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Chancellor's spending review

Billions of pounds to help tackle Covid-19 next year and deliver stronger public services

The UK Government will provide billions of pounds in the fight against coronavirus, deliver on the promises it has made to the British people and invest in the UK's recovery, the Chancellor has announced.

Delivering the Spending Review, Rishi Sunak said his immediate priority was to protect people's lives and livelihoods as the country continues to battle the outbreak - allocating £55 billion to tackle the virus next year.

He also set out how the Government would deliver stronger public services - honouring the promises it made to the British people with core day-to-day departmental spending growing by £14.8 billion in cash terms next year compared to 2020/21. From 2019/20 levels, that is an average growth of 3.8% a year, the fastest rate in 15 years.

The Chancellor also announced how the Government would deliver the next stages of its record investment plans in infrastructure to drive the UK's recovery and level up for a greener, stronger future with £100 billion of capital spending next year and a £4 billion Levelling Up Fund.

Continued on page 8



■ The Chancellor Rishi Sunak reviews his Spending Review speech in his offices in Downing Street (picture: HM Treasury)

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“I CAUGHT MY HALAL BUTCHERS SELLING HARAAM CHICKEN”

HALAL CHICKEN SCANDAL PART II



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ROGUE BUTCHERS serving up gas-killed non-halal chicken at the counter

HALAL CHICKEN SCANDAL



The sheer tonnage of fake halal meat being passed off to unwitting Muslim consumers is at 'shocking' levels, sources from deep within the UK halal meat industry say. Fears are figures run as high as 75 per cent of 'halal-labelled' chicken not being halal at all.

Reports show that the Muslim community, which makes up 5.1% of the population in the UK, along with the supply to the halal restaurant and takeaway trade, consumes a whopping 46% of all poultry produced.

This means Muslims approximately consume up to eight times more meat and poultry than their non-Muslim counterparts.

Fears about the authenticity of some of the 'halal' meat crossing the counter into the hands of trusting Muslim customers in Britain has been a debate for many years, but this year's coronavirus pandemic lockdown strangled regular cross-the-border poultry supply chains.

During the government-imposed lockdown, Muslim butchers who would normally buy from

chicken-sellers from Europe were seen in their droves at halal abattoirs all across the UK desperate to get their hands on what they could, proving the point say inside sources, that they're regularly sourcing poultry from other external non-halal sources.

The majority of the cheap, days-old imported poultry entering the UK is from Europe - particularly Holland, Poland and Spain. Their regular slaughter methods include mass killing using gas chambers and mechanical blade slaughter, therefore making the entire process non-halal whilst cheaper to run and ensuring maximum profit.

Halal chicken industry bosses say that along with not complying with the Islamic halal slaughter process, much of the chicken being passed off to consumers is not fit for human consumption at all.

"Some 'halal' retailers admitted they would not eat their own stock because they knew it was unfit for human consumption"

Continued on page 6

vast majority) whom I have come across, simply do not care what method of slaughter is their meat coming from. Muslims are cheating Muslims for profit and paying no regard to Islamic guidelines and values. There's deep deception and no regard to damning innuendos of Islamic law and practices.

"I have personally experienced Muslims selling pure haraam to customers, and also Muslims cheating with their supply chain to major supermarket halal counters."

He discloses an incident where a local halal butcher selling was non-halal chicken to unwitting customers.

"During one visit to my local butchers who claimed he only bought and sold HMC certified poultry, to my surprise, had box of a brand of chicken legs which I already knew from the work I do, did not supply halal non-stunned products.

"Upon taking note of the EC number I contacted the plant in question who confirmed what I was dreading to hear... that they do not produce halal products, stunned or non-stunned."

Interestingly, he says, whenever he has worked with non-Muslims in the halal food market business, he's witnessed immense integrity, honesty and transparency.

"It seems Allah has replaced the Muslims with hard working non-Muslims who have bought the likes of Humza foods, Shazan foods, taken over meat counters of National Halal, and do a better job as some of them have opted for third party certification of HMC for transparency," he says.

Asian Express investigation

Abu-Eesa says: "The [Asian Express Newspaper] article highlights the current issues the halal market faces on a daily basis.

"The article simply confirmed what I have been saying for years, which is that the current halal demand outstrips what is available. There simply is not

enough halal chicken, available for the 5.1% Muslim population in the UK."

Asian Express exposed that the scale of tonnage of fake halal chicken being passed off to unwitting Muslim consumers is at undeniably shocking levels. Sources from deep within the UK halal meat industry disclosed that many halal butchers wouldn't eat their own stock.

Halal bosses say that is high-time that Muslims had official legal regulations for halal.

Fears are figures run as high as 75 per cent of 'halal-labelled' chicken not being halal at all, with the bulk of it coming in from across the European border; their slaughter methods include mass killing using gas chambers and mechanical blade slaughter, therefore making the entire process non-halal whilst cheaper to run and ensuring maximum profit.

HMC in a statement said: "It is our understanding that majority of the imported poultry entering the UK is from Holland, Poland and Spain and is either stunned, mechanically killed or even gas killed. No one is continuously monitoring the provenance of these 'halal products' and they are simply passed off as being halal when they may not meet with the halal standard at all."

"Where is the 40% of so-called 'halal poultry' coming from? because in the UK we simply can't and don't produce this amount," questions Abu-Eesa.

"What I do know demand is outstripping the supply.

"As my contacts within the industry know, it is impossible that the UK halal market can produce this amount of halal certified poultry. So, it's inevitable that there's haraam slaughtered chicken on your plate."

DISCLAIMER: This article has been put out with the opinions of Abu-Eesa, and does not necessarily express views and opinions of Asian Express Newspaper.

"Where is the 40% of so called 'halal poultry' coming from, because we simply can't and don't produce this amount... it's inevitable that there's haraam slaughtered chicken on your plate."

A halal consultant who's assisted on historic food fraud investigations - one of which saw a major supermarket chain halt its halal food counters, says that the issues within the halal market have reached distressing levels.

Abu-Eesa Asif Khan, 43, works as a halal business development consultant across the country. His work includes advising UK's supermarket chains, other retailers and numerous brands on how they can conform their products and services to meet the requirements for their Muslim customers.

Originally from Rochdale and now living in Birmingham, Abu-Eesa has played a role in numerous Halal Monitoring Committee (HMC) projects, as well as partaking in numerous televised halal debates.

After reading the Asian Express article titled: 'Halal Chicken Scandal - Rogue butchers serving up gas-killed non-halal chicken at the counter', published on 22nd October, Abu-Eesa contacted the newspaper in support of its investigations.

"I have personally experienced Muslims selling pure haraam..."
Braving up to going public, the father-of-three boys contacted

Asian Express to provide his expert opinion and findings of the halal chicken industry.

Abu-Eesa Asif Khan, 43, works as a reputable halal business development consultant across the country. He says he stopped eating chicken years ago once he realised the scale of the problems that the halal chicken industry is riddled with.

Abu-Eesa says: "Muslims (the

"I have personally experienced Muslims selling pure haraam to customers and also Muslims cheating with their supply chain"

Coronavirus: real people, real experiences

By listening to the wrong people and wrong advice, both Sufyan's parents and his aunty contracted Coronavirus. His aunt sadly lost her battle with the virus and died; he thought he would lose his parents too.

Sufyan's parents are still in recovery. He knows the virus isn't fake, it's right here, right now.

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GET IN TOUCH: We welcome you to give us your thoughts on this article, contribute/ submit evidence for future inclusion, email us: halaldebate@asianexpress.co.uk

PLASMA TASTIC!

Asian Covid-19 plasma trial donor reaches his TENTH donation milestone

A medic who recovered after contracting Covid-19 is saving lives in more ways than one - this time through the plasma in his blood.

Dr Wassim Shamsuddin, a Consultant Anaesthetist at Milton Keynes University Hospital Foundation Trust, has made his tenth donation of convalescent plasma at Oxford donor centre this month after recovering from Covid-19.

He is encouraging others like him to donate their plasma and be part of the convalescent plasma trial.

NHSBT is urgently asking more males, and in particular those from

BAME backgrounds to come forward as they are more likely to have the antibody-rich convalescent plasma needed.

Just over a third of first time donors from an Asian background were able to give high levels of antibodies for the trial. People in this group who needed hospital treatment are also likely to have high antibody levels.

The 40-year-old from Bicester said: "I first donated in June when the appeal first went out for more male donors and have been returning regularly over the last few months.

"Like all of us, I have seen how the

virus has disproportionately affected the BAME group. Working in ICU, I have seen the effects this virus has had on individuals including those fighting for their lives."

"Knowing that people have lost their lives to the virus and seeing this for myself, if plasma could be the difference between life or death, I'm glad that I have been able to play my part in helping others."

"I would urge anyone who has had Covid to get in touch with your local donor centre. It doesn't take long and you are really well looked after by the amazing staff. I look forward to

seeing them each time I visit."

"This important trial is asking for more people to donate, and men in particular from Asian backgrounds to come forward as we have a greater chance of having high antibody levels, which means we can potentially donate many times.

"Our donations could save lives, and you could play a part in that."

Anyone aged 18 or over who has had Covid-19 can offer to donate blood plasma. Donating is easy - it takes just 45 minutes and the whole appointment, including time for snacks, lasts approximately 1 hour

and 15 minutes.

Convalescent plasma is being collected at NHSBT's 23 donor centres around the country including London, Birmingham, Manchester, Luton and Leeds, as well as in pop-up donor centres. By the end of this year, there will be 42 plasma donation points across England so that 80% of potential donors can reach one within 45 minutes.

If you've had confirmed coronavirus or the symptoms, you can volunteer today to donate plasma at www.nhsbt.nhs.uk or simply search online for 'donate plasma'.



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Warranty: 5 years international
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BRAND NEW



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Omega Seamaster Chrono Diver

Model: 213.30.42.40.01.001
Gender: Mens
Case size: 41.5mm
Year: 2012
Box: Yes
Papers: Yes
Warranty: No
Price: £2,650



Tel: 07519 090 000

Rolex Datejust 41, Black Face, Oyster Bracelet

Model: 126300
Gender: Mens
Case size: 41mm
Year: 2020
Box: Yes
Papers: Yes
Warranty: 5 years international
Price: £6,950

BRAND NEW



Tel: 07519 090 000

Omega Aqua Terra James Bond, special edition 007

Model: 231.10.42.21.03.004
Gender: Mens
Case size: 41.5mm
Year: 2020
Box: Yes
Papers: Yes
Warranty: 5 years Omega
Special edition: one of 15,007
Price: £5,950



BRAND NEW

Tel: 07519 090 000

Rolex Datejust 41, Black Face, Diamonds, Jubilee Bracelet, Fluted Bezel

Model: 126334
Gender: Mens
Case size: 41mm
Year: 2020
Box: Yes
Papers: Yes
Warranty: 5 years international
Price: £10,950



Tel: 07519 090 000

Rolex Datejust Lady 31

Model: 169354
Gender: Ladies
Case size: 31mm
Year: 2020
Box: Yes
Papers: Yes
Warranty: 5 years international
Price: £5,500



Tel: 07519 090 000

Omega Seamaster Chrono Diver

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Papers: Yes
Warranty: no
Price: £2,400



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Family raffle their home for just £5 a ticket



A family in north Derbyshire fed up with struggling to sell their home during the pandemic are raffling it off for just £5 a ticket!

The lucky winner will snap up the 'amazing opportunity' of owning a £170,000 recently refurbished three-bedroomed house in Bolsover completely mortgage-free.

Sreekanth Balachandran (Sree), 37, and his wife Surya, 28, originally from Kerala in India, moved into the house on Houfton Road five years ago, and have this year been trying to sell up during the pandemic to a home more suited to the needs of their family.

"With the need for us to move becoming more and more imminent and after much deliberation, we decided that we had to do something drastic.

"We got the idea of putting the house up for raffle from a news article, and though it was a scary prospect, eventually decided to take up this option.

"It was not an easy decision, but one we took it as the time demanded it.

"Basically we could now hopefully change someone's life with a mortgage-free home, and give a second prize winner £10,000 deposit money."

The family are also hoping to donate £5,000 to Chesterfield homelessness charity, Pathways, in a bid to make a number of people's Christmas better.

Sree adds: "I also like the idea of giving someone an opportunity to get a mortgage-free house for just a fiver.

"And it is 1 in 60,000 chance to get one compared to millions with the National Lottery.

"We will also get a better price for the house and give us that extra deposit for the new mortgage. Where else can you get a house for a fiver? It is an opportunity for someone's dream to come true."



The main reason for their need to move to Staveley, is so their two-year-old daughter Malavika can attend nursery there, and with it being a bigger house will mean Sree's sister can come live with them.

MBA student Sree, who works as a manager at a post office came to the UK for further studies. His wife left her job as a professional dancer in India in support of her husband's higher education. They spent in excess of £30,000 renovating their home.

However, despite plenty of interested parties, and numerous viewings later, the couple have become thoroughly disheartened with the sales process during Covid-19.

"After spending so much on bringing this house to modern standards, we thought we'd have no problem selling our home. We've had so much interest but no sale.



The house has recently been decorated to an extremely high standard and is in a good neighbourhood. "The only sad part for us is we will miss the neighbours who are like family. They love my daughter - she was born in this house," adds Sree.



Go to <https://raffall.com/36604/enter-raffle-to-win-house-and-15k-spending-money-hosted-by-sreekanth-balachandran> for more information and to snap up one of the 60,000 tickets.

■ Dad Sreekanth Balachandran is trying to sell his Bolsover home by raffle, pictured here with wife Surya and daughter Malavika

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Billions of pounds to help tackle Covid-19 next year and deliver stronger public services

Cover story continued

Setting out the budgets for Government departments and devolved administrations' block grants for 2021/21, the Chancellor of the Exchequer Rishi Sunak said: "The Spending Review delivers on the priorities of the British people. Our health emergency is not yet over, and the economic emergency has only just begun; so our immediate priority is to protect people's lives and livelihoods.

"It also delivers stronger public services - paying for new hospitals, better schools and safer streets. And it delivers a once-in-a-generation investment in infrastructure. Creating jobs, growing the economy, and increasing pride in the places people call home."

Investing in public services and delivering promises

This includes a £6.3 billion cash increase in NHS spending as well as funding to invest in new diagnostic equipment, support training for the NHS workforce, refurbish and maintain infrastructure, and eradicate mental health dormitories. This is in addition to £3 billion of investment to support NHS recovery.

A £2.2 billion uplift for the core schools' budget in 2021-22 compared to 2020-21 levels of funding has also been promised; and an additional £400 million to help recruit 20,000 additional police officers by 2023, with 6,000 new officers in 2021-22, £63 million to tackle economic crime, and £337m extra funding for the criminal justice system, along with establishing a world-leading Counter Terrorism Operations Centre.

Increasing core spending power for local authorities by an estimated 4.5 per cent in cash terms, along with over £3 billion of additional Covid 19 support and an extra £254 million of funding to tackle homelessness and rough sleeping.

Chancellor's spending review

Throughout the pandemic the government have provided an unprecedented economic support package to protect and create jobs. The Spending Review builds on this by investing an additional £3.6 billion to build on commitments made in the Plan for Jobs. This includes the new 3-year £2.9 billion Restart scheme to help more than one million unemployed people find work.

Covid-19 support

Also announced is an additional £38 billion for public services to continue to fight the pandemic this

year, and a further £55 billion to departments to respond to Covid-19 next year, including £2.6 billion for the devolved administrations.

Investment targeted at controlling and suppressing the virus - and saving lives - includes funding to enhance testing capacity, purchase vaccines, increase supply of key Covid-19 medicines, and purchase and distribute PPE.

Targeted funding is also being provided to support vital public services to help them meet and recover from the challenges of Covid.

This includes money to help the NHS recover and address delayed treatments, extra funding for local authorities, support for transport, and funding to help the justice system address backlogs.

impact on people and their communities and will support economic recovery.

This is supported by the new National Infrastructure Strategy outlining the Government's long-term vision for infrastructure investment, and a new UK infrastructure bank - headquartered in the north of England - to work with the private sector to finance major new investment projects across the UK.

And to ensure that Government policies that have the most impact on levelling-up are created by those living in communities outside of London and the South East, the Treasury will set up its Northern

£100 billion capital spending including infrastructure to drive UK's recovery and support jobs

Building back better

Expecting to kickstart growth and support hundreds of thousands of jobs, the funding gives certainty for select projects - such as school and hospital rebuilding, housing and transport schemes.

Additional investment in areas which will improve the UK's competitiveness in the long-term, backing new investments in cutting-edge research and clean energy sources, investing in a greener future.

The Chancellor also set out plans to further the levelling up agenda by launching a new £4 billion Levelling Up Fund that will invest in local infrastructure that has a visible

headquarters next year. This is part of a wider work that will see thousands of civil servants move to the regions and nations of the UK.

To help people with their finances, the Chancellor also announced an increase in the National Living Wage, by 2.2% to £8.91 an hour from April 2021, likely benefiting around two million of the lowest paid. Alongside that, 2.1 million public sector workers who earn below the median wage of £24,000 will be guaranteed a pay rise of at least £250. And to help businesses, the business rates multiplier will be frozen in 2021-22, saving businesses in England £575 million over the next five years.



picture credit Simon Davis/DFID



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Brave heart

Bradford architect completes Covid-19 vaccine trials and urges others to step forward as 'vaccine volunteers' in district's race for cure



“It’s a race against time - the BAME community must step forward and help find the cure”

As the race for Covid-19 cure gathers further pace in Bradford, and after having witnessed the devastating impact of the virus first-hand, a Bradford woman is urging Black, Asian and Minority Ethnic (BAME) residents across the district to take part in the trials.

Saira Ali, 50, from Saltaire, is among the 500 volunteers currently taking part in vaccine trials at the University of Bradford, and this week had her second and final dose as part of the research.

Now, as the city prepares to play host the next round of research trials to find a cure for Covid-19, she has shared her story in the hope that it will encourage more vaccine volunteers from Bradford's BAME community to follow in her footsteps and sign up.

Tragically, she has known several people living in the district who have died as a result of the virus. And her husband Zulfi Karim DL, President of Bradford Council for Mosques was also critically ill in March with Covid-19.

“When he became gravely ill with the virus in March, it was a really harrowing time for the whole family.

“Without the skills and support of



■ CLOSE CALL: Saira's husband Dr Zulfi Karim DL, President of Bradford Council for Mosques became critically ill after contracting coronavirus

all the health professional at the hospital as well as our friends who are doctors, I truly do not know whether he would have survived,” said Saira, who is a landscape architect and team leader of the Landscape Design and Con-servation Team at Bradford Council.

“Eight months on, he is still suffering every day from the lasting effects of this terrible virus – a victim of a condition which medics call ‘long

Covid’.

“It is a long journey and he may not ever fully recover to the level of health he had before. Yet he is one of the lucky ones.

“Too many people I know, particularly from our BAME community, have lost their lives to Covid-19.

“

I’m urging people from our Asian community to become ‘vaccine volunteers’. It’s a race against time for our district in finding a successful COVID-19 cure.

”

“So becoming a vaccine volunteer is just one of the ways I have tried to pay tribute to them, and prevent other friends and family members falling victim to this devastating pandemic.”

She added: “I had no second thoughts about putting my name down and playing a small part in this inaugural study – and I’ve been supported and kept informed every step of the way.

“It’s been a really positive experience from logging on to the recruitment website to have the final dose. I now can’t wait to see if I have been able to make a difference.”

“The fact that Bradford is at the international forefront of this research fills me with great pride too.”

effectiveness of a new vaccine developed by US biotechnology company Novavax.

Some 500 people have joined Saira in taking part in the first round of this research – now a further 200 volunteers are being invited to participate in round two of it.

Pioneering vaccine trials involving other global pharmaceutical companies are also expected to begin in Bradford in coming months, underlining the need for more volunteers to continue to sign up and take part.

“I’ve completed the vaccine trials and look at me - I’m absolutely fine,” adds Saira. “But we need more people, particularly from Pakistani, Indian and Bangladeshi backgrounds to assist in securing our future.

“If I can do it, so can you - we can all unite and help find the cure for Covid-19. I’m urging people from our community to step forward and volunteer for the vaccine trials.”

Find out how you can become a Bradford vaccine volunteer here <https://bepartof.bradfordresearch.nhs.uk>



We must keep on protecting each other.



HANDS



FACE



SPACE

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

A Bradford doctor features in a new public information campaign launched to highlight how letting fresh air into indoor spaces can reduce the risk of infection from coronavirus by over 70%.

The campaign, which forms part of a wider 'Hands. Face. Space.' government guidance sees Dr Amir Khan explain how coronavirus lingers in the air in spaces with no fresh air, increasing the risk of people breathing in infected particles, and how the risk can be reduced significantly by regularly ventilating enclosed areas.

Coronavirus is spread through the air by droplets and smaller particles (known as aerosols) that are exhaled from the nose and mouth of an infected person as they breathe, speak or cough. They behave in a similar way to smoke but are invisible. The majority of virus transmissions happen indoors. Being indoors, with no fresh air, the particles can remain suspended in the air for hours and build up over time.

The longer people spend in the same room as these particles, the more likely they are to become infected.

Experts are recommending that the public open windows for short, sharp bursts of 10 - 15 minutes regularly throughout the day, or leave windows open a small amount continuously, to remove any infected particles lingering in the room.

Additionally, it is advised

that any household systems that use outdoor air, including kitchen or bathroom extractor fans, are used correctly and regularly as an additional method to remove infected particles.

GP, Dr Amir Khan said: "As we approach winter, and inevitably spend more time indoors, fresh air is extremely beneficial. For COVID-19, it is important to ventilate indoor spaces if someone in your home has the virus as this can help prevent transmission to other household members.

"You should also let fresh air into your home when you have any visitors and just after they leave in case they are infected. Remember, opening windows alongside washing your hands, covering your face and making space is also essential in reducing your risk of COVID-19."

Ventilation to provide fresh air in enclosed spaces is just as important as the other actions, so remember this as well as Hands, Face, Space. These are the most effective ways we can all control the spread of the virus.

Visit gov.uk/coronavirus for more information.

The public are encouraged to continue to be vigilant of coronavirus symptoms which include a new continuous cough, high temperature, or a loss or change in your sense of taste or smell. If you or someone you know, displays any symptoms please get a free test by calling 119 or visiting NHS.UK.

New short film shows how coronavirus lingers in enclosed spaces and how to keep your home ventilated



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UK Transition business and borders

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- Decide how you will make customs declarations. Customs agents, freight forwarders and express operators can help you with declarations and ensure you provide the necessary information.
- Check whether your imported goods are eligible for staged controls. Most traders with a good compliance record will be able to defer import declarations on most goods for up to six months after 1st January 2021.
- Decide how you will account for import VAT when you make a customs declaration.
- From 1st January 2021, businesses will be able to use postponed VAT accounting to account for import VAT on their VAT returns for goods imported from anywhere in the world.
- Check if import VAT is due at the border. Import VAT will not be due if goods in a consignment do not exceed £135 in value. The only exceptions will be excise goods and gifts.
- Check the 'Controlled Goods' list to see if you need to complete declarations from January. If your goods are not on the list, you can opt to delay import declarations until July 2021.
- Check the government's tariff tables and consider how your trade will be affected.
- From 1st January 2021, there will be new rates of Customs Duty for imports, known as the UK Global Tariff.
- Use gov.uk/transition to find out more about each of these action points.



Use gov.uk/transition to find out more

RIDING THE TIDE: The steps businesses need to take ahead of the end of the transition period are clear (picture courtesy of Peel Ports). Bernie de Le Cuona (below) sought the help of suppliers.

Is your business ready?

You needn't worry about your business after the UK leaves the customs union as there's plenty of experience to draw on – but you need to act now



Businesses that export to or import from the EU have just a few weeks left to prepare for the end of the transition period on 31st December.

From 1st January 2021, they will need to be ready for new systems and processes, as the UK will no longer be part of the single market or the customs union. The good news, says Alan Williams, global sales and marketing director at Davies Turner, one of the UK's largest freight companies, is that there is enough time to get ready – if you act now.

The steps businesses need to take ahead of the end of the transition period are clear. "We know what the process will be," he says. "We know about the customs procedures and the forms that need to be completed. And we're actually very used to this process because it is similar when you export to or import from the US or China, say."

Williams' advice to businesses worried about how to prepare is remarkably straightforward. "Talk to an expert, such as a freight

forwarding company, who can tell you what the exact procedures will be," he says. "Then decide whether you have the skills and resources to manage these procedures yourself, or whether you need to pay someone to manage the process on your behalf."

Many businesses will take the view that the benefit of working with a customs agent or a freight forwarder such as Davies Turner, which has hubs and offices throughout England, Scotland and Wales, outweighs the costs – particularly since getting processes wrong after the transition period may lead to delays and financial penalties.

But the decision is an individual one – for example, larger businesses may be happy to invest in their own capabilities. Either way, the key to successful transition period is preparation, says Jill Henry, founder of Scottish clothing brand Meander Apparel. "For us, it has been all about getting the paperwork in place, so we're prepared for different situations," she says.

Henry cites examples

such as ensuring she has an Economic Operators Registration and Identification (EORI) number, and the right tariff, customs and commodity codes – as well as ensuring necessary amendments to her product labels have been made. "We have had to make sure we are complying with new garment labelling regulations," she explains, "such as adding the country of origin and CE markings, which show that our manufacturers meet EU health and safety regulations."

Even in industries where there has been a great deal of debate about the future, businesses are getting ready. At Plymouth-based fishing company Sole of Discretion, founder Caroline Bennett says she has already found a customs agent to help clear goods through international borders.

Bennett sells around 20 per cent of her catch to Belgium, where customers prize her ethically sourced fish – and

where there's no longer a small-scale fishing fleet at all – and expects to continue doing so after the transition period. "Belgians are keen on pretty much everything, from pout to wrasse – but not dogfish."

Bernie de Le Cuona, founder of Windsor-based textiles firm de Le Cuona, advises businesses still worried about transition to get help. "I got the support of some of our suppliers who pointed me in the right direction," she says.

"We've looked at everything, but I think our local chamber of commerce, and then subsequently taking on a consultant, were the best resources we found."

Help is available, in other words. Time may be running short, but with the right support, businesses can be ready for 1st January, 2021.



Check, Change, Go

To find out more about the UK's new start go to gov.uk/transition

Let's get going >



Hamara expands HALO service

The Hamara Healthy Living Centre has been supporting adults with learning disabilities and mental health for over eight years and is now seeking to expand its services.

Through the HALO project – Health, Achievement, and Learning Opportunities – adults with learning difficulties have been able to keep fit, learn to use IT systems, enjoy crafts sessions and access the wider community - all as part of the wide range of support services which HALO offer.

Supporting adults from all backgrounds and walks of life, we provide individual support which is tailored to each person's personal, cultural, and religious needs. With most of our clients members of the South Asian community, we are able to provide a personalised approach which caters to each individual's needs. In addition, whilst adults with learning disabilities form most of our user base, we also support adults with autism and other mental health issues. In this way, we are

always seeking to diversify our client base and ensure that people from all backgrounds can access our support.

In the light of the success of these ongoing services, Hamara is now seeking to expand by including extra avenues for support. From creating pathways to education, volunteering, and employment to enabling individuals to access housing and benefits assistance, the newly expanded service seeks to support adults with learning disabilities through a

wider range of services than ever before.

To do this, we are actively seeking to recruit new support workers who will contribute to the expansion of this service. With a background in health and social care, the new support workers will be key to the distribution of these new services.

If you are interested or would like further information, please contact Sinead at sinead@hamara.co.uk or phone 0113 2773330.



We are actively seeking to recruit new support workers who will contribute to the expansion of this service.

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If you'd like to enter or find out more about the Bright Sparks Challenge, you can contact Candlelighters at Corporate@candlelighters.org.uk, call them on **0113 322 9283** or visit their website www.candlelighters.org.uk/bright-sparks-2020

Leeds-based children's cancer charity, Candlelighters, is launching its Bright Sparks Challenge, a new initiative to join forces with local businesses and raise vital funds.

Bright Sparks is an exciting opportunity for employees to develop creative, entrepreneurial and business skills whilst in turn, bringing light and hope to children and families affected by childhood cancer in Yorkshire.

Upon entering the Candlelighters Bright Sparks Challenge, teams of up to eight employees are tasked with turning tea-light candles into the biggest pot of money that they can, competing with other teams across the county to see who can take the crown of 'Candlelighters Brightest Sparks'!

The Bright Sparks Challenge has been developed by Candlelighters to give businesses the opportunity to support a crucial Yorkshire charity with an initiative that will motivate and develop their people, at a time when many learning and development budgets have been cut.

With support from Candlelighters and a panel of local leading industry experts, team members will have the chance to learn new skills and develop the profile of themselves and their businesses.

Candlelighters' Bright Sparks Project Manager, Chris Salt, said, "We've seen the negative impact of COVID-19 on the businesses that support us and wanted to launch a project that adds value to their business during these challenging times.

"Our Bright Sparks

Challenge will give businesses the opportunity to develop and motivate their teams and to inject a bit of fun into their workplace, which will help morale as we venture into the next phase of pandemic restrictions".

For 40 years Candlelighters has brought light to children and families affected by childhood cancer in the darkest of times, by providing emotional, practical and financial support. The effect of the COVID-19 pandemic will be felt by these families for some time, and for as long as it is, Candlelighters is determined to be there to support them. By adapting its support services, the charity is ensuring families are not facing these uncertain times alone.

Candlelighters relies solely on the generous support of the community to continue delivering its services and like many charities, has seen a huge gap in funding due to mass participation event cancellations and a severe drop in community and corporate fundraising. The charity experienced a 41% reduction in core fundraising in the first half of this year and this is expected to continue, if not worsen, for the foreseeable future.

Leanne Windell, Head of Fundraising and Marketing at Candlelighters, added, "The COVID-19 pandemic has had a catastrophic effect on fundraising across the entire charity sector, including at Candlelighters, which means support from businesses in our region is needed now more than ever.

"We're excited to launch Bright Sparks and hope that many businesses will get involved. It's an interesting and fun way for businesses to develop and motivate their teams whilst supporting a local charity - and all they need to give is time!"

Businesses that take part in the Bright Sparks Challenge will be

supporting children like Anais. At just five years old, Anais was diagnosed in 2017 with Wilms

tumor, a rare cancer of the kidney, which had spread to other parts of her body. Anais needed to undergo intensive treatment including chemotherapy, two major surgeries and radiotherapy.

Over the three years since Anais was diagnosed, Candlelighters helped the family through the journey of childhood cancer with support on the ward at Leeds Children's Hospital and at their family support centre, The Square, with services ranging from talking therapies, to Mums and Dads groups and massage therapy.

Mum Becky adds "the square was an oasis when we were living on the ward. The benefits of massage therapy was so needed, sleeping in a hospital fold up bed for months is not good for your back". Candlelighters also provided the family with much needed holiday breaks, and with financial support.

Becky says "Candlelighters have been fantastic. Whether it's seeing a friendly face on the ward, or for a chat and a coffee at the square, they have been there.

Candlelighters really made you feel you were not alone".

Anais has now been in remission for two years, however the COVID-19 pandemic has brought even more stresses and strains for the family. Mum Becky says "Anais was on the highly vulnerable list so as a family we were all isolated for 12 weeks. Anais had her 3 month scans cancelled due to COVID. This was extremely stressful as we had to wait another 3 months to check if the cancer had returned".

Becky asks "Please help, this little charity makes such a difference to families. They provide support when you need it most. We were incredibly lucky to have a positive outcome. No family should have to go through this journey, but having Candlelighters there to help makes it easier".

The Bright Sparks Challenge begins on 1st December and entrants will have four months to use their tea-lights to raise as much money as possible for Candlelighters and the children and families it supports.



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The unknown Muslim heroes of World War 1



2.5 million Muslims contributed to the Allied cause either as soldiers or labourers

At least 885,000 Muslims fought with the Allies in World War I, an estimated 400,000 of them with the 1.5 million-strong British Indian Army that served both on the Western Front and in the Middle East.

More than 47,000 died and 65,000 were wounded, but very few Britons know of the sacrifices made by Muslims for Britain.

For many of these young Muslims, the Great War was their first major encounter with Europe and Europeans, and indeed the home of that "great Empire over the sea" for which 89,000 of them would give their lives.

A wealth of letters written by British Indian soldiers which gave insight to stories of sacrifice, were uncovered three years ago by Dr Islam Issa, Lecturer in English Literature at Birmingham City University.

The Indian soldiers were either writing letters to comrades fighting in other countries, or in most cases, to family back home.

For many in India, at the start of the war it seems like a job opportunity.

The letters revealed that their concerns were quite universal, discussing things like food, pastimes, and what the future might hold, but within these, there were some more unique aspects of their identities, like missing their own cuisine or wondering whether they should

still fast during Ramadan.

These Muslim soldiers having travelled thousands of miles from hotter climates, dedicated themselves to the trenches with Imams whose duties included leading group prayers and reciting the call to prayer into the ears of the dying.

There are reports of Muslim soldiers sharing food with hungry civilians, while French, Belgian and Canadian officers expressed surprise at their humane treatment of German prisoners of war. When asked to explain their conduct, the soldiers quoted the Quran and

"Hot halal food was routinely served, prepared by cooks who had accompanied the men. When medical supplies ran out, some of these soldiers used traditional herbal medicines from their homelands to help treat injured comrades, whatever their faith."

Things like prayers and food weren't really an issue for the British so provisions were often made for the Muslim soldiers.

Others taught their folk songs to those serving alongside them, whatever their language, in between the brutal onslaughts of trench warfare.

Other documents uncovered over recent years, show instances of Imams, Priests and Rabbis learning each other's burial ceremonies and prayers to lay the dead to rest on the battlefield.

the teachings of Muhammad (PBUH) on how enemy combatants should be dealt with.

Researchers delving into military, diplomatic and private archives, including diaries and letters, accessing more than 850,000 documents in French, English, Farsi, Urdu, Russian, German and Arabic, as well as hundreds of images. They estimate that 2.5 million Muslims contributed to the allied cause either as soldiers or labourers.





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Wreathed in landscaped gardens, the secluded 14-acre Heaton Mount and Emm Lane campus, currently owned by the University of Bradford, has been described as “an exquisite example of the Italian architectural style” and “an oasis of calm in one of the city’s most sought-after areas.”

It comes to market as a freehold for sale by informal tender.

The estate boasts three Grade II-listed buildings, the largest of which, Heaton Mount, was built for businessman and treasurer of the Bradford Liberal Electoral Association for several years Robert Kell in 1886. It was sold to textile manufacturer John Ambler for £9,750 in the 1890s. Over the years it has been a family home and a school and in 1955 there was a legal battle to stop Shell Mex and BP Ltd developing the grounds into a filling station. It was purchased by the University in 1967 to form the headquarters of its expanding business school.

Boasting an internal area of 121,000sq ft (11,240sq m) it has potential for a variety of uses, subject to necessary consents. Dai Powell, director of property agents Avison Young, who are marketing the property, said it was “a rare opportunity to purchase an unusual and visually stunning property.”

The estate comprises nine buildings, including the Grade II-listed Emm Lane Building and adjoining Sir Titus Salt Building, 44,600sq ft (4,144sq m), which includes a lecture theatre, restaurant and atrium. Heaton Mount, 24,200sq ft (2,249sq m), also Grade II-listed, includes a 42-bedroom hotel extension, complete with dining and professional kitchen facilities, meeting facilities and adjacent lecture halls and boasts a civil wedding licence. Various other buildings variously used as offices,

classrooms and accommodation, among them the 7,000sq ft (651sq m) Vernon Barnby Hall, which contains 25 bedrooms. There are also several car parks, providing 150 spaces.

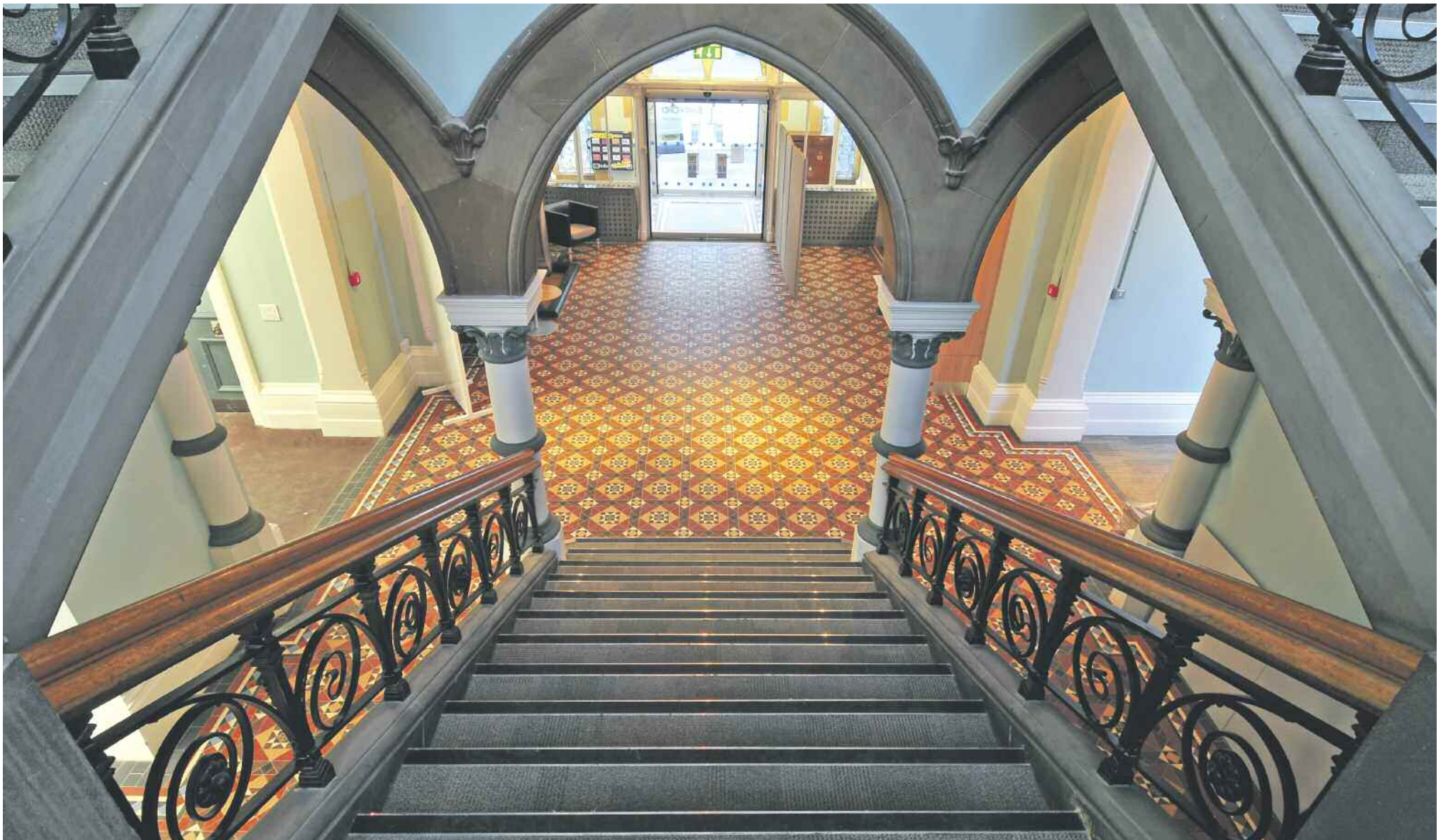
Heaton Mount was one of the first houses to be built in the area. Its frontage is 90ft, not counting the large conservatory. Striking features in the façade include extremely large bay windows on either side of the porch which are carried up to the roof and have interior dimensions of 15ft by 7ft, almost forming small rooms in themselves.

Entrance is gained through a square, open portico supported by two fluted Corinthian columns and two plain pilasters with Corinthian capitals flanking the doorway. The entrance doors of polished oak, glazed with thick sheets of plate glass, allow for an uninterrupted view of the magnificent central hall - one of the largest in the district, measuring 46ft by 22ft - with its broad double staircase and large painted glass window. Two pillars at the foot of the stairs are of oak carved in high relief in a most detailed fashion, with foxgloves and other flowers and topped by large gun-metal figures carrying lamps.

The University is selling the estate after its business school and other educational provisions moved into more modern buildings. Although bids to purchase parts of the property may be considered, it is the University’s strong preference to sell in a single transaction. Informal tenders are invited by 1pm on Friday January 29, 2021.

University puts “exquisite” 14-acre site on the market

Estate boasts three Grade-II listed buildings, lecture halls and a hotel



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A passionate teacher, an evil Dr Virus and invisible pink slime - the recipe for a great children's book!

Sukhraj Kaur, a 30 year old graduate from Bradford, lives her day-to-day life working full-time with children in primary education. And like most of us, has always had a list of things that she 'wishes' she could or wants to do, and like the rest of us, ended up putting them on the back shelf while everyday routines take over.

That was until the dawn of 2020. Being the year she would end her 20's, she decided to become more proactive and put those wishes into a 'bucket list'.

Amongst the list was writing a children's book, something that was always put off because of 'not having time.' Fast forward to March 2020 and, like everybody else living in lockdown, she found herself with an abundance of spare time to finally put pen to paper, and with the perfectly relevant coronavirus storyline.

Specialising working with children in early years and Key Stage 1, she knew who her target audience would be. She was able to forecast how sensitively the matter of Covid-19 would need to be discussed with children upon reopening schools.

Forseeing how young children would naturally and openly discuss the new experiences they encountered during lockdown - such as not being able to play outside or knowing people who fell ill, she decided to approach the storyline with the same amount of sensitivity as she would in the classroom.

Her book 'Evil Dr Virus and the Invisible Pink Slime' has been written with free advice on planning for families to extend the reading experience at home, and promote quality time together through fun and exciting activities that also support learning and development.

Featuring an original and memorable villain 'who we can't help but to love and hate', Evil Dr Virus's plans to cover the city in an invisible pink slime full of germs explains the importance of hand washing and preventative measures.

"I was inspired by the events of 2020 using a child-friendly story line," says Sukhraj.

"It draws on the huge memories that all children will have of not being able to play outside, not going to school, food parcels, missing loved ones, watching the news, the word 'virus' and the excitement of being able to see friends and family again. This makes the book highly relatable.

"It's a great story to read both at home and school, and encourages children to take an active role in 'washing their hands to defeat Evil Dr Virus and his invisible pink slime.'

"Better still teachers and practitioners can find free planning



A primary school teacher launched her first self-illustrated children's book, which focuses around the current pandemic, helping children understand how we can all unite and defeat the Covid-19 virus

and resources specifically designed to accommodate areas of learning in early years and Key Stage 1, such as - descriptive writing, persuasive writing, instructive writing, being imaginative, role play, number, reading, health and self care and many more."

The book has quickly taken off and is already being used in schools after the announcement of the second lockdown, in PSHE lessons and in class assemblies to reiterate the importance of washing hands and self isolation in order to look after our loved ones.

Explaining the processes she had to go through getting her first book published Sukhraj says: "Once the draft version of the book was ready, like many of us regular Joes, I had no idea what the next step should be.

"Eventually after weighing up the pros and cons to her options, (my excited impatience also playing a small role), I decided to try my hand at self publishing. Many webinars, YouTube videos, nights researching, and meltdowns later, I managed to finally pull it off."

But writing the story was the fun part, finding an illustrator was more difficult for Sukhraj.

Being known for being 'artsy', and with some encouragement from family, she decided to eventually have a go at the illustrations - not a type of art she has ever ventured into before.

"After a conversation with my sister around racial profiling and current sensitivities, I made a conscious effort to show a realistically diverse community in the illustrations, purposely choosing to represent different ethnicities in a range of professional roles," she explains.

"As well as this I also wanted to acknowledge the work of many Sikh volunteers who stepped up to independently feed their communities during lockdown. I also wanted to create the opportunity for conversations that could test and possibly question stereotypes by showcasing food parcels delivered by a volunteer wearing a turban and beard."

Following the huge success of her first published book, the only thing Sukhraj is trying to fathom is other authors inquiring about her illustrations for their own books!

Additional activity planning and all the resources for practitioners along with the book can be found FREE at

www.storieswithplanning.co.uk
Alternatively the book itself is available on Amazon and currently on SALE at £7.99 : Search Sukhraj K. Or: 'Evil Dr Virus and the Invisible Pink Slime'.

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“Personal grooming has hit an all-time-high because during times of uncertainty, more than ever, we need to feel special and good about ourselves.”

Hair Queen

Boom in DIY hair products demand during lockdown sees huge growth for Beauty Works

A female entrepreneur, who started her business in a one bedroom flat, now sits as an industry leader and pioneer in the hair industry.

Penelope Cheshire founded Beauty Works Limited ten years ago. Through her extraordinary leadership, she has guided the organisation in becoming one of the world's most successful and exciting beauty brands, selling hair extensions to more than 4000 professional salons and consumers in over 180 countries.

Perhaps a big part of the 'Hair Queen's' success is being a vocal advocate for men and women's rights to wear hair pieces without fear of judgement or embarrassment – vital for those suffering from illness-related hair loss and cancer. She is also deeply committed to inclusivity and diversity, providing equal opportunities for plus-size models, embracing different

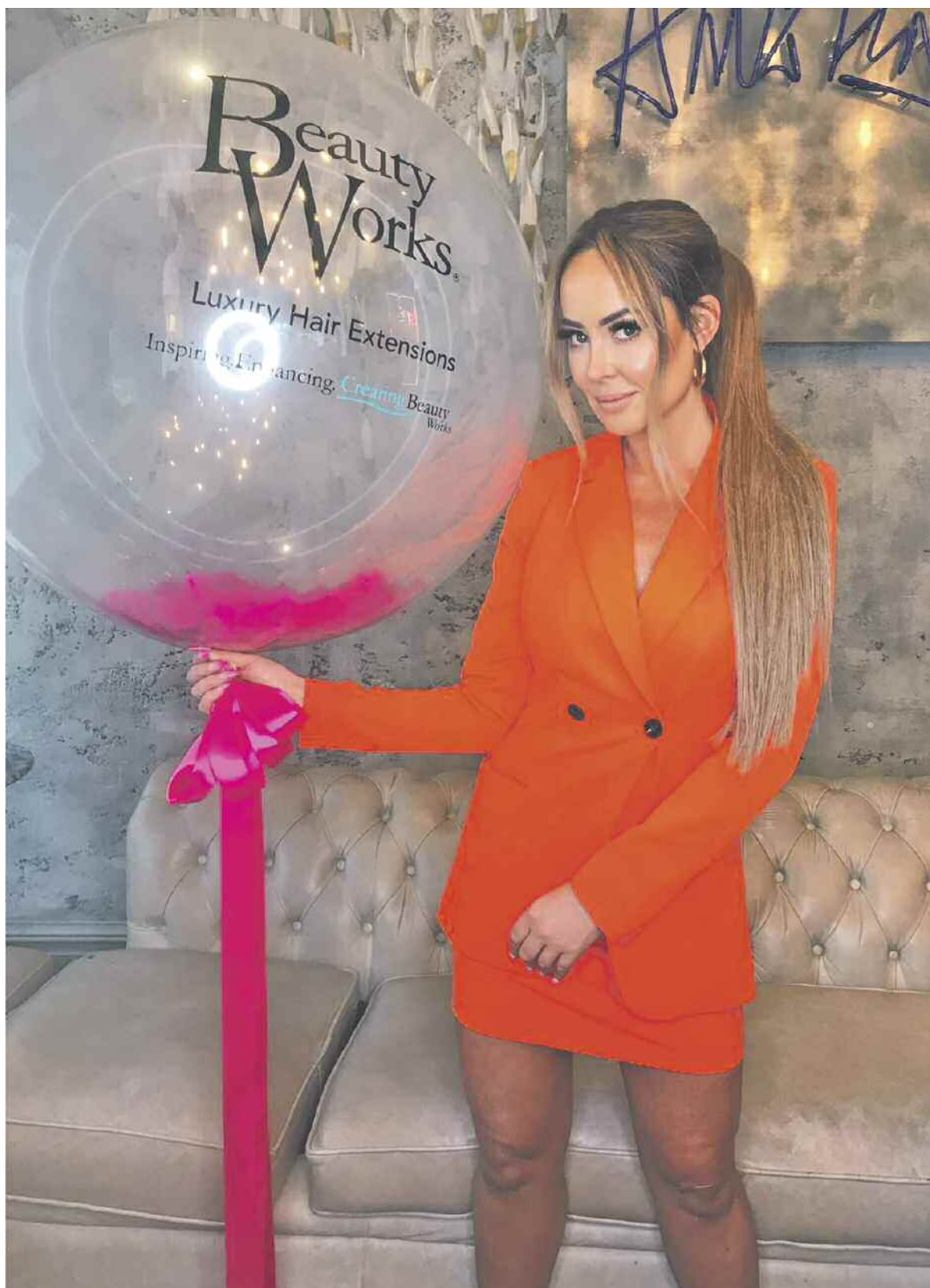
ages and skin colours.

The organisation's hair extensions have been worn by Nicole Scherzinger, Olivia Palermo, Bella Hadid and Dame Joan Collins, and in 2018, Hollywood actors, Bradley Cooper and Lady Gaga, wore Beauty Works' hair extensions in the film, 'A Star is Born'.

And whilst British businesses have grappled with the second period of lockdown, Beauty Works has seen a way to forge ahead, experiencing unprecedented growth since March.

The company, which sells hair extensions and styling tools to 180 international markets, has seen sales soar by more than 65% on the same period last year, and profits double. Styling tools, 'clip in' hair extensions and after-care product sales have been particularly virulent.

Continued on page 26



BUSINESS

YOUR LOCAL & BUSINESS ROUND-UP

Variation By Email

Contracts can be varied either orally or in writing. However, most contracts will contain a Variation Clause which will specify that any variation will only be valid if it is in writing and signed by the parties.

In the case of C&S Associates UK Limited v Enterprise Insurance Company Plc, the High Court had to decide whether an agreement had been effectively varied by email correspondence. C&S Associates was a motor insurance claims handler who brought a claim for wrongful termination against the insurance company, Enterprise. Initially C&S Associates and Enterprise were on good terms and there was an exchange of emails between them where C&S Associates sought to agree an increase in its fees and to vary the duration of the agreement. However, the agreement between C&S Associates and Enterprise contained a clause which stated that:

"Any variation of this Agreement shall not be effective unless made in writing and signed by or on behalf of each of the Parties to this Agreement."

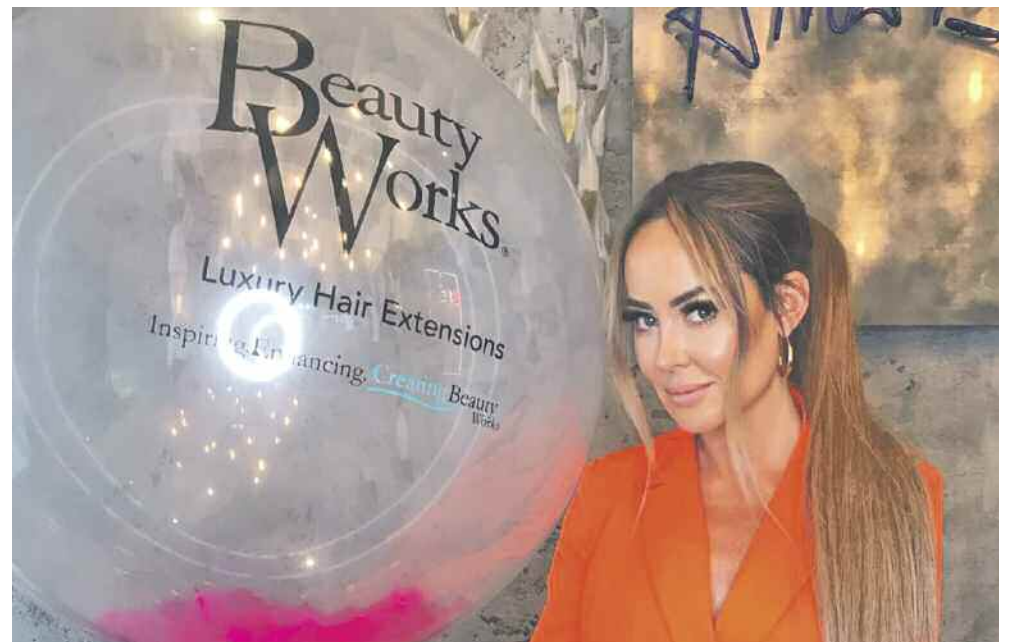
So, had the Agreement been varied by the email correspondence?

The Court found that the Variation Clause was intended to ensure that the party would not be bound by oral communications or informal written documents that were not signed. However, the Judge held that the clause did not require

manuscript signatures, paper documents or both parties' signatures to be on the same document and that an electronic signature such as an email auto-signature would be adequate. Provided the emails could satisfy the other requirements of contract variation, such as an intention to be bound, then it would represent a valid variation of the contract. In this case, the Judge found that the parties clearly did objectively intend to be bound by the exchange of emails, despite the fact that they also clearly contemplated that their agreement would subsequently be recorded in a formal contract. Accordingly, the contract had been validly varied.

This decision is perhaps not entirely surprising given the extent that businesses communicate by electronic means these days. Even if there is a formal contract with a Variation Clause, an exchange of emails using email signatures could vary that contract. If the parties wish to prevent this from occurring then the contract would need to specifically stipulate that any variation to the contract will only be effective if it is in writing and signed by the parties and that "in writing does not include emails".

Blacks Solicitors can assist with all aspects of contractual matters from drawing up the contract to enforcing it if there has been a breach as well as providing advice on any Covid-19 related issue. Please contact Luke Patel on 0113 227 9316 or by email at "LPatel@LawBlacks.com".



Hair Queen

Boom in DIY hair products demand during lockdown sees huge growth for Beauty Works

Continued from page 25

Managing Director, Penelope Cheshire, has credited 'staying in is the new going out' as a contributory factor: "With many hair salons closed during the lockdown period, our customers have had to be adaptable and tend to their own locks; hence, sales of our DIY products have gone through the roof," she says.

"In addition, although many of us have been stuck at home with the option of leisure activity severely limited, we have found that women still wish to feel glamorous, even if that just means staying at home and Zooming with their friends.

"Personal grooming has hit an all-time-high because during times of uncertainty, more than ever, we need to feel special and good about ourselves."

Beauty Works is the world's leading hair extensions company, supplying more than 4000 professional salons, as well as consumers. Its products have featured in Vogue, Cosmopolitan, Grazia Magazine and Glamour, and been awarded at The Hair Awards every year since 2013.

The organisation's hair extensions have been worn by Nicole Scherzinger, Olivia Palermo, Bella Hadid and Dame Joan Collins, and in 2018, Hollywood actors, Bradley Cooper and Lady Gaga, wore Beauty Works' hair extensions in the film, 'A Star is Born'.

In 2019, Beauty Works turned over more than £20 million; this year, and despite the

impact of COVID-19, the company is on target to hit more than £33 million. Such incredible growth has prompted the need for more space.

Penelope is particularly proactive in employing young women from low socio-economic backgrounds who struggle to secure employment elsewhere. Of her team of 60, 50 are women.

Despite operating from a 17,000 square foot warehouse in Cheshire, an additional 7,000 square foot goods-in warehouse has been secured to meet continuing demand. The new warehouse will create 15 jobs for local people, and Penelope will be increasing office staff numbers from 60 to 75 in the coming months. "Such unparalleled growth is not only good for the company, but for our staff – none of whom were lost during COVID-19 – and the local community.

The prospect of creating new jobs at a time of increased unemployment is very satisfying," says Penelope, who sacrificed two months of salary herself at the beginning of lockdown to ensure all employees would be well taken care of.

Penelope's efforts have been recognised this year, after winning at the Global Excellence Awards in the Outstanding Entrepreneur category, and again, at the Best Business Awards, where she received the accolade for Outstanding Female Entrepreneur. Last month, she was nominated for Best Business Woman in Hair & Beauty category at The Best Business Women Awards 2020.

The organisation's hair extensions have been worn by Nicole Scherzinger, Olivia Palermo, Bella Hadid and Dame Joan Collins, and in 2018, Hollywood actors, Bradley Cooper and Lady Gaga, wore Beauty Works' hair extensions in the film, 'A Star is Born'.

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Clueless

Brits have no idea where many common foods come from – or whether they are sustainably sourced

A third of the 2,000 adults polled had no idea feta cheese is made from sheep's milk and half did not know the main ingredient for black pudding was pig's blood.

And two thirds were unaware the humble peanut is grown underground, while 66 per cent didn't know the cashew is the seed of a fruit.

More than six in 10 also had no idea maple syrup comes from the tree itself - with nearly a quarter thinking it's made from tree bark.

The study, commissioned by Maple from Canada UK found that many are also confused by sustainability.

Continued on page 30



Clueless

Brits have no idea where many common foods come from – or whether they are sustainably sourced

Continued from page 31

While 64 per cent of adults believe it's important to buy sustainably sourced food, 73 per cent admitted they don't actually know how to do their bit.

Chef James Golding, group chef director of a major UK hotel group and member of the Royal Academy of Culinary Arts sustainability committee, has teamed up with Maple from Canada UK, to campaign for better knowledge on foods and sustainability when cooking.

James said: "The research has revealed some interesting knowledge gaps around common foods that people consume every day.

"The origins of some of these foods will certainly surprise people, despite eating them frequently – and similarly, knowing whether these items are sustainably sourced will be unknown to many.

"While people know sustainability is important, it can sometimes be one of those things that slips to the back of people's minds when they're doing their food shop."

The study also found that 30 per cent rarely think about how their food is produced, while 55 per cent also confessed to turning a blind eye and buying lower quality produce.

Another 40 per cent often forget to think about whether their food is sustainably sourced.

More than a quarter also admitted they rarely think about the impact food has on the environment, according to the research carried

out via OnePoll.

But 47 per cent think that knowing the positive impact of certain foods on the ecosystem would affect their shopping habits.

It also emerged that 34 per cent would like to live an environmentally friendly lifestyle but aren't sure how.

And 54 per cent have attempted to grow their own produce, with eight in 10 doing this in their garden, and 18 per cent doing so on their windowsill.

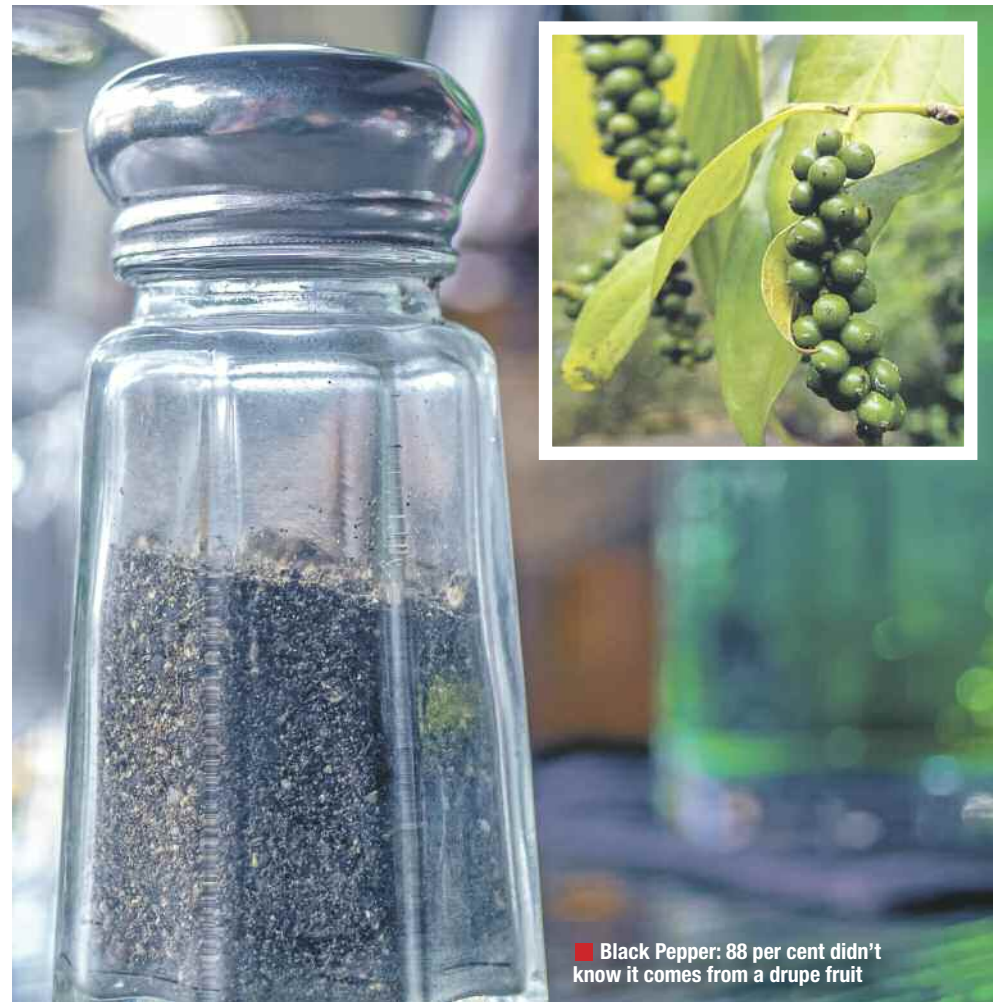
The research also revealed nearly seven in 10 adults were able to correctly identify Canada as the main producer of the world's supply of maple syrup – where forests play their own part in contributing positively to the planet's ecosystem.

James Golding, speaking on behalf of Maple from Canada UK, added: "Growing your own food, living from the land or even foraging for foods is a great way to do your bit for the planet.

"Maple syrup is actually a great example of sustainability – by tapping the trees, it's an effective way of producing a completely natural ingredient without damaging the environment.

"Also, maple forests used for maple production in Quebec, Canada, are generally protected by law and cannot be cut down.

"I would encourage anyone who hasn't done, or not recently grown their own produce to give it a try – as I think so many would not only get a kick out of it, but also taste the difference, too."



■ Black Pepper: 88 per cent didn't know it comes from a drupe fruit

BRITS DON'T KNOW WHERE THESE FOODS COME FROM

- **Black Pepper:** 88 per cent didn't know it was created from a drupe fruit
- **Cashews:** 66 per cent didn't know they're a seed from a tree
- **Peanuts:** 66 per cent were unaware they're grown underground
- **Maple Syrup:** 61 per cent didn't realise it is tapped from a maple tree
- **Black Pudding:** 50 per cent didn't know it's created using pork blood
- **Feta Cheese:** 35 per cent didn't know it's made from sheep's milk
- **Raisins:** 15 per cent didn't know they're dried grapes

Taking key workers for granted

KEY WORKERS BRITS MOST WANT TO THANK

1. Nurses
2. Doctors
3. Paramedics
4. Delivery drivers
5. Waste collectors
6. Care workers
7. Shopkeepers
8. Police
9. Postmen/women
10. Fire service
11. Food chain workers
12. Transport - train, bus drivers
13. Teachers
14. Utility workers
15. Armed forces
16. Vets
17. Social workers
18. Nursery workers
19. Teaching assistants
20. Justice workers



Until recently, as many as 45 per cent of the 2,000 adults surveyed didn't give a second thought to the people collecting their weekly rubbish or delivering parcels.

But the events of 2020 mean seven in 10 now make a conscious effort to say thank you whenever they see someone providing a vital service.

And key workers are also more likely to receive letters of gratitude, flowers, chocolate and even beer – as the nation becomes more thankful for their efforts.

During this exceptionally challenging time, it is very positive that people across the UK are celebrating our key workers and showing gratitude for the contribution they make.

The study found that prior to the Covid-19 pandemic, one in four adults would not have considered a delivery driver to be providing an essential service. Another 13 per cent felt the same way about teachers, and just under a fifth would not have deemed a postman or woman to be a 'key worker'.

Considering all key workers in the UK, Brits most want to extend their thanks to nurses, doctors and paramedics for their vital

contributions.

But 37 per cent think special mention should go to those working in the food chain industries, while a third feel public transport drivers need more appreciation.

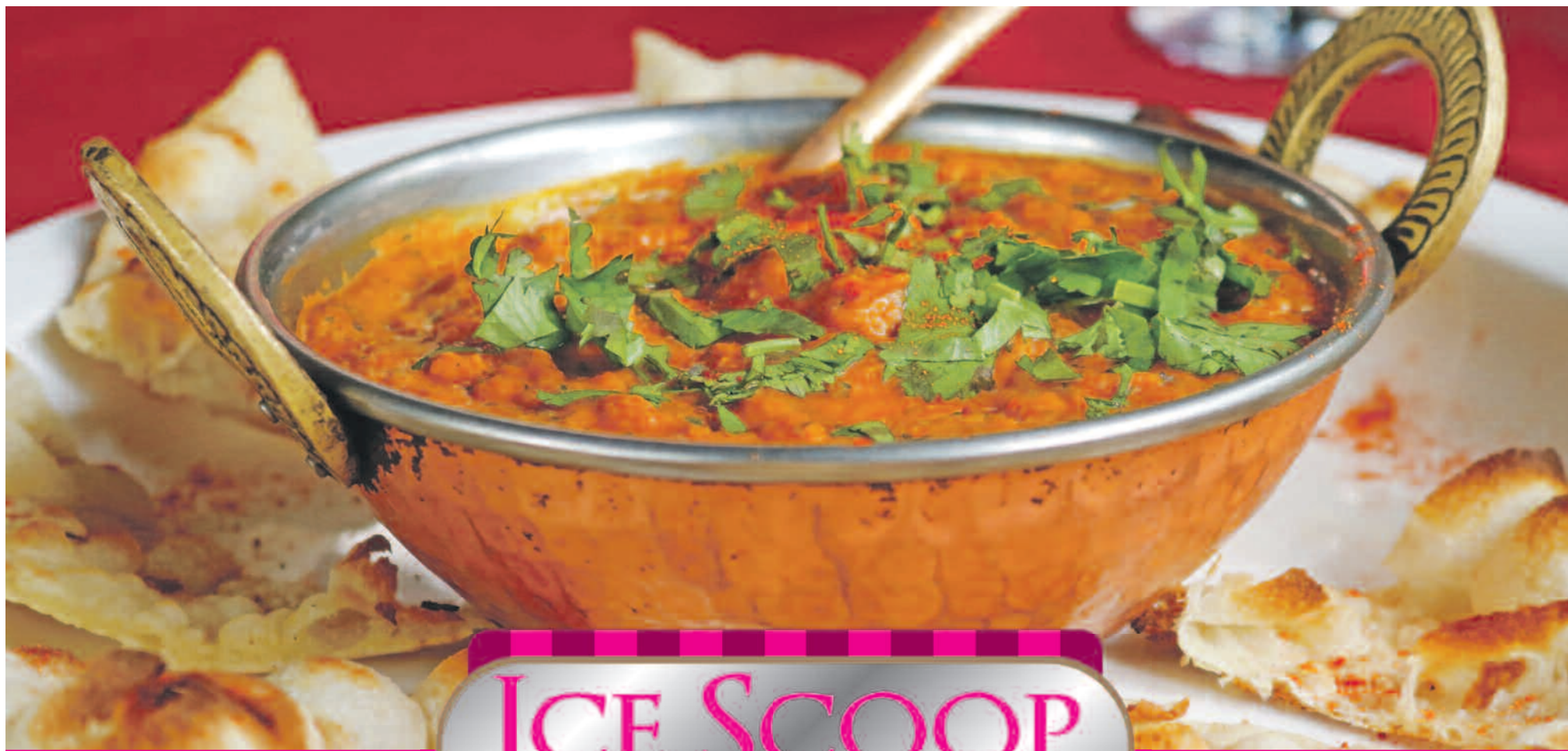
The events of this year have also given one in five adults pause to reconsider their own profession, with four in 10 even feeling that their current profession doesn't make any difference to anyone at all, in comparison to the UK's key workers.

And a quarter of those who don't consider themselves to be a key worker already, would think about offering their services to the NHS or a charity in order to help out.

It also emerged that a third of those polled are likely to leave a small token or gift for their regular delivery and service people this Christmas.

Half of respondents also feel working animals, which provide people's only access to water, food and transport in the world's poorest communities, should be recognised as key workers.

And almost two-thirds believe working animals who are doing key work for their community overseas deserve more support.



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Millions of women are risking long-term damage by brushing their hair with the wrong hairbrush, combing too hard, 'ripping out' knots or starting from the scalp, according to experts.

When it comes to the tools, using an old hairbrush, sharing it with others and not using a brush specifically for their hair type are also among the damaging things women are doing on a daily basis.

And although it can be difficult to avoid the temptation, ripping out knots and tangles can affect hair as well as using a hairbrush which isn't specifically for detangling.

Using a brush which doesn't have flexible teeth or bristles will also lead to damage as stiff teeth pull on tangles instead of gliding over them.

The insights were revealed by Tangle Teezer's founder and inventor Shaun P, who said: "It's worrying to see just how many women are brushing their hair incorrectly and causing unnecessary damage to their hair."

"No matter what the hair texture, it's important to use an intelligent hairbrush which is gentle.

up brushes.

More than one in twenty even admitted to still living by the old age phrase 'brush your hair 100 times before bed'.

But although 22 per cent of women have a specific routine for their locks, more than half admitted they do not know if they are using the right brush for their hair type.

The most common type used was found to be a paddle brush, according to four in 10, followed by round (27 per cent) and detangling (27 per cent).

More than half of those polled have even cut their hair in a bid to make it easier to care for.

But while the average woman updates their hairbrush every three years, experts advise it should be replaced as soon as it begins to look worn or feels like it's ripping the locks – but brushes can last up to 10 years.

And those with super thick, curly or afro hair may need to upgrade sooner because the brush has more work to do.

When it comes to products, those polled were more likely to use them before brushing rather than after – although experts

Top ways women are brushing their hair wrong

1. Avoiding brushing when it's wet over fears this will break the hair
2. Brushing too hard
3. Brushing from the scalp downwards
4. Using an old and worn hairbrush
5. Using a hairbrush that isn't specifically for detangling
6. Sharing a hairbrush
7. Ripping out big knots / tangles
8. Not using a hairbrush specifically for their hair type
9. Using a hairbrush that doesn't have flexible teeth / bristles
10. Using one hairbrush for everything

"It's also concerning that women are using one brush for all tasks, a good way to look at this is you wouldn't use a foundation brush to apply blusher, so why use a detangling brush to blow dry hair?"

"No matter how tempting it is to pull or cut knots, it's always best to use a detangling hairbrush."

To help people identify if they are brushing their hair correctly, Tangle Teezer have created a short quiz - www.tangleteezer.com/discover/inspiration/tips-tricks/healthy-hair-quiz.

This comes after a study of 2,000 women found more than four in 10 admitted they are aware some of their actions damage their hair, such as from heat or brushing too hard or soft.

And half brush their hair from the scalp downwards while more than a fifth share a hairbrush with others.

Just like make-up brushes, experts say different combs and tools should be used for different hair tasks, whether it's wet, tangled or being blow-dried.

However, three quarters of women use the same hairbrush for all aspects of their hair care.

And while 30 per cent of women only own one or two hairbrushes, a sixth have more than seven make-

advise products aren't necessary for all hair types, but doing so won't cause any extra damage.

Less than a quarter of those polled, via OnePoll, regularly use hair masques, while 26 per cent do use heat protection spray and more than a fifth apply oils.

The biggest concerns for UK women were found to be split ends (40 per cent), frizz (34 per cent) and thinning (29 per cent).

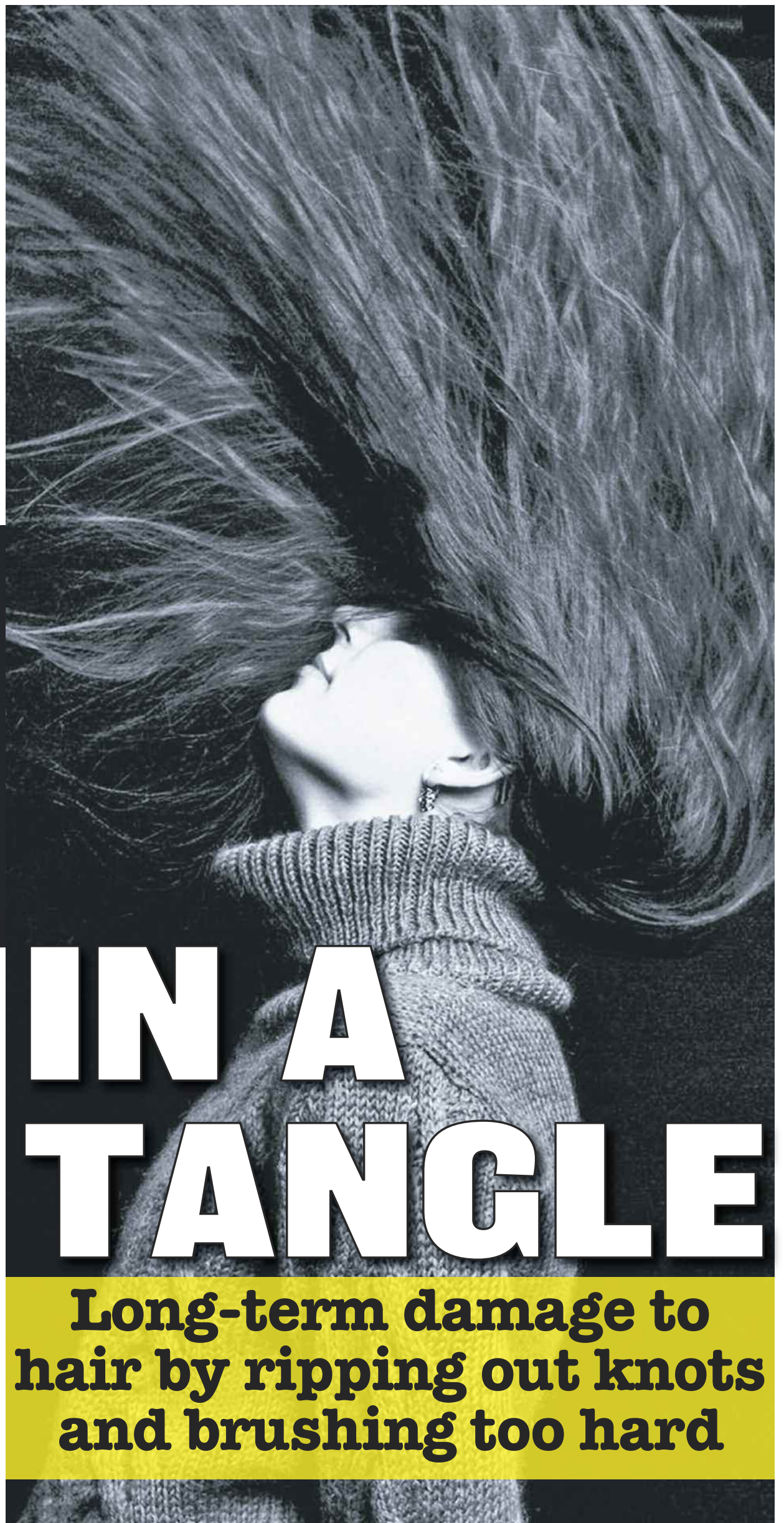
Shaun P added: "We have created different brushes and adapted the teeth to suit all hair types, to give the perfect brush for all hair textures – be it afro hair, thick and curly or fine, thinning, fragile and straight."

"And also for different needs, such as The Wet Detangler that can help prevent breakage on wet hair as the teeth flex over the tangles rather than dragging through them."

"Using the right hairbrush for your hair type, will help limit hair damage or loss through mechanical trauma."

"This is caused by such aggressors as straightening irons, curling tongs and frequent colouring."

"When treated properly and depending on hair type, Tangle Teezer brushes can last up to 10 years."





Our verdict

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Gourmet Make-at-Home Pizza Kit

Independent pizzeria Birtelli's have created a gourmet make-your-own pizza kit which is now available for delivery nationwide.

Delivered fresh to your door, in environmentally-friendly packaging, Birtelli's pizza kits give you the chance to craft your own stone-baked Birtelli's pizza at home, using the same restaurant-quality dough, and premium British ingredients used by the chefs on site.

With people across the UK spending more time indoors, but still craving the restaurant experience, Birtelli's pizza kits make for an interactive, restaurant-calibre dining experience in the comfort of your home.

Based in Royal Leamington Spa, in Warwickshire, the family-run pizzeria boasts Michelin Starred chef Paul Foster (Salt) as its Executive Chef, and prides itself on the quality and provenance of its ingredients. All Birtelli's pizza ingredients are carefully selected by Paul and the team, using their network of award winning farms and producers across the UK to bring the best ingredients possible directly from farm to

slice.

From incredibly creamy fiore di latte mozzarella produced by award-winning Yester Farm Dairies in East Lothian, to award-winning Ticklemore Goats cheese from Sharpham Estate in Devonshire, and Biggleswade chillies grown by Italian Salvatore Genovese in the greenhouse at his family farm in Bedfordshire.

The pizza dough itself is made from natural ingredients only, using the finest '00' flour, nutrient rich wheat germ, extra virgin olive oil, rapeseed oil, with tiny amounts of sea salt and yeast. Fermented for up to 72 hours, the result is light, digestible and plain yummy.

Like many in the hospitality industry, Birtelli's pivoted their business model during lockdown to offer pizza kits alongside their popular takeaway menu, delivering the kits to local residents, and even supplying entire teams of remote workers and virtual events. As the kits proved to be a huge success throughout Warwickshire and the Cotswolds, they are excited to now be able to offer next day delivery to the whole of the UK.

HOW IT WORKS:

1. Select your pizza kit and order online at www.birtellis.co.uk for next day or named day delivery.
 - Choose between a pre-made half-baked base (suitable for normal domestic ovens), gluten-free base, or a fresh dough ball that can be hand-stretched at home and used in a pizza oven.
 - Choose your toppings. Each kit includes everything you need to create a Birtelli's pizza at home, including your choice of base, Birtelli's tomato sauce, 100% British Mozzarella and your choice of gourmet toppings.
2. Your fresh pizza kit is delivered to your door in eco-friendly packaging.
3. Check out the making and baking instructions.
4. Assemble your pizza, bake, and enjoy fresh from the oven.



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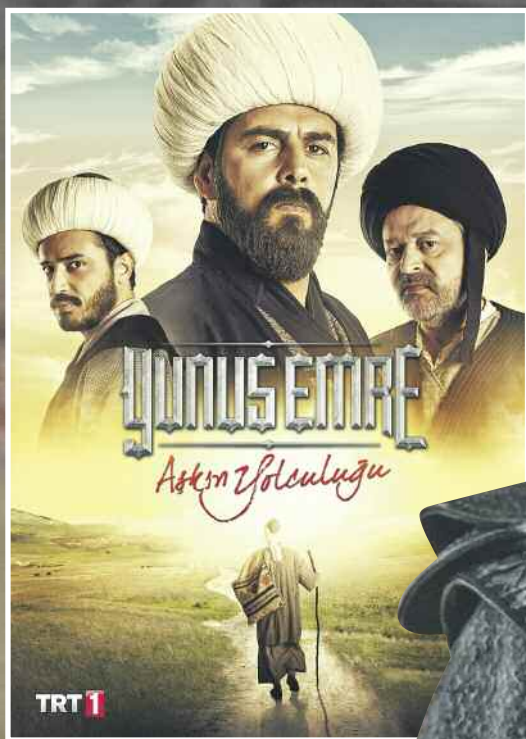
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Pakistan TV to air another hit Turkish show on directives of PM Imran Khan

13th Century Sufism



Pakistan's state run television channel PTV will be airing another Turkish drama titled 'Yunus Emre' on the directives of Prime Minister Imran Khan. The title of the show has been changed to Raah-e-Ishq in Urdu for the Pakistani audience, and the series follows the life of an Islamic poet.

The new show comes after the

Urdu-dubbed globally renowned Turkish historical TV drama 'Dirilis: Ertugrul' (Ertugrul's Resurrection), which became all the rage since it began airing and has broken viewership records in the country.

Prime Minister Imran Khan's reasons for promoting and airing the Turkish dramas in the country have been seen as a bold step to

raise the nation's self-confidence by helping them understand the significance of Islamic civilisation.

The Pakistan Tehreek-e-Insaf (PTI) Senator, Faisal Javed Khan made the announcement of the airing of Turkish drama through his twitter handle, where he wrote: "On the directions of PM Imran Khan, yet another hit by Mehmet Bozdağ,

YunusEmre (AşkınYolculuğu) to be telecast on PTV. Yunus Emre (the Dervish) was an Islamic poet, a mystic & a poor villager".

The minister further added: "Story of a great Sufi wholly dedicated to ALLAH & searching or unity. It is a Journey of Transformation. Yunus Emre was well versed in mystical philosophy,

esp that of the 13th-century poet and mystic Jalaluddin Rumi. Serial is a great example of a meticulous attention to detail work".

In September 2019, Mr Khan along with Turkish President Tayyip Erdogan floated the idea of launching a TV channel to create a counter-narrative against what they called rising Islamophobia.



ALI FAZAL: Proving everyone was wrong

Right from the get-go, Ali Fazal has been smashing it. The multi-talented actor has been showcasing his skills, not only in Bollywood, but in Hollywood too.

But the most memorable will always be Guddu in the epic Mirzapur. Now that Amazon Prime Video has given us Mirzapur Season 2, the actor still can't believe the love his character is given, especially since there were some people who lost faith in him.

Ali said: "People weren't sure if I would be able to do something like this, because we're usually cast on the basis on what we have done before. I just hope we're competent enough, considering how much people have been waiting for it. The fear is always there that people might hurl abuses at us for what we've made."

But now Ali can't breathe a sigh of relief now, as everyone loves the next chapter of the crime drama and keen to see what happens to Guddu in Season 2.

The new season of the crime drama where power and revenge are the main themes of the series is back and reveals what the characters have to deal with after the dramatic Season 1 finale.

The series is produced by Excel Media and Entertainment, created by Puneet Krishna and directed by Gurmmeet Singh and Mihir Desai. Mirzapur 2 is streaming on Amazon Prime Video now.



CHHALAANG LEAPS TO VICTORY

Diwali has come and gone, with everyone celebrating with fireworks and yummy food. But this Diwali seems to be an extra special one with Amazon Prime Video's Chhalaang released just in time to add to the festivities. Directed by Hansal Mehta and starring Nushratt Bharuccha and Rajkumar Rao with Chhalaang is making a great impact with touching people's heart with its simplicity and quirky characters.

Critics are raving about the film and praising the ever-talented Rajkumar Rao and his depiction of Manjit 'Montu' Singh. Shubra Gupta from The Indian Express says, "The first thing that strikes you is the all-round authenticity of settings and accents. Rao, playing a layabout PT teacher in a

local school, leads the way. One of the hardest things to pull off is the Haryanvi lingo without sounding like a caricature, and minus a few exceptions, that's not a problem in this ensemble."

The film has been described as "genuinely funny, the lines crackle with wit and the characters including the supporting players - all feel like real people."

Directed by Hansal Mehta, Chhalaang is a Luv Films production, presented by Gulshan Kumar and Bhushan Kumar, produced by Ajay Devgn, Luv Ranjan and Ankur Garg. The film also stars Saurabh Shukla, Satish Kaushik, Zeeshan Ayyub, Ila Arun and Jatin Sarna in pivotal roles.

Chhalaang is streaming on Amazon Prime Video's as a part of the festive line up for The Great Indian Festival.





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AN ICON REBORN

The new LEGO® Technic™ McLaren Senna GTR unboxed

An exciting new addition sped onto the track and supercar scene. Extreme to the core like its iconic real-life counterpart, the new LEGO® Technic™ McLaren Senna GTR provides the ultimate thrill for sportscar lovers and motorsport fans alike looking for their next building challenge.

Combining the McLaren's unrivalled power and sophistication with the LEGO

Group's design precision, the 830-piece model of this track focused supercar icon makes no compromises when it comes to engineering or style. The model is the first McLaren supercar to be recreated in LEGO Technic form and is designed to provide the ultimate building thrill for those ages 10 and above.

Continued on page 40



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AN ICON REBORN

The new LEGO® Technic™ McLaren Senna GTR unboxed

• McLaren Automotive and the LEGO Group collaborate on creating LEGO® Technic™ McLaren Senna GTR

• 830-piece model with authentic and impressive details including opening dihedral doors

• Aimed for ages 10 and above, the LEGO Technic McLaren Senna GTR is available from 1st January 2021

Continued from page 39

The McLaren Senna GTR is a car unlike any other and this awesome replica is packed with authentic features and design details that make it equally impressive.

From the V8 engine with moving pistons, beautiful aerodynamic curves, opening dihedral doors and a one-of-a-kind blue livery, this 32cm (12 inch) long model is sure to raise eyebrows and get hearts pumping whether being taken out for a spin or put admiringly on display once built.

And like every full-scale McLaren Senna GTR, its LEGO replica is designed to be built by hand.

The LEGO Technic McLaren Senna GTR will be launched globally from January 1 2021 from LEGO.com, LEGO stores and other retailers globally, and participating McLaren retailers, with an recommended retailer price of £44.99.

“The team responsible for the design of the McLaren

Senna GTR worked incredibly closely with their design counterparts at the LEGO Group to capture the extreme looks, excitement and essence of such an incredible supercar for LEGO Technic builders.

“Just like the real thing, the LEGO model is packed full of incredible details from the rear spoiler to the moving pistons in the V8 engine to the dihedral doors meaning that we’re as proud of the model as we are of the real car.” Robert Melville, Design Director McLaren Automotive.

“Recreating a car that is so extreme to the core as the McLaren Senna GTR with LEGO Technic gave us an incredibly interesting challenge. This track car is not like any road car I’ve worked on before. It’s got some unique details, like its silhouettes and the awesome rear

spoiler, which differentiates the building experience from others.

“Just like the incredible engineers at McLaren do when designing their supercars, we really pushed things to the max so the resulting model perfectly honours the art form that is the McLaren Senna GTR.” Uwe Wabra, Senior Designer, LEGO Technic.

The LEGO Technic McLaren Senna GTR is the latest model to

be released as part of the long-standing partnership that started in 2015. LEGO builders of all ages have so far been able to create such iconic supercars as the McLaren P1™, the 720S in 2017 and the McLaren Senna in 2019.

The two brands are united by a drive for engineering excellence, pioneering design that makes models like this so fun to build individually or as a family.

New research findings highlight the importance of driving at a safe speed and underline some of the best ways to keep families safe on the road.

The study undertaken by Volvo in the UK has revealed that, of British parents who have primarily used a front-facing car seat for their child, a huge 94% first used this seat when their child was four years old or under – going against Volvo Cars’ recommendations.

What’s more, a fifth (20%) of these said they used a front-facing seat before their child was six months old.

With years of safety testing experience to call on, it’s strongly advised that parents to use rear-facing seats up to the age of four – or for as long as possible – to significantly reduce the risk of injury to young children in road traffic accidents.

Dr Lotta Jakobsson, Senior Technical Specialist in Injury Prevention at Volvo Cars, explained: “Children up to four need to travel rearward-facing in cars, simply because their neck is too weak to support the head. You therefore need to protect them. We need to communicate this message to everybody so they understand the importance of having the children rearward-facing, because if they end up in a high-severity frontal impact, it’s a question of life or death.”

Volvo’s safety advice doesn’t stop at keeping young

children safe. Volvo’s new research revealed that 47% of parents worry about their teenager speeding, while 52% of parents would like to be able to control the speed of their teenager’s car. Almost a fifth (19%) of parents of teenagers also agree*** that they would rather get a taxi than a lift from their teenager.

Speed is one of the biggest threats to road safety, and it’s one variable that can now be controlled thanks to Volvo’s Care Key. Giving parents peace of mind while their teens are on the road, the Care Key allows them to pre-set a maximum speed of the car before the teen gets behind the wheel, ultimately keeping them safer on the road. This feature can also be used on other occasions; for example, when entrusting their car to valet parking attendants.

Malin Ekholm, Head of the Volvo Cars Safety Centre, said: “Distraction, disturbance and anything linked to inattention while driving is a hazard. Technology is moving forward, so we want to start addressing these hazards with a safety feature that allows parents to be able to decide what is a reasonable speed for whomever they’re lending the car to.”

Volvo’s industry-leading safety innovations go beyond regulation and legislation to help close the remaining gap to zero serious injuries and fatalities in traffic.



CAR SEATS: Parents urged to consider child safety

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Electric Nation Vehicle to Grid (V2G) has installed the first of 100 V2G chargers, as part of its trial to demonstrate how V2G technology can provide a solution to potential electricity network capacity issues as the numbers of electric vehicles (EVs) increase. Over 450 EV drivers have applied to join the new Electric Nation trial so far.

V2G, a project of Western Power Distribution (WPD), in partnership with CrowdCharge, is recruiting Nissan EV owners in the WPD licence areas of the Midlands, South West and South Wales to take part in the trial of Vehicle to Grid smart charging technology. Currently, only Nissan EVs can be used for V2G charging due to their CHAdeMO technology.

The Electric Nation Vehicle to Grid trial is all the more important in light of the Government announcement to end sales of new petrol and diesel cars and vans by 2030, meaning that there will be a more rapid take-up of electric vehicles over the next ten years.

The trial is using the Wallbox

V2G Technology

Electric Nation Vehicle to Grid installs its first charger

Quasar, the smallest and lightest bidirectional charger for home use. By using a vehicle to grid charger, EVs can put energy back into the grid at peak times. This technology reduces the need for extra electricity generation or network reinforcement.

Rasita Chudasama is the first Electric Nation Vehicle to Grid trial participant to have a charger installed, which happened at the end of October. Rasita says: “I’m delighted to be part of the Electric Nation Vehicle to Grid project and to

play a role in trialling this exciting new technology. By reducing the potential impact of EV charging on electricity networks, V2G should support the rapid uptake of electric vehicles, which will help us to improve local air quality and combat climate change. I’m looking forward to seeing how V2G works from an EV driver’s point of view.”

The V2G trial follows the first Electric Nation project from 2018/19 which at the time was the world’s largest EV smart charging trial. The trial captured data from more than

two million hours of car charging, providing real life insight into people’s habits when charging their vehicles.

They’re offering free installation of the V2G smart chargers worth £5,500 to Nissan EV drivers who live in the WPD regions.

Mike Potter, CEO of CrowdCharge, comments: “Vehicle to grid charging is a great concept, but it hasn’t yet been trialled sufficiently on Britain’s electricity networks to enable it to be rolled out on a country-wide basis – hence the need

for this project. This trial will provide a smart solution for the management of electric vehicle charging and will study the real-world benefits of V2G.”

By plugging in at specified times and putting energy back into the grid, active participants of the Electric Nation Vehicle to Grid project are expected to earn a minimum reward up to the monetary value of £120, available over the one-year trial period from March 2021 to March 2022.

Ricky Duke, Innovation & Low Carbon Network Engineer at WPD, explains “Although we’ve already had more than four times as many applicants as there are places for the trial, recruitment remains open to ensure the project secures the best possible mix in the 100 participants. It’s really important for us to see how our customers engage with innovative energy services such as V2G so we can factor it in to our future investment plans”.

For more information and to apply to join the project visit www.electrification.org.uk

Trial applicant eligibility criteria

- Must be resident in the Western Power Distribution (WPD) licence area (East Midlands, West Midlands, South West and South Wales)
- Must have a Nissan EV with a battery capacity of at least 30kWh or more
- Need to have the vehicle until the end of the trial (March 2022)
- Need to have off-road parking at home, with room for a charger
- Will use the CrowdCharge mobile app to manage charging
- May need to switch to a new energy tariff if required by their assigned project energy supplier
- May need to have a new smart meter put in/updated as part of the project participation.



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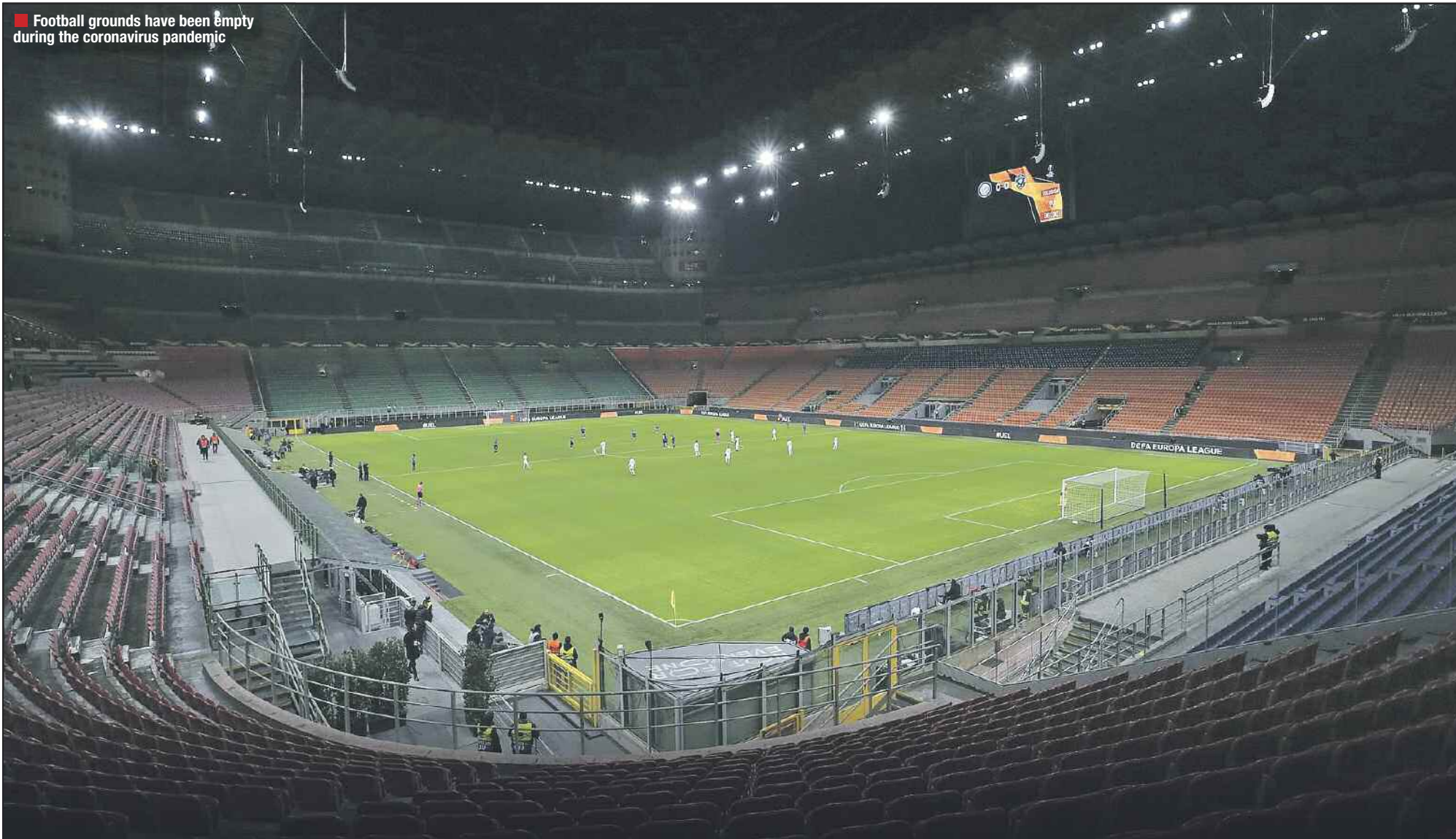


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Football grounds have been empty during the coronavirus pandemic



WELCOMED: 'Lifeline' for empty virus-hit clubs

English Football League chairman Rick Parry says the government's decision to allow fans back into grounds is a "lifeline" for lower-league clubs who have struggled to survive during the coronavirus pandemic.

Up to 4,000 people can return to outdoor sports stadiums in parts of England classified as at low risk from Covid-19 from 2nd December, a decision that affects football, rugby, horse racing and other sports.

Parry said he was looking

forward to getting fans back in more substantial numbers but it was a "welcome start".

"At League One and League Two level (third and fourth tiers) it could be very significant," he said. "It's not just the money, it's a very welcome return to an atmosphere, and if we get 4,000 at League Two level it would be very welcome. It can be a very welcome lifeline."

The EFL is considering moving some of its fixtures scheduled for 1st December to the following day in order to get fans in.

Parry admits that clubs face some logistical hurdles.

"Some clubs will still have safety officers on furlough, it's taken everyone a bit by surprise," he said.

"We weren't really expecting anything before Christmas. There's a lot of work to do quite quickly and it's really important that we get this right."

Colchester chairman Robbie Cowling, whose side play in League Two, said it was vital that fans felt safe when they returned.

Premier League chiefs welcomed the announcement but made it clear only a return to bigger crowds would ease the sport's financial problems.

Three of the biggest clubs - Liverpool, Manchester United and Manchester City - are located in regions under the strictest "tier-three" conditions, so it remains to be seen whether they will be allowed to admit fans.

English Football League chairman Rick Parry admits that clubs face some logistical hurdles



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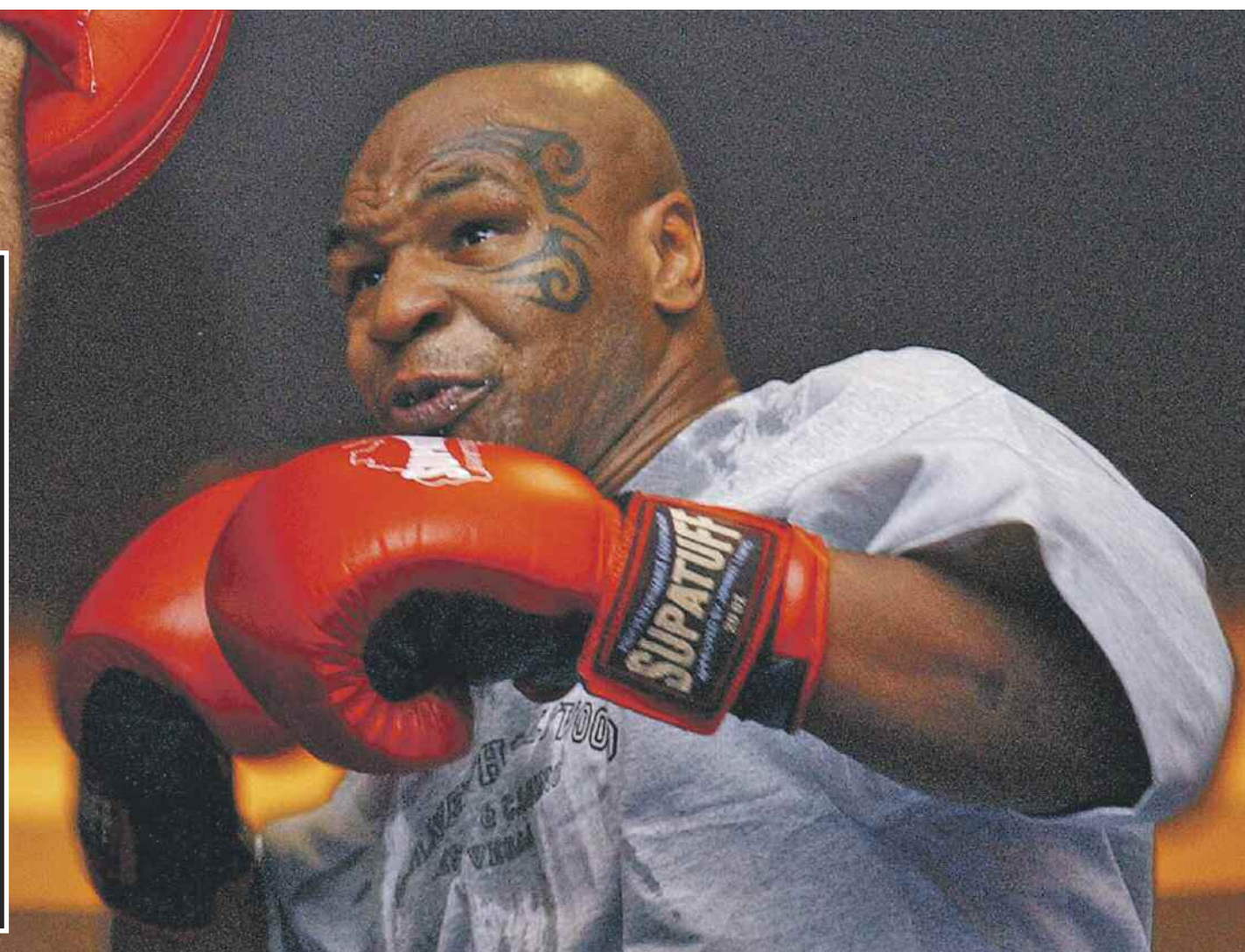
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Special rules

- There are a few special rules for the exhibition fight, which makes sense given that Tyson is 54 years old and Jones is 51.
- Both fighters will wear 12 ounce gloves, and no headgear is required. The fight will be an eight round exhibition, with each round lasting just two minutes.
- Neither fighter will be tested for marijuana ahead of time either — which is good for Tyson, since he owns his own marijuana ranch in Southern California.



Return of a LEGEND: Mike Tyson vs. Roy Jones Jr

In a year that's been nothing short of bizarre, the "Baddest Man on the Planet" is coming out of retirement for an eight-round exhibition match. The fight taking place this weekend against 51-year-old Roy Jones Jr. will be Tyson's first match in fifteen years, and he's ready to show he can still pack a punch.

Saturday 28th November's exhibition match marks 15 years since Mike Tyson stepped into the ring.

The bout is bound to be entertaining, considering the two fighters are some of the best to have ever done it. Tyson last fought back in 2005, when he fell to Kevin McBride, and Jones is back for the first time since his 2018 win against Scott Sigmon.

"I'm just going in and I'm going to give it a good show like I always did my whole career," the 54-year-old says.

"I'm really looking forward to doing this. I'm the kind of guy who needs to push myself in life. I need to do something."

For months, the controversial

athlete has teased his showdown with Jones - a former heavy-weight champion considered one of the best fighters of his generation - by posting a series of videos featuring his high-powered training sessions to social media.

One video, uploaded in May, has received more than 13 million views on Instagram for showcasing Tyson's incredible strength and speed. It's

no contests during his career, explains.

"It's just so quick. A tenth of a blink of an eye and you're dismantled. That's the really interesting part about fighting. You never know when it's over - or when it truly begins."

But this bout will be like no other for the former champion, for more reasons than one.

be held at the Staples Center in Los Angeles without fans in attendance.

"I don't have any emotions when it comes to that particular part of the job," Tyson says of the change of scenery. "This is blank. It's cold as ice. And it's just a job that has to be done."

"I just know I'm going to be there, that's all that matters to me, I'm going to be there. Nothing else

screen appearances, and more recently, his popular podcast, Hotboxin' with Mike Tyson. The show has over 1.6 million subscribers on YouTube thanks to conversations between Tyson and other icons, such as rapper Eminem, former NBA star Dennis Rodman, and rapper Snoop Dogg. It was also on the show where Tyson met Sophie Watts, CEO of venture group Eros Innovations.

Earlier this year, the two discussed ways they could help older athletes who may still have something left in the tank. Those talks eventually evolved into the formation of the Legends Only League, which organized this weekend's match.

Tyson says the league plans to offer additional events across other sports in the future, including more fights with high-profile boxers.

"There are magnificent fighters, great fighters, entertaining fighters and you're just going to be so surprised," he explains. "Listen, I used to be such an ego guy, but these guys got so much courage to do this stuff."

Mike Tyson says he wants to prove age means nothing in boxing return: 'I Need to Do This'

something he admits he worked hard to recapture since losing his last professional fight in 2005.

"Boxing is really unique in the fact that within a 10th of a second, you could be dismantled," Tyson, who amassed 50 wins, six losses, and two

In addition to being his inaugural match against Jones, it's also the first time Tyson will fight in an empty arena since becoming one of the most famous athletes in the world. Due to safety restrictions during the coronavirus pandemic, the match will

matters," he continues. "Nobody wants to know nothing else but that I'm going to be there."

How it came together

During his break from the ring, Tyson's presence has still been felt through several high-profile big-

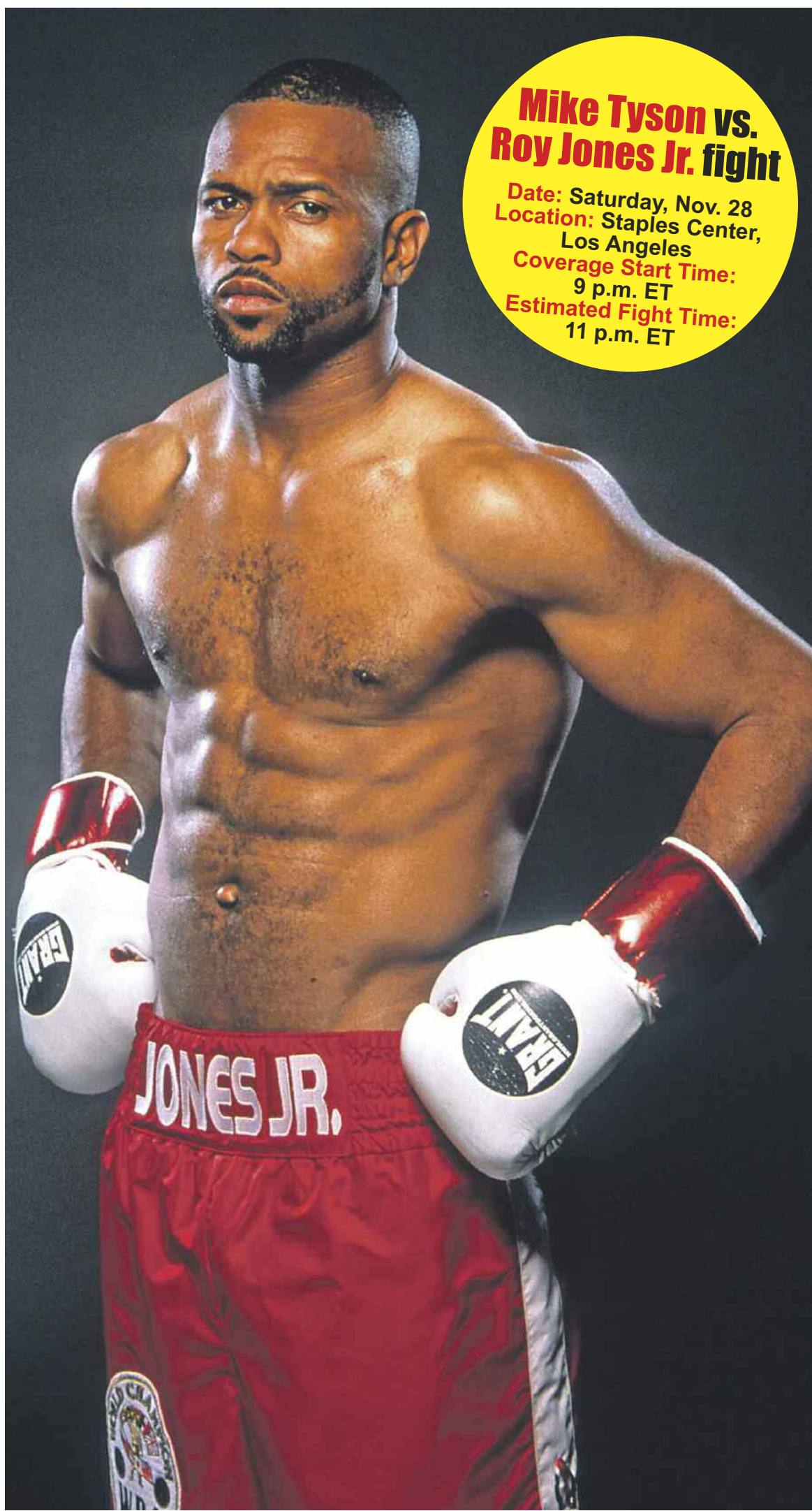


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Mike Tyson vs. Roy Jones Jr. fight
Date: Saturday, Nov. 28
Location: Staples Center, Los Angeles
Coverage Start Time: 9 p.m. ET
Estimated Fight Time: 11 p.m. ET

Welcome to Yorkshire seals more Cycle England funding



The number of cyclists visiting the county from other parts of the UK looks set to be boosted in 2021 after Welcome to Yorkshire secured a second round of funding from VisitEngland to grow its Cycle England project.

The funding will be used to build on ongoing activities and product development, and launch a digital marketing campaign aimed at cyclists across the UK. Improvements will also be made to the Cycle England website – www.cycle-england.co.uk – making it easier to customise and book cycling holidays across the county.

Welcome to Yorkshire joined forces with Visit Lincolnshire to launch Cycle England in 2018 with the initial aim of developing cycling holidays for the Dutch and German markets.

The project got off to a strong start with 21 holidays being made available across 12 international tour operators before the COVID-19 pandemic put a halt on all but essential foreign travel.

With those restrictions in place, the project shifted focus to the domestic market, which has seen a huge rise in cycling activity since the UK first went into lockdown last March.

Cumbria Tourism and Visit Northumberland have also joined the initiative to coincide with this second round of funding, with more developments set to be announced in the coming months.

Welcome to Yorkshire Chief Executive James Mason said: “The Cycle England project has got off to a great start and this VisitEngland funding will allow it to go from

strength to strength.

“The world has changed a lot since the start of the year and that’s why we’ve been adaptable with our Cycle England offer, switching focus to the domestic market for the immediate future to entice cyclists from other parts of the country to give our world-class roads and trails a go, when we do eventually emerge from this hugely challenging period.

“Obviously, we want foreign cycling tourists to keep Yorkshire on their bucket lists as well, and this funding will allow us to develop a product which makes it easier than ever to plan, tailor and book cycling holidays here, no matter where our visitors are from.”

The Cycle England team have wasted no time in putting the funding to use, and next week will take part in the prestigious World Travel Market and Cycle Summit events to sell Yorkshire to the world and strengthen relations with key personnel in the cycle tourism industry.

VisitEngland Director Andrew Stokes said: “This funding will help keep England’s tourism products and experiences front-of-mind for domestic and international travellers and support

local businesses who have been working so hard to welcome visitors back safely, adapting and innovating to meet new ways of working and still providing a great visitor experience.

“Now in its fifth year the Discover England Fund is all about embedding our fantastic tourism products and reaching new audiences to drive future visitor growth and boost local economies.”

“The Cycle England project has got off to a great start and this VisitEngland funding will allow it to go from strength to strength.”



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Argentine football legend Diego Maradona was laid to rest Thursday 26th November after a private funeral on the outskirts of Buenos Aires, television images showed.

As darkness fell, the 60-year-old was honoured with a simple religious ceremony attended by family and close friends in the leafy surrounds of the Bella Vista cemetery outside the capital.

Earlier in the day a hearse bearing the flag-draped coffin of Mr Maradona rolled through the centre of Buenos Aires as thousands of fans bade him a final farewell.

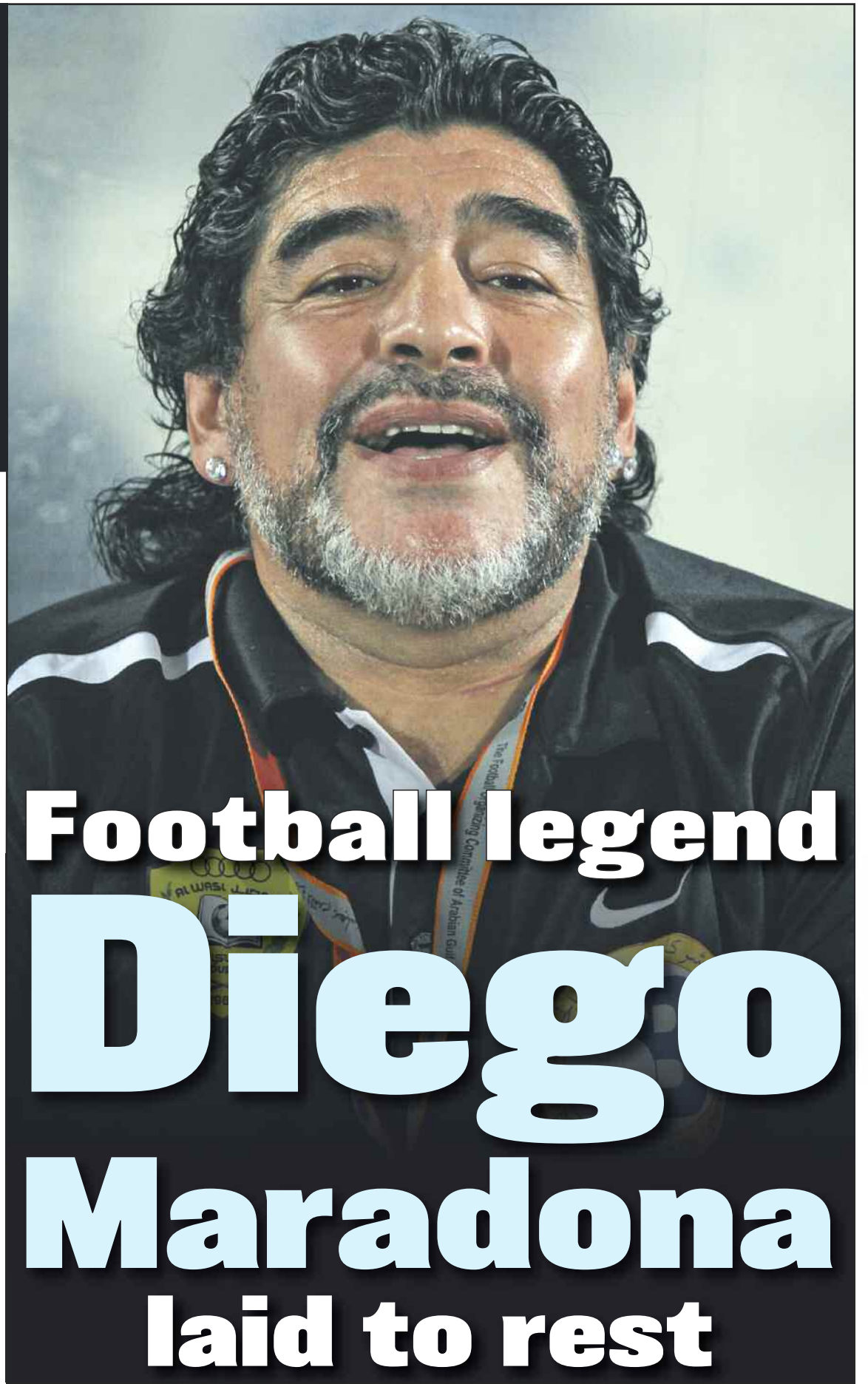
Amid blaring sirens and surrounded by motorcycle police outriders, the funeral cortege swept quickly through the streets around the presidential palace, where thousands of fans had filed past Mr Maradona's coffin since early morning.

The lying in state, which had been extended to cope with the crowds surrounding the palace, was cut short by the family and officials after unruly fans took over an inner courtyard of the presidency.


Tens of thousands of people spent the night in a vigil in the Plaza de Mayo, singing songs in tribute to Mr Maradona, who led Argentina to the World Cup in 1986.

Napoli's players too honoured the club legend on Thursday by stepping out onto the pitch wearing his number 10 jersey before their 2-0 Europa League win over Rijeka.

Mr Maradona played for Napoli between 1984 and 1991, helping the city win its first Serie A league title.




Coronavirus:
real people, real experiences

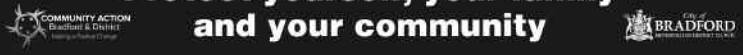


By listening to the wrong people and wrong advice, both Sufyan's parents and his aunty contracted Coronavirus. His aunt sadly lost her battle with the virus and died; he thought he would lose his parents too.

Sufyan's parents are still in recovery. He knows the virus isn't fake, it's right here, right now.



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