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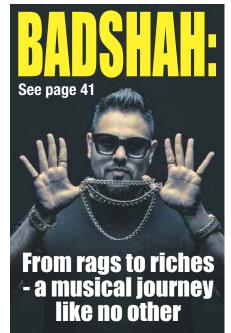
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NOVEMBER 4TH EDITION 2023

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Excellence and innovation honoured at celebration of diverse talent Drac

In a dazzling showcase of talent and dedication, the 9th annual Oracle Awards, showcased how it continues to be the UK's premier celebration of excellence within the business sector.

This years' highly-anticipated Red Carpet Oracle Awards was an unforgettable event at Town Hall in

Dewsbury on 11th November.

In an exceptional gathering, the ceremony honoured remarkable personalities and organisations, prioritising diversity and inclusivity.

It shone a bright spotlight on the outstanding sole traders, charities, and individuals across the nation whose exceptional contributions have left an indelible mark on their

Artists performing on the evening were Aidan M, Harbhajan Talwar and Shazada G.

Councillor Akef Akbar of Tyler Hoffman Solicitors, who picked up the 'Best Criminal Defence Lawyer'

strength and prestige with each passing year, serving as a platform for remarkable personalities, businesses, charities, and local communities to unite in celebration. The impact of this recognition has been transformative for many, propelling them to greater heights in their endeavours.

respective fields.

(Xlnc) Mazz Dancer, Arslan Baig A special recognition went out to

The Oracle Awards has grown in

Aidan Mufti, founder of the

awards ceremony says: "The event the importance of this event within has earned a high-profile over the years, and has propelled many "A special thank winners into the national spotlight.
"A highlight of this year's Oracle

Awards is the esteemed partnership with Asian Express newspaper, a media outlet known for its exceptional contributions to the field for over 20-years. Their support and dedication further underscore

"A special thank you to our sponsors Shazia Hussain MUA, Harveys Fashion, Huddersfield, Indus Kabana Rang.the.colour.of.love, The Catering Group, Safs Flower Boutique and Mustafia Sharif







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Elite Top Guards, led by 24-year-old Managing Director Sulaiman Malik, is a rising star in the security industry. In just two years, they've received the prestigious Oracle Award for the 'Best New Start-Up Business' of 2023. Specialising in comprehensive

Specialising in comprehensive security courses, Elite Top Guards empowers individuals to excel in the industry.

With experienced instructors and state-of-the-art facilities, they deliver exceptional service and contribute to a safer society. Under Sulaiman Malik's leadership, the company is poised for a bright future in the security industry.















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The Yorkshire County Cricket Club Limited (YCCC) hosted its second Diwali celebration event at Headingley Stadium, on Friday 10 November, 2023.

To celebrate the Festival of Lights, YCCC welcomed more than 300 guests - including a number of community groups, dignitaries, members of Yorkshire's professional squad, religious leaders from multiple faiths, and staff from across the Yorkshire Cricket Family.

Yorkshire legends Dickie Bird and Chris Old also joined the celebrations, alongside representative from the Indian High Commission, members from the emergency services and Armed Forces as well as leaders from a number of sport and charity organisations including Kick It Out and the England and Wales Cricket

Board (ECB).
The special evening saw guests invited to observe the multi faith Lighting of Diwali Diyas – led by Gurdev Dahele MBE, a Sikh Chaplain alongside other faith leaders.

Highlights also included an insightful Club panel discussion led by Harry Chathli, the Club Chair, alongside Club President Dr Jane Powell, Darren Gough, Managing Director of Cricket for Yorkshire, and Bird and Old.

A traditional Diwali celebration cutting ceremony and ining Bhangra Dance cake entertaining

performance also took place. Stephen Vaughan, Chief Executive of YCCC, said: "Thank all our guests for making this an incredible evening. To have had people from such a wide range of backgrounds coming together to celebrate Diwali and the Festival of Light really demonstrates the power of this Club and the wider sport to unify and reflect the rich and

diverse cultures in Yorkshire."

Kavita Singh, YCCC Board Member and organiser of the Diwali dinner, added: "Diwali is celebrated by millions across the cricketing world, including hundreds of families in Yorkshire, who are an important

and integral part of the Yorkshire Cricket Family.

"Tonight has been a special evening, bringing together people across communities and across sport.

"Divority inclusion and helpsping."

"Diversity, inclusion and belonging is key to the Yorkshire Cricket Family and it is important that our employees are able to bring their whole authentic selves to work and have the opportunity to celebrate their special occasions with colleagues across the Club and community.
"We are committed to continuing

the celebration of all events that are of significance to our communities. We look forward to many other celebrations of this nature.

On the evening there was also a silent charity auction and raffle to raise funds for the dedicated community work led by the Yorkshire Cricket Foundation – the official community arm of YCCC.

There was a fantastic range of prizes to hid on including a once in a

prizes to bid on including a once in a lifetime opportunity for a Club photo with the Yorkshire side, unique hospitality experiences at Yorkshire for international and domestic fixtures, a special signed Yorkshire white and many more shirt, and many more.
Yorkshire Cricket Foundation

(YCF) Chair, Baroness Tanni Grey-Thompson, said: "Our mission is very simple. We use the power and brand Yorkshire Cricket to support people and communities to be the best they can be.

"As a Foundation we are committed to ensuring that Yorkshire keeps playing its part in ensuring that cricket becomes the most inclusive

game in sport. We would like the vital work the Yorkshire Cricket Yorkshire Cricket to be a home for Foundation does. Go to: everyone.'

If you would like to donate towards ricketfoundation

https://www.justgiving.com/yorkshirec





Over 14,100 Palestinians have been killed and 29,428 wounded in Israeli air attacks on the Gaza Strip, according to medical sources.

Our Palestinian brothers and sisters are once again facing a dangerous escalation in violence! This ongoing crisis in Palestine is claiming lives every day. Our Palestinian brothers and sisters suffer hostility, discrimination, and violence, and casualty numbers mount by the day.

the last three weeks than the total killed in conflicts around the world in every year since 2019, Save the Children said.

More children have now been killed in Gaza in

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SKT Welfare are on the ground

been left with no water, food or

access to hospitals. This war is

killing innocent civilians in Gaza

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They KNEAD you!

Great British Bake Off is looking for the country's next best home bakers

Are you ready to make your dreams crumb true, or perhaps you know someone who's bready to rise to the

Well then... the next Great British Bake Off (GBBO) might just be your slice of cake since they're casting for a

landmark fifteenth series and are looking for the next batch of bakers to go to the famous white tent in 2024!

You might ask, 'what does GBBO look for in an applicant?' - top of the list is a love and passion for baking!

Aside from that, you'll need to have a broader baking repertoire than just baking cakes, such as bread and pastry and biscuits.

It is important to note though that it is completely ok people haven't made literally everything! There is always time to practice through the process and everyone has their own baking strengths and weaknesses.

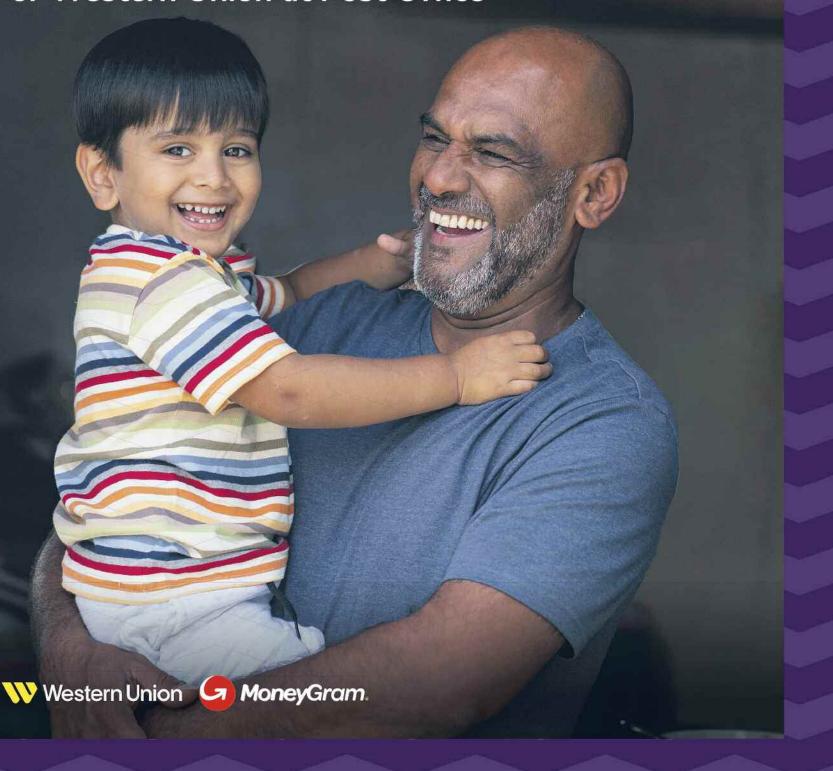
Applications are open to everyone although you must be 16 or over. The closing date for applications is 1pm on Tuesday 2nd January 2024, and you must a UK resident (including Isle of Man and Channel Islands). Full Rules of Entry can be found at www.applyforbakeoff.co.uk.







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'Give a Gift' honoured with King's Award for Voluntary Service

Cover story continued

It also offers short-term financial assistance for people not eligible for public funds, assistance with finding accommodation, advocacy and befriending support and social, leisure and recreational opportunities.

The King's Award, the equivalent of an MBE, is the highest honour that a local volunteer organisation may be granted in the United Kingdom.

Charity Director, and Founder, Rifhat Malik MBE

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

44

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

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

"The award comes at a time when we are busier than ever in meeting an unprecedented level of demand due to the cost of living crisis but it exemplifies the organisation's continued dedication to making society a better place for everyone, regardless of their background"

to making society a better place for everyone, regardless of their background"

Give A Gift is one of 262 charities, social enterprises and voluntary groups to receive the prestigious award this year. Their work, along with others from across the UK, reminds us of all the ways fantastic volunteers are contributing to their local communities and working to make life better for those around them.

The King's Award for Voluntary Service aims to recognise outstanding work by local volunteer groups to benefit their communities. It was created in 2002 to celebrate Queen Elizabeth II's Golden Jubilee and, following his accession, His Majesty the King emphasised his desire to continue the Award.

Recipients are announced annually on 14th November, The King's Birthday. Representatives of Give A Gift will receive the award crystal and certificate from Ed Anderson the Lord-Lieutenant for West Yorkshire, later this year.







SEKHON GROUP OF COMPANIES





A new video game made by former University of Bradford students is set to be released after receiving a £30,000 funding boost.

It's Grim Up North has been handed the grant from the UK Games Fund after a successful application. The grant has been used to expand the game's development and for its artwork.

The grant was awarded to the game's makers in two different rounds earlier this year, the first application for £12,000 and the second saw them receive £18,000 to use towards the adventure game.

to use towards the adventure game.

It's Grim Up North's story, aimed at anyone aged 12 or over, is based on Bradford and Yorkshire and sees alien shape-shifters invade Earth and it is up to an elderly detective to find them. He does this by testing aliens' knowledge on a range of Yorkshire icons including the Yorkshire Rose and Bradford-born artist David Hockney.

"It's a very good thing for students at the University to see, to get inspiration from this. Hopefully it will inspire more people to try it.

The game will be split into four separate chapters and it is hoped the first will be released in early 2024.

The game's eight-strong team includes alumni Ahseem Yousuf, 26, its writer who also works as a freelance videographer, graduated with a BA (Hons) Film and Television Production from the University of Bradford in 2021.

His brother Harun Ali, 30, the game's founder, creative director and designer, graduated in 2015 with a BA (Hons) in Graphics for Games and works as associate producer for No Brakes Games in Tenerife, Spain. They have worked alongside games artist Faisal Hussain,



who also studied at the University of Bradford.

Ahseem said: "It's a very good thing for students at the University to see, to get inspiration from this. Hopefully it will inspire more people to try it.

inspire more people to try it.

"It's quite exciting. It's very nice to see it get made and finished. A lot of work has gone into it. I've written about 80,000 words for the game. It's an episodic game. In the first level of the game you have to make a Yorkshire rose.

"It's kind of cool to see that an indie

"It's kind of cool to see that an indie game is getting the funding. It's hard to get funding. It will open up doors for us. They must have seen some sort of potential in the game to fund it.

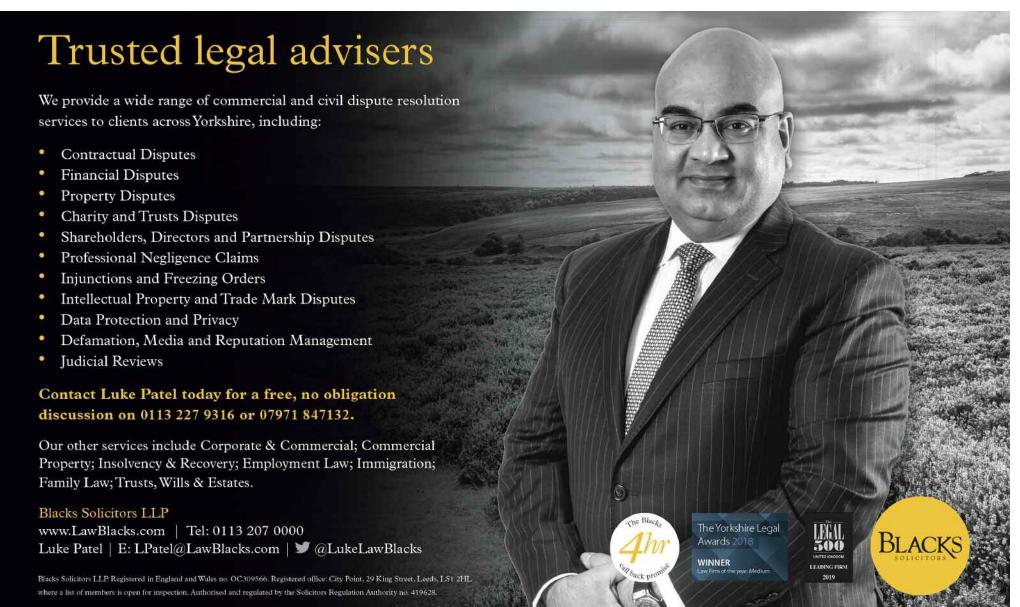
"The levels were quite small initially. We have added more themes and parts of the puzzle. We've expanded the story. It's getting bigger and better."

getting bigger and better."

The UK Games Fund is run by UK Games Talent and Finance Community Interest Company, a not-for-profit company which aims to develop the UK games development sector and boost the UK's games industry.

Next level

University Alumni's game gets £30,000 funding boost















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Go into one of millions of homes in Bangladesh and you will find a young girl aged between 6 and 16 at work.

She will be cooking, cleaning, caring for

the young and the old and too often at risk of abuse and physical violence. The domestic enslavement of young girls is commonplace.

It is the extremes of poverty that drives parents in Bangladesh to send their daughters to work instead of to school. Domestic labour deprives young girls of their family life, childhood and education. They are hidden from view and without advocates.

UKBET, a UK registered charity working in Sylhet for the past 30 years, is now acting on their behalf. The charity has developed 'Doorstep Learning' a education, be released from w programme that brings teaching and have a chance of a better future.'

learning to the doorstep of young girls at work and attacks the root cause of family

Annette Zera, founder and chair of UKBET says: Doorstep Learning, if scaled up, could make a huge contribution to ending child domestic labour across
Bangladesh. "The programme isn't
expensive, it could be done.
"UKBET now needs to make a step

change in promoting itself to attract and work with friends, partners and sponsors so that every young girl can receive an education, be released from work and

Doorstep Learning is innovative and effective, it:

- trains a team of local young women to become 'community teachers';
- supports the team in accessing child domestic labourers and teaching the girls basic literacy, numeracy and life skills 3 times a week;
- organises visits to parents to understand their situation and help them find ways of earning money so their daughters don't need to work;
- and it has encouraged and enabled over half of the 445 young girls in the programme this year to leave work and go to school or into vocational training.

Find out more: www.ukbet-bd.org





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Muslims in these areas are donating the most Zakat

A new study, conducted by UK charity National Zakat Foundation (NZF), has revealed the regions where Muslims are donating the most Zakat.

The study analysed internal data from NZF's Zakat Live, finding the total amount of Zakat donated across 12 months from each local authority in England and Wales, compared to the number of Muslims who live in the area to find which regions are donating the most per

Zakat, an obligatory part of the Islamic faith, is a type of wealth tax which requires Muslims who can, to give 2.5% of their qualifying wealth to charity which is redistributed to Muslims in need. Zakat helps Muslims who are struggling to pay bills, put food on their table and provide for their families.

NZF are providers of financial support to Muslims across the UK through Zakat distribution. Their recent data reveals that across the UK, thousands of Muslims are living in desperate situations, being held back by lack of money and are in need of support.

The 10 local authorities where Muslims are donating the most

Topping the list is the City of London, where £21,946 of Zakat was given across the twelvemonth period, by a population of 540 Muslims who reported living there in the recent census.

Although having one of the smallest numbers of Muslims in the region, it's not surprising that the city of London donated the most, as the population that live within that borough are some of the wealthiest in the country and have the highest gross disposable household income in England and Wales.

Cambridge has taken second place, where £83,081 of Zakat was given during the year by 7,392 Muslims, followed in third place by Epping Forest, where £41,139 of Zakat was given by 4,699 Muslims. Both locations also fall into the top third of local authorities with the highest gross disposable household income.

Rank	Region	Total Zakat In	Number of Muslims
1	City of London	£21,946	540
2	Cambridge	£83,081	7,392
3	Epping Forest	£41,139	4,699
4	Tewkesbury	£4,200	521
5	Blaby	£10,405	1,421
6	Tandridge	£7,824	1,159
7	Sevenoaks	£6,792	1,088
8	Richmond upon Thames	£52,926	8,492
9	Wyre Forest	£6,200	1,056
10	Kingston upon Thames	£78,087	13,366

The study also delved deeper into the data to reveal the counties where Muslims are donating the most

The 10 Counties where Muslims

The 10 Counties where Muslims are donating the most

Topping the list is Northumberland, where despite having a small Muslim population of 1,635 still saw £5,815 of Zakat in during the twelve-month period analysed.

Cambridgeshire has taken second place, where £103,784 of Zakat was given during the year by 40,192 Muslims. Following in third place is Surrey where £95,785 of Zakat was given by

Surrey, where £95,785 of Zakat was given by 38,138 Muslims. However, the population which lives in these areas are more economically

Rank	Region	Total Zakat In	Number of Muslims
1	Northumberland	£5,815	1,635
2	Cambridgeshire	£103,784	40,192
3	Surrey	£95,785	38,138
4	Hertfordshire	£114,882	47,380
5	Buckinghamshire	£140,797	59,224
6	Warwickshire	£18,897	9,236
7	Essex	£67,998	38,532
8	Greater London	£2,236,424	1,318,755
9	Gloucestershire	£2,3682	14,067
10	Leicestershire	£158,563	102,512

Methodology:

- Data was pulled using NZF's internal data from Zakat Live, which is split by local authority.
- Data was looked at for the amount of Zakat in for each local authority across the last 12 months.
- Using data from the recent Census, the number of people who reported identifying as a Muslim in each local authority in England and Wales was also looked at.
- The total amount of Zakat donated in each local authority was divided by the number of Muslims in the area, before ranking them highest to lowest.
- To find the total amounts for each county, the amounts from the local authorities within those areas were added together.



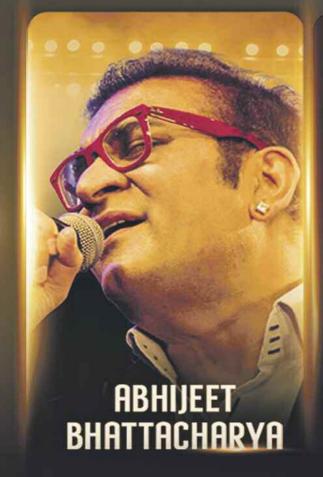
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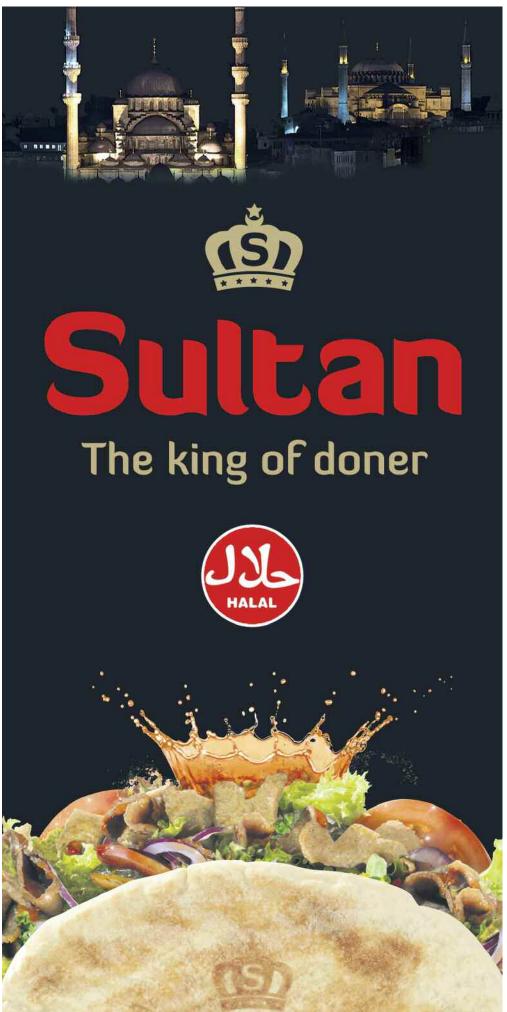














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HIDDEN STORIES

Leeds Palestinian Film Festival 2023 offers hope and dignity

affected by the ongoing crisis in the Middle East, a film festival offers hope through a series of thought-provoking events shining a light on hidden stories of Palestinians, their history, culture and politics.

Leeds Palestinian Film Festival challenges stereotypes, one-dimensional views, as well as depicting a people with all their diversity and

The festival began in 2015 with just five films and a minimal budget. It has since then grown year-on-year to become an important feature in the Leeds cultural calendar.

The aims of our thought-provoking events

At a time where millions have been deeply are to shine a light on hidden stories of Palestinians, their history, culture and politics; to challenge stereotypes and one-dimensional views; and to portray a people in all their diversity," says festival director Frances Brenstein.

"We feel our Festival is more important now than ever, providing invaluable context which can help to illuminate the root causes of the present violence, and to develop responses

grounded in understanding and care for others. "All our events will be safe spaces for constructive and respectful dialogue, with no place for racism, xenophobia or aggression.'





LEEDS PALESTINIAN FILM FESTIVAL NOVEMBER LISTINGS

Cinema Palestine

21/11/2023 6:00 pm - Hyde Park Picture House, LS6 1JD In partnership with Hyde Park Picture House

Tim Schwab,

Canada/Israel/Jordan/Palestine, 2014,

English, Arabic with English subtitles

A poetic documentary which explores the life and work of multiple generations of Palestinian filmmakers and media artists.

O&A to be confirmed.

Walls Cannot Keep Us From Flying

24/11/2023 7:00 pm Heart, LS6 3HN

Jonathan Mehring, 13 mins, 2021

Celebrating the emergence of the Palestinian skate scene in the West Bank and in Gaza over the last ten years. Q&A will include live on-line interviews with Palestinian skaters in the West Bank, and discussion on the value of skateboarding subculture in Palestine with British Palestinian artist and researcher, Dani Abulhawa.

Palestinian Embroidery Workshop

25/11/2023 10:30 am -3.30pm Carlton Hill Quaker

Meeting House, LS2 9DX

Festive stitching day creating a cross stitch Palestinian star. All materials and simple Palestinian buffet lunch included. Suitable for every level, from beginner to the more experienced stitcher. With experienced textile artist Helen Barnes.

My Tree

26/11/2023 7:30 pm -Otley Courthouse, LS21 In partnership with Otley Film Society Jason Sherman, 2021,

Canada, 102 mins

Filmmaker Jason Sherman embarks on a journey to find the tree that was planted in his name in Israel forty years earlier. When he discovers that it stands on the remains of a Palestinian village that was destroyed in 1967, he embarks on another journey. Q&A with Manal Shqair, a Palestinian grassroots organizer, climate activist and researcher. Her research examines Israeli settler colonial dispossession, intertwined with patriarchy and capitalism.



28/11/2023 7:00 pm Holbeck Working Men's Club LS11 9QX Andrew McConnell, Garry Keane, UK, 2019, 92 mins

This beautifully shot film is a cinematic journey through Gaza and a portrait of everyday people leading meaningful lives beyond the chaos and rubble of the ongoing conflict.



Alam

29/11/2023 6:00 pm - Hyde Park Picture House, LS6 1JD In partnership with HPPH Firas Khoury, 2022, France/Tunisia/Palestine/ Qatar/UAE, **109 mins Arabic with English subtitles**

Appealing, naturalistic drama, a coming of age story of rarely seen lives of Palestinian teens living in Israel.



Through Children's Eyes 30/11/2023 7:00 pm - St Lukes Cares, LS11 6JQ

In partnership with St Lukes Cares

Family Friendly screening with refreshments

I am from Palestine - Iman Zawahey 2023, 5mins

Checkpoint - Jana Kattan 2021, 6

The Tower - Mats Grorud 2018, 1 hr 14 mins

Three beautifully animated films tell the stories of three little girls who have very different experiences of Palestine. Saamidah lives in the US, Leila in Palestinian West Bank and Wardi in Lebanon. Touching. Sensitive. Hopeful.

ISMA3: The Sound of Palestinian Resistance

01/12/2023 7:30 pm Wharf Chambers, LS2 7EQ

A warm evening of music, film and discussion with the Jenin-born, Londonbased Palestinian artist and musician Mo'min Swaitat. His collective, 'Majazz Project', is an initiative sparked by an interest in collating and curating tapes of old bedouin music and lost revolutionary

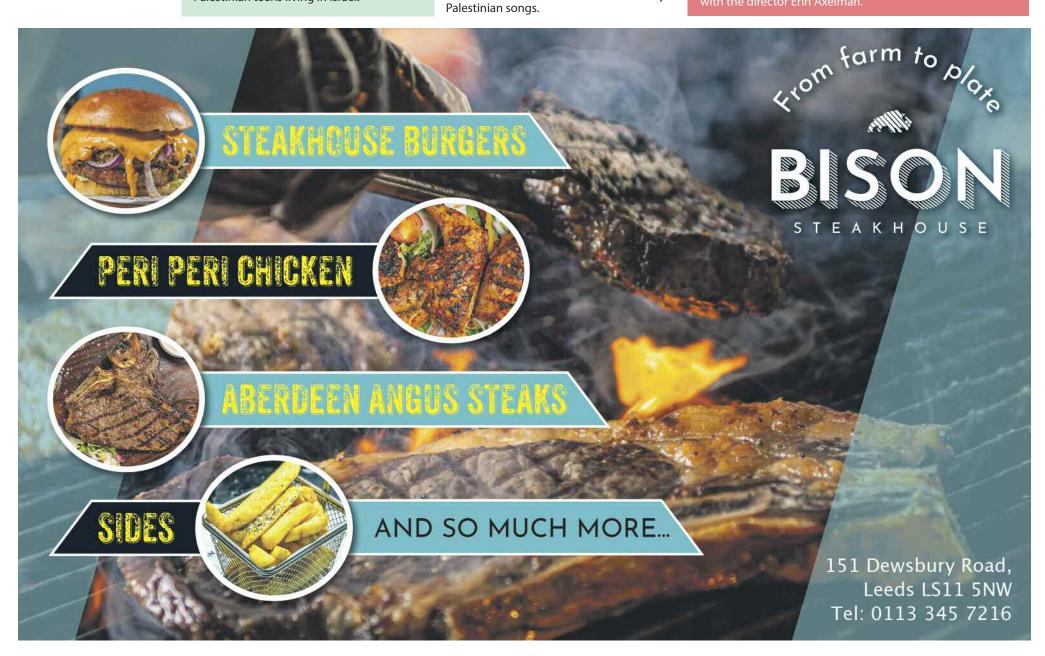


Tomorrow's Freedom
07/12/2023 7:00 pm Seven Arts, LS7 3PD
In partnership with Seven Arts
Georgia Scott, Sophia Scott, 2022, UK, 97 mins
English, Arabic with English subtitles
Often described as the 'Palestinian Mandela', Marwan
Barghouti may one day lead the Palestinian people.
Currently in an Israeli prison, this film takes you on a brutally
honest and transformative journey into the heart of the
Israeli-Palestinian conflict. Q&A with Victoria Brittain, exGuardian journalist

Israelism
09/12/2023 2:00 pm
Wheeler Hall, LS2 8BE
In partnership with SPARK
Social Justice - a project of
the Leeds J&P Commission
Eric Axelman, Sam Eilertsen,
2023, USA, 84 mins, English
When two young American



When two young American Jews raised to unconditionally love Israel witness the way Israel treats Palestinians, their lives take sharp left turns. They join a movement of young American Jews battling the old guard to fight for Palestinian equality and redefine Judaism's relationship with Israel, revealing a deepening generational divide over modern Jewish identity. Q&A on-line discussion with the director Erin Axelman.



A Closer Look at the 2023 Asian Media Awards Winners

• Tina Daheley - **Media Personality** of the Year

- Meera Syal & Sanjeev Bhaskar The Sophiya Haque Services to Television,
 Film & Theatre Award
- Mihir Bose Outstanding Contribution to Media
- Reha Kansara Correspondent,
 BBC News, Journalist of the Year
- Sky Sports **Diversity In Media Award**
- Sangita Myska Radio Presenter of the Year
- Humza: Forgiving the Unforgivable - Drummer Television for BBC Three, **Best Programme/ Show**
- Priya Kansara **Best Newcomer**
- Adam Hussain as Aadi Alahan in Coronation Street, **Best TV Character**
- Shabaz Says Best Video Channel
- The Shamima Begum Story, Series 2 of I'm Not A Monster Josh Baker, Joe Kent & Sara Obeidat, **Best Investigation**
- Aaron Paul Reporter,
 Commentator & Presenter, BBC Radio
 Live Sport, BBC London Sport & ITV
 Football, Sports Journalist of the
 Year
- Windrush Repatriations Navtej Johal for BBC News, Report of the Year
- Raheem Rashid Journalist, ITV News Central, Outstanding Young Journalist
- Mahatir Pasha: Reporter, ITN ITV News London, Regional Journalist of the Year
- Plus Size Campaign: Bold & Beautiful, Anisha Vasani Creates for Amretto's World & Nim Boutique,
 Creative Media Award
- Open Iftar 2023 Best Live Event
- Sunrise Radio Radio Station of the Year
- Orpheus, Opera North **Best Stage Production**
- Blythe Jandoo as Louise in Gypsy -Outstanding Stage Performance
- Summaya Mughal Brown Gal Can't Swim, **Best Podcast**
- Geo TV TV Channel of the Year
- Oceanic Media Media Agency of the Year
- Lyca Radio Lyca Breakfast, Best Radio Show
- BizAsiaLive.com Best Blog/Website

2023 Asian Media Award winners

Journalists, broadcasters and creative professionals from across the UK were honoured at this year's Asian Media Awards.

The stars of radio, TV and broadcasting gathered at the 11th Asian Media Awards ceremony at the Hilton Manchester Deansgate.

The awards, which are supported by the University of Salford, celebrated winners in a range of categories in journalism, stage, online and creative media and were hosted by Magic FM's Neev Spencer.

Those honoured on the night included broadcaster Tina Daheley, LBC presenter Sangita Myska and Mihir Bose who received the Outstanding Contribution to

Media Award.
This year, Meera
Syal and Sanjeev
Bhaskar were
recognised with the
Sophiya Haque
Services to
Television, Film &
Theatre Award.

Shabaz Ali who takes merciless aim at the seemingly spoilt, the weird and the bizarre on Tiktok picked up the Best Video Channel accolade whilst Polite Society star, Priya Kansara was named Best Newcomer.

The awards paid a special tribute to some of those professionals who had died over the past year including, Artistic Director, Abdul SI

Director, Abdul Shayek, Businessman and Asian Radio Pioneer, Avtar Lit, Radio Presenter Ranj Rekhi, actor and choreographer Jaimal Mistry and journalist and broadcaster George Alagiah.

On hand to present honours this year were Apprentice stars, Harpreet Kaur and Akshay Thakrar; BBC 2's the Ultimate

Wedding Planner, Raj Somaiya, Derby County FC Women's forward, Kira Rai, broadcasters Sunny & Shay and from Race Across the World, Zainib & Mobeen.

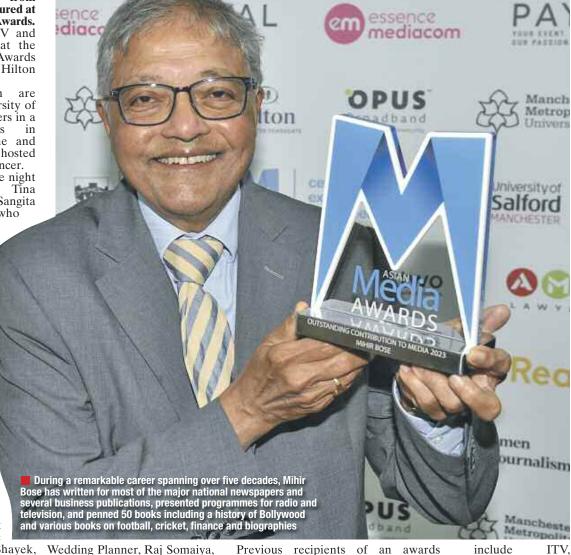
This year's Asian Media Awards winners were announced at the Hilton Manchester Deansgate on Friday October 27.

Previous recipients of an Asian Media Award include Asian Express Newspaper, Krishnan Guru-Murthy, Waris Hussein, Art Malik, Mehdi Hasan, Nina Wadia, Anita Rani, Shobna Gulati, Faisal Islam, Adil Ray & Lisa Aziz.

The University of Salford are Premier Partners to the Asian Media Awards Partners to the

awards include ITV, EssenceMediaCom, Reach PLC & Women In Journalism.

The awards are also supported by Manchester Metropolitan University, AMT Lawyers, DKR Accountants, Opus Broadband, Hilton Manchester Deansgate, Fritz AV, Payal Events & Cleartyo





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Students dedicate 36,000 hours volunteering in the local community

Dedicated students from the University of Sheffield have spent 36,621 hours volunteering to help the local community over the past 12 months.

At a time when businesses and charities have felt the impact of the cost of living crisis, 1,849 students from the University of Sheffield have raised over £130,000 for 180 local

The students also volunteered at food banks, community allotments and worked with refugees, adults with learning disabilities, school children and the elderly.

Action Tutoring - an initiative to support school pupils from disadvantaged backgrounds - is just one of the organisations where students have volunteered over the past

Susannah Hardyman, Founder and CEO of Action Tutoring, said: "In Sheffield, only 56 per cent of pupils who took their SATs exams at the end of year 6 this year met the expected standard in reading, writing, and maths (combined) as compared to 59 per cent

"We are grateful to student volunteers at the University of Sheffield who step up to tutor pupils facing disadvantage in order to help improve their grades, increase their confidence and increase their life chances. Pupils report that student volunteers are fantastic tutors and role models.

Professor Koen Lamberts, President and Vice-Chancellor of the University of Sheffield, said: "I would like to thank all of our student volunteers for their important contributions and for making a difference to people's lives.'

Billions of investment for British manufacturing to boost economic growth

The Government has announced £4.5 billion in funding for British manufacturing to increase and strong deployment offer.

The funding forms part of the Prime investment in eight sectors across the UK. The funding will be available from 2025 for five years, providing industry with longer term certainty about their investments.

Over £2 billion has been earmarked for the automotive industry and £975 million for aerospace, supporting the manufacturing, supply chain and development of zero emission vehicles, and investment in energy efficient and zero-carbon aircraft equipment.

Alongside this, the government has committed to £960 million for a Green Industries Growth Accelerator to support clean energy manufacturing, and £520 million for life sciences manufacturing to build resilience for future health emergencies and capitalise on the UK's world-leading research and development.
With the entire manufacturing sector making

up over 43% of all UK exports and employing around 2.6 million people, this funding is targeted at the UK's strongest, world leading sectors; including where the industry is undergoing fundamental changes to remain at the forefront of the global transition to net zero, like the move to zero emission vehicles in the automotive industry.

The Green Industries Growth Accelerator investment will support the expansion of strong, home-grown, clean energy supply chains across the UK, including carbon capture, utilisation and storage, electricity networks, hydrogen, nuclear and offshore wind. This will enable the UK to seize growth opportunities through the transition to net zero, building on our world-leading decarbonisation track record

Minister's pledge to grow the economy, and his focus on making decisions for the long-term, ensuring the fund doesn't just focus on the most successful sectors today but looks ahead to how we keep pace internationally and build the UK's expertise for the industries of the future.

Together with our existing manufacturing support and plans for net zero transition, this package will help unlock private investment, provide certainty to investors, boost energy security, and protect and create jobs. This approach has already mobilised £198 billion in public and private investment in low carbon energy deployment since 2010.

Today's announcement comes ahead of the second Global Investment Summit later this month, which will showcase innovative companies from across the UK, with significant investment opportunities in sectors such as sustainability, technology, advanced manufacturing, and creative industries.

It will also help ensure that the UK remains at the forefront of the global transition to net zero and can seize growth opportunities in the new green economy. The UK remains a worldleader in cutting emissions, having decarbonised faster than any G7 country since having 1990 and set out clear plans to meet all our climate targets and deliver energy security.







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Chewing Gum Facts

On average, a piece of chewing gum costs about 3 pence, but the cost of removal is about 10 pence per piece.

Chewing gum takes up to 5 years to biodegrade.

Some countries are considering putting a tax on gum to help pay for the clean-up costs

In Singapore, chewing gum is banned unless you have a prescription from your doctor or dentist.

80-90% of chewing gum is not disposed of in any litter receptacle.

Modern day

based chewing gum was an accidental invention. Thomas Adams, a **New York**

inventor, was trying to make a material for car tyres. Today's gum is made from the similar synthetic rubbers – hence it's

non-biodegradable.

In April 2006, discarded chewing gum was defined as litter for the first time under the Clean Neighbourhoods and Environment Act. Gum droppers can be subjected to an onthe-spot fine of up to £100.

The removal of chewing gum is a time-consuming and costly exercise.

If you chew gum, please ensure that you put it in a bin. If there is no bin available, wrap it in a piece of

paper and wait until you Business do find a bin.

Sticky issues

Tackling the plague of chewing gum on pavements

Estimates suggest the annual clean-up cost of chewing gum for councils in the UK is around seven million pounds and according to Keep Britain Tidy. Around 77% of England's streets and 99% of retail sites are stained

with gum.

Now, the Chewing Task
Force has awarded Leeds City Council a grant of £24,994.50 to implement new initiatives aimed at addressing the chewing gum problem that plagues the city centre.

The funding has been used for a one off deep clean and the application of pavement protector, that makes it easier for gum to be removed and reduces staining, across two locations in the city centre around the Boar Lane/ Briggate crossroads and the lower part of Lands Lane.

This is being supported by specially designed signage, aimed at changing behaviours, urging people to think twice about dropping gum whilst in the city centre.
Working closely with Leeds

Improvement



District, the deep clean across the UK, who wish to signage aims to keep the city centre cleaner, safer and more accessible encouraging the public to dispose of their chewing gum responsibly.

Established by Defra and run by environmental charity Keep Britain Tidy, the chewing gum task force grant scheme is open to councils

clean up gum in their local areas and invest in long-term behaviour change to prevent gum from being dropped in the first place.

The task force is funded by major gum manufacturers including Mars Wrigley and Perfetti Van Melle, with the investment spread over five

Evaluation carried out by the chewing gum task force has shown that areas that benefitted from last year's funding saw reductions in gum littering of up to 80% in the first two months, with a reduced rate of gum littering still being seen six months after clean-up and placing of

prevention signage.
Councillor Mohammed
Rafique, Leeds City Council executive member for climate, energy, environment and green space, said "It is great news that we have secured this additional funding to roll out these innovative measures to tackle the issue of chewing gum in the city centre, trialling a approach that will hopefully lead to cleaner streets going

forward.
"I would encourage anyone visiting Leeds to think twice about dropping gum, as it is a real blight on our streets and wastes valuable taxpayers' money that could be spent elsewhere. If you chew gum, put it in a bin or wrap it in some paper until you can find a bin"

Around 77% of England's streets and 99% of retail sites are stained with gum



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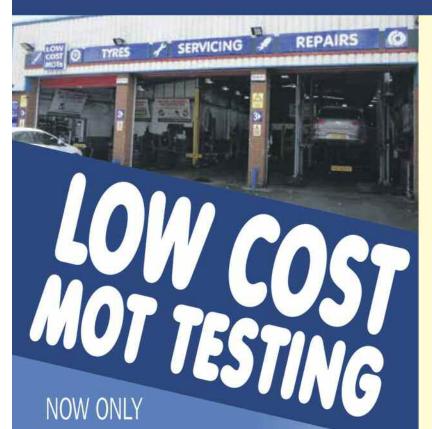
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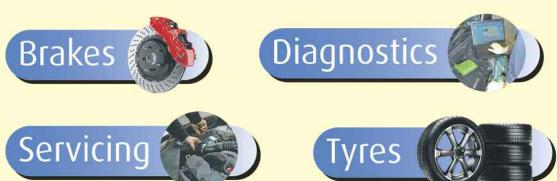
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Assistant head teacher caught with 11,500 child abuse images

Gareth Mellor, 43, who now lives in Uttoxeter, Staffordshire, was also the safeguarding lead at the high school he worked at in Wakefield.

He was tracked down by NCA investigators after making a Bitcoin payment for indecent images of children via an encrypted cloud storage service.

The NCA identified that his email address had been used to set up accounts on other sites in an attempt to acquire child abuse material.

In May 2021, officers arrested Mellor at his home address and seized a number of his devices. His phone had cryptocurrency applications installed on it, as well as files associated with the storage platform.

Officers downloaded the contents of his two

Officers downloaded the contents of his two cloud storage accounts, and a forensic review revealed more than 11,500 indecent images and videos of children in categories A-C (A being the most extreme).

The images, which had not been taken by Mellor, were predominantly of teenage girls.

Later, investigators were able to evidence that Mellor had accessed one of his accounts after being bailed, in an attempt to delete the evidence.

At Leeds Crown Court, Mellor pleaded

guilty to three offences relating to the making of indecent images of children. He is due to be sentenced on 7th December 2023.

Internet data provided by the cloud storage service showed that a second individual had access to one of Mellor's accounts. He has been identified and is separately under investigation.

Danielle Pownall, NCA Operations
Manager, said: "Gareth Mellor worked with
children nearly every day and was entrusted to
protect them.

"This investigation showed that he deeply

"This investigation showed that he deeply betrayed this trust through amassing a huge collection of material showing the horrific abuse of children.

"Despite his attempts to conceal his activities by using cryptocurrency and encrypted storage services, this investigation was able to identify him as a committed buyer and consumer of child abuse material.

"The NCA is committed to tackling this criminality in all its forms, breaking the chain of supply and demand and protecting children from the most harmful offenders."

The school Mellor worked for terminated his employment following his arrest, and none of the offending related to its pupils.



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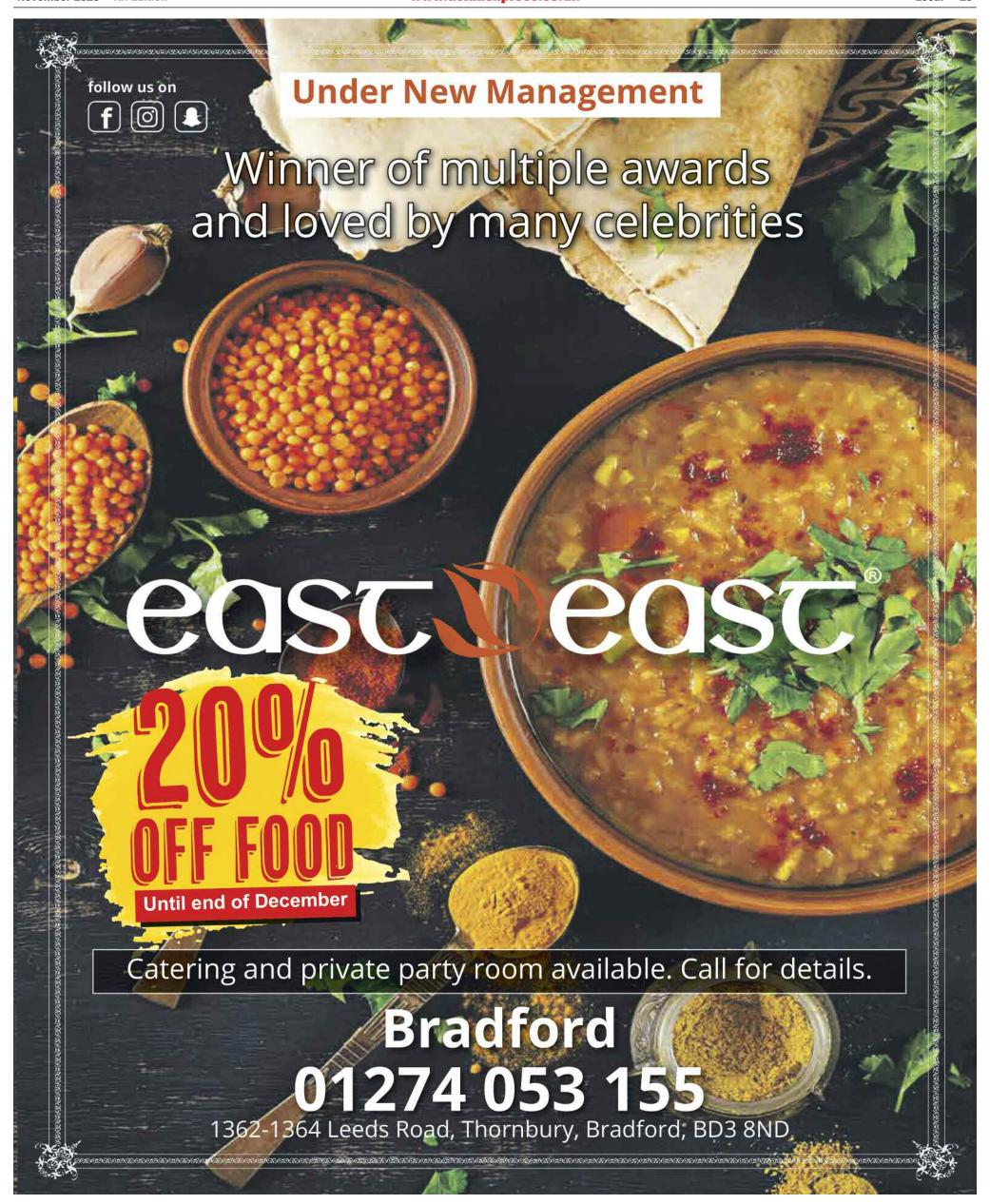
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A young, driven teenager has been making her mark by demonstrating that one's age is not a barrier to having a positive influence on the community.

Wania Åhmad, 14, already established herself as a rising star in the realm of youth leadership and community advocacy, when at age nine when she won the fierce competition for Leeds Children's Mayor.

Now, Wania is running for a position in the Leeds Youth Parliament. Her manifesto focuses on preparing young people for the world of work. She believes that every young individual deserves the necessary information, skills, coaching, and mentoring to succeed in the job market.

Talking about being titled Leeds Children's Mayor in 2019, Wania says: "At the time, I was handed an application by my school, Harehills Primary, to enter the competition for Leeds Children's Mayor, just a day before the deadline!"

"I hurriedly completed it and sent it off the next day. This entailed writing about what I would do to help make Leeds a better city for young people and how I would ensure that the needs of young people are met."
A few weeks later, her

Headteacher informed her that, from the 60 schools that took part, she had been shortlisted down to the final 12 candidates. In October of 2019, she was announced as the winner of the Leeds Children's Mayor competition by Councillor Eileen Taylor, who was Lord Mayor at the time.

Back then, Wania's manifesto

revolved around the crucial issue of mental health and wellbeing.

During Wania's term of office, her commitment to her cause was tested in an unprecedented way, as the world was gripped by the COVID-19 pandemic. Even in the face of such

adversity, the young lady stood steadfastly by her community, and continued to push for positive change - working closely with the council, and has consistently been among their

top ten young contributors.
"I wholeheartedly credit my family for their unyielding support. My parents, in particular, have worked tirelessly to ensure I have every opportunity to succeed – my father, in his selfless dedication, gave up all his spare time to accompany me throughout the 2019 election campaign and helped me achieve my aim."

Her vision for Leeds Youth Parliament, extends providing unique experiences and insights into students' dream careers. equipping them with the tools they need to excel. "I know that if elected as a

member of the Leeds Youth Parliament, I can't achieve my goals alone. I'm hoping to work collaboratively with the relevant bodies, pooling resources and efforts to give students in Leeds and the UK more up-to-date knowledge around the changing the world of work and compatible

education.
"I'm committed to achieving the best for my local community, and will work to help create a more promising future for the youth in our beautiful city.

Determined 14-year-old runs for Leeds Youth **Parliament**





Anybody aged 11-18 living or going to school in Leeds is entitled to vote. They must vote for their top three candidates by putting the numbers 1, 2 and 3 in the designated boxes and putting a 0 in the boxes of the candidates who they do not wish

You can vote on this link: https://surveys.leeds.gov.uk/s/MYPVoting23 or scan the QR code below with your mobile phone.



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Perfectly calibrated

Prestigious Jewellers celebrates five years of excellence

A luxurious three-floor boutique showcasing some of the world's most exquisite watches and jewellery is celebrating five-years of

Located opposite the Louis Vuitton store in Leeds city centre, Prestigious Jewellers have been elevating timepiece traditions since 2016.

Renowned for their five-star service, they take care of the needs of discerning clientele as well as influential personalities, such as social media star Mo Vlogs, who made a recent visit to the boutique. Founded on principles of customer trust and impeccable service, Prestigious Jewellers has earned its esteemed status in the luxury watch industry, due to their unwavering commitment to maintaining their excellent reputation.

The Prestigious Jewellers showroom in Thorntons Arcade, Leeds, is nothing short of an ethereal emporium adorned with displays of a diverse selection of highly sought after and renowned luxury-brand watches, which reflects the uniqueness and commitment of Prestigious Jewellers' curators.



Ahead of their anniversary, Prestigious Jewellers says: "We have been dedicated to growing our name in a wholly organic way. Today, we reign supreme in the North for our collections, unbeatable value, and the quality of our pieces.
"We are thrilled to be

celebrating our Milestone Anniversary. Commemorating

the forthcoming five-year anniversary, we continue to reflect on our brand's

achievements and influence in the luxury watch market."

Looking ahead, Prestigious
Jewellers has ambitious plans and strategic goals with a path toward expansion and influence in the luxury watch industry.

Prestigious Jewellers www.pjewellers.co.uk Tel: 01132445001 7 Thorntons Arcade, Leeds, LS1 6LQ



YOUR LOCAL & BUSINESS ROUND-UP

Passing O

usinesses work very hard to establish goodwill. Goodwill is the reputation which a business builds up in relation to specific goods or services which attracts customers. If a competitor tries to steal that goodwill then, in legal terms, it is known as "passing off". Passing off occurs where a person or an organisation sells goods and/or services and purports to be another person or organisation, usually a more established brand or competitor, when that is not in fact true.

Passing off attracts strict liability which means that the Defendant will be liable even where he was unaware of the fact that he was using the trade mark or the goodwill belonging to another business. Therefore intention is not required for someone to be guilty of passing off. Typically, a claim in passing off arises when someone has copied a

competitor's name or branding.
Passing off protects
businesses' goodwill in relation
to their goods and services and so only businesses that have generated goodwill will be able to bring an action for passing off. A company or an individual who has not traded will not have a cause of action for passing off.

To bring a passing off action, you must be able to

demonstrate that:
• The public associates the goods that are produced or the services that are provided with you.

• You have built up a reputation in the goods or services and goodwill is therefore attached to that.

• A third party has made misrepresentations to the public, whether intentionally or unintentionally, leading or likely to lead the public into believing that the goods or services offered by them are your goods or

• It has caused damage to the goodwill

of your business.

The remedies available in a claim for passing off include applying for an injunction to stop the Defendant from using the Claimant's branding or trade mark and/or pursuing a claim for compensation where damage

has been caused to the Claimant's reputation or he has lost potential revenue due to the Defendant's actions.

If you are involved in any passing off or intellectual property dispute, then Blacks Solicitors will be able to assist. Please contact Luke Patel on 0113 227 9316 or email him at



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





Russia's great big gold plot to evade sanctions

This alert will aid

efforts, in partnership

with the regulated sector,

including the banks and

high value dealers, to

ensure that sanctioned

represent them cannot

use gold to circumvent

UK sanctions."

individuals or those who

The National Crime Agency has issued an alert to financial institutions and other members of the regulated sector warning that Russia is using gold as a means to undermine the impact of the UK sanctions

Gold is a significant income stream for Russia's war effort – one of the highest by value after oil and gas, and worth £12.6

billion to the Russian economy in 2021. Today the FCDO has sanctioned a number of individuals and entities operating in and supporting Russia's

gold sector.
Given the importance of the UK to the gold market, the NCA is warning of deliberate attempts being made to launder sanctioned gold to mask its origin so that it can be hidden in supply chains and sold in the UK and around the world.

Gold exported from Russia since 21 July 2022 is increasingly being shipped to countries that

do not apply sanctions on Russian gold. Once melted down and recast or refined, the origin of gold cannot be determined by examination, as any hallmarks are lost.

Imports of mined gold can also be easily disguised. By masking the origin, new Russian gold can then be sold on to another country who may be unaware of the true

Adrian Searle, Director of the National Economic Crime Centre at the NCA said: Sanctions evaders undermine UK national security, working against our foreign policy objectives which promote international peace and security, and the rule of law. With the robust implementation of controls by the UK financial sector and our international partners, to identify and

disrupt sanctions evasion, we have seen consequent attempts to use gold to circumvent the sanctions regime. "London's precious

metals market sets the global standard for the quality of gold. The sector plays a key role in supervising the trade and improving record keeping to boost the integrity of the supply chain. This alert will aid efforts, in partnership with the regulated sector, including the banks and high value dealers, to ensure that sanctioned individuals or those who represent them cannot use gold to

circumvent UK sanctions.

The London Bullion Market Association (LBMA) accredits gold refineries around the world. It sets the standards for what constitutes 'London Good Delivery' (LGD) gold which has become the "de facto" global standard. LBMA accredited the "language of the standard o account for 85-92% of annual global mined gold production.

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

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

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

STORY OF SUCCESS

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

ABOUT THE PERFUMES

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

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

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

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

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

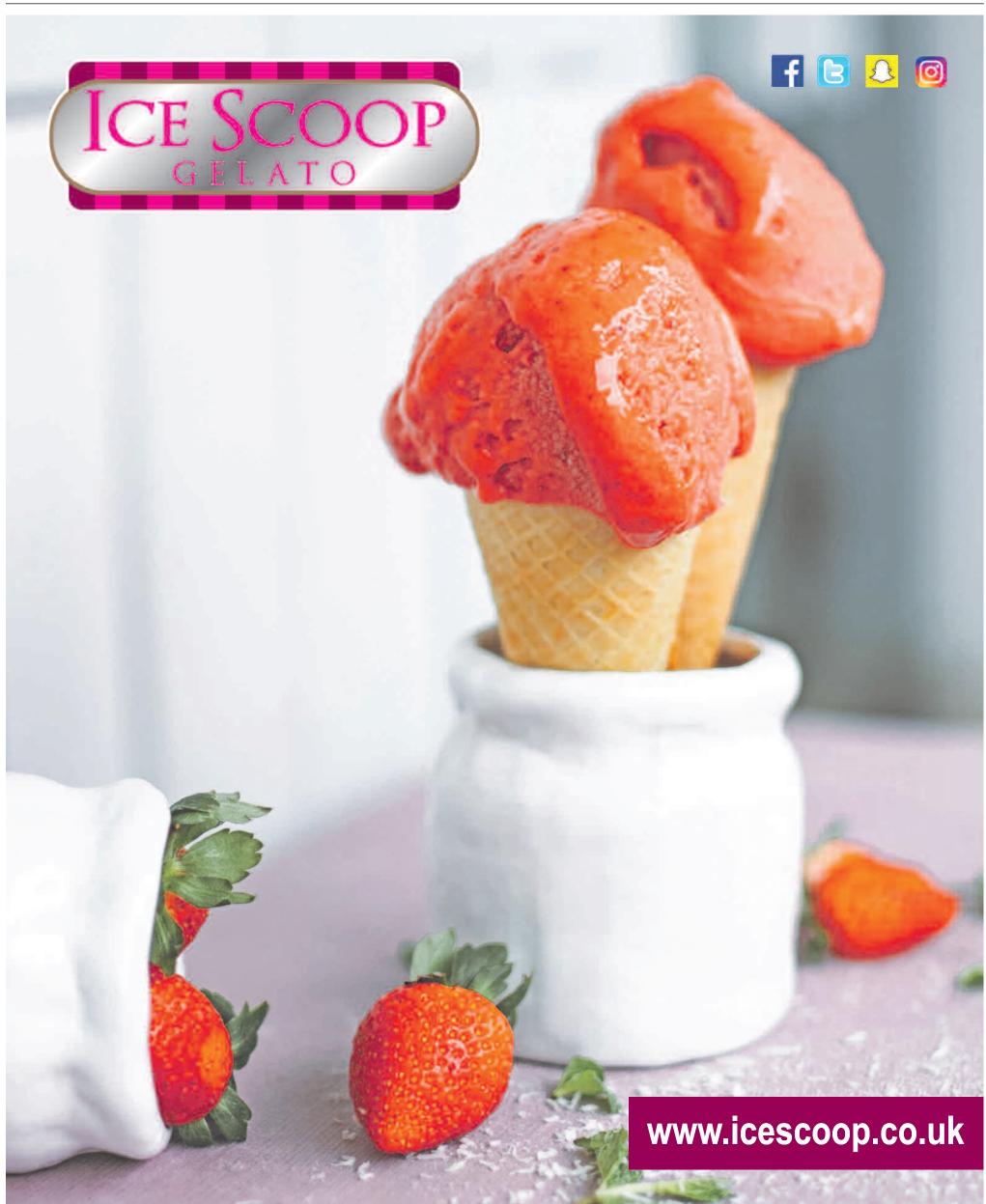
Oud itself has gained popularity among celebrities, Royals and artisans worldwide. It offers a depth of fragrance, which is mulit-layered and, Ilyas explains, lasts longer than a regular "French" style perfume.

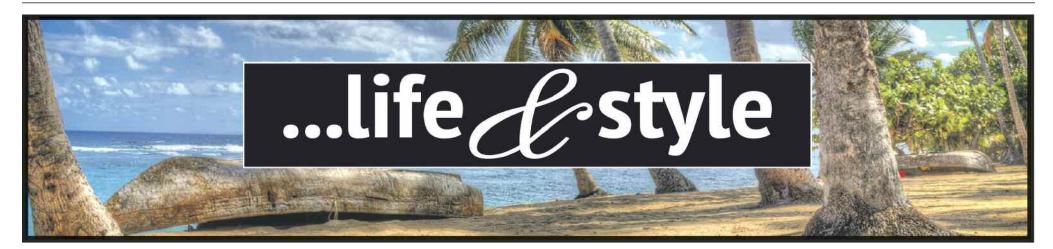
But modern methods and a bit of a French/Asian fusion makes these fragrances so accessible and flexible. They are produced in a range of options from room fragrances to fragrant woods for burning.



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







Experts Reveal

With the darker nights drawing many ways you can reduce the in and temperatures dropping across the UK, the temptation to flick on the heating and cosy up by the fire has arrived.

Despite the new energy price cap leaving some bills to cost less than last year, there are still

costs and keep expenditure to a minimum.

This is why experts at Howden Insurance have revealed their top tips on saving energy at home to lower household bills, whilst keeping your home and

family warm during the colder months.

Following this guide over the Winter will help to reduce energy bills, allowing Brits to save money, stay warm and make smarter decisions when it comes to energy usage.

How to cut costs, save money and keep warm this winter





Water Efficiency

It is vital to know that around 25% of your home's energy consumption is used by heating water, but it is possible to save money while you are in the shower, surprisingly.

By reducing the amount of time you spend in the shower, it can help to reduce your bills massively. By shaving off a few minutes in the shower, you can save up to £150 each year on your bill.

Another way to ensure your hot water is being used efficiently is by adding a water-efficient showerhead into your bathroom, most of which cost between £10-£20. The showerheads restrict the amount of water coming through the head, and when fitted properly, make sure you have no leaking areas, which could be costing you vital pennies.

Correct insulation is key

Draught-proofing your home doesn't have to cost an arm and a leg. If you notice that your home is losing a lot of its heat quickly and it's hard to keep warm, you can try some insulation hacks to try to combat the escaping heat.

Remember to identify the areas that

Remember to identify the areas that are causing the escaping heat first before trying these steps:

• Move your furniture to maximise heat

– if your furniture is blocking your
radiators, you are essentially throwing
money away. It is important to let the
heat circulate in a room properly, so have
a play around with your furniture

placement and make sure you aren't blocking off the heat at the source.

• Invest in a smart thermostat – as well as being totally cost-effective, smart thermostats are a great way to manage your home's temperature through your phone. They offer an easy way to set timers for when you are on your way home, that way, your home can be toasty when you get in, as well as having complete control over the temperature in each room.

Upgrade your curtains or blinds –
when a home has thick curtains, it allows
the heat to stay in the room and not

easily escape. Remember to put your blinds down and curtains across as soon as it starts to get dark, as this will also prevent escaping heat.

If you are looking for a more substantial and long-term way of insulating your home better, you can, of course, invest in both loft and roof insulation as well as floor insulation. This option is pricier but can reduce costs in the long run.

Improper insulation is a total waste of energy, so make sure to check any gaps around windows, doors and vents for cracks which need to be sealed appropriately.











This one is a must and could draw you in a massive yearly saving by whittling down the temperature valves on your radiators when you aren't in the room. If turning the you don't tend to venture into, radiator completely off is not is a comfortable temperature.

something you want to consider, reducing the temperature by half can still make sure to keep the room at around 15-20C and for a room you don't tand to venture into



Unplug devices once they are charged

British Gas estimated that around 23% of a home's electrical use could be eaten up by having devices still plugged in and charging once fully charged or by keeping devices on standby; this equates to around £200 per

The benefits of unplugging your devices once they have a sufficient amount is that you will prolong the battery life and longevity of your device, as well as save some cash.

Gender Selection



Gender Selection

There are many different medical, social, economic and cultural circumstances which put couples under the most intense pressure to produce a child of a specific gender. Scientists have identified thousands of health problems where genes play a part and many gender-related medical disorders can be passed from parent to child.

Gender Selection is one of the leading PGD Gender Selection and Ovum Donation referral centres and facilitators in Europe. Of the successful pregnancies resulting from this process, 100% of the babies born have been of the selected gender.

We work to an established programme which

has been validated over hundreds of treatments.

This programme is fully explained on our website and in our online information.

Most of the PGD treatment is carried out in the U.K. The actual PGD embryo biopsy is done in our associate clinics abroad. This visit only requires around 10 days.

Gender selection treatment is not permitted in the UK. Gender Selection acts from outside the UK as a facilitator to enable treatment to be arranged and carried out in fully-accredited clinics in countries in which the gender selection treatment process is permitted. Initial tests and assessments can be arranged in the UK.

Pre-implantation Genetic Diagnosis (PGD) is a medical procedure which allows embryos to be tested for gender-related genetic conditions, prior to being placed in the womb, giving the best opportunity to select the gender of your baby.

- ✓ Gender Selection with PGD/IVF
- ✓ Choose the sex of your child
- ✓ PGD to prevent inherited conditions
- Only healthy embryos

transferred

- Money back guarantee for failed treatment
- ✓ 3-cycle package available
- ✓ Free detailed consultation

A twin pregnancy is a possibility following PGD treatment. There is no extra charge for twins.

Giant lung roadshow tours England to encourage South Asian community to act on early lung cancer symptoms

"I have never smoked, so I didn't ever think it could be ng cancer.."

The NHS will visit thousands of people in England's lung cancer hotspots with giant inflatable lungs this month, to raise awareness of potential cancer symptoms and help catch

cancer earlier.

The Let's Talk Lung Cancer roadshow, run between NHS England and Roy Castle Lung Foundation, kicks off as new survey data reveals that just a third of (33%) South Asians respondents would see their GP if they had a cough for three weeks or more. While more than a quarter (28%) of South Asian individuals surveyed believe that lung cancer only affects smokers.

Over half (55%) of South Asian survey respondents also believed that or were unsure whether lung cancer only affects a small amount of people every year in England, when in fact it's the leading cause of cancer deaths in the UK. Nasim, 65, is recovering from lung cancer

following removal of part of her left lung.

She initially went to see her GP as she was losing weight and didn't know why.

"I have never smoked, so I didn't ever think it could be lung cancer. However, when my friends and family started pointing out that I was looking thin I thought I should get checked out."

Diagnosing lung cancer early dramatically increases people's chances of survival – those diagnosed at stages one or two are nearly 20 times more likely to survive for five years or more than those whose cancer is caught at later stages. As such, Nasim wants to encourage more people to come forward if they have symptoms.

She said: "The best thing that could come from my diagnosis and treatment would be that others read my story and go and see their GP as a

"If you've had a cough for three weeks or more, or something feels not quite right, please get medical advice and give yourself the best

As part of the roadshow, specialist teams of volunteers will assist the campaign to educate the public and help catch more cancers early. Thousands of people are expected to see the giant inflatable lungs in communities across the country – including supermarkets, shopping centres and local high streets – with the public urged to get checked if they have signs and symptoms.

The inflatable organs allow visitors to observe and learn about typical lung structures, lung health, and the effects of smoking.

Community engagement teams and

Community engagement teams and volunteers will be on hand to talk to members of the public and encourage those with suspected symptoms to visit their GP as soon as possible.

This comes as survey data also shows that just over a third (34%) of South Asian people surveyed would visit their GP if they had a chest infection that kept coming back, and a similar percentage would do the same if they had a loss of appetite or unexplained weight loss (36%), which are lesser-known signs of lung cancer.
Dr. Jyoti Sood says: "Tens of thousands of

people are diagnosed with lung cancer every year in England, but it's clear from the survey that many people in our community still think it's not something that can affect them.

"This campaign is really important in raising awareness of the symptoms – like a cough lasting for three weeks or more – and encouraging people to get seen by a medical professional as early as possible. We know that early diagnosis gives the best chance of effective treatment and

Chief Executive of Roy Castle Lung Cancer Foundation, Paula Chadwick, adds: "It is staggering that so many of those surveyed still do not know how prevalent lung cancer is. We believe this stems from a reluctance, even aversion, to talking about lung cancer, and that is largely because of its links to smoking and associated stigma.

"That's why these events are so important. They give us the opportunity to have one-on-one conversations with people who may not realise they are at risk, who may not recognise potential symptoms or could feel unable to act on them.

"If we can help just one person get diagnosed earlier when lung cancer can be treated more easily, then that is worth

doing."

The roadshow will travel around the month of country throughout the month of November – Lung Cancer Awareness Month – as part of the NHS Help Us, Help You campaign. The roadshow aims to begin conversations about the illness and its symptoms.

The NHS's Help Us, Help You lung cancer campaign focuses specifically on raising awareness of the laws materials.

the key symptom of lung cancer – a cough that lasts for three weeks or more. While it might seem like nothing serious, if it is cancer, finding it early means it's more treatable and can save lives. The campaign will encourage those who have this symptom to contact their GP practice and remind the public that the NHS wants to see them.

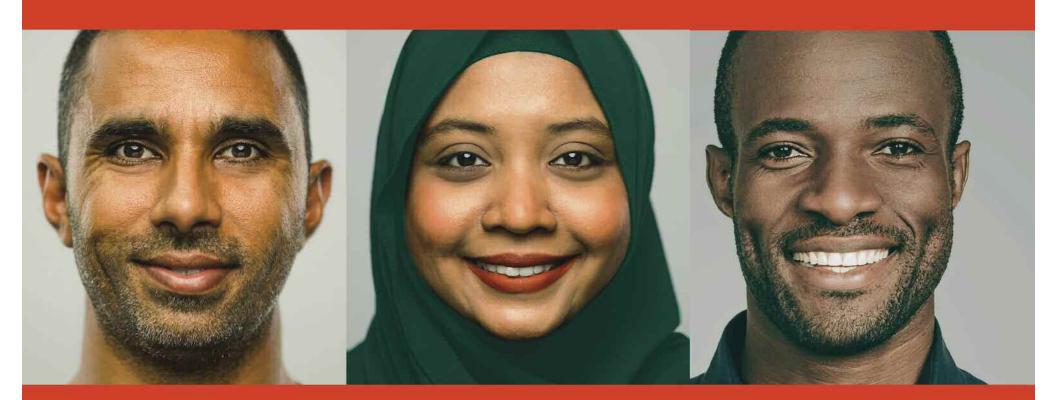
> In addition to the symptom of a cough for three weeks or more, other symptoms of lung cancer include:

- · chest infections that keep coming back
- · coughing up blood
- · a long-standing cough that gets worse
- · an ache or pain when breathing or coughing
- · persistent breathlessness
- · persistent tiredness or lack of energy
- · loss of appetite or unexplained weight loss.



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Achieving a healthy work-life balance as a self-employed professional may be challenging, but it is crucial for overall wellbeing and productivity.

To help improve work-life balance, Toolbox by Admiral has spoken to their customers to find out how they are improving their working habits, and have revealed various actionable tips such as

setting boundaries, creating a schedule, taking breaks, and finding time for hobbies.

The reasons people choose a freelance or self-employed career can vary but one of the biggest reasons is to attain a healthier work-life balance, and many are quitting their jobs in search of flexibility and fulfilment.

Earning potential and higher pay

are also huge factors, but a study by Forbes Advisor found that over half (54%) of British workers would accept a lower-paid job in exchange for a better work-life balance, demonstrating how important this is to many UK

A spokesperson from Toolbox says: "Healthy work-life balance refers to maintaining and

managing your time and energy to meet both professional and personal commitments while prioritising self-care and well-

"Achieving this balance between one's professional and personal life is crucial for self-employed individuals. We've found that overcommitting to work is one of the biggest struggles for selfemployed workers.

"In an increasingly connected world of flexible work, where work and home boundaries easily blend, managing our work-life balance to the best of our abilities is especially important... but often difficult. That's why we've compiled seven helpful tips that will hopefully help the self-employed benefit."

The self-employment insurance experts at Toolbox have provided seven key strategies to bring you closer to your dream work-life balance.

1. Manage your time wisely
As a self-employed individual, you might feel obligated to accomplish more. However, to avoid burnout, it's paramount to prioritise your time and draw lines between your professional and personal life. Creating a fixed schedule or a dedicated workspace might also help.

2. Explore hiring options
Attempting to handle all tasks alone can be overwhelming so you should consider outsourcing some tasks, as this could not only boost your productivity but also spare time for other responsibilities. If feasible, consider bringing in additional help. additional help.

3. Set realistic goals

Self-employed professionals often have high expectations for themselves. Establishing practical, daily objectives and deadlines can prevent feelings of overburden and foster motivation as you progressively accomplish your tasks.

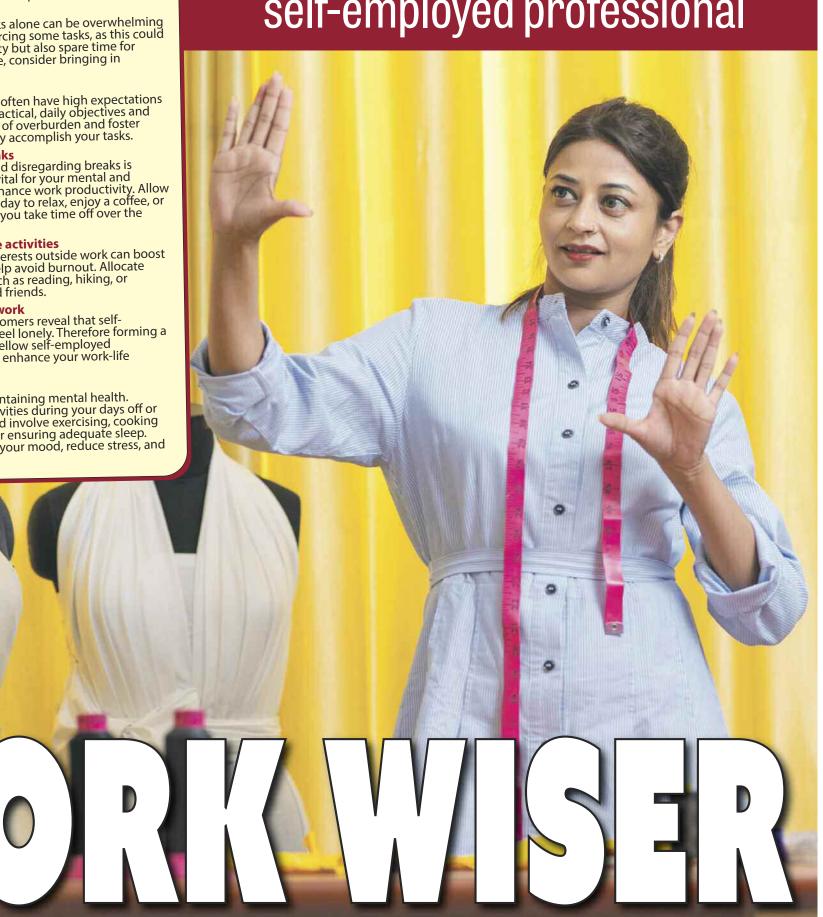
4. Incorporate regular breaks
Getting absorbed in work and disregarding breaks is common, but recuperation is vital for your mental and physical health. It can even enhance work productivity. Allow the regular intervals in your day to relay enjage seffect or short, regular intervals in your day to relax, enjoy a coffee, or get some fresh air, and ensure you take time off over the

5. Dedicate time for leisure activities
Engaging in hobbies and interests outside work can boost your overall well-being and help avoid burnout. Allocate time for activities you love, such as reading, hiking, or spending time with family and friends.

6. Establish a support network
Our conversations with customers reveal that selfemployment can sometimes feel lonely. Therefore forming a
network of friends, family, or fellow self-employed
professionals can significantly enhance your work-life

7. Prioritise self-care
Self-care is essential for maintaining mental health.
Allocate time for self-care activities during your days off or post-work evenings. This could involve exercising, cooking one of your favourite meals, or ensuring adequate sleep.
Doing so could help improve your mood, reduce stress, and boost your productivity.

Seven effective tips for achieving a better work-life balance as a self-employed professional







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THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD



"How the 'Saturday Saturday' hit-maker's cultural roots and philanthropic efforts continuously fuel his ambitions"

Where he embraced his initial rap alter ego, pseudonym 'MC Cool Equal', and established the duo 'Northern Clique' alongside

a fellow student.

Juggling the demands of his civil engineering job, Badshah spent his nights laying down and the roaring applause, his tracks in the studio. These commitment to giving back to society stands out as a ray of hope commitment to education Mafia Mundeer, marking a pivotal chapter in his musical iourney.

work became a career. This song

became a party hit in urban India.

Later, Bollywood hits like 'Abhi
Toh Party Shuru Hui Hai' (2014)
and 'Aaj Raat Ka Scene' (2015)
solidified his place in Indian
music. However, 'DJ Waley Babu'
(2015) his major label debut (2015), his major label debut health. He has utilised his single, propelled him into the spotlight.

A new generation of Indians who valued brands and and indulgences was inspired by his music. This audience responded to his hits like '2 Many Girls' (2015) and 'Kar Gayi Chull' (2016), cementing his place in

ventures, he explored nostalgia, synth-wave, and '90s Bollywood

and Indi-pop music.

Badshah's impact transcends embraced this duty.

With a career spa geographical boundaries. He has collaborated with international heavyweights such as J Balvin, Tainy, Sean Paul, Major Lazer, Diplo, Tiesto, Lil Baby, and Mikey McCleary, showcasing his ability

production with traditional Indian sounds seamlessly.

Not only this, he is a highly influential contemporary Indian

as a commitment to education

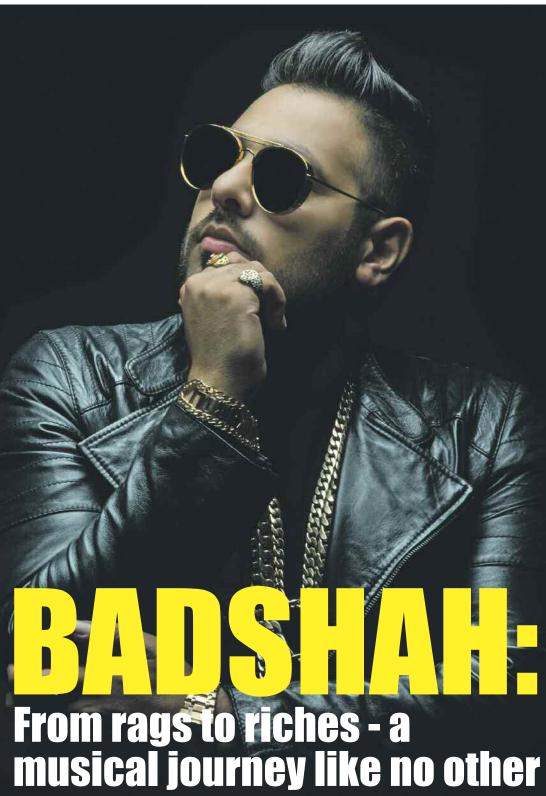
and women's empowerment.

Despite the stellar trajectory of With songs like 'Saturday his career, Badshah's narrative Saturday' in 2012, his passion includes overcoming formidable project with his civil engineering challenges, including his struggles with clinical depression and severe anxiety disorder.

> His encounters have transformed into him passionate champion for raising awareness and providing assistance in the realm of mental platform to normalise discussions surrounding mental health and promote a culture of open dialogue regarding emotional well-being, showcasing a strong dedication to responsibility.
> In a world where celebrity

influence is often measured by His more recent Eps like achievements to bring about 'Retropanda' (2022) and '3 A.M. positive change in the lives of the Sessions' (2023), show Badshah's underprivileged. His acts of artistic progression. In these ventures, he explored nostalais positions of influence must give back, and he has wholeheartedly

> With a career spanning over a decade, more than 500 stadium performances, and an array of hits, his tour is set to hit iconic UK venues, including the OVO Arena, in London, and Direct contemporary Arena in Leeds.



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Who is the Director of 'Hunger Games: The Ballad of Songbirds & Snakes'?

Send in your answers to my.competition@asianexpress.co.uk. Don't forget to mention your full name, contact details and address. Entry closes 10pm, 30th November 2023. Winners will be selected randomly from all correct entries. Hook on to this page for free cinema tickets to upcoming films.

TERMS AND CONDITIONS: The Competition is organised between the Asian Express Newspaper and Odeon. The Asian Express Newspaper reserves the right to cancel or amend the Competition, the Competition Notice or these Rules at any time without prior notice. Competition entries must be made in the manner and by the closing date specified on the Competition Rules. Failure to do so will disqualify the entry. In the event of any dispute regarding the Rules, Competition Notice, conduct, results and all other matters relating to a Competition, the decision of the Asian Express Newspaper shall be final and no correspondence or discussion shall be entered into. To qualify to enter the Competition you must be resident in the United Kingdom and aged 16+. Only one entry per person per Competition is allowed and multiple entries will result in an entrant being disqualified. Additional eligibility requirements may apply to a specific Competition, e.g. identification such as a valid passport, student card and/or driver's licence. Prizes are non-transferable and there is no cash alternative. Winners may be requested to take part in promotional activity and the Asian Express Newspaper reserves the right to use the names of winners, their photographs and audio and/or visual recordings of them in any publicity. Any personal data relating to entrants will be used solely in accordance with current UK data protection legislation and will not be disclosed to a third party without the individual's prior consent. The Competition and the terms and conditions of this agreement will be governed by English law.



WHAT'S ON Cine

Hunger Games:
The Ballad of
Songbirds & Snakes
Release date: 17/11/2023
Starring: Jason Schwartzman,
Pachel Zogler, Jack Andrés Birder

Release date: 17/11/2023
Starring: Jason Schwartzman,
Rachel Zegler, Josh Andrés Rivera,
Tom Blyth, Hunter Schafer, Peter
Dinklage, Viola Davis
Director: Francis Lawrence
Cert: 12A

Experience the story of The Hunger Games - 64 years before Katniss Everdeen volunteered as tribute, and decades before Coriolanus Snow became the tyrannical President of Panem. 'Hunger Games: The Ballad of Songbirds & Snakes' follows a young Coriolanus (Tom Blyth) who is the last hope for his failing lineage, the once-proud Snow family that has fallen from grace in a post-war Capitol. With his livelihood threatened, Snow is reluctantly assigned to mentor Lucy Gray Baird (Rachel Zegler), a tribute from the impoverished District 12. But after Lucy Gray's charm captivates the audience of Panem, Snow sees an opportunity to shift their fates. With everything he has worked for hanging in the balance, Snow unites with Lucy Gray to turn the odds in their favor. Battling his instincts for both good and evil, Snow sets out on a race against time to survive and reveal if he will ultimately become a songbird or a snake

Aquaman and the Lost Kingdom

Release date: 20/12/2023 Starring: Yahya Abdul-Mateen II, Amber Heard, Temuera Morrison, Randall Park, Vincent Regan, Dolph Lundgren, Patrick Wilson, Willem Dafoe, Nicole Kidman, Indya Moore, Pilou Asbæk, Ben Affleck, Jason Momoa

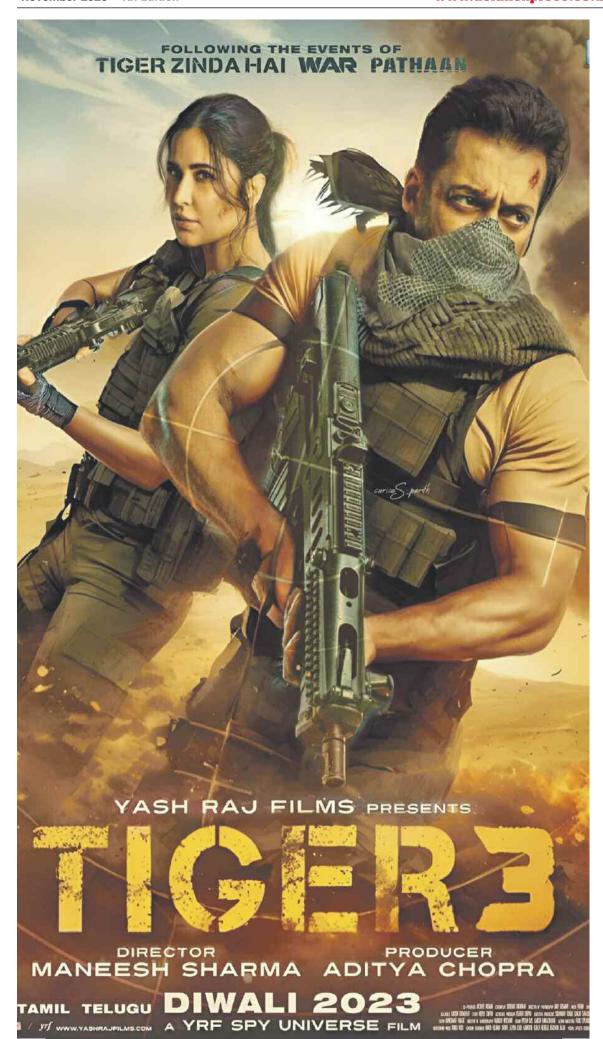
Director: James Wan Cert: TBC

Having failed to defeat Aquaman the first time, Black Manta, still driven by the need to avenge his father's death, will stop at nothing to take Aquaman down once and for all. This time Black Manta is more formidable than ever before, wielding the power of the mythic Black Trident, which unleashes an ancient and malevolent force. To defeat him, Aquaman will turn to his imprisoned brother Orm, the former King of Atlantis, to forge an unlikely alliance. Together, they must set aside their differences in order to protect their kingdom and save Aquaman's family, and the



save Aquaman's family, and the world, from irreversible destruction. All returning to the roles they originated, Jason Momoa plays Arthur Curry/Aquaman, now balancing his duties as both the King of Atlantis and a new father; Patrick Wilson is Orm, Aquaman's half-brother and his nemesis, who must now step into a new role as his brother's reluctant ally; Amber Heard is Mera, Atlantis' Queen and mother of the heir to the throne; Yahya Abdul-Mateen II is Black Manta, committed more than ever to avenge his father's death by destroying Aquaman, his family and Atlantis; and Nicole Kidman as Atlanna, a fierce leader and mother with the heart of a warrior. Also reprising their roles are Dolph Lundgren as King Nereus and Randall Park as Dr. Stephen Shin.

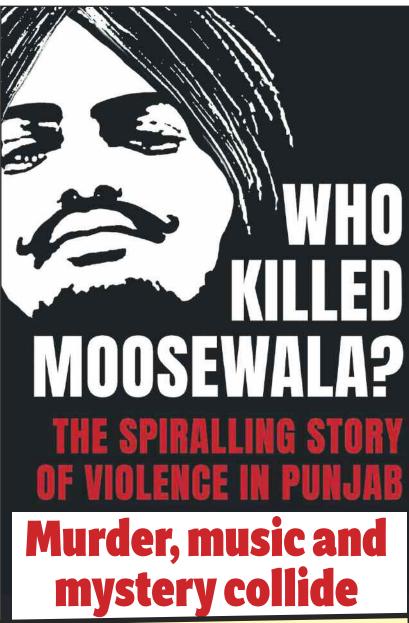




Tiger 3

Release date: 11/11/2023 Starring: Salman Khan, Katrina Kaif, Emraan Hashmi Director: Maneesh Sharma **Cert: TBC**

Framed as Enemy No 1, Salman Khan aka Tiger hunts with vengeance to clear his name in Tiger 3! One of India's biggest superstars to have ever graced the silver screen, Salman Khan is back to reprise his much-loved role as super agent Tiger aka Avinash Singh Rathore in Yash Raj Films' Tiger 3! Directed by Maneesh Sharma, Tiger 3 is set to release on the big Diwali holiday window this year.



Gripping crime saga 'Who Killed Moosewala?' a spiralling story of violence in Punjab

Sriram Raghavan mentored to fame was tragically cut short Matchbox Shots, the production house renowned for cinematic gems like 'Andhadhun', ''Monica O My Darling' and 'Scoop', has acquired the rights to the gripping book Who Killed Moosewala? book, Who Killed Moosewala?

The spiralling story of violence in Punjab, authored by crime journalist and Deputy Editor of The Tribune, Chandigarh, The Tribune, Jupinderjit Singh.

This literary revelation peels back the layers of the enigmatic Punjabi music industry, offering a spine-chilling account of crime, fame and tragedy in the life of Shubhdeep Singh Sidhu, famously known as Sidhu Moosewala.

The book delves into the ominous influence of drugs and the eruption of violence driven by gangsters' growing dominance in Punjab. The narrative is more than just a mystery; it paints a comprehensive picture of the dark underbelly of an industry often glamorised but rarely understood.

Sidhu Moosewala, an iconic figure in the international Punjabi music scene, transformed from Shubhdeep Singh Sidhu into an artist whose lyrics and themes resonated deeply with the global vouth.

Mooselwala's work was not without controversy; it delved into raw, unfiltered issues, making him a voice for many. However, his rise Routray.

and 'Who Killed Moosewala?' attempts to uncover the truth behind this shocking event.

Jupinderjit Singh says: moment the book was published there was a lot of interest from various production houses. I was really impressed with the kind of work Matchbox Shots is producing and I am thrilled that they have taken the rights to the book to

develop it further."
Sarita Patil of Matchbox Shots shared her perspective on the project, emphasising connection between the music industry and gang wars in Punjab. She comments: "We have always found the macabre relationship between the music industry and gang wars in Punjab extremely intriguing. With Jupinderjit's book, Who Killed Moosewala?, we know we have a strong backbone for our story.

The project, led by Dikssha Jyote Routray of Matchbox Shots, promises to be more than a movie or series; it's a testament to the complexity of human existence and the forces that shape the world. "The story is an intricate interplay of crime, fame and music in Punjab, a narrative that demands contemplation and understanding," says Dikssha Jyote

Join the conversation:

#WhoKilledMoosewala

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of cover, should the worst

happen. Which? takes a closer look at

motors were for Ford models. Land Rovers were second, accounting for 11% of claims, followed by Mercedes (10%), BMWs (8%) and Vauxhalls (2%)

Continued on page 49

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Hyundai Motor UK has announced pricing and specification for the IONIQ 5 N, with pricing starting from

Since IONIQ 5's release in 2021, the model has enjoyed praise from industry and customers alike for its combination of style and practicality combined with the efficiency and high-speed charging ability of its 800V

E-GMP architecture.

The IONIQ 5 family now grows further with the introduction of the

IONIQ 5 N represents the N brand's future and a new way for high-performance enthusiasts to electrify their passion for driving on road and track. With DNA from the brand's driver-focused N models, the E-GMP-based IONIQ 5 provides the perfect foundation to create N's first high-performance EV.

As well as demonstrating performance and handling in line with demonstrating N's traditional core values, IONIQ 5 N is also the first high performance EV to provide the enthusiast driver with an emotional, aural, and sensory connection to the vehicle.

The conversion from multiple award winning zero emission SUV into EV hyper hatch begins with enhancements to the body-in-white (BIW) structure with 42 additional welding points and 2.1 meters of additional adhesives, reinforced additional adhesives, reinforced motor and battery mountings whilst front and rear subframes are enhanced for lateral rigidity.

To enhance steering response and feedback, IONIQ 5 N's steering column has been strengthened for improved rigidity with a specially tuned N R-MDPS (Rack-Mounted Motor-Driven Power Steering) system with a higher steering ratio and enhanced torque feedback. IONIQ 5 N also benefits from Electronic Controlled Suspension (ECS) that adapts suspension stiffness according to the drive mode to improve rear wheel damping and suspension, securing an agile and immediate

As well as physical enhancements to the body, suspension and drivetrain, IONIQ 5 N also takes advantage of the array of sophisticated electronic control technology found in the E-GMP platform.

Many performance enthusiasts have been outspoken about the lack of driver feedback behind the wheel of EVs and to counter this, IONIQ 5 N offers two functions to engage enthusiasts: N e-shift and N Active Sound+. Both modes collectively to deliver a engaging physical and experience behind the wheel.

IONIQ 5 N also features several technical enhancements over the standard IONIQ 5, with a powertrain enhanced for performance in both power output, battery cooling and

braking.

IONIQ 5 N's electric motors spin up to 21,000 RPM providing up to 609PS in normal conditions, or 650 PS

M. Grin Boost (NGB) is when N Grin Boost (NGB) is engaged, maximising acceleration for up to 10 seconds. Furthering its track capabilities, IONIQ 5 N also features N Launch Control, with three different traction levels for the fastest

possible start.
Designed to deal with the harsh braking demands of track driving, Hyundai N engineers designed N Brake Regen, an N-specific region braking system. It offers up to a



maximum of 0.6G decelerative force — an industry leading figure — through N Brake Regen alone and remains engaged under ABS activation with a maximum of 0.2G.

As well as extensive mechanical and software developments designed for performance driving, IONIQ 5 N's exterior adds performance related design elements. The N model further distinguishes itself from the standard IONIQ 5 with a change of proportions. It is 20 mm lower overall, 50 mm wider at the bottom to accommodate wider tyres and 80 mm longer due to the more prominent diffuser.

This impression is further reinforced by the forged 21-inch aluminium wheels that are wrapped in high-grip 275/35R21 Pirelli P-Zero

tyres for improved ride and handling and better grip in track performance.

IONIQ 5 N's interior is optimised for track driving, with enhancements designed to provide both comfort, support and case of operation. support and ease of operation. An addition of a centre console fitted with both knee pads and shin support designed to add driver bracing under hard cornering.
Aside from driver support, the

console also offers a sliding armrest, C-type USB and wireless charging and cupholders. New N bucket seats are finished in leather and Alcantara and have reinforced bolsters

Electrifying

Hyundai announces IONIQ 5 N range pricing, specification and technical information

provide lateral support during sharp cornering, whilst the seat frames are positioned 20 mm lower compared to

the standard specification model.

Additional new technology has been embedded with the Digital Centre Mirror which allows the driver to switch between a conventional mirror or a digital screen with a feed from a dedicated camera mounted under the rear spoiler for an increased horizontal rear view with a 50o angle

vs the 20o of an optical mirror. Like the standard IONIQ 5, the N variant is built on the 800V Electric Global Modular Platform, offering ultra-fast charging compatibility and Hyundai's pioneering Vehicle-to-Load technology (V2L).

Similarly, sustainable materials are applied throughout IONIQ 5 N, including recyclable paperette door decorative garnish, BIO PET yarn from sugarcane, recycled PET yarn

from recycled PET bottles, BIO TPO from sugarcane and eco processed

All IONIQ 5 N models come with Hyundai's industry leading 5 Year Unlimited Mileage Warranty, 8 Year/100,000 Mile High Voltage Battery Warranty, 5 Year Annual Health Check, 3 year MapCare navigation update program, Roadside Assistance package, and 12 Year Anti Corrosion Warranty.





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cars most like to be stolen

Does your insurance cover theft? Take steps to protect your vehicle from potential thieves

It's a good idea to take the following measures to prevent your car being stolen in the first place. Here are some

1. Lock your car and keep your keys safe

It sounds obvious, but always make sure your car is locked - even if you're just popping into the garage. Also, another given, never leave your keys clearly visible in the car. You might also want to think about going a step further and storing them away at night. That's because thieves are becoming increasingly sophisticated in how they get inside your vehicle, using devices that can connect key fob signals and unlock cars remotely. To prevent that from happening, you can place your keys in a safe at home or use specially lined bags or wallets.

2. Park carefully

Choose your parking space wisely. Offstreet or in a locked garage are usually safest. Failing that, make sure it's in a well-lit spot in a manned car park or on a residential street where people are likely to be passing by.

3. Never leave valuables inside

Having anything remotely of value on display in the car can attract unwanted attention from thieves. That includes mobile phones, money, bags or tech such as laptops and tablets. If you must keep them in the car, lock them in the boot or glove compartment.

4. Invest in an alarm

An alarm can be an effective deterrent for would-be thieves. Some alarm systems also come with a tracker so you can locate your car if it's taken, as well as immobilisation, anti-grab and movement sensors. If you're stretched for budget, you could instead consider buying a metal locking device placed over the steering wheel. Upping the security on your car can also lower your premium, so it's worth considering these added savings when weighing up the costs.

Continued from page 47

Vehicles between five and eight years old were responsible for 40% of Tesco Bank insurance claims, with cars manufactured in 2016 most likely to be

stolen - they made up 12% of claims in 2022-23.

Black was the most-common colour of car reported stolen, accounting for a quarter (26%) of all claims made to Tesco Bank's car Insurance claims team. Grey was second (19%) and white (17%)

Parts are prized too

Even if your vehicle isn't stolen itself, thieves are also prone to make away with expensive parts that can cost thousands of pounds to replace.

Dave Thompson, claims director at Tesco Bank, says: 'While Land Rovers are sought after and can be sold on quickly, some models like Fords can be broken down pretty much overnight and sold on for

parts the next morning.

'And while the precious metals in catalytic converters aren't fetching as much as they once did, thieves are turning to other high-value parts such as the steering wheels in BMWs

Further analysis of Tesco Bank car Insurance data reveals that Birmingham is a hotspot for car thefts, accounting for 8% of all claims made, followed by London (7%) and Sheffield (6%).

Most thefts happen when drivers are tucked up in bed, with 36% of claims indicating the theft took

place between midnight and 7am.

Check your insurance covers theft

Not all insurance policies will cover the costs of theft. Your ability to claim - and the amount the insurer will pay out - depends on the level of cover

you bought.

Basic third-party insurance, the minimum you need to drive on UK roads, will only cover the costs of damage to someone else's car or injury to another person. You won't be able to claim anything if your vehicle is stolen. For that, you'll need to buy thirdparty, fire and theft insurance or a comprehensive

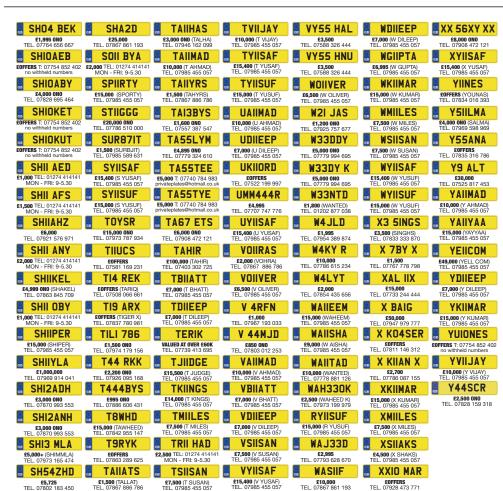
If your car is eventually found and little damage has been done, claiming should be as quick and straightforward as if you've been in an accident. However, if they don't recover your car or the damage is too great, your insurer should usually offer you the car's market value so you can buy a replacement.

Take steps to protect your car from theft

Even if your insurance does say it will cover theft, insurers can refuse a claim if they believe you've been careless. Plus, if your car is stolen and you make a claim, it's highly likely the cost of your premium will go up when it's time to renew.

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OOIIASH	AKHIIIR	ASIILEE	BAB84R	DOII DRS	ETIIANM	GOI7 ERX	JOIINTY	KE55ERR	MAIIBUB	MR 5 5YKS	NBIIACK	PAIILJR	RE53EES
£5,000 (0011 ASH) TEL. 07985 455 057	£8,000 TEL. 07733 244 444	£39,000 (ASHLEE) TEL. 07985 455 057	£6,995 TEL. 07530 612 171	£20,000 (DOLLORS) TEL. 07815 114 201	£8,500 (ETHAN M) TEL. 07985 455 057	£8,000 0N0 TEL. 07908 472 121	£20,000 (JOHNTY) TEL. 07985 455 057	£9,895 0N0 TEL. 07779 324 610	£19,000 (MAHBUB) TEL. 07985 455 057	£5,000 T: 07740 784 983 privateplates@hotmail.co.uk	£8,500 (N BLACK) TEL. 07985 455 057	£11,000 (PAUL JR) TEL. 07985 455 057	£2,995 TEL. 07867 861 193
I23 YKP	AKH773R	ASIIMED	BAS33R	DRIIOPE	ETIIANR	GSIISAN	J055FYN	KHIIAAN	MAIIDAA	MR 57NOH	NCIIARK	PAIILSG	RGIIGGS
£1,275 0N0 TEL. 07852 290 229	£2,995 TEL. 07867 861 193	£8,000 (ASHOK M) TEL. 07985 455 057	£13,000 0N0 TEL. 07879 230 103	£8,000 (DR HOPE) TEL. 07985 455 057	£8,500 (ETHAN R) TEL. 07985 455 057	£7,500 (G SUSAN) TEL. 07985 455 057	£0FFERS T: 07740 784 983 privateplates@hotmail.co.uk		£1,500 0N0 (MAIDA) TEL. 07946 162 099	£8,000 (MR SINGH) TEL: 07731 464002	£9,000 (N CLARK) TEL. 07985 455 057	£11,000 (PAUL SG) TEL. 07985 455 057	£29,000 (R GIGGS) TEL. 07985 455 057
IBZ 786 OFFERS OVER £10,000	AKR5M £5,500	S4.500 (ASH RAJ)	BCIIARK	DRIIORN £8,000 (DR HORN)	ETIIANT	E15.000 (GUIDES)	JON8OSS £6,995	E10,000 TEL: 01274 414141	E1,500 ONO (MAIDAH)	MR N4S £0FFERS	NDIIEEP £7,000 (N DILEEP)	PAILSR £11,000 (PAUL SR)	RJIDGE £15,500 (R JUDGE)
TEL. 07889 184 532	TEL. 07947 979 777	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07530 612 171	MON - FRI: 9-5.30	TEL. 07946 162 099	TEL. 07787 334 567	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057
OFFERS OVER £35,000	£1200 0N0	ASIIRAP £2,500 (ASHRAF)	BDIIEEP £7,000 (B DILEEP)	£15,000 (DR IANS)	£8,500 (ETHAN W)	E3,000 ONO (GULLFAM)	2900 ONO (JAT OK)	E8,000	E1,500 ONO (MALEK)	MSIIOPE £9,500 (MS HOPE)	NAS555A £4,500	PAIIMAD £10,000 (P AHMAD)	RSIIAUN £15,000 (R SHAUN)
TEL. 07971 827 913	TEL. 07884 115 115	TEL: 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEĹ. 07985 455 057	TEL. 07946 162 099	TEL. 07581 423 143	TEL. 07921 576 971	TEL. 07946 162 099	TEĹ. 07985 455 057	TEL. 07867 861 193	PAIISHA	TEL: 07985 455 057
£4,000 TEL. 07733 244 444	£3,000 0N0 (ALI HASSAI TEL. 07946 162 099		£2,995 0N0 TEL. 077970 914 137	£12,000 (DR HARY) TEL, 07985 455 057	£10,000 (E VIJAY) TEL. 07985 455 057	OFFERS OVER £5,000 TEL. 07597 629 845	£1500 0N0 TEL. 07774 246 877	£1,000 TEL: 01274 414141 MON - FRI: 9-5.30		£9,500 (MS HALE) TEL, 07985 455 057	£29,000 (NEIL FOX) TEL. 07985 455 057	£9,000 (P AISHA) TEL 07985 455 057	£10,000 (R VIJAY) TEL. 07985 455 057
786 KAM	MO3EAR	ASI4 NAK	BD55TAN	DRIIAYS	EVIIKAR	GVIIJAY	J4 NGS	KHIINGZ	MAIIMED	MSIIALY	N KIIANZ	PAII VEZ	RYIISAF
£25,000 TEL. 07733 244 444	£3,000 0N0 TEL. 07506 342 385	£1,500 0N0 TEL. 07983 590 591	£2,495 TEL. 07954 389 874	£8,000 (DR HAYS) TEL. 07985 455 057	£650 0N0 (EVIL CAR) TEL. 07411 953 337	£10,000 (G VIJAY) TEL. 07985 455 057	£10,000 TEL. 07815 114 201	£13,000 TEL. 07921 576 971	£29,000 (M AHMED) TEL. 07985 455 057	£9,500 (MS HALY) TEL. 07985 455 057	£1,500 0N0 (NKHANZ) TEL. 07946 162 099	£1,500 TEL: 01274 41414 MON - FRI: 9-5.30	
786 MAK	AMO4EAR	S ASI4 NJT	BEIIOLD	B DR 5INGG	EYIISAF	GYIISAF	J4UEO	KH59 LED	MAIIMVD	MSIIAWK	NLIICAS	PDIIEEP	RYIISUF
£10,000 0N0 TEL. 07887 690 098	£3,000 0N0 TEL. 07506 342 385	£1,500 0N0 TEL. 07983 590 591	£19,000 (BEHOLD) TEL. 07985 455 057	£0FFERS TEL. 07720 376 861	£15,400 (E YUSAF) TEL. 07985 455 057	£15,400 (G YUSAF) TEL. 07985 455 057	£2,495 TEL. 07954 389 874	£3,000 TEL. 07970 281 994	£1500 (MAHMUD) TEL. 07867 886 786	£9,500 (MS HAWK) TEL. 07985 455 057	£7,000 (N LUCAS) TEL. 07985 455 057	£7,000 (P DILEEP) TEL. 07985 455 057	£15,000 (R YUSUF) TEL. 07985 455 057
82 GK	AMII AAD £2,000 TEL: 01274 41414	ASI4NSX £15,000 0N0	BHO4GUL £0FFERS (BHOGUL)	DR5ISHA £995 (DR. SHISHA / SHA	EYIISUF £15,000 (E YUSUF)	E15,000 (G YUSUF)	JAIIALS £15,000 (JALLALS)	E15,000 (K KUMAR)	MAII RYM £1,500 TEL: 01274 414141	MSIIAYS £9,500 (MS HAYS)	NOII SHN £2,500 TEL: 01274 414141	PD55ESS £1,500 0N0 (POSSESS)	SOILJA £10,000 (SOULJA)
TEL. 07787 334 567	MON - FRI: 9-5.30	TEL. 07908 472 121	TEL. 07970 026 653	TEL. 07834 531 683	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	MON - FRI: 9-5.30	TEL. 07985 455 057	MON - FRI: 9-5.30	TEL. 07971 732 789	TEL. 07786 615 234
£5,000 0NO (AMJED)	£5,000 TEL: 01274 41414		BH54RAT £0FFERS (BHARAT)	E8,000 T: 07740 784 983	FI 6UJR £2,500 (F1 GUJR)	E1,950 ONO (HUSSAIN)	£10,000 (J AHMAD)	£15,000 (K SHAUN)	£18,000 (M AHTAB)	MSIIUGH £15,000 (MS HUGH)	E15,000 (N SHAUN)	PHIIFOX £29,000 (PHIL FOX)	SOC4R £0FFERS
TEL. 07971 732 789	MON - FRI: 9-5.30	TEL. 07976 024 735	TEL. 07970 026 653	privateplates@hotmail.co.u	FI7 STX	TEL. 07956 214 163	TEL: 07985 455 057	TEL. 07985 455 057	TEL: 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07787 334 567
£1,499 ONO TEL. 07875 337 224	£5,000 TEL: 01274 41414 MON - FRI: 9-5.30		£15,000 (B KUMAR) TEL. 07985 455 057	£15,000 (D SHAUN) TEL, 07985 455 057	£2,999 0N0 TEL. 07904 018 063	£8,895 0N0 TEL. 07779 324 610	£15,000 (J AHMED) TEL, 07985 455 057	£2,000 TEL. 07588 326 444	£4,000 TEL. 07588 326 444	£7,500 (M SUSAN) TEL, 07985 455 057	£7,500 (N SUSAN) TEL. 07985 455 057	£14,000 (P KINGS) TEL. 07985 455 057	£0FFERS (SHEIKH) TEL. 07815 114 201
A212 JAN	ANII SAR	ATT4H	BSIIAUN	DSIISAN	F44EEM	HOIIVER	JA55BYR	E KAIITAA	MA55 UMM	MUIIAMD	NUII ZAT	PMILES	SILYM
£0FFERS OVER £5,000 TEL. 07817 615 022	£2,500 TEL: 01274 41414 MON - FRI: 9-5.30	£8,500 ONO NO WITHHELD NO TEL. 07786 424 251	 £15,000 (B SHAUN) TEL. 07985 455 057 	£7,500 (D SUSAN) TEL. 07985 455 057	£4,500 TEL. 07825 040 037	£7,500 (H OLIVER) TEL. 07985 455 057	£8,895 TEL. 07779 324 610	£10,000 (K VIJAY) TEL. 07985 455 057	£2,800 TEL. 07588 326 444	£10,000 (MOHAMMAD) TEL. 07867 886 786	£1,500 TEL: 01274 414141 MON - FRI: 9-5.30	£7,500 (P MILES) TEL. 07985 455 057	£5,000 TEL. 07900 895 552
E1,500 TEL: 01274 414141	ANII SER £5,000 TEL: 01274 41414	E10,000 (A VLIAY)	E1,500 ONO (BISSMILA)	£10,000 (D VIJAY)	F44TMA £7,500	EREASONABLE OFFERS	JAV333D £5,500	£15,400 (K YUSAF)	M ALIIS EOFFERS	MUII SAH £1,500 TEL: 01274 414141	E10.000 (N VIJAY)	PSIISAN £7,500 (P SUSAN)	SII OHL
MON - FRI: 9-5.30	MON - FRI: 9-5.30	TEL. 07985 455 057	TEL. 07971 732 789	TEL. 07985 455 057	TEL. 07825 040 037	TEL. 07525 927 144	TEL. 07867 861 193	TEL. 07985 455 057	TEL. 07787 334 567	MON - FRI: 9-5.30	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07545 218 365
£15,000 (A AHMAD) TEL 07985 455 057	E1,500 ONO (ANSAAR)	£10,000 (AWESOME)	BU55TEO £5,000 ONO (BUSTED)	£15,400 (D YUSAF)	E1,000 TEL: 01274 41414	1 £950 ONO	£7,000 (J DILEEP)	£3,800	# MAR20F	£1,500 (MOHAMMAD)	£15,400 (N YUSAF)	ESERIOUS OFFERS	SIIRGL £0FFERS
AAIIYAA	TÉL. 07946 162 099	TEĹ. 07985 254 294	TÉL. 07985 455 057	TEL. 07985 455 057	MON - FRI: 9-5.30	TEL. 07968 642 402	TEL. 07985 455 057	TEL. 07588 326 444	TEL. 07990 116 644	TÉL. 07867 886 786	TEL. 07985 455 057	TEL. 07707 146 047	TEL. 07919 583 618
£20,000 (AALIYAA) TEL. 07985 455 057	£1,000 TEL. 07983 480 777	£9,500 (A YUNUS) TEL. 07985 455 057	£10,000 (B VIJAY) TEL, 07985 455 057	£15,000 (D YUSUF) TEL. 07985 455 057	£9,000 (F AISHA) TEL. 07985 455 057	£12,000 (HAILEE X) TEL. 07985 455 057	£20,000 TEL. 07786 615 234	£3,500 TEL. 07588 326 444	£1400 (M DAWOOD) TEL. 07428 657 147	£10,000 (M VIJAY) TEL. 07985 455 057	£15,000 (N YUSUF) TEL. 07985 455 057	£15,000 (P WILSON) TEL. 07985 455 057	£1,200 0N0 TEL. 07791 919 237
AAI2JAN	MESCNA 🔡	ASIISAF	BYIISAF	EAIIMAD	FAIIMAD	HAIIEYX	JKII ANN	LII KJY	MDIIEEP	MYIINUS	NYSS AAR	PYIISAF	S40YB K
£15,000 (ARJAN) TEL. 07731 464002	£4,995 TEL. 07867 861 193	£15,400 (A YUSAF) TEL. 07985 455 057	£15,400 (B YUSAF) TEL. 07985 455 057	£10,000 (E AHMAD) TEL. 07985 455 057	£10,000 (F AHMAD) TEL. 07985 455 057	£12,000 (HAILEY X) TEL. 07985 455 057	£2,500 (J KHAN) TEL. 07815 114 201	£1,195 0N0 TEL. 07867 770 940	£7,000 (M DILEEP) TEL. 07985 455 057	£9,500 (M YUNUS) TEL. 07985 455 057	TEL. 07588 326 444	£15,400 (P YUSAF) TEL. 07985 455 057	£1,495 (SHOYB/SAQYB K) TEL. 07786 424 251
AASIZAA £0FFERS	E10,000 0NO (ANWAAR	AYIISUF £15,000 (A YUSUF)	BYIISUF £15,000 (B YUSUF)	EAIIMED £15,000 (E AHMED)	FAIMED £15,000 (F AHMED)	#AIIMAD	JKIIMAR £15,000 (J KUMAR)	£3,000 (U 4 USY / LUSY)	MDIIAMD £2,500 (MOHAMMAD)	E3,000 (MY IPOD)	NY55 HAA	PYIISUF £15,000 (P YUSUF)	S44JED £0FFERS
TEL. 07977 612 479	TÉL. 07946 162 099	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07786 424 251	TEL. 07867 886 786	TEL. 07985 455 057	£1,250 TEL. 07588 326 444	TEL. 07985 455 057	yourplate@yahoo.co.uk
E8,895 ONO	E10,000 ONO (ANWAAR		1 £2,500	EA55TAL EOFFERS T: 07740 784 98	FAH44D £9,995	£15,000 (H AHMED)	£7,500 (J SUSAN)	£10,000 0N0 (IMRAN)	£19,000 (MEHBUB)	E995 (MY SHISHA)	£20,000 (OO LLOYD)	ROIIANG £9,500 (ROHAN G)	\$48 EYA £2,500
TEL. 07779 324 610	TEL. 07946 162 099	MON - FRI: 9-5.30	TEL. 07764 656 667	privateplates@hotmail.co.u	TEL. 07530 612 171	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07759 097 070	TEL. 07985 455 057 MEIIMUD	TEL. 07834 531 683	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07588 326 444
TEL. 07588 326 444	£3,000 (A SHAHS) TEL. 07815 114 201	£0FFERS TEL, 07971 850 490	£7,500 (CLASSY) TEL, 07815 114 201	£0FFERS T: 07740 784 98 privateplates@hotmail.co.u	£5,500	OFFERS OVER £5,000 TEL. 07973 165 474	£15,000 (J SHAUN) TEL. 07985 455 057	£2,000 0N0 TEL. 07427 677 989	£19,000 (MEHMUD) TEL, 07985 455 057	£7,500 T: 07740 784 983 privateplates@hotmail.co.uk	£15,000 (OO HARY) TEL. 07985 455 057	£9,500 (ROHAN K) TEL, 07985 455 057	£1,200 0N0 TEL. 07791 919 237
AALI5	ASII AKS	■ BO55Y BO	C 5KY W	EAS7S	■ FAZ 786	HAI7 GEL	YALIIVL	E LAI4BBA	MEIITAB	NOO5HEN	OAIIMAD	ROHANP	S7KCK
£15,000 TEL. 07733 244 444	£1,500 TEL: 01274 41414 MON - FRI: 9-5.30	£5,000 T: 07740 784 983 privateplates@hotmail.co.u		EREASONABLE OFFERS TEL. 07974 179 156	0VER £10,000 TEL. 07765 555 786	£8,000 0N0 TEL. 07908 472 121	£10,000 (J VIJAY) TEL. 07985 455 057	£675 0N0 (LAIBA) TEL. 07779 050 970	£18,000 (MEHTAB) TEL. 07985 455 057	£0FFERS TEL. 07870 696 399	£10,000 (O AHMAD) TEL. 07985 455 057	£15,000 (ROHAN P) TEL. 07985 455 057	£1,000 TEL. 07508 341 074
AALII5 £10,000	ASII GER	BIII NAA	CAIISHA	EBIIATT	FBIIACK £8,500 (F BLACK)	HA54NS R	JYIINUS £9,500 (J YUNUS)	E7,000 (L DILEEP)	MJIDGE £25,000 (M JUDGE)	NI7ILA E	OA55ERS £5,000 ONO (CASSER)	ROIIANX £12,500 (ROHAN X)	S777YRA
TEL. 07733 244 444	£2,000 TEL: 01274 41414 MON - FRI: 9-5.30	TEL. 07557 472 855	£9,000 (C AISHA) TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	£0FFERS TEL. 07866 947 665	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	£1,500 0N0 TEL. 07427 677 989	TEL. 07967 350 957	TEL. 07985 455 057	E500 TEL. 07473 865 081
EOFFERS	£9,500 (ASHOK B)	EREASONABLE OFFERS	£10,000 (C AHMAD)	£8,500 (E BLACK)	FDIIEEP £7,000 (F DILEEP)	E5,550	£15,400 (J YUSAF)	£15,500 (L JUDGE)	E20,000 (M KUMAR)	815,000 ONO	E8,500 (O BLACK)	RI2I SAM £OFFERS	S8XXY £2,995 0N0
TEL. 07977 612 479 ABIOCHO	TEL. 07985 455 057	TEL. 07834 016 393	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07867 861 193	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07774 112 121	TEL. 07985 455 057	TEL. 07962 394 890	TEL. 07949 891 313
£0FFERS NO WITHHELD No TEL. 07754 852 402	£9,500 (ASHOK C) TEL. 07985 455 057	£2,500 TEL. 07405 763 319	£0FFERS T: 07740 784 983 privateplates@hotmail.co.uk	GS	£2,495 TEL. 07954 389 874	£16,000 (HEAVEN-HAVEN TEL. 07731 464002		£4,500 (L LUONG) TEL 07985 455 057	£1,495 TEL. 07794 820 437	£2,500 TEL. 07969 914 041	£9,000 (O CLARK) TEL 07985 455 057	£0FFERS TEL. 07707 707 609	£6,995 TEL. 07867 861 193
B ABIOSAB	ASIIOKD	BIGG BOB	CA55Y MS	■ EGO 80Y	FE5IALL	HEIIENH	KII ANN	LSIISAN	MOII BEN	N333RAA	ODIIEEP	RI2SYY	S88 TAL
£3,250 0N0 (ABID SAB) TEL. 07773 995 142	£9,500 (ASHOK D) TEL. 07985 455 057	£6,995 TEL. 07530 612 171	£0FFERS T: 07740 784 983 privateplates@hotmail.co.uk	£0FFERS TEL. 07787 334 567	£4,999 TEL. 07846 480 112	£15,000 (HELEN H) TEL. 07985 455 057	£50,000 TEL. 07815 114 201	£7,500 (L SUSAN) TEL. 07985 455 057	£3,000 TEL: 01274 414141 MON - FRI: 9-5.30	£0FFERS TEL. 07751 427 106	£7,000 (O DILEEP) TEL. 07985 455 057	£0FFERS TEL. 07816 488 420	£0FFERS (SHEETAL) TEL. 07786 510 000
ABIIACK £8,500 (A BLACK)	ASIIOKF	BI7SH U	CA65 NOW	EH55ANS OFFERS OVER £4,000	FGIIPTA	HEIIENM	K3LAM	LVIIJAY	MRO4LLY	N444HEM	DEII BOY	RI2Y MP	SAIIDAH
TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07866 860 894	£4,000 0N0 TEL. 07908 472 121	TEL. 07513 257 029	£6,995 (F GUPTA) TEL. 07985 455 057	£15,000 (HELEN M) TEL. 07985 455 057	£800 0N0 TEL. 07774 112 121	£10,000 (L VIJAY) TEL. 07985 455 057	£1,900 ONO (MR D ALLY) TEL. 07774 246 877	£5,500 0N0 TEL. 07766 645 325	TEL. 07815 114 201	OFFERS OVER £400 TEL. 07866 992 500	£1,500 0N0 (SAIDAH) TEL. 07946 162 099
EOFFERS	£9,500 (ASHOK G)	BIS ALY £3,495	E7,000 (C BHATT)	£15,500 (E JUDGE)	FKIIMAR £15.000 (F KUMAR)	E15,000 (HELEN P)	£100,000 ONO	£15,400 (L YUSAF)	MRIO JAT £0FFERS	N44DLM SERIOUS OFFERS	NGIIPTA £6,995 (O GUPTA)	RISWNA £3,000 ONO (RIZWANA)	SAIIHAS £1,500 ONO (SALIHA)
TEL. 07707 146 047	TEL. 07985 455 057	TEL. 07954 389 874	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07985 455 057	TEL. 07506 342 385	TEL. 07985 455 057	TEL. 07928 473 771	TEL. 07969 914 041	TEL. 07985 455 057	TEL. 07779 300 128	TEL. 07946 162 099
£3,500 0N0 (ABRAAR) TEL, 07946 162 099	£9,500 (ASHOK H) TEL. 07985 455 057	£995 (BIG FRR) TEL. 07971 850 490	£7,000 (C DILEEP) TEL. 07985 455 057	£15,000 (E KUMAR) TEL. 07985 455 057	£7,000 (F LUCAS) TEL. 07985 455 057	£15,000 (HELEN R) TEL. 07985 455 057	OFFERS OVER £5,000 FAZ911@MSN.COM	£15,000 (L YUSUF) TEL. 07985 455 057	£9,500 (MR HOOK) TEL. 07985 455 057	£1,995 TEL. 07954 389 874	£15,000 (O JUDGE) TEL. 07985 455 057	OVER £2,000 ONO TEL. 07427 677 989	£1,500 0N0 (SAIKA) TEL. 07946 162 099
ABDIIL	ASIIOKJ	BIG SLD	CHILER	ELIICAS	FRA22T	HEIIENT	K4 VRS	MOIIEB S	MRIIOBB	N4 YEB	OKIIMAR	R24 SAM	SAIIMAD
£10,000 0N0 (ABDUL) TEL. 07946 162 099	£9,500 (ASHOK J) TEL. 07985 455 057	£2,500 TEL. 07764 656 667	£0FFERS Panaceahealthcare@hotmail.co.uk	£7,000 (E LUCAS) TEL. 07985 455 057	£4,900 TEL. 07867 861 193	£15,000 (HELEN T) TEL. 07985 455 057	£10,000 (KAURS) TEL. 07815 114 201	£0FFERS TEL. 07787 334 567	£9,500 (MR HOBB) TEL. 07985 455 057	£950 TEL. 07896 699 241	£15,000 (O KUMAR) TEL. 07985 455 057	£0FFERS TEL. 07962 394 890	£15,000 (S AHMAD) TEL. 07985 455 057
ABR44R £10,000 0N0 (ABRAAR)	ASIIOKK	BILRL	CBIIATT	ELIISAA	FSIISAN	HEIIOO X	K40SUM	MOIIEB X	MRIIOWE	N4 WED	OMILES	R34 RAJ	SAIIMAZ £3,500 ONO (SAIMA/SALMA)
TEL. 07946 162 099	£9,500 (ASHOK K) TEL. 07985 455 057	£0FFERS (BILAL) TEL. 07808 950 492	£7,000 (C BHATT) TEL. 07985 455 057	£20,000 (ELISA A) TEL. 07985 455 057	£7,500 (F SUSAN) TEL. 07985 455 057	£1,500 0N0 (HELLO X) TEL. 07946 162 099	£3,500 TEL. 07867 861 193	TEL. 07787 334 567	£15,000 (MR HOWE) TEL. 07985 455 057	£10,000 (NAWED, NAWEED) TEL. 07731 464002	£7,500 (O MILES) TEL. 07985 455 057	E0FFERS TEL. 07928 473 771	TEL. 07946 162 099
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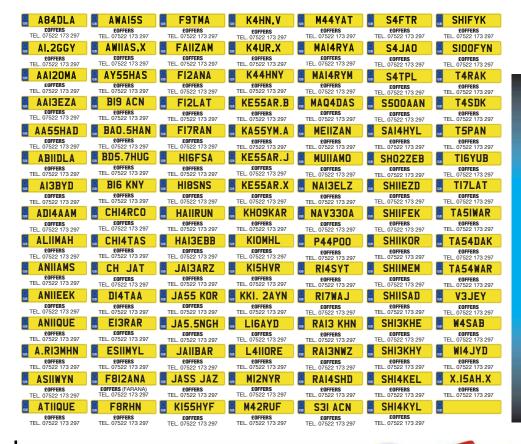
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Local heroes conquer **Yorkshire 3 Peaks challenge** to support cancer charity



A group of dedicated individuals embarked on an extraordinary journey, conquering the challenging Yorkshire Three Peaks to raise funds for Shaukat Khanum Cancer Hospitals, a leading cancer charity in Pakistan.

This remarkable endeavour not only showcased their physical endurance but also demonstrated their unwavering commitment to making a difference in the fight against cancer

against cancer.

The Yorkshire Three Peaks
Challenge, renowned for its
demanding terrain and unpredictable
weather, covers a staggering 24-miles
across the peaks of Pen-y-ghent,
Whernside, and Ingleborough.
Through sheer determination and a

Through sheer determination and a strong sense of purpose, this incredible team successfully completed the grueling trek, showcasing their resilience and unity.

Organised under the banner of Team IKCA the participants

Ain't no mountain high enough!

undertook this challenging trek to raise awareness and funds for Imran Khan Cancer Appeal, a charity that provides vital support to cancer patients and their families.

The funds raised will go towards crucial research, patient care, and support services, aiding the charity in its mission to combat cancer and improve the lives of those affected.

Event Coordinator Shafiq said: "This trek was more than just a physical challenge; it was a symbol of our collective determination to make "We are deeply moved by the dedication and passion shown by volunteers and supporters in completing the Yorkshire Three Peaks Challenge in under 12 hours for our cause." a difference in the lives of cancer patients.

"Each step we took was fuelled by the hope that our efforts would contribute to a world where cancer is no longer a threat. We are incredibly grateful for the support we received and the opportunity to contribute to Shaukat Khanum Cancer Hospital's noble cause."

The team expressed gratitude to their sponsors, supporters, and wellwishers who generously contributed to their fundraising campaign. Their support played a crucial role in motivating the team throughout the challenging trek and will have a lasting impact on the lives of cancer patients and their families.

IKCA spokesperson, Ikhlaq Ahmed expressed his heartfelt appreciation, stating: "We are deeply moved by the dedication and passion shown by volunteers and supporters in completing the Yorkshire Three Peaks Challenge in under 12 hours for our cause.

"Their commitment to supporting cancer patients is inspiring, and their fundraising efforts will make a significant difference in the lives of many. We extend our heartfelt thanks to the entire team and their supporters for their invaluable contribution."

To learn more about Imran Khan Cancer Appeal and how you can support their mission, please visit www.ikca.org.uk.



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Fears for

All top ten ranked UFC heavyweight fighters have higher strike accuracy than opponent Ngannou

Analysed fight data revealed after the Fury v Ngannou fight to reveal that all top ten UFC heavyweight fighters at present actually have a higher strike accuracy than Ngannou.

Even when taking reach into account

Even when taking reach into account it seems a good chunk of the UFC could hold their own against Fury according to extensive fight data

The boxing world was recently shaken by Tyson Fury's near-defeat at the hands of former MMA Star Francis Nganou.

After this shocking blow to the boxing legend, the sport experts at Sportsboom have analysed extensive fight data from the top ten ranked UFC heavyweight fighters to see which fighters might also be able to stand their ground against Fury – and as it turns out, the answer is, a lot of them.

Sportsboom looked at strike accuracy percentages, knockouts, and reach to calculate which fighters in Fury's weight class could possibly compete, and it turns out that in terms of striking accuracy – Ngannou doesn't even crack the top ten. You can find their full analysis and data tables here.

It could be argued that the closest matchup is UFC Heavyweight Champion Jon Jones with a reach of 84.5, a mere .5 under Fury, a fantastic reputation as a striker, a strike accuracy rate of 58% (17% more than Ngannou's 41%) and with less than ten pounds and one year between the two, it could be a fight fan's match made in heaven.

However, 30-year-old Tom Aspinall who has actually been Fury's sparring partner in the past, proving he's able to keep up with the boxing powerhouse, could make for an even more interesting bout with an impressive strike rate of 66.

Fury has previously told media that Aspinall could contend with Jones due to his striking prowess, being known for his knockouts in spite of having a slightly shorter reach at 78.

All of the fighters on the list had some background in a striking based sport, and also all ranked ahead of Ngannou in terms of striking accuracy, meanwhile for fairness sake in these imaginary bouts all fighters had a reach of over 75 and were in the same weight classes.





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becomes the inaugural winner of the Diversity in Media Award

Sky Sports has been named as the inaugural winner of the Diversity in Media Award following groundbreaking work and commitment towards British South Asians in Football including the creation of the first index page dedicated to the subject in mainstream media history.

The accolade will be presented to Sky Sports at the Asian Media Awards at a glittering ceremony taking place at the Manchester Deansgate Hilton this evening.

The Diversity in Media Award is made to an organisation that has made a concerted and genuine effort to improve representation and produce diverse content at all levels.

Asian Media Awards looked favourably upon the range of diverse content produced by Sports, welcoming commitment to improving the representation and progression of minority groups and to making a difference in communities impacted by racism.

The index page itself is now the

the space, both in media and in football, and is the biggest readily accessible British South Asians in Football archive anywhere in the world.

Alongside the Diversity in Media Award, several journalists at Sky Sports News and Sky News are up for further awards at the ceremony; including Amrit Singh Mann, Saywah Mahmood and Um-E-Aymen Babar, who have all been nominated for the Outstanding Young Journalist Award. Meanwhile, Dev Trehan and freelance reporter Sanny Rudravajhala have been been shortlisted for Sports Journalist of longest-running major initiative in the Year. Ashna Hurynag of Sky

News has also been nominated for

the Report of the Year.

Jonathan Licht, Sky Sports

Managing Director, said: "The

award is testament to the hard talent and collective efforts across the business and I'm absolutely delighted for those involved.

"To be recognised as a driving force for diversity and inclusion across media in such a way is fantastic. More importantly, the award shows that the work we're doing is positively impacting Britain's South Asian community in a meaningful way when it comes to football." both media and

restaurants event catering

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