAN) TEL. 07985 455 057	£4,500 TEL. 07825 040 037	£7,500 (H OLIVER) TEL. 07985 455 057	£8,895 TEL. 07779 324 610	£10,000 (K VIJAY) TEL. 07985 455 057	£2,800 TEL. 07588 326 444	£10,000 (MOHAMMAD) TEL. 07867 886 786	£1,500 TEL: 01274 414141 MON - FRI: 9-5.30	£7,500 (P MILES) TEL. 07985 455 057	£5,000 TEL. 07900 895 552
E1,500 TEL: 01274 414141	ANII SER	YALIIVA	BT55MLA	YALIIVO	F44TMA	HII RAA	JAV333D	KYIISAF	M ALIIS	MUII SAH	YALIIVN	PSIISAN	SII OHL
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£15,000 (A AHMAD)	AN54AR N	AWS550M	BU55TEO	B DYIISAF	FAII RYD	B H8 ABU	JDIIEEP	KY55 HAN	MAR2OF	MVIIAMD	NYIISAF	PVIINDA	SIIIRGL
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£20,000 (AALIYAA)	AN55AR K	AYIINUS £9.500 (A YUNUS)	E10,000 (B VIJAY)	E15,000 (D YUSUF)	FAIISHA	E12,000 (HAILEE X)	JEIIOUS £20,000	E3,500	# MDO4WOD	£10,000 (M VIJAY)	E15,000 (N YUSUF)	PWIISON £15,000 (P WII SON)	SI3AF X
TEL. 07985 455 057	TEL. 07983 480 777	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07786 615 234	TEL. 07588 326 444	TEL. 07428 657 147	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07791 919 237
£15,000 (ARJAN)	8 ANJ33M £4,995	£15,400 (A YUSAF)	E15,400 (B YUSAF)	EAIIMAD	FAIIMAD £10,000 (F AHMAD)	E12,000 (HAIL FY X)	E2.500 (J KHAN)	ELII KJY	£7,000 (M DILEEP)	MYIINUS £9,500 (M YUNUS)	-2014k	£15,400 (P YUSAF)	S40YB K £1,495 (SHOYB/SAQYB K)
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EOFFERS	E10,000 ONO (ANWAAR)		£15,000 (B YUSUF)	£15,000 (E AHMED)	£15,000 (F AHMED)	£10,000 (H AHMAD)	£15,000 (J KUMAR)	£3,000 (U 4 USY / LUSY)	E2,500 (MOHAMMAD)	£3,000 (MY IPOD)	E1,250	PYIISUF £15,000 (P YUSUF)	S44JED £0FFERS
TEL. 07977 612 479	TEL. 07946 162 099	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL: 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07786 424 251	TÉL. 07867 886 786	TEL. 07985 455 057	TEL. 07588 326 444	TEL. 07985 455 057	yourplate@yahoo.co.uk
£8,895 ONO	£10,000 0N0 (ANWAAR)	£2,000 TEL: 01274 41414	£2.500	£0FFERS T: 07740 784 98	83 £9.995	£15,000 (H AHMED)	£7,500 (J SUSAN)	£10,000 0N0 (IMRAN)	£19,000 (MEHBUB)	£995 (MY SHISHA)	£20,000 (OO LLOYD)	£9,500 (ROHAN G)	£2,500
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TEL, 07588 326 444	£3,000 (A SHAHS)	£0FFERS TEL, 07971 850 490	£7,500 (CLASSY) TEL, 07815 114 201	£0FFERS T: 07740 784 98	£5,500	OFFERS OVER £5,000	£15,000 (J SHAUN)	£2,000 0N0 TEL. 07427 677 989	£19,000 (MEHMUD) TEL, 07985 455 057	£7,500 T: 07740 784 983	£15,000 (OO HARY)	£9,500 (ROHAN K) TEL, 07985 455 057	£1,200 0N0
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£15,000 TEL. 07733 244 444	£1,500 TEL: 01274 41414 MON - FBI: 9-5.30		£999 ONO	EREASONABLE OFFERS TEL. 07974 179 156	OVER £10,000 TEL, 07765 555 786	£8,000 0N0 TEL. 07908 472 121	£10,000 (J VIJAY) TEL, 07985 455 057	£675 ONO (LAIBA) TEL, 07779 050 970	£18,000 (MEHTAB) TEL. 07985 455 057	£0FFERS TEL. 07870 696 399	£10,000 (O AHMAD) TEL, 07985 455 057	£15,000 (ROHAN P) TEL, 07985 455 057	£1,000 TEL. 07508 341 074
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£0FFERS NO WITHHELD No TEL. 07754 852 402	£9,500 (ASHOK C) TEL. 07985 455 057	£2,500 TEL. 07405 763 319	£0FFERS T: 07740 784 983 privateplates@hotmail.co.uk	TEL. 07985 455 057	£2,495 TEL. 07954 389 874	£16,000 (HEAVEN-HAVEN TEL. 07731 464002) £15,000 (J YUSUF) TEL. 07985 455 057	£4,500 (L LUONG) TEL. 07985 455 057	£1,495 TEL. 07794 820 437	£2,500 TEL. 07969 914 041	TEL. 07985 455 057	£0FFERS TEL. 07707 707 609	£6,995 TEL. 07867 861 193
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TEL. 07773 995 142	TEL. 07985 455 057	TEL. 07530 612 171	privateplates@hotmail.co.uk	TEL. 07787 334 567	TEL. 07846 480 112	TEL. 07985 455 057	£50,000 TEL. 07815 114 201	TEL. 07985 455 057	MON - FRI: 9-5.30	TEL. 07751 427 106	TEL. 07985 455 057	TEL. 07816 488 420	TEL. 07786 510 000
ABIIACK £8,500 (A BLACK)	ASIIOKF £9.500 (ASHOK F)	BI7SH U	E4.000 ONO	OFFERS OVER £4,000	FGIPTA £6,995 (F GUPTA)	£15,000 (HELEN M)	K3LAM	£10,000 (L VIJAY)	## MRO4LLY £1,900 0NO (MR D ALLY)	E N444HEM £5,500 0N0	E20,000 (DELL BOY)	OFFERS OVER £400	£1,500 ONO (SAIDAH)
TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07866 860 894	TEL. 07908 472 121	TEL. 07513 257 029	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07774 112 121	TEL. 07985 455 057	TEL. 07774 246 877	TEL. 07766 645 325	TEL. 07815 114 201	TEL. 07866 992 500	TÉL. 07946 162 099
ABIIDVL £0FFERS	£9,500 (ASHOK G)	BIS ALY £3,495	E7,000 (C BHATT)	£15,500 (E JUDGE)	FKIIMAR £15,000 (F KUMAR)	£15,000 (HELEN P)	£100,000 0N0	£15,400 (L YUSAF)	MRIO JAT £0FFERS	SERIOUS OFFERS	NGIIPTA £6,995 (O GUPTA)	23,000 ONO (RIZWANA)	SAIIHAS £1,500 ONO (SALIHA)
TEL. 07707 146 047	TEĹ. 07985 455 057	TEL. 07954 389 874	TEL. 07985 455 057	TEL. 07985 455 057	TEL: 07985 455 057	TEL: 07985 455 057	TEL. 07506 342 385	TEL. 07985 455 057	TEL. 07928 473 771	TEL. 07969 914 041	TEL. 07985 455 057	TEL. 07779 300 128	TÉL. 07946 162 099
£3,500 0N0 (ABRAAR) TEL, 07946 162 099	£9,500 (ASHOK H)	£995 (BIG FRR)	£7,000 (C DILEEP) TEL, 07985 455 057	£15,000 (E KUMAR)	£7,000 (F LUCAS)	£15,000 (HELEN R)	OFFERS OVER £5.000	£15,000 (L YUSUF)	£9,500 (MR HOOK)	£1,995	£15,000 (O JUDGE)	OVER £2,000 ONO	£1,500 0N0 (SAIKA)
ABDIIL	TEL. 07985 455 057	TEL. 07971 850 490	CHILER	TEL. 07985 455 057	TEL. 07985 455 057	TEL: 07985 455 057	FAZ911@MSN.ĆOM	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07954 389 874	TEL. 07985 455 057	TEL. 07427 677 989	TEL. 07946 162 099
£10,000 0N0 (ABDUL) TEL. 07946 162 099	£9,500 (ASHOK J) TEL. 07985 455 057	£2,500	£0FFERS Panaceshealthcare@hotmail.co.uk	£7,000 (E LUCAS) TEL, 07985 455 057	£4,900	£15,000 (HELEN T) TEL, 07985 455 057	£10,000 (KAURS)	£0FFERS TEL. 07787 334 567	£9,500 (MR HOBB) TEL, 07985 455 057	£950 TEL, 07896 699 241	£15,000 (O KUMAR)	£0FFERS TEL. 07962 394 890	£15,000 (S AHMAD) TEL, 07985 455 057
ABR44R	ASIIOKK	TEL. 07764 656 667	CBIIATT	ELIISAA	TEL. 07867 861 193	HEIIOO X	TEL. 07815 114 201	MOIIEB X	MRIIOWE	N4 WED	TEL. 07985 455 057	R34 RAJ	SAIIMAZ
£10,000 0N0 (ABRAAR) TEL. 07946 162 099	£9,500 (ASHOK K) TEL. 07985 455 057	£0FFERS (BILAL) TEL. 07808 950 492	£7,000 (C BHATT) TEL. 07985 455 057	£20,000 (ELISA A) TEL. 07985 455 057	£7,500 (F SUSAN) TEL. 07985 455 057	£1,500 0N0 (HELLO X) TEL. 07946 162 099	£3,500 TEL. 07867 861 193	£0FFERS TEL. 07787 334 567	£15,000 (MR HOWE) TEL. 07985 455 057	£10,000 (NAWED, NAWEED) TEL. 07731 464002	£7,500 (O MILES) TEL. 07985 455 057	£0FFERS TEL. 07928 473 771	£3,500 ONO (SAIMA/SALMA) TEL. 07946 162 099
ADIIEEP	ASIIOKL	BA-BHILL	CHI3 DRY	EMILYC	FYIISAF	HDIIEEP	K444BAH	MOIITYP	MRIIOYD	NAIIEED	O MIIRZA	R40 JAH	SAI3 BAH
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£0FFERS TEL. 07867 861 193	£9,500 (ASHOK M) TEL. 07985 455 057	£0FFERS TEL. 07796 008 786	£10,000+ (CHILLER) TEL. 07973 165 474	£8,000 (EMILY D) TEL. 07985 455 057	£15,000 (F YUSUF) TEL. 07985 455 057	£14,000 (H KINGS) TEL. 07985 455 057	£0FFERS T: 07907 318 66 no withheld numbers	6 £10,000 (M OLIVER) TEL. 07985 455 057	£9,500 (MR HACK) TEL. 07985 455 057	£2,500 TEL: 01274 414141 MON - FRI: 9-5.30	£7,500 (O SUSAN) TEL. 07985 455 057	£0FFERS TEL. 07868 572 069	TEL. 07838 603 001
AFII AAK	ASIIOKN	B4 WFA	CSIO NGH	EMILYE	G I30XD	HKIIMAR	K7 PPA	MO 5IDDK	MRIIALE	MAIIMAD	YALIIVO	R44JAF	SAF333R
£2,000 TEL: 01274 414141 MON - FRI: 9-5.30	1 £9,500 (ASHOK N) TEL. 07985 455 057	£1,195 0N0 TEL. 07867 770 940	£0FFERS TEL. 07928 473 771	£8,000 (EMILY E) TEL. 07985 455 057	E0FFERS TEL. 07913 919 169	£15,000 (H KUMAR) TEL. 07985 455 057	£3,995 0N0 TEL. 07890 201 854	EOFFERS T. 07954 370 359 MOHAMMED SIDDIQUE	TEL. 07985 455 057	£10,000 (N AHMAD) TEL. 07985 455 057	£10,000 (O VIJAY) TEL. 07985 455 057	£2,800 0N0 TEL. 07974 179 156	£2,995 0N0 TEL. 07729 288 346
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MON - FRI: 9-5.30	TEL. 07985 455 057	£12,500 TEL. 07891 217 880	£7,500 (C SUSAN) TEL. 07985 455 057	£8,000 (EMILY F) TEL. 07985 455 057	E0FFERS TEL. 07977 802 112	TEL. 07985 455 057	MON - FRI: 9-5.30	TEL. 07597 572 045	TEL. 07985 455 057	TEL. 07946 162 099	£15,400 (O YUSAF) TEL. 07985 455 057	£0FFERS TEL. 07968 163 510	£5,000 T: 07740 784 983 privateplates@hotmail.co.uk
£1,500 TEL: 01274 414141	A SIIOKP 1 £15,000 (ASHOK P)	■ B5 WAJ	£15,400 (C YUSAF)	EMILYM \$8,000 (FMILY M)	G23RGE EOFFERS	£21,000 (HUNTER)	£2,000 TEL: 01274 41414	MIIIYAS 1 £20,000 0NO	£9,500 (MR HAYS)	E3,000 TEL: 01274 414141	£15,000 (O YUSUF)	R77JHA	SADIIIA £7,000
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AHIMDS £1,000 (AHMADS)	ASIIOKS £15,000 (ASHOK S)	B9 SHU £0FFERS	£1,495 ONO	£15,000 (EMILY S)	£10,000 (G AHMAD)	E10,000 T: 07740 784 983	EOFFERS	£OFFERS	MRIIUGH £20,000 (MR HUGH)	EOFFERS (TEXT ONLY)	PI2 MYR SOFFERS (PREMIER)	E5,000 ONO	SAD 4IF £2,000
TEL. 07846 269 808	TEL. 07985 455 057	TEL. 07812 728 079	TEL. 07832 302 222	TEL. 07985 455 057	TEL. 07985 455 057	privateplates@hotmail.co.ul	TEL. 07980 802 471	TEL. 07894 335 033	TEL. 07985 455 057	TEL. 07884 064 015	TEL. 07837 780 981	TEL. 07969 914 041	TEL. 07947 979 777
£25,000 (A JUDGE)	£9,500 (ASHOK V)	BAIIALZ £3,495 0N0	900,83	£49,000 (ERNEST)	£15,000 (G AHMED)	EOFFERS (HUZAIFAH)	£3,000	£10,000	£13,250 ONO	£5,000+ (NAIWAAB)	£3,995	£10,000 (R AHMAD)	£12,000
TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07957 429 964 BAIIMAD	TEL. 07921 576 971	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07737 071 097	TEL. 07983 480 777	TEL. 07779 117 865	TEL. 07837 867 868	TEL. 07973 165 474	TEL. 07954 389 874	TEL. 07985 455 057	TEL. 07867 861 193
£5,000 TEL: 01274 414141	1 £12,500 (ASHOK X)	£10,000 (B AHMAD)	£10,000 (D AHMAD)	£7,500 (E SUSAN)	£9,000 (G AISHA)	£10,000 (H VIJAY)	£1,500 0N0 (SHAB)	£850 TEL: 07977 118 134	£5,000 T: 07740 784 983	£10,000 T: 07740 784 983	£3,000 (PAAYJA)	£9,000 (R AISHA)	£7,000 (S DILEEP)
MON - FRI: 9-5.30	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07977 348 295	no withheld numbers	privateplates@hotmail.co.uk	privateplates@hotmail.co.uk	TEL. 07786 424 251	TEL. 07985 455 057	SFIIEEM
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AKIIMAR	ASIIESH	BA55U MR	DDIIEEP	ETIIANB	GL66 FUL	HYIISAF	KAS4R	#ROOTS111	MR 5 5YAD	NA55 YMM	P88 VEN	TEL. 07557 472 855	TEL. 07706 216 060 SHOII4B
£20,000 (A KUMAR) TEL. 07985 455 057	£15,000 (ASHESH) TEL. 07985 455 057	£3,000 T: 07740 784 983 privateplates@hotmail.co.ul	£7,000 (D DILEEP)	£8,500 (ETHAN B) TEL. 07985 455 057	£8,000 0N0 TEL. 07908 472 121	£15,400 (H YUSAF) TEL. 07985 455 057	£0FFERS T: 07523 264 599 no withheld numbers		£10,000 T: 07740 784 983 privateplates@hotmail.co.uk	£10,000 TEL. 07588 326 444	£2,000 0N0 TEL. 07966 386 755	£7,000 (R DILEEP) TEL. 07985 455 057	£0FFERS TEL. 07919 583 618
AK55AAH	ASIIFAO	BA55Y MR	DMILES	ETIIANF	GMILES	HYIISUF	KDIIEEP	M9WLA	MR 5 5YKE	NADIIM	PAIIANS	RDIIHAN	SHO3B
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TEL. 07850 706 930

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A84DLA	AWAI5S	F9TMA	■ K4HN.V	M44YAT	S4FTR	SHIFYK
E0FFERS	£0FFERS	£0FFERS	£0FFERS	£0FFERS	£0FFERS	£0FFERS
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Tariq's London Marathon, Scafell Pike, Mount Snowdon & Ben Nevis all in three months

Continued from paage 56

Established in 1994, it was a first in Pakistan as a comprehensive care facility dedicated to the diagnosis and treatment of cancer and provides cutting-edge cancer care to thousands annually, regardless of their financial means, relying heavily on charitable donations to sustain its lifesaving work.

Tariq's dedication to this cause resonates deeply with the mission of the Shaukat Khanum Cancer Hospital, founded by the legendary philanthropist and former cricketer, Imran Khan.
Tariq's life is a testament to resilience and adventure,

with endeavours ranging from conquering the K2 Base Camp to navigating the challenging terrains of Gilgit

Now, his participation in the National Three Peaks

Challenge further underscores his commitment to pushing boundaries for a cause greater than himself.

On Saturday 27th April Tariq and his team climbed Scafell Pike – Englands highest peak towering at 3209 feet high, in the heart of the Lake District is England's tallect mountain tallest mountain

Next Tariq will lead a team of climbers up Mount Snowdon followed by Ben Nevis.

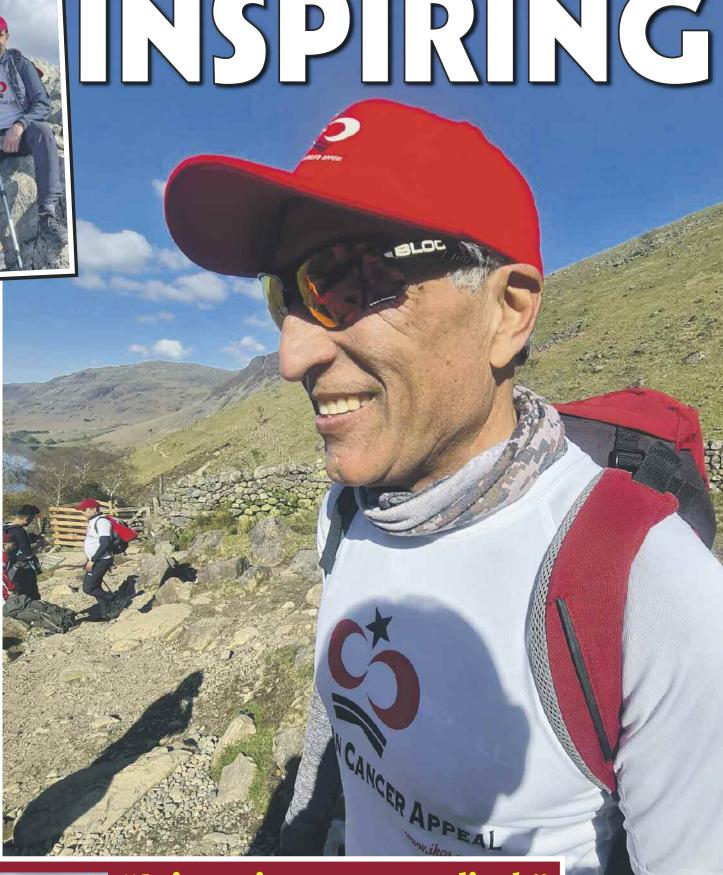
"Tariq's journey, from the rugged peaks of Pakistan to the bustling streets of London, epitomises the spirit of selflessness and determination," expressed a spokesperson for IKCA.

"His actions not only raise vital funds but also shine a light on the plight of cancer patients worldwide. We are immorphaly greateful for his stead foot support."

are immensely grateful for his steadfast support."

In a world often overshadowed by adversity, Tariq's

unwavering dedication reminds us that every step forward brings us closer to a future where cancer is no longer a threat.



Join us in our next climb

"As part of our commitment to IKCA, we're readying ourselves to scale Mount Snowdon in May, and Ben Nevis in June," says Tariq.

"I'd like to warmly welcome anyone in partaking these challenges with us.

All fundraising monies will go towards cancer treatment and care in Pakistan via the IKCA:

stood as a beacon of hope, inspiring others to join the fight against cancer. His message is simple yet profound: "Take the leap and make a difference. Your efforts can truly change lives."

If anyone anyone like to join these challenges with us. If anyone anyone like to join these challenges with us. If anyone anyone like to join these challenges, please contact Tariq ancer treatment and care in Pakistan ia the IKCA."

For over two decades, Tariq has



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Fairbank United's 'Midnight League' a huge success

Continued from paage 53

Yaser Mohammed, a fellow key member of the organising committee, described the competition's origins: Someone from the West Riding County FA suggested the idea, but many at the club thought it was a ludicrous idea initially

"But the more we discussed it, the more we realised how popular the idea was amongst the club members. During Ramadan many Muslims also give to charity, so we also added that dimension, and it's gone from strength to strength!"

The first semi-final saw Gamefight defeat Adams Foodservice, while VisionCare came through their semi-finals with a win on Penalties.

Cha Cha Chai secured the

Conference Trophy, a playoff between the bottom two teams, as they beat the Bata All-Stars.

The final, which concluded the nights football at 1:30 am, saw Visioncare secure the title, with their striker Usman Hussain securing the top goalscorer trophy.

goalscorer trophy.

"I played for the club as a 10-yearold, and don't really play the game
anymore, but I love how the
tournament brings us all together. The
trophy has got away from us this year,
but we'll be back next year to reclaim
it," said Kashif Khan, last year's
winning captain.

The tournament managed to raise £7702 for charity. This year Fairbank United has worked with Green Cresent Aid UK, who will deliver food packs for those caught up in the war in Gaza, and was sponsored by Steelis Workwear.

The first two weeks of the competition were played out at the Speedball Centre, which suddenly closed two days before the finals were due to be played.

due to be played.

Thankfully the 5 Alive 5 a side centre in Fairweather Green learnt of the situation and opened up specially so the event could be successfully concluded.

"The competition is really a side issue for our true intentions, which was to raise as much money for those in need. "Our heart goes out to the innocent

"Our heart goes out to the innocent people caught up in the war. We hope the money raised will benefit the families and help alleviate some of the suffering

suffering.

"On behalf of the club, I'd like to thank the sponsors, referees and everyone who donated to this worthwhile cause," said winning manager, and club captain Bllal Saleem.







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