

CEO says people 'influenced by misrepresentation on social media



See page 31



starred in a series of short films, have just returned from a Hollywood film fest in Los Angeles.

Despite the pair not having any formal training in acting, Rita and nine-year-old son Reece, starred in 'Wheel Care Vid' (2021) Gone Kid' (2021) - a story about a computer game-obsessed boy, that has won numerous awards at film festivals around the world.

Their road to stardom began when they met producer Keith Large, by

chance, during lockdown and have since appeared in more of his films.
Rita and Reece's success has

led them to develop their acting careers and making a further three 'Wheel Gone

The latest 'Wheel Gone Kid
Three and a Half-Plane Stupid'
was one of two short films starring Rita and Reece that were screened last month at The Skiptown Playhouse International Film Festival in Hollywood.

Continued on page 6



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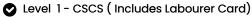




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### 1. Lindt Lindor -592k monthly searches

Taking first place, triumphing with 592k monthly searches, is the luxury favourite Lindt Lindor.

The rich and silky chocolates are perfect to give as a gift, but also to share with the whole family, if you can resist the temptation to not keep them to yourself.



### 3. Celebrations -282k monthly searches

Taking the bronze medal is the redtubbed favourite, Celebrations, with 282k monthly searches.

Containing chocolatey delights such as Galaxy, Maltesers, Mars, and Twix, it's no surprise these are the nation's favourites. Maybe all except the controversial Bounties.

### 2. Ferrero Rocher -538k monthly searches

In second place is Ferrero Rocher, with a whopping 538k monthly

Another luxury brand, they're a Christmas favourite for their high quality and rich chocolate, with the lovely edition of blended-in nuts they're a tough one not to go nuts for.

### 4. Hotel Chocolat -219k monthly searches

Earning the 4th spot for the most desirable Christmas chocolates is Hotel Chocolat, a deluxe chocolatier brand.

They have staple stores on the high street and sell various items such as selection boxes, truffles, and even hot chocolate.







## 5. Quality Street - 85k monthly searches

Next up, with 85k monthly searches, Nestle's Quality Street sits as the nation's fifth favourite Christmas chocolate tub.

Quality Street causes divisions between families, with controversial favourites such as the Coconut Eclair, Toffee Penny and Strawberry Creme causing huge debates, great choice of chocolates, but potentially a Christmas ruiner.



### 6. After Eight -65k monthly searches

In 6th place for Christmas chocolates, is After Eight, with 65k monthly searches.

These mint delights are perfect for a post-Christmas dinner evening snack. When you're feeling as stuffed as a Christmas turkey it's an ideal refreshing chocolate to tuck into, if you're fancying a small sweet treat.



### 7. Roses -15k monthly searches

Roses are next, a Cadbury's classic with 15k monthly searches. Featuring favourites like the Signature Truffle, Brazilian Darkness and the Strawberry Dream, these chocolates are nothing short of iconic.



### 8. Heroes -12k monthly searches

Falling short on their name and landing in last place is Cadbury's Heroes with a mere 12k monthly searches.

Despite containing iconic Cadbury chocolates such as Dairy Milk, Wispa and Creme Egg, it seems Brits are hunting much more for the likes of Celebrations and Quality Street.



Starbucks boss says people protesting against the company over its stance on the Israel-Hamas war have been "influenced by misrepresentation on social media" of what the coffee chain stands for.

CEO Laxman Narasimhan, in a letter to employees, calls for peace and notes many of Starbucks' stores have experienced incidents of vandalism. He added the company has worked with local authorities to ensure the safety of its workers and customers.

Starbucks has been catapulted into debates over the Middle East when the union that works to organise baristas in the US posted a message on social media expressing "solidarity" with Palestine, shortly after the 7th October.

The post was taken down following the union saying it had not been authorised by leaders, and sparked widespread backlash against the coffee giant.

sparked widespread backlash against the coffee giant.

Starbucks said it disagreed with the union's statement. It has described its official position as condemning "violence in the region".

It subsequently sued the union for trademark infringement, saying use of its logo was confusing the public and it needed to protect the safety of workers and halt business damage.

The actions spurred calls for boycotts by people in both pro-Israel and pro-Palestine camps around the world.

around the world.

The coffee chain is among several Western brands that have come under pressure from consumers calling for companies to take a stance in the Israel-Hamas war.

Reports of slower sales have also hit its share price. It is unclear if the CEO's message will ease tensions.



# West Midlands first in UK to get new 'Growth Zones' to generate thousands of new jobs and homes

Mayor Andy Street and Cllr Patrick Harley, Leader Dudley Metropolitan Borough Council at Brierley Hill High Street, which is one of the many areas that might benefit from investment generated through Growth Zones

The West Midlands has become the first region in the UK to get ground-breaking new 'Growth Zone' powers capable of generating more than £1.7 billion for local councils to spend on levelling up their most deprived areas and driving future growth.

Government has given the green light for three Growth Zones to be set up with councils able to retain business rates for 25 years – using the money to help rebalance and grow the regional economy while also tackling long-standing issues causing deprivation, fuel poverty, jobs, skills and health.

The three zones have the potential to generate £1.7bn for regeneration investment, create 60,000 jobs and deliver 4.500 new homes

deliver 4,500 new homes.

The Growth Zone proposals were secured by the West Midlands Combined Authority (WMCA) earlier this year as part of the region's Deeper Devolution Deal with Government.

This has seen game-changing powers and financial controls transferred from Whitehall to the

West Midlands and taken together with the Chancellor's recent announcement for a West Midlands Investment Zone, means every local authority in the region will benefit from new financial powers to meet the priorities for their communities and businesses.

Andy Street, Mayor of the West Midlands and WMCA Chair, said: "The Deeper Devolution Deal agreed with Government back in March was a real vote of confidence in our region - placing trust in local leaders to deliver for local people.

deliver for local people.

"We're now starting to see the promised new powers and funding flow. Alongside the recent announcement of Investment Zone status for the West Midlands - helping us to draw in money to support major schemes across Coventry, Birmingham and Wolverhampton.

"By securing this new approach where local authorities will be provided with greater financial certainty and control thanks to long term business rates retention - we can work together to revitalise local neighbourhoods and improve the lives of residents in the months and years ahead."

These three Investment Zone sites alone have the power to drive up to £5.5bn of growth across the region, and more than 30,000 new jobs by

2034

This is the first time that Government has deployed 'Growth Zones' – enabling local councils in a region to retain 100% of their business rates for 25 years to support comprehensive regeneration that could include new development, job opportunities, community facilities and housing.

and housing.

Cllr Sharon Thompson, the WMCA's portfolio holder for levelling up and devolution, said:

"This welcome announcement demonstrates the true potential of devolution: local councils identifying their areas of greatest opportunity, proposing innovative approaches to regeneration that meet local need, and then working with the Combined Authority to draw down new powers from Government.

"Our challenge now is to harness these additional powers to truly level up for some of the most economically challenged communities in the country after a decade of hardship

country after a decade of hardship.

"Through these new approaches agreed with Government, we have an opportunity to improve lives and life chances, drive growth and deliver improved public services."

The ability for councils to retain business rates generated in the zones is crucial in enabling them and the WMCA to develop funding strategies



to bring forward priority infrastructure and regeneration projects across the wider region. These include better transport, housing, skills training and community facilities, and how opportunities for how public services are delivered.

The three Growth Zones will drive growth, improve the quality of life for residents and businesses and deliver better public services for those areas identified by local councils as priorities for levelling up.

Cllr Patrick Harley, leader of Dudley Council, said: "The

Cllr Patrick Harley, leader of Dudley Council, said: "The introduction of Growth Zones is an important part of a wider devolution deal which I hugely welcome."

"I have always been clear in my

opinion that local decisions should be taken by local people.

"The Growth Zones will allow us to

"The Growth Zones will allow us to retain 100 per cent of business rates over a 25-year period, bringing in potentially millions of extra pounds.

"On top of that, thanks to the devolution deal, as civic leaders we will have a greater say on where that crucial extra income should be spent locally.

"We want to create new jobs and new homes, and drive investment in areas of the borough that need it."

The Growth Zones are now in the process of going through the necessary legal procedures within Government prior to formal sign-off.



# **Equality in University sports**

The University of Wolverhampton, funded by Sport England, has been leading a research project for British Universities & Colleges Sport (BUCS) with the aim to recognise best practice and share a summary of how to improve engagement with students from different ethnicities.

British Universities & Colleges Sport

British Universities & Colleges Sport (BUCS) is the national governing body for higher education (HE) sport in the UK, a membership organisation, and a company limited by guarantee with charitable status

limited by guarantee with charitable status.
Dr Gavin Ward, Senior Lecturer in the
University's School of Sport, led on the
commissioned research project on Race and
Equality which aimed to develop their
understanding for student and staff
experiences of university sport from a Global
Majority perspective.
Dr Ward said: "It was a pleasure to lead

Dr Ward said: "It was a pleasure to lead this national research project into racialised experiences of university sport with a team of staff and student researchers from four other universities across the UK

"Our student researchers were very important and valued members of the research process by helping to co-create our methodology and by completing a significant amount of data collection.

"Placing the voices of staff and students at the centre of the research helped to identify key recommendations for British Universities and Colleges Sport and their membership.

"These aim to ensure that all types of

"These aim to ensure that all types of abuse are not left to go cold, unchallenged and thus normalised. The recommendations aim to support systematic and localised management of sport competition, mediation, in addition to data collection and analysis, to ensure social justice in sport is served, monitored and tackled strategically.

"The research team are now working with BUCS and their members to work through the detailed process of implementing the recommendations."







# Trailblazer

### Dedicated nurse helping to change the future of healthcare given international award

The Deputy Director of Research and Innovation at the University of Sheffield's School of Allied Health Professions, Nursing and Midwifery is the first British Pakistani nurse and second nurse of Pakistani origin to be awarded a

Palstatin origin to be awarded a fellowships.

Dedicated Professor of Nursing, Parveen Ali, from the University of Sheffield has been recognised with an international award for

helping to change the future of healthcare.
Professor Ali, from the School of Allied
Health Professions, Nursing and Midwifery
has been inducted into the American Academy of Nursing's Class of Fellows 2023.

She is one of just five nurse leaders in the UK and 250 nurses across the world to

receive the prestigious fellowship.

Professor Ali is Professor of Nursing and Gender-based Violence and Deputy Director of Research and Innovation at the University

Her research focuses on gender-based violence, especially intimate partner violence, inequalities in health care experiences and health outcomes and how training of health professionals can contribute to tackling such inequalities.

Professor Ali is the first British Pakistani

nurse and just the second nurse of Pakistani origin to be awarded one of the fellowships.

Professor of Nursing and Gender-based Violence at the University of Sheffield, said: "This recognition is not only a source of immense pride, but also a valuable opportunity to further contribute to the nursing profession, share knowledge, and make a lasting impact.

"It serves as a reminder of the importance

of our work and fuels my commitment to advancing nursing education and practice. This fellowship is a meaningful milestone in my career, and I am excited to leverage it for the greater good of the nursing

community."
The 2023 fellowships come in the academy's 50th anniversary year. There are now around 3,000 academy fellows who together represent horsing's most accomplished leaders in policy, research administration, practice and academia. Kenneth R. White, President of the American Academy of Nursing, said: "This

year's group of inductees truly represents today's thought leaders and the diversity of our profession's policy leaders, practitioners, educators and innovators.

"Each fellow of the academy is changing the future of health and health care through their support to advance equity, promote inclusion, and lift up the next generation of nurses, advancing the academy's vision of healthy lives for all people."

## From hairdresser to Hollywood

## Mum and son acting duo hit Los Angeles film festival

### **Cover story continued**

The other film featuring Rita and Reece called 'Twin Leaps' beat over 150 short films screened at the festival to win the best short film producer award. A third short film 'Tuna and Ted' starring Rita in the lead role also screened at the same

festival in Hollywood.

Rita said she met Keith Large when she cut his hair at her salon and he went on to give Reece

some extra tuition during lockdown.
Wheel Gone Kid which was created after Keith was teaching Reece home-schooling in lockdown and discovered his fantastic memory for remembering lines.

He went on to develop the script and produced

a short film starring Reece and his mother. Initially, 'Wheel Gone Kid' was about Reece as

a six-year-old playing the character who keeps driving off in his mum's car. Rita plays his mum in the films. The latest film sees them fleeing together on a plane from a failed magician 'Houdini Love'

with his lottery winnings.

The follow up film will be filmed next year in still to be confirmed locations. We will be using some phone footage from Rita and Reece's trip to Hollywood and we hope to film at least one scene in a special place in the West Midlands.

Rita told BBC: "So everything we did was from the bottom of our hearts, to be honest."

Visiting LA and attending various film events there is something they would never forget, she

"The best thing was seeing our film on the big screen in Hollywood and the audience just laughing along with our three short films that were entered," she said.





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# 'Urgent action needed' to reduce Asian stillbirths atal deaths

stillbirth highest continue to impact black and Asian women and those living in the most deprived communities where social inequalities are entrenched.

That's according to the Royal College of Midwives (RCM) as it responds to the latest MBRRACE-UK State of the Nation (SoN) report on perinatal mortality.

The RCM says while it's positive to focus on quality of care, it's all too clear that Black and Asian babies are

agency approach to improve maternity outcomes for Black and Asian women as well as those living in the most deprived areas.

Commenting on the findings, RCM's Quality and Standards Advisor Lia Brigante said: "... much more needs to be done to address health inequalities and reduce stillbirth and neonatal death among Black and Asian babies.

"Black and Asian experiencing stillbirth or neonatal

The College is calling for a multi- impact on access to services, but only

"Clinicians, including midwives and obstetricians, should receive better education to be aware of the increased risk for Black and Asian women.

"As well as ensuring they receive the appropriate assessment and specialist care, relatively simple measures like improvements in access to translation services and provision of personalised care and

"Black and Asian women experiencing stillbirth or neonatal death are twice as



National Crime Agency officers are issuing a warning to potential drug smugglers after a series of cannabis seizures were made from passengers flying into Birmingham International Airport.

Nine people have been arrested at the airport in the last two weeks, all carrying between 15 and 40 kilos of

In total around 260 kilos have now been seized by Border Force, worth an estimated £750,000.

Five of the passengers had flown in on routes from Thailand, four had started their journeys in the United

All nine have been arrested on suspicion of smuggling class B drugs, questioned by the NCA and bailed pending further enquiries.

NCA investigators are now looking into each seizure, and looking at whether any of the cases might be

### Warning after cannabis arrests made at Birmingham airport

linked. NCA Branch Commander Mick Pope said: "Following this unusual amount of seizures in such a short space of time, law enforcement will undoubtedly be paying more attention to passengers coming into Birmingham on certain routes and stepping up checks.

We are continuing to investigate the circumstances of each, but I want to make a direct appeal to anyone considering getting involved in transporting drugs to the UK. Think

"Following this unusual amount of seizures in such a short space of time, law enforcement will undoubtedly be paying more attention to passengers coming into Birmingham on certain routes and stepping up checks."

very carefully about the consequences of getting caught.

"In some of these cases passenger journeys have started in locations where cannabis may be legal, but that won't make a difference when you arrive in the UK.

"Organised criminal gangs rely on couriers to bring illicit substances into the UK, their business models rely on it. Consequently those playing such a role face stiff jail sentences. It simply isn't worth the risk



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### Car cruising ban to remain

The interim ban on street racing in the Black Country is to continue, after a High Court ruling, as our focus on keeping the region's roads safe goes on.

The injunction prohibits people

driving or being a passenger or rider at a gathering where there is motor racing or motor stunts or other dangerous or obstructive driving.

It covers the whole of the boroughs of Wolverhampton, Dudley, Sandwell and Walsall.

And we will also be supporting the application, led by the City of Wolverhampton Council, for a full injunction which is due to be heard

early next year.
Our ultimate aim is to keep the roads safe for all and we are committed to tackling street cruising and racing in the West Midlands, under Operation Hercules.

We continue to work closely with partners on identifying, disrupting and enforcing against those taking part or observing illegal street racing, which in the past has sadly proved to have fatal consequences.

Anyone breaching the ban will be in contempt of court and could face penalties including imprisonment, a fine, or an order to have their assets

More details are available at https://www.wolverhampton.gov.uk/ne

ws/interim-street-racing-injunction-...
Incidents of street racing should be reported to us on Live Chat on our website or call us on 101. Alternatively via asbu@wolverhampton homes.org.uk. In an emergency always call 999.





**Enraged parents of children placed** in 'isolation' on a non-uniform fundraising day for wearing clothing and badges bearing the Palestine flag, raise their pressing concerns about safeguarding.

On Friday 24th November, Mount Pellon Primary Academy in Halifax, held a non-uniform day to raise money for children around the world.

This was similar to a fundraising day held by the primary school in support of Ukraine, where there were no objections on children donning the

Ukraine flag/emblems.
Speaking about the primary school's actions following children wearing Palestine attire, Mr Zohaib Ali, uncle of three of the children that attend Mount Pellon Primary said: "Children were advised to take off the clothing and put things on from lost

property or face isolation all day.
"The youngest child placed in isolation is just four-years-old, can you imagine what that child was going through?"

Mr Ali, speaking on behalf of the parents says that the children were separated from classes, and endured hours of "isolation without adequate communication"

Mrs Ali, parent of a seven-year-old who endured the disciplinary action said: "The school hesitated to label it

### Four-year-old included in primary school punishment for wearing Palestine flag hoodie on non-uniform day

as 'isolating' but insisted it was 'supervision', confining her to a small, windowless library.

"They denied her [my daughter] even a water bottle, revealing a blatant breach of safeguarding protocols.

Mrs Younis, the mother of the fourear-old disciplined that day, said: "All four of my children where isolated along with one other child for wearing hoodie contenting the word

"My eldest son, Hussain is 11-years-old and is the head boy at the school, and my youngest Hayfa is just four-

They were separated from lessons all day. They were only allowed a fiveminute playtime separate from their

"Alone and neglected. Not a school who vows to nurture and protect our children.

where children

"I didn't, not once, ever think our school could make our children feel so little and disheartened by one nonuniform day.

'My four-year-old was so scared she kept questioning me if "will I be allowed to play with my friends".

"It's a horrible feeling to think your kids are scared in the place they spend

most of the day in."

Mr Ali adds: "I speak on behalf of many parents from different race and religion from Mount Pellon Primary Academy. We are appalled and

The refused to meet with us a group and even the choice of wording was selective.

"They stated that a child was being anti-semitic in school, so they've collectively decided to punish all children from supporting Palestine. They stated a risk assessment was carried around wearing Palestine clothing and there was a risk to child

"We are utterly ashamed and disappointed with the lack of empathy











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## /aping sales more than double

The vaping category has more than doubled in size and added almost £1bn in extra sales this year, as smokers abandoned tobacco in

Now worth £1.7bn, vaping is 2023's fastest growing category in The Top Products Survey, adding £897.5m in sales and shifting 155.2 million extra packs through multiples, convenience stores and independents

This year's growth has come despite the category's leading brands being embroiled in a compliance scandal earlier this year that saw products pulled from shelves in supermarkets.

While ElfBar remains the UK's

bestselling vape brand, sister brand Lost Mary rocketed up the ranking to second place, adding £310.7m in extra sales. Rival Chinese brand SKE grew £203m to become the third bigges brand. But sales of Geek Bar fell by

Five years ago the vaping category was worth £184m. Since then vaping's steal of 'share of lung' has seen combustible tobacco lose over £1bn in value. This year cigarettes and cigars have lost £849.1m, while rolling tobacco is down £393.1m in value -the two biggest absolute category

But the rise of vaping is not being

ignored by regulators either. After a consultation this year, restrictions on flavour descriptions, sale displays and packaging seem likely. And brands are getting ahead of potential rule changes.

ElfBar is already revising flavour names and calling for a full licensing regime – and crafting a framework akin to the one for alcohol.

And Smoore – the world's biggest vape tech manufacturer - has vowed not to work with brands who use flavour names, packaging or product designs which are attractive to children.

Whether there will be a total ban on disposable devices is still harder to call.



What is it, and how parents can recognise the signs and help young people



Money Mule: A term given to individuals enlisted by criminals to move the proceeds of crime through their bank accounts in return for a cut of the sum.

Parents and carers are being called upon to help young people avoid being persuaded or manipulated into laundering criminal cash.

The National Crime Agency (NCA), since November has coordinated law enforcement action against money mules - a term given to individuals enlisted by criminals to move the proceeds of crime through their bank accounts in

Around 6 in 10 money mules are under the age of 30, with most of these recruited between the ages of 17 and 24 while attending sixth form, college or

> At this age, young people may be struggling financially, looking to become financially independent or lack financial experience, which criminals can use to exploit

> This makes the most effective time to raise children's awareness of the threat when they are aged 11-16.

Money mules are often targeted through seemingly legitimate job offers announced via online forums,

emails, social media or pop-up ads with the promise of quick and easy earnings. Once they have established contact, recruiters will often try to develop a relationship or rapport with the young person and groom or coerce them into providing

A young person may not always be aware of the consequences of being a money mule, which can be serious; and frequently end up with a criminal record and can face prison, a fine or community service for their role.

Those involved endanger themselves and those around them by communicating with dangerous criminals, and risk becoming complicit in serious and organised crime.

Nick Sharp, Deputy Director of the National Economic Crime Centre, said: "Money muling is a significant money laundering threat and allows organised criminal groups to access the profits of some of the most serious crimes in the

"We are actively coordinating with policing and the private sector, as well as those based across the continent, to crack down on it.

"Our message is plain: help us spread the word and prevent children and young people from getting involved or used for money laundering.

"If you want to help someone you think is already involved in money muling. www.national visit crimeagency.gov.uk/ moneymuling for more information.

### **What parents and carers can do**

• The ask to parents and carers is simple: check in with those you have responsibility for, and establish regular conversations about staying safe online.

 Help them to be cautious and critical of unsolicited offers that sound too good to be true; and explain the consequences of involvement in financial crime. Reassure them that they will be supported if they speak up and seek help.
• The warning signs aren't always obvious. If you are

concerned that your child is a money mule, ask your child about

new possessions, such as expensive goods, that they cannot account for, and look out for new bank accounts containing

money they can't adequately explain the origin of.

• If you are concerned your child is being criminally exploited, report money muling to local police on 101. Call 999 in an emergency, for example where there is a threat to life.

 Visit the NCA website for information and advice: www.nationalcrimeagency.gov.uk/ moneymuling

### Produced in association with HM Government



### Early symptoms may vary - NHS advises it's never too early to dial 999

Heart attacks account for approximately 80,000 hospital admissions in England each year, and at least 7 out of 10 people survive them. This number rises to nearly 9 out of 10 (94%) for those who get to the hospital and get the right care.

Although chest discomfort is one of the most recognised symptoms of a heart attack, other symptoms like shortness of breath, feeling lightheaded or dizzy, a sense of unease, or an overpowering feeling of anxiety may go unnoticed

Professor Nick Linker, cardiologist and National Clinical Director for Heart Disease at NHS England says: "People who are experiencing a heart

Rifhat Malik MBE

attack often describe it as a sensation of squeezing or tightness across the chest along with other symptoms such as sweating, nausea or a sense of unease.

"It can be easy to dismiss the early signs of heart attack as they don't always feel severe, but it is never too early to dial 999 and describe your symptoms - the faster you act, the better the chance of a full recovery.

A recent survey published by NHS England, reveals a lack of confidence in the South Asian community in recognising the symptoms of a heart attack, with nearly half (44%) of





doctors, I was

told I was

MBE from Leeds was admitted to hospital with indigestion-like pains, nausea and chronic fatigue. "At the time it was Ramadan, and so I simply put my symptoms down to fasting," says Rifhat. "I had a major charity fundraising event to organise, and so pushed myself to crack on with it despite not feeling quite right. However, afterwards, my friends insisted that I to go to hospital to have my symptoms checked 'After being driven to A&E and seen by

"I was in shock, as was my husband. An angiogram showed a blockage in my right coronary artery, and so I was sent for heart surgery to have two stents inserted.

Rifhat realises she was exceptionally lucky to have been pushed by friends to go to the hospital: "Heart disease runs in my family, so I should have known better. However, the signs of my heart attack were not severe, so I dismissed them at the time.

"Seeking medical advice at those early stages of my heart attack, most probably saved me from a more dire situation. I strongly advise our South Asian communities to wise up on the symptoms - it could just save yours, or someone else's life.'

### Symptoms of a heart attack can include:

- Chest pain a feeling of pressure, heaviness, tightness or squeezing across your chest
- Pain in other parts of the body - it can feel as if the pain is spreading from your chest to your arms (usually the left arm, but it can affect both arms), jaw, neck, back and tummy
- Feeling lightheaded or dizzy
- Sweating
- Shortness of breath
- Feeling sick (nausea) or being sick (vomiting)
- An overwhelming feeling of anxiety (similar to a panic attack)
- Coughing or wheezing



know the difference between Heart Attack and Cardiac Arrest?

A heart attack occurs when the supply of blood to the heart becomes blocked, which can starve it of oxygen, potentially causing serious muscle damage, but the person will be conscious and breathing.

A cardiac arrest is different - it usually occurs suddenly and without warning with the person quickly losing consciousness. Their heart stops, they will have no pulse and sadly people experiencing a cardiac arrest will usually die within minutes if they do not receive treatment. A heart attack can lead to a cardiac arrest.





# Gold **Award**

Business that grew from corner shop to a multimillion

pound empire wins

### 'Wholesaler of the Year'

Epitomising the true spirit of Bradford entrepreneurialism, a company which began as a corner shop, and who's growth has seen it become one of the most recognised brands across the country, has just won a top national

Adams Foodservice Trading Ltd, with headquarters in Bradford, has been awarded the highly-contested for and prestigious Federation of Wholesale Distributors Gold Award for Foodservice Wholesaler of the

From its humble beginnings as a corner shop on Little Horton Lane funded by World War II veteran Mirza Khan, Adams Foodservice has evolved into a leading entity within the foodservice sector.

The Federation of Wholesale Distributors'

Gold Award, recognising Adams Foodservice as the best Foodservice Wholesaler, is a testament to the company's unwavering commitment to excellence and innovation in the industry.

The competition was stiff, with esteemed runners-up Bidfood UK and JJ Food Service Limited, both formidable players in the wholesale business

Adams Foodservice attributes this success to its dedicated team, valued partners, family, and the well wishes of the community.

The company expressed gratitude for the collaborative spirit that has propelled them to

the pinnacle of the industry.

Mirza Khan's son, and Company Director, Sajad Hussain, elated with the achievement, remarks: "This award is a testament to the vital role our organisation plays in the local community and the broader foodservice

"And being featured on the BBC is a recognition we are immensely proud of."

Beyond their industry accolades, Adams

Foodservice has been making significant strides in sustainability.

The main trading company is proud to be a net-zero entity, recently featured by British

Gas for its commitment to environmental

responsibility.

Their fleet of electric company vehicles, reliance on 100% green energy, and installation of solar panels on major depots (totalling over 9) underscore their commitment to a greener world.

Not content with business success alone, Adams Foodservice has also become a pivotal player in the Ramadan Charities Cake Campaigns.

Over the past decade, they have distributed over 60,000 cakes during the holy month, generating an impressive £2.3 million in net proceeds for various charities.

These funds have been utilised for causes both domestic and international, exemplifying the company's commitment to corporate social responsibility.

Even in retirement, the founders of Adams

Foodservice are not resting.
Engaging in philanthropic endeavours, they run a green, sustainable profit-forpurpose farm in Pakistan. The farm not only promotes environmental responsibility but also provides employment opportunities,

particularly for women on the poverty line.

Mohammed Kola, Finance Director at
Adams Foodservice, revealed the company's commitment to substantial growth aligning with a broader ethos of community support. Emphasising Adams Foodservice's integral

role in represented communities. Mohammed credited the workforce's dedication for the company's remarkable growth.

### "Ambitious plans are on the horizon, reflecting a steadfast commitment to further community impact through ongoing expansion."

He comments: "Ambitious plans are on the horizon, reflecting a steadfast commitment to further community impact through ongoing expansion."

Adams Foodservice Trading Ltd has indeed carved a remarkable niche for itself, not just as a leading fast-growing entity in the foodservice sector but as a beacon of innovation, community engagement, and sustainability.

Their story is not just about business success but a testament to the positive impact a company can have on both local and global communities.



### **Anita Rani Scholarship will** help disadvantaged women

### The scholarship will support four female students each year

disadvantaged backgrounds.

The scholarship will support four female students each year, who are facing disadvantage, to study and succeed at university in subjects and industries where they are most underrepresented.

It will provide financial support through a 50% fee waiver and an annual living cost bursary, the first of which will be awarded in the 2024/25 academic year.

"Going to university completely changes your life, it opens your world up not only through education but the culture and people you get to meet – this is about instilling the next generation with confidence to step into the world," says

Anita Rani. "One of the things I wanted to do was to support women to gain access to a higher education. This has been a passion of mine forever, so the fact that we will be able to fulfil it is

incredible.
"University isn't just about acquiring knowledge; it's about finding your own voice, cultivating your passions, and gaining the confidence to forge a new path. The Rani Scholarship will give women who have faced or live with significant challenges a chance to pursue their

The Rani Scholarship is built from Anita's passion and personal experience of how higher education can change the trajectory of women's lives.

Anita Rani became

The University of Bradford Chancellor and TV/radio personality Anita Rani has launched her own scholarship to help women from (1966-85), Sir John Harvey Jones (1986-91), Sir following in the footsteps of Lord Harold Wilson (1966-85), Sir John Harvey Jones (1986-91), Sir Trevor Holdsworth (1992-97), Baroness Lockwood (1997-2005), Imran Khan (2005-14), and Kate Swann (2015-22).

University of Bradford Vice-Chancellor Professor Shirley Congdon said: "Not every student arrives at university with the support they need to thrive. Many women, like Anita, are the first in their families to go to university – at Bradford today more than two-thirds of our entrants are first-generation students.

"Giving females facing disadvantage or significant challenges access to education not only changes their lives but can fundamentally change the lives of every generation after them."



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# West Midlands Police inadequate at investigating crime and protecting vulnerable, inspectorate says

The police inspectorate has raised concerns about how the police force investigates crime, protects vulnerable people and manages offenders and suspects, with the force found inadequate in three areas.

His Majesty's Inspectorate of Constabulary and Fire & Rescue Services (HMICFRS) said it had concerns about how the police force-the country's second-largest investigates crime, protects vulnerable people and manages offenders and suspects.

It graded West Midlands Police's performance as adequate in two areas, requires improvement in three areas and inadequate in three areas

and inadequate in three areas.

Because of its concerns, HMICFRS moved the force into special measures last month - a process which will provide additional scrutiny and support from across the policing sector to help West Midlands Police make improvements.

make improvements. has
His Majesty's Inspector of
Constabulary Wendy Williams said: "I
have serious concerns about how well our

# Serious concerns

West Midlands Police investigates crime, protects vulnerable people and manages offenders and suspects

manages offenders and suspects.

"We have highlighted these problems in previous inspection reports, but the force's performance has declined.

"The force had a change in leadership in the year leading up to our inspection. They have

implemented a robust performance framework to help make improvements.

"Most significantly, they have

"Most significantly, they have reviewed the force's operating model and made rapid changes to it. I recognise the scale of the challenge senior leaders face in meeting demand and achieving sustainable improvements." The inspectorate did recognise that the West Midlands has high levels of deprivation, and that the force's funding has been disproportionately affected compared to some other forces.

HMICFRS also noted that the force "needs to have enough resources to prevent crime and protect the public effectively".

West Midlands Police's Chief Constable Craig Guildford said: "I am pleased that HMICFRS has recognised the rapid action that we have taken and that it will take time to have the effect we want and that we are determined to deliver.

"It is also important they have acknowledged the scale of the challenge we face in securing the funding and resources we need to meet demand and prevent crime and protect the public effectively.

protect the public effectively.

"We have been working very hard over the past 12 months to improve the force and we changed our operating model in April this year.

"We have already made substantial and sustained improvements and we look forward to engaging with HMICFRS in 2024."

West Midland Police joins the Metropolitan Police in special measures. Devon and Cornwall Police were also placed in special measures last October, joining forces in Staffordshire and Wiltshire.

"We have highlighted these problems in previous inspection reports, but the force's performance has declined."







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# Huge praise for Birmingham Festival 23

A new report has highlighted that and inclusion from Birmingham's members surveyed described the Birmingham Festival 23 has had a diverse communities. positive economic and cultural impact on the city.

event, the Festival included 153 individual projects and performances, created by over 800 artists, creatives

anniversary of the Commonwealth Games, the Birmingham Festival celebrated the wealth of talent and creativity that the city continues to

40 events were created from scratch or performed to audiences for the first time. There were opportunities to resee 14 creative projects that were first shown during the 2022 Festival, and new partnerships and collaborations were formed for the Twilight Takeover strand of events.

In addition to the core team delivering the programme, two Artistic Associates - Elizabeth 'Zeddie' Lawal and Mukhtar Dar led the creation and

making team. This ensured representation

Over 123,000 people came through the festival site on Centenary Square

experienced before, saying it had helped them feel more connected to

"We're delighted to finally have the full results of this year's one-off festival to share with the city, and





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Wishing everyone a happy and joyful time with their family and a new year filled with prosperity and success!



### Please support our projects in Pakistan



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### **Resident Evil 4**

And it turns out that Resident Evil 4 is the 2023 release fans are most happy with this year. The game scored a rating of 18.7 when all three metrics are accounted for and has one of the highest player ratings at 92% - more than 10% higher than the average rating for this year's releases (83%).



### Marvel's Spider-Man 2

The second highest-rated release of this year is Marvel's Spider-Man 2 after receiving a score of 18.6. With an average rating of 89% and only 0.1% retirement rate, the game proved incredibly popular, selling over 5 million copies on PS5 alone. The game has had a hugely

The game has had a hugely popular release, but fans are eager to get a copy of the game for PC and Xbox with a release date unannounced so far.

The game was initially released on the 20th of October as a PS5 exclusive and has an average game time of around 18 hours for the main story line. This makes it a great choice for Christmas presents.

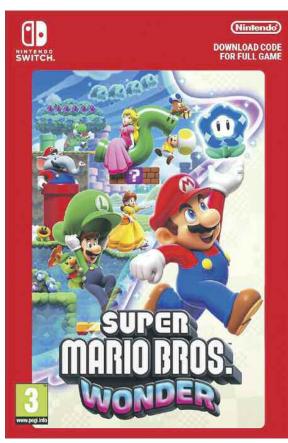


## choice, and you can't go wrong with getting the latest and best-rated releases for the gamers in your life.

releases for the gamers in your life.
We've found which 2023 video game release have proved worth the spend, and which have left players feeling disappointed.

The data, compiled by online betting company CSGOluck, assessed which games were the highest rated based on the percentage of people who completed the game, average rating, and average retirement rate - where players quit the game before completion.

# The top-rated games of 2023 revealed

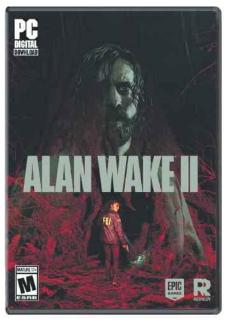


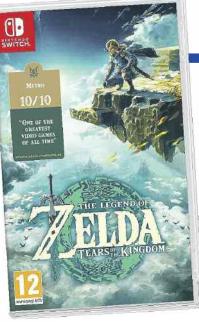
### Super Mario Bros Wonder

The third most popular game is Super Mario Bros Wonder with a score of 18.2 and an average player satisfaction rating of 90%. The Mario and Luigi game was also released on the 20th of October this year on the Nintendo Switch.

### **Alan Wake 2**

The fourth-highest rated game is Alan Wake 2, which was only released on the 27th of October but has proven popular online with a score of 18.1. The game reportedly takes users around 18 hours to complete the main story and proves popular with a 90% rating.





### Zelda: Tears of the Kingdom

In fifth place is the much-loved Zelda: Tears of the Kingdom with a score of 17.3. The game was released on the Nintendo Switch back in May, and in September was reported to have sold 19.5 million copies. The game has one of the longest times with around 59 hours of gameplay.

# Tips to help you deal with SAD this winter

### **Continued from page 21**

### 2. Keep a diary or journal

Keeping a diary is a great tool that can highlight any patterns and SAD symptoms you are experiencing. Using a notepad or even your notes app on your phone, note down key moments of your day that you think are affecting you. This can help you understand what makes you feel better or worse and creates a sense of

### 3. Increase your Vitamin D and light exposure intake Less sunlight exposure and time

spent outdoors in the winter months can result in a lack of vitamin D, a primary cause of SAD, as vitamin deficiency is associated with depressive symptoms. Vitamin D supplements are great to take during the winter months, though if in doubt, consult your GP.



Other natural ways to increase vitamin D are by incorporating mushrooms, egg yolks, and yoghurt into your meals, as these are naturally high in the vitamin. However, light exposure outdoors is the quickest way to increase vitamin D levels. Try keeping curtains open and allow natural light and UV rays to penetrate windows or increase your time outside.

Those with SAD frequently use light therapy through the use of a 'Light Box', which works by simulating sunlight. It helps reduce the production of melatonin, which can make you sleepy and is often used in the mornings to help you wake up and get out of bed. These are inexpensive and are a great tool to implement into your morning routine.

### 4. Include tryptophan and protein-rich foods in your

The colder months call for more comfort food, as eating what you crave can reduce stress hormones. Although this can make you feel good, it can have a negative long-term affect if you are not consuming a healthy, balanced diet.

When experiencing SAD, it can be beneficial to consume foods high in the amino acid Tryptophan. Studies have suggested that there is a direct link between this amino acid and the production of serotonin, the hormone related to happiness, memory, sexual desire and sleep. Tryptophan-rich foods include salmon, chicken and turkey. Vegetarian and vegan sources

### 1. Incorporate aromatherapy into your morning or bedtime routine

Aromatherapy is the use of essential oils to help promote well-being. Though this is not a treatment, aromatherapy can be a therapeutic and holistic option to help alleviate symptoms of anxiety and generally make you feel good. The best way to start aromatherapy at home is by using a diffuser that disperses scented vapour into the atmosphere.

Scents can elicit specific emotions and memories, making you feel better, so finding a scent that makes you feel good or reminds you of a fun or fond memory is best.

Try adding an aromatherapy diffuser to your morning or night-time routine. Lemon or peppermint essential oils are great for the morning and can create an uplifting atmosphere. Lavender essential oils are great if you are having trouble sleeping, as this can help increase melatonin production. Other essential oils such as ylang-ylang, orange and clary sage also help decrease anxiety and can be used at any time of



include pumpkin seeds, tofu (and other soya-based foods) and spinach. Finally, your gut biome is also directly linked to the production of serotonin, and poor gut health is linked to depression and hormone imbalance. imbalances. It is important to ensure you include enough water, fruits, vegetables, and fibre in your diet to maintain gut health. Challenge yourself to have at least five to seven fruits and vegetables a day.

### 5. Ensure you're doing 75 minutes or 3 x 25-minute exercises a week

Physical exercise is essential for all adults and should be done every week. This does not mean highintensity workouts; it can be moderate to light activity that can help get your blood pumping. This can even significantly reduce the chance of a

stroke or heart disease.

According to the NHS, adults should do at least 150 minutes of moderate to light physical activity a week; this equates to 21 minutes of exercise daily.

That said, a more vigorous exercise routine is better as this can release the neurotransmitter dopamine, more commonly known as the 'happy hormone'. A minimum of 75 minutes of vigorous/high-intensity exercise should be done per week, and this can

be broken down into three 25-minute exercises. This is recommended, as this can naturally alleviate your SAD symptoms, and if you do this outdoors. you can also increase your vitamin D

### 6. Introduce more greenery in your living spaces through houseplants

Surprisingly, plants can help create a calm, peaceful environment that alleviates anxiety.

Some species of plants can help purify the air around you; plants such as Chrysanthemums, Monstera plants and Spider plants are great to keep in and Spider plants are great to keep in bedrooms or living rooms and can remove indoor pollutants. This clean, fresh air helps raise oxygen levels in your brain and can impact your serotonin levels.

Furthermore, caring for plants is a common practice for those who want to improve their mental health, and successfully caring for a plant in the winter months can create a feeling of accomplishment and well-being.

### 7. Meal prep for the winter months

Being prepared, especially if you know you suffer from SAD, can reduce the impact of symptoms



severely. If your symptoms follow a pattern, you will be able to know when they start and can get ahead of them.

One way you could prepare is by cooking and freezing meals in advance for when you have little to no energy; this ensures you have a balanced and healthy meal ready without effort. It also works out more cost-effectively, as batch cooking is cheaper, and you will always have a meal prepared, so you can avoid

ordering an unhealthy takeaway.

Meal prepping is one way to prepare for the winter months, but preparing for other things, such as events or social gatherings, in advance is a great way to reduce stress and anxiety. You can also plan for some spare time, where you do not have activities planned, but have a day to yourself where you can recuperate or re-arrange stressful activities or events for a later date.





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THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD

### An extraordinary world of imagination

Based on the extraordinary character at the centre of Charlie and the Chocolate Factory, Roald Dahl's most iconic children's book and one of the best-selling children's book and time, 'Wonka' tells the wondrous story of how the world's greatest inventor, magician and chocolatemaker became the beloved Willy Wonka we know

From Paul King, writer/director of the Paddington films, David Heyman, producer of Harry Potter, Gravity, Fantastic Beasts, and Paddington, and producers Alexandra Derbyshire (the Paddington films, Jurassic World: Dominion) and Luke Kelly (Roald Dahl's The Witches), comes an intoxicating mix of magic and music, mayhem and emotion, all told with fabulous heart and humour.

Starring Timothée Chalamet in the title role, this irresistibly vivid and inventive big screen spectacle will introduce audiences to a young Willy Wonka, chock-full of ideas and determined to change the world one delectable bite at a time—proving that the best things in life begin with a dream, and if you're lucky enough to meet

Willy Wonka, anything is possible.

The man himself, Timothée Chalamet, says that the film investigates the fact that "Every good

thing in this world starts started with a dream."

He adds: "I love the optimistic, positive attitude the young Willy has, or that he won't take no for an answer and refuses to give up on his dreams."

Adding on that, director Paul King says that

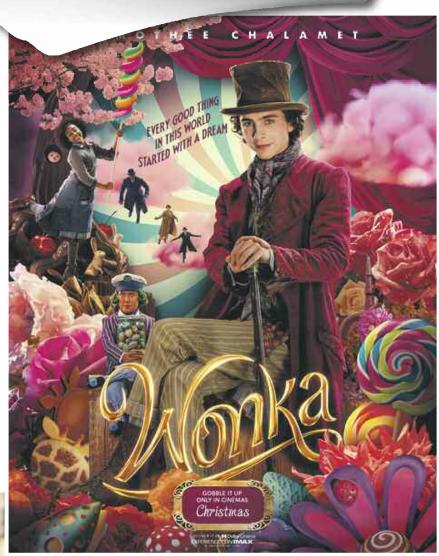
"because this is a Roald Dahl Universe movie, I suppose the world is not the kind of gracious, warm, welcoming place that we might hope it is. But he, Willy Wonka, sort of won't take no for an answer and sets out to change things just as they should be."

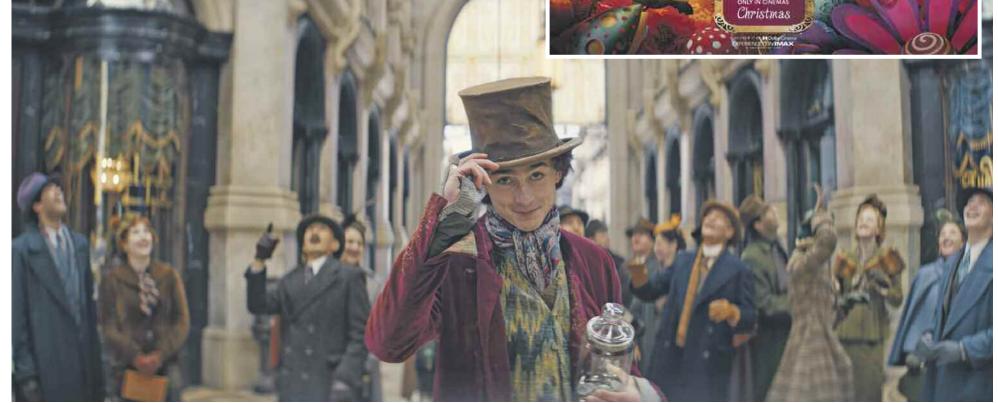
British royalty Olivia Colman, who plays "Mrs. Scrubbit, even discussed her experience working on the film. "It's really fun playing a baddie and I knew I'd have fun on the job with Paul, and I wanted to work with Paul.
"I love the Paddington's and I'm a big fan of

Timmy's. I thought it would be a really fun thing to

do. And it was. I literally enjoyed every day."

It's a fantastical and magical treat as Wonka is out in UK cinemas now.





# The battle continues...

Cinematic monsterverse follows up the explosive showdown of

## Godzilla vs. Kong

Director: Adam Wingard

Starring: Rebecca Hall, Brian Tyree Henry, Dan Stevens, Kaylee Hottle, Alex Ferns and Fala Chen

The epic battle continues! Legendary Pictures' cinematic Monsterverse follows up the explosive showdown of Godzilla vs. Kong with an all-new adventure pitting the almighty Kong and the fearsome Godzilla against a colossal undiscovered threat hidden within our world.

Challenging their very existence - and our own, 'Godzilla x Kong: The New Empire', delves further into the histories of these Titans and their origins, as well as the mysteries of Skull Island and beyond, while uncovering the mythic battle that helped forge these extraordinary beings and tied them to humankind forever.

Once again at the helm is director Adam Wingard. The film stars Rebecca Hall (Godzilla vs.Kong, The Night House), Brian Tyree Henry (Godzilla vs. Kong, Bullet Train), Dan Stevens (Gaslit, Legion, Beauty and the Beast), Kaylee Hottle (Godzilla vs.

Alex Ferns (The Batman, Wrath of Man, Chernobyl) and Fala Chen (Irma Vep, Shang Chi and the Legend of the Ten Rings)

Screenplay is by Terry Rossio (Godzilla vs. Kong, the Pirates of the Caribbean series) and Simon Barrett (You're Next) and Jeremy Slater (Moon Knight), from a story by Rossio & Wingard & Barrett, based on the character "Godzilla" owned and created by TOHO Co., Ltd. The film is produced by Mary Parent, Alex Garcia, Eric Mcleod, Thomas Tull, Jon Jashni and Brian Rogers.

and Brian Rogers.

The executive producers are
Wingard, Jen Conroy, Jay Ashenfelter,
Yoshimitsu Banno, Kenji Okuhira.

Once again, Wingard is collaborating
with director of photography Ben
Seresin (Godzilla vs. Kong, World War
Z), production designer Tom Hammock
(Godzilla vs. Kong, X, The Guest),
editor Josh Schaeffer (Godzilla vs. editor Josh Schaeffer (Godzilla vs. Kong, Molly's Game), costume designer Emily Seresin (The Invisible Man, Top of the Lake). The composers are Tom Holkenborg (Godzilla vs. Kong, Mad Max: Fury Road) and Antonio Di Iorio (additional music on Godzilla vs. Kong, the Sonic the Hedgehog Godzilla x Kong: The New Empire will be released in the UK by

Warner Bros. Pictures on April 12, 2024. Join the conversation: #GodzillaxKong

# Epic journey

## 'Dune: Part Two' trailer out now



**Director:** Denis Villeneuve

Starring: Timothée Chalamet, Zendaya, Rebecca Ferguson, Josh Brolin, Austin Butler, Florence Pugh, Dave Bautista, Christopher Walken, Stephen McKinley Henderson, Léa Seydoux with Stellan Skarsgård, Charlotte Rampling, and Javier Bardem

**Release Date:** 28/02/2023

The saga continues as award-winning filmmaker Denis Villeneuve embarks on 'Dune: Part Two,' the next chapter of Frank Herbert's celebrated novel Dune, with an expanded all-star international ensemble cast.

The film, from Warner Bros. Pictures and Legendary Pictures, is the highly anticipated followup to 2021's six-time Academy Award-winning 'Dune.'

The big-screen epic continues the adaptation of Frank Herbert's acclaimed bestseller Dune with returning and new stars, including Oscar nominee Timothée Chalamet, Zendaya, Rebecca Ferguson,

Oscar nominee Josh Brolin, Oscar nominee
Austin Butler, Oscar nominee Florence Pugh, Dave Bautista, Oscar winner Christopher Walken, Léa Seydoux, Souheila Yacoub, with Stellan Skarsgård, with Oscar nominee Charlotte Rampling, and Oscar winner Javier Bardem.
'Dune: Part Two' will explore the

journey of Paul Atreides as he unites with Chani and the Fremen while on a path of revenge against the conspirators who destroyed his family

Facing a choice between the love of his life and the fate of the known universe, he endeavours to

prevent a terrible future only he can foresee.

Villeneuve directed from a screenplay he cowrote with Jon Spaihts based on Herbert's novel.

The film is produced by Mary Parent, Cale Boyter, Villeneuve, Tanya Lapointe and Patrick McCormick. The executive producers are Joshua Grode, Herbert W. Gains, Jon Spaints, Thomas Tull, Brian Herbert, Byron Merritt, Kim Herbert, with

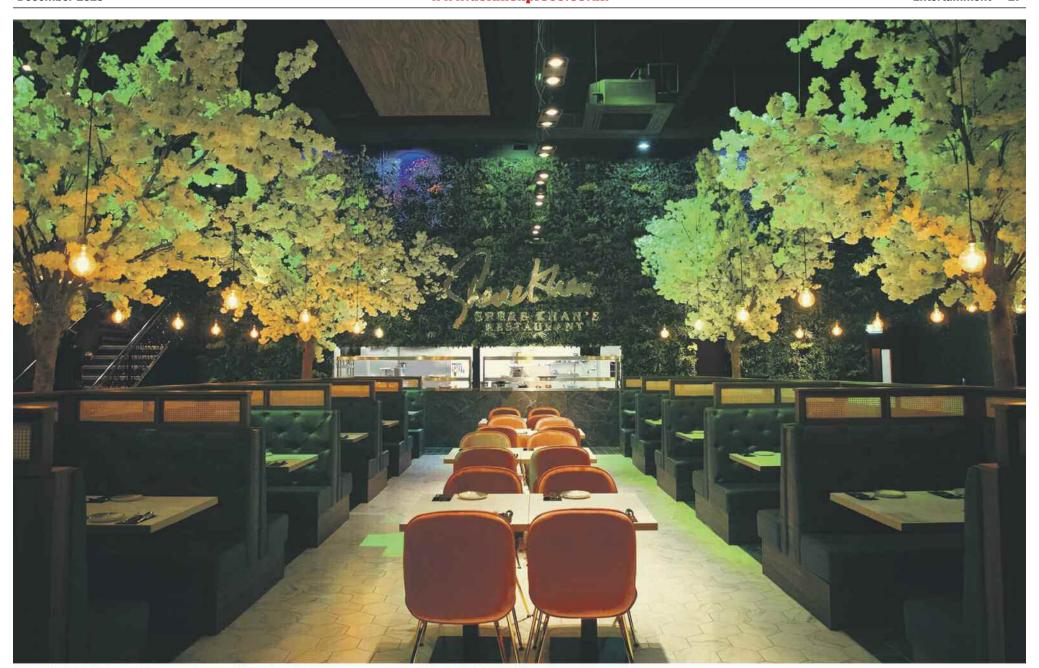
Kevin J. Anderson serving as creative consultant.
Villeneuve is again collaborating with his 'Dune' creatives: Oscar-winning director of photography Greig Fraser; Oscar-winning production designer Patrice Vermette; Oscar-winning editor Joe Walker; Oscar-winning visual effects supervisor Paul Lambert; Oscar-nominated costume designer Jacqueline West. Oscar-winning composer Hans Zimmer is again on hand to create the score.

Warner Bros. Pictures and Legendary Pictures Present A Legendary Pictures Production, A Film By Denis Villeneuve, 'Dune: Part Two.'

> release in theatres and IMAX nationwide and internationally beginning on 28 February 2024, distributed by Warner Bros. Pictures.

> The film is slated for a March 1, 2024

Join the conversation: #DunePartTwo





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Release date: 24/11/2023

Starring: Natasha Rothwell, Harvey Guillén,

Angelique Cabral, Ramy Youssef, Jon Rudnitsky, Della Saba, Niko Vargas, Jennifer Kumiyama, Victor Garber,

Chris Pine, Alan Tudyk

**Directors: Fawn Veerasunthorn, Chris Buck** 

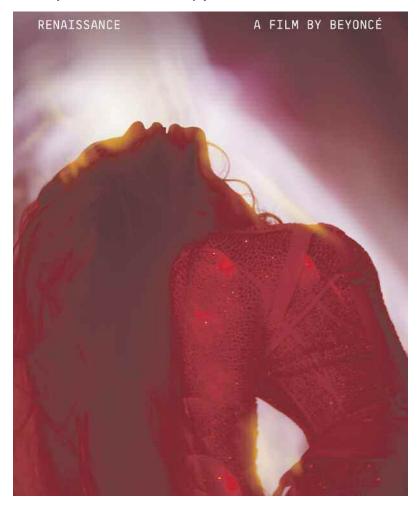
Walt Disney Animation Studios' "Wish" is an all-new musical-comedy welcoming audiences to the magical kingdom of Rosas, where Asha, a sharp-witted idealist, makes a wish so powerful that it is answered by a cosmic force—a little ball of boundless energy called Star. Together, Asha and Star confront a most formidable foe—the ruler of Rosas, King Magnifico—to save her community and prove that when the will of one courageous human connects with the magic of the stars, wondrous things can happen.

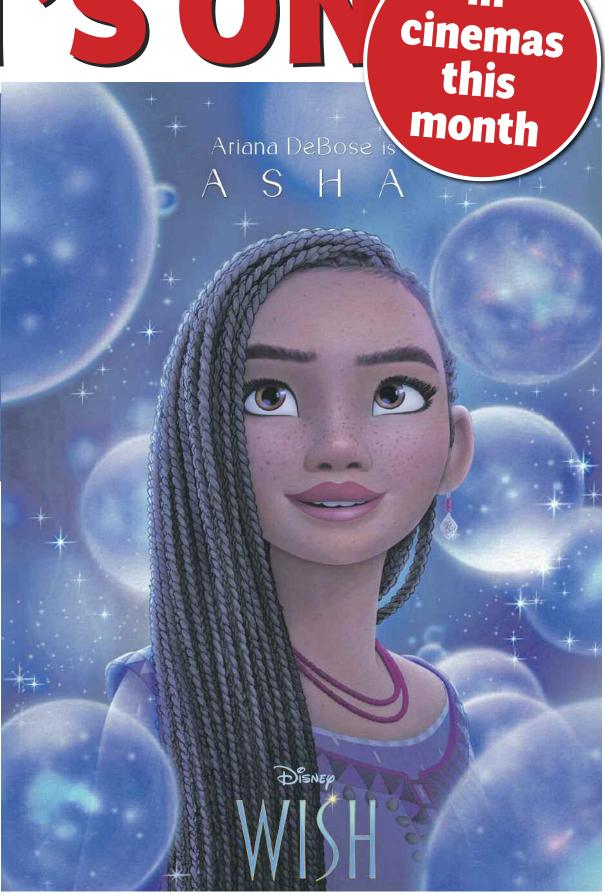
### A Film By Beyonce Release date: 1/12/2023

**Starring:** Beyoncé Knowles-Carter **Director: Beyoncé Knowles-Carter** 

**Cert: 15** 

Renaissance: A Film By Beyonce accentuates the journey of 'Renaissance World Tour', from its inception, to the opening in Stockholm, Sweden, to the finale in Kansas City, Missouri. It is about Beyoncé's intention, hard work, involvement in every aspect of the production, her creative mind and purpose to create her legacy, and master her craft. Received with extraordinary acclaim, Beyoncé's 'Renaissance World Tour' created a sanctuary for freedom, and shared joy, for more than 2.7 million fans.







### **The Marvels**

Release date: 10/11/2023

Starring: Teyonah Parris, Seo-joon Park, Zawe Ashton,

Iman Vellani, Samuel L. Jackson, Brie Larson

**Director: Nia DaCost** 

Cert: 12A

Carol Danvers aka Captain Marvel has reclaimed her identity from the tyrannical Kree and taken revenge on the Supreme Intelligence. But unintended consequences see Carol shouldering the burden of a destabilised universe. When her duties send her to an anomalous wormhole linked to a Kree revolutionary, her powers become entangled with that of Jersey City super-fan, Kamala Khan aka Ms. Marvel, and Carol's estranged niece, now S.A.B.E.R. astronaut Captain Monica Rambeau. Together, this unlikely trio must team-up and learn to work in concert to save the universe as "The



### **Aquaman And The Lost Kingdom**

Release date: 21/12/2023

Starring: Yahya Abdul-Mateen II, Amber Heard, Temuera Morrison, Randall Park, Vincent Regan, Dolph Lundgren, Patrick Wilson, Nicole Kidman, Indya Moore, Pilou Asbæk, Ben Affleck, Jason Momoa Director: James Wan Cert: TBC

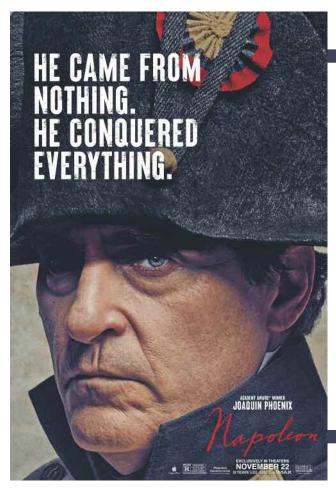
When an ancient power is unleashed, Aquaman must forge an uneasy alliance with an unlikely ally to protect Atlantis, and the world, from irreversible devastation. After failing to defeat Aquaman the first time, Black Manta wields the power of the mythic Black Trident to unleash an ancient and malevolent force. Hoping to end his reign of terror, Aquaman forges an unlikely alliance with his brother, Orm, the former king of Atlantis. Setting aside their differences, they join forces to protect their kingdom and save the world from irreversible destruction.

### Ferrari

Release date: 26/12/2023 Starring: Adam Driver, Jack O'Connell, Shailene Woodley, Sarah Gadon, Penélope Cruz, Patrick Dempsey, Gabriel Leone Director: Michael Mann Cert: 15

It is the summer of 1957. Behind the spectacle of Formula 1, ex-racer Enzo Ferrari is in crisis. Bankruptcy threatens the factory he and his wife, Laura built from nothing ten years earlier. Their volatile marriage has been battered by the loss of their son, Dino a year earlier. Ferrari struggles to acknowledge his son Piero with Lina Lardi. Meanwhile, his drivers' passion to win pushes them to the edge as they launch into the treacherous 1,000-mile race across Italy, the Mille Miglia.





### Napoleon

Release date: 22/11/2023 Starring: Joaquin Phoenix, Vanessa Kirby, Tahar Rahim, Ludivine Sagnier, Ian McNeice, Ben Miles Director: Ridley Scott Cert: 15

Napoleon is a spectacle-filled action epic that details the checkered rise and fall of the iconic French Emperor Napoleon Bonaparte, played by Oscar®-winner Joaquin Phoenix. Against a stunning backdrop of large-scale filmmaking orchestrated by legendary director Ridley Scott, the film captures Bonaparte's relentless journey to power through the prism of his addictive, volatile relationship with his one true love, Josephine, showcasing his visionary military and political tactics against some of the most dynamic practical battle sequences ever filmed.



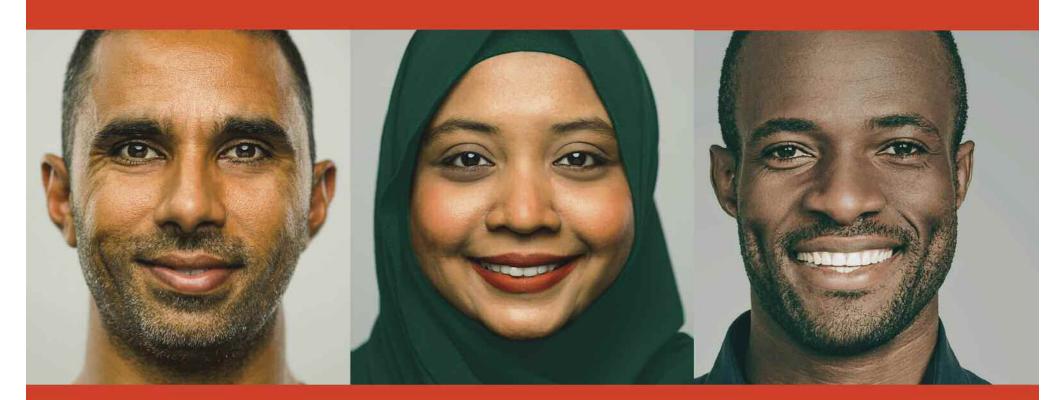
### **Anyone But You**

Release date: 26/12/2023 Starring: Dermot Mulroney, Alexandra Shipp, Darren Barnet, Sydney Sweeney, Rachel Griffiths, Hadley Robinson, Michelle Hurd, GaTa, Glen Powell Director: Will Gluck Cert: TBC

In the comedy Anyone But You, Bea (Sydney Sweeney) and Ben (Glen Powell) look like the perfect couple, but after an amazing first date something happens that turns their fiery hot attraction ice cold until they find themselves unexpectedly thrust together at a destination wedding in Australia. So they do what any two mature adults would do: pretend to be a couple.

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## Mercedes-AMG SL 63 S E Performance



Mercedes-AMG has just crowned the iconic SL series with the new SL 63 S E Performance.

The 4.0-litre V8 biturbo engine and the AMG Electric Drive Unit together generate a system output of 600 kW (816 hp) and a maximum system torque of up to 1,420 Nm. This makes the new model the most powerful SL of all time. And it is already the fifth series with the AMG-specific E Performance hybrid tech-nology.

tech-nology.

The immediate response of the electric drive, the rapid build-up of torque and the linear power delivery enable an impressive driving experience. The acceleration to 100 km/h in 2.9 seconds and the top speed of 317 km/h underline the confident appearance.

In the SL 63 S E Performance, the AMG 4.0-litre V8 biturbo engine on the front axle is also combined with an electric drive unit on the rear axle.

electric drive unit on the rear axle.

It integrates a 150 kW (204 hp),
permanently excited synchronous
electric motor with an electrically
switched two-speed transmission and
a mechanical rear axle limited-slip
differential.

The development of the lithium-ion energy storage is inspired by technologies proven in the Formula  $1^{\text{TM}}$  hybrid racing cars of the Mercedes-AMG Petronas F1 Team. The high-performance battery offers a capacity of 6.1 kWh, 70 kW continuous power and 150 kW peak power.

# The most innovative and powerful SL of all time

Charging takes place via the installed 3.7 kW on-board charger with alternating current at a charging station, wallbox or household socket.

station, wallbox or household socket.
The AMG 400-volt battery has direct cooling via a high-tech coolant flows around all 560 cells and cools them individually. A uniform temperature control of the battery therefore has a decisive influence on its performance, service life and safety.
The basic operating strategy is

The basic operating strategy is derived from the hybrid power pack of the Mercedes-AMG Petronas Formula 1 racing car. The eight AMG DYNAMIC SELECT driving programmes "Electric", "Battery Hold", "Comfort", "Smoothness", "Sport", "Sport+", "RACE", and "Individual" are precisely tailored to the new drive technology.

They offer a wide range of driving

They offer a wide range of driving experiences – from efficient to dynamic. The driving programmes adapt important parameters such as the response of the drive and transmission, the steering characteristic, the chassis damping or the sound

The exclusive identifying feature of the new top model in the SL series is the rear section. What's new here is the integrated plug-in loading flap and the model name highlighted in red.

the model name highlighted in red.

There are also grooved trapezoidal twin tailpipe trims on the outside. The "E Performance" fender badge on the side indicates the exclusive drive. As with the entire series, numerous paints from the MANUFAKTUR programme are also available for the hybrid version.

The interior serves the sporty target group as well as customers who value maximum comfort. The cockpit design right down to the portrait format display in the centre console is focused on the driver and impresses with a harmonious overall impression. The practical dimensional concept with 2+2 seats offers generous space in the interior.

One of many highlights in the interior is the electrically adjustable AMG sports seats. They combine good lateral support with high long-distance comfort. The optional AMG Performance seats with integrated

headrests and ventilation openings in the seat backs are even sportier.

the seat backs are even sportier.

The MBUX multimedia system (Mercedes-Benz User Experience) is intuitive to use and capable of learning. The SL 63 S E Performance contains numerous AMG and hybrid-specific displays and functions. Exclusive menu items such as "AMG Performance" underline the sporty character.

The active aerodynamics were also fine-tuned, and is hidden in the underbody in front of the engine, contributes to balanced driving behaviour. It is standard on the SL top model.

This carbon profile is an exclusive AMG development and protected by patents. It reacts to the position of the AMG driving programmes and automatically extends downwards by around 40 millimetres at a speed of 80 km/h. This creates the so-called Venturi effect, which additionally sucks the car onto the road and reduces the lift on the front axle.

Another active component is the extendable rear spoiler seamlessly

integrated into the boot lid. It changes its position depending on the driving condition.

The AMG Active Ride Control suspension with semi-active roll stabilisation can be adjusted in rebound and compression, also have semi-active, interconnected hydraulic elements.

It's also equipped with active rearaxle steering as standard. Depending on the speed, the rear wheels steer either in the opposite direction (up to 100 km/h) or in the same direction (faster than 100 km/h) as the front wheels. The system therefore enables both agile and stable driving behaviour.

In keeping with the extreme performance values and the associated performance, the AMG ceramic high-Performance composite brake system, with bronze-coloured 6-piston fixed calipers at the front and 1-piston floating calipers at the rear, comes as standard.

Compared to AMG models with a pure combustion engine, it is larger in size: the carbon ceramic brake discs on the front axle measure  $420 \times 40$  millimetres and on the rear axle  $380 \times 32$  millimetres.

The braking system impresses with very short braking distances as well as maximum stability and fading stability under heavy use. It also scores points with its long service life. The lightweight material saves additional weight and reduces unsprung masses.





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# 1ann/m/2e



Whilst satin black may still be the most popular vehicle vinyl wrap colour, fashion trends are shifting. For the early adopters, 2024 is all about the pastel aesthetic.

Yiannimize, the leading vehicle personalisation specialist and associate of Urban Automotive, recently transformed Premier League footballer Jack Grealish's Lamborghini Performante Urus from its original black to a new Tiffany Blue shade.

Yianni Charalambous, chief executive officer at Yiannimize commented "We've seen wrap trends develop over time. A few years ago, it was the crazy chrome, iridescent and bright colours that celebrities and footballers wanted, but as wrapping becomes the norm,

it's the more subtle shades like satin black and matte metallic grey that have taken over.

Recently though we've seen customers opt for more adventurous colours, especially pastel tones which are gaining in popularity. No doubt we'll still have the mainstay of dark, matte colours that are 'classics', but it's nice to see our clientele experimenting with new ideas too and we expect this to continue into 2024."

Modifiers are not the only ones picking up on the trend. Both Rolls-Royce and Bentley have recently latched on, with the launch of Rolls-Royce's striking optional Sagano Green paint, and the Bentley Continental's new Jetstream Blue colourway.

### **Continued from page 31**

### 3. Bright interiors

As pastel exterior colours grow more popular, bright and bold interiors are also predicted to be hot property in 2024.

Urban Automotive recently worked with European partners Absolute Motors to transform kick-boxing champion Rico Verhoeven's Mercedes G-Class Widetrack with a custom teal blue interior retrim, contrasting beautifully with an understated exterior colour. A future Urban Automotive project will aim to take this approach even further upon reveal in 2024...

### 4. Heritageinspired builds

Restomod-style modifications have grown hugely popular over the last five years, often combining iconic designs with contemporary underpinnings. Urban Automotive's Signature Series often includes a heritage-inspired project or two, with demand for this type of vehicle set to continue in 2024. In March 2023, the

company launched its own take on Land Rover's 75th Anniversary Edition
Defender. With a carbon fibre vented bonnet, Urban Cast 'UC-4' wheels with Grasmere Green pin striping, and its signature spoiler and light bar, Urban Automotive's classic twist on the New Defender has been popular with customers in both 90 and 110 bodystyles.

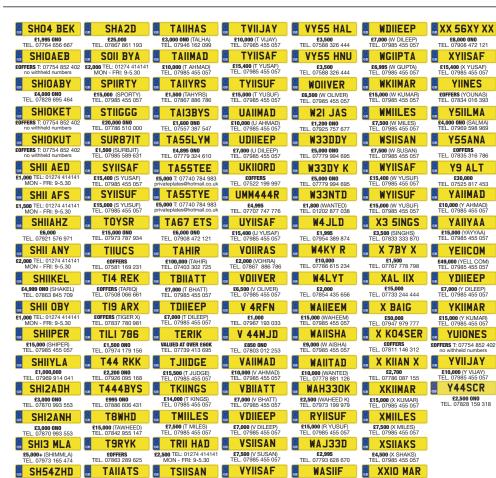
### 5. Visual Carbon Fibre

Urban Automotive kits are centred around the use of carbon fibre, but this year's SEMA show in Las Vegas reflected how the material continues to grow in popularity – with many vehicles effectively showcasing exposed naked carbon body panels to create serious impact.

Though visual carbon fibre has been in the automotive industry for decades, Urban Automotive is continuing to push the boundaries into 2024 with new finishes and techniques. Its in-house carbon fibre production facility also allows customers to create a completely customisable look that is unique to their tastes.

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# 2023 International Ministerial Conference for the Freedom of Religion or Belief Alliance witnesses starstudded football match

### **Continued from page 56**

The distinguished panel took place at the historic Czernin Palace, where influential figures from the world of football gathered to deliberate on the pivotal role that sports, and faith play in bridging gaps across communities and impacting their sporting lives.

pivotal role that sports, and faith play in bridging gaps across communities and impacting their sporting lives.

The illustrious panel featured former international player and cofounder of Football for Peace, Kash Siddiqi; former Chairman of Bournemouth Football Club, Jeff Mostyn; former Professional Football Player and Sparta Prague Legend, Costa Nhamoinesu; former Tottenham, Liverpool FC and International Professional Football Player, Steven Caulker and former Everton F.C and Senegal national team Football Player, Oumar Niasse.

Following the insightful FfP Panel, the attention shifted to Prague's iconic Great Strahov stadium for a highly anticipated match that promised to be a spectacle of camaraderie.

Teams composed of individuals from diverse backgrounds, faiths, and professions converged on the football field to showcase the transformative power of sport in fostering mutual respect.

The event received additional support from key delegation members, including the Under Secretary of State for Civilian Security, Democracy, and Human Rights, Uzra Zeya, and H.E. Ambassador Bijan Sabet.

Accomplished international and local football players and figures, alongside ministers, AC Sparta Prague's academy team players, former professional footballers, and stars like David Lafata and Borek Dockal, demonstrated the unifying power of sports in building interreligious and cross-cultural communities through their active participation in match

participation in match.

Former AC Sparta Praha Captain Costa Nhamoinesu said: "Football holds a profound significance as a unifying force, connecting and uniting diverse communities in the shared joy of the beautiful game. Football for Peace is doing great work to amplify the message of unity."

Professional international Footballer Steven Caulker said: "Football is a universal language understood by all, and we need to use it as a vehicle to create change in support of athletes, young people and communities. Big shoutout to Football for Peace for doing awesome work, spreading unity and harmony through



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the beautiful game!"
U.S. Under Secretary for Civilian Security, Democracy, and Human Rights Uzra Zeya said: "I have learned that success in diplomacy is not all that different from the playing field – it requires training, discipline, good judgement, and teamwork. Merging these two worlds is only fitting.

"In fact, sports diplomacy is an effective way to bring people together and build mutual understanding, cooperation, and unity. Thank you to our hosts, the Czech MFA, and to our partners – Football for Peace and Sparta Prague."

President and co-founder of Football for Peace Kash Siddiqi said: "I extend my sincere appreciation to all participants and collaborators, especially the Czech MFA, AC Sparta Praha, and the U.S. State Department, for joining forces to amplify this crucial message and occasion.

"The collaborative efforts underscore the significance of sports diplomacy in

advancing the cause of religious freedom, showcasing how partnerships between esteemed entities can catalyse positive

change on a global scale.

"Together, we have laid the groundwork for future initiatives that leverage the unifying force of football to foster harmony and champion the vital cause of religious foodball was a very divide." reedom worldwide."

U.S. Ambassador at Large Rashad Hussain said: "We have to continue planting the seeds for the long run. There are so many important ways in which we are doing that this week - through interfaith and multi-faith work, as well as the people-to-people connections we are building. We saw that in a very real way on the football pitch, where Football for Peace performed an incredible display.
"When you are cheering for your team,

you are not cheering for people of just one ethnic, racial, or religious background; you are cheering for your team. And that's

powerful.
"Athletes have such an important and incredible platform, and many of you are using it in impactful ways.

"I encourage you to use that platform to bring people together because it's incredible what sports have the ability to

Ambassador of Czech Republic Rudolf Hykl said: "The Ministry of Foreign Affairs of the Czech Republic was delighted to host the Ministerial Conference on Freedom of Religion or Belief, of which the panel and the exhibition on the role of football in creating culture of religious tolerance and

respect was an important part.

"Thanks go to all co-organisers of the event, most importantly to the leading Czech football club AC Sparta Praha, who was instrumental in organising and staging the successful sporting event."

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### **Nasser Al-Attiyah** joins Dacia's rally-raid team



Five-time winner of the Dakar Rally, Nasser Al-Attivah, is joining the Dacia rally-raid team as an official driver

Dacia officially welcomed Nasser Al-Attiyah to its rally-raid team. Nasser, aged 52, is a two-time FIA World Rally Champion in WRC-2 and a 19-time winner of the FIA Middle East Rally Championship between 2003 and 2015.

He is a frequent competitor in rally, rally-raid and circuit events. His record in rally-raiding is second to none. He is fivetime winner of the World Cup for Cross-Country Rallies and two-time winner of the World Rally-Raid Championship.
In the world of Dakar,

Nasser is something of a legend. In 2010, he finished second place, 2 minutes and 12 seconds behind Carlos Sainz. In 2011, he won his first Dakar, ahead of Giniel de Villiers and Carlos Sainz.

He then went on to win the Dakar again in 2015, 2019, 2022 and 2023, with co-driver Mathieu Baumel, who will also be at his side on the Dacia team. Aged 47, Mathieu is one of France's most successful co-drivers, with 4 victories in the Dakar and 12 World Championship titles (two in rally-raiding, 1 in WRC2 and 9 in the MERC).

Nasser Al-Attiyah and Mathieu Baumel will be the third crew lining up with Team Dacia for its rally-raid adventures, alongside Sébastien Loeb and Fabian Lurquin as well as Cristina Gutiérrez Herrero and

Pablo Moreno Huete. From 2024, the three crews will test the brand's prototype, running on synthetic fuel, at the Morocco Rally. Their shared goal is to win the



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The 2023 International Ministerial Conference for the Freedom of Religion or Belief Alliance witnessed a fusion of diplomacy and sportsmanship as Football for Peace (FfP), AC Sparta Praha Club, the U.S. Department of State, and the Ministry of Foreign Affairs of the Czech Republic united for a remarkable star-studded Football for Peace (FfP) panel and match in Prague.

This ground-breaking collaboration showcased the unifying power of sports in building interreligious and cross-cultural communities.

Continued on pages 54 & 55



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# SPORTS DIPLOMACY

2023 International Ministerial Conference for the Freedom of Religion or Belief Alliance witnesses star-studded football match





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