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Lorna climbed mount Kilimanjaro to thank cancer charity for mum Harbhajan Kaur's care (Credit: Macmillan Cancer Support)

Climbing Kilimanjaro

Birmingham family thank cancer charity with £7,000 donation after mountain hike

"When my beautiful mother was diagnosed with cancer it shook our world."

The daughter of a cancer patient has raised more than £7,000 for Macmillan Cancer Support by trekking to the top of Mount Kilimanjaro – as a way to say thank you for the care her mum received at a Birmingham hospital.

Lorna Nanda Gangotra, aged 47, a chef and founder of the award-winning Lorna's Indian Kitchen, carried out the gruelling challenge in support of Macmillan cancer nurses working at City Hospital.

Lorna, from Addlestone, Surrey and her mum Harbhajan Kaur, from Handsworth Wood, visited the hospital with their family to pay tribute to the Macmillan nurse, Catherine Spencer and her team and present them with the £7,046 raised for the charity.

Continued on page 4

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Join the Mayor's One-Day Cricket Tournament

2023 has been a busy year for cricket at Edgbaston with the men and women's Ashes, the Hundred just around the corner and an international T20 game between England and New Zealand to look forward to.

There is plenty to celebrate and we want to give members of the West Midlands community an opportunity to come together and take part in a one-day intergenerational cricket tournament on Sunday 17 September 2023 at Edgbaston Stadium.

On the day, the older and younger generations will have a chance to play in a softball cricket tournament together. I hope the benefits of having a go, learning from one another and having a hugely educational and enjoyable experience will be felt by everyone.

No previous experience of cricket is required – in fact, this festival is aimed at beginners or those who consider themselves as having low-skill in cricket. All you need to bring with you is an an enthusiasm to get involved and have a go. All equipment will be provided.

If you belong to the following age groups and you're interested in taking part, please register for the event below by visiting: https://www.eventbrite.co.uk/e/mayors-one-day-intergenerational-cricket-softball-tournament-join-us-tickets-668175249157







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£2m support scheme to help double the size of region's social economy

A £2 million support package using unspent Commonwealth Games money will help level up some of the region's most disadvantaged neighbourhoods.

The funding is the first phase of the West Midlands Combined Authority's (WMCA) plan to double the size of the region's social economy by supporting community-focussed businesses whose goal is to improve the lives of local people and create new jobs.

Delivering on a key recommendation from the Social Economy Taskforce, the WMCA will use money from the Commonwealth Games Legacy Enhancement Fund to invest in the social economy which is a collective term for social enterprises, co-operatives, community-owned and employee-owned businesses set up to generate income to address social and environmental issues.

In the West Midlands, it employs more than 120,000 people across 8,000 organisations and is worth £3.5 billion a year to the wider economy.

Seed funding will also be provided to 'clusters' of social businesses in each of the WMCA's seven constituent council areas to support them to develop plans that identify specific projects to improve the local area and be used as a basis to bring in further investment.

The first local 'cluster' will be led by Witton Lodge Community Association in Perry Common, Birmingham, and co-funded by Power to Change.

Witton Lodge Community Association is based just a few miles from the Alexander Stadium - the flagship venue for last year's Commonwealth Games.

It has a track record of improving the community in which it is based, having been formed over 20 years ago by residents who were unhappy about the demolition of 900 homes in the area and wanted to help shape its future.

Since then, it has gone from strength to strength in building and managing new homes for local people and supporting the surrounding community in a wide range of ways, such as providing jobs and skills advice and hosting community events and activities to improve the environment and help residents to live healthier lives.

Afzal Hussain, chief officer at Witton Lodge Community Association, said: "We are delighted to be part of this investment that will give us the much-needed resources to do the job we are trying to do, to improve the local area and economy. It's a great opportunity for the community to decide what's right for us, and to create change that makes a difference and sticks."

Andy Street, Mayor of the West Midlands and WMCA chair, said: "Our region's social economy is a relatively unknown but thriving sector made up of a diverse range of enterprises that collectively make a remarkable contribution to society.

"The work of the Social Economy Taskforce has made clear that - with the right support - we can double the size of that social economy. Together, we can help put more money back into the hands of local people - creating jobs and supporting services that are delivered for them and by them."

The WMCA's Social Economy Growth Programme is part of its social economy strategy which has been developed in partnership with Power to Change, the independent trust that strengthens communities through community businesses.

More funding announcements will be made over the coming weeks and months.

Enquiries about the funding should be emailed to legacyfund@wmca.org.uk.

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Birth trauma

"It's taken me many years to come to terms with what happened to me..."





A mum has revealed the lifelong impact a serious injury she suffered during childbirth has had - and backed a major awareness campaign.

Geeta Nayar, from North London, suffered a third-degree perineal tear and nerve damage when her first child was delivered by forceps.

Geeta, a medical negligence lawyer at a law firm, underwent surgery for her injury also known as an obstetric anal sphincter injury (OASI). However, surgery failed, and the day after her traumatic delivery she started suffering symptoms including incontinence.

However, despite several further procedures, 15 years after giving birth, Geeta, aged 46, continues to suffer with debilitating symptoms including incontinence, pain and scar tissue.

Geeta, who is married, said: "When we got married we were overjoyed to be expecting our first child. We'd painted the nursery bright yellow, and my birth plan had been meticulously prepared. We were excited about what the future held.

"Initially when I went into labour my midwife was calm and put me at ease. However, after several hours it was clear I had stopped making any progress, I was exhausted with pain and there was a change of shift. It was at this point the situation started to deteriorate.

"I was concerned about the safety of my daughter, but any request to discuss options such as being moved to theatre were just dismissed.

"The situation continued to deteriorate until, there was marked foetal distress and what followed can only be described as a nightmare.

"Panic ensued, there were several failed attempts at trying to deliver my daughter by a ventouse suction cup followed by an extremely forceful and traumatic forceps delivery.

"My daughter was born with deep cuts to her face and I sustained a tear involving the entire length of the external and internal anal sphincter, and nerve damage.

"I was left completely traumatised by the experience. Instead of holding and feeding my daughter I was taken to theatre for several hours for an attempted repair. This unfortunately failed and I suffered my first episode of incontinence the very next day."

Geeta was discharged three days later. However, once home she had no medical support and struggled to leave the house because of her injuries.

While undertaking research into OASI injuries, Geeta came across statistics that documented ethnicity as a significant risk factor and that Asian women have the highest risk of third and fourth degree perineal injuries.

"Had my ethnicity been taken into account and I'd been told of my greater risk of perineal injury as a South Asian woman having her first child, and the healthcare professionals whose care I was under knew of these risk factors, I strongly believe the outcome may have been different.

Women of Asian heritage around six times more likely to suffer from perineal tears and nerve damage than white women during natural delivery

Geeta visited her GP several times. It was only several months later she was referred to a specialist perineal trauma unit. Following tests, the full extent of her injuries, including that her nerves had been damaged and initial surgery had failed was established.

Geeta has since undergone several procedures but still lives with her symptoms.

She added: "I went from being a resilient, independent woman to needing significant help.

"While my friends were meeting in the park and attending baby groups, I was barely able to leave the house. I struggled on, but, after several months the situation was dire. It was only when I finally saw a specialist several months later I was told for the first time how serious my injuries were.

"Since then I have undergone further surgical repairs which have also failed but I simply have had to adjust the way I live to cope."

"It's taken me many years to come to terms with and find the courage to speak about what happened to me.

"The issue of birth trauma is still relatively taboo, but I hope by speaking out I can help other women. Support from organisations such as The MASIC Foundation and The Birth Trauma Association is available, no-one should have to go through this experience alone.

The MASIC Foundation is calling on the NHS to implement a seven point plan to reduce birth injuries including increased training, awareness for pregnant women as well as specialist clinics and psychological support.

Research found around one in 20 first-time mums, suffer an OASI during childbirth. However, further studies have found ethnicity also plays an issue, with women of Asian heritage around six times more likely to suffer an OASI than white women during natural delivery.

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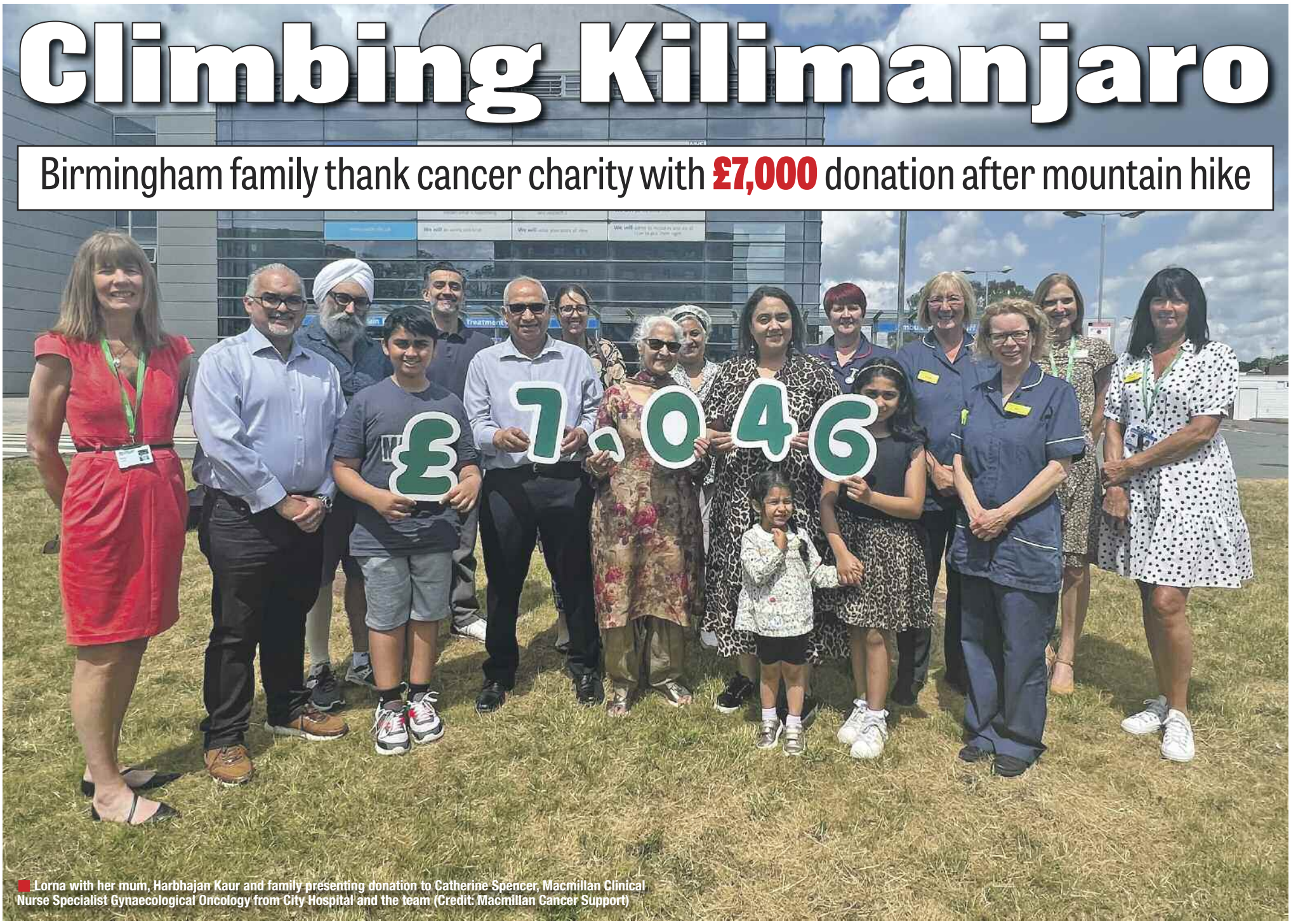
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Climbing Kilimanjaro

Birmingham family thank cancer charity with £7,000 donation after mountain hike



Lorna with her mum, Harbhajan Kaur and family presenting donation to Catherine Spencer, Macmillan Clinical Nurse Specialist Gynaecological Oncology from City Hospital and the team (Credit: Macmillan Cancer Support)

Cover story continued

Lorna said: "When my beautiful mother was diagnosed with cancer it shook our world. Her symptoms were initially very difficult to control so it was a rather frightening and uncertain time. But thanks to the wonderful care and treatment she received from Catherine and the fantastic team at City Hospital, she eventually came through.

"When I decided to take on this challenge, I asked mum who I should support and 'Macmillan' was the first word she said, without hesitation. That's why we wanted to come back and say thank you in person to Catherine and the charity now that I've completed the trek."

Lorna's family have had a painful history of cancer recently having lost her auntie to liver cancer in June last year, just two weeks after her diagnosis, and Lorna's sister is also going through her own cancer journey at the moment.

Lorna added: "There is a saying – 'If you can't see it, you can't be it'. This is why as a British, South Asian woman of Punjabi heritage I want to share my family's experience of cancer and the support that is out there, within my community, where awareness of Macmillan Cancer Support isn't as widespread.

> **"As a British, South Asian woman of Punjabi heritage I want to share my family's experience of cancer.**

"People from my community can often feel embarrassed or ashamed about the word 'cancer' or the symptoms they may have so do not talk to anyone about it or visit the GP when they should or seek the support they need. I want them to know they can call Macmillan.

"The same is true with climbing Kilimanjaro. If more people can see me climb the highest mountain in Africa for charity, they may be inspired to do the same.

"I do not have the right words to express my gratitude as to how Macmillan Cancer Support helped my mum and my family get through her cancer journey at the time, and they still do, to this day. Sometimes these charities can all seem a bit abstract and not real life, but just know, the work these people do is incredible and really does matter."

Catherine Spencer, Macmillan Clinical Nurse Specialist for Gynaecological Oncology at Sandwell and West Birmingham NHS Trust which runs City Hospital, said: "We are enormously grateful to Lorna for her incredible achievement in trekking up Mount Kilimanjaro and raising such a huge sum of money for Macmillan.

"In the last few years Macmillan has supported us with additional funding which has led to the appointment of Lorraine, our new Macmillan Cancer Care Navigator. This role has meant we can offer wider holistic support for those affected by gynaecological cancer. It could only happen with the huge efforts of our donors. We'd like to thank Lorna for her generosity."

Pauline Lewis, Macmillan Senior Relationship Fundraising Manager in the West Midlands added: "It was so touching to see Harbhajan reunited with the nurses who supported her through her cancer journey in 2017.

"We are so grateful to Lorna for taking on this incredible challenge and raising much needed money for Macmillan to help us provide practical, emotional, and financial support to people living with cancer particularly at this time with the added burden of the current cost of living crisis.

"Lorna's enthusiasm and drive has been an inspiration to us all and we look forward to working with her to help raise further awareness of Macmillan services particularly in the South Asian community. As well as our incredible nurses and cancer care navigators, we have a support line open seven days a week and a website with clear information on all types of cancer and treatments."

Macmillan Cancer Support rely almost entirely on public donations to make a difference to people living with cancer, from the moment they are diagnosed.

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Movie bootcamp

Atta Rehman lands a job working as the director's assistant on Lucasfilm's upcoming Star Wars TV show

Hundreds of people have been able to turn on and tune in to the fast-paced world of broadcast media thanks to an exciting jobs course set up by a Birmingham-based TV station.

The Digital Upskill Bootcamps, which are part funded by the WMCA, have so far seen more than 200 people given a taste of working in the television industry with around two-thirds going into jobs, self-employment or an apprenticeship.

One of them, Atta Rehman, even landed a job working as the director's assistant on Lucasfilm's upcoming Star Wars TV show 'The Acolyte' after finishing the bootcamp.

"Without my experience at the bootcamp and what it entailed for my resume, the job might not have gone to me," Atta said.

Another learner, Manpreet Aulakh, added: "I loved doing the bootcamp as the team were so supportive and helpful whenever I needed guidance. Checking in every other day to make sure I was okay made me more aware of the positive impact the bootcamp was having.

"I now want to continue adding to my skillset and progress further into my career choice."

Delivered in conjunction with BritAsia TV, bootcamp learners get the opportunity to experience live shoots, events and case studies from festivals, as well a TV studio.

The bootcamp programme is created with a set of experts, mentors and team members who are industry leaders, including BAFTA winners, whose achievements include short film creation, and high production content for global events like the live coverage of the Queen's funeral. Others have many years of entrepreneurial experience running digital studios and TV content creation projects.

Andy Street, Mayor of the West Midlands and WMCA Chair, said: "Our creative sector is really on the rise. We're already home to shows including Man Like Mobeen, The Gadget Show, Great British Menu and Small Axe.

"Combined with the exciting cluster developing in Digbeth - where Peaky Blinders creator Steven Knight is setting up new film studios, where MasterChef production is being relocated to and of course where the BBC is establishing its new Tea Factory base – it's clear that this dynamic sector has the potential to provide local people with a remarkable variety of rewarding career options.

"However, to make the most of what is coming, we must ensure that local people have the skills they need to seize these opportunities

"They can help facilitate access to an incredibly promising future career and transform the life chances of local people right across our region in the months and years ahead. I cannot wait to see what bootcamp participants go on to do."

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Inner Vision

The Inner Vision Orchestra will be performing at the opening ceremony of the International Blind Sports Federation (IBSA) World Games at Symphony Hall, Birmingham on 18th August 2023.

The IBSA World Games are the largest high-level international event for athletes with visual impairments, with more than 1000 competitors from more than 70 nations.

The Inner Vision Orchestra was founded in 2012 and is the world's only professional ensemble of blind and visually impaired musicians. They have been brought together from around the world by Indian multi-instrumentalist and composer Baluji Shrivastav OBE.

The orchestra delights audiences with their unique blend of joyful music from all over the world which moves between songs from Iran, Lebanon, Afghanistan, India, Nigeria, to soulful Gospel and Blues to sublime Indian Ragas and Western Classical compositions.

They regularly tour and perform in top venues around the UK and have released music with Arc/Naxos. Their performance will feature the premiere of the IBSA World Games Anthem, composed especially for this event by Linda Shanovitch.

The IBSA World Games are the largest high-level international event for athletes with visual impairments, with more than 1000 competitors from more than 70 nations. This year's games will be held from 18-27 August 2023

Staged every four years the World Games are the pinnacle of the international calendar outside of the Paralympic Games. With three Paralympic and eight non-Paralympic sports, for some athletes it is the highest level they can compete at.

There are over two million people in the UK living with sight loss, with over 28,000 people from the community resident in Birmingham.

Alaina MacGregor, Chief Executive Officer, British Blind Sport commented "As the IBSA affiliated organisation representing Great Britain, we are delighted to have been selected to host the 2023 IBSA World Games. This is really an immense opportunity for us and all stakeholders to showcase an amazing sporting event for visually impaired people from across the globe.

"Our choice of Birmingham as the host city put us in great position, showcasing to the host selection committee a city that is vibrant, inclusive and welcoming."

Huge dinosaur maze now open at popular attraction

Here's a summer activity likely to make your little ones squeal! How do you fancy getting lost in a maze with eight escaped dinosaurs? You may hear them before you see them as these are animatronic life-size creatures.

The Dino Discovery Maize Maze adventure is taking place at Lower Drayton Farm. It may have been millions of years since dinosaurs roamed the Staffordshire landscape but this summer you'll be forgiven for thinking you've travelled back in time as you drive past the Penkridge farm, especially as you catch a glimpse of huge prehistoric beasts towering above its fields along the A449.

There's Tiny the life-size T-Rex; Dippy the Diplodocus; Velociraptors Penkridge, Dunston, Gailey and Trussell; Ankylosaurus Lizzie and Trike the baby Triceratops. But don't worry, we're told they're very friendly!

Taking place over the school holidays until Sunday 3rd September, families are invited to join dino rangers as they search for the lost dinos in the maize maze. The experience includes:

Watching the mission video briefing from our resident palaeontologist

Hopping on the Dino Ranger trailer ride to the Maize Maze

Exploring our 5-acre Maize Maze to find the life-size dinos – with a smaller maze for little ones (will you get lost?)

Solving clues dotted around the maze to help solve a dino-puzzle

Meeting (and learning about) dinos' modern-day relatives in our 'Meet the Reptiles' zone

Seeing what you can discover in our 'Fossil' hunting sandpit

Enjoying Dinosaur-themed crafts and colouring activities.

MBE for trailblazing headteacher

An award-winning headteacher who has changed the fate of a Dewsbury school in recent years is being awarded an MBE.

Rizwana Mahmood Ahmed is the kind of dynamic and daring educator every parent dreams of. Far from being a clone enslaved by professional orthodoxy, Rizwana runs her Carlton Junior and Infant School through her awe-inspiring personality and passion.

Carlton Junior and Infant School is not only the top primary in Kirklees, it's also ranked within the top 1% of high performing schools in the entire country.

Rizwana embraced her role as an educator by default. She explains: "I started my teaching career during the 90s in Manningham, Bradford, and although there were many challenges, I found I thoroughly enjoyed teaching and leading.

"Moving to Kirklees in 2008, I was no stranger to the challenges but had many opportunities to expand my work further including making regional and national contributions in the field of education."

As headteacher at the Dewsbury primary school, Rizwana has successfully instilled her vision - also the school's motto, to 'Dream, Aspire and Achieve' with great enthusiasm.

Her leadership qualities, emotional intelligence and ambitions to turn-around the previously failing school has seen OFSTED inspectors give the school glowing reports.

Talking to the Asian Express, Rizwana says: "It gives me great pleasure to see that Carlton Junior and Infants rank at the top in Kirklees and within the top 1% of high performing schools in the country.

"After years of hard work, many challenges and changes have taken place, and we are amongst the top ranking schools.

"It's just an absolute honour to lead such a talented group of individuals who make things happen for our children."

Her school has pioneered awards within the Yorkshire and Humber region such as the SMSC Gold Standard, leading the way with the Engaging Families Award in Kirklees and the One Education Award in Reading.

Talking about receiving an MBE, Rizwana says: "Throughout my career I have and will continue to work for a cause, and not for applause. But on receiving the MBE, I am absolutely lost for words and truly humbled to say the least!

"I am honoured that the King considers an individual like me worthy of this recognition thus it is my obligation to continue serving to help others.

"I am passionate about improving the life chances of children and families and always prepared to go the extra mile just so that those in need are in a better place. Leadership is a service and I will continue to serve communities in my care.

"My work with local and national charities will continue and wherever possible, I will continue to go above and beyond for life beyond the school boundaries.

"This MBE is dedicated to my parents, family, friends and colleagues who have been a part of my journey and have both witnessed the challenges and achievements and have supported me in my continuous drive for better outcomes for all."



> "I am passionate about improving the life chances of children and families and always prepared to go the extra mile just so that those in need are in a better place.

Carlton Junior and Infant School is been ranked tenth in the top 100 schools for Diversity and Equality.

"To think that we were a significantly underperforming school, echoing the stereotype of deprived communities, to where we are now is a remarkable achievement for our school and its community."

Rizwana loves the diversity of the staff, children and wider community. She talks of how they embrace all of the cultures and beliefs she strongly advocates.

"I ensure that the professional development of my staff is cutting edge and contextually relevant so that they are equipped to deliver high quality education for all children. My school has achieved the NACE Award which afforded us the opportunity to share our practice nationally.

"As the Managing Director of my own consultancy and as an advisory head, over the last few years, my reach has widened on a national level. Some of this work includes being the co-founder of Oxbridge Minds in collaboration with the University of Oxford, enabling children from deprived areas to experience these elite institutions. My drive to improve the educational and life chances for children with a lack of opportunities will continue locally, regionally and nationally. "My position as a Muslim South Asian female in a leadership position is quite a privilege, and allows me to drive that agenda."

Thousands of pounds of drugs seized after gangs operation

Two excellent pieces of work from the Coventry teams have resulted in thousands of pounds worth of drugs being taken off the streets.

Officers from the county lines team carried out a warrant in Foleshill Road on 26 July, arresting a man and seizing class A drugs.

Acting on intelligence, the team carried out the warrant, finding a large amount of cocaine and heroin hidden behind a boarded-up fireplace.

A 27-year-old man was arrested on suspicion of supplying or offering to supply Class A drugs. He was bailed while enquiries continue.

A 39-year-old man was also arrested before being handed over to Immigration Officers.

In addition to the drug seized, officers also seized cash and scales, plus a number of phones.

On the same day, officers on patrol in Strathmore Road spotted a car being driven at an unusually slow pace.

When it stopped, they detained the driver and searched the car, finding 10 kilogrammes of cannabis in vacuum bags ready for sale.

This amount has an approximate street value of around £40,000.

Following this, a 28-year-old man was charged with possession with intent to supply and driving while disqualified.

He will appear at Warwick Crown Court for trial on 23 August.

West Midlands Police is specifically working to identify criminals involved in serious organised crime and bring them to justice, while preventing people from falling victim to some of their traumatic or harmful crimes.

This work is known as Operation Target and is working across our region to make our communities safer places to live and work.

As well as pursuing offenders, Op Target also works to ensure they can to prevent people becoming victims in the first place. This includes putting activity in place to disrupt organised crime and also through education.

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Stabbings prompt 'concern and distress'

Community leaders have called for calm and more visible policing following a double stabbing, in which a man was killed and another seriously injured.

The dead man, in his 30s, not yet been named and investigations into events in Whitmore Reans, Wolverhampton, on Thursday are ongoing.

Two men in their 20s were arrested with one released on bail.

West Midlands Police has sought to allay fears but residents have spoken about "concern and distress".

That concern has grown after a series of violent incidents on the streets of the city involving knives and guns in recent months.

Police say those incidents have largely been targeted attacks which are being fully investigated.

Detectives have been continuing house-to-house inquiries around Harrow Street and Fawdry Street, collecting CCTV footage.

Amid the investigations, worshippers at a nearby mosque on Newhampton Road East who had been offered reassurance after the call to Friday prayer. There was a police crime scene at a property further along the road.

"People are very concerned and alarmed at the fact that these sorts of things are happening on their doorstep," said Tariq Akhtar, of the UKIM Madina Masjid and Islamic Centre.

"People are wary as to how they go about their daily life. First and foremost, there has got to be police presence around the area and there's probably a need for the communities to come together - more so than ever - to address some of these problems."

There has been a spate of violent incidents involving knives, and at least four separate shootings in Wolverhampton since the spring, though the police say most are isolated and are not being linked.

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Dancing for wellbeing

South Asian Heritage Month celebrated with resonating stories, food and dance...

Birmingham Museums is presenting a range of activities and events in celebration of South Asian Heritage Month.

Held annually from July 18 to August 17, the month is a period to honour, recognise, and appreciate South Asian history and culture, as well as to comprehend the rich cultural legacy of countries in South Asia. Visitors are invited to come together through food, dance, music and art in the museum's inclusive and welcoming spaces.

Artist and British-Indian dancer Shreya Vadnerkar from Akademi, is showcasing her exciting, upbeat dance workshops where you can gain insight into the intricacy of Indian classical dance and let loose with some energetic Bollywood.

Shreya specialises in Bharatanatyam and Bollywood dance as well as having trained Folk, Tap, Modern and a newfound passion for Breaking (Breakdance) over the years.

The workshops are free to attend, and open to all ages and abilities focusing on beginner's level.

Akademi is a dynamic and future facing organisation, with a vision that South Asian dance is a vital part of everyone's creative expression. Founded in 1979 Akademi is the beating heart of South Asian dance in the UK, creating captivating and profound artistic experiences that inspire connection, joy, and hope.

With years of training, Shreya regularly performs Bharatanatyam and Bollywood around the country and competes in Breaking battles nationally. Some of her recent achievements include featuring in the Marvel Eternals film as a Bollywood dancer, being the sole representative of b-girls (female breakdancers) in the BBC Women in Sports campaign. As well as this, Shreya also delves into other sectors in the Arts through her work as Associate Director of Nupur Arts Dance Academy.

South Asian Heritage Month is July 18 to August 17. A period to honour, recognise, and appreciate South Asian history and culture, as well as to comprehend the rich cultural legacy of countries in South Asia.

You can find out more about what's on, visit: birminghammuseums.org.uk



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Food guru shares

10 tips to cut shopping bills in half

A food guru has shared 10 tips that could cut your shopping bills in half – including always looking at the lowest placed items on a shelf, avoiding the bigger trolleys and investing more in the frozen food aisle.

Personal finance expert Lynn Beattie - also known as Mrs Mummypenny - is recognised for her helpful advice on how families can survive the cost-of-living crisis by shopping savvy and sensibly.

During a time when the pennies need pinching, she suggests checking the cost per 100g or 100ml as promotions on smaller-sized products can make the price cheaper than if you were to buy bigger.

Switching to meat alternative products is also a great way to make savings as they are just as substantial and can often make a meal go further for a fraction of the price, according to the foodie.

It emerged 53 per cent have changed the way they shop and cook due to the rising costs – with 25 per cent eating less meat, 27 per cent setting stricter budgets and 26 per cent bulk buying and freezing.

Re-evaluating shopping habits

The study also saw that more than half would like to become better at doing food on a budget, and only a fifth claim they are 'very savvy' at this.

But 69 per cent think they could make even more savings than they do now if they found other ways to adapt their shopping and cooking habits. One in 10 said they wouldn't ditch meat because their family and friends wouldn't eat plant-based alternatives.

But when it comes to frozen food, 18 per cent now buy more of these goods compared to pre-2021, with the average shopper dedicating £63.51 to their monthly shop on these products.

The research also found other areas Brits have had to cut back on include takeaways (46 per cent), clothes (40 per cent) and holidays (33 per cent).



Lynn's top 10 ultimate food shop hacks

1 Always have a shopping list and stick to it – but before you do, make sure you have raided the cupboards and fridge freezer to see what you can use up for the week ahead.

2 Choose a half-size trolley – there is less room to fill with impulse purchases and things you don't need.

3 Walk the supermarket in a specific order – start at the reduced section, then visit the frozen food aisles, then the canned products and finish at the fresh foods.

4 Always look at the lowest level foods – the non-branded products are likely to be lower down and out of eye line.

5 Always look at the cost per 100g or 100ml – displayed on the shelf edge label, promotions on smaller-sized products can make the cost cheaper compared to bigger items.

6 The frozen food aisle is your friend – these products are frozen at the point of picking which means nutrients are immediately locked in and last longer as well as being better value than fresh.

7 Try batch cooking – rather than making it for the exact number of household members, double it and freeze it.

8 Opt more for meat-free recipes – some meat alternatives can be cheaper than meat, and products such as lentils or tofu are great alternatives while being substantial and better value for money.

9 Make the most of shopping vouchers – apps such as Green Jinn and Shopmium offer heavily discounted items you can use in store.

10 Sign up to supermarket loyalty schemes and app to earn rewards and get great discounts.





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HAB333B — £5,550 TEL. 07867 861 193
HAV3N — £16,000 (HEAVEN-HAVEN) TEL. 07731 464002
HEIIENH — £15,000 (HELEN H) TEL. 07985 455 057
HEIIENM — £15,000 (HELEN M) TEL. 07985 455 057
HEIIENP — £15,000 (HELEN P) TEL. 07985 455 057
HEIIENR — £15,000 (HELEN R) TEL. 07985 455 057
HEIIENT — £15,000 (HELEN T) TEL. 07985 455 057
HEIIOO X — £1,500 ONO (HELLO X) TEL. 07946 162 099
HDIIEEP — £7,000 (H DILEEP) TEL. 07985 455 057
HKIINGS — £14,000 (H KINGS) TEL. 07985 455 057
HKIIMAR — £15,000 (H KUMAR) TEL. 07985 455 057
HMIILES — £7,500 (H MILES) TEL. 07985 455 057
HUIITER — £21,000 (HUNTER) TEL. 07985 455 057
HU55 ANX — £10,000 T: 07740 784 983 privateplates@hotmail.co.uk
HU55 EFA — £OFFERS (HUZAIFAH) TEL. 07737 071 097
HVIIJAY — £10,000 (H VIJAY) TEL. 07985 455 057
HYIINUS — £9,500 (H YUNUS) TEL. 07985 455 057
HYIISAF — £15,400 (H YUSAF) TEL. 07985 455 057
HYIISUF — £15,000 (H YUSUF) TEL. 07985 455 057

JOIINTY — £20,000 (JOHNTY) TEL. 07985 455 057
JO55FYN — £OFFERS T: 07740 784 983 privateplates@hotmail.co.uk
JON8OSS — £6,995 TEL. 07530 612 171
JI7T OK — £900 ONO (JAT OK) TEL. 07581 423 143
JI7VEE — £1500 ONO TEL. 07774 246 877
J4 NGS — £10,000 TEL. 07815 114 201
J4UEO — £2,495 TEL. 07954 389 874
JAIIALS — £15,000 (JALLALS) TEL. 07985 455 057
JAIIMAD — £10,000 (J AHMAD) TEL. 07985 455 057
JAIIMED — £15,000 (J AHMED) TEL. 07985 455 057
JA55BYR — £8,895 TEL. 07779 324 610
JAV333D — £5,500 TEL. 07867 861 193
JDIIEEP — £7,000 (J DILEEP) TEL. 07985 455 057
JEIIOUS — £20,000 TEL. 07786 615 234
JKII ANN — £2,500 (J KHAN) TEL. 07815 114 201
JKIIMAR — £15,000 (J KUMAR) TEL. 07985 455 057
JSIISAN — £7,500 (J SUSAN) TEL. 07985 455 057
JSIIAUN — £15,000 (J SHAUN) TEL. 07985 455 057
JVIIJAY — £10,000 (J VIJAY) TEL. 07985 455 057
JYIINUS — £9,500 (J YUNUS) TEL. 07985 455 057
JYIISAF — £15,400 (J YUSAF) TEL. 07985 455 057
JYIISUF — £15,000 (J YUSUF) TEL. 07985 455 057
KII ANN — £50,000 TEL. 07815 114 201
K3LAM — £800 ONO TEL. 07774 112 121
K4AHN — £100,000 ONO TEL. 07506 342 385
K4JOL — OFFERS OVER £5,000 FAZ911@MSN.COM
K4 VRS — £10,000 (KAURS) TEL. 07815 114 201
K4OSUM — £3,500 TEL. 07867 861 193
K444BAH — £2,500 ONO (KAABAH) TEL. 07779 300 128
K77 MYE — £OFFERS T: 07907 318 666 no withheld numbers
K7 PPA — £3,995 ONO TEL. 07890 201 854
KAII DEM — £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
KAII SYM — £2,000 TEL: 01274 414141 MON - FRI: 9-5.30
KA5IERH — £OFFERS TEL. 07980 802 471
KA55YMS — £3,000 TEL. 07983 480 777
K55 5HAB — £1,500 ONO (SHAB) TEL. 07977 348 295
KAD33M — £3,995 TEL. 07867 861 193
KAS4R — £OFFERS T: 07523 264 595 no withheld numbers
KDIIEEP — £7,000 (K DILEEP) TEL. 07985 455 057

KE55ERR — £9,895 ONO TEL. 07779 324 610
KHIIAAN — £10,000 ONO TEL. 07786 510 000
KHII AHN — £10,000 TEL: 01274 414141 MON - FRI: 9-5.30
KHIIANZ — £8,000 TEL. 07921 576 971
KHII LAK — £1,000 TEL: 01274 414141 MON - FRI: 9-5.30
KHIINGZ — £13,000 TEL. 07921 576 971
KH59 LED — £3,000 TEL. 07970 281 994
KKIIMAR — £15,000 (K KUMAR) TEL. 07985 455 057
KSIIAUN — £15,000 (K SHAUN) TEL. 07985 455 057
KU55 OOM — £2,000 TEL. 07588 326 444
KVIIJAY — £10,000 (K VIJAY) TEL. 07985 455 057
KYIISAF — £15,400 (K YUSAF) TEL. 07985 455 057
KY55 HAN — £3,800 TEL. 07588 326 444
KY55 HOR — £3,500 TEL. 07588 326 444
LII KJY — £1,195 ONO TEL. 07867 770 940
LI 4 USY — £3,000 (U 4 USY / LUSY) TEL. 07786 424 251
L IMRN — £10,000 ONO (IMRAN) TEL. 07759 097 070
L6ON FR — £2,000 ONO TEL. 07427 677 989
LAI4BBA — £675 ONO (LAIBA) TEL. 07779 050 970
LDIIEEP — £7,000 (L DILEEP) TEL. 07985 455 057
LJIIDGE — £15,500 (L JUDGE) TEL. 07985 455 057
LLIIONG — £4,500 (L LUONG) TEL. 07985 455 057
LSIISAN — £7,500 (L SUSAN) TEL. 07985 455 057
LVIIJAY — £10,000 (L VIJAY) TEL. 07985 455 057
LYIISAF — £15,400 (L YUSAF) TEL. 07985 455 057
LYIISUF — £15,000 (L YUSUF) TEL. 07985 455 057
MOIIEB S — £OFFERS TEL. 07787 334 567
MOIIEB X — £OFFERS TEL. 07787 334 567
MOIITYP — £7,000 (MONTY P) TEL. 07985 455 057
MOIIVER — £10,000 (M OLIVER) TEL. 07985 455 057
MO 5IDDK — £OFFERS T. 07954 370 359 MOHAMMED SIDDIQUE
MIII NWR — £1,500 (MUNAWAR) TEL. 07597 572 045
MIIIYAS — £20,000 ONO TEL.07774 112 121
MITUH — £OFFERS TEL. 07894 335 033
M44KAH — £10,000 TEL. 07779 117 865
M444 LKK — £850 TEL: 07977 118 134 no withheld numbers
M7NA X — £1,499 ONO TEL. 07958 000 480
SOLD — TEL. 07764 511 955
M9WLA — £15,000 ONO (MAWLA) TEL. 07842 955 147

MAIIBUB — £19,000 (MAHBUB) TEL. 07985 455 057
MAIIDAA — £1,500 ONO (MAIDA) TEL. 07946 162 099
MAIIDAH — £1,500 ONO (MAIDAH) TEL. 07946 162 099
MAIIEKZ — £1,500 ONO (MALEK) TEL. 07946 162 099
MAIIMAD — £20,000 (M AHMAD) TEL. 07985 455 057
MAIIMED — £29,000 (M AHMED) TEL. 07985 455 057
MAIIMVD — £1500 (MAHMUD) TEL. 07867 886 786
MAII RYM — £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
MAIITAB — £18,000 (M AHTAB) TEL. 07985 455 057
MA55 UDD — £4,000 TEL. 07588 326 444
MA55 UMM — £2,800 TEL. 07588 326 444
M ALIIS — £OFFERS TEL. 07787 334 567
MAR20F — £4,000 ONO TEL. 07990 116 644
MDO4WOD — £1400 (M DAWOOD) TEL. 07428 657 147
MDIIEEP — £7,000 (M DILEEP) TEL. 07985 455 057
MDIIAMD — £2,500 (MOHAMMAD) TEL. 07867 886 786
MEIIBUB — £19,000 (MEHBUB) TEL. 07985 455 057
MEIIMUD — £19,000 (MEHMUD) TEL. 07985 455 057
MEIITAB — £18,000 (MEHTAB) TEL. 07985 455 057
MJIIDGE — £25,000 (M JUDGE) TEL. 07985 455 057
MKIIMAR — £20,000 (M KUMAR) TEL. 07985 455 057
MMO2 AAM — £1,495 TEL. 07794 820 437
MOII BEN — £3,000 TEL: 01274 414141 MON - FRI: 9-5.30
MRO4LLY — £1,900 ONO (MR D ALLY) TEL. 07774 246 877
MRIO JAT — £OFFERS TEL. 07928 473 771
MRIIOOK — £9,500 (MR HOOK) TEL. 07985 455 057
MRIIOBB — £9,500 (MR HOBB) TEL. 07985 455 057
MRIIOWE — £15,000 (MR HOWE) TEL. 07985 455 057
MRIIOYD — £29,000 (MR LLOYD) TEL. 07985 455 057
MRIIACK — £9,500 (MR HACK) TEL. 07985 455 057
MRIIALE — £9,500 (MR HALE) TEL. 07985 455 057
MRIIAYE — £9,500 (MR HAYE) TEL. 07985 455 057
MRIIAYS — £9,500 (MR HAYS) TEL. 07985 455 057
MRIIUGH — £20,000 (MR HUGH) TEL. 07985 455 057
MR 54BAR — £13,250 ONO TEL. 07837 867 868
MR 5 5KOL — £5,000 T: 07740 784 983 privateplates@hotmail.co.uk
MR5 5POK — £5,000 (MR SPOK) privateplates@hotmail.co.uk
MR 5 5YAD — £10,000 T: 07740 784 983 privateplates@hotmail.co.uk
MR 5 5YKE — £5,000 T: 07740 784 983 privateplates@hotmail.co.uk

MR 5 5YKS — £5,000 T: 07740 784 983 privateplates@hotmail.co.uk
MR 57NOH — £8,000 (MR SINGH) TEL: 07731 464002
MR N4S — £OFFERS TEL. 07787 334 567
MSIIOPE — £9,500 (MS HOPE) TEL. 07985 455 057
MSIIALE — £9,500 (MS HALE) TEL. 07985 455 057
MSIIALY — £9,500 (MS HALY) TEL. 07985 455 057
MSIIAWK — £9,500 (MS HAWK) TEL. 07985 455 057
MSIIAYS — £9,500 (MS HAYS) TEL. 07985 455 057
MSIIUGH — £15,000 (MS HUGH) TEL. 07985 455 057
MSIISAN — £7,500 (M SUSAN) TEL. 07985 455 057
MUIIAMD — £10,000 (MOHAMMAD) TEL. 07867 886 786
MUII SAH — £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
MVIIAMD — £1,500 (MOHAMMAD) TEL. 07867 886 786
MVIIJAY — £10,000 (M VIJAY) TEL. 07985 455 057
MYIINUS — £9,500 (M YUNUS) TEL. 07985 455 057
MYIIPOD — £3,000 (MY IPOD) TEL. 07985 455 057
MY5ISHA — £995 (MY SHISHA) TEL. 07834 531 683
MY55TYC — £7,500 T: 07740 784 983 privateplates@hotmail.co.uk
NOO5HEN — £OFFERS TEL. 07870 696 399
NI7ILA E — £1,500 ONO TEL. 07427 677 989
NIDEM — £15,000 ONO TEL. 07774 112 121
N333EWS — £2,500 TEL. 07969 914 041
N333RAA — £OFFERS TEL. 07751 427 106
N444HEM — £5,500 ONO TEL. 07766 645 325
N44DLM — SERIOUS OFFERS TEL. 07969 914 041
N4SUR — £1,995 TEL. 07954 389 874
N4 YEB — £950 TEL. 07896 699 241
N4 WED — £10,000 (NAWED, NAWEED) TEL. 07731 464002
NAIIEED — £15,000 (NAHEED) TEL. 07985 455 057
NAII DEA — £2,500 TEL: 01274 414141 MON - FRI: 9-5.30
NAIIMAD — £10,000 (N AHMAD) TEL. 07985 455 057
NAIIMAZ — £1,500 ONO (NAIMA) TEL. 07946 162 099
NAII ZAM — £3,000 TEL: 01274 414141 MON - FRI: 9-5.30
NAI2ANG — £OFFERS (TEXT ONLY) TEL. 07884 064 015
NAI3 AAB — £5,000+ (NAIWAAB) TEL. 07973 165 474
NA55AR X — £10,000 T: 07740 784 983 privateplates@hotmail.co.uk
NA55 YMA — £10,000 TEL. 07588 326 444
NA55 YMM — £10,000 TEL. 07588 326 444
NADIIIM — £75,000 ONO TEL. 07969 914 041

NBIIACK — £8,500 (N BLACK) TEL. 07985 455 057
NCIIARK — £9,000 (N CLARK) TEL. 07985 455 057
NDIIEEP — £7,000 (N DILEEP) TEL. 07985 455 057
NAS555A — £4,500 TEL. 07867 861 193
NEIIFOX — £29,000 (NEIL FOX) TEL. 07985 455 057
N KIIANZ — £1,500 ONO (NKHANZ) TEL. 07946 162 099
NLIICAS — £7,000 (N LUCAS) TEL. 07985 455 057
NOII SHN — £2,500 TEL: 01274 414141 MON - FRI: 9-5.30
NSIIAUN — £15,000 (N SHAUN) TEL. 07985 455 057
NSIISAN — £7,500 (N SUSAN) TEL. 07985 455 057
NUII ZAT — £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
NVIIJAY — £10,000 (N VIJAY) TEL. 07985 455 057
NYIISAF — £15,400 (N YUSAF) TEL. 07985 455 057
NYIISUF — £15,000 (N YUSUF) TEL. 07985 455 057
SOLD — TEL. 07588 326 444
NY55 HAA — £1,250 TEL. 07588 326 444
OOIIOYD — £20,000 (OO LLOYD) TEL. 07985 455 057
OOIIARY — £15,000 (OO HARY) TEL. 07985 455 057
OAIIMAD — £10,000 (O AHMAD) TEL. 07985 455 057
OA55ERS — £5,000 ONO (QASSER) TEL. 07967 350 957
OBIIACK — £8,500 (O BLACK) TEL. 07985 455 057
OCIIARK — £9,000 (O CLARK) TEL. 07985 455 057
ODIIEEP — £7,000 (O DILEEP) TEL. 07985 455 057
OEII BOY — £20,000 (DELL BOY) TEL. 07815 114 201
NGIIPTA — £6,995 (O GUPTA) TEL. 07985 455 057
OJIIDGE — £15,000 (O JUDGE) TEL. 07985 455 057
OKIIMAR — £15,000 (O KUMAR) TEL. 07985 455 057
OMIILES — £7,500 (O MILES) TEL. 07985 455 057
O MIIRZA — £3,500 ONO TEL. 07962 394 890
OSIISAN — £7,500 (O SUSAN) TEL. 07985 455 057
OVIIJAY — £10,000 (O VIJAY) TEL. 07985 455 057
OYIISAF — £15,400 (O YUSAF) TEL. 07985 455 057
OYIISUF — £15,000 (O YUSUF) TEL. 07985 455 057
PI2 MYR — £OFFERS (PREMIER) TEL. 07837 780 981
PI4YAA — £3,995 TEL. 07954 389 874
P44YJA — £3,000 (PAAYJA) TEL. 07786 424 251
P4VXX — £1350 TEL. 07867 861 193
P88 VEN — £2,000 ONO TEL. 07966 386 755
PAIIANS — £3,500 (P ALLANS) TEL. 07985 455 057

PAIILJR — £11,000 (PAUL JR) TEL. 07985 455 057
PAIILSG — £11,000 (PAUL SG) TEL. 07985 455 057
PAIILSR — £11,000 (PAUL SR) TEL. 07985 455 057
PAIIMAD — £10,000 (P AHMAD) TEL. 07985 455 057
PAIISHA — £9,000 (P AISHA) TEL. 07985 455 057
PAII VEZ — £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
PDIIEEP — £7,000 (P DILEEP) TEL. 07985 455 057
PD55ESS — £1,500 ONO (POSSESS) TEL. 07971 732 789
PHIIFOX — £29,000 (PHIL FOX) TEL. 07985 455 057
PKIINGS — £14,000 (P KINGS) TEL. 07985 455 057
PMIILES — £7,500 (P MILES) TEL. 07985 455 057
PSIISAN — £7,500 (P SUSAN) TEL. 07985 455 057
PVIINDA — £SERIOUS OFFERS TEL. 07707 146 047
PWIISON — £15,000 (P WILSON) TEL. 07985 455 057
PYIISAF — £15,400 (P YUSAF) TEL. 07985 455 057
PYIISUF — £15,000 (P YUSUF) TEL. 07985 455 057
ROIIANG — £9,500 (ROHAN G) TEL. 07985 455 057
ROIIANK — £9,500 (ROHAN K) TEL. 07985 455 057
ROIIANP — £15,000 (ROHAN P) TEL. 07985 455 057
ROIIANX — £12,500 (ROHAN X) TEL. 07985 455 057
RI2I SAM — £OFFERS TEL. 07962 394 890
RI2 EEE — £OFFERS TEL. 07707 707 609
RI2SYY — £OFFERS TEL. 07816 488 420
RI2Y MP — OFFERS OVER £400 TEL. 07866 992 500
RI5WNA — £3,000 ONO (RIZWANA) TEL. 07779 300 128
RI9SHS — OVER £2,000 ONO TEL. 07427 677 989
R24 SAM — £OFFERS TEL. 07962 394 890
R34 RAJ — £OFFERS TEL. 07928 473 771
R40 JAH — £OFFERS TEL. 07779 675 730
R4OLEX — £OFFERS TEL. 07868 572 069
R44JA F — £2,800 ONO TEL. 07974 179 156
R6JJY — £OFFERS TEL. 07968 163 510
R77JHA — £2,500 (RAJHA) TEL. 07786 424 251
RAO7OUR — £5,000 ONO TEL. 07969 914 041
RAIIMAD — £10,000 (R AHMAD) TEL. 07985 455 057
RAIISHA — £9,000 (R AISHA) TEL. 07985 455 057
RC5I HAN — £OFFERS TEL. 07557 472 855
RDIIEEP — £7,000 (R DILEEP) TEL. 07985 455 057
RDIIHAN — £OFFERS (ROHAN) TEL. 07970 026 653

RE53EES — £2,995 TEL. 07867 861 193
RGIIGGS — £29,000 (R GIGGS) TEL. 07985 455 057
RJIIDGE — £15,500 (R JUDGE) TEL. 07985 455 057
RSIIAUN — £15,000 (R SHAUN) TEL. 07985 455 057
RVIIJAY — £10,000 (R VIJAY) TEL. 07985 455 057
RYIISAF — £15,400 (R YUSAF) TEL. 07985 455 057
RYIISUF — £15,000 (R YUSUF) TEL. 07985 455 057
SOIILJA — £10,000 (SOULJA) TEL. 07786 615 234
SOC4R — £OFFERS TEL. 07787 334 567
SII ETK — £OFFERS (SHEIKH) TEL. 07815 114 201
SIILYM — £5,000 TEL. 07900 895 552
SII OHL — £OFFERS TEL. 07545 218 365
SIIIRGL — £OFFERS TEL. 07919 583 618
SI3AF X — £1,200 ONO TEL. 07791 919 237
S4OYB K — £1,495 (SHOYB/SAQYB K) TEL. 07786 424 251
S44JED — £OFFERS yourplate@yahoo.co.uk
S48 EYA — £2,500 TEL. 07588 326 444
S6F XX — £1,200 ONO TEL. 07791 919 237
S7KCK — £1,000 TEL. 07508 341 074
S777YRA — £500 TEL. 07473 865 081
S8XXY — £2,995 ONO TEL. 07949 891 313
S8OHAL — £6,995 TEL. 07867 861 193
S88 TAL — £OFFERS (SHEETAL) TEL. 07786 510 000
SAIIDAH — £1,500 ONO (SAIDAH) TEL. 07946 162 099
SAIIHAS — £1,500 ONO (SALIHA) TEL. 07946 162 099
SAIIKAS — £1,500 ONO (SAIKA) TEL. 07946 162 099
SAIIMAD — £15,000 (S AHMAD) TEL. 07985 455 057
SAIIMAZ — £3,500 ONO (SAIMA/SALMA) TEL. 07946 162 099
SAI3 BAH — £OFFERS TEL. 07983 104 538
SOLD — TEL. 07838 603 001
SAF333R — £2,995 ONO TEL. 07729 288 346
SA55Y MS — £5,000 T: 07740 784 983 privateplates@hotmail.co.uk
SADIIIA — £7,000 TEL. 07825 040 037
SAD 4IF — £2,000 TEL. 07947 979 777
SAM3R — £12,000 TEL. 07867 861 193
SDIIEEP — £7,000 (S DILEEP) TEL. 07985 455 057
SFIIEEM — £15,000 ONO TEL. 07706 216 060
SHOII4B — £OFFERS TEL. 07919 583 618
SHO3B — £2,995 TEL. 07793 628 670

SH04 BEK £1,995 ONO TEL. 07764 656 667	SHA2D £25,000 TEL. 07867 861 193	TAIIHAS £3,000 ONO (TALHA) TEL. 07946 162 099	TVIIJAY £10,000 (T VIJAY) TEL. 07985 455 057	VY55 HAL £3,500 TEL. 07588 326 444	WDIIEEP £7,000 (W DILEEP) TEL. 07985 455 057	XX 56XY XX £8,000 ONO TEL. 07908 472 121
SHIOAEB £OFFERS T: 07754 852 402 no withheld numbers	SOII BYA £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	TAIIMAD £10,000 (T AHMAD) TEL. 07985 455 057	TYIISAF £15,400 (T YUSAF) TEL. 07985 455 057	VY55 HNU £3,500 TEL. 07588 326 444	WGIIPTA £6,995 (W GUPTA) TEL. 07985 455 057	XYIISAF £15,400 (X YUSAF) TEL. 07985 455 057
SHIOABY £4,000 ONO TEL. 07828 695 464	SPIIRTY £15,000 (SPORTY) TEL. 07985 455 057	TAIIYRS £1,500 (TAHYRS) TEL. 07867 886 786	TYIISUF £15,000 (T YUSUF) TEL. 07985 455 057	WOIIVER £6,500 (W OLIVER) TEL. 07985 455 057	WKIIMAR £15,000 (W KUMAR) TEL. 07985 455 057	YIINES £OFFERS (YOUNAS) TEL. 07834 016 393
SHIOKET £OFFERS T: 07754 852 402 no withheld numbers	STIIGGG £20,000 ONO TEL. 07786 510 000	TAI3BYS £1,600 ONO TEL. 07557 387 547	UAIIMAD £10,000 (U AHMAD) TEL. 07985 455 057	W2I JAS £1,200 ONO TEL. 07925 757 677	WMIILES £7,500 (W MILES) TEL. 07985 455 057	Y5IILMA £4,000 ONO (SALMA) TEL. 07969 598 969
SHIOKUT £OFFERS T: 07754 852 402 no withheld numbers	SUR87IT £1,500 (SURBJIT) TEL. 07985 589 631	TA55LYM £4,895 ONO TEL. 07779 324 610	UDIIEEP £7,000 (U DILEEP) TEL. 07985 455 057	W33DDY £5,000 ONO TEL. 07779 994 695	WSIISAN £7,500 (W SUSAN) TEL. 07985 455 057	Y55ANA £OFFERS TEL. 07835 316 786
SHII AED £1,000 TEL: 01274 414141 MON - FRI: 9-5.30	SYIISAF £15,400 (S YUSAF) TEL. 07985 455 057	TA55TEE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	UKIIORD £OFFERS TEL. 07522 199 997	W33DY K £5,000 ONO TEL. 07779 994 695	WYIISAF £15,400 (W YUSUF) TEL. 07985 455 057	Y9 ALT £30,000 TEL. 07525 817 453
SHII AFS £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	SYIISUF £15,000 (S YUSUF) TEL. 07985 455 057	TA55TYE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	UMM444R £4,995 TEL. 07707 747 776	W33NTD £1,800 (WANTED) TEL. 01202 877 038	WYIISUF £15,000 (W YUSUF) TEL. 07985 455 057	YAIIMAD £10,000 (Y AHMAD) TEL. 07985 455 057
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TEL. 07440 766 843



£OFFERS
TEL. 07850 706 930



£75,000 ONO
TEL. 07887 837 553



£15,000 ONO
TEL. 07870 496 535



£2,000 ONO (NUZHAT)
TEL. 07813 011 702

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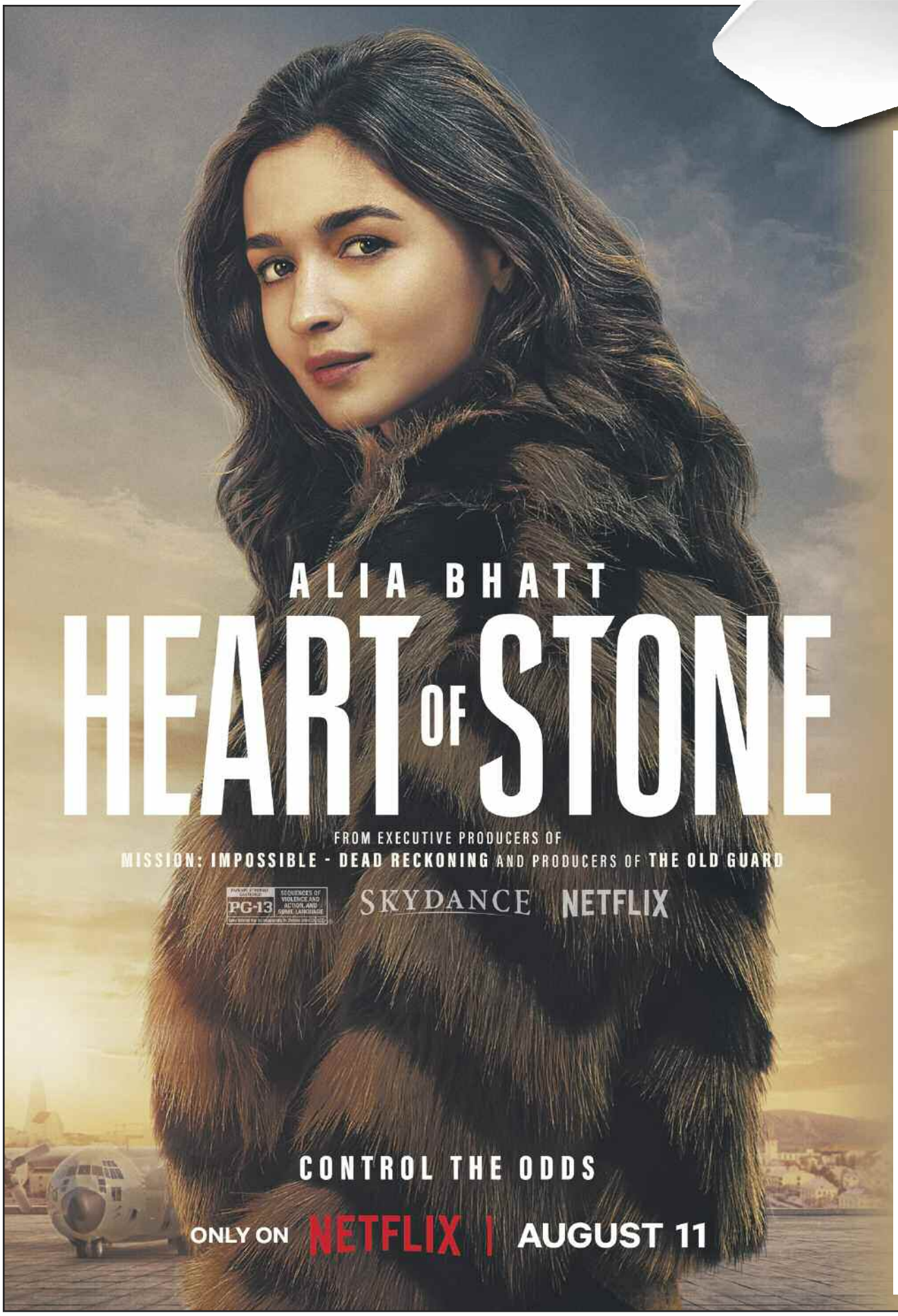
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HEART of STONE

Alia Bhatt's Hollywood debut set for Netflix release this August

Heart of Stone marks Alia Bhatt's Hollywood debut and will stream exclusively on Netflix globally from 11th August 2023. It will be available in English, Hindi, Tamil and Telugu.

The globetrotting feature film was extensively shot in London, Lisbon, Iceland, and the Italian Alps.

After launching the trailer of Heart of Stone at TUDUM, a global fan event in Brazil last month, Netflix has released four new posters from their much-awaited female-led spy action thriller Heart of Stone.

In the much-awaited female-led spy action thriller, Rachel Stone (Gal Gadot) appears to be an inexperienced tech, on an elite MI6 unit headed up by lead agent Parker (Jamie Dornan).

What her MI6 team doesn't know is that Stone actually works for the Charter — a covert peacekeeping organisation, secret even from other spies, which uses cutting-edge technology to neutralise global threats.

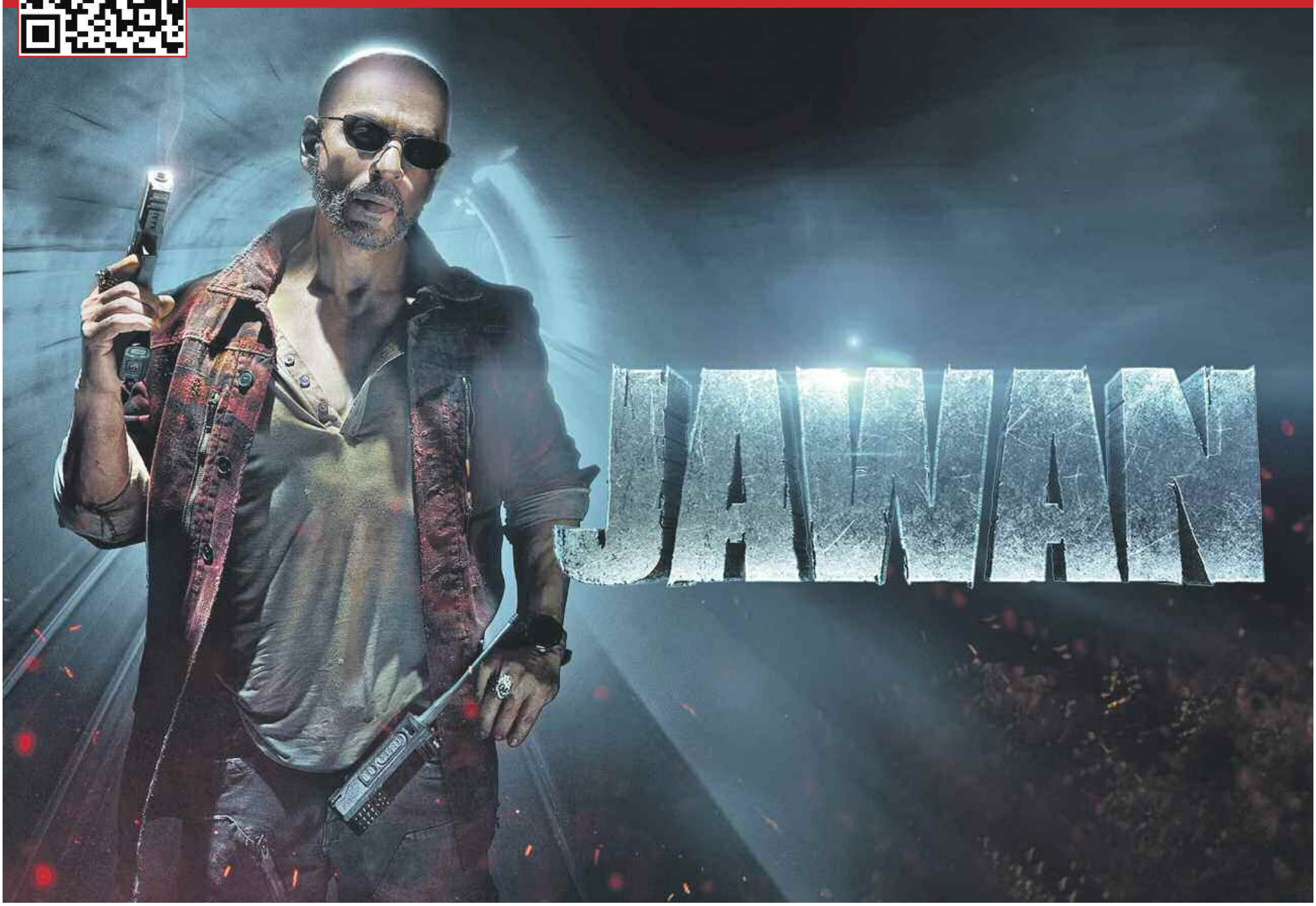
Rachel has been trained to be the consummate professional: a phenomenal field agent who sticks to the mission, follows the numbers, and trusts no one.

When a routine mission is derailed by mysterious hacker Keya Dhawan (Alia Bhatt), Rachel's two lives collide. As she races to protect the Charter and strives to beat the odds, her humanity might just be her biggest asset.

Heart of Stone is directed by BAFTA-nominated, British film and television director, Tom Harper and stars Alia Bhatt, Gal Gadot and Jamie Dornan in leading roles. They are joined by actors Sophie Okonedo, Matthias Schweighöfer, Paul Ready, Jing Lusi, Archie Madekwe, Enzo Cilenti, Jon Kortajarena.

Release Date: 11/08/2023
Platform: Netflix
Starring: Gal Gadot, Jamie Dornan, Alia Bhatt, Sophie Okonedo, Matthias Schweighöfer, Paul Ready, Jing Lusi, Archie Madekwe, Enzo Cilenti, Jon Kortajarena
Directed by: Tom Harper

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SRK continues to surprise fans

The improvised dance moves devised by Shah Rukh Khan have become a favourite among audiences, with the steps going viral on social media and have generated memes across the internet.

Shah Rukh Khan certainly knows how to treat his fans and keep showering them with surprises, especially related to his highly-anticipated film 'Jawan'.

The King Khan is all set to captivate audiences with the most thrilling and jaw-dropping action sequences in his upcoming film. In a bid to create an unforgettable visual experience, the renowned Hollywood action director Spiro Razatos, known for his work on blockbusters, has been roped in to design the film's action sequences and to elevate the film's action-packed moments.

Spiro Razatos brings his expertise and experience from working on Hollywood hits, he has an impressive repertoire that includes films like Fast and Furious','Captain America', 'Venom,' 'Star Trek,' 'Teenage Mutant Ninja Turtles' and more.

Known as a multi-talented stuntman, stunt coordinator, and director, Spiro has left his mark on the industry, earning accolades such as the Taurus Award for Best Stunt Coordination for 'Bad Boys II' (2004) and three Stuntman Awards. His expertise and creativity are set to take 'Jawan' to new heights, ensuring a visual spectacle that will leave audiences awestruck.

Not only that, in recent days he's surprised his fans by grooving on the popular retro song 'Beqarar Karke', the steps capture the menacing energy of his character in the most brilliant way, adding an intriguing layer to the scene.

According to a source, we have learnt that Shah Rukh Khan himself conceived the idea of introducing dance steps in this particular sequence with 'Beqarar Karke' playing in the background. He took it upon himself to choreograph the steps, which completely transformed the scene and made it much more captivating.

The improvised dance moves devised by Shah Rukh Khan have become a favourite among audiences, with the steps going viral on social media and have generated memes across the internet.

The action-packed prevue has pushed the anticipation for the film to the next level, captivating audiences with its grand scale and promising an extraordinary cinematic experience.

Bringing together a perfect blend of action and emotion, the Jawan prevue showcases stunning visuals and an unparalleled scale bound to leave viewers wanting more. Every frame of the prevue is attention-grabbing and offers a glimpse into the world of Jawan.

Prepare yourself for an adrenaline-pumping cinematic experience as Shah Rukh Khan along with Spiro Razatos, bring the action-packed world of 'Jawan' to life on the silver screen. Get ready for an extraordinary fusion of talent, skill, and sheer entertainment that is bound to leave a lasting impression on audiences everywhere on 7th September.









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VALOUR

A spectacular celebration of Aston Martin's 110 years of history



In celebration of its 110th anniversary Aston Martin revealed Valour – a spectacular, ultra-exclusive V12-engined, manual transmission special edition built to honour the marque's long tradition of superlative front-engined sports cars and delight purists who crave undiluted and visceral driving experiences.

Aimed squarely at those who relish a truly involving driving experience, Valour's commitment to era-defining performance and stimulation is second to none. The only front-engined V12 sports car available with a manual transmission, its purist approach is unique in 2023 and a thrilling tribute to a golden era of driving.

Continued on page 23

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MASTERPIECE OF PERFORMANCE

At the 24 Hours of Spa – one of the most anticipated racing events in the international motorsport season – Maserati unveiled to the world its latest track creation, the Maserati GT2.

After the announcement of the shakedown in early March, which was followed by an intensive series of tests to tune up the car, the House of the Trident officially unveiled its new gem of technology and performance, developed to bring the Maserati brand back to GT competitions. It had previously carved its name there with the winning MC12, which completely dominated the track from 2005 to 2010.

The Maserati GT2 is an exceptional synthesis between Maserati's past, present and future: it draws on the living legacy of the MC12; it expresses the best potential, in the racing version, of the MC20 super sports car – taking the already exceptional 463-kW/621-hp Nettuno V6 engine to the extreme, and is preparing to chart a new course in the future of the Trident, which is determined to write exciting new chapters in the history of motorsport.



Maserati GT2 branded as 'new gem of technology'

Maserati has designed and built a racing car dedicated to private teams and gentleman drivers. A masterpiece of performance that combines history, innovation and sporting attitude, features that have always characterised the Trident's track and road cars.

Conceived and designed to take part in championships or individual events reserved for the GT2 class, the Maserati GT2 will debut on the track in the final stages of the 2023 Fanatec GT European Series, and is due to participate in the entire 2024 season.

Davide Grasso, Maserati CEO, commented: "Our DNA and our spirit have always lain in racing. Our story began and developed from the track to the road. The decision to return to track racing forms part of a thorough strategic framework, inaugurated this year with the debut in Formula E, to which we have now added our return to the world of GT competitions. Now more than ever we want to rekindle and nourish that competitive passion that has always characterised and motivated us to achieve major milestones".

The Trident thus celebrates its return to the world of exciting GT competitions with a cutting-edge product, the result of a creative and design partnership between the Maserati Innovation Lab, the Centro Stile Maserati and the technological excellence of the Maserati dynamic simulator.

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Europe's most affordable electric car to come to the UK

Dacia has officially confirmed that the highly anticipated Dacia Spring will be coming to the UK, with the game-changing all-electric city car set to officially reach shores in 2024 as an all-new version, boasting significant improvements in design and equipment.

The Dacia Spring, already Europe's most affordable new electric car, lives up to Dacia's reputation for offering unrivalled value. It has already proved a resounding success throughout Europe, with a huge number of drivers won over by its selection of features and highly attractive price.

Introduced in 2021, the five-door supermini has made electric mobility widely accessible, with more than 120,000 customer orders placed since its launch. It also made a significant contribution to Dacia increasing its global sales against a highly challenging and receding market.

Even more impressive is that three quarters of all sales have been made to individual customers, with retail car buyers finding that the Spring's simple, fun and efficient formula makes it the perfect companion for everyday travel.

Often purchased as a household's second car, Spring is the main means of transport during the week for 90% of multiple-vehicle households who own one.

Data collected from the Spring's connected services has provided an insight into how the full four-seat hatchback has met European customers' requirements, and how it could fit in with the needs of UK drivers whose travel is mostly in urban areas.

On average, customers' daily commutes last under 20 miles and are covered at 16mph, while in 75% of cases, the Spring is charged at home for an average duration of 3.5 hours.

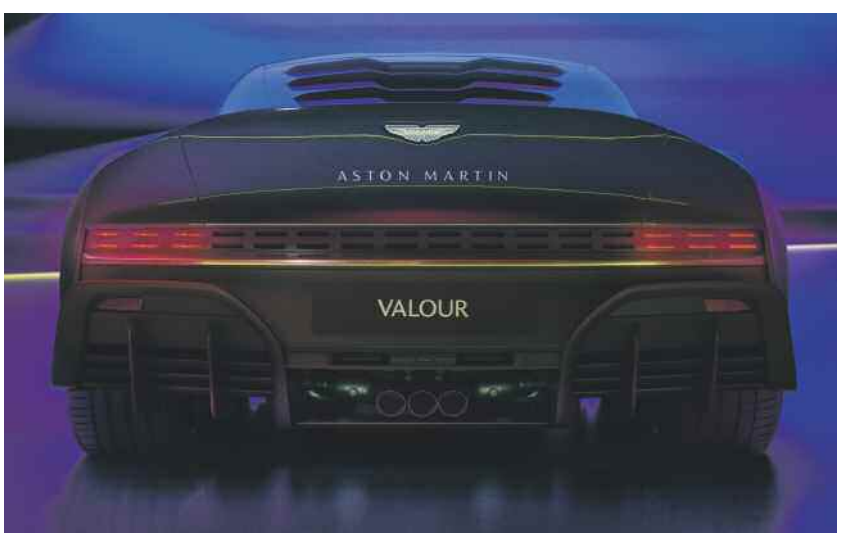
Luke Broad, Dacia Brand Director for the UK, said: "We are thrilled that Dacia Spring will come to the UK in 2024. It will certainly be worth the wait!

"It will literally plug a gap in the UK electric car market for a highly usable, quality EV that won't break the bank and which makes electric vehicle ownership more realistic than ever.

"With over 120,000 customers already sold on the Spring's unbeatable, 'no-nonsense' blend of value, efficiency and durability, UK car buyers can look forward to an EV that's perfectly aligned to their mobility requirements and, importantly, is done the Dacia way."

VALOUR

A spectacular celebration of Aston Martin's 110 years of history



Continued from page 21

Motivated by this rich heritage, Valour's bloodline is second-to-none. Inspired by the original V8 Vantage and magnificent Vantage-based RHAM/1 'Muncher' Le Mans racer from 1980, it boasts the unbridled brawn so typical of Aston Martin's ultimate sports cars. Machines like the 1990s twin supercharged V600 Vantage; for a time the world's most powerful production car. Immaculate design and flawless execution echoes that of the exquisite One-77 supercar, while its intense driver-centric character connects Valour to the one-off Victor.

With production limited to just 110 cars globally, Valour's rarity ensures it will be amongst the most collectable of all Aston Martins. A mouth-watering end-of-an-era specification - which mates the epic 715PS/753Nm twin-turbocharged 5.2-litre V12 to a bespoke six-speed manual transmission for the very first time - guarantees a truly absorbing experience and secures Valour's place in the pantheon of all-time great driver's cars.

Speaking of the thrilling new special edition, Aston Martin Executive Chairman, Lawrence Stroll said: "Valour is a celebration of Aston Martin's passion for driving and extraordinary heritage, but it is also emblematic of today's vibrant and revitalised brand.

"A modern icon that fuses classic character with contemporary execution, Valour captures the essence of excitement and exclusivity that defines this storied automotive marque. A showcase for our world-class design, engineering and manufacturing capabilities, Valour is further proof of Aston Martin's position as the driver's champion and maker of the world's most exciting, exclusive and desirable ultra-luxury high-performance cars'. "

Those immense performance capabilities and intense driving characteristics are vividly expressed in Valour's broad stance and highly developed physique. Made entirely from carbon fibre the bodywork marries Aston Martin's contemporary design language with instantly recognisable cues from the iconic 1970s V8 Vantage. The result is bold and unmistakable from any angle.

Miles Nurnberger, Aston Martin's Director of Design, said: "At Aston Martin our design is always progressive, but when it comes to celebrating a significant milestone – in this instance our 110th birthday - we allow ourselves a little latitude. Consequently, Valour is gloriously unapologetic; an old-school brute refined and reimagined through the lens of 2023.

"Making a return to a chiselled shape, moving away from the more sculptural forms that define current series production Aston Martin's, with bold details and modern materials root in the present. We were keen to ensure its looks reflect the driving experience. The raw physicality of the shape should tell you all you need to know about the ferocious performance and analogue thrills of taming a 715PS manual transmission sports car, yet the clear use of the latest technology points to a car with modern manners and exceptional dynamic capabilities".

Valour production is due to commence at Aston Martin's Gaydon Headquarters in Q3 of 2023, with first deliveries scheduled to begin during Q4 2023. Poised to become one of the most coveted cars in Aston Martin's unrivalled canon of iconic front-engined special series sports cars, Valour is a precious collector's piece that demands to be driven.



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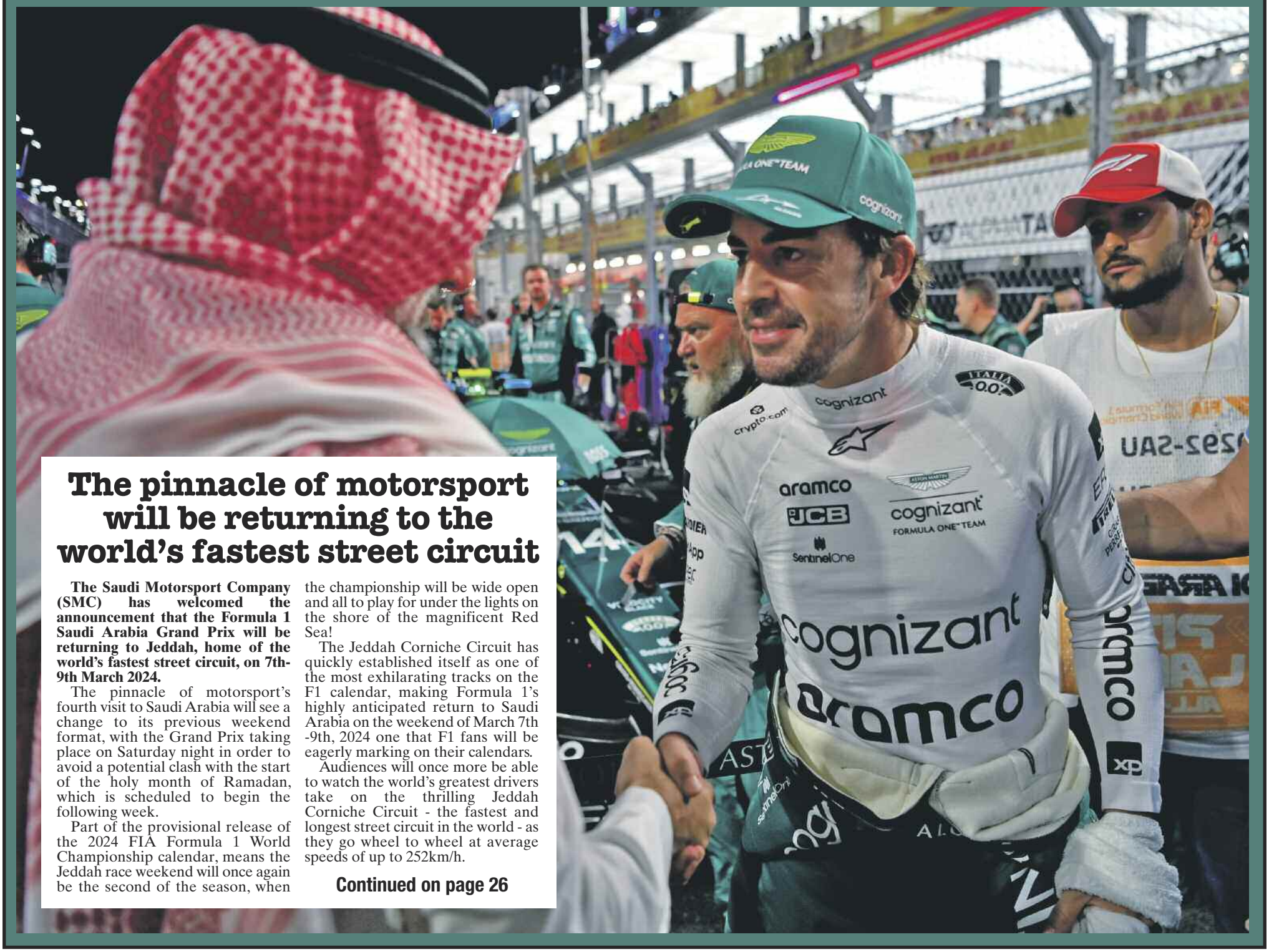
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FORMULA 1:
Saudi Arabia Grand Prix



The pinnacle of motorsport will be returning to the world's fastest street circuit

The Saudi Motorsport Company (SMC) has welcomed the announcement that the Formula 1 Saudi Arabia Grand Prix will be returning to Jeddah, home of the world's fastest street circuit, on 7th-9th March 2024.

The pinnacle of motorsport's fourth visit to Saudi Arabia will see a change to its previous weekend format, with the Grand Prix taking place on Saturday night in order to avoid a potential clash with the start of the holy month of Ramadan, which is scheduled to begin the following week.

Part of the provisional release of the 2024 FIA Formula 1 World Championship calendar, means the Jeddah race weekend will once again be the second of the season, when the championship will be wide open and all to play for under the lights on the shore of the magnificent Red Sea!

The Jeddah Corniche Circuit has quickly established itself as one of the most exhilarating tracks on the F1 calendar, making Formula 1's highly anticipated return to Saudi Arabia on the weekend of March 7th -9th, 2024 one that F1 fans will be eagerly marking on their calendars.

Audiences will once more be able to watch the world's greatest drivers take on the thrilling Jeddah Corniche Circuit - the fastest and longest street circuit in the world - as they go wheel to wheel at average speeds of up to 252km/h.

Continued on page 26



FORMULA 1: Saudi Arabia Grand Prix

The pinnacle of motorsport will be returning to the world's fastest street circuit



Continued from page 25

Last year's visit of F1 to Jeddah proved to be another spectacular occasion, which saw Red Bull Racing's Sergio Perez cross the finish line after 50 thrilling laps around the Jeddah Corniche Circuit to win In front of a bumper crowd of over 140,000 spectators. In doing so, he ensured that to date there has been a different winner in Jeddah every race. Will we see another new name added to the list next year?

The fun won't stop on the racetrack as the F1 weekend in Jeddah will once again be delivering another incredible line up of live music concerts by some of the biggest acts in the world.

HRH Prince Khalid Bin Sultan Al Abdullah Al-Faisal, Chairman of the Saudi Automobile and Motorcycle Federation and the Saudi Motorsport Company, commented: "Everyone at the Saudi Motorsport Company and the Saudi Automobile and Motorcycle Federation is thrilled to welcome F1 back to Jeddah for the fourth edition of the Formula 1 Saudi Arabian Grand Prix next March.

"The Jeddah Corniche Circuit continues to prove itself to be one of the most exciting and challenging tracks on the F1 calendar, with our previous three races serving up consistently excellent, adrenaline fuelled racing.

"Beyond the action on track, we are working hard to deliver another three days of non-stop entertainment for the whole family with some of the biggest names in music expected to return to our Main Stage once again.

"The Formula 1 Saudi Arabian Grand Prix is an event that caters for everyone and we can't wait to welcome F1 teams, drivers, and fans back to Jeddah once more in 2024!"

To discover more about the Formula 1 Saudi Arabian Grand Prix 2024, visit: www.saudiarabiangp.com.





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Revving it up

Channeling young people for a career in motorsports – with a little help from Lewis Hamilton



Sir Lewis Hamilton meets a group of students from Fuelling Futures

Continued from page 28

Teenagers were treated to a whole host of car-themed activities, and spoke to people who shared their passion and zeal for all things automotive.

The main activity on the day was radio controlled cars, with young people encouraged to get hands-on experience driving and testing the fun vehicles, and taking a closer look at the fundamentals of race engineering and off-roading.

The day also promoted interest, skills and learning in the motorsport and car industries, with focus on other STEM related careers, and how Bradford College can support young people's ambitions through its apprenticeship schemes.

Sabir Musaji, Fuelling Futures project lead at The Leap, said: "The Fuelling Futures campaign brings to the Bradford district a cool and fun way of celebrating our unique car culture, whilst getting young people inspired and thinking about STEM and careers in motorsports.

"That's why this unique partnership with Bradford College Apprenticeships and Mission 44 is so exciting, because I believe we can convert that passion and enthusiasm into career pathways that many young people of the Bradford district might not have thought were possible for them.

"Ultimately, we want this new partnership and this day to inspire a whole new generation of talent from Bradford into motorsports and STEM careers. Who knows, maybe Bradford could end up producing the next Formula One World Champion , or the next championship winning car!"

Kelly McCallister, Head of Apprenticeships at Bradford College, said: "We are thrilled to be working with Mission 44 on this project. We have recognised a lack of participation and representation from ethnic minority apprentices and females in male-dominated industries such as engineering and motorsports over recent years.

"Having the backing of such a prestigious organisation will really help us shine a light on the opportunities available."

As part of the Fuelling Futures campaign, one group of young people got the chance to travel to Silverstone ahead of the British Grand Prix – and to meet Sir Lewis Hamilton himself. They toured the paddock and museum, and took part in STEM and radio car activities.

Overwhelming support

Mount Pleasant FC's Football Gala: A Triumph of Community Spirit

Batley and Dewsbury witnessed an momentous occasion as Mount Pleasant FC proudly hosted its first-ever Football Gala for the local madressahs at Hyrstlands Park, Batley.

The centrepiece of the gala was an exhilarating footie competition that spanned across age groups, from under 7s to under 12s, featuring an impressive roster of 75 teams representing the local madressahs (Islamic schools).

The quality of football displayed throughout the tournament was truly exceptional, showcasing the skills and talents of our local madressah students, who don't always have the opportunity to play in a formal league setting, at a remarkably high standard.

Against a backdrop of clear blue skies and the joyous sounds of children and families, spectators were captivated by the level of play and demonstrated commendable behaviour and discipline while providing unwavering support to the participating children.

Once the competitive games played in a friendly spirit had concluded, the deserving winners basked in their well-earned glory, while the runners-up and all other participants were duly rewarded with their own coveted medals.



The paramount objective for the club was to ensure a fun-filled experience for the children, and the gala successfully achieved just that. Parents and guardians expressed their immense satisfaction, cherishing the fact that such a remarkable event took place in their own community.

Furthermore, the presence of elders from the local community thoroughly enjoying the football matches and engaging with a diverse array of stalls set up by local businesses was truly heartening.

The bustling stalls area proved to be a hit among families, who indulged in an assortment of delectable treats such as pani puri, sweets, desserts, karak chai, fruit, sweetcorn, ice cream, and a range of other enticing products available for purchase.

One particular highlight that brought immense joy to both children and adults was the central stall, where they enthusiastically participated in painting on a canvas, showcasing their artistic skills and creativity.

Not to be forgotten is the success of the gala's sizzling BBQ, which saw the dedicated team tirelessly flipping burgers and grilling chicken and of course not forgetting the chips from the early morning hours until 6pm. Their unselfish commitment and seamless teamwork led to a resounding triumph, with the entire stock of mouthwatering delicacies completely sold out.

The club extends its heartfelt appreciation to all the volunteers, sponsors, stall holders, the council and the local madressahs for their participation and support, as their collective efforts played a crucial role in the gala's success.

A special mention is reserved for IMWS, whose generosity in providing access to their car park, tables, chairs and staff proved invaluable in ensuring the smooth management of the event. The club would also like to express sincere gratitude to the individuals who generously provided gazebos and equipment, essential components that contributed to the gala's seamless execution.

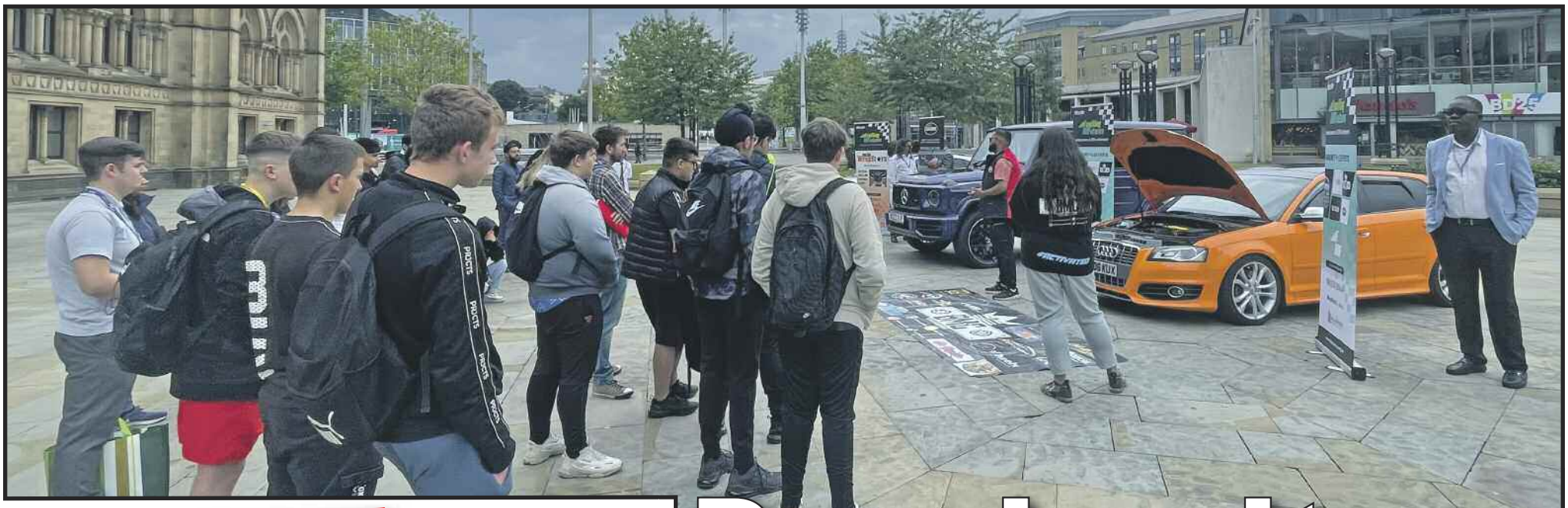
In conclusion, Mount Pleasant FC's Football Gala stands as a testament to the power of community spirit and collaboration. Without the tremendous support of all involved, this remarkable event would not have come to fruition.

As the club reflects on the triumphs of the day, it eagerly anticipates future development opportunities at Hyrstlands Park to unite the community not only through the beautiful game of football, but by making it a community hub.

Mount Pleasant FC thanked all for their continued support.

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Revving it up

Channeling young people for a career in motorsports – with a little help from Lewis Hamilton

Bradford's love of cars and car culture is legendary. And now it's hoped a brand new campaign, Fuelling Futures, could inspire and help the district's young people to turn their automotive passion into a career in motorsports.

The Leap, Bradford's Creative People and Places programme, has teamed up with Bradford College and Bradford Council, for a project supported by Mission 44, a charitable organisation founded by Sir Lewis Hamilton.

Sir Lewis Hamilton Mission 44 is focused on building a more inclusive education system, supporting progression into STEM and motorsport careers, and empowering young people to be changemakers.

Earlier this July, at Centenary Square and City Hall, an exciting day of free hands-on activity for year 9 and 10 pupils from Bradford and Keighley's schools took place.

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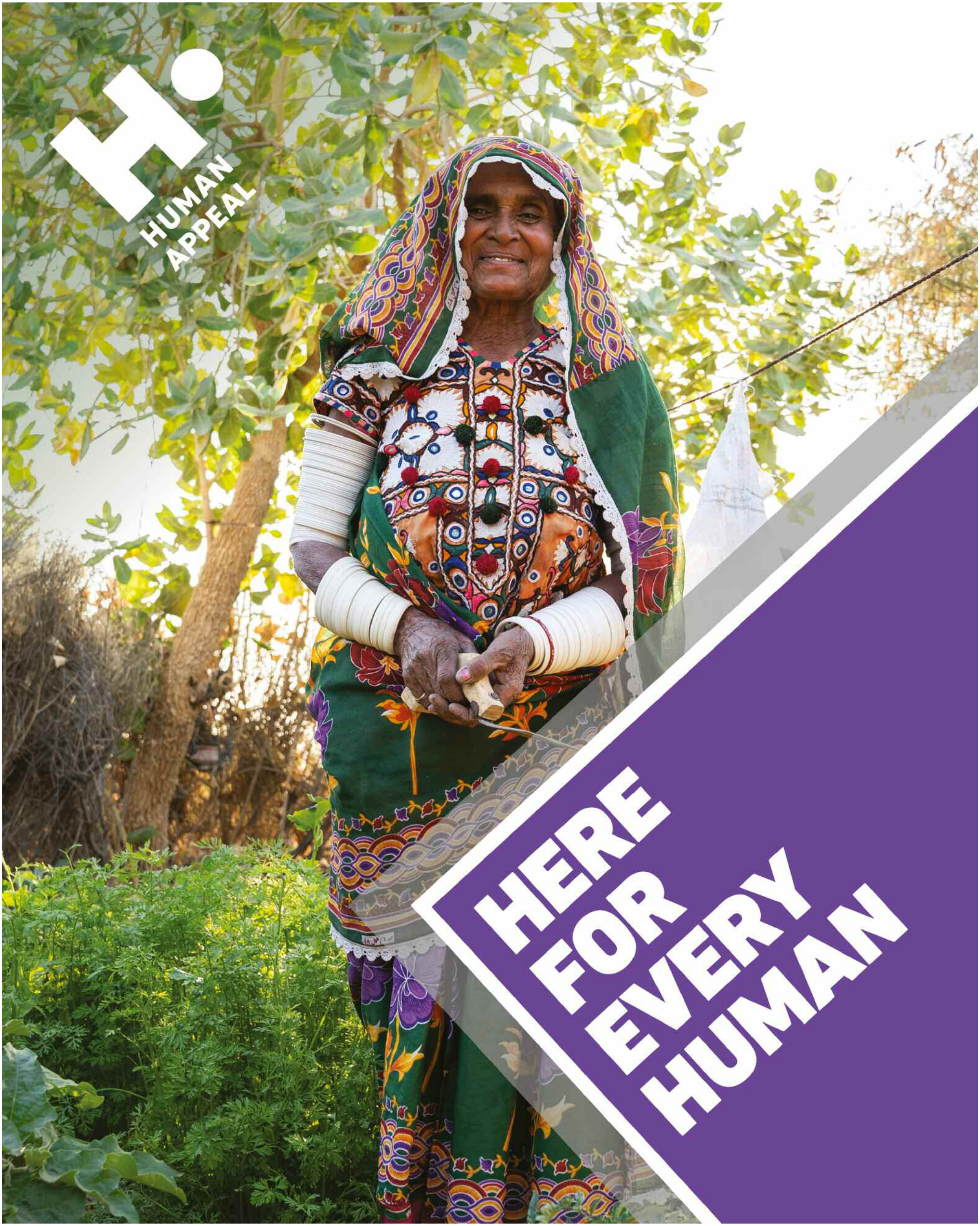
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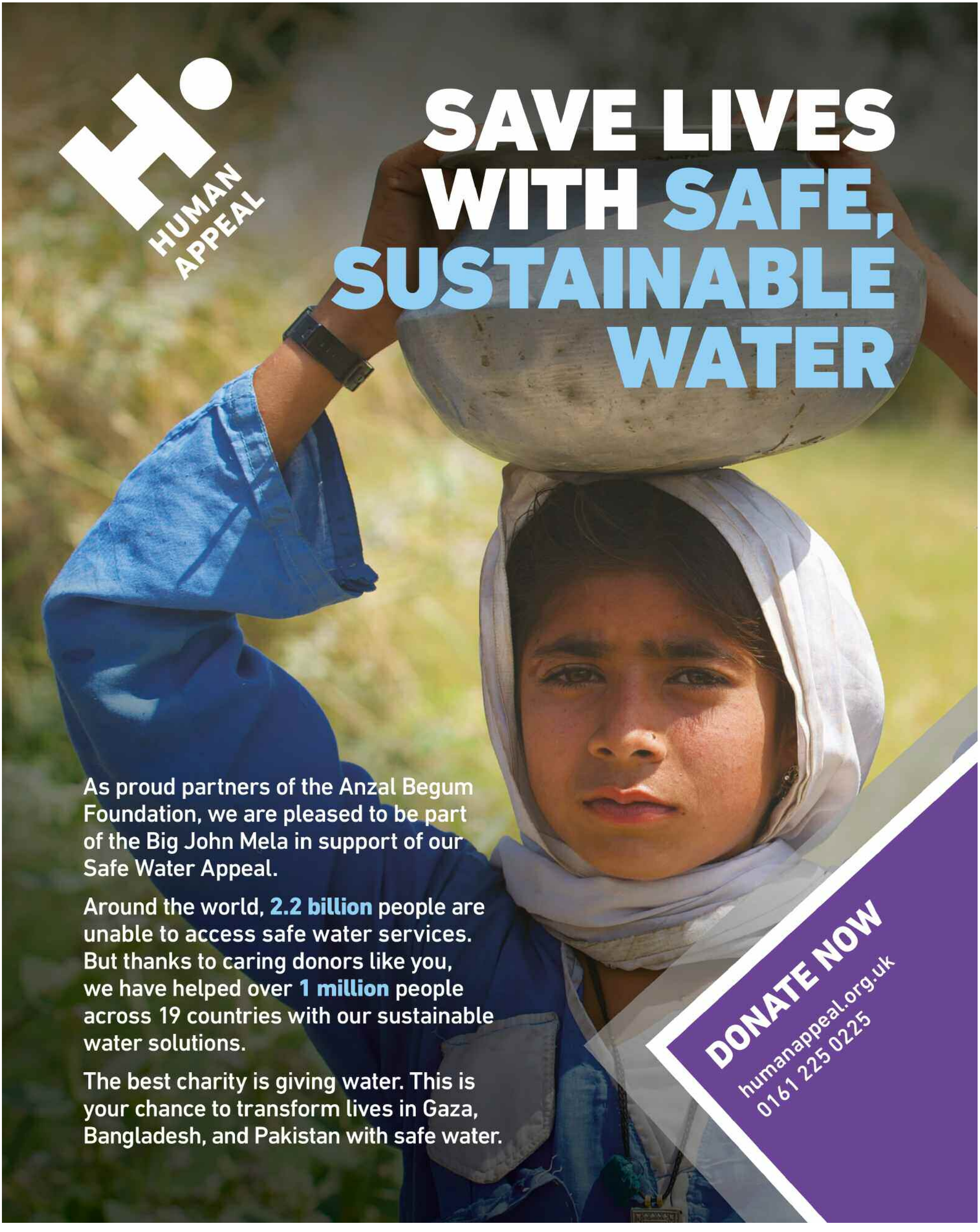


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