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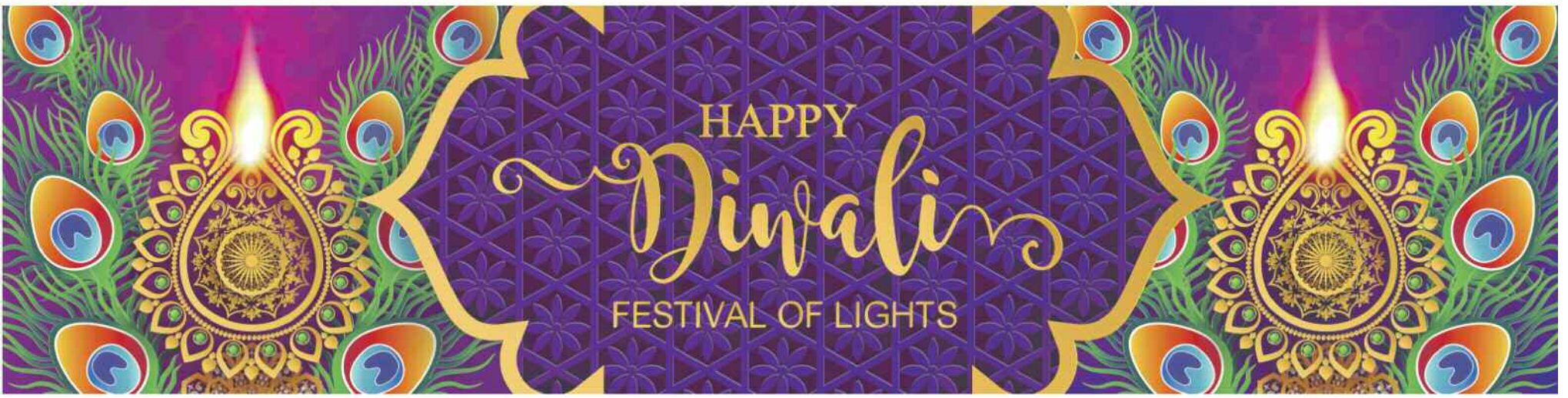
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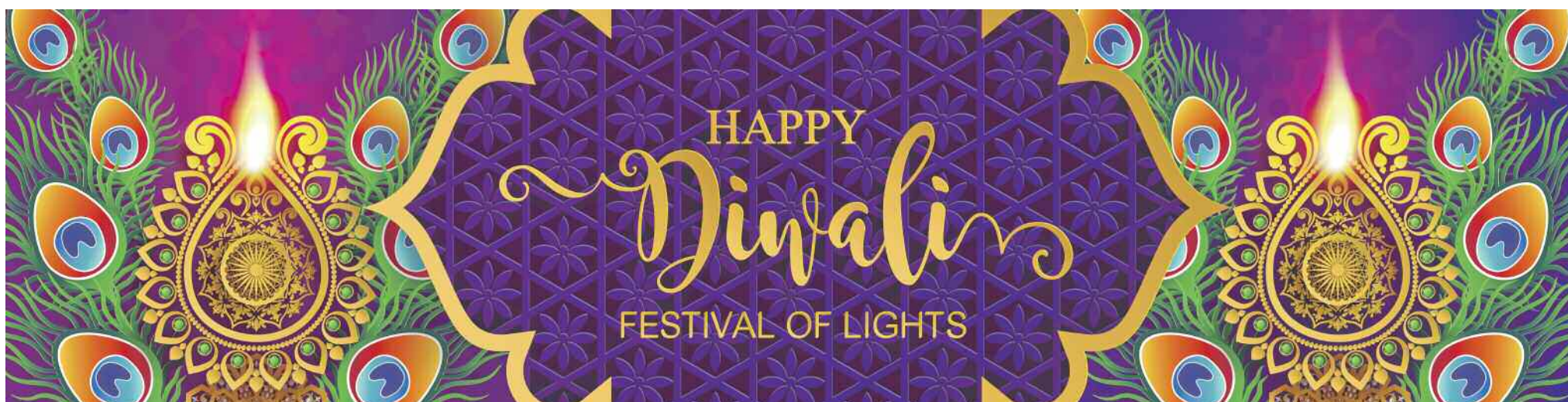
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History made

Law Society installs first Asian and Muslim president

In an historic move, the Law Society of England and Wales has installed its first Asian and Muslim president.

Lubna Shuja, a solicitor specialising in professional discipline and regulation, becomes the organisations' 178th leader and only the seventh woman to hold the role.

This is also the first time in the

Society's history there has been back-to-back women presidents.

Shuja qualified in 1992 and also has experience in contested wills and probate, divorce, child access, personal injury and contractual disputes. She has been a Society council member since 2013 and its vice president since March 2021.

Continued on page 6



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**Asian
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Newspaper**

40th annual Aagrah charity dinner raises over £20,000 for Bradford Hospitals

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The 40th annual Aagrah dinner attracted over 250 guests to their flagship Midpoint restaurant including guest speaker Lord Karan Bilimoria, CBE and life peer in the House of Lords.

The event also marked the 45th anniversary of the Aagrah business, and the events have now raised an astonishing two million pounds for charities both here in the UK and overseas.

This year's charity partner was the Bradford Hospitals Charity, the official NHS charity to Bradford Teaching Hospitals, which supports:

Bradford Royal Infirmary;
St Luke's Hospital
and five

other community hospitals in the Bradford region.

Guests enjoyed a four-course meal and heard from a range of speakers including; Councillor Martin Love the Bradford Lord Mayor, Dr Max Mclean the Chair of the Trust and Ben and Ann Granger who in an emotional speech, described how the hospital had saved the lives of their prematurely born children.

Responding to the charity appeal, the event raised over £20,000 with Aagrah Group becoming the inaugural member of the newly launched Bradford Hospitals Charity 100 Club.

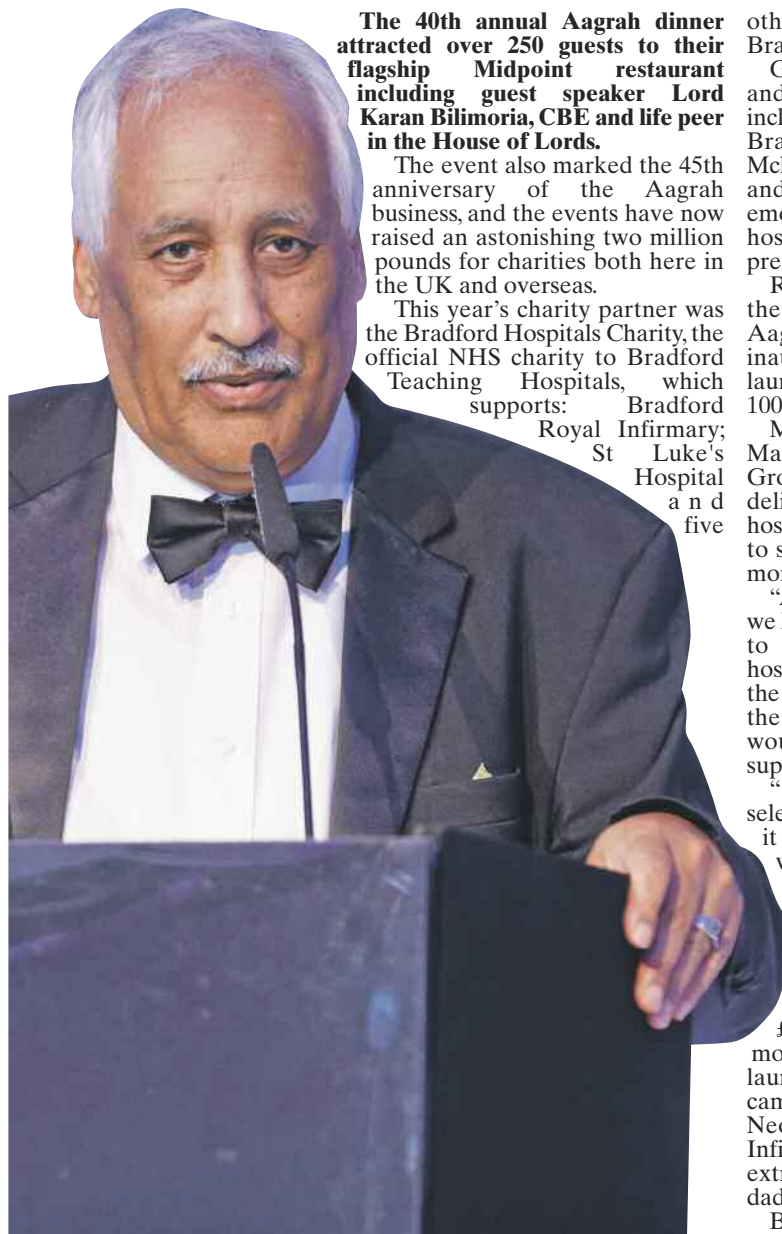
Mohammed Aslam DL, the Managing Director of the Aagrah Group said "As a Bradfordian we are delighted to be supporting the hospitals charity and have committed to supporting them over the next 12 months.

"As our chosen Charity of the Year, we look forward to working with them to do even more for patients at hospitals in the district. As a patient at the hospitals, I am personally aware of the brilliant work they carry out and would urge other businesses to support the 100 club"

"With Bradford having been selected as the city of culture for 2025, it is important that we embrace the wonderful diversity of the city, through backing local causes"

The charities' 100 club is aiming to raise £100,000 by encouraging 100 businesses, individuals, community groups or faith establishments to donate £1,000 over the year. Some of the money will be donated to the recently launched £3million neo-natal campaign working alongside the Neonatal Unit at Bradford Royal Infirmary to raise £3 million to create extra accommodation for mums and dads to stay close to their babies.

Bradford's Neonatal Unit cares for





up to 500 premature and sick babies each year. Around one baby in 10 requires admission to the unit, which takes babies from all over the Yorkshire and Humber region.

Hayley Collis the manager at Bradford Hospitals Charity said: "We are absolutely thrilled that the Aagrah Group have chosen their local NHS charity to support as their chosen Charity of the Year and look forward to working with them over the coming months."

"All our projects improve outcomes for our patients and are beyond the scope of government funding. To have a local business like the Aagrah Group as the inaugural member of the 100 Club is terrific news and hopefully other like-minded companies and community organisations will follow."

“As Bradfordians, we are delighted to be supporting the hospitals charity and have committed to supporting them over the next 12 months.”



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Brown gal can't swim

Summaya exports the cultural boundaries that stopped her learning to swim during childhood

Summaya Mughal, 28, couldn't swim, so she began exploring why cultural barriers stopped her from learning during her school years.

Enlisting the help of Olympic legends Rebecca Adlington and Alice Dearing, Summaya, a BBC Radio Leicester presenter, was determined learning how to swim, and even got her dad involved!

Now her podcast series 'Brown Gal Can't Swim' aims to understand why many South Asian women are less likely to swim, to break down misconceptions, and to encourage them to try it out.

The podcast sees Ms Mughal challenged to swim 500m (1,640ft) in eight weeks, with Olympians including Ms Adlington and Alice Dearing giving her a helping hand.

Summaya says: "I've spent over 20 years embarrassed about not having a skill it feels like kids have."

"This podcast will see me uncover the reasons behind why other South Asian women can't or don't swim regularly.

"I aim to break down misconceptions about swimming, and encourage members of our South Asian communities to take the plunge and learn to swim with me.

"I even get my dad involved - something I would never have imagined when I was younger.

“

The journey has tested me physically and emotionally but I'm hoping it makes a difference and encourages others to learn to swim too. After all, it could save your life.

"The journey has tested me physically and emotionally but I'm hoping it makes a difference and encourages others to learn to swim too. After all, it could save your life."

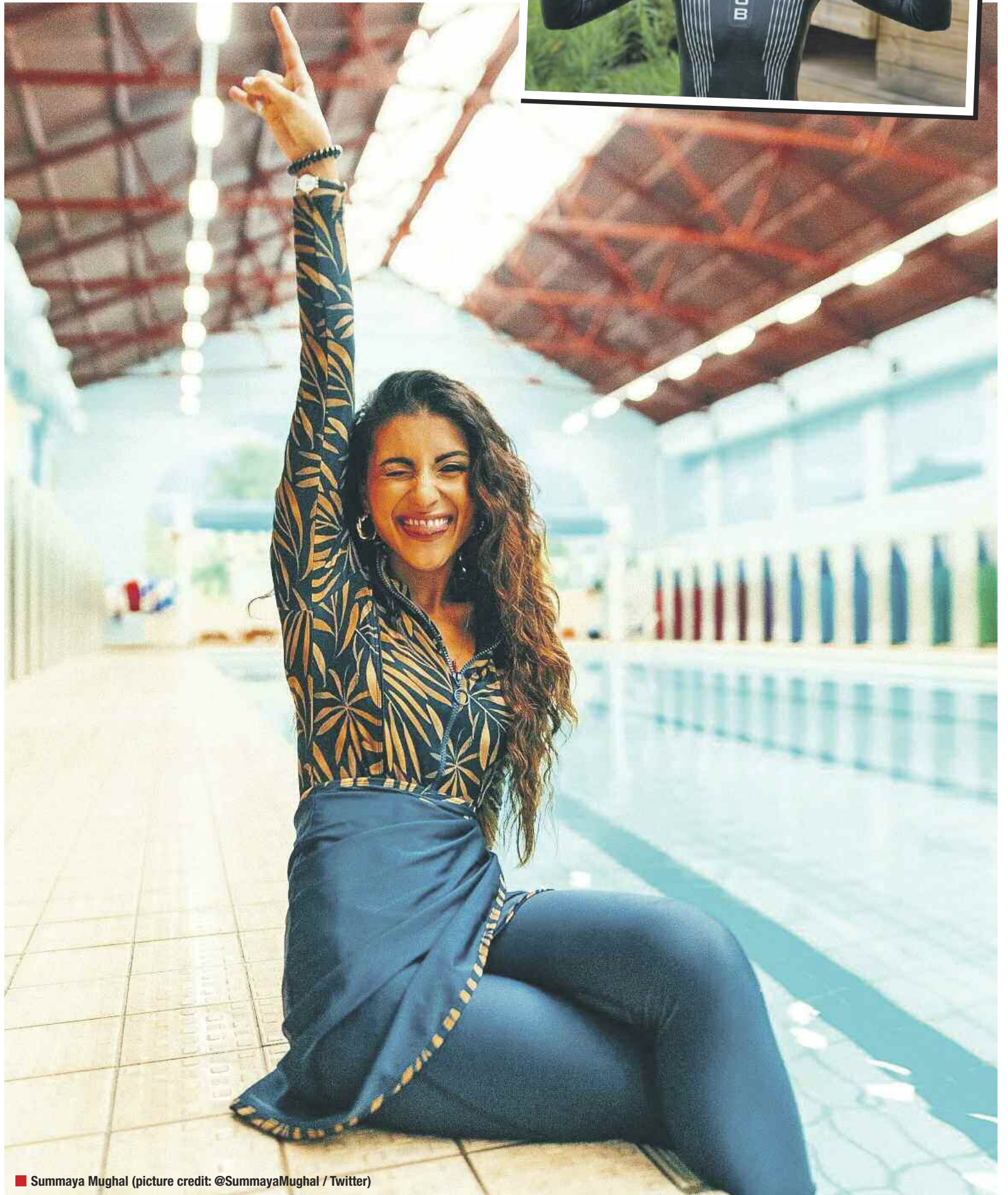
Rebecca Adlington says: "Swimming is such an important life skill.

"You can't live your life without seeing water in any capacity. It sounds like a really simple thing but it's more the confidence that you have in water that will help save your life."

Kay Wright, editor at BBC Radio Leicester, said: "This is an eye-opening documentary, one that we can all take learnings from.

"We are so incredibly proud of Summaya. We have seen how physically and emotionally gruelling this challenge has been for her, and now it will be available for everyone to see all her hard work."

Brown Gal Can't Swim is available on BBC Sounds from Monday 10th October.



■ Summaya Mughal (picture credit: @SummayaMughal / Twitter)



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History made

Law Society installs first Asian and Muslim president



Cover story continued

Formerly a partner and a team manager at a high street firm in Yorkshire, the time seemed right when she moved to Birmingham over 15 years ago, to strike out on her own as a sole practitioner, with much of her work now being a mix of civil / family mediation and professional regulation.

As principal solicitor at Legal Swan Solicitors in Birmingham, Lubna sees increasing diversity and ensuring more women, particularly from Asian, Black and other minority ethnic backgrounds, are reaching senior leadership positions within the legal sector, as a key priority for her.

She says she will focus on improving the justice system, upholding the rule of law and supporting her fellow solicitors.

"I am honoured to serve as Law Society president," Shuja said.

"I take on the role at a difficult time for the legal profession. The rule of law has been in the spotlight as never before in recent history. The UK's economy is on a knife-edge and businesses are having to deal with rising interest rates and high inflation."

She continued: "If the pandemic has proven one thing, however, it is that solicitors are resilient and adaptable. They keep the wheels of justice turning by providing services remotely, innovating at pace and ensuring the public can get the justice they deserve."

"My plan focuses on improving the justice system, upholding the rule of law and supporting our members.

"Social mobility is another area which was impacted by the pandemic. I will continue to work to try and reduce the inequalities which have been exacerbated as a result. This will include highlighting issues faced by solicitors with disabilities, junior lawyers, solicitors with caring responsibilities and minority ethnic solicitors," she says.

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Teenagers could be missing out on a stash of cash

Tens of thousands of teenagers in the UK who have not yet claimed their matured Child Trust Funds savings could have thousands of pounds waiting for them, reminds HM Revenue and Customs (HMRC).

Child Trust Funds are long-term savings accounts set up for every child born between 1 September 2002 and 2 January 2011. To encourage future saving and start the account, the government provided an initial deposit of at least £250.

The savings accounts mature when the child turns 18 years old. Eligible teenagers, who are aged 18 or over and have yet to access their Child Trust Fund account, could have savings waiting for them worth an average of £2,100.

If teenagers or their parents and guardians already know who their Child Trust Fund provider is, they can contact them directly. This might be a

bank, building society or other savings provider.

Alternatively, they can visit GOV.UK and complete an online form to find out where their Child Trust Fund is held.

An estimated 6.3 million Child Trust Fund accounts were set up throughout the duration of the scheme, containing about £9 billion

Many eligible teenagers who have yet to claim their savings might be starting university, apprenticeships or their first job. The lump-sum amount could offer a financial boost at a

time when they need it most.

Angela MacDonald, HMRC's Second Permanent Secretary and Deputy Chief Executive, said: "Teenagers could have a pot of money waiting for them worth thousands of pounds and not even realise it. We want to help you access your savings and the money you're entitled to."

An estimated 6.3 million Child Trust Fund accounts were set up throughout the duration of the scheme, containing about £9 billion. If a parent or guardian was not able to set up an account for their child, HMRC opened a savings account on the child's behalf.

Teenagers aged 16 or over can take control of their own Child Trust Fund if they wish, although the funds can only be withdrawn once they turn 18 years old.

Where children have a Child Trust Fund, families can still pay in up to £9,000 a year tax-free. The account matures once the child turns 18 years old and no further money can be deposited. They can either withdraw the funds from the matured Child Trust Fund account or reinvest it into another savings account.

Until the child withdraws or transfers the money, it stays in an account that no-one else has access to.

The Child Trust Fund scheme closed in January 2011 and was replaced with Junior Individual Savings Accounts (ISA).



To find out more search 'Child Trust Fund' on GOV.UK

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Learn...Succeed...Progress

NHS response to latest flu stats

NHS medical director Stephen Powis said: "With growing cases of flu in the community already and currently over 10,000 people with covid in hospital across England, the threat of a 'twindemic' that we have been concerned about is very clear."

"From falls services to 24/7 control centres, the NHS is working hard to prepare for a challenging winter and everyone who is eligible has the power to protect themselves from flu and covid – it has never been easier to get your jabs so please come forward and book without delay."

Man jailed for six years after attempt to meet child for sex

An offender who arranged to meet a child online in order to commit sex offences has been jailed for six years.

Keith Jackson, aged 64, used the internet to engage with a child on social media sites, and arranged to meet them in Spenborough to commit sexual offences against them.

However, he hadn't realised that he was actually engaging with a covert investigator from the Yorkshire and Humber Regional Organised Crime Unit (ROCU).

Appearing before Leeds Crown Court, Jackson, aged 64, of Dewsbury, was jailed for six years after pleading guilty to three offences committed between 10 June and 19 July 2022.

The offences charged included attempting to communicate sexually with a child and attempting to arrange the commission of a child sex offence.

Speaking after the sentencing Det Chief Insp Andrew Howard of the Yorkshire and Humber ROCU said: "Jackson had a clear sexual interest in children. People like him make the internet a dangerous place for children and I am pleased that his sentence reflects the severity of his actions."

"I hope the sentence also acts as a deterrent to anyone else thinking of using the internet for such wicked intentions."



Families could save up to £2,000 a year towards their childcare costs to help pay for October half-term holiday clubs and wraparound care during the school terms, reminds HM Revenue and Customs (HMRC).

More than 391,000 families saved money on their childcare costs in June 2022, worth a total of £41.6 million in top-up payments, and HMRC is urging thousands of other families to not miss the chance to save up to £500 every 3 months, or £1,000 if their child is disabled.

Families can sign up to Tax-Free Childcare to help pay for holiday clubs, before and after-school clubs, childminders and nurseries, and other approved childcare schemes. It is available to families with children up to the age of 11, or 17 if their child has a disability.

The government will pay 20% of childcare costs by topping up the

£2,000 in government funding available to help with childcare costs

money paid into a Tax-Free Childcare account. This means for every £8 paid into the online account, families will automatically receive an additional £2 in government top-up.

Families can find out more about Tax-Free Childcare via the Childcare Choices website.

Myrtle Lloyd, HMRC's Director General for Customer Services, said: "Tax-Free Childcare can make a big difference to families, helping with

the bills for things like holiday clubs, nurseries, childminders and after school clubs. It's easy to register – search 'Tax-Free Childcare' on GOV.UK."

For thousands of families who use Tax-Free Childcare, the money they save each month on their childcare costs is money that goes back into their pockets. Accounts can be opened at any time of the year and can be used straight away, money

can be deposited at any time and used when needed. Any unused money that is deposited can be simply withdrawn at any time.

More than one million families in the UK are entitled to some form of government childcare support and the government is encouraging those eligible to not miss out on their entitlements. Families can find out what childcare support is best for them via Childcare Choices.

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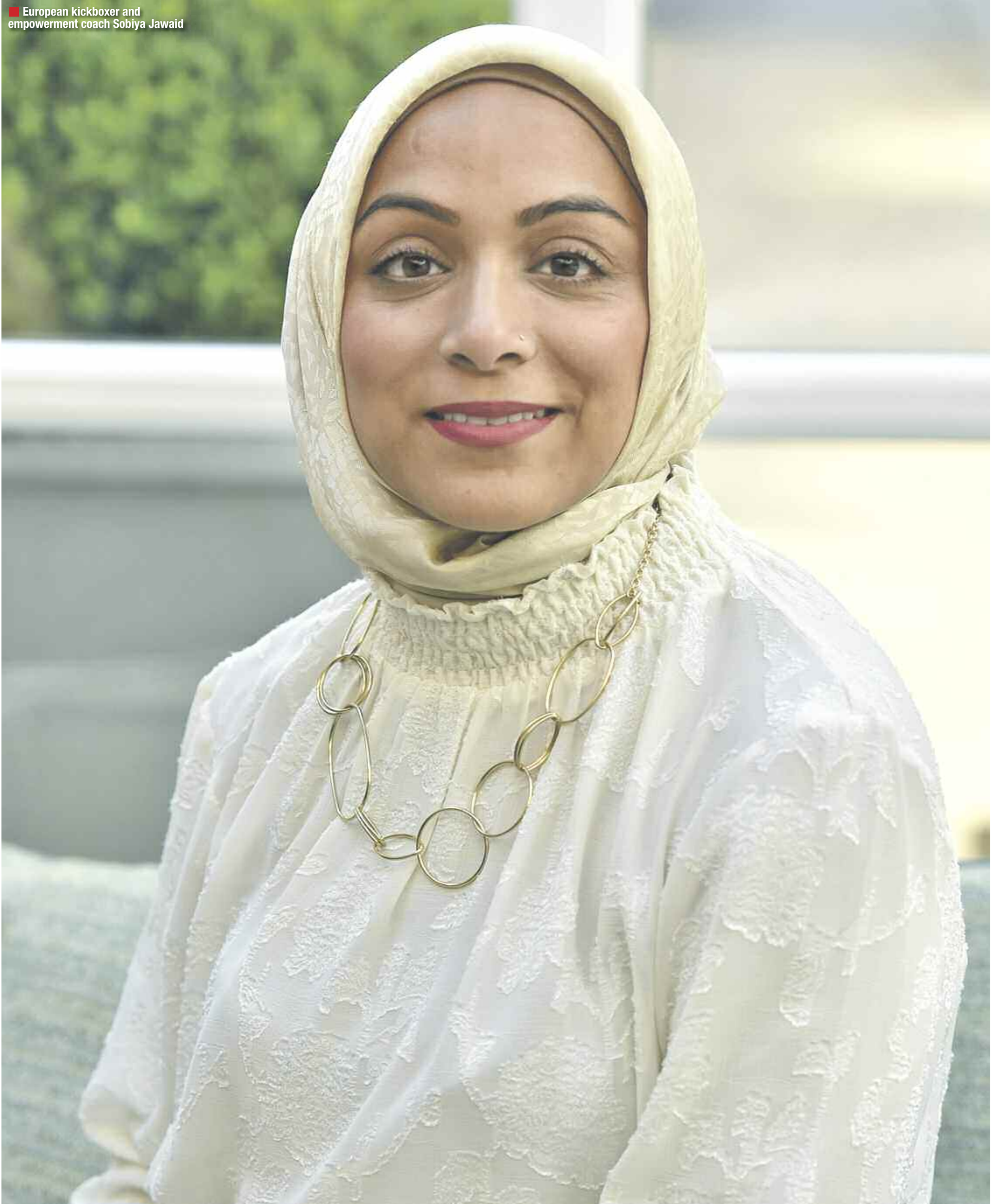
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■ European kickboxer and empowerment coach Sobiya Jawaid



Wearing a Hijab is not a symbol of oppression or suppression, nor is removing it a symbol of freedom...

By Sobiya Jawaid

As a Muslim woman, who chooses to wear the hijab (headscarf) and ground myself in my faith and spirituality, it's difficult to see what is happening in Iran.

It has also been challenging to see the Hijab being banned in certain public places and schools in France, in educational institutes in southern India's Karnataka state and proposed to be banned in schools in Denmark.

The Hijab across the globe faces negativity and scrutiny. It's perplexing - how can a small piece of fabric create so much discomfort that laws have to be passed to ban it?

Surely, taking the choice away from women to wear it contradicts the very essence of freedom that these laws

The Hijab across the globe faces negativity and scrutiny. It's perplexing - how can a small piece of fabric create so much discomfort that laws have to be passed to ban it?

claim to uphold?

People who object to the Hijab have missed the essence of what it means and represents. Wearing a Hijab is not a symbol of oppression or suppression, nor is removing it a symbol of freedom, liberation or empowerment.

The Hijab is worn for purposes of modesty and this is important for both men and women - yes, men too! Men are required to cover certain parts of their body and conduct themselves in a modest manner.

On a deeper level, the Hijab is a choice informed by faith which is a unique and sacred bond between a woman and God.

This relationship encompasses the heart, body, mind and soul. It informs ones values, conduct and choices. No man, government or law can force,

forge or interfere with this relationship. Interfering with force, laws and taking away choice results in a natural human response of resistance and rebellion.

Contrary to popular belief, women in Islam are treated with great respect, honour and dignity. They have rights to inheritance, working, owning and selling property to mention a few, which have existed for over 1400 years ago; long before the rise of feminism.

The problem really is not the Hijab, Islam or religion.

The problem is with governments and politicians creating laws to control and divide people. Pursuing their own selfish agenda often in the name of democracy, liberty and sometimes even religion itself. Whether it is in Iran, France, India, Denmark or anywhere in the world.

What is happening around the world are symptoms of a bigger problem. World politics, greed and power thrives on fear, division and hatred. This is rife in the world- the few at the top benefit at the cost of the many.

But this is where you and I come into the picture.

We may seem insignificant in this global community. But we're not. Either you are contributing towards the problem of fear, division and hatred or you are part of the solution.

Respect, unity and connection is the real force that leads to change. It really starts from you and I. In the thoughts, actions and behaviour we have with each other.

We have more in common with each other than we realise. No one person is the same. No one religion is to blame. No one person can create change. It's a collective responsibility.

What are you willing to do to be part of the solution?

Jailed for sharing terrorist material online

A man convicted for a second time for posting a Daesh propaganda video on social media has been jailed, following an investigation by the Met's Counter Terrorism Command.

Sabbir Miah, 29, of east London, posted the video - which glorified people who fought for Daesh - to a private group which had hundreds of members on 14 June last year.

Counter terrorism officers became aware of the post. Officers from the Counter Terrorism Internet Referral Unit (CTIRU) reviewed it, and found it to be in breach of Terrorism Act legislation.

Miah was arrested on 2 November 2021. He was later charged with dissemination of a terrorist publication (contrary to section 2 of the Terrorist Act 2006).

He denied the offence, but was found guilty on Friday, 26 August at the Old Bailey after a trial. On Monday, 17 October at the same court, he was sentenced to three years and ten months' imprisonment.

Commander Richard Smith, who leads the Met's Counter Terrorism Command, said: "Extremist propaganda content is put online by terrorist groups to radicalise people and recruit followers, and is very harmful. Counter terrorism policing across the UK works hard with partners to identify and arrest people like Miah, and get this content removed from the internet."

Miah was previously convicted in 2017 for five counts of disseminating a terrorist publication - again, Daesh propaganda material - and jailed for three years and four months.

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Scrap racist Rwanda plan

With Truss and Braverman gone, scapegoating of refugees should be ended

Now with Liz Truss and Suella Braverman gone, anti racists say that alongside their intended tax cuts for the rich and attacks on trade unions, their racist agenda of scapegoating refugees should now go.

The 'Rwanda Plan' for offshore detention of asylum seekers has been legally challenged by the civil service union PCS, the charity Care4calais and others.

Its legality is still being considered in the courts.

Anti racists, such as the #StopRwanda campaign led by the TUC, Care4Calais, Stand Up To Racism, the PCS and ten other unions, Refugee Council, Amnesty International UK and many others, have been campaigning and leading protests throughout the stages of the Rwanda plan. The change of Prime Minister and Home Secretary should, anti racists say, now be the trigger for the withdrawal of this flawed, immoral and racist policy.

Stand Up To Racism argues that whoever becomes leader the likelihood is the government's racist offensive and attempts at divide and rule will continue, and that we urgently need to build a mass movement against racism.

That's why Stand Up To Racism supported by the TUC is organising protests as part of an

international day of action to mark UN antiracism day on Saturday 18 March 2023.

Clare Moseley, Care4Calais CEO, said: "The Government is in tatters and it's asylum policies clearly don't make sense. Since the Rwanda plan was announced more people than ever before

have crossed the Channel on small boats. If we have travel visas to other refugees in a similar way to how we do with Ukrainians, no one would get in small boats and people smugglers would be put out of business overnight. This is the only way to stop the chaos at Dover and to save lives. If peoples asylum claims were swiftly processed they could work and contribute to the growth of our economy instead of costing money in hotels."

Weyman Bennett co-convenor of Stand Up To Racism said: "We should get rid of the Rwanda plan - as the Tories dump their economic strategy It is time we clearly blamed this government for stoking racism in order to avoid dealing with the mess they made.

"We have to make sure that the Tory crisis and the politics of scapegoating are opposed. The rise of the far right in Italy and Sweden is a sober reminder of why we have to mobilise, all of us - black, white, Muslim - together, to oppose all divisions."

"The Government is in tatters and it's asylum policies clearly don't make sense. Since the Rwanda plan was announced more people than ever before have crossed the Channel on small boats."



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Ukraine: Winter must not be used as a weapon of war

Attacks on civilian infrastructure needed for water, electricity and heating is increasing humanitarian needs and could further displace thousands across Ukraine and into neighbouring countries this winter.

“The recent escalation of attacks against civilians and infrastructure is leaving the most vulnerable in desperate conditions as winter starts to bite. As the weather worsens, people are going to face the desperate choice of staying where they are without basic needs or packing their bags and moving to somewhere else in Ukraine or into neighbouring countries,” said Carlo Gherardi, Regional Director for the Norwegian Refugee Council (NRC) in Central and Eastern Europe.

“Attacks on civilians and civilian infrastructure must stop. Human suffering is being prolonged, and as temperatures continue to plummet, humanitarian needs will increase. All warring parties must respect international humanitarian law and ensure that civilian lives and civilian infrastructure are protected throughout this conflict. Winter must not be used as a weapon of war.”

According to Ukraine’s government, 30 per cent of its energy infrastructure has been hit since the intensified missile strikes since October 10, leading to electricity cuts and blackout plans.

“We are still working with our partners to provide critical relief items to people living in active conflict areas in the east, but we are now seeing increasing needs

across the country due to widespread infrastructure damage, and it will only get worse. There needs to be concerted and coordinated efforts across the humanitarian and development sector if we are to get people back to their homes safely and enable them to stay. We cannot work on effective solutions for supporting displaced people while these attacks continue,” said Gherardi.

Lack of water, heat or shelter in Ukraine could force many to flee across the border into neighbouring Poland, Moldova and Romania, communities already hosting significant numbers of Ukrainian refugees, and themselves living through the European cost-of-living crisis.

In Poland, it is estimated that the number of new refugees from Ukraine could range from 500,000 to 750,000 before the end of the year, with half remaining in Poland while others move onwards to other European countries.

In Moldova 40,000 new refugee arrivals are expected over the winter, in addition to the 90,000 already present in a context where 70 per cent of refugees are hosted by local families. Whole community support is needed to upgrade poorly insulated houses and support access to heating systems and winter items. Temperatures are already below zero, placing the life of thousands of people at risk.

Moldova is also dealing with 30 per cent inflation affecting the host community’s capacity to meet their own winter needs and to support refugees.



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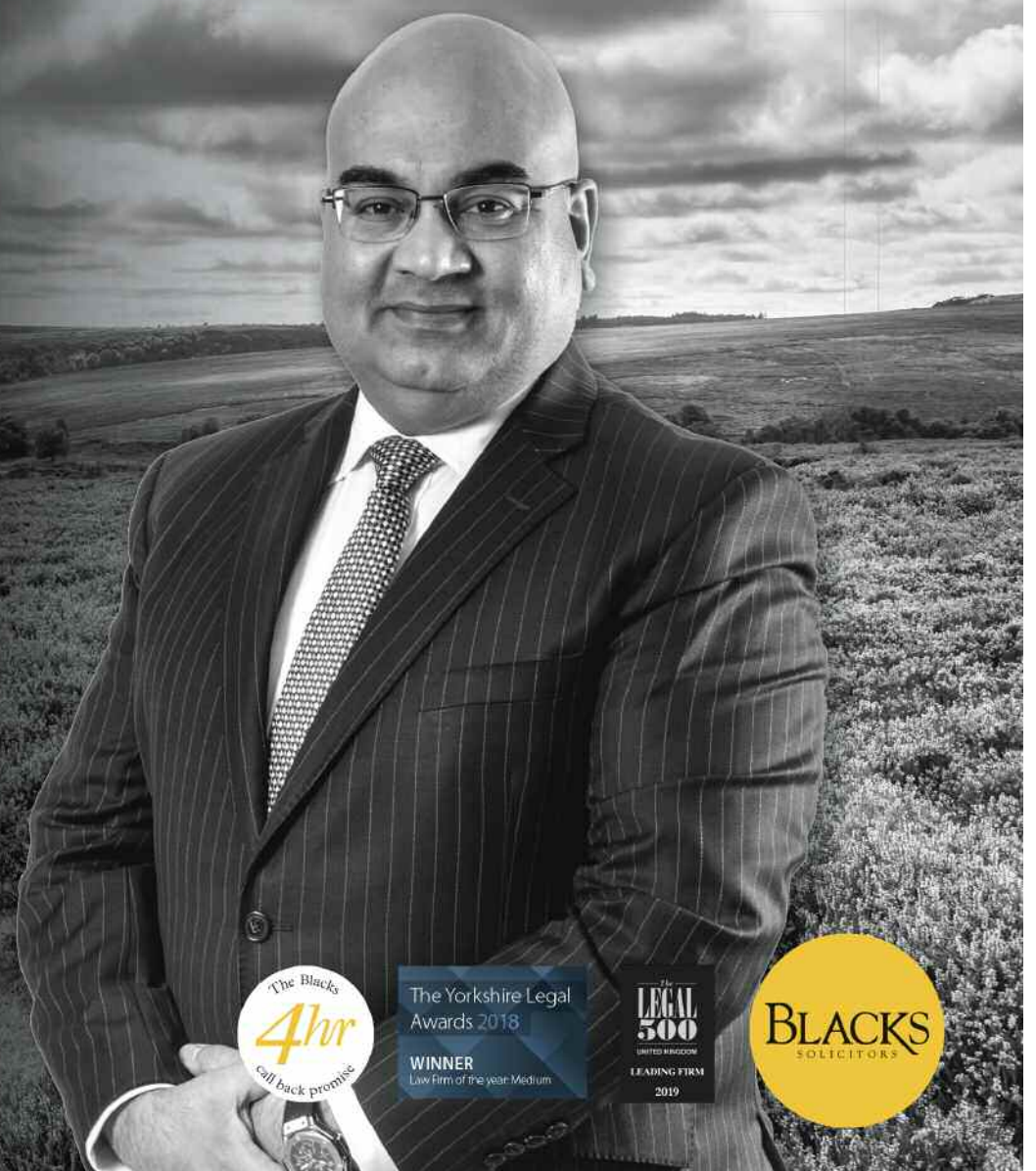
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Here to help

As colder season approaches, here's how we can make the use of our pharmacies

During the pandemic, the NHS played a stoic role during what has been the greatest public health challenge in a century. Now as we head into winter months, the NHS is under pressure on delivering primary, urgent, and emergency care.

People are becoming increasingly concerned that they may not be able to access NHS services during the cold months when needed. But that's not the case.

It is essential for everyone to know what each function of the NHS specialises in moments of need to assist you quicker; help you get better

faster and allow you to receive the best support possible.

Rather than first booking a GP appointment or heading into A&E for non-urgent matters, other routes and services - such as local pharmacies and the NHS 111 helpline, can be quicker and more efficient.

The cold weather can exacerbate some health issues and potentially cause life-threatening complications. Don't wait to receive the attention you need this winter if you're concerned about your health; the NHS wants to see you.

“If you're not sure if a pharmacy can help you – please ask your local pharmacy first anyway”

Adeel Sarwar loves his job as a pharmacist for 23-years, and his 'Roundhay Pharmacy' in Leeds is considered a cornerstone of the community. Being local for so many years means that staff are familiar with patients, and patients trust the pharmacy's advice on minor ailments.

“Typically the winter months see a surge in demand for NHS services due to rises in respiratory viruses such as flu (influenza), the cold weather can also cause increase in falls due to icy conditions,” Adeel says.

“Primary and secondary care needs to be available for the most serious cases and this cannot happen if the wider NHS is dealing with queries that can be dealt with at the pharmacy.

“Most people live within short walking distance

of a community pharmacy, and it's a walk-in healthcare service, for which no appointment needs to be booked, and is located close to where people live, work and shop.”

Pharmacies offer treatment for a wide range of low acuity ailments, from head lice to sports injuries, from cold and flu remedies including flu jabs to hayfever treatments.

“NHS England guidance is to encourage 'self-care' for low acuity conditions essentially this means you have to pay to treat low risk healthcare issues for example you would buy paracetamol to treat a headache rather than make an appointment to see a GP so they can prescribe the paracetamol.

“It is worth noting that each nine-minute GP appointment costs the NHS £35-£40.



■ Adeel Sarwar has been a pharmacist for 23-years and own and runs 'Roundhay Pharmacy' in Leeds. He's also a member of Community Pharmacy West Yorkshire (CPWY) which represents the interests of all 550+ pharmacies across West Yorkshire

“Some pharmacies may offer a limited range of treatments on a Pharmacy First or Minor Ailment scheme where the patient won’t be asked to pay for treatment if they would not normally pay for prescriptions.

“With a ‘free’ advice service available without appointment on your doorstep, all day, every day; why would anyone spend 30-minutes on hold trying to get through to a surgery at 8.00am if better alternatives are available?”

Adeel, who is a member of Community Pharmacy West Yorkshire (CPWY) which represents the interests of all 550+ pharmacies across West Yorkshire, adds that pharmacies have the potential to do so much more to improve access to care. He adds: “Pharmacists have extensive training in diagnosis and treatment of healthcare and lifestyle related issues. Staff undergo training to specialise in delivering healthcare within the pharmacy setting.

“If pharmacy staff see a condition they are not confident with or have concerns they will escalate to the pharmacist. If the pharmacist feels that the presenting condition needs further investigation or treatment not available in the pharmacy they will refer or signpost appropriately or escalate to the GP, walk-in centre or A&E as appropriate.

“Pharmacies are increasingly offering more and more services; some are NHS funded some are private. Pharmacies have historically dispensed, sold and supplied medications. Now in our pharmacy we offer a minor ailment scheme, walk in blood pressure check, flu vaccinations, holiday healthcare advice and vaccinations, healthy lifestyle advice including a weight loss service and much more.

“You can help protect health services by using pharmacies for low acuity conditions



if you are not sure if a pharmacy can help you – please ask your local pharmacy first anyway,” Adeel advises.

“If the condition needs to be seen

elsewhere you will be advised as such and referred to the most appropriate place weather that be A&E, GP surgery, Walk-in centre, or online point of information.”

Overall

• If you’re worried about your health, don’t delay, your NHS wants to see you – help us help you get the care you need.

Pharmacy advice

- Feeling unwell? / Aches and pains? Stomach ache? Feeling under the weather?
- Don’t wait for it to get worse
- Seek expert advice from your local pharmacy team
- No appointment needed

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- No matter the way you access help from your practice, you will get the care you need from the right medical professional.
- Sometimes a GP is not the most appropriate healthcare professional for a patient’s health needs and by assessing you when you contact us, we can get you the right care you need quicker.

NHS 111

- NHS 111 online can help if you have an urgent, but on-life-threatening medical problem and you’re not sure what to do.
- You can access the NHS 111 online service at 111.nhs.uk or via the NHS App.
- The NHS 111 online service will ask you a series of questions about your health problem in order to direct you to the right care.
- Depending on the situation the NHS 111 online service will: direct you to a local service that can help you; connect you to a nurse, emergency dentist, pharmacist or GP; tell you how to get any medicine you need; or provide self-care advice.

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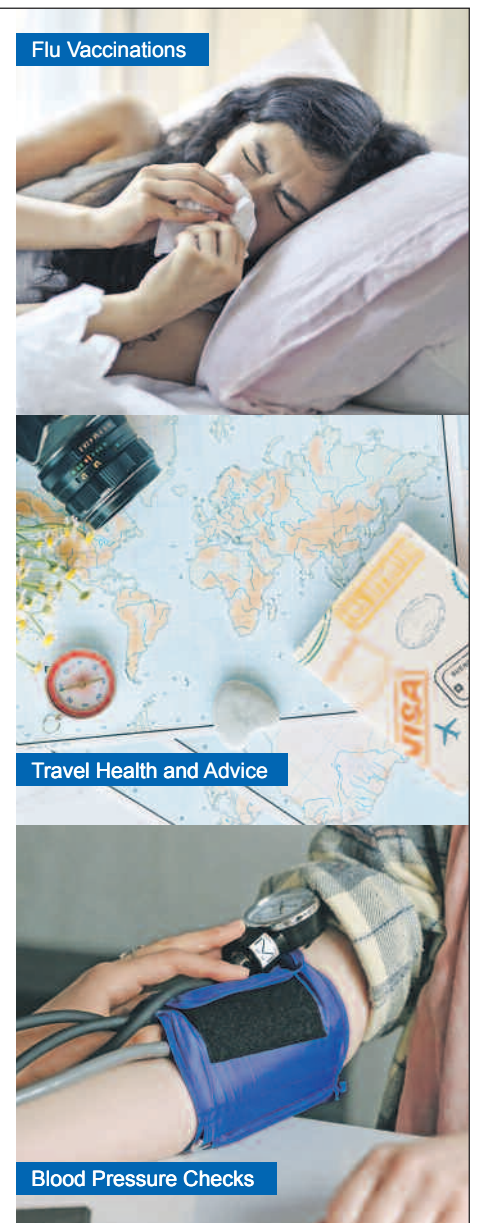
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Rare Islamic gold coin from the year AD 712 expected to fetch in excess of £700,000

An exceptionally rare 'Mine of the Commander of the Faithful' Islamic gold coin dating from AD 712 is being offered at auction for the first time.

While most Umayyad gold coins (from the Muslim dynasty that ruled the Islamic world from AD 660 to 750) are fairly common, ones that bear the words 'Ma'din Amir al-Mu'minin' in the fourth and fifth lines on the front of the coin, which translates as 'Mine of the Commander of the Faithful', are rarely seen.

This is also the first time that one from this specific year, AH 93 (= 711/12 AD), has ever come to auction, making it one of the most historically significant and highly desirable of Islamic coins. The coin, a gold dinar, will be offered in Classical Numismatic Group's Islamic auction in London on 27th October 27, and is expected to fetch in excess of £700,000.

Specialist in Islamic coins at Classical Numismatic Group, Stephen Lloyd tells us: "These remarkable Umayyad dinars with the enigmatic 'Mine of the Commander of the Faithful' are small, beautiful, astonishingly rare historical documents.

"They bear witness to a time when the gold of Arabia helped an Umayyad caliph rebuild some of the holiest and most important sites in the Islamic world."

'Commander of the Faithful' was the formal title of the caliph (the ruler of the Muslim community), and is in fact an older term than khalifa, meaning 'successor', from which the modern word 'caliph' is derived.

These special coins are the earliest gold dinars that preserve the caliph's more ancient title.

The caliph referred to on this coin was al-Walid I (AH 86-96 / AD 705-715), who was the sixth Umayyad caliph. He led the Umayyad armies to victory, conquering the Maghreb, Spain, Sind and Transoxiana. Affluence from the invasions enabled him to finance impressive public works, such as the

Al-Aqsa Mosque in Jerusalem, Prophet's Mosque in Medina and the Great Mosque of Damascus. He instigated social welfare programs for the poor, and his reign saw peace alongside prosperity.

The word 'Ma'din' in the coin's inscription: 'Ma'din Amir al-Mu'minin', or 'Mine of the Commander of the Faithful', translates as 'mine', a meaning that can be used literally and metaphorically – a topic that has been hotly debated for more than a century.

Some scholars believe that it literally refers to the place that the gold was extracted from: a mine in Arabia owned by al-Walid I himself.

It is well-known that al-Walid I was very active in Mecca and Medina around the time that these special coins were struck. Others have argued that Ma'din could mean 'residence', or 'ancestral place', such as the Holy City of Medina in the present-day Kingdom of Saudi Arabia.

The special die (an engraved piece of metal used to strike the coin) with the 'Mine of the Commander of the Faithful' inscription is known to have been in use for at least three years. Other dinars struck from the same die can be identified, including one which is dated AH 91 – two years earlier than this coin.

Stephen tells us: "It is exceptional for a coin die to survive for this long, without breaking through wear and tear. This longevity supports the view that these coins were only ever struck in small quantities, which is consistent with their great rarity today."

This newly-discovered date, AH 93, is the latest known year in which dinars with this special inscription were struck. This is the first occasion that a coin of this particular year has ever been offered at auction. It is among the most important historical Islamic coins ever to appear on the market, and interest from around the globe is greatly anticipated.



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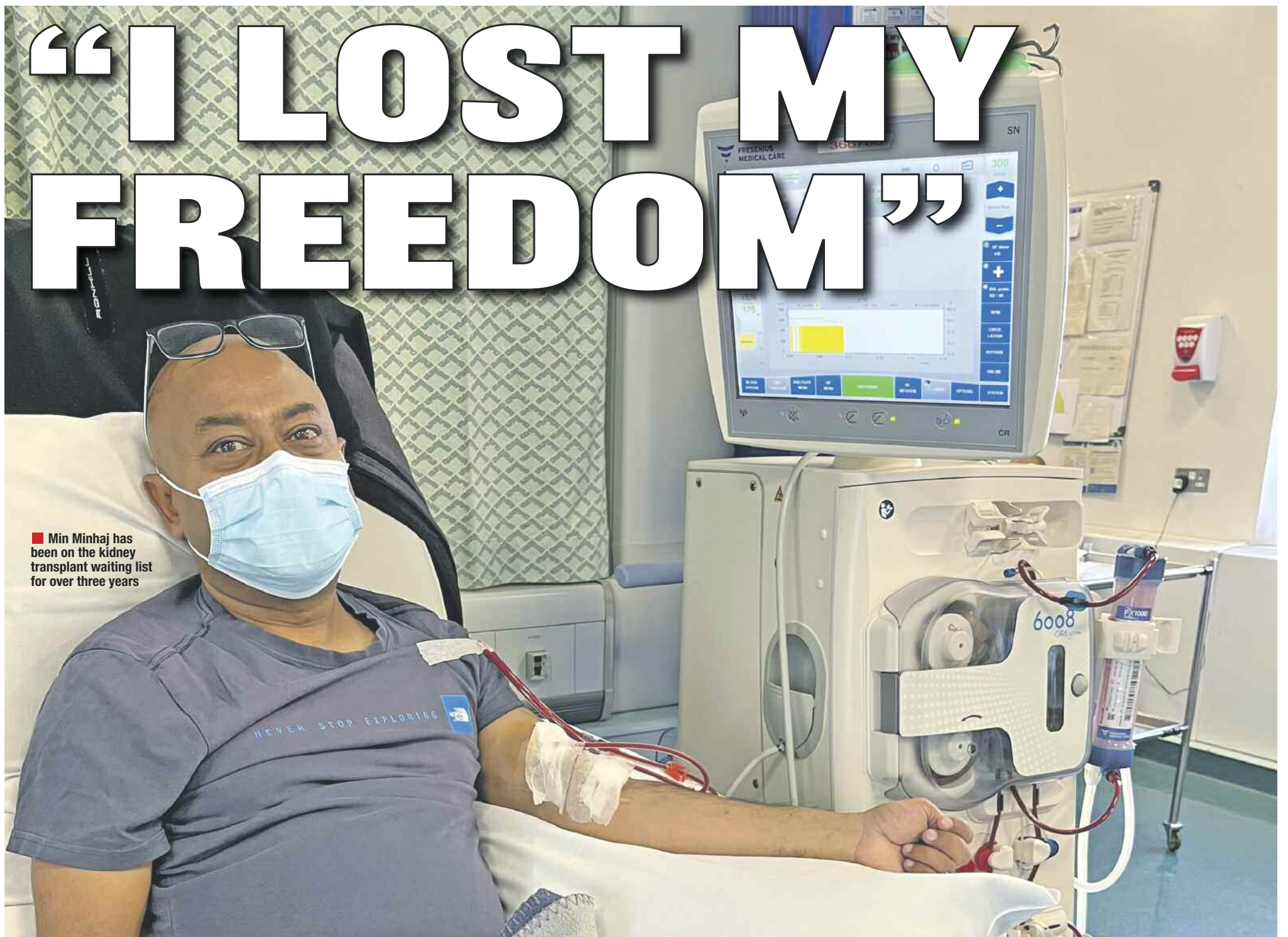


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“I LOST MY FREEDOM”

■ Min Minhaj has been on the kidney transplant waiting list for over three years



Almost a quarter of all patients on kidney transplant list are from BAME background

Min Minhaj, 48, from Calverley in Leeds has been on the kidney transplant waiting list for over three years, and says that his life has tuned into endless hospital appointments, and fears his dialysis might stop working.

Around a quarter of some 4,744 patients on the active kidney transplant list are from BAME background, with an astonishing 455 of them currently awaiting a kidney transplant at Leeds Teaching Hospitals NHS Trust alone.

Now a ground-breaking research study to reduce health inequalities around live organ donation aims to identify barriers to living donor kidney transplantation for people from black, minority and ethnic (BAME) backgrounds. It will also explore underserved groups from lower socio-economic backgrounds.

The study has been made possible thanks to funding from Leeds Hospitals Charity who have provided almost £50,000 to fund a research fellow, Dr Ahmed, who will lead the project.

There are not enough donors of living

organs from BAME backgrounds to meet demand.

“I lost all my freedom after I was diagnosed with kidney disease,” says Min Minhaj.

“My life has turned into one endless hospital appointment. As well as all the check-ups, I need dialysis every second day, for four hours each time.

“Outside the hospital, my life is strictly controlled.

“I can’t travel far because I need to be on hand for dialysis, and everything I eat and drink is monitored. I can’t even have a cup of coffee anymore. I am scared that my dialysis might stop working, or my health will deteriorate, so I might not even be able to have a transplant when a match is found.”

Living donor kidney transplantation (LDKT) is the most effective way to help patients with kidney disease get back to normal life. Kidneys from a living donor can last up to 20 years, compared to just 10 to 12 years from a deceased donor.

Just 14% of living donor kidneys in Leeds come from ethnic minorities.

Dr Sunil Daga, Consultant Nephrologist and Clinical Academic at Leeds Teaching Hospitals NHS Trust, will lead the new research to explore barriers and needs for decision making around living kidney donation in underserved groups.

Dr Daga said: “The initial review I undertook in February 2021 found that there were several barriers to living kidney transplantation from BAME communities.

“We saw that there was a lack of relevant knowledge, fears about the risks of transplantation for the donor, as well as religious, cultural and financial concerns.

“This made me realise we need to do more to raise awareness and tailor resources and support we offer to patients and their families to reassure them that a living kidney transplant would give the best quality of life.”

The research will involve speaking to staff and patients at Leeds and Bradford renal units. The interview studies will include recipients of kidneys from living and deceased donors, and patients who are currently on the transplant waiting list, focusing on individuals from South Asian backgrounds, non-English language speakers, and lower socioeconomic backgrounds.

Through this study, Dr Ahmed and his team hope to develop comprehensive patient decision support tools, providing a wide range of resources, including information about the options for transplantation and possible outcomes.

It is hoped that the project will help reduce the health inequalities in access to living donor kidney transplantation for people from underserved groups.



■ (l-r) Consultant Nephrologist Dr Daga and Dr Ahmed aim to identify barriers to living donor kidney transplantation for people from black, minority and ethnic (BAME) backgrounds

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Dubai social media star Money Kicks shops at Abu Bakr in Leeds

In a bid to give their shoppers a treat, Abu Bakr supermarkets arranged for Dubai rich kid Rashed Belhasa AKA Money Kicks to visit Yorkshire fans at their newly opened luxurious Asian supermarket.

The social media star visited Abu Bakr's latest custom-renovated 10,000 square-foot impressive flagship store on Kirkstall Road, Leeds.

Greeting eager customers, Money

Kicks obliged to pictures with fans, and strolling up and down the aisle looking for goodies to fill up his basket, said: "Feels like I'm shopping in Dubai!"

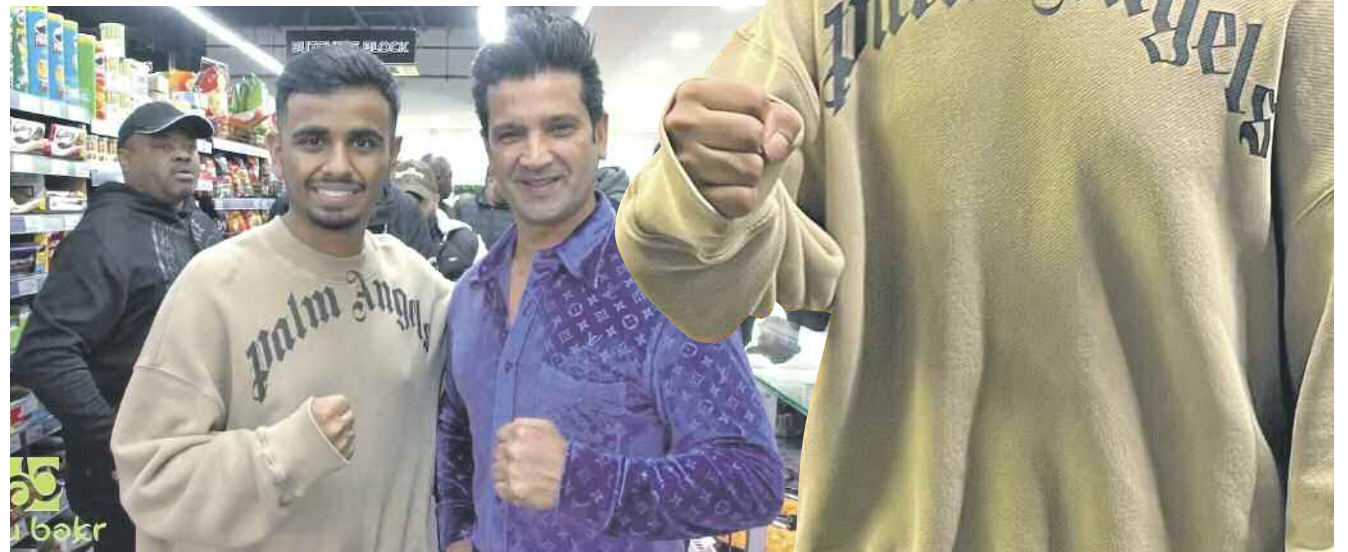
CEO of Abu Bakr Supermarket Sajid Hussain commented: "I decided to invite the social media star Rashed Belhasa as part of our strategy of doing something completely different for our loyal customer-base.

"Our state-of-the art Abu Bakr supermarket in Kirkstall Road took two-years to complete from concept, and has been hugely appreciated by our loyal customers as well as attracting a new following."

Abu Bakr began with their first store at Hilltop Avenue, Leeds, in 1981. Now they are at the heart of the south Asian communities, and have become a household name, with sites

in Roundhay Road, Queen's Road, Dewsbury Road and this year's addition in Kirkstall.

The supermarket prides itself on giving customers great offers, products which are unique, and of course service with a smile at no extra charge!



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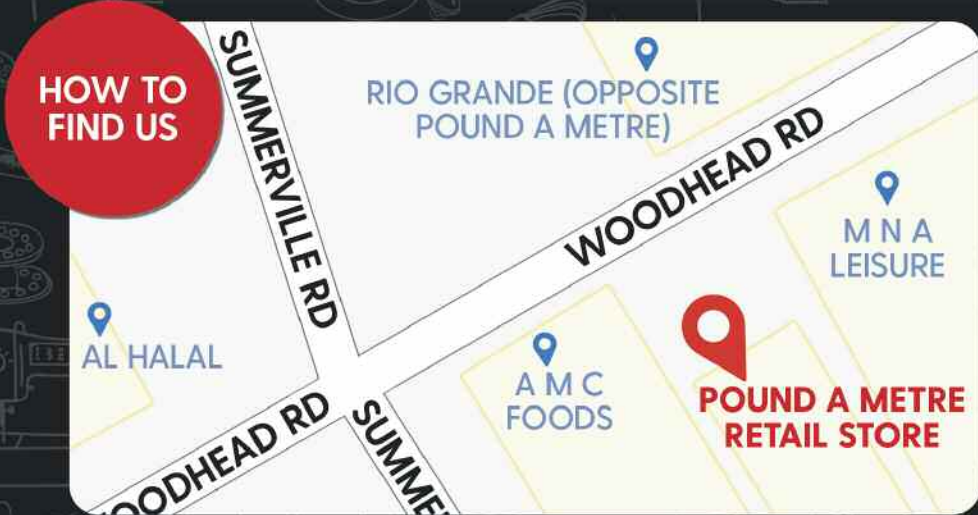
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TV presenter, youth MP and female train conductor shortlisted in Yorkshire awards

A TV presenter, a Youth MP, a female boxing show producer and a hijabi train conductor are among the 33 candidates vying to become Yorkshire's Asian Young Achievers 2022.

ITV Yorkshire sports reporter and presenter Arif Ahmed, female train conductor Zahida Sultan, Mariam Rashid, who helped to produce a show about female Muslim boxers, and award-winning speaker Arqam Al-Hadeed are among those shortlisted in the YAYAs – the Yorkshire Asian Young Achiever Awards.

Now in their third year, the YAYAs are open to any young person aged 16 to 30 of South Asian heritage (Pakistani, Indian, Bangladeshi etc) who was born in, or lives and works in Yorkshire.

Aimed at rising stars who have overcome deprivation and disadvantage, or have broken down traditional barriers to progress, this year the YAYAs have attracted a record entry from throughout the county.

The awards will culminate in the

announcement of the overall Young Achiever of the Year 2022 title, which was won last year by NHS worker Huma Malik, of Bradford, who was recognised for volunteering during the pandemic, despite her own long-term health problems. Since winning, she has become a trustee of the Mental Health Foundation, and is progressing in her role as an engagement officer for NHS Leeds CCG.

This year's winners will be announced during a celebration dinner hosted by BBC TV and Radio presenter and stand-up comedian, Noreen Khan, at the Cedar Court Hotel, Bradford on Friday, November 11. The event will also be broadcast live on the internet.

Bradford-based QED Foundation, a registered charity which exists to improve the social and economic position of disadvantaged communities in partnership with public, private and civil society organisations, worked with their headline partners, York St John University, to organise the awards.

Dr Mohammed Ali OBE, QED founder and chief executive, said: "We are absolutely thrilled with the quality of entries from across Yorkshire. Many have overcome great obstacles to achieve what they have and it's wonderful to be able to share their stories with a wider audience and highlight their successes and achievements in such a positive way."

The 11 award categories are: Achievement in School or College; Health/Mental Health and Healthcare; The Arts & Creative industries; the Private Sector; Media; Education; the Public Sector; the Not-for-Profit Sector; Sport; Achievement as a Young Entrepreneur; and Achievement in Overcoming Life Obstacles.

Other sponsors and supporters of the awards include: Regal Foods; the University of York; the National Science & Media Museum; LOCALiQ; People Cert; Morrisons; Bradford Council; the Home Office; Barnardo's; MyLahore and the University of Bradford.

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Flood waters in Pakistan have devastated the lives of millions as homes, roads, crops and livestock have been swept away by ravaging floods in the South Asia country.

Now, Pakistani health officials are warning of a looming health crisis in the country after devastating recent floods.

Thirty-three million people have been affected by the flooding, which has left nearly 1,500 dead since the middle of June.

As rescue and evacuation efforts continue in parts of the country, health experts are reporting a surge in dengue, malaria and severe gastric infections such as cholera and diarrhoea.

Many displaced people are living near stagnant water. Dengue fever is already claiming lives and cases are increasing by the day.

About 3,830 cases of dengue fever have been reported by health officials in southern Sindh province, but there are concerns this may be a conservative estimate.

Medical camps all over the Sindh province report most of the cases are of dengue patients followed closely by malaria, but thousands don't have access to the camps.

It's been more than two months since the floods began and yet across Pakistan, thousands of villages are still submerged, leaving countless families displaced.

With roads in many remote communities still unusable because of water damage, some communities are forced to rely on mobile vans for their health care, but those are few and far between.

Hundreds of people, have made makeshift tents on a small pieces of land. The ground may be dry, but there is no food or clean drinking water. It's a situation growing more desperate by the day.

Officials now say it may take months before the water recedes in



Pakistan Floods: Dengue fever and malaria cases soaring after record monsoon

Sindh and life can resume, but many had their lives completely destroyed - and it is becoming painfully clear that there will be no quick remedies to help flood survivors.

Farah Naureen, the director for Pakistan at the international aid agency Mercy Corps, said that about 73,000 women would be giving birth within the next few weeks, and they

needed skilled birth attendants, privacy, and birth facilities. Otherwise, she said, the survival of the mothers and newborns would be at risk.

UN and Pakistan have issued a joint appeal for \$160m in emergency funding to help the millions affected by the unprecedented floods, which have damaged more than one million homes.

According to initial Pakistan government estimates, the devastation has already caused \$10bn in damages, with this figure set to rise.

UN Secretary-General Antonio Guterres expressed concern about the situation during his visit to flooded areas, where he met families now left with nothing, and urged rich nations to help poor countries such as Pakistan

to recover from tragedy.

"Pakistan is not responsible for this crisis, this was a product of climate change," says Mr Guterres.

"This was caused by those that are populating the atmosphere with greenhouse gases. The G20, the biggest economies in the world, they represent 80% of the emissions, Pakistan less than 1%."

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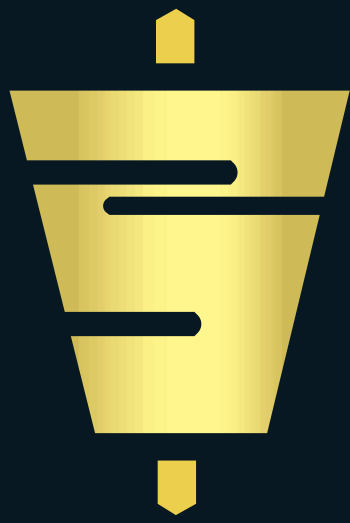
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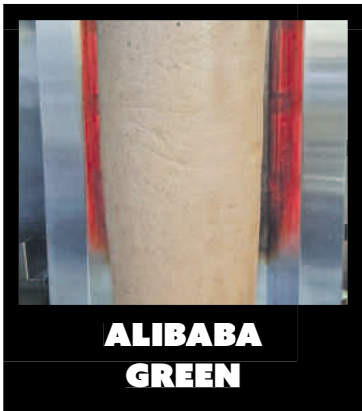
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Audience with director at free movie screening

If you have ever harboured ambitions of breaking into the movie industry, then a free film event attended by its director at the University of Bradford could be just the ticket.

The university is set to host a screening of the largest release of an independent black British film in UK history, Black Mail (2022), on Monday October 24 from 3pm to 6pm. The event will be attended by the film's writer, director and producer, Obi Emelonye, hailed by The Guardian for his "accessible style".

Billed as a cybercrime thriller, Black Mail went on general release in theatres in August.

Monday's screening of the film and subsequent Q&A is one of a number of events organised by the university to mark Black History Month.

Mr Emelonye, who has five projects on Netflix, including Last Flight to Abuja, and another on Amazon Prime, said: "To wake up with an idea and pursue it until you can put it on the big screen for people to watch takes what I call stubborn optimism, it takes dedication, and a get-up-and-go attitude. The skills of filmmaking are one thing, but applying those skills and driving the project to completion is another skill set altogether."

Dr Tiffany Holloman, from the University of Bradford, who helped organise the event, said: "The fact that this is the largest release of a black British film across the UK is a big deal. The fact the film's director, Obi Emelonye, has agreed to come to the screening to speak about his career, and to take questions from the audience, makes it even more prestigious."

"This is an opportunity for anyone who is interested in film to come and watch the film but also ask questions from its director. The screening is open to staff, students and the general public."

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The Yorkshire County Cricket Club and Islamic Relief UK have raised £60,000 and counting to support those affected by the devastating floods in Pakistan.

Headingley hosted a dinner on Monday 10th October to raise vital funds for the communities in Pakistan that have been left destroyed by the severe floods across the region.

The aim of the dinner was to generate the money to build new houses as millions of people still suffer with homelessness, hunger and are in desperate need of help.

In 2010, Islamic Relief launched a global appeal following the worst monsoon floods in living memory. The charity were able to build new housing for those affected, many of which have survived the recent floods in Pakistan.

Yorkshire Cricket wanted to assist with the charity's incredible work and offer support to those in need.

Yaseen Mohammed, Yorkshire County Cricket Club Board member said: "We have far surpassed the

Yorkshire dinner raises over £60,000 for Pakistan flood victims

target that we had set and I am so pleased that we are able to help those in need at this truly troubling time.

"I would like to thank those who attended on the night and have kindly contributed to our fundraising efforts. The money raised will be used to rebuild homes in areas that have been affected by the floods and support those families who are in desperate need of help.

"Many of those who attended last night have never been to Headingley, so I feel humbled that so many have given support to such a worthwhile



It is hoped that the money raised so far will help to build around 30 new houses in areas that have been destroyed over the past few weeks.

cause. It is hoped that the money raised so far will help to build around 30 new houses in areas that have been destroyed over the past few weeks.

"We care about helping our local community and have also built some strong relationships globally. It is important to me that this isn't a one-off event but a long-lasting and meaningful partnership with Islamic Relief to support their incredible work."

Tufail Hussain, Director at Islamic Relief UK said: "Islamic Relief are pleased to have partnered with the

historic Yorkshire County Cricket Club to raise funds for our Pakistan Floods Appeal, we truly appreciate the efforts that went into organising a wonderful and packed event at Headingley. The funds raised will help us to provide new homes to families that have lost everything in the recent floods."

Neil Snowball, ECB Managing Director of County Cricket said: "It was a privilege to be part of this very special event and for the ECB to be able to contribute to such an effective collaboration between Yorkshire County Cricket Club and Islamic Relief."

"Having spent some time in Pakistan earlier this year and travelled through parts of the country that have been so badly impacted by the flooding, it was both inspiring and humbling to hear about the work that Islamic Relief are doing on the ground in Pakistan and also to see the incredible generosity of those who attended the event."



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Five simple tips for a dementia-friendly Diwali

Alzheimer's Society issues expert advice on how to include people with dementia during Diwali

Religious festivals like Diwali are typically a time for family, feasting, dancing and celebration, however it can be difficult to know how to support a loved one with dementia.

Diwali is celebrated over five days and this year starts on Monday 24 October. Keeping a few things in mind when organising gatherings or celebrations can help everyone to feel included and enjoy the occasion.

Alzheimer's Society offers some advice for a dementia-friendly Diwali.

- Create a 'quiet room' – Having a house full of people can be overwhelming for people with dementia. Noises from loud music, fireworks and multiple conversations can be confusing, and may cause anxiety. A 'quiet room' where they can spend quality time with family members, includes them in the celebrations in a calming way.

- Plan some Diwali themed activities – Think of the ways they may have celebrated Diwali in the past and ask them if there is anything they might like to do to celebrate this year. Share photo albums, music and songs that conjure up special memories for them.

- Celebratory food and drink – People with dementia may need gentle reminders to eat and drink, particularly if there are other distractions. Think about a small finger buffet of their favourite treats, as a large plate of food can be daunting for a person living with dementia.

- Decorating for Diwali – if you are planning to decorate or to move things around for Diwali, try to introduce any changes gradually. Dementia can affect a person's visual perception, so try to keep your home brightly lit and use good colour contrast. Avoid patterns that might be misunderstood – for example pictures of fruit might be mistaken for actual fruit, and other patterns might be confusing to a person living with dementia.

- Seek out support - Everyone experiences dementia differently and what works for one person might not work for someone else. Whoever you are and whatever you are going through, you can turn to Alzheimer's Society for confidential support and advice all year round.

There are 900,000 people living with dementia in the UK and three per cent of that number are from BAME communities (about 25,000). Including people with dementia in the Diwali celebrations can evoke happy memories and create new ones and can really enhance their wellbeing.

Alzheimer's Society is here for anyone affected by dementia. Their Dementia Connect support line (0333 150 3456) provides a translation for callers who do not have English as their language of choice. They also provide a number of dementia publications and films in other languages, including Punjabi, Urdu and Hindi. To find out more visit alzheimers.org.uk



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Hamara Supplementary School is a project designed to address the educational disadvantage of children underachieving in British state schools by identifying barriers that prevent young people from engaging in and enjoying learning. The projects primary aim is to raise educational attainment and aspirations to achieve, increasing prospects for children to succeed in education and employment.

The Supplementary School supports children from diverse backgrounds in its progressive, caring and high quality-learning environment every Saturday from 10am to 2pm. 6

Aiming to reach the standards of achievement in the community

trained and qualified teachers provided academic support to pupils with programs of study structured using the National Curriculum. We also plan various curriculum trips and activity days and provide mentoring and support to give young people

positive experiences and raise their aspirations to succeed. Small class sizes and interactive teaching methods are used to engage and motivate pupils, offering a quality service and excellent provision of support.

In addition, the Supplementary School runs an easily accessible and affordable holiday play scheme during the Easter and Summer holidays, this is accessed by families from South Leeds and includes a variety of play experiences, workshops and day trips.

A 12 week parenting programme was also delivered over the last 12 months to better equip parents with the skills to support their children with academia and help prepare both parents and children in year 6 for their upcoming transition to secondary school.

We have a limited number of spaces available in each year group and we kindly request that you share this information with parents and carers so they can benefit from this provision that is in their community. Please refer them to Hamara (contact details in the leaflet) and our Projects Coordinator will be happy to give them any further information they need.

Old Cockburn Sports Hall at risk of closure if funding not secured

The Old Cockburn Sports Hall is to become The Cockburn Centre, which will be an innovative, new, community led and transformational grassroots development. The centre will boast a range of state of the art, accessible facilities, including rental spaces.

The vision for The Cockburn Centre is to provide a holistic, engaging and inclusive environment for the community, allowing us to offer employment opportunities, a leisure wellbeing and community hub, support for youth development, with a strong focus on Digital health, mental health and community cohesion.

We are currently applying to the Community Ownership Fund which is part of the department for levelling up, housing and communities to help start building, but with the rise in utilities and the cost of living, the Old Cockburn Sports Hall, as it stands, is at risk of closure if funding is not secured.

We have an opportunity to build this amazing new centre, we just need some help!

We really need this support from local businesses, volunteers and stakeholders- You can also apply to come and join the Cockburn Community Committee.

The sports hall length has been increased to accommodate community 5-a-side football which will help generate vital unrestricted income (on evenings and weekends) and ensuring the financial sustainability of The Cockburn Centre going forward.

We are in desperate need of your support to rebuild the Old Cockburn Sports Hall, Leeds, which is in a serious state of disrepair, into The Cockburn Centre "Life Skills for Adults with Learning Disabilities", so that current and future generations can benefit from the services available to help transform their lives, this project has obtained full planning approval already, with twenty supporting letters.

We are running our "Buy a brick" campaign, which you can find here, for the local community to support with this exciting project on a smaller scale- Buy A Brick - Hamara Centre (www.hamara.org.uk)

Arnie Sajad – Project Lead – The Cockburn Centre

"The Cockburn Centre project continues to secure funding and gain support from Senior Leaders and stakeholders across the City of Leeds. I am really proud of what Hamara has achieved to date and the resilience we have shown as a Team in testing times. Hamara has applied to The Community Ownership Fund for £1m as part of The Levelling Up plan. I want to thank the Hamara Board of Trustees for their continued support and drive for this exciting new development"

Raheem Mohammad – Interim Director – Hamara

"The need for this project continues to grow and with the support of our entire team, stakeholders and community, The Cockburn Centre project has started to gain some real traction. The facility will be inclusive and accessible to all and will be a central base for support and leisure for the citizens of the ward and the city as a whole. As a South Leeds Resident, I am proud to see how much the area has developed over the last decade and a site of this specification will only enhance our locality even further. I can't wait to see it built and being used'.

Councillor Mohammed Iqbal- Elected as a chair of Hamara on 15th March 2022

"This is an exciting project and fantastic news for our South Leeds community to have a brand new state of the art community centre and sports hall built in the heart of Hunslet and Riverside ward.

We have raised just over 1 million pounds so far and are confident that the remaining £2m will be raised soon to enable the completion of the building.'



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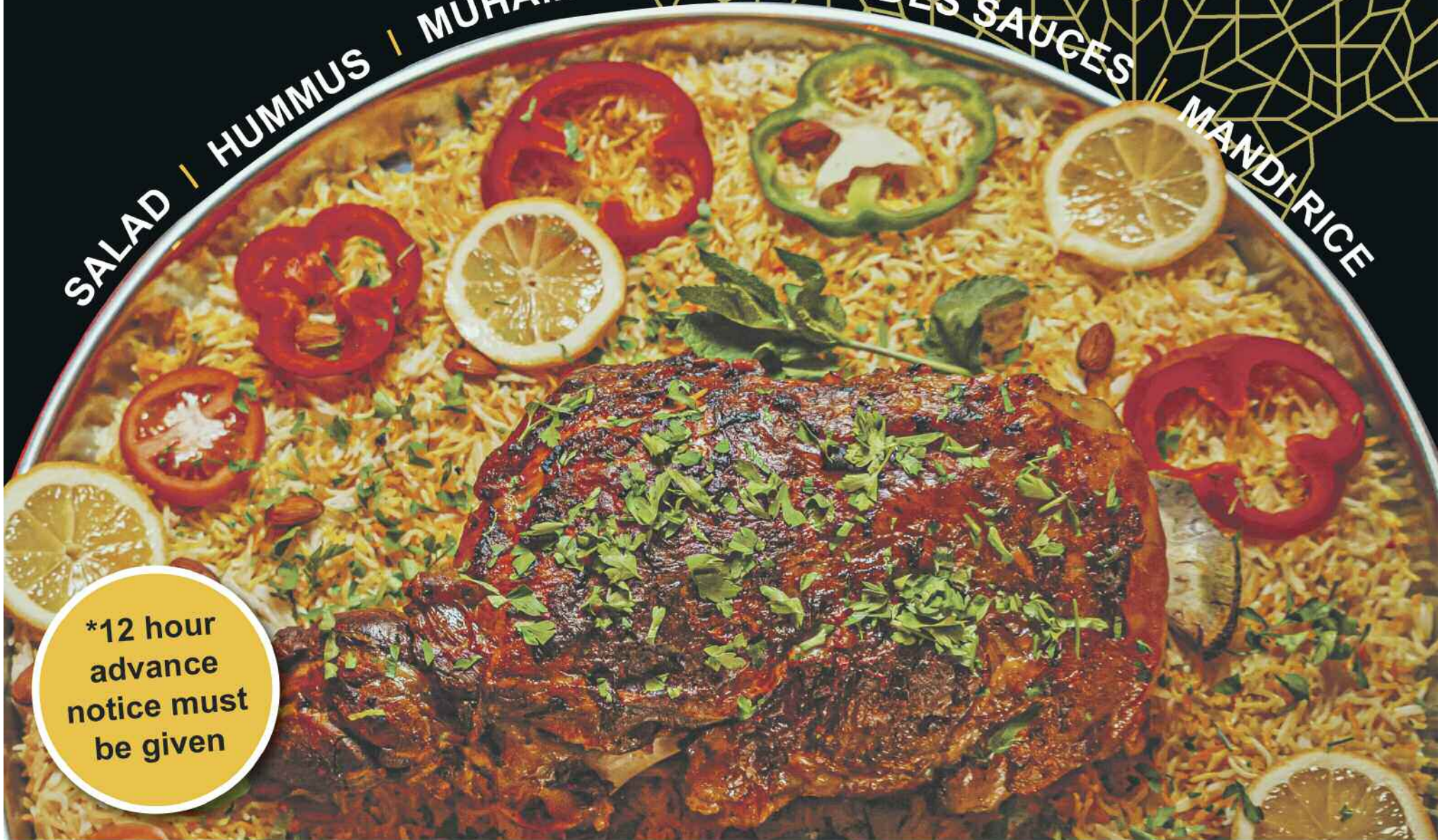
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Homebuyers are being urged to check the energy efficiency of a property before committing to buying.

The removal experts at Lovespace.co.uk have identified the most important questions that house-hunters should ask to evaluate how energy efficient their new home is.

With energy bills and mortgage rates on the rise, energy efficiency is high up in the list of priorities for many buyers and renters looking to move house.

To avoid unexpected costs and keep the bills down, people are advised to carry out necessary checks and ask a few extra questions during viewings.

There are important features that need to be discussed with the landlord or agency to get a sense

of the home's energy use, including the condition of heating, air conditioning systems and appliances.

A spokesperson for Lovespace said: "With the growing importance of having an energy efficient house, homebuyers should not be afraid to ask as many questions as possible to avoid a shock when receiving their energy bills.

"Many people overlook the importance of energy efficient lighting, appliances and electronics, so don't forget to query the landlord about these details as well.

"House-hunting can be tedious so buyers may be eager to hurry and make a down payment as soon as possible, but taking the time to assess the power consumption of their potential new home may save them a lot of money in the future."

7 ways to make sure your new home is energy efficient

Here's a list of questions you should ask to determine the energy efficiency of a property:

Ask for the Energy Performance Certificate (EPC)

The easiest way to find out how energy efficient a house is, is to check the Energy Performance Certificate. The EPC will show you how much energy the building uses and gives information about the estimated costs of energy bills.

How is the property heated?

Heating and hot water take up more than half of the energy costs for typical UK households, so using an efficient heating system can save families a lot of money. A gas-fired central-heating system is the cheapest to run, plus it has relatively low levels of carbon dioxide emissions.

How good is the insulation?

Insulated walls, roofs, ceilings and floors play a big part in cutting down heating bills, as they prevent heat loss and keep the cold air out. Proper insulation can reduce the energy consumption by around 25%.

What is the state of the boiler?

Old boilers can have an energy efficiency of as

low as 60%, which means that a whopping 40% of the energy that homeowners are paying for goes to waste. Most modern boilers however have an efficiency of 90% which means that their gas usage is much lower and so are the bills.

Are the windows double glazed?

18% of heat loss occurs through windows, so double or triple glazing will significantly reduce energy wastage. The efficiency of the windows can be checked from the BFRC rating scheme - with A-rated windows being your best option and E-rated the least cost-effective.

How old are the appliances and are they energy-efficient?

When assessing the energy efficiency of a house, many people overlook the importance that the condition of appliances has on bills. All appliances have an energy label which tells you how much energy they consume. Upgrading the appliances to more energy-efficient ones has a significant return on investment in the long term.

Is there energy efficient lighting?

Lighting takes up around 15% of a home's electricity use on average, so replacing traditional lights with energy-efficient fluorescent, CFL or LED lamps has a good effect on the wallet, as well as the environment.



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Since the April roundtable, there has been significant investment in work to target young people affected by violence. This includes work with community safety partnerships to involve young people in positive activities over the summer, and targeted interventions including youth work, community sports, and family work through community-led programmes, now live in seven boroughs.

Working closely with the Violence Reduction Unit, Greater Manchester Police has also invested heavily in developing schools engagement officers (SEOs) to build relationships between the Police and young people. SEOs have undertaken training on perpetual community trauma and contextual safeguarding, attended workshops with young people to discuss how to better communicate,

NHS launches recruitment drive for tens of thousands of nurses, amid record staff vacancies

The NHS is today launching its annual nationwide drive to recruit more nurses, with tens of thousands of vacancies across England.

England's Chief Nurse today called on anyone looking for a lifechanging career to consider becoming a nurse, as new figures show that more than six in ten people are considering a career change over the next year.

Nursing degrees offer strong employment prospects in every part of the country, with 94% of graduates finding jobs within six months and more than 46,828 nursing, midwifery, and health visiting vacancies in the NHS in England alone.

The 'We Are The NHS' campaign will shine a light on the wealth of NHS nursing roles available, featuring real life patients sharing their stories of how nurses from across the health service helped them on their journey to recovery.

From today, new campaign adverts will run across on demand services, radio, social media and in cinemas, with two films featuring the powerful stories of patients during their time in hospital and recovery aided by NHS nurses.

The renewed drive comes as a new survey reveals eight in 10 people say nurses have made a positive impact in their life.

Nursing in the NHS offers a huge and diverse range of different roles and responsibilities, helping people from all walks of life, from learning disabilities and mental health to paediatrics and social care, and working across the community not just hospitals and GP practices, but also patient homes, schools and even prisons.

Alongside increased investment for degrees and placements, NHS recruitment campaigns have prompted a surge in applicants to healthcare degrees in recent years, with more undergraduate nurses than before the pandemic and data showing that nursing applications have increased by more than a quarter, from 40,770 to 52,150*, since 2019.

NHS staff are preparing for a challenging winter period with the combined impact of flu, covid and record vacancies with plans announced last week to boost capacity further across the country.

For more information and to find out more about the range of nursing, allied health professionals, and healthcare support worker roles available within the NHS, search We Are The NHS.

Progress tackling knife-crime discussed at second Greater Manchester serious violence roundtable

and supported the young persons I am greater campaign by helping to paint murals across Greater Manchester.

Chief Constable of Greater Manchester Police, Stephen Watson, said:

"Following on from feedback from the last roundtable event, we'd like to reinforce our commitment to supporting our communities to tackle knife crime and serious violence head on. Being able to hear from organisations across Greater Manchester, as well as hearing views of over 100 young people as part of a recent dedicated VRU youth event,

helps us to further understand the root cause of the problems within our neighbourhoods and how we can learn following dialogue with communities and look to address issues raised.

"We have a commitment as police officers to fight, prevent and reduce crime. Keep people safe, and care for victims. Being part of the Violence Reduction Unit simply strengthens this commitment and ensures that we are all working together to keep people – particularly young people – safe in their community, school, where they travel and play in Greater Manchester.

"We have already taken steps to

enhance conversations with our communities from developing our School Engagement Officers, to working with local organisations to facilitate engagement sessions with officers around how to improve areas in Greater Manchester and discussions such as today. We all have a part to play in preventing knife crime and serious violence, and we can all do our bit to make our communities a safer place to be."

Other attendees included young people from Greater Manchester's Youth Combined Authority and the Hope Collective's Youth Management Group, as well as people with lived

experience of serious violence including Matthew Norford CEO of 1Message, a service that offers one-to-one mentoring for young people who are at risk of or engaged in anti-social and criminal activity, and Kelly Brown CEO of Mero's World.

In the coming months, the Violence Reduction Unit will build on work with schools and continue to grow local partnerships, trial a new programme in the city of Manchester and Trafford to provide realistic opportunities to achieve positive change to young people affected by criminality, and deliver a project that supports young people in years four, five and six experiencing pronounced levels of adversity as they transition to high school.

To find out more, visit Homepage - Greater Manchester Violence Reduction Unit (gmvruc.co.uk).

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Asian Achievers Awards, paid tribute to Her Majesty The Queen Elizabeth II at the annual ceremony, which took place on Friday 23rd September at Grosvenor House, Park Lane, London. Dame Arlene Foster DBE PC, Former First Minister of Northern Ireland, led the tribute with a one-minute silence to inaugurate the ceremony.

The evening was hosted by actor, Nitin Ganatra OBE, and entrepreneur, philanthropist and documentary filmmaker, Deana Uppal, and welcomed a guest list of celebrities, public figures, VIP's and dignitaries including Love Island contestant, Priya Gopaldas; TOWIE stars, Dani Imbert and Junaid Ahmed; comedian, Tez Ilyas (Man Like Mobeen); actors, Raj Ghatak, Nisha Aaliya and Yanick Ghanty; music artists, Bambi Bains, Rumer and H Dhami; Premier League presenter, Manish Bhasin; former Miss England, Hammasa Kohistani; Rajesh Agrawal, Deputy Mayor for Business London; Dr Kartar Lalvani OBE, Founder and Chairman, Vitabiotics; Subaskaran Allirajah, Founder and Chairman, Lyca; Head Teacher, Katherine Birbalsingh; businesswoman, Sheetal Mafatlal; and lead researcher for the COVID vaccine, Maheshi Ramasamy, Oxford Vaccine Group.

South Asians in the UK today occupy leadership positions across a range of fields, including politics, business and civil society. The Awards recognise the outstanding work of such individuals from across the South Asian community.

Now in their 20th year, Asian Achievers Awards are recognised as the most prestigious and longstanding celebration of the leading figures of the UK's South Asian community and their achievements, initiated by public nominations.

Across ten categories including Art & Culture; Business Person of the Year; Entrepreneur of the Year; and Community Service, Asian Achievers Awards received more than 500 nominations, from which the judges shortlisted four per category, evenly divided between male and female candidates.

This year's judging panel was reflective of the diversity and experience of the nominations received. It included Former Deputy Assistant Commissioner of the Metropolitan Police, Bas Javid; Former President of the Royal College of General Practitioners, Dr Mayur Lakhani CBE; COO of Monzo Bank, Sujata Bhatia; music producer, Bally Sagoo; Welsh Assembly Member, Natasha Asghar; and Artistic Director of Darbar Festival, Sandeep Virdee OBE.

Speaking on the night, Dame Arlene Isabel Foster DBE PC,



20th Asian Achievers Awards

UK's most prominent and longstanding celebration of British Asian achievement

Former First Minister of Northern Ireland said: "I was really honoured and privileged to be asked to lead a minute's silence to reflect on the service and duty of Her Majesty The Queen, who of course visited India on three occasions; 1961 was her first visit, where she spoke to a huge crowd when she arrived in New Delhi. But it was just a time of reflection and remembrance at the start of what is a wonderful evening of celebration and I'm really pleased to say it was looked at in a very positive way, so really pleased to be here and to be a part of this wonderful award ceremony."

Pratik Dattani, Managing Director, EPG said: "Tonight we celebrated truly the best in the South Asian community in Britain today and I see the next 20 years bringing even more

success for our diaspora. The AAA will continue to be the platform to identify, recognise and support the innovators, visionaries and community giants that will build Britain and make the world a better place."

The awards ceremony was interspersed with live performances on the night including Brit Award-nominee, Rumer; cellist and pianist, Alison Gabrielle; and star of TV's Man Like Mobeen, stand-up comedian Tez Ilyas; with Lord Jeffrey Archer conducting the charity auction in support of the chosen Charity Partner, Pardada Pardadi.

Asian Achievers Awards 2022 Winners:

Art and Culture:
Namit Malhotra – Chairman and CEO of industry-leading,

visual effects and animation company, DNEG, and Founder and Non-Executive Director of DNEG's parent company, Prime Focus Limited. As a film producer, Namit's credits include Bollywood epics Brahmastra and the upcoming Ramayana; and the animated feature film Garfield, which will be distributed by Sony Pictures.

Business Person of the Year:
Shamil and Kavi Thakrar – Founders of Dishoom, one of the UK's most successful, Indian restaurant companies. The company was ranked fourth in the 100 Best UK Companies To Work For list in 2021 and first in Hospitality and Leisure. In addition to growing Dishoom from one, London branch to a nationwide chain and a globally-recognised brand, they have published the cookery book,

From Bombay with Love.

Community Service:
Dr Zareen Roohi Ahmed – Founder and CEO of Gift Wellness and Chair of The Halimah Trust, a charity established to fulfil the dreams of her daughter who was tragically murdered in 2007. Zareen is also a coach with Dent Global, where she has the privilege of helping other entrepreneurs realise their business dreams.

Entrepreneur of the Year:
Sherry Vaswani – Founder and CEO of Xalient, a global provider of IT services to large enterprises, specialising in cloud networking and cybersecurity. Xalient is Sherry's second business venture, with its rapid growth recognised in the 2022 Sunday Times One Hundred and FT Europe 1000. Sherry has been a finalist in EY's Entrepreneur of the Year and the FT's 30 Women to Watch and is a strong advocate for improving gender balance in the tech industry.

Lifetime Achievement Award:
Dr Kartar Lalvani OBE – Founder and Chairman of Vitabiotics, the first and now most successfully specialised vitamin supplement firm in the UK, with presence in over 100 countries. He is also the Founder of Meyer Organics, one of the largest nutraceutical companies in India, with a presence in over 30 countries.

Media:
Naga Munchetty – Known nationwide as one of the presenters on BBC Breakfast and hosting a prominent radio show on BBC 5 Live. In addition, Naga presents Claimed and Shamed for BBC1. She is passionate about golf and plays off a handicap of 8. In 2013, she was crowned the winner of Celebrity Mastermind on the subject of The Ryder Cup.

Professional of the Year:
Professor Sir Shankar Balasubramanian (University of Cambridge) – Shankar created Next Generation DNA Sequencing, a technology that enables fast, accurate, low-cost and large-scale genome sequencing. The technique has transformed biology and medicine by allowing researchers to read human genomes a million times faster and at a fraction of the cost of early approaches. He was knighted in 2017 for Services to Science and Medicine and is a Fellow of the Royal Society.

Special Award for Business Leadership:
Puneet Gupta – Co-Owner and joint CEO of PG Paper, an award-

Continued on page 40

BUSINESS



YOUR LOCAL & BUSINESS ROUND-UP

Greggs Gives Insurer A Nasty Pasty

Since the COVID-19 pandemic hit the UK at the beginning of 2020 there have been numerous lockdowns imposed by the Government in a bid to contain the Coronavirus and to protect the NHS. These lockdowns have proved catastrophic for many businesses, particularly in the retail and hospitality sector. Some businesses have had business interruption insurance cover which has provided them with a degree of financial support.

However, since the first claims were lodged for this cover from policyholders there have been ongoing legal disputes with their insurers as to what is claimable under the policy. The latest in a long line of disputes to reach the Court is the case of the high street bakery giant, Greggs, and their dispute with their insurer, Zurich Plc, which was recently heard by the High Court.

In that case Zurich contended that Greggs could only claim for a single occurrence under its policy which would mean applying a £2.5m limit to all of Greggs' business interruption losses caused by the numerous COVID-19 lockdowns. However, Greggs argued that it was entitled to access a separate limit of £2.5m each time the UK Government imposed a new lockdown which effected its business.

The Court accepted Greggs' argument. The Judge ruled that there was a single occurrence at the outset of the pandemic restrictions from March 2020 to May 2020, followed by separate occurrences as the levels of restrictions were adjusted by the Government throughout the pandemic. The Judge agreed that Greggs would be entitled to access a separate limit of £2.5m each time the Government introduced major COVID-19 restrictions which forced Greggs to close its stores.

The case will now move onto the next phase which is for the two parties to calculate the value of the business interruption losses recoverable. However, this is subject to whether Zurich will appeal the decision which is probably likely

given the stance which has been adopted by the insurers throughout these cases and the value involved. If Zurich does not appeal or if their appeal is unsuccessful then this case will have far reaching implications for the treatment of aggregate sums claimed by policyholders in business interruption policies and wider similar claims.

If you are involved in any dispute or litigation or require advice on any COVID-19 related issue, then Blacks Solicitors can assist. Please contact Luke Patel on 0113 227 9316 or email him at "L.Patel@LawBlacks.com".



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20th Asian Achievers Awards

UK's most prominent and longstanding celebration of British Asian achievement

Continued from page 39

winning company based in Scotland, UK and one of Scotland's largest and most successful exporters, with a presence in 55 countries. A solution-driven paper company, PG Paper works with mills and their prime, side-run and stock capacity, supplying end-users in local markets from order to delivery. The company's achievements have previously been recognised with awards from various chambers of commerce, Ernst & Young, The Herald Family Awards, Scottish Export Awards, Scottish BQ Awards, Scottish Asian Business Awards, BDO British Indian Awards and the Scottish SME Business Awards.

Special Award for Innovation and Entrepreneurship:

Bankim Chandra – Bankim left his job as a programmer for TCS in 1996 in India and came to the UK to work for RBS as a programmer for their CRM Systems. He soon moved to Bradford to do programming for Abbey National's Car and Home Insurance Products and the next year came to Brighton with one suitcase to take on the challenge of fixing the Y2K bug at American Express. Today, he is the Founder and CEO of Dotsquares, with offices in France, Australia, the US and the UK as well as three development centres in India. They have over 800 staff members in a business that provides creative digital design and development services.

Sports Personality of the Year:

Karenjeet Kaur Bains – The first female Sikh powerlifter to represent Team GB. She became the 2019 Commonwealth Champion, winning three gold medals and two silver medals in Newfoundland, Canada. She also became the first British Sikh female to represent Britain in the World and European Championships, placing in the top 10.

Uniformed and Civil Service:

Captain Harpreet Chandi – Army officer and physiotherapist also known as 'Polar Preet', she has created history by becoming the first woman of colour to complete a solo, unsupported trek to the South Pole. She has also completed a 156-mile ultramarathon across the Sahara Desert in 2019.

Woman of the Year:

Rt Hon Suella Braverman KC MP – UK Home Secretary and former Attorney General. Suella was first elected to Parliament in 2015 for Fareham, Hampshire and re-elected in 2017 and 2019. She served on the Education Select Committee for two years and was made Parliamentary Under Secretary of State at the Department for Exiting the European Union in 2018 prior to rising in ranks to the position of UK Attorney General and current Home Secretary.

Speaking on the night, Dame Arlene Isabel Foster DBE PC, Former First Minister of Northern Ireland said, "I was really honoured and privileged to be asked to lead a minute's silence to reflect on the service and duty of Her Majesty The Queen, who of course visited India on three occasions; 1961 was her first visit, where she spoke to a huge crowd when she arrived in New Delhi. But it was just a time of reflection and remembrance at the start of what is a wonderful evening of celebration and I'm really pleased to say it was looked at in a very positive way, so really pleased to be here and to be a part of this wonderful award ceremony."

Pratik Dattani, Managing Director, EPG said, "Tonight we celebrated truly the best in the South Asian community in Britain today and I see the next 20 years bringing even more success for our diaspora. The AAA will continue to be the platform to identify, recognise and support the innovators, visionaries and community giants that will build Britain and make the world a better place."

L George, Director, EPG Events; former CEO, Asian Voice and Gujarat Samachar said, "The Asian Achievers Awards night is always special because it serves as a platform for the community to come together. And, of course, it's a great place to network with a room full of the most successful people from the British Asian community. But, more importantly, it's amazing to know and to celebrate how successful the community has been today in every field."

The awards ceremony was interspersed with live performances on the night including Brit Award-nominee, Rumer; cellist and pianist, Alison Gabrielle; and star of TV's Man Like Mobeen, stand-up comedian Tez Ilyas; with Lord Jeffrey Archer conducting the charity auction in support of the chosen Charity Partner, Pardada Pardadi.



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BLACK FRIDAY warning

Shoppers warned to be vigilant as online scams on the rise

Brand new ONS data reveals that half of adults received "phishing" messages in the last month about early Black Friday deals available now.

Black Friday, this year on 25th November, is one of the biggest shopping events of the year, and with an increase in online shopping, it is the perfect opportunity for scammers to target potential victims.

Therefore before starting your shopping spree, it is important to be aware of certain red flags that could indicate that fraudulent activity is just one click away.

With many Black Friday deals already on offer, Nick Drewe, founder of online discounts platform, WeThrift highlights the most common scams shoppers need to look out for to avoid being a victim of fraud.

Order confirmation scams

A common phishing technique to look out for is fake order confirmation emails. These emails will claim that an order has been confirmed, but won't actually tell

you what the order is.

Instead, you'll be encouraged to click on a link to find out. If you do, you will then be directed to a page that looks just like the retailer's site, but it'll be fraudsters who will receive your personal information if you have inputted it anywhere.

Fake invoices

Another example is a fake invoice from a scammer, claiming that your payment hasn't been received. It will then ask you to re-enter your bank details or a request from someone on PayPal asking for payment.

If you receive one of these invoices unexpectedly, regardless of whether you think you have tried to purchase, make sure you read through the information carefully and compare it against your most recent bank statement.

Billing error scam

Often, scammers will email shoppers saying their billing information is incorrect, and that they need to change them immediately, or they will lose out on

an order.

Usually, when there is a sense of urgency, that's when you should be suspicious, as they hope to draw you into entering your bank details into a fake website that they've made to look like the real deal.

If you are unsure at all about whether an order has gone through, contact the retailer directly with any order confirmation or information so they can give you legitimate information on your account.

Receiving instant messages

Often, you may receive a suspicious-looking message with a link to a well-known website, urging you to click to secure a great deal.

However the link will most likely be fake, and clicking on it will unleash an intrusion of malware on your device, making your personal information vulnerable.

Scammers will replicate the retailer website's URLs and layouts URLs, and as time has gone on, they have become extremely good at it-making it hard to spot whether it is fraudulent or not.

Once they have encouraged people to click, they will then send phishing messages and keylogging malware straight to the target's device.

Phishing emails

A slightly more modern method of fraud is phishing emails that trick users into disclosing sensitive confidential information. Therefore, it is important to not click on any links or pop-ups from sources that you are not familiar with.

The same thing goes for websites. From dodgy URLs (ones with no 'https' or locked padlock symbol on the bar) to poor website design, there are plenty of fraudulent sites you must be wary of.

Fake product reviews

Fake Amazon reviews have particularly skyrocketed this year. These reviews usually feature unusual turns of phrases and are over-packed with technical jargon.

However, humans are the ones promoting these, often for payment from the product manufacturer in

return.

There are 'review exchange' clubs online, normally on social media sites, where sellers on sites like Amazon will offer goods in return for overly generous comments-often ones that are extremely misleading.

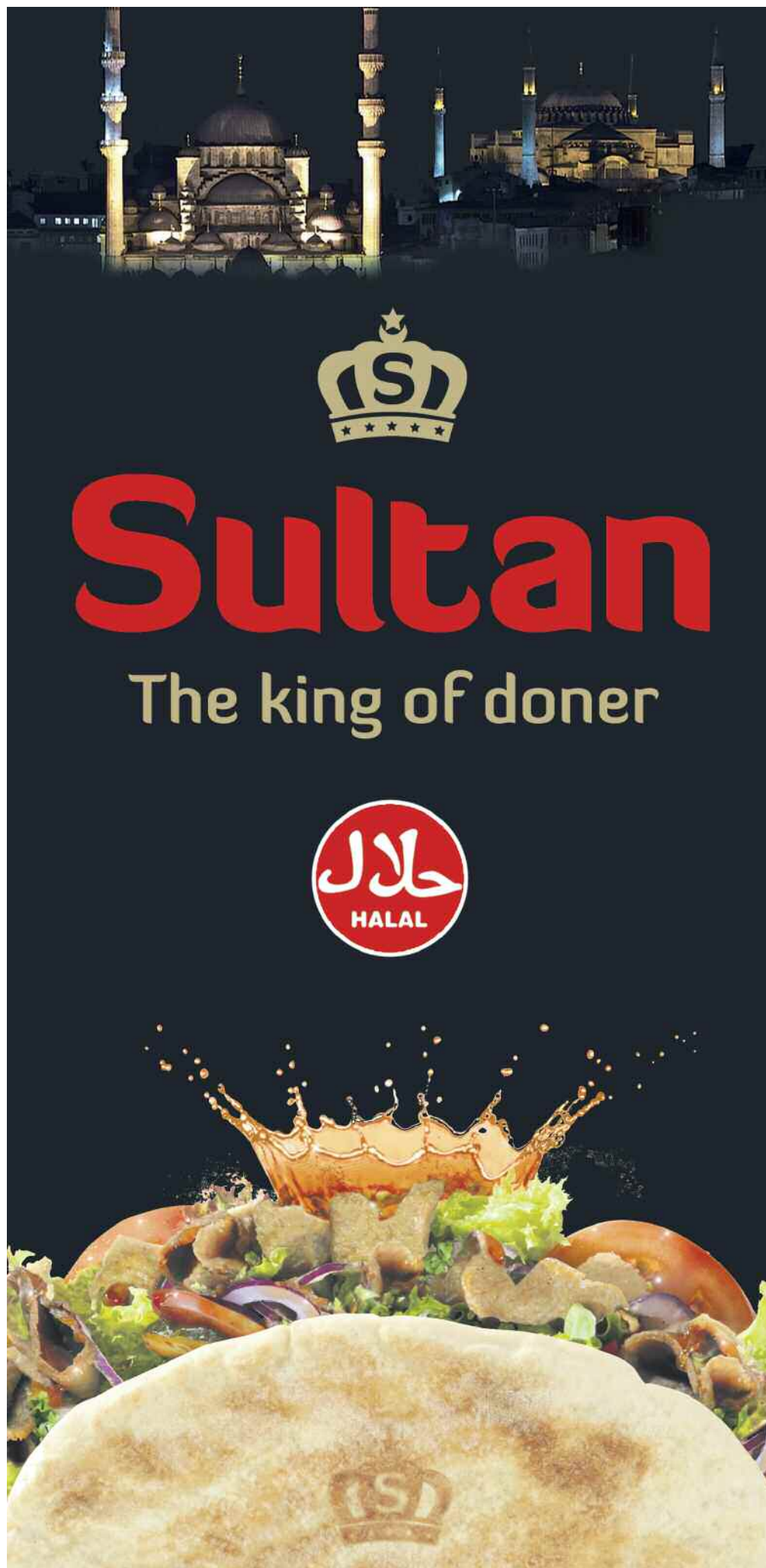
What to do if you have been scammed?

Contact your bank – This should be the first thing you do, especially if money has already been taken from your account. Immediately, replace your cards and change your security details. If you have been scammed, your bank is obligated by law to refund you.

Contact Action Fraud – This is the UK's national fraud and cybercrime reporting centre. Run. You can contact them on 0300 123 2040 to report a scam or visit the ActionFraud website.

Contact the police on 101 – If you are currently being subjected to a live and ongoing cyber attack then contact us the police on 101- the earlier the better.





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One in six don't know the signs of financial abuse: Here's how to spot them

Financial abuse



Research shows that almost one in five (18%) of British adults have experienced financial abuse in a current or past relationship. Of this, one in five women (21%) and one in seven men (15%) have been a victim.

Financial abuse is a type of domestic abuse where someone has power over you and your finances. There are several types of financial abuse, and sadly it can happen to anybody – regardless of age, gender or ethnicity.

Credit management company Lowell has conducted research to reveal how confident Brits are in spotting the signs of financial abuse, in order to raise awareness around the hard-hitting topic.

A customer panel was asked about their experience with financial abuse, and found that 37% have been a victim of it directly, or know of someone who has.

When it comes to the different forms of financial abuse, over half (51%) of respondents mentioned someone spending money without telling you. Over two-fifths (41%) brought up someone deliberately withholding funds to stop you from seeing other family and friends, and finally, 38% said that their abuser kept track of every single thing they buy.

One in six (15%) admitted that they don't know how to spot the signs of financial abuse.

Natasha Saunders, an active campaigner and independent consultant for causes against domestic abuse, spoke to Lowell about her experiences: "Financial abuse is a crippling pandemic that has been occurring since time began.

"Speaking out about financial abuse often brings ridicule and disbelief.

"Having your bank accounts monitored, keeping receipts to prove the cost of things, and having vital things such as sanitary products or

food withheld is abuse. Those are all things I suffered with my ex-husband.

"I'm over seven years free of his hold now, married to my best friend and yet my credit score is a joke.

"I have debt from when I was with him because he put my name on the bills, I have debt from fighting him in family court to keep my children safe.

"I still feel like I need to justify a purchase or explain an expense to my husband who always kindly brushes it aside and reminds me he doesn't need to know because I'm my own person.

"The dark cloud of money worries my ex has left me with won't vanish any time soon, the lasting legacy of financial abuse cripples many survivors' lives long after they leave, and some even go back because the step into the unknown is scarier than the devil they know."

John Pears, UK CEO at Lowell, adds: "The results from our research around financial abuse are both shocking and deeply upsetting to read. The lasting impact of financial abuse can be devastating, but it's important to know that if you, or someone you love, are at risk from suspected financial abuse, you are not alone. There are many specialist organisations who can help.

At Lowell, we put our customers' wellbeing first, and we'll always make sure customers can access the support they need by sharing where to find independent support and advice services.

You can also find more information about the signs of domestic abuse and information on support and helplines available on the GOV website, or you can contact Refuge's National Abuse Domestic Helpline directly on 0808 2000 247."

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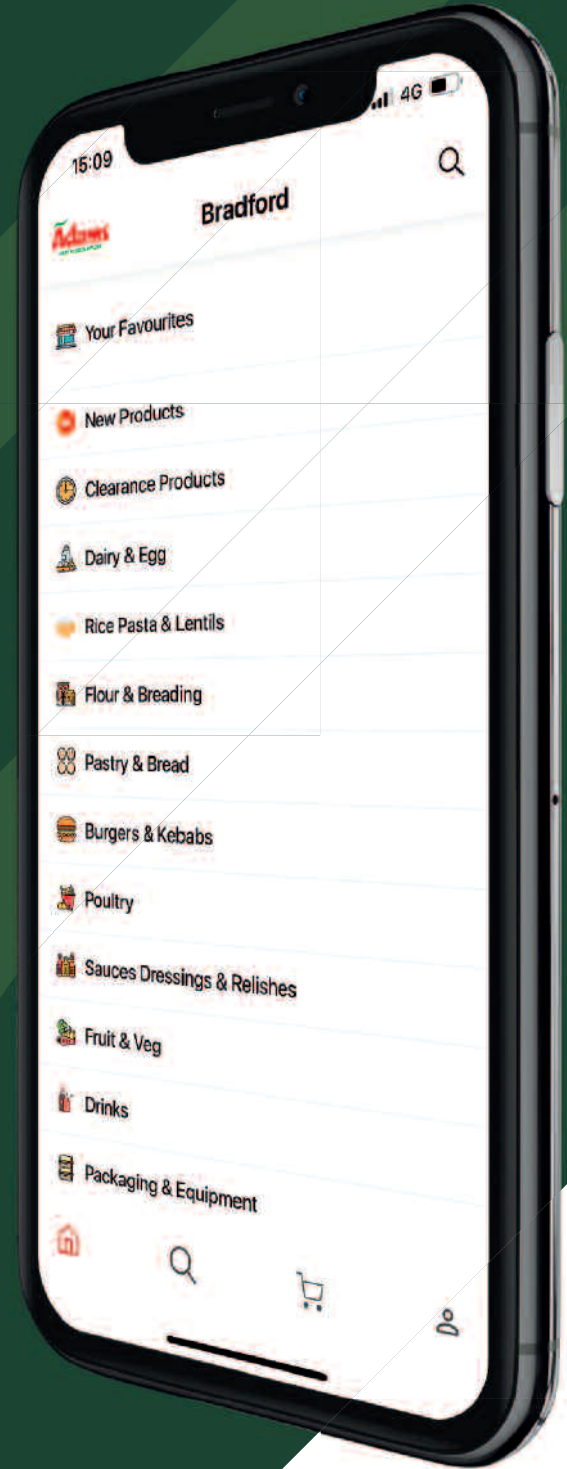
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5 tips to winter-proof your hair

Many people say that their hair is their best accessory but many people struggle with unruly, damaged hair in the winter. With the weather taking a turn well into Autumn this week and the prospect of split ends or fly-away strands looming, you might think the best thing to do is to just shove on a hat or tie it up. But we've got some advice to help your hair battle through the inclement weather we're so famous for in Britain.

Boys or girls, beards or barnets, the struggle is real when it comes to your hair over the winter months. However, by doing a little research and tweaking your haircare regime, you'll be thanking yourself for the months to come. You can banish those split ends, dry scalps and fussy follicles.

Katie Ware, Lead Stylist from Just Cuts, says: "Working in a salon, I see many different challenges for clients.

I grew up in Australia with much milder winters than here, in fact it can be difficult to actually predict how best to protect your hair when we have to contend with dramatically different temperatures, wind, rain and snow in the UK - sometimes all in one day! There's no strict formula to abide by but you can certainly prepare to avoid any mishaps with your mane."



Here are Katie's top tips for fabulous hair this winter:

1. Keep shampooing your hair to a minimum. It's okay to let your hair get dirty! Shampooing your hair too much can strip it of healthy oils and leave it drier than before – meaning you'll have more static, flyaways and breakages. You should be aiming for two to four times a week maximum.

2. Use dry shampoo. This will help to cleanse your hair in between shampoos, take out any excess oils and transform it from looking dull and lifeless. Massage it into the scalp with your fingertips, wait a few minutes and then brush through the entire length of hair. Male or female,

this is a great way to combat any unnecessary hair oils.

3. Choose your conditioner wisely. It's important you invest in a really rich, thick and moisturising conditioner! Do your research and find one that contains fatty acids and humectants, such as soy protein and panthenol. These ingredients help attract and retain moisture in your hair – leaving it looking and feeling healthier, making it less prone to breakages.

4. Use a hydrating hair mask. Once a week, you should be applying a mask to your hair. It's important to restore those natural oils that are often stripped away in the harsh weather. The Treatment Mask from JUSTICE Professional, Just Cuts' exclusive product range, penetrates

the cuticle and adds protein to the inner structure of your hair to increase elasticity, shine and strength.

5. Use Argan oil. This is a no brainer! It contains a high level of Vitamin E that is crucial for your hair and beards in the colder months. It stimulates hair growth whilst promoting healthy, strong hair that you'll be thanking your lucky stars for when the season passes. It also adds instant moisture with every day use.

"For the best results from your hair mask, shampoo your hair as normal and then leave the mask on for an hour while you relax with a cuppa on the sofa. Then rinse and style as normal. I love them because it forces you to chill out for an hour - it's a perfect ritual to take you through the series of Bake off" Katie adds.

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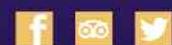
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Would-be witches and wizards are invited to enrol in Hoghton Tower's very own School of Witchcraft & Wizardry this Halloween (26th-30th October).

Youngsters are being encouraged to embrace their imaginations and channel their inner wizards in a brand-new immersive storytelling adventure.

Hoghton's faculty of magical professors will be teaching how to cast spells, brew exploding potions and practice broomstick racing in a series of spellbinding lessons full of mystery, magic and mischief.

Suitable for children aged 6-10 years old, fancy dress is strongly recommended, although students are also advised to wear warm clothing and flat footwear as some of the

lessons may involve venturing into the tower's underground passages.

Tickets cost £12 for children and £5 for an accompanying adult. Online pre-booking is essential and all students must be accompanied by a ticket-holding adult at all times.

The tearoom will be open from 10am - 3pm for those with pre-booked tickets for the magical workshops and children's lunch packages (£5.50) can also be pre-booked.

There will be sandwiches, cakes and drinks available for adults to purchase.

Please note those attending a session beginning at either 1.30pm or 3pm will need to eat prior to their session as the tearoom will be closed at the end of the session.

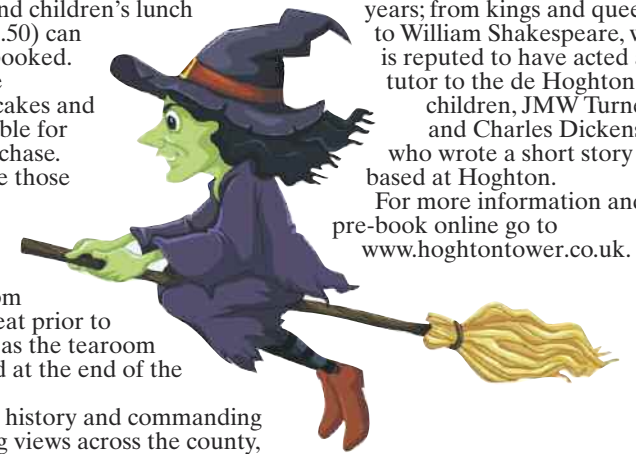
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The Tower has been welcoming illustrious visitors for more than 500 years; from kings and queens to William Shakespeare, who is reputed to have acted as a tutor to the de Hoghton children, JMW Turner and Charles Dickens, who wrote a short story based at Hoghton.

For more information and to pre-book online go to www.hoghtontower.co.uk.



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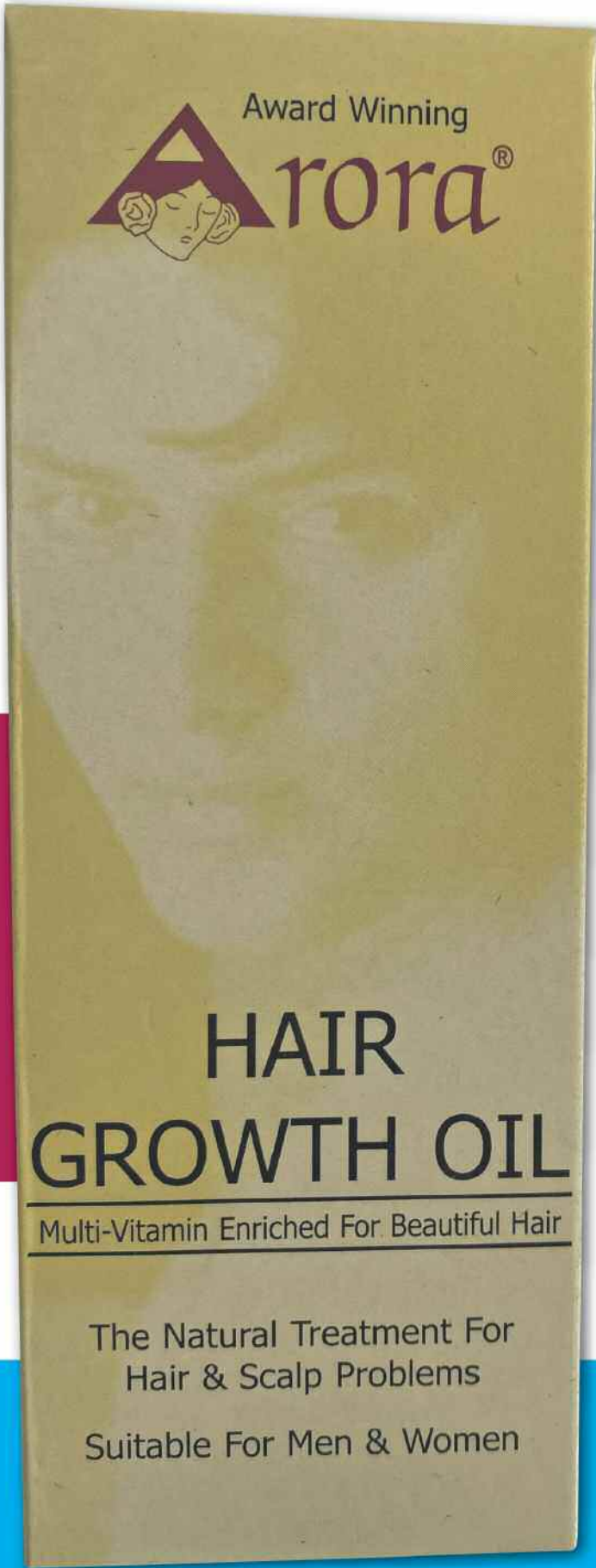
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A study of over 26,000 middle-aged UK women reveals those with a vegetarian diet had a 33% higher risk of hip fracture compared to regular meat-eaters.

University of Leeds research, published in the journal BMC Medicine, investigated the risk of hip fracture in occasional meat-eaters; pescatarians, people who eat fish but not meat; and vegetarians compared to regular meat-eaters.

The research team found that the average BMI among vegetarians was slightly lower than the average among the regular meat eaters. Previous research has shown a link between low BMI and a high risk of hip fracture.

Among 26,318 women, 822 hip fracture cases were observed over roughly 20 years – that represented just over 3% of the sample population. After adjustment for factors such as smoking and age, vegetarians were the only diet group with an elevated risk of hip fracture.

This study is one of very few studies to compare risk of hip fracture in vegetarians and meat-eaters where the occurrence of hip fracture was confirmed from hospital records.

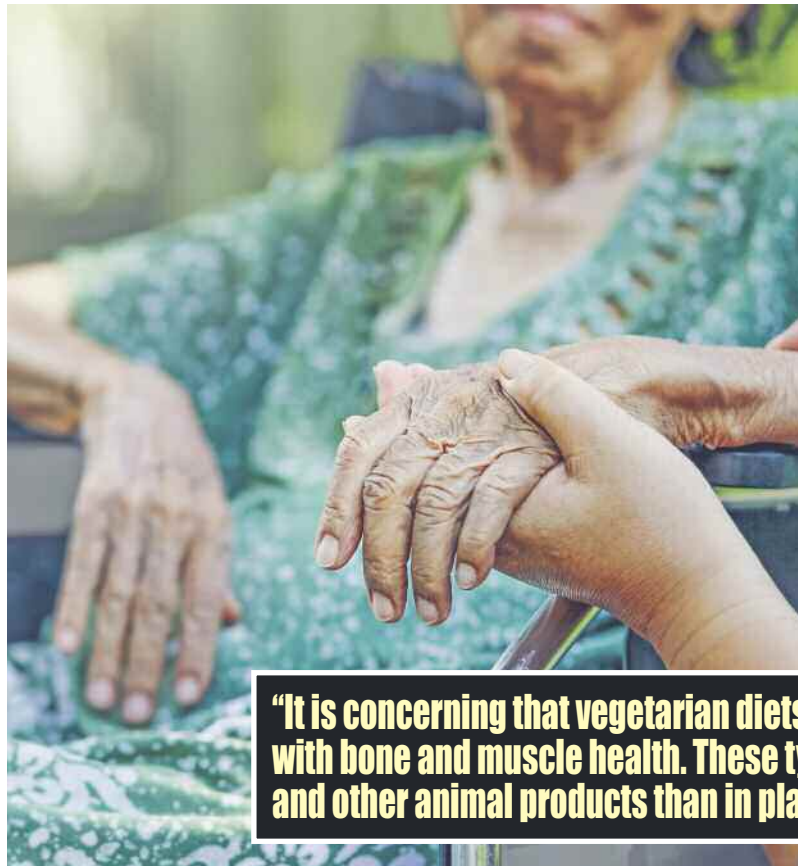
Study lead author James Webster, a doctoral researcher from the School of Food Science and Nutrition at Leeds, said: “Our study highlights potential concerns regarding risk of hip fracture in vegetarian women.

“However, it is not warning people to abandon vegetarian diets. As with any diet, it is important to understand personal circumstances and what nutrients are needed for a balanced healthy lifestyle.

“Vegetarian diets can vary widely from person to person and can be healthy or unhealthy, just like diets that include animal products.

“However, it is concerning that vegetarian diets often have lower intakes of nutrients that are linked

Vegetarian women are at a higher risk of hip fracture



with bone and muscle health. These types of nutrients generally are more abundant in meat and other animal products than in plants, such as protein, calcium, and other micronutrients.

“Low intake of these nutrients can lead to lower bone mineral density and muscle mass, which can make you more susceptible to hip fracture risk. This makes it especially important for further research to better understand factors driving the increased risk in vegetarians, whether it be particular nutrient deficiencies or weight management, so that we can help people to make healthy choices.”

Vegetarian diets have gained popularity in recent years, with a 2021 YouGov survey putting the size of the UK vegetarian population at roughly 5-7%. It is often perceived as a healthier dietary option, with previous evidence that shows a vegetarian diet can reduce the risks of several chronic diseases, including diabetes, heart disease, and cancer compared to

omnivorous diets.

There is also a worldwide call for reducing the consumption of animal products in an effort to tackle climate change.

Understanding hip fracture risk in vegetarians is therefore becoming increasingly important to public health.

Study co-author Professor Janet Cade, leader of the Nutritional Epidemiology Group in the School of Food Science and Nutrition at Leeds, said: “Hip fracture is a global health issue with high economic costs that causes loss of independence, reduces quality of life, and increases risk of other health issues.

“Plant-based diets have been linked with poor bone health, but there has been a lack of evidence on the links to hip fracture risk. This study is an important step in understanding the potential risk plant-based diets could present over the long-term and what can be done to mitigate those risks.”

“It is concerning that vegetarian diets often have lower intakes of nutrients that are linked with bone and muscle health. These types of nutrients generally are more abundant in meat and other animal products than in plants, such as protein, calcium, and other micronutrients.”

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Entertainment

THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD

ALIA BHATT

receives TIME100 Impact Award 2022

Global superstar actor, Alia Bhatt, has been honoured with the TIME100 Impact Award by TIME Magazine, at a celebration held at the National Gallery Singapore.

The award recognises visionaries who have gone above and beyond to make an impact and move their respective industries forward.

The Awards debuted earlier this year in Dubai and have reconvened today in Singapore, followed by a viewing party for the Formula 1 Singapore Grand Prix.

Speaking about the award, Alia said, "Thank you TIME for this honour."

"To be given this award tonight, amongst some of the finest people in the world, feels wonderfully overwhelming."

"Ten years ago, when my journey as an actor began, all I thought about is how I would one day take over the world. I wanted to be perfect and I wanted everyone to know it."

"But if it falls to me in any way to lead by example, be a role model or make any kind of impact, it is something I want to do in as human, as flawed, a way as possible."

Because in the movies and in life, you do not have to be perfect; you just have to bring everything you have – the lows, the highs and the real things we are afraid of speaking about. There is no greater impact

than being yourself."

Bhatt has starred in four major motion pictures this year alone; Gangubai Kathiawadi, RRR, Darlings!, and Brahmāstra Part One: Shiva, receiving global praise for her performances whilst breaking records at the global Box Office.

In September 2022, Bhatt's performance in Gangubai Kathiawadi was declared as "one of 2022's greatest performances" by The Guardian, in a feature discussing the best performances on the big-screen of all time.

Bhatt is making her entry into Hollywood with Heart Of Stone, releasing globally via Netflix next year. The multi award-winning talent will feature alongside Gal Gadot and Jamie Dornan in the next feature by BAFTA-nominated director Tom Harper.

One of India's biggest movie stars, with a social media following of over 100 million, 71.2 million on Instagram alone, Bhatt has bagged four FilmFare awards (India's Oscars equivalent) in her illustrious career trajectory thus far.

Bhatt is making her entry into Hollywood with Heart Of Stone, releasing globally via Netflix next year.

Bhatt has starred in four major motion pictures this year alone; Gangubai Kathiawadi, RRR, Darlings!, and Brahmāstra Part One: Shiva





Dwayne 'The Rock' Johnson & Black Adam cast take over London



The highly anticipated film, Black Adam, is all set to release this Friday 21st October, and the cast have been on a global press tour to promote the film.

The highly anticipated film, Black Adam, is all set to release this Friday and the cast have been on a global press tour to promote the film.

Starring Dwayne 'The Rock' Johnson as the titular role, the film follows the antihero who is unleashed onto modern times after 5,000 years of



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imprisonment. He's discovered by the Justice Society of America, who attempt to show him how to use his powers for good rather than evil.

Since descending to the capital, The Rock along with Pierce Brosnan, Quintessa Swindell, Sarah Shahi, Noah Centineo and Aldis Hodge, attended its grand UK Premiere the world-renowned Leicester Square.

Dwayne says, 'This character, this film, this universe, has been a gigantic passion project of

mine for a very long time. It's the kind of project I know comes along once in a lifetime. The truth is, I was born to play Black Adam.'

Also in attendance at the Premiere were the likes of comedian Paul Chowdhry, Love Island reality star Nas Majeed, actors Ritu Arya, Elena Fernandes and Fady Elsayed to name a few.

Black Adam is in UK cinemas from 21st October 2022.

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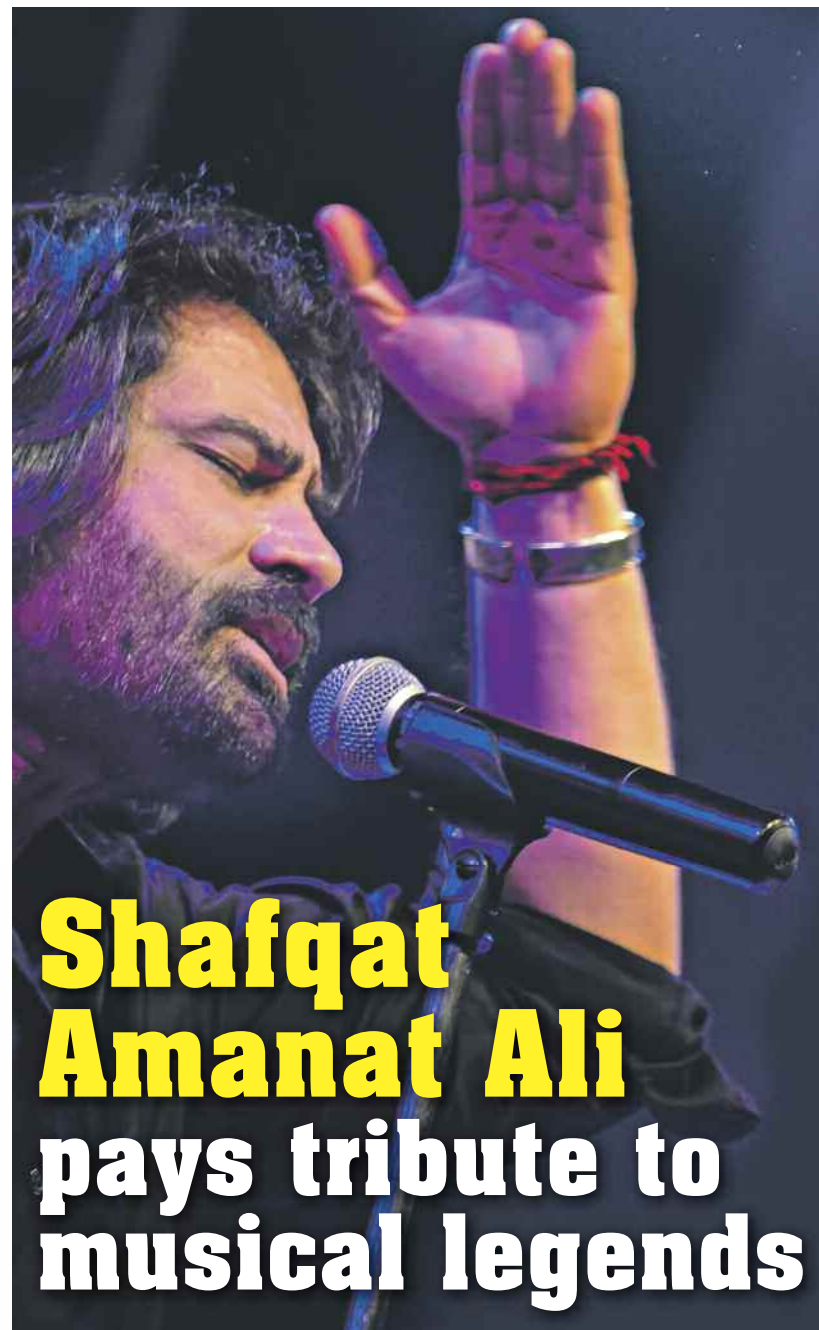
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A-list Pakistani vocalist, son of the legendary singer Ustad Amanat, widely considered one of the most influential ghazal singers of all time



Shafqat Amanat Ali
pays tribute to
musical legends

A-list Pakistani vocalist Shafqat Amanat Ali, son of the legendary singer Ustad Amanat Ali Khan, lends his voice to classical music traditions in a new album titled 'Shafqat Amanat Ali - Tribute to Legends - Ghulam Ali'.

Widely considered one of the most influential ghazal singers of all time, Ustad Amanat was part of the circle of Pakistan's influential 20th century singers that included the 'Emperor of Ghazal' Mehdi Hassan Khan and Ahmed Rushdi who all contributed a time-honoured legacy of semi-classical and classical songs.

Shafqat Amanat Ali, who traverses multiple genres such as Sufi, fusion, Bollywood films, classical and ghazal with equal ease, combines Pakistani classical musical traditions and poetry with contemporary panache on his fourth solo album, 'Shafqat Amanat Ali - Tribute to the Legends - Ghulam Ali'.

The album is mostly sung by Shafqat Amanat Ali while also featuring the great ghazal singer Ghulam Ali's son, Amir Ghulam Ali. Shafqat Amanat Ali was awarded Pakistan's highest national literary award, the Pride of Performance from the President of Pakistan in 2007, making him the sixth member of his family to do so.

Building his career from his days as lead vocalist in the popular Pakistani band 'Fuzon', he's been referred to as 'The Rockstar Ustad' by Bollywood music director Salim Merchant. Shafqat Amanat Ali is now nationally recognised voice for films, and over the years has risen to become one of South Asia's most loved and recognised vocalists.

After his stupendous success as fusion-pop singer in his first album, Shafqat launched a successful career in films with the chart-busting song 'Mitwa' performed for the award-winning Indian film, 'Kabhi Alvida Naa Kehna' directed by Karan Johar. 'Mitwa' became a massive hit leaving Indian audiences wanting to hear more. They did not have to wait too

long. Since then, Shafqat has performed in scores of films including 'Tum Mile', 'My Name is Khan', 'I Hate Luv Stories', 'Patiala House' 'Jodi Breakers' and many others.

Shafqat Amanat Ali has been a student of classical Pakistani and Indian music traditions since the age of four and belongs to the nine-generation old Patiala Gharana.

In Pakistan and Hindustani music, vocal traditions are passed through one's blood family and also the 'family' or 'community'. In the Hindu, this is known as 'gharana' or 'lineage' and 'Patiala Gharana' is named after one of the vocal traditions from the city of Patiala in Punjab, India where it was established.

The new album - 'Shafqat Amanat Ali - Tribute to the Legends - Ghulam Ali' celebrates some of the greatest 20th and 21st century Pakistani poets and lyricists, such as the stirring song 'Bhul Jaan Sab Gham' with words from one of Pakistan's leading film composers and lyricists, Khawaja Pervez.

The spellbinding vocal melodies are beautifully sung in his inimitable style throughout by Shafqat Amanat Ali. 'Bhul Jaan Sab Gham' translates as 'Forget All Sorrows' and was originally sung by Pakistani star vocalist whose career spanned six decades, Madam Noor Jahan.

The uplifting song 'Naina Tose Laagay' translates as 'Locking Eyes With You' with beautiful poetry from Bollywood film lyricist Jaswant Rai Sharma also known as Naqsh Lailpuri who writes of a 'kaleidoscope of colours'. Naqsh Lailpuri was a founding member of the Indian Performing Rights Society and remains a renowned contributor to India's film industry. 'Naina Tose Laagay' was originally sung by Ghulam Ali and Asha Jee.

Other songs that feature

poetry on the album include 'Chupkay Chupkay' (In Hiding), written by Moulana Hassan Duhaani and the song 'Wo Mujhse Huey Hum Qalam' (The Honour of Conversing with Them) has lyrics penned by Pakistani Sufi scholar Ghulam Mustafa Tabassum. Tabassum was renowned for poems of love and longing (ghazals) and rhymed verses (nazm).

'Shafqat Amanat Ali - Tribute to the Legends - Ghulam Ali' also includes Pakistani poet of the Urdu language, Obaidullah Aleem whose lyrics are on 'Tere Pyar Mein' (In Your Love).

Poetry from Indian ghazal writer and film lyricist Jaswant Rai Sharma, aka Naqsh Lailpuri also features on 'Naina Tose Laagay' (Locking Eyes with You). Three songs on the album are from Pakistani film composer and lyricist Khawaja Pervez including the song of longing and love on 'Bhul Jaan Sab Gham' (Forget All Sorrows), 'Jo Na Mil Sakay' (The One Who Gets Away) and 'Maine Har Kaanta' (I Have Pulled Every Thorn from Your Path).

'Shafqat Amanat Ali - Tribute to the Legends - Ghulam Ali' is being released on 30th September through Sufiscore - a UK based South Asian music focused media platform.



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SPECTRE

Rolls-Royce unveils its first fully-electric motor car



In 1900, Rolls-Royce co-founder, Charles Rolls, prophesied an electric future for the motor car. Now, more than 120 years later, the time has come for Rolls-Royce Motor Cars to fulfil the prophecy of its founding father.

In September 2021, the marque had confirmed that it had commenced testing of Spectre, the first Rolls-Royce to be conceived and engineered from the very beginning as an electric car.

In unveiling Spectre, Rolls-Royce sets a new precedent in the creation of an entirely original class of motor car: the Ultra-Luxury Electric Super Coupé. This designation refers to Spectre's indulgent proportions, specified in response to a commitment that there is no greater luxury than that of space.

Spectre is being subjected to a journey of more than 2.5 million kilometres, simulating more than 400 years of use for a Rolls-Royce. On its completion in 2023, Spectre will

represent a prophecy fulfilled, a promise kept and an undertaking completed.

This car is not only an historic moment for Rolls-Royce, but also an historic moment for electrification, with Rolls-Royce confirming that by the end of 2030 its entire product portfolio will be fully-electric.

With Spectre, Rolls-Royce has harnessed a revolutionary 'Decentralised Intelligence' system that allows for the free and direct exchange of information between more than 1,000 vehicle functions, further elevating the marque's celebrated quality of ride.

From the front, Spectre's split headlight treatment is intersected by the widest grille ever bestowed on a Rolls-Royce. The vanes of the Pantheon grille are now smoother in section and a flusher fit, designed to help guide the air around the motor car's front.

Along with an aero-tuned Spirit of Ecstasy figurine – itself the product

of 830 combined hours of design modelling and wind tunnel testing – the grille enhances the motor car's unprecedented drag coefficient, which at just 0.25cd makes Spectre Rolls-Royce's most aerodynamic motor car, ever.

This intelligent treatment has been married to the iconography of Spectre's spiritual predecessor, the Phantom Coupé. Spectre clearly acknowledges its forebear with its generous proportions and split headlight treatment – a contemporary Rolls-Royce design tenet.

In profile, the sharp, vertical bow line at the front of Spectre draws the eye rearward to its monolithic flanks. The lower line – known as the 'waft line' – borrows directly from yacht design. This 'waft line' is the visual representation of the 'magic carpet ride' and its upwards sweep toward the front is inspired by the gently lifting bow of an accelerating power boat.

The silhouette's most dramatic feature is Spectre's fastback, which recalls the most evocative motor cars and watercraft in history. The seamlessness of the greenhouse surfacing significantly contributes to achieving the lowest drag coefficient ever for a Rolls-Royce. Following the roofline back, the tail lamps are set into the largest single body panel ever produced for a Rolls-Royce, which extends from the A-pillar to the luggage compartment.

The jewel-like vertical tail lamps themselves are colourless for neutrality, in anticipation of the myriad of colourways selected by clients during the commissioning process. Their precision and reduced dimension complement the generous flow of the bodywork from the muscular shoulders backwards into the tail section with its characteristic tapering plan view.

The proportional demands of Spectre's scale required Rolls-Royce to embolden its wheel strategy.

Spectre is the first production two-door coupé to be equipped with 23-inch wheels in almost one hundred years.

Inside, Spectre is provisioned with the most technologically advanced Bespoke features yet, drawing inspiration from the timeless mystique of the night's sky.

The final power, acceleration and range figures are still being refined, as the extraordinary undertaking of finessing Spectre enters its final phase before concluding in the second quarter of 2023. Preliminary data shows that Spectre is expected to have an all-electric range of 320 miles/520 kilometres WLTP and offer 900Nm of torque from its 430kW powertrain. It is anticipated to achieve 0-60mph in 4.4 seconds (0-100km/h in 4.5 seconds).

With many months of testing and optimisation of Spectre still ahead, these figures are subject to change ahead of official confirmation prior to market launch in Q4 2023.

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Ferrari SP51: the 812 GTS-inspired roadster is Maranello's latest one-off



Bespoke

The latest addition to the Prancing Horse's One-Off series, the Ferrari SP51, has been unveiled, and joins the most exclusive group in Maranello's range: unique, absolutely bespoke cars crafted to the specifications of a client, making them the very pinnacle of Ferrari's customisation scope and range.

Designed by the Flavio Manzoni-headed Ferrari Styling Centre, the SP51 is a front-engined V12 spider based on the 812 GTS platform from which it inherits its layout, chassis and engine.

At first sight, the stunning new car's most striking characteristic is its total absence of a roof, making it an authentic roadster in every respect, accentuating both its sporty character and ability to captivate both visually and in terms of en plein air driving exhilaration.

Unsurprisingly, the SP51's aerodynamics required meticulous honing in a process involving CFD simulations, wind tunnel and

dynamic testing to guarantee not just the ultimate in comfort in the cabin, but also the same standard of acoustic comfort and wind feel as the car that inspired it.

The SP51's styling is both powerful and harmonious, thanks to its seamlessly muscular, undulating surfaces. Its forms are modern, sinuous and sensual at once, in great part as a result of the extensive use of bare carbon-fibre both on the exterior and in the cabin. The trim on the bonnet is particularly striking as it dynamically frames the two air vents.

Another of the SP51's most captivating features is its new Rosso Passionale three-layer paintwork – the colour was developed specifically for the car and gives it an elegant yet imposing character that also exudes authority. This impression is further enhanced by the blue and white livery inspired by a legendary 1955 Ferrari 410 S which not only runs the length of the car, but is also

referenced in the interior.

At the front, specially-designed headlights give the SP51 an instantly recognisable and forceful identity all of its own. Also noteworthy are the wheels, which are specific to the car and have carbon-fibre wing profiles on each of the spokes which also feature a sophisticated tone-on-tone diamond-cut finish on the forward-facing section.

The rear of the car is dominated by an arched theme with the taillights inset below the spoiler. Immediately behind the cabin are two flying buttresses that are visually softened by two deep carbon-fibre scoops. Between these two elements stretches a transverse, carbon-fibre wing, the profile of which folds over the buttresses.

The resulting effect is vaguely reminiscent of a Targa-type car in which the flying bridge elegantly conceals the anti-roll hoop, a nod to the solution adopted on Ferrari's early-1960s Sports Prototypes.

That said, the very pinnacle of the meticulous honing process, in which the client was involved every step of the way, has to be the cabin where dizzying new heights of craftsmanship and creativity have been reached.

Its personalisation pivoted around two clever ideas: the decision to use the same Rosso Passionale colour custom-created for the exterior as the main colour for the Alcantara® trim, and the effective idea of extending the lengthwise exterior livery into the cabin. Its white and blue stripe, in fact, both appear on the central tunnel and the fascia between the two seats on the firewall, as well as on the steering wheel stitching, creating a sense of seamless continuity between exterior and interior in which the car's roadster architecture played a vital role.

The special finish for the door panels, the lower section of the dashboard and the sides of the seats,

comprising a blue Kvadrat® insert with white cross-stitching, also picks up the livery.

Glossy carbon-fibre trim has been extensively used throughout the interior where it pairs very harmoniously with the Nero Momo Opaco elements. This stylishly elegant and authoritative look is further enhanced by several white embroidered details (including the Prancing Horse and car logo, also found on the lower rim of the steering wheel).

The Ferrari One-Off, SP51, was designed for a longstanding Taiwan-based client who is also one of our leading collectors. It is a successful roadster take on Maranello's first front-engined V12 spider in 50 years. Its bold styling captivates at first sight. However, it brilliantly retains the signature elegance of its inspiration, the 812 GTS, whilst pushing the boundaries by offering a whole new way of enjoying en plein air driving.

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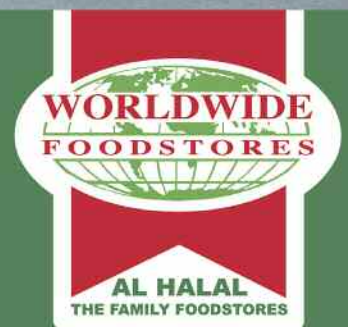
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AAII LAM £1,500 (TEL: 01274 414141) MON - FRI: 9-5.30	ANII SER £5,000 (TEL: 01274 414141) MON - FRI: 9-5.30	AVIIJAY £10,000 (A VIJAY) TEL: 07985 455 057	BSII5MLA £15,000 (B SISMILA) TEL: 07971 732 789	DVIIJAY £10,000 (D VIJAY) TEL: 07985 455 057	F44TMA £7,500 (F OLIVER) TEL: 07985 455 057	GYIISAF £15,400 (G YUSUF) TEL: 07985 455 057	JAIILAS £15,000 (J ALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAII RYM £1,500 (TEL: 01274 414141) MON - FRI: 9-5.30	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NOII SHN £2,500 (TEL: 01274 414141) MON - FRI: 9-5.30	PD55ESS £10,000 (POSSESS) TEL: 07971 732 789
AAIIMAD £15,000 (A AHMAD) TEL: 07985 455 057	AN54AR N £1,500 ONO (ANSAAR) TEL: 07946 162 099	ANS55OM £10,000 (AWESOME) TEL: 07985 254 294	BUS5TED £5,000 ONO (BUSTED) TEL: 07985 455 057	DYIISAF £15,400 (D YUSUF) TEL: 07985 455 057	F44TMA £7,500 (F OLIVER) TEL: 07985 455 057	GYIISAF £15,400 (G YUSUF) TEL: 07985 455 057	JAIILAS £15,000 (J ALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAII RYM £1,500 (TEL: 01274 414141) MON - FRI: 9-5.30	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NOII SHN £2,500 (TEL: 01274 414141) MON - FRI: 9-5.30	PD55ESS £10,000 (POSSESS) TEL: 07971 732 789
AAIYAA £20,000 (AAIYAA) TEL: 07985 455 057	AN55AR K £1,000 TEL: 07983 480 777	AYIINUS £9,500 (A YUNUS) TEL: 07985 455 057	BVIIJAY £10,000 (B VIJAY) TEL: 07985 455 057	DYIISUF £15,000 (D YUSUF) TEL: 07985 455 057	F44TMA £7,500 (F OLIVER) TEL: 07985 455 057	GYIISAF £15,400 (G YUSUF) TEL: 07985 455 057	JAIILAS £15,000 (J ALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAII RYM £1,500 (TEL: 01274 414141) MON - FRI: 9-5.30	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NOII SHN £2,500 (TEL: 01274 414141) MON - FRI: 9-5.30	PD55ESS £10,000 (POSSESS) TEL: 07971 732 789
AAI2JAN £15,000 (ARJAN) TEL: 07731 464002	ANJ33M £4,995 TEL: 07867 861 193	ASISAF £15,400 (A YUSUF) TEL: 07985 455 057	BYIISAF £15,400 (B YUSUF) TEL: 07985 455 057	DYIISUF £15,000 (D YUSUF) TEL: 07985 455 057	F44TMA £7,500 (F OLIVER) TEL: 07985 455 057	GYIISAF £15,400 (G YUSUF) TEL: 07985 455 057	JAIILAS £15,000 (J ALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAII RYM £1,500 (TEL: 01274 414141) MON - FRI: 9-5.30	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NOII SHN £2,500 (TEL: 01274 414141) MON - FRI: 9-5.30	PD55ESS £10,000 (POSSESS) TEL: 07971 732 789
AA51ZAA OFFERS TEL: 07977 612 479	ANW444R £10,000 ONO (ANWAAR) TEL: 07946 162 099	AYIISUF £15,000 (A YUSUF) TEL: 07985 455 057	BYIISUF £15,400 (B YUSUF) TEL: 07985 455 057	DYIISUF £15,000 (D YUSUF) TEL: 07985 455 057	F44TMA £7,500 (F OLIVER) TEL: 07985 455 057	GYIISAF £15,400 (G YUSUF) TEL: 07985 455 057	JAIILAS £15,000 (J ALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAII RYM £1,500 (TEL: 01274 414141) MON - FRI: 9-5.30	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NOII SHN £2,500 (TEL: 01274 414141) MON - FRI: 9-5.30	PD55ESS £10,000 (POSSESS) TEL: 07971 732 789
AA55SHAK £8,895 ONO TEL: 07779 324 610	ANW444R £10,000 ONO (ANWAAR) TEL: 07946 162 099	AYIISUF £15,000 (A YUSUF) TEL: 07985 455 057	BYIISUF £15,400 (B YUSUF) TEL: 07985 455 057	DYIISUF £15,000 (D YUSUF) TEL: 07985 455 057	F44TMA £7,500 (F OLIVER) TEL: 07985 455 057	GYIISAF £15,400 (G YUSUF) TEL: 07985 455 057	JAIILAS £15,000 (J ALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAII RYM £1,500 (TEL: 01274 414141) MON - FRI: 9-5.30	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NOII SHN £2,500 (TEL: 01274 414141) MON - FRI: 9-5.30	PD55ESS £10,000 (POSSESS) TEL: 07971 732 789
AA55RII OFFERS TEL: 07983 326 444	ASII AHS £3,000 (A SHAH) TEL: 07815 114 201	BO55 KHN OFFERS TEL: 07973 165 474	CI4 SSE £7,500 (CLASSY) TEL: 07815 114 201	EA55TAL OFFERS T: 07740 784 983 privateplates@hotmail.co.uk	FAH44D £9,995 TEL: 07530 612 171	GYIISAF £15,400 (G YUSUF) TEL: 07985 455 057	JAIILAS £15,000 (J ALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAII RYM £1,500 (TEL: 01274 414141) MON - FRI: 9-5.30	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NOII SHN £2,500 (TEL: 01274 414141) MON - FRI: 9-5.30	PD55ESS £10,000 (POSSESS) TEL: 07971 732 789
AAI15 £15,000 TEL: 07733 244 444	ASII AKS £1,500 (TEL: 01274 414141) MON - FRI: 9-5.30	BO55Y BO £999 ONO TEL: 07740 784 983 privateplates@hotmail.co.uk	C 5KY W £999 ONO TEL: 07427 677 989	EA55TAL OFFERS T: 07740 784 983 privateplates@hotmail.co.uk	FAH44D £9,995 TEL: 07530 612 171	GYIISAF £15,400 (G YUSUF) TEL: 07985 455 057	JAIILAS £15,000 (J ALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAII RYM £1,500 (TEL: 01274 414141) MON - FRI: 9-5.30	MSIIAYS £9,500 (MS HAYS) TEL: 07985 455 057	NOII SHN £2,500 (TEL: 01274 414141) MON - FRI: 9-5.30	PD55ESS £10,000 (POSSESS) TEL: 07971 732 789
AAI15 £10,000 TEL: 07733 244 444	ASII GER £2,000 (TEL: 01274 414141) MON - FRI: 9-5.30	BII1 NAA OFFERS TEL: 07575 472 855	CAI1SHA £9,000 (C AISHA) TEL: 07985 455 057	EA55TAL OFFERS T: 07740 784 983 privateplates@hotmail.co.uk	FAH44D £9,995 TEL: 07530 612 171	GYIISAF £15,400 (G YUSUF) TEL: 07985 455 057	JAIILAS £15,000 (J ALLALS) TEL: 07985 455 057	KKIMAR £15,000 (K KUMAR) TEL: 07985 455 057	MAII RYM</			

SH04 BEK £1,995 ONO TEL: 07764 656 667	SHA2D £25,000 TEL: 07867 861 193	TAIHAS £3,000 ONO (TALHA) TEL: 07946 162 099	TVIJAY £10,000 (T VIJAY) TEL: 07985 455 057	VY55 HAL £3,500 TEL: 07588 326 444	WDIIEEP £7,000 (W DILEEP) TEL: 07985 455 057	XX 56XY XX £8,000 ONO TEL: 07908 472 121
SHIOAEB £4,000 (S HIOAEB) OFFERS T: 07754 852 402 no withheld numbers	SOII BYA £2,000 (S BYA) MON - FRI: 9-5.30	TAIMAD £10,000 (T AHMAD) TEL: 07985 455 057	TYIISAF £15,400 (T YUSAF) TEL: 07985 455 057	VY55 HNU £3,500 TEL: 07588 326 444	WGIPTA £6,995 (W GUPTA) TEL: 07985 455 057	XYIISAF £15,400 (X YUSAF) TEL: 07985 455 057
SHIOABY £4,000 ONO TEL: 07828 695 464	SPIIRTY £15,000 (SPORTY) TEL: 07985 455 057	TAIYRS £1,500 (TAHYRS) TEL: 07867 886 786	TYIISUF £15,000 (T YUSUF) TEL: 07985 455 057	WOIIVER £6,500 (W OLIVER) TEL: 07985 455 057	WKIIMAR £15,000 (W KUMAR) TEL: 07985 455 057	YIINES OFFERS (YOUNAS) TEL: 07834 016 393
SHIOKET OFFERS T: 07754 852 402 no withheld numbers	STIIGGG £20,000 ONO TEL: 07786 510 000	TAI3BYS £1,600 ONO TEL: 07557 387 547	UAIIMAD £10,000 (U AHMAD) TEL: 07985 455 057	W2I JAS £1,200 ONO TEL: 07925 757 677	WMIILES £7,500 (W MILES) TEL: 07985 455 057	YSIILMA £4,000 ONO (SALMA) TEL: 07969 598 969
SHIOKUT OFFERS T: 07754 852 402 no withheld numbers	SUR87IT £1,500 (SUR87IT) TEL: 07985 589 631	TA55LYM £4,995 ONO TEL: 07779 324 610	UDIIEEP £7,000 (U DILEEP) TEL: 07985 455 057	W33DDY £5,000 ONO TEL: 07779 994 695	WSIISAN £7,500 (W SUSAN) TEL: 07985 455 057	Y55ANA OFFERS TEL: 07835 316 786
SHII AED £1,000 TEL: 01274 414141 MON - FRI: 9-5.30	SYIISAF £15,400 (S YUSAF) TEL: 07985 455 057	TA55TEE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	UKIIOED OFFERS TEL: 07522 199 997	W33DY K £5,000 ONO TEL: 07779 994 695	WYIISAF £15,400 (W YUSUF) TEL: 07985 455 057	Y9 ALT £30,000 TEL: 07525 817 453
SHII AFS £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	SYIISUF £15,000 (S YUSUF) TEL: 07985 455 057	TA55TYE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	UMM444R £4,995 TEL: 07707 747 776	W33NTD £1,800 (WANTED) TEL: 01202 877 038	WYIISUF £15,000 (W YUSUF) TEL: 07985 455 057	YAIIMAD £10,000 (Y AHMAD) TEL: 07985 455 057
SHIIAHZ £5,000 TEL: 07921 576 971	TOYSR £15,000 ONO TEL: 07973 787 934	TAG7 ETS £8,000 ONO TEL: 07908 472 121	UYIISAF £15,400 (U YUSAF) TEL: 07985 455 057	W4JLD £1,995 TEL: 07954 389 874	X3 SINGS £3,500 (SINGS) TEL: 07833 333 870	YAIYAA £15,000 (YAYYAA) TEL: 07985 455 057
SHII ANY £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	TIUUCS OFFERS TEL: 07581 169 231	TAHIR £100,000 (TAHIR) TEL: 07403 302 725	VOIIRAS £10,000 (VOHRA) TEL: 07867 886 786	W4KY R £1,200 TEL: 07786 615 234	X 7BY X £1,500 TEL: 07767 778 798	YEIICOM £45,000 (YELL COM) TEL: 07985 455 057
SHIIKEL £4,999 ONO (SHAKEL) TEL: 07863 845 709	TI4 REK OFFERS (TARIQ) TEL: 07508 066 661	TBIATT £7,000 (T BHATT) TEL: 07985 455 057	VOIIVER £6,500 (V OLIVER) TEL: 07985 455 057	W4LYT £2,000 TEL: 07854 435 656	XAL IIX £15,000 TEL: 07733 244 444	YDIIEEP £7,000 (Y DILEEP) TEL: 07985 455 057
SHII OBY £1,000 TEL: 01274 414141 MON - FRI: 9-5.30	TI9 ARX OFFERS (TIGER X) TEL: 07837 780 981	TDIIEEP £7,000 (T DILEEP) TEL: 07985 455 057	V 4RFN £1,000 TEL: 07967 193 033	WAIIEEM £15,000 (WAHEEM) TEL: 07985 455 057	X BAIG £50,000 TEL: 07947 979 777	YKIIMAR £15,000 (Y KUMAR) TEL: 07985 455 057
SHIIPER £15,000 (SHIPER) TEL: 07985 455 057	TILI 786 £1,500 ONO TEL: 07974 179 156	TERIK VALUED AT OVER £60K TEL: 07739 413 695	V 44MJD £850 ONO TEL: 07803 012 253	WAIISHA £9,000 (W AISHA) TEL: 07985 455 057	X K04SER OFFERS TEL: 07811 146 312	YUIONES OFFERS T: 07754 852 402 no withheld numbers
SHIYLA £10,000 TEL: 07969 914 041	T44 RKK £2,200 ONO TEL: 07926 095 168	TJIDJGE £15,500 (T JUDGE) TEL: 07985 455 057	VAIIMAD £10,000 (V AHMAD) TEL: 07985 455 057	WAIITAD £10,000 (WANTED) TEL: 07778 881 126	X KIIN X £2,700 TEL: 07786 087 155	YVIJAY £10,000 (Y VIJAY) TEL: 07985 455 057
SHI2ADH £3,000 ONO TEL: 07870 983 553	T444BYS £995 ONO TEL: 07886 806 431	TKIINGS £14,000 (T KIINGS) TEL: 07985 455 057	VBIATT £7,000 (V BHATT) TEL: 07985 455 057	WAH330K £2,500 (WAHEED K) TEL: 07973 199 979	XKIIMAR £15,000 (X KUMAR) TEL: 07985 455 057	Y44SCR £2,500 ONO TEL: 07828 159 318
SHI2ANH £3,000 ONO TEL: 07870 983 553	T8WHD £15,000 (TAWHEED) TEL: 07842 955 147	TMILES £7,500 (T MILES) TEL: 07985 455 057	VDIIEEP £7,000 (V DILEEP) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057	XMIILES £7,500 (X MILES) TEL: 07985 455 057	
SHI3 MLA £5,000+ (SHIMMLA) TEL: 07973 165 474	T9RYK OFFERS TEL: 07863 289 625	TRII HAD £2,500 TEL: 01274 414141 MON - FRI: 9-5.30	VSISAN £7,500 (V SUSAN) TEL: 07985 455 057	WAJ33D £2,995 TEL: 07973 628 670	XSHAKS £4,500 (X SHAKS) TEL: 07985 455 057	
SH54ZHD £5,725 TEL: 07802 183 450	TAIIATS £1,500 (TALLAT) TEL: 07867 886 786	TSIISAN £7,500 (T SUSAN) TEL: 07985 455 057	VYIISAF £15,400 (V YUSAF) TEL: 07985 455 057	WASIIF £10,000 TEL: 07867 861 193	XXIO MAR OFFERS TEL: 07928 473 771	

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ATT4H
£8,500 ONO
TEL: 07786 424 251

K7 PPA
£3,995 ONO
TEL: 07890 201 854

UK I IORD
OFFERS
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H4 SSB
£12,995 ONO
TEL: 07440 766 843

L99HOR
OFFERS
TEL: 07850 706 930

YA55EEM
£75,000 ONO
TEL: 07887 837 553

J4 MEL
£15,000 ONO
TEL: 07870 496 535

NOO2HAT
£2,000 ONO (NUZHAT)
TEL: 07813 011 702

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AAI2OMA OFFERS TEL: 07522 173 297	AY55HAS OFFERS TEL: 07522 173 297	FI2ANA OFFERS TEL: 07522 173 297	K44HNY OFFERS TEL: 07522 173 297	MAI4RYM OFFERS TEL: 07522 173 297	S4TPL OFFERS TEL: 07522 173 297	T4RAK OFFERS TEL: 07522 173 297
AAI3EZA OFFERS TEL: 07522 173 297	BI9 ACN OFFERS TEL: 07522 173 297	FI2LAT OFFERS TEL: 07522 173 297	KE55AR.B OFFERS TEL: 07522 173 297	MAQ4DAS OFFERS TEL: 07522 173 297	S50QAAN OFFERS TEL: 07522 173 297	T4SDK OFFERS TEL: 07522 173 297
AA55HAD OFFERS TEL: 07522 173 297	BAO.5HAN OFFERS TEL: 07522 173 297	FI7RAN OFFERS TEL: 07522 173 297	KA55YM.A OFFERS TEL: 07522 173 297	MEIIZAN OFFERS TEL: 07522 173 297	SAI4HYL OFFERS TEL: 07522 173 297	T5PAN OFFERS TEL: 07522 173 297
ABIIDLA OFFERS TEL: 07522 173 297	BDS.7HUG OFFERS TEL: 07522 173 297	HIGFSA OFFERS TEL: 07522 173 297	KE55AR.J OFFERS TEL: 07522 173 297	MUIIAMO OFFERS TEL: 07522 173 297	SHO2ZEB OFFERS TEL: 07522 173 297	TIGYUB OFFERS TEL: 07522 173 297
AI3BYD OFFERS TEL: 07522 173 297	BIG KNY OFFERS TEL: 07522 173 297	HIBSNS OFFERS TEL: 07522 173 297	KE55AR.X OFFERS TEL: 07522 173 297	NAI3ELZ OFFERS TEL: 07522 173 297	SHIIEZD OFFERS TEL: 07522 173 297	TI7LAT OFFERS TEL: 07522 173 297
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ANIAMS OFFERS TEL: 07522 173 297	CH JAT OFFERS TEL: 07522 173 297	JAI3ARZ OFFERS TEL: 07522 173 297	KISHVR OFFERS TEL: 07522 173 297	RI4SYT OFFERS TEL: 07522 173 297	SHIIMEM OFFERS TEL: 07522 173 297	TA54WAR OFFERS TEL: 07522 173 297
ANIEEK OFFERS TEL: 07522 173 297	DI4TAA OFFERS TEL: 07522 173 297	JAS5 KOR OFFERS TEL: 07522 173 297	KKI. 2AYN OFFERS TEL: 07522 173 297	RI7WAJ OFFERS TEL: 07522 173 297	SHIISAD OFFERS TEL: 07522 173 297	V3JEY OFFERS TEL: 07522 173 297
ANIQUE OFFERS TEL: 07522 173 297	EI3RAR OFFERS TEL: 07522 173 297	JAS.5NGH OFFERS TEL: 07522 173 297	LIGAYD OFFERS TEL: 07522 173 297	RAI3 KHN OFFERS TEL: 07522 173 297	SHI3KHE OFFERS TEL: 07522 173 297	W4SAB OFFERS TEL: 07522 173 297
A.RI3MHN OFFERS TEL: 07522 173 297	ESIIMYL OFFERS TEL: 07522 173 297	JAIIBAR OFFERS TEL: 07522 173 297	L4IIORE OFFERS TEL: 07522 173 297	RAI3NWZ OFFERS TEL: 07522 173 297	SHI3KHY OFFERS TEL: 07522 173 297	WI4JYD OFFERS TEL: 07522 173 297
ASIIWYN OFFERS TEL: 07522 173 297	FBIZANA OFFERS (FARANA) TEL: 07522 173 297	JASS JAZ OFFERS TEL: 07522 173 297	MI2NYR OFFERS TEL: 07522 173 297	RAI4SHD OFFERS TEL: 07522 173 297	SHI4KEL OFFERS TEL: 07522 173 297	X.I5AH.X OFFERS TEL: 07522 173 297
ATIQUE OFFERS TEL: 07522 173 297	FBRHN OFFERS TEL: 07522 173 297	KI55HYF OFFERS TEL: 07522 173 297	M42RUF OFFERS TEL: 07522 173 297	S3I ACN OFFERS TEL: 07522 173 297	SHI4KYL OFFERS TEL: 07522 173 297	

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For full details and to view a copy of the application please contact the Entertainment Licensing Section on 0113 378 5029 or email entertainment.licensing@leeds.gov.uk

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■ Bumrah's impressive career so far has seen him take 70 wickets in 60 T20 internationals

India bowler Jasprit Bumrah ruled out of T20 World Cup

It's been confirmed that India's fast bowler Jasprit Bumrah will not be playing in the 2022 Men's T20 World Cup due to an injury.

The 28-year-old, one of the best bowlers in the world, recently pulled out of India's T20 series against South Africa with a back issue.

India say the decision to rule out Bumrah for the T20 was taken after "detailed assessment and in consultation with the specialists".

India are already without all-rounder Ravindra Jadeja, who has a right knee injury,

so this is a big blow for the team.

The Board of Control for Cricket in India has said a replacement for Bumrah will soon be announced. Mohammed Shami and Deepak Chahar the other pace bowlers on their reserve list.

Though specifics of Bumrah's injury have not been given by the BCCI, but the International Cricket Council has called it a "back stress fracture".

India's first match of the World Cup is against rivals Pakistan at the Melbourne Cricket Ground on 23rd October.



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Marking a significant Islamic date with gifts for poorly children in Yorkshire

By Nazim Ali

It was a great honour, and I was profoundly humbled to arrange the 10th annual 'Creating Smiles Gifts Initiative to celebrate the birthday and life of Prophet Muhammad (PBUH).

As well as delivering gifts to poorly children in Ward 17 at Airedale Hospital, we provided roses to the nursing staff in recognition of their exceptional hard work. They do a tremendous job!

We were celebrating the Islamic date of 12th Rabbi Ul Awwal in the Islamic calendar, the date of the birth of Prophet Muhammad (PBUH).

We also provided roses and chocolates to members of the public in

Keighley Town Centre to spread peace, love and harmony.

Roses symbolise love, happiness, inclusively and to this end I feel we were successful as so many people were touched by the gesture and loved the cards with each gift with sayings of Prophet Muhammad (PBUH).

It truly was wonderful to see the smiles galore on the faces of the hospital staff, the youth, elderly and people from all communities and all walks of life!

I dedicate this gift giving and roses and chocolates distributions to Prophet Muhammad (PBUH) on his birthday as he is loved and revered by the world's almost two billion Muslims. Prophet Muhammad (PBUH) has inspired through his life and teachings British Muslims like myself to engage in civic

renewal which I have done proactively and steadfastly for 25 years. They taught me irrespective of faith or ethnicity to help others.

I express my gratitude to Shiraz Ahmed & Fairaz Ahmed (Managing Directors) of Bradford-based Saveco Cash & Carry for their kind and selfless on-going support.

My dear friends Mohammed Azeem & Haji Adnan Fiaz (Friends of Airedale Hospital) once more accompanied me to Airedale Hospital as well as helping me in selecting and purchasing the gifts.

Mohammed Azeem spent 61 days in hospital of which 41 were in a coma as he successfully battled against Covid-19 and thanks to Allah (God) he made a full recovery. Prior to Covid-19 he successfully battled against cancer.

It can be a stressful time for parents to have children in hospital. We dropped off over 30 Gifts (for poorly children ranging from 0 - 16 years) at the Children's Ward 17 of Airedale Hospital. The diverse range of gifts included cuddly toys, play sets, babies toys and so forth with a mixture for boys and girls.

It was a gesture of kindness and to show that members of the wider

community do care and think about them (poorly children) and ultimately uplift their spirits.

The gifts were for all children in the ward irrespective of faith. The essence of the Islamic celebration of the birthday of Prophet Muhammad (PBUH) & his life's teachings has the universal concept of kindness and compassion to all particularly those in need. It is these values that bring all people together regardless of belief and we hope we have achieved this at some level.

We realise this is a period of reflection for Muslims. However, it is also a period where we should reflect and support the most vulnerable in society. To this end we felt the need to make a proactive difference.

As a child I spent a significant period in hospital due to my struggle with TB and can empathise with what the children are going through. To date thousands of pounds worth of gifts have been distributed from my now 33 visits to Children's Wards to Bradford Royal Infirmary and Airedale Hospital Children's Wards and those hundreds of smiles of innocent poorly children has certainly enriched me and humbled me.





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Continued from page 68

It all began last month on Sunday 11th September, when Nazim AKA ‘Ramadan Runner’ (a title acquired for his famous fundraising runs while fasting), at his own expense, successfully completed the Great North Run’s half marathon (13.1 miles) in Newcastle.

Then, on Sunday 18th September, Nazim completed a 10K run in his home city of Bradford.

His third and final run for this challenge was the Sheffield 10K on Sunday 25th September, which he nailed in a record time of 58 minutes and 34 seconds - Nazim’s fastest 10K run time since his significant leg injury a few years ago.

Nazim explains why he’s so passionate about delivering aid in Uganda: “41 per cent of Uganda’s population lives below the poverty line. It is amongst the poorest nations in the world with 75% of the 48 million population living in rural areas.

“The Covid-19 pandemic has exacerbated the poverty in Uganda. Many live in straw-roofed mud-built homes which have no electricity, water or sanitation.

“At least 20 million people don’t even have access to clean water, with much of Uganda is open water and swampland, deeming it undrinkable. This gives rise to water borne diseases.

Nazim Ali, over the years, has raised in excess of half a million pounds for numerous humanitarian causes both in the UK and abroad

“For the triple header running challenges, as I do with all my challenges, I covered all the associated costs (race fee, hotel, travel and food) so that 100 per cent of donations go to the stated cause.”

Nazim had intended to go deliver the aid in person at his own expense on 24th October, however due to the Ebola outbreak in Uganda, has set his plans back. “There have already been fatalities and cases are rising in Uganda,” explains Nazim.

“As part of the five-strong team, we just couldn’t risk the safety of the team.

“It’s prudent to reschedule sometime now potentially into the early part of 2023 when hopefully the Ebola outbreak might be under control.

“Again, this is a fluid situation and I will just have to monitor developments over the coming months. I feel reassured the charity have a dedicated local team out in Uganda who will fulfil any project obligations with full feedback.

“I am profoundly gutted and deflated, if I am honest, as I have been planning for this deployment since June 2021, and have invested so much time and energy towards it.

“So far I have raised over £40,000 - with five mosques and five water wells currently being built by the team already out there. This will be completed in December now. And I have over £3,500 towards the food parcels for poor families each weighing 40KG each.”

Each food parcel contains at least 20kg flour, oil, 10kg rice, tea, sugar, tinned foods, lentils, breads and milk powder.

With the monies raised for Uganda, Nazim’s total charity fundraising efforts exceed a whopping £625,000 over the last decade alone!

He adds: “I am eternally thankful to the donors for their kind donations and on-going support which is humbling. It is because of them that am able to do what I do, and would not be possible without you all. God bless you all!”

NAILED IT!

Triple header running challenge for Uganda food parcels, and donations for local Yorkshire hospital



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The dedicated runner from Yorkshire who gobbles up the road miles for charity, set himself a new set of running challenges over three consecutive weekends in a bid to raise as much as he can to provide survival food parcels in Uganda.

School career's advisor, Nazim Ali, is no stranger to fundraising and has raised well over half a million pounds for humanitarian causes both in Britain and abroad by braving up to running challenges.

His mission this time, was to raise monies so that he can help buy and deliver hundreds of food parcels – carrying a month's supply of essentials for survival to the most destitute families in Uganda, Africa.

Continued on page 67

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