

The Manoj Joshi BIG SHAVE

Community champion raises money to help vaccinate children from polio

A much-loved key Yorkshire community figure decided to shave off the moustache he's donned for over 52-years, along with his beard.

68-year-old Dr Manoj Joshi DL, distinctly recognised by his big hearty signature 'tash, took to supporting the global 'End Polio Now' campaign, and had dyed his facial hair purple ahead of the Big Shave on Saturday 24th October.

Surrounded by his wife and friends on the day in City Park, Bradford, Dr Joshi says he was "very nervous", but his determination to raise both money and awareness of the polio vaccine campaign spurred him on.

"Having my beard and moustache shaved off for charity was such a great feeling.

"I've had so many people support me - it's been simply fantastic! The money we raised - over £3,600, will help to vaccinate 75,000 children against polio - that's a wonderful, wonderful feeling."

And it seems that shaving off his facial hair has caused quite a bit of a

stir, his wife Bhavna says her husband looks 20-years younger!

The entire adventure of 'The Manoj Joshi' big shave attracted quite a few onlookers in city centre, as well as viewers via live steaming across social media.

"People were looking on at me, whilst I sat there in the rain, probably wondering what this strange man with a big purple beard was doing," he laughs.

Dr Joshi, considered a stalwart figure in the City of Bradford, has over the years supported numerous worthwhile causes, as well as rallying for community cohesion and assisting inter-faith dialogue.

Born in Uganda, with heritage from both India and Pakistan, the Joshi family were established textile bosses in East Africa. But in 1972 the family fled in a state of panic under the command of the new dictatorship, leaving their legacy and belongings behind.

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THE INDIAN

EPIC: Mountain climb challenge smashes £50K fundraising target



Coronavirus: real people, real experiences



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

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



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“The Magic Wishing Well’s extraordinary fundraising efforts in total now cross the £500,000 threshold tied in with their work with other charities.”

A group of 46 people from West Yorkshire braved the challenge of conquering Mount Snowden and smashed their fundraising target by bringing in over £50,000 to help some of the most vulnerable in society.

The crews from The Magic Wishing Well charity in Heckmondwike, set out to climb the famous Mount Snowden, situated in Snowdonia National Park, Wales. At a height of 1085 meters above sea level, it is the most elevated point in the British Isles outside of the Scottish Highlands.

All the participants paid for their own climbing equipment and fitting apparel for the climb, as well as contributing to a minimal fee to cover the round trip to Mount Snowden.

Shakeel Faraz, one of the founders of The Magic Wishing Well, said: “It was a memorable day being with a colossal group who showed love, care and offer a similar enthusiasm.

“The astounding part of the entire occasion for me was how the group paid little heed to age, colour, religion, race and background. In this day and age, it can be uncommon to see an enormous and diverse bunch cooperating for one reason.

“I am honoured to have these astonishing people around me.”

After the groups’ initial climb, the trustees of the foundation chose to have a BBQ the following day where conversations broke out about doing another climb to raise even more for the charity.

The Magic Wishing Well charity

runs weekly homeless feeds in Heckmondwike, and during Covid-19 has operated food banks to help locals who have been struggling with feeding their families.

Shakeel adds: “The founders and trustees of The Magic Wishing Well have been helping other charities for many years, so fundraising isn’t something new to us.”

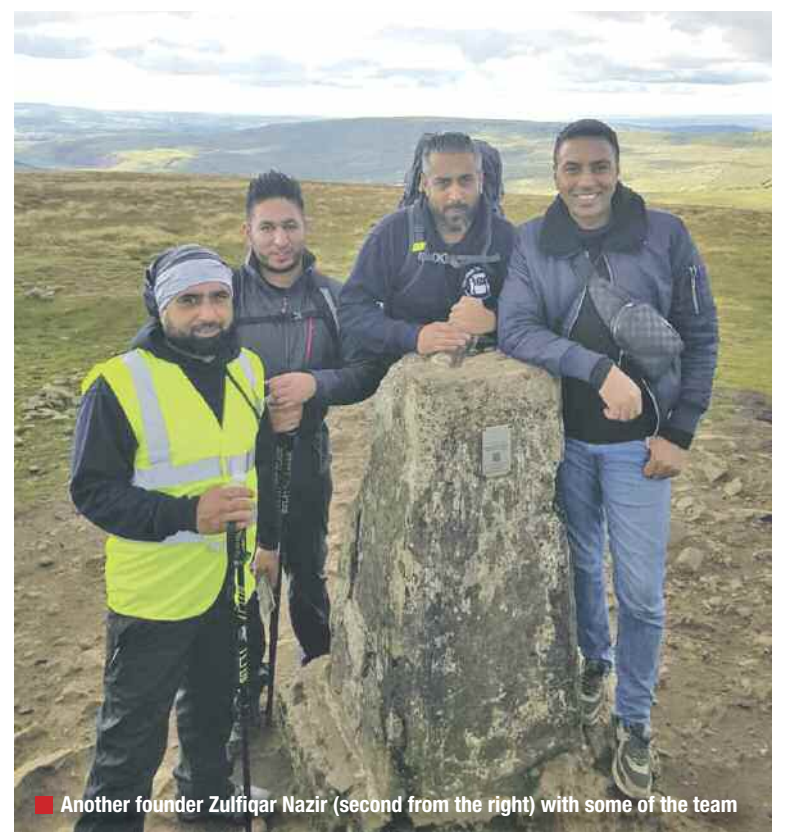
“Our charity is founded upon the basic principles of promoting love, hope and happiness to people who are most vulnerable in society.

“Through various innovative and

exciting ways, we aim to achieve the principles set out in order to support a wide range of people – terminally ill children, individuals with life-limiting illnesses, the elderly, the homeless and individuals from less privileged backgrounds are the main beneficiaries.”

Since its inception in February last year, The Magic Wishing Well’s extraordinary fundraising work tied in with other charities has crossed the £500,000 threshold.

“Helping better the lives of



Another founder Zulfikar Nazir (second from the right) with some of the team

“The Magic Wishing Well’s extraordinary fundraising efforts in total now cross the £500,000 threshold tied in with their work with other charities.”



■ One of the founders - Shakeel Faraz takes a snap during the climb

vulnerable arable and destitute people in West Yorkshire has been at the forefront of our fundraising and voluntary work,” adds another founder Zulfiqar Nazir.

“Along with what we do here on home turf, we’ve also delivered international aid to the Syrian border and in Bangladesh. Enriching the lives of the most needy is at the heart of what we do.”

More recently, another mountain trek challenge saw The Magic Wishing Well team set out to scale Mount Whernside, and this time joined by a few special athletes.

Siblings Adam Azim and Hassan Azim, two professional boxers from

Slough, London, joined The Magic Wishing Well on their ascension of the mountain. They came energised with a plan to utilise the climb both as an opportunity to support a noble cause as well as a training camp for them and their team.

Joining the brothers, was another professional boxer from Halifax, Khalid Ayub, as well as ex-boxer Zahid Hanif Kahut and boxing referee Jed Cheema. The boxers tested each other in hurrying to the top.

They were additionally joined by Team Azim who offer a significant level of expert help and administrations to their fighters.

Finally, a charity car wash was

held on Sunday, October 18th by a local businessman. The event featured an auction, which included several luxury items including signed Premier League football jerseys, and even a Rolls Royce. A raffle was also held to further raise funds.

Shakeel adds: “We would like to say a huge thank you to all those who partook in this challenge and making this fundraising a huge success.

“I’d also like to thank the ongoing commitment of all volunteers and our supporters – they are the ones who are driving the passion for us to help the who need it the most.”



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The Manoj Joshi BIG SHAVE

Community champion raises money to help vaccinate children from polio

Having moved and made Bradford the family home forty years ago Dr Joshi, a Gujarati Hindu-Brahmin, threw himself into inter-faith relations. Himself along with his family would be seen attending festivals, Eid gatherings, Diwali functions, Vaisakhi celebrations as well as Christmas and Hanukkah.

"We are known as the Hindu's who host Iftaars (breaking of the fast) for our Muslim friends during Ramadan," he says happily.

Dr Joshi built a successful career in pharmacy, and after retirement continues his work to improve the lives of deprived and underprivileged children in the district. He is currently the chairman of governors at Bradford Academy, which last year won the prestigious National Times Educational Supplement (TES) Award for Community and Collaboration.

He's also been a Rotary member for 37 years - and is believed to be the first South Asian member of any Rotary Club in Yorkshire; and is currently the immediate past district governor for Rotary International in Great Britain and Ireland.

His decision to shave off his facial hair came as part of a Rotary Club initiative to raise awareness and funds to end polio.

Currently, confirmed by the World

Health Organisation Afghanistan and Pakistan are the only two countries where polio is still classified as endemic. Polio is a contagious viral illness that in its most severe form causes nerve injury leading to paralysis, difficulty breathing and sometimes death.

"I hope actions like mine can make a difference to children and now help to eradicate polio in Afghanistan and Pakistan", Dr Joshi said.

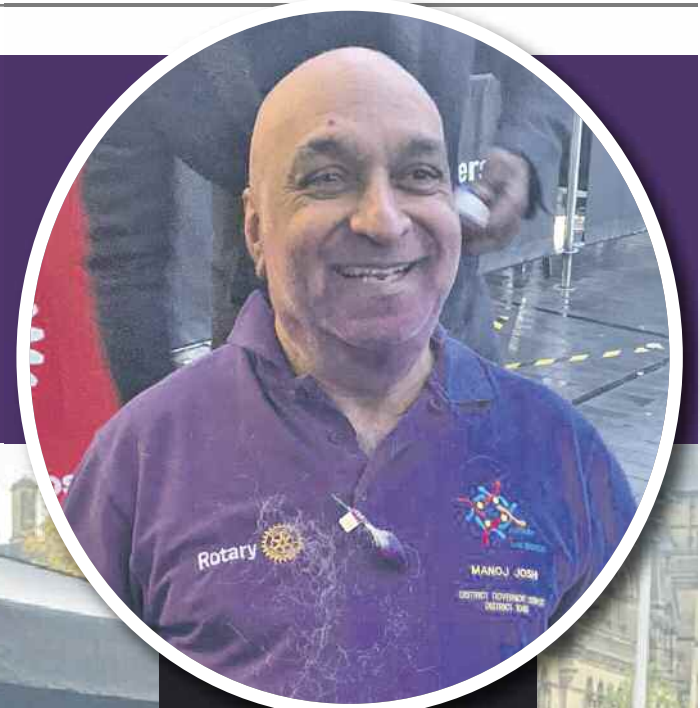
"Shaving off my moustache, which I have had for 52 years, was a personal sacrifice but which will save a lot of lives and take burdens off families.

"Inside I feel very proud and satisfied, but from the outside, it looks very strange to me, because I have never experienced looking in the mirror and not seeing my moustache!

"I feel strange externally, I keep touching my face to see where my moustache has gone - people look at me and say 'wow' and I've been told I look twenty years younger!

"I would like to take the opportunity to thank every single person who has contributed and supported me. However, the fight to end polio is still not over - not until we get rid of it completely and World Health Organisation certifies that we've got rid of polio across the world for good."

“**I've had so many people support me - it's been simply fantastic! The money we raised - over £3,600, will help to vaccinate 75,000 children against polio - that's a wonderful, wonderful feeling.**”



BEFORE AND AFTER: Bradford community hero Dr Manoj Joshi saves off beard and moustache for charity



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Tel: 07519 090 000

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Gender: Mens
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Year: 2020
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Papers: Yes
Warranty: 5 years international
Price: £6,950

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Tel: 07519 090 000

Omega Aqua Terra James Bond, special edition 007

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



BRAND NEW

Tel: 07519 090 000

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

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



Tel: 07519 090 000

Rolex Datejust Lady 31

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



Tel: 07519 090 000

Omega Seamaster Chrono Diver

Model: 2225.80.00
Gender: Mens
Case size: 41.5mm
Year: 2011
Box: Yes
Papers: Yes
Warranty: no
Price: £2,400



Tel: 07519 090 000

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The owner of a Bradford gym has been fined £10,516 by Bradford Magistrates in relation to breaches of COVID-19 legislation.

Mr Tahier Hussain Shah, who runs Lifestyles Gym in Kyme Mills, pleaded guilty to eight breaches of COVID-19 legislation and three charges of obstruction.

A legal prohibition notice for the gym to close had been issued following a number of complaints and recorded breaches both during the initial lockdown period, which started in March, and when new

restrictions were brought into place on 31 July, 2020.

The offences took place during periods where Indoor gyms were required to close due to the risk of spreading COVID-19. At the time of the file being sent through for prosecution, the BD3 postcode area was in a high risk area, with high numbers of COVID-19 cases.

It follows a significant number of complaints from the public from March and a number of visits from environmental health officers to check that the premises were

adhering to the legislation. On certain occasions, the officer carrying out the inspection was obstructed from carrying out their visit.

Environmental health officers recorded members of the public were using the gym during inspections to check if the facility was closed on several occasions, with over twenty people recorded as being in the premises during more than one inspection.

Magistrate Mr Benedetto Paolozzi, in the chair for the hearing,

stated that Mr Shah showed blatant disregard for public health and the health of the community. He also advised that he would receive a financial penalty due to the breaches and that he had received a COVID-19 business grant.

A spokesperson for Bradford Council said: "It was clear from this case that Mr Shah clearly understood the requirement to close and had received advice and guidance from our Environmental health team – yet he continued to allow members of the public into the

gym with blatant disregard for the legislation and the serious risk posed by the spread of COVID-19 in a community with many cases and high risk groups."

"As a Council, we have worked with businesses to offer support, guidance and the education they need to be able to help keep their customers as safe as possible from the risk of COVID-19. But if anyone puts the Public at risk on a frequent basis, such as in this case, we will have no hesitation to prosecute to protect the health of our district."

£10,000 FINE

Bradford gym fined for breaches during COVID legislation



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MyAnxiety

Stay well this winter, seek help if you need it



Staying well this winter means paying just as much attention to your mental health as your physical wellbeing, according to Bradford District Care NHS Foundation Trust's MyWellbeing College, which helps people deal with everyday problems like stress and anxiety.

Psycho-Educational Courses Lead Jayne Chapman says: "In these uncertain times, more and more people are facing change and feeling unsettled or unsure - worried about health, relationships, family, work or finances. If that means you're having problems sleeping or you're feeling low, we'd encourage you to seek help now rather than putting it off."

MyWellbeing College moved its face-to-face appointments and services online during lockdown and continues to offer one-to-one support by phone or video, as well as a range of guided self-help workbooks and online webinar-based courses.

Jayne explains: "We're here to talk you through life's ups and downs. If you're not feeling your usual self - whether that's because of what's already happened or concerns about the future - we can help you understand why you think the way you do and give you tools and

techniques to feel better and be more in control of your mood and/or anxiety. There's no shame in asking for help. If you can acknowledge you have a problem, then you can take steps to feel better."

The college has two online courses starting this month specifically for people suffering anxiety or

depression. Delivered live online, each course offers a 60-80 minute group webinar once a week for six weeks, supported by an interactive workbook to record your goals, thoughts, feelings and progress. You don't need any special software or equipment, just a smartphone, tablet or computer connected to the

internet.

Managing MyAnxiety looks at what anxiety is and how it can affect people, before offering helpful solutions for managing challenging thoughts, dealing with panic and sleeping better. The next course runs on Wednesdays at 10am from 21 October (other dates, days and times

available).

Managing MyDepression has a range of techniques to help manage low mood, exploring why we feel depressed and offering relaxation techniques as well as useful ways to tackle problems. The next course runs on Tuesdays at 5.30pm from 27 October (other dates, days and times available).

For other common mental health issues including health anxiety, panic, obsessive compulsive disorder and specific phobia, MyWellbeing College offers one-to-one guided self-help combining fortnightly sessions with a therapist and working through a comprehensive self-help workbook.

Both the courses and one-to-one guided self-help are free of charge, run by experienced NHS psychotherapists and open to everyone over the age of 16 who is registered with a GP in Bradford, Airedale, Wharfedale or Craven and is not currently undertaking other psychological therapies.

To register for one of the MyWellbeing College courses, guided self-help or one-to-one talking therapies, simply enrol at the MyWellbeing College website or call 0300 555 5551 (press option 3).

Previous participants have explained how working with MyWellbeing College has benefitted them and made them realise "we all feel the same at one time or another". Comments have included:

"I don't feel as alone."

"Even though I was initially sceptical about being in a group, it felt like we were 'all in it together'."

"This was my first experience of mental health support and it has made such a difference to my day to day life in how I approach stressful situations."

"I've learnt that my thoughts and feelings affect what I do, and I now have practical ways in which to break the cycle."

"I feel much more in control of my thoughts and actions. Things really made sense."



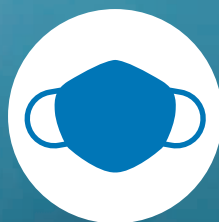
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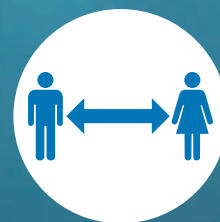
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FACE



SPACE

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When Shukti and Sanchez first met as high-street store assistants, the teenagers had no idea that they'd be doing the Dhumka all the way into establishing a dance school together and gaining international acclaim.

Realising that they both shared a common ground, the University of Huddersfield graduates set up Trishool Dance Academy in Leeds, which at their peak saw them racking up over 200 events annually.

"It all began when we formed a dance group with other students to take part in a talent show at the University of Leeds," says Sanchez.

"This one event snowballed us into launching dance classes at Carr Manor Community School, Leeds, under out then, newly formed banner Trishool Dance Academy.

"Despite starting as a company offering weekly dance class, Trishool quickly moved on to becoming event entertainment specialists."

It had always been the aim of Trishool to provide a platform where people from all types of backgrounds can learn and bring out the best in their dance ability. It is this very motive that has been the driving

The female dance boss making her mark on Bollywood

force behind Trishool's movement in bringing top quality Bollywood entertainment produced in the North to all over the UK.

The effects of the high standards, dedication, professionalism and creativity that has been produced at Trishool can be seen through their rapid growth through the entertainment industry on home turf

and internationally – before making a breakthrough into the magical world of Bollywood.

With a desire to better her knowledge of her art, Shukti made the difficult and risky to decision to make the switch over to Mumbai.

By enrolling onto a course at the renowned Saroj Khan Dance Academy, it soon became clear to

Shukti how her experience of direction and choreography back home in the UK could benefit her in a land of opportunity. Sanchez joined up with Shukti in Mumbai for two months where they received on set training in film direction.

Shortly after, it was strategically decided that Sanchez would continue to build upon the dance academy

here in the UK, whilst Shukti would lay the foundations to establish a career in the Hindi film industry.

"Within six months of touching down in Mumbai in 2015, I signed on with one of the leading film production houses – Nadiadwala Grandson Entertainment Pvt. Ltd.," tells Shukti.

"I became the Assistant Director of 'Housefull 3' - working under the directing duo of Farhad-Sajid, and alongside the likes of Akshay Kumar, Abhishek Bachchan, Jacqueline Fernandez and more."

Shukti's hard work and dedication continued to pay off as she then signed on to work in the direction teams for films such as 'Tubelight', 'Baaghi 2', 'Baaghi 3' and 'Mission Mangal'.

Using that experience, it felt natural for Shukti and Sanchez to take it to the next level and create their own content and helm the 'Director's cap'.

After sitting down to once again put their heads together, a common theme was 'real life', and the taboo issue surrounding mental health awareness – especially within the

"It all began when we formed a dance group with other students to take part in a talent show at the University of Leeds."



■ Shukti (right) with Tiger Shroff on the film set

Shukti with Bollywood giant Sanjay Dutt



South Asian community – is one they both felt very strongly about.

Using the same principles that were applied when starting the dance academy, the duo looked towards homegrown, local talent, enrolling a cinematographer, actors and all additional on set crew members from within Leeds and the surrounding areas.

Further to the team of local talent, the film has been supported by Bollywood's leading technicians such as Parikshit Lalwani (Sound Designer), Kunal Mehta (Sound Designer), Akash Prajapati (Background Score) and Niranjan Devaramane (Editor).

Since the release of the first Trishool Productions' short film titled 'RESET', it has been endorsed by the likes of Vidya Balan (Actor), Disha Patani (Actor), Ahmed Khan (Director / Producer), Tiger Shroff

(Actor), Madhu Singh (Entertainer - Signature) and Farhad Samji (Director / Writer) to name a few!

"'RESET' received over 18,000 views on YouTube within the first 72 hours of its release, receiving credible feedback from avid film buffs from around the world," says Sanchez.

"The short film highlights the ongoing issues of understanding mental health and how noticeable signs can be easily dismissed."

The duo bring this to viewers with a simple message of accepting without passing judgement, but being there to listen, because everyone can go through difficult times in their personal life, but sometimes they choose to 'RESET' the mask and carry on...

Currently, Sanchez is working on their next film script and Shukti is preparing for her next big project in Bollywood.

Sanchez and Shukti within a few years have risen as one of UK's top dance entertainment specialists



Bradford's Muslims are united in paying their respect and prayers as the community reaches the sad milestone of 100 Covid-19 deaths.

The Bradford Council for Mosques said: "The pandemic has touched the lives of every Muslim family in every corner of the district over the past eight months. This, on all accounts, is an epic tragedy of lives cut short".

The Council for Mosques urged all Bradford district residents to redouble their efforts to help contain the spread of virus, which is currently at a record high.

"This tragic milestone is one that we never thought we would witness at the start of this pandemic," said the President of Bradford Council of Mosques, Zulfi Karim DL.

"These deaths are not just numbers - they are mums and dads, husbands, wives and children."

"These 100 deaths are not just numbers on a spreadsheet; they are mums and dads, husbands and wives, and children. They are also beloved grandparents, favourite aunts, uncles and cousins."

"The virus has devastated families and brought heartache to the most vulnerable communities at a pace and scale never seen before."

This includes older people in particular, as well as all those already struggling with chronic illness and other underlying conditions such as diabetes, heart disease and respiratory conditions.

"Everyone connected to the Council for Mosques would wish to place on record our thanks to all who have supported bereaved families with dignity in difficult circumstances. They have worked tirelessly throughout this pandemic, in the most harrowing of circumstances."

Mr Karim, himself still recovering after being left seriously ill by Covid-19 in March, added: "The full extent of Covid-19's impact on our community may not be fully understood for some time. It is possible that the death toll has been undercounted from the beginning."



"Passing 100 confirmed deaths is truly a staggering loss for our community to come to terms with."

"In many cases, because of local and national restrictions, the families and friends of those who lost their lives could not be by their sides when they passed."

"There may be limits on the number of people being in attendance but sadly there is no limit to the sorrow felt by family and friends who were robbed of the chance to say a final goodbye, or attend a funeral, because of the Covid-19 restrictions in place," said Mr Karim.

He added that research shows people from the BAME communities have suffered higher levels of infection, hospitalisation and deaths due to the coronavirus.

As the next phase of the pandemic escalates further across the Bradford district, he urged everyone to continue to follow the very latest public health advice:

- Maintain two metres social distancing from people you do not live with.
- Wear a face covering over your nose and mouth in public places and where you are unable to keep two metres apart from others.
- Wash your hands thoroughly with soap and water when leaving the house and returning and regularly throughout the day. When soap and water is not available outside of your home use hand sanitiser.
- Take extra precautions, limit your number of contacts with other people, ideally to members of your own household or support bubble.
- Avoid crowds and going to places that are not Covid-19 secure.



United in grief



Bradford's Muslim community buries 100th COVID victim in sombre milestone





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The business of bioscience

UK Research and Innovation (UKRI) and the Department of Biotechnology (DBT), Ministry of Science and Technology and Govt. of India are launching a joint funding initiative to support collaborative research focused on understanding the severity of COVID-19 in South Asian populations in India and the UK.

Since the start of COVID-19 pandemic, DBT and UKRI have made significant rapid investment in COVID-19 research. Building on this strong base, through the Medical Research Council (MRC) and Economic and Social Research Council (ESRC), UKRI is investing £4 million to support the UK

component, with matched equivalent resource provided by DBT in support of the Indian components.

This joint funding opportunity will support new research projects that are trying to understand the pandemic through the study of related ethnic groups in different environments in both countries.

Successful projects will focus on: Mechanistic studies of the disease and its sequelae; Virology, Immunity and Pathophysiology Epidemiology and behavioural science.

Professor Dame Ottoline Leyser, Chief Executive of UK Research and Innovation, said: "In the UK, emerging evidence shows that, after taking account of age and other

sociodemographic factors, people from Black, Asian and minority ethnic (BAME) backgrounds are nearly twice as likely to die of COVID-19 as white people. There is an urgent need for more data on why COVID-19 disproportionately impacts people from minority ethnic backgrounds in the UK and around the world.

"Through the UKRI-DBT Covid-19 Partnership Initiative we hope to support collaborative UK-India research teams to investigate exactly that. We hope the findings from this new programme will help to mitigate the severity of COVID-19 in the UK and India."

Dr Renu Swarup, Secretary of

India's Department of Biotechnology said: "This joint programme builds on the strong foundation of India-UK research collaboration and is an opportunity to bring together our collective expertise to understand the severity of COVID-19 infection in South Asian populations of both India and the UK.

"This pandemic has brought together scientific research groups nationally and globally to address key research questions. Faced with one of the biggest challenges of our time, research from this DBT-UKRI collaboration will be important in understanding the differential response among these two populations.

"Improved understanding in this

regard will empower us in planning more effective interventions to fight COVID-19 pandemic and any such events in future."

UK Research and Innovation India, based at the British High Commission in New Delhi, plays a key role in enhancing the UK-India relationship in research and innovation. Since 2008, when the office was established, the UK together with the government of India and third parties have together invested over £300 million in co-funded research and innovation programmes comprising over 250 individual projects, involving over 175 different UK and Indian research institutions and more than 100 industry partners.

New £8 million COVID-19 fund spurs UK-India collaboration

Secretary of India's Department of Biotechnology Dr Renu Swarup welcome the joint UK-India Covid-19 programme



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UK's first helpline offering lifeline to communities hardest hit by the pandemic

An urgently needed helpline supporting vulnerable Black, Asian and minority ethnic children and families, who have been hardest hit by the COVID-19 crisis, has been launched this month by children's charity Barnardo's.

The first of its kind in the UK, the helpline, therapeutic support and live webchat facility will offer a lifeline to communities struggling to deal with issues such as sickness and bereavement and rising hate crime due to the pandemic, on top of entrenched existing inequalities, including poverty, financial hardship and health problems.

This vital support service is the result of a new partnership with the National Emergencies Trust, (NET) whose funds are ring-fenced to target specific at-risk groups across the UK. The £900,000 grant will be drawn from £20 million pledged to the Coronavirus Appeal by the COVID-19 Support Fund, established by the insurance and long-term savings industry. The Fund aims to support those hardest-hit by COVID-19, including families and children living in poverty.

compared with white children. These children are 1.5 times more likely to be young carers, with little access to support over the last six months, leaving many to fall behind at school.

Barnardo's CEO, Javed Khan, said: "As thousands of vulnerable children and families across the UK bear the brunt of the COVID-19 crisis, the urgent need for specialist advice and support has never been greater.

"I know from personal experience that families in Black, Asian, and minority ethnic communities have been hit hardest by the virus. Black people are four times more likely to die of the virus compared to white people, while the pandemic and recession are worsening existing inequalities. As a result, children are suffering bereavement, mental health problems and fear for the future - yet many remain hidden from essential support services and have been left to suffer in silence.

"Our new helpline for children and families is the first of its kind, offering a UK-wide support service to help these families tackle a unique and complex range of issues.

Black, Asian and minority ethnic children have suffered increasing levels of trauma, and are afraid for their futures, their families and communities due to the pandemic

Barnardo's new helpline will provide advice, signposting and support from trained specialist advisors and therapists - who are from a diverse set of cultural backgrounds and able to speak a range of languages.

The charity's specialist frontline workers have reported supporting increasing numbers of young people from these communities during the pandemic, demonstrating the need for a UK-wide support service.

Official statistics show Black people are over four times more likely to die from COVID-19 related illnesses than white people of the same age. And nearly double the number of children from Black and Asian families are in poverty

"Barnardo's is proud to be at the forefront of responding to the challenges faced by vulnerable children and young people. In these uniquely challenging times we are working in partnership with Government, business and other charities to support those who need us most."

Barnardo's knows from its See, Hear, Respond, therapeutic support service in England funded by the Department of Education, that Black, Asian and minority ethnic children have suffered increasing levels of trauma, and are afraid for their futures, their families and communities due to the pandemic.

Three quarters of these children, young people and families reported an increase in discrimination and hate crime within schools and communities, while mental health, isolation and loneliness, and barriers back into education were the main reasons for contacting the service.

Barnardo's wants to work in partnership with other charities and community organisations through this initiative. This could include secondment opportunities, taking on associate counsellors, or being part of an advisory group.

The helpline number for children from Black, Asian and other minority ethnic backgrounds is **0800 151 2605** or visit **helpline.barnardos.org.uk**.



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On the outskirts of the port city of Mangalore in Dakshin Kannada, Karnataka, India, a troupe of men get ready to paint themselves in vibrant oranges, yellows, and whites.

It takes about 12 hours for their transformation to be complete, and what emerges from that little hamlet is a strange pride of upright tigers, ready to prowl the streets as a form of worship, and penance.

This is the folk dance of Hulivesha, which literally translates to 'tiger mask', explored and photographed by Pradeep KS, a photographer, based in Bangalore.

Pradeep grew up with a deep interest in the folk art and dances of Karnataka.

Curiosity led him on a journey that spanned five years and included repeated visits, and a lasting friendship with the Gopala Krishna Bhajana Mandali, one of the oldest troupes to perform the Hulivesha.

Indian folklore and Hindu mythology are incomplete without their animal actors. Be it through fables, or through sacred texts, animals have been long revered and used as conduits to further messages and teachings, as well as used to represent certain values.

One such animal of note in India is the tiger. A symbol of unlimited power, passion and strength, the tiger is revered as well as feared. One of the reasons for this reverence is because the tiger is the 'vahana' or divine vehicle and mount for the Hindu Goddess Durga, a fierce, protective, mother goddess of war and retribution.

Durga is worshipped during the nine nights of Navratri in October, culminating in the grand tenth day celebration, or Dusshera, the occasion on which Hulivesha is ritually performed

Durga is worshipped during the nine nights of Navratri in October, culminating in the grand tenth day celebration, or Dusshera, the occasion on which Hulivesha is ritually performed.

It is during the festivals of Dussehra and Gopalshtami (the birth of the cowherd God, Krishna), that Durga's tiger seems to acquire a life of its own.

It is made corporeal by the various troupes of veshadharis or masqueraders who prowl the streets in processions through the temple town of Kateel that lead up to the Durga Parmeshwari temple, situated on an islet in the middle of the sacred river, Nandini.

Over consecutive visits to Kateel, Pradeep learned that the painting itself is a laborious process, and there are rituals to be followed before the dance begins. "Not just anyone can participate in the Hulivesha," he explains.

"Usually, it is the men who have made a wish that has been fulfilled, such as the recovery of an ailing son, the marriage of a child, elimination of financial troubles, and so on.

"They come to offer themselves as veshadharis besides experienced members of the troupe.

"They bring an offering of a coconut, which is presented to Lord Krishna, after whom the troupe is named. Then, all the elders of the village get together in the temple for a puja (a prayer) over the masks. The head of the troupe then anoints each of the men with a stripe of yellow paint on the arms, so as to formally begin the painting process.

"While 30-40 dancers queue up, the painter, like his father before him, and his grandfather before him, begins with the colour yellow, then white. It takes a couple of hours for the initial coats to dry, and then finally, the glistening black stripes are painted on.

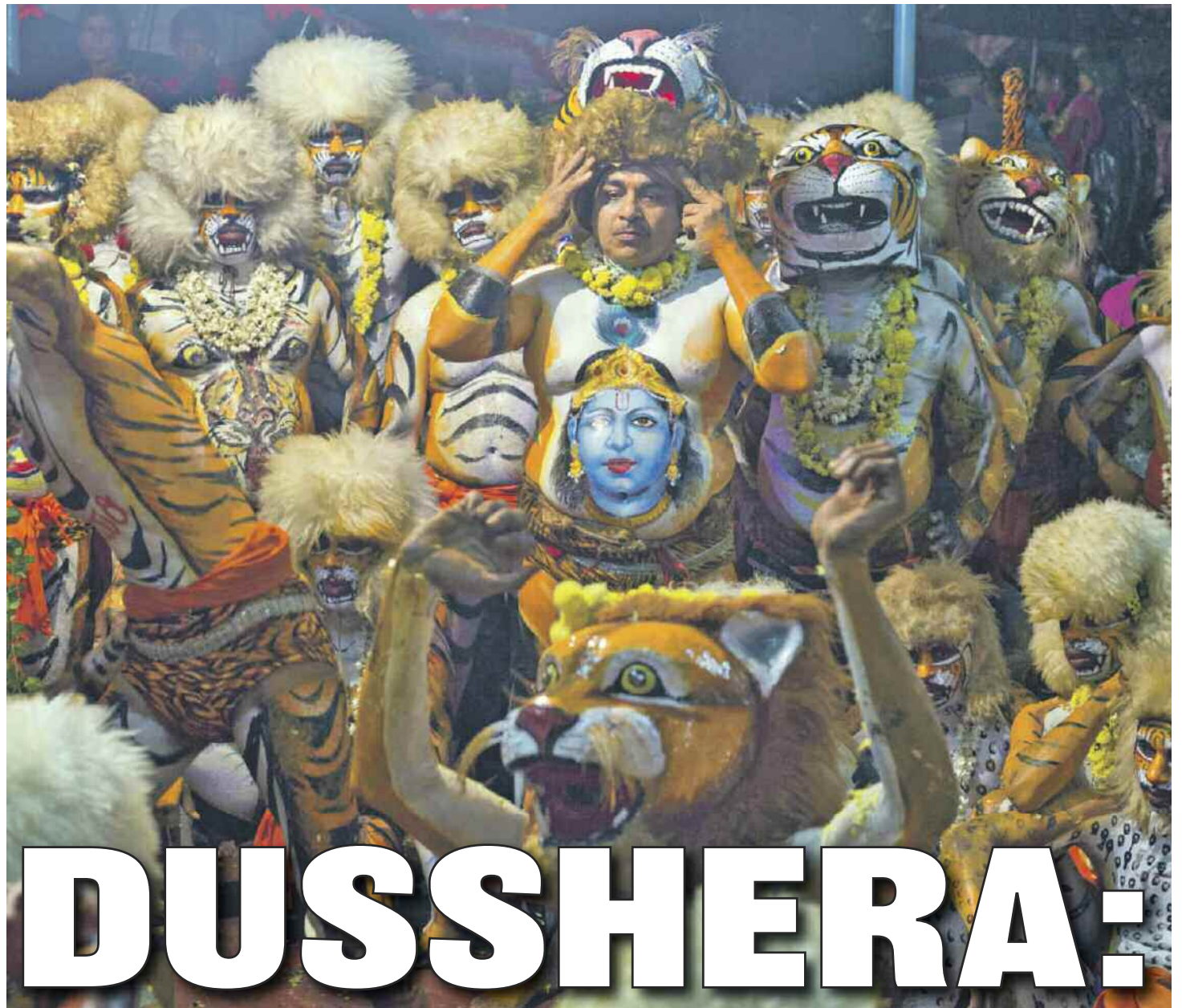
The eyes are left for the end, along with finishing touches.

Then, it is time to wait, as the paint takes a long time to dry. The men stand with their arms balanced upon poles or on a line strung across the room, so as to not let them touch their bodies"

The dancers then set out with the drummers who give them a tempo, and energise them.

As the dancers near the temple, their performances become more extravagant, with some of them breathing fire, and others performing acrobatics. With the last few hundred meters left to go, they drop down on all fours and prowl like tigers, while onlookers cheer them on, and the drums beat to a crescendo.

While the festival has its roots in praying for a better harvest, worshipping the forces of nature, and in humans as guardians and protectors of the natural world, the present-day Hulivesha is more pageantry than conservation.



DUSSHERA:

Folk dance of Hulivesha through the eyes of Pradeep KS



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University of Sheffield achieves seven top 100 spots in global subject rankings

The University of Sheffield is one of the world's leading universities for teaching and research, according to a subject ranking published recently.

The Times Higher Education (THE) World Subject Rankings 2021 named the University as one of the top 100 places in the world to study law (66th place), arts and humanities (67th place), social sciences (70th place), education (75th place), psychology (83rd place), clinical and health (93rd place) and engineering (98th place).

Covering 11 subject areas (arts and humanities, business and economics, clinical and health, computer science, education, engineering, law, life sciences, physical sciences, psychology, and social sciences) and providing an overview of the best places in the world to study a chosen discipline, this year's league table saw a record 1,512 universities ranked.

One of the most renowned university league tables, the ranking also listed the University of Sheffield within the top 200 best places to study business and economics (126th–150th place), life sciences (126th–150th place) and physical sciences (176th–200th place).

Professor Koen Lamberts, President and Vice-Chancellor of the University of

Sheffield, said: "I am pleased that the University of Sheffield has been recognised for being one of the best places in the world to study, which is a testament to the high standards of teaching and learning our dedicated staff provide to inspire the next generation.

"League tables such as this are useful tools to help prospective students make informed choices about where to study, so I am delighted to see the University's position as a globally-leading institution has been reaffirmed."

This latest ranking follows the University of Sheffield being named as one of the top 10 places in the UK to study journalism, engineering, architecture, dentistry and urban studies and planning by the Guardian University Guide 2021, in addition to the University taking 16 top 100 spots in the QS World University Rankings by Subject 2020 earlier this year. The University was also ranked 13th in the Russell

Group by the Higher Education Statistics Agency (HESA) in June for the percentage of employed graduates who are in highly skilled employment, while the University of Sheffield's Students' Union was awarded the Whatuni Student Choice Award for Best Students' Union for the fourth consecutive year in July.

"League tables such as this are useful tools to help prospective students make informed choices about where to study, so I am delighted to see the University's position as a globally-leading institution has been reaffirmed."



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Trailblazing GP shining a light on health inequalities and Black British history

A trailblazing GP has been raising awareness of the Healthy Start vouchers for children under four living in marginalised communities, while using her spare time to raise the profile of Black British history alongside her sister.

Dr Julie Duodu from Leeds is taking part in Health Education England's trailblazer GP programme hosted by NHS Leeds Clinical Commissioning Group (CCG). Her role has seen her work on raising

awareness in the hope of increasing uptake of the Healthy Start voucher and vitamin scheme for families on lower incomes.

Healthy start is a national initiative for pregnant women or those who have children under the age of four who meet the qualifying criteria. With Healthy Start, free vouchers are available every week to spend on milk, fresh, frozen, and tinned fruit and vegetables, fresh, dried, and tinned pulses, and infant formula

milk. They can also be used to get free vitamins.

As well as her trailblazing work, Julie and her sister Stephanie Amor are raising the profile of historical and present day Black figures and businesses through their Instagram account @Afro_Leads.

The trailblazer fellowship has been established by Health Education England to engage and recruit GPs that are currently working or about to work in inclusion health practices. These GP practices serve populations that have specific inclusion challenges such as higher number of ethnically diverse patients or those on lower incomes.

Dr Julie Duodu, trailblazer GP at NHS Leeds CCG, said: "When I applied and took up the role of a trailblazer GP on this innovative new scheme, it was before the COVID-19 pandemic took hold. However we all know that COVID-19 has had a disproportionate impact on some communities which has made me even more determined to help my patients who really need to be accessing the Healthy Start scheme to support their children through infancy.

"The pandemic has, at times, made it harder for people to get to collection points. Several groups within the CCG, Leeds City Council and third sector organisations have been working hard to offer more options and availability of venues supporting Healthy Start. As GPs we have a unique long-term relationship with our patients, and so being better informed ourselves about this and other schemes better equips us to support our patients. This support

could be as simple as raising awareness of a person or family's eligibility for the scheme or providing assistance to enrol in it. Having this additional nutritional contribution at a formative stage can have a massive impact on the nutrition and health of a family. I've enjoyed the role as it has exposed me to the wider challenges some of our communities face and how we as healthcare professionals can support them, beyond the medical model of care."

boycott of 1955 in America before hearing about the Bristol bus boycott of 1963 which was one of the main contributory factors leading to the UK Race Relations Act of 1965, but this was not something I'd heard about through formal education settings.

"Our own parents emigrated from Ghana, with dad arriving in the late 1970s to complete his dentistry course and mum in the early 1980s. Their stories, alongside others, create a

"Black history isn't just for one month however it does help to shine a light on marginalised areas, communities and untold history."

Speaking of her work with her sister Stephanie on raising the profile of Black British History and Black culture Julie added: "Black history isn't just for one month however it does help to shine a light on marginalised areas, communities and untold history. My sister and I started what we both describe as a passion project through our Instagram page @Afro_Leads. We post daily about UK Black business and culture and this is the third year we have been talking about historically important Black figures during Black History Month."

"We want to share these stories as this history is not taught in schools. I found out about the Montgomery bus

myriad of narratives and experiences across our ethnically diverse communities. We were delighted to participate in a Black History Month event at the Houses of Parliament last year and we've been sharing stories on Black history in West Yorkshire with the local media."

Julie completed her medicine degree from Newcastle University in 2006 taking on a number of roles in healthcare before completing qualifications and training to become a GP in 2016. She is employed by Bevan Healthcare and works from York Street Health Practice in Leeds.

More details on the Healthy Start vouchers can be found by visiting www.healthystart.nhs.uk

"Our own parents emigrated from Ghana, with dad arriving in the late 1970s to complete his dentistry course and mum in the early 1980s. Their stories, alongside others, create a myriad of narratives and experiences across our ethnically diverse communities."



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Good over Evil

Hindu community organises virtual Navratri dance festival this October



The religious practices of hundreds of millions of people have undergone profound changes in response to the Covid-19 pandemic.

At a time when many would turn to their faith to ease their fears about the pandemic, social distancing measures have meant that congregations and religious gatherings have not been possible.

But in the midst of the restrictions of the coronavirus pandemic, the Hindu community has turned to digital platforms to celebrate Navratri - one of the biggest Hindu festivals of the year.

The Bolton Hindu Forum's annual Navratri event has been organised as a virtual event taking place online from 17th to 25th October.

Along with celebrating the festival over the nine nights, traditional dance workshops for Garba and Rass Garba (stick dance) were organised via Facebook ahead of Navratri.

Navratri (translates as nine nights) symbolises the triumph of good over evil, and takes place at the beginning of October around harvest time. The festival is celebrated for nine days all across the globe with communities getting together for dances and nightly feasts.

Manu Mistry, CEO of Bolton Hindu

Forum said: "The crisis has prompted many religious leaders to appeal to their followers to not only take safety precautions but also to embrace their spirituality to help confront the health, social, and economic challenges ahead.

"Keeping this in mind we have organised this year's Navratri event on digital platforms. People can join us by logging into a video link.

"Last year we brought two of our big events to town, with an open invitation to people of other faiths to come join in the fun and enjoy this colourful and vibrant event.

"We had plans to make the 2020 even bigger and likewise we did our 'Diwali On The Square', which was the most talked about event last year.

"Sadly the regular events are not to be this year, however people can join the celebrations via our digital platforms. Everyone is warmly welcomed."

The Navratri virtual event takes place from 17th - 25th October between 7:00 pm - 10:00 pm. To find out more please visit boltonhinduforum.org.uk.



CEO of Bolton Hindu Forum Manu Mistry welcomes everyone to join the online Navratri festival



What is Navratri?

Navratri is a Hindu festival that spans nine nights (and ten days) and is celebrated every year in the autumn. It is one of the greatest Hindu festivals and symbolises the triumph of good over evil.

The word Navratri is derived from two Sanskrit words—'nava' meaning nine and 'ratri' meaning night.

The legend associated with Navratri speaks about the great battle that took place between the powerful demon Mahishasura and goddess Durga.

Mahishasura was blessed with immortality by Lord Brahma under one condition that the

powerful Mahishasura could be defeated only by a woman.

Armed with the blessing of immortality and confidence, Mahishasura attacked the trilok - earth, heaven and hell. The worried gods prayed to Lord Brahma, Lord Vishnu and Lord Shiva to help them defeat him.

Lord Vishu - known as the god of destruction, is the most powerful god, took the decision to create a woman to defeat Mahishasura.

Lord Shiva and Lord Brahma put all their powers together into goddess Durga is a reincarnation of goddess Parvati (wife of Lord Shiva).

Shakti - another avatar of goddess Parvati - is the goddess of power that runs through the universe.

Goddess Durga fought with Mahishasura for 15 long days. It was a fight that shook the trilok—earth, heaven and hell.

During the fight, the clever demon Mahishasura kept changing his form to confuse her, ultimately when he took the form of a buffalo, the goddess Durga pierced his chest with her 'trishul' (a forked weapon) killing him instantly.

So, on each day of Navaratri different avatars of goddess Durga is worshipped.

On the first day, people worship goddess Shailputri while goddess Brahmacharini is worshipped on the second day.

On the third day people pay homage to goddess Chandraghanta; on the fourth day goddess Kushmanda is worshipped; on the fifth day goddess Skandamata is worshipped; on the sixth day goddess Katyayani is worshipped; on the seventh day goddess Kaalratri is worshipped; on the eighth day goddess Mahagauri is worshipped and on the last and final day people worship the goddess Siddhidatri.

The Navaratri festival that celebrates the defeat of Mahishasura by goddess Durga signifies the victory of good over evil. In some parts of India, people observe fast during Navaratri. On the last day the perform puja and break their fast.

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With local lockdowns in place for millions across the country, and travel corridors to several nations slamming shut, we look at the impact this will have on your travel insurance.

More than two dozen travel insurers now offer some form of coronavirus cancellation cover, as travel corridor changes and rising case numbers make it more valuable than ever.

But there's a huge amount of difference between insurers in terms of what's actually covered.

Which? breaks down those differences to help you understand which insurer will cover you for what and answer questions about claims, vouchers and travel corridors.

What does local lockdown mean for travel insurance?

Millions of people in the UK are now facing local lockdown restrictions. And while the Foreign Office isn't currently advising against all international trips as it did in March, there are cases where lockdown might stop you travelling.

Some areas of Wales are under 'essential travel only' advice, and people under tier three 'ultra high alert' restrictions in England are advised not to leave their local area other than for work, education or caring responsibilities.

Most travel insurance policies will not cover you for cancelling your holiday if you're in one of these areas. This is because many of them don't offer COVID-19 cancellation cover that extends to covering lockdowns; instead some only cover you if you catch the virus yourself before you leave.

Will travel insurance cover me for COVID-19?

Dozens of insurers stopped selling travel insurance after the start of the pandemic, but since then, large numbers have returned to the market – many with some form of 'COVID-19 cover'.

In terms of coronavirus, we can split them into three general groups:

- Those that don't cover COVID-19 Some insurance policies come with a 'general exclusion' against claims stemming from coronavirus. With these, if your claim is related to the pandemic, they won't pay out.

- Those that cover COVID-19 medical expenses, but nothing else These will pay out if you catch the virus abroad. They won't cover you for anything else related to coronavirus.

- Those that cover COVID-19 medical expenses and cancellation 'Broadly', this means that in certain circumstances you'll be able to claim if coronavirus stops you from travelling.

At least 25 insurers now fall into that third category, which is great news for anyone who wants more comprehensive post-lockdown travel cover. The problem is, there's a wide range of what's actually covered within that group.

With all of them, you'll be covered if you need to cancel because you've caught coronavirus. But if someone else in your household gets COVID-19, or if you're self-isolating without being infected, you might not be.

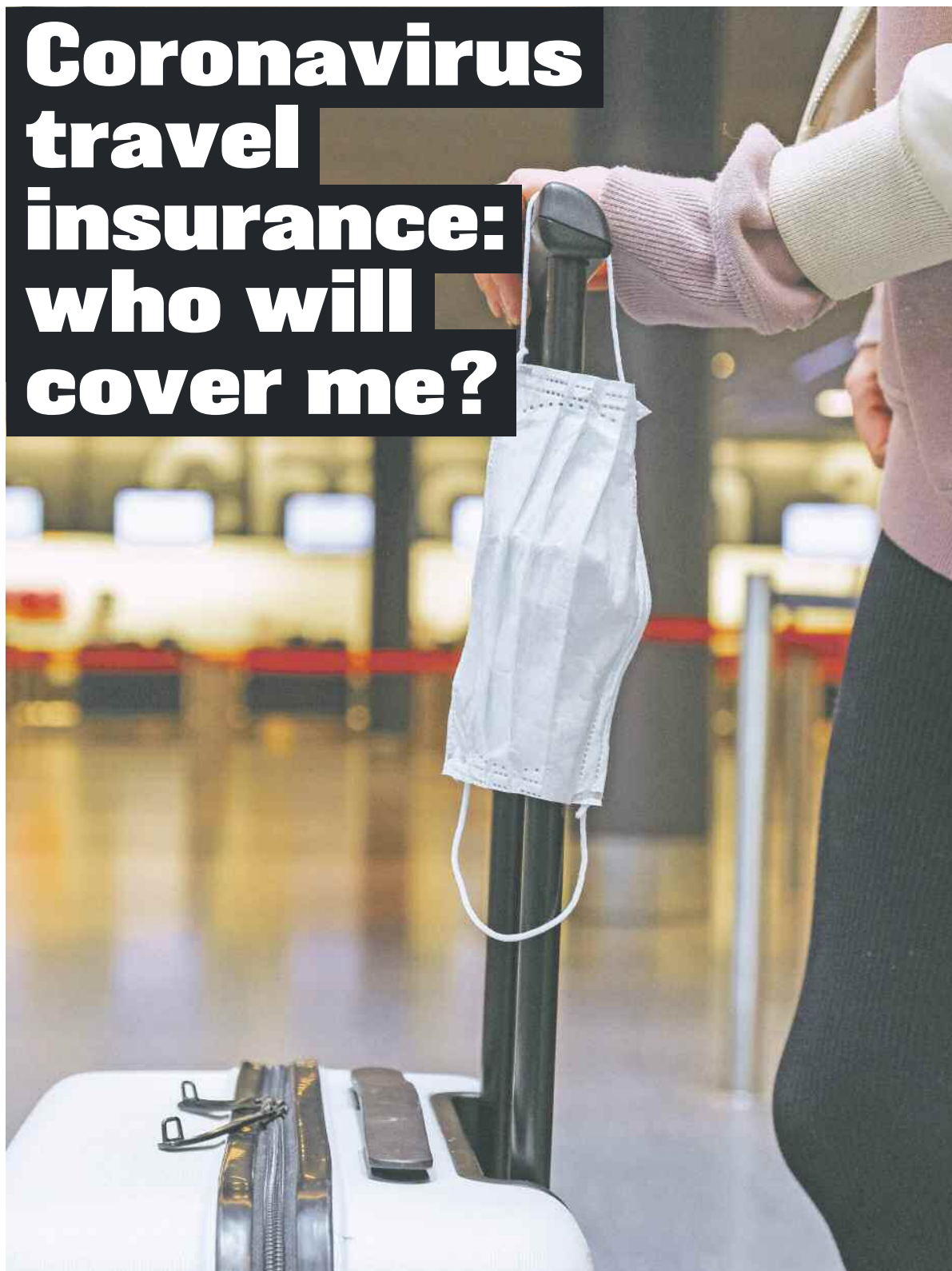
Can I get insured for every risk?

Now that more than two dozen insurers are offering coronavirus cancellation cover, it is theoretically possible for you to be insured against many of the things that might go wrong with post-lockdown travel – but not necessarily for everything.

Most travel insurers will not cover you if the FCO changes its advice before you fly – or if the government orders another lockdown.

It's also still very rare to find cover for if the country you're travelling to changes its border policy and doesn't let you in.

Coronavirus travel insurance: who will cover me?



When looking for a policy, make sure you look for the following things:

- **Coronavirus medical cover:** To cover you if you're infected when you're away.
- **Coronavirus cancellation cover:** You'll need this if you want to be able to claim on insurance for refunds if COVID-19 stops you travelling for any reason. The insurers in this table offer some form of this.
- **Scheduled airline failure insurance (SAFI):** To cover you if your airline goes bust.
- **Excesses:** This is what you'll pay towards what your insurer pays out. You'll need to be able to afford them if you're claiming.

You won't find an insurer that will cover you simply if you change your mind about travelling – for example, if cases in your destination country are rising but the FCO has not warned against going there.

And although medical expenses cover is more widely available, COVID-19 is still a threat and it's still deadly, so you need to take every precaution to make sure you're safe if you do go abroad.

What should I look for when I'm buying travel insurance?

Travelling abroad during the pandemic comes with risks and travel insurance can't protect you from all of them.

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sure you look for the following things:

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- **Excesses:** This is what you'll pay towards what your insurer pays out. You'll need to be able to afford them if you're claiming.

How can I make a claim?

The pandemic has left thousands of

holidaymakers out of pocket. If you had a trip booked that you couldn't take, or you have one coming up, you might need to make a claim yourself.

Before you get in touch with your insurer, you should try to get a refund from travel or accommodation providers.

Insurers will only pay out for costs that couldn't be refunded, so if you approach them with a claim before exploring the refund route, they will want you to do that before you can progress further.

Next, make a list of all the non-refundable costs you want to claim for. Not just hotels and flights, but transfers, tours and excursions. After that, you're ready to contact your

insurer.

Is there a deadline for claiming?

You should contact your insurer swiftly if you plan to claim, but the good news is many have said they're being flexible with their existing claims deadlines.

Upon examining 32 travel policy booklets, it was found that 11 stated deadlines for notifying the insurer of oncoming claims. Nine of these had deadlines 28 to 31 days from the incident or the end of the trip.

Of these nine, AllClear, NFU Mutual and Staysure said that they aren't enforcing deadlines, and Virgin Money said it's 'trying to be as flexible as possible'.

Columbus Direct and Santander said their deadlines only apply if the delays impede their ability to investigate claims. The Post Office continues to insist customers at least notify it within 28 days.

If it has one, your policy's deadline will be either in the claims or general conditions section of the 'policy wording' document your insurer sent you.

Will my claim be accepted?

Whether your claim is accepted or not will depend on the cover you bought and your reason for cancelling. You'll usually find a list of acceptable cancellation reasons in your policy wording.

Also check your insurance product information document and the policy schedule, which may also have sections on cancellation.

When Which? members were surveyed in early June, 893 had submitted travel insurance claims. Some 31% of those said their claim was accepted, 11% said it was rejected and 58% were still waiting to hear back.

Can I claim on insurance if I'm offered rebooking vouchers?

If you accept vouchers or credit notes as compensation, you can't claim for cash from your insurer as well as this would be a double claim.

Legally, you should be able to reject vouchers and get cash refunds instead, but many holiday firms are ignoring this rule.

Your insurer will likely advise you to pursue this legal right if you're in this situation. The Association of British Insurers (ABI) stated: 'Where travel operators have a legal obligation to refund customers, insurers expect them to honour that legal agreement. Insurance cancellation cover kicks in when no other safety net is available with insurers expecting to pay out £275m in cancellation costs due to COVID-19.'

If you're not offered a cash refund by your travel operator, and you don't want to accept an RCN, Which? believes banks should refund customers under Section 75 of the Consumer Credit Act 1974, for purchases by credit card of more than £100, or through the chargeback scheme for other purchases.

Banks don't always accept these claims, but card issuer Mastercard has confirmed that chargeback is valid in these cases.

Can I get a travel insurance refund?

Since many are unlikely to want to travel in the near future, anyone with an active travel insurance policy might reasonably ask if they would be able to get a refund on their premium.

The ABI said that it expects these refunds will be happening and that customers should contact their insurers for more details.

However, it warns that while your current policy – if bought before the pandemic – will cover you for COVID-19-related claims, a new policy likely will not. So you should think carefully before cancelling.



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Ready for the new start?

UK has left the European Union and now we're embracing new opportunities

It's been a tough time for businesses coping with the challenges from the Covid-19 pandemic, so the UK Government has put a range of support measures in place:

Introducing new border controls in stages up until

1st July 2021

£705 million

funding package for border infrastructure, staffing and IT, to ensure border systems are fully operational when the UK takes back control of its border after the end of the transition period.

£80 million

to boost the capacity of the customs intermediary sector.

UK left the EU and now we're counting down to the end of the transition period on 31st December 2020.

Businesses all across Britain have been putting things in action to take advantage of new opportunities on the horizon.

Now is the time for businesses to act in order to be best placed for the UK's new start and to take advantage of new opportunities from the new year.

The UK Government recognises that it has been a tough time for businesses coping with the challenges from the Covid-19 pandemic, so it has put a range of support measures in place, including introducing new border controls in stages up until July 1, 2021 and providing more than £80 million to boost the capacity of the customs intermediary sector.

In July it announced a £705 million funding package for border infrastructure, staffing and IT, to ensure border systems are fully operational when the UK takes back control of its border after the end of the transition period.

If you run a business, it is important that you check what you need to do now by visiting the [gov.uk/transition](https://www.gov.uk/transition) website. There are some guaranteed actions you'll need to take and there's a checklist to help you prepare.

HOPE: A rainbow of possibilities for UK companies to globally restore British standards as the hallmark of excellence



For a London-based company that imports sparkling wines from Germany, Italy and France, Thomson & Scott has had to be proactive about the UK's new start

Amanda Thomson - CEO Thomson & Scott



Check, Change, Go

One firm looking forward to new opportunities the new year will bring is John Reid & Sons Ltd (REIDsteel)

Simon Boyd - REIDsteel managing director



Managing Director Simon Boyd said: “We are incredibly positive about the new start, not only for our business but also for the UK economy. International trade is in the DNA of our company from its birth over a century ago to the modern day.”

His £30 million turnover structural steel company has exported to more than 140 countries to date, directly employing 130 staff and at peak times providing work for 400 subcontractors.

“I believe it is a tremendous opportunity to restore British Standards to their rightful position as a hallmark of excellence worldwide while giving a shot in the arm to British manufacturing,” continued the MD.

“We will be seeking to invest as a company and take full advantage of the benefits the new start will bring, allowing us to improve productivity, create jobs, grow our business, ultimately boosting the economy and Great Britain’s place in the world.”

REIDsteel is well versed in the intricacies of trading in the European Union and worldwide, having drawn on its own expertise while also utilising UK Government resources such as the gov.uk/transition website for detailed planning to ensure business continuity in the days, weeks and months leading up to December 31 as well as for longer term strategic considerations.

REIDsteel has long-standing plans in place to capitalise on the benefits the new start will bring, including a multi-million-pound new manufacturing facility.

Mr Boyd said: “We immediately hit the go button on our long-held plans for a new manufacturing facility once the country voted to leave the EU. It will considerably boost the company’s productivity, allow us to create more jobs, take our apprenticeship programme to the next level, provide more work for firms in our supply chain and grow our business.”

“But, more than that, we see it is a vote of confidence in Great Britain. We are an ambitious company, both for ourselves and the country. This gives us the potential to achieve those ambitions.”

REIDsteel has used home products for most of its history but consolidated that in December when it made British Steel its primary supplier.

Mr Boyd continued: “We do trade in Europe, but not as much as we would like, as the bureaucracy and protectionism that has built up over many years can make it extremely difficult.”

“The gov.uk/transition site does the hard work by identifying key issues of concern for individual businesses.”

“Many businesses could be forgiven for wanting to switch off but it is critical that they engage,” added Mr Boyd. “It is not too late to get to grips with the issues involved, and the gov.uk/transition site is the best place to start.”

“With its interactive format it will only present the relevant issues affecting a business, which means a hard-pressed director or time-poor SME boss doesn’t have to plough through reams of information.”

“It serves as a checklist of issues to consider or address, but also has links to other government resources for relevant information. But, more than that, it can also serve as inspiration for potential business opportunities after transition or for ways to improve business efficiency or productivity.”

“I would encourage all firms to view this move positively and take advantage of the support on offer from the UK Government.”

This is UK Government advice for England only

CHECK, CHANGE, GO

Checklist for your business to continue to trade with the EU after 31st December 2020

- ✓ Ensure your staff are able to continue to practice and provide services to clients in the UK after 31st December 2020 by ensuring their professional qualification(s) are recognised by their professional body in the UK.
- ✓ Check the tariffs that will apply to goods you import at <https://www.gov.uk/guidance/uk-tariffs-from-1-january-2021>
- ✓ Prepare for new rules around personal data. If you receive personal data from the EU for business use, you may need to take action on data protection.
- ✓ Make sure exports of certain commodities (wine, hops, eggs, poultry meat, beef and veal, fruit and veg) meet the requirements for export to the EU after 1st January 2021.
- ✓ Check duties and customs procedures for exporting your goods worldwide. From 1st January 2021, there will be changes to how you export goods from the UK.
- ✓ Check the rules on your EC type approvals for January 1st and beyond.
- ✓ Familiarise yourself with changes, such as procurement agreements and the trade remedies process.
- ✓ From 1st January 2021, you’ll need to show that imports from the EU and European Economic Area (EEA) have been legally harvested. To do this, you will need to complete the due diligence checklist.
- ✓ Check you have the right documents to drive in the EU
- ✓ If you travel to the EU for work purposes after 31st December 2020, you may need a visa or work permit.

“Wine imports between countries has always been complicated,” says founder and CEO Amanda Thomson.

“It means we’re well-prepared for the additional legislation but we’ve had to consider potential delays at the border and mitigating any increased costs.”

Within the UK, Thomson & Scott supplies Fenwick, Harvey Nichols, Ocado and now Amazon, four years after creating a niche for low-sugar, organic and vegan-certified

sparkling wines that have total transparency on the drinks label. Noughty, their latest alcohol-free initiative, is due to launch in Waitrose at the end of this month.

Amanda says: “By checking the extra tariffs and charges early, we’ve had time to consider where we will absorb the costs. Margins in the drinks industry are notoriously tight, but within just a year, we’ve future-proofed our business by producing an alcohol-free product, which has a slightly less complex margin model.”

“We’re also working on the assumption that bottles may initially take longer to reach us due to new customs declarations, so we’ve thought ahead to spring next year and decided to bring enough stock into the UK now to store in our bonded warehouse.”

To ensure border systems are fully operational after the transition period, the UK Government has put £705million towards infrastructure, staffing and IT. In light of coronavirus, new border controls will be staggered until July 1, 2021 to give businesses

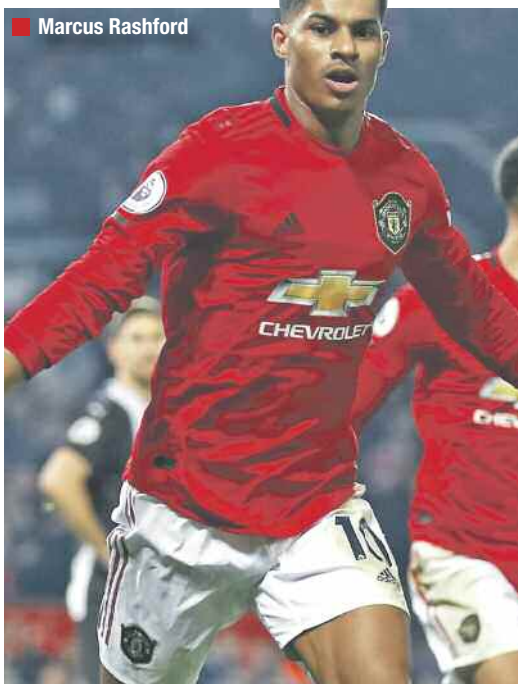
more time to prepare.

Amanda says that acting ahead for the end of the transition period in December was extremely important for her business, especially amidst the uncertainty of Covid-19.

She says: “From our wineries, we ship everywhere from New Zealand to South Africa but UK trade is still the lion’s share of our business so it’s extremely important to us. I would hate for any fellow business owners to have nasty surprises as we approach the deadline, especially in the current climate.”

To find out more about the UK’s new start go to [gov.uk/transition](https://www.gov.uk/transition)

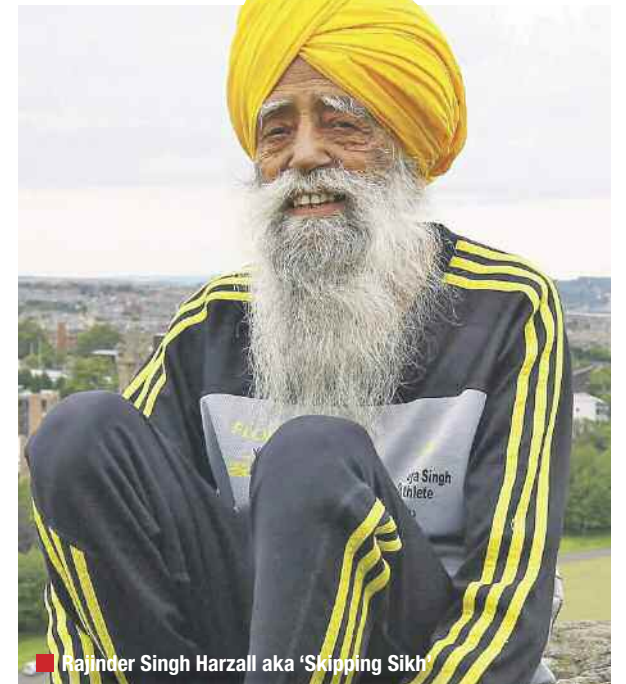
Let’s get going >



■ Marcus Rashford



■ Zuber and Mohsin Issa



■ Rajinder Singh Harzall aka 'Skipping Sikh'

OUTSTANDING

The 'Skipping Sikh' footballer Marcus Rashford and Issa brothers amongst those in Queen's Birthday Honours List



■ Farmida Bi

Marcus Rashford, Ndidi Okezie, Yvonne Conolly, Issa brothers and 'Skipping Sikh' among 1,495 people recognised for exceptional and outstanding service to the UK as part of the most diverse Queen's Birthday Honours ever.

The Queen's Birthday Honours List 2020 awards 1,495 honours to people across the whole of the UK for their outstanding contributions to UK society.

A number of honours this year are given to recognise exceptional contributions during the Covid-19 pandemic. The list showcases exceptional contributions of unsung heroes in all four nations in response to the COVID-19 pandemic and is the most ethnically diverse list to date, with 13% of recipients from a minority ethnic background.

Philanthropist Professor Nasser David Khalili has received a Knighthood for his services to Interfaith Relations and charity, whilst founders of the EG group Zubair and Mohsin Issa, who recently made headlines for buying supermarket chain Asda in a multi-million pound deal, have received CBE's for services to business and charity. Farmida Bi, the UK's first female chair of a major law firm, also receives a CBE for her services to law and charity.

Footballer Marcus Rashford received an MBE for services to vulnerable children in the UK during the pandemic. Also honoured for her work with youth is UK Youth CEO Ndidi Okezie who has received her OBE for her service to young people during the peak of the pandemic. Britain's first Black Head teacher Yvonne Conolly has received a CBE for her exceptional services to education.

Joe Wicks and Mr Motivator (Derrick Evans) receive MBEs for their accessible, live workouts to encourage people to stay physically and mentally fit during Covid-19. Joining them are Lavina Mehta and 74 year old Rajinder Singh Harzall the 'Skipping Sikh' who receive MBEs for encouraging elderly people to stay active in lockdown.

Similarly, the inspiring 100 year old Dabirul Choudhury receives an OBE. Choudhury challenged himself to walk 100 laps around his garden whilst fasting during Islamic holy month of Ramadan to raise money for Covid-19 relief.

Also among the list of community heroes is Sandeep Singh Daheley who received his MBE for taking the initiative to create an online portal for prayers whilst the Gurdwara was

closed during Covid-19, to keep the essence of community alive for the Sikh community across the UK.

The majority of the Queen's Birthday Honours List was compiled before the ongoing pandemic. The List was deferred in order to consider nominations for people playing crucial roles during the first months of the COVID-19 effort and has prioritised frontline and community heroes who went above and beyond their duties to help others.

Of those who have been awarded, 72% go to those who have worked tirelessly for their local

The majority of the Queen's Birthday Honours List was compiled before the ongoing pandemic. The List was deferred in order to consider nominations for people playing crucial roles during the first months of the COVID-19 effort and has prioritised frontline and community heroes who went above and beyond their duties to help others

community. This reflects the huge voluntary effort across the country in response to COVID-19, with recipients cumulatively supplying millions of free meals to those shielding, delivering care packages to NHS frontline workers and clocking up countless voluntary hours to support those at risk.

Among those receiving awards this year, is Sir David Attenborough who receives a Knight Grand Cross (GCMG) in the Order of St Michael and Saint George. Sir David is recognised for his exceptional and sustained international contribution to broadcasting, natural history and the environment.

Sir Philip Barton, Permanent Under Secretary at the Foreign, Commonwealth and Development Office and Head of the Diplomatic Service, said:

"I congratulate everyone receiving an honour and thank them for their hard work and years of service. The UK's impact around the world depends on exceptional people like those recognised in this year's Queen's Birthday Honours. We are grateful for their outstanding contribution."

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A Comprehensive new plan has been launched, outlining how hate crime will be tackled and communities brought together in Greater Manchester over the next three years.

The Plan to Tackle Hate Crime will raise awareness of hate crimes and encourage people to report them, while also improving support for victims of hate incidents.

Hate crime is defined as 'any criminal offences perceived, by the victim or any other person, to be motivated by hostility, prejudice, towards someone based on a personal characteristic'. In Greater Manchester hate crime is monitored across six strands: race, religion, sexual orientation, trans identity, disability and alternative subcultures.

Figures show there were 488 hate crime prosecutions in Greater Manchester from March 2019 to March 2020.

Work has already begun in our city-region to tackle the problem of hate crime through advisory and scrutiny panels. Activist Carl Austin-Behan is Greater Manchester's LGBT Adviser, while an LGBT Panel and Disabled People's Panel have been established to support the development of policies and drive meaningful change. Work is also underway to establish the Women and Girl's Equality Panel and the Race Equality Panel to build on this approach.

Other priorities in the plan also include the development of local plans for specific communities, provide appropriate action and support for victims and continued work on the TravelSafe Partnership to combat hate crime on the transport network.

Bev Hughes, Deputy Mayor of Greater Manchester for Policing, Crime, Criminal Justice and Fire, said:

New plan to tackle hate crime and bring communities together launched in Greater Manchester

"Greater Manchester is a very welcoming place and we are proud of the diverse communities that make up our city-region. But even in Greater Manchester there is a minority of people who attempt to spread prejudice and commit hate crime.

Black Lives Matter movement has shown the power of expression when communities come together, we want to build on this strength and give all communities a voice to put an end to hatred."

Superintendent Rick Jackson, Greater Manchester Police's tactical

"As a force, we are continuously looking at how we can improve our response to hate crime and the service we give to victims. We have an Independent Advisory Groups (IAG) that engage with our communities and encourage members of the public to come in to

A total of 817 people were consulted on the hate crime plan, with 90% of respondents agreeing with the proposals. There was broad support for the inclusion of hate against women and girls to be monitored as a strand of hate crime, while age was the next most suggested strand. The results will be used to inform the delivery of the plan.

Proposals are also in place to increase the number of hate crimes referred to the Crown Prosecution Service for a charging decision by 50%. A pilot programme is currently taking place in Bolton where once a hate crime has been reported, it will be overseen by a new appointed Greater Manchester Police Hate Crime Coordinator and dedicated CPS lawyer. While the pilot takes place any police decisions regarding hate crimes will not be actioned, until they have been reviewed by both staff members.

The plan has been launched in coordination with Hate Crime Awareness Week which is taking place from 10th-17th October. During the dedicated week a number of organisations including GMCA, GMP, and local authorities have come together to continue to raise awareness of hate crime and encourage people to report incidents.

- Local authorities, emergency services and community groups to work together to eradicate hate crime across city-region
- More than 800 people contributed to Plan to Tackle Hate Crime – focus now on reducing intolerance and hate in communities
- Work underway to establish scrutiny panels, education in schools and awareness campaigns

"In The Plan to Tackle Hate Crime we are aiming to understand the impact these crimes have on individuals and communities, while also driving forward the message hate crime will not be tolerated in Greater Manchester.

"We will continue to build on the positive work that is happening across our ten boroughs and ensure local authorities, emergency services and community groups work together to eradicate hate crime. The

lead on hate crime, said: "Greater Manchester is made vibrant by the diverse faiths and backgrounds of the people who live, work and visit our great city region. This is why tackling hate crime is a priority for GMP.

"National Hate Crime Awareness Week is an opportunity for us to send a message to perpetrators of hate crime that it will not be accepted, that we will act on reports and enforce the law and importantly, show victims that we support them.

observe and offer advice on policing practices. Recently, we have also established a pilot project which has been set-up to ensure we are attaining the best outcome for victims, as well as looking at ways to minimise re-offending.

"I would strongly encourage anyone who has been a victim or a witness of hate, to report it to Greater Manchester Police on '101' or visit www.letsendhatecrime.com to report or receive help and support."

HAVE YOU TRIED THE UK'S LEADING INDO-CHINESE BRAND?

Founded in 2012, Oodles Chinese is one of the UK's leading Indo Chinese brands with over 12 branches to date, thousands of customers across the country and ambitious plans for another 10 stores in 2020.

It serves Indo Chinese food with customers choosing their starters and main dishes which are filled in small, medium or large boxes.

Food so fresh you'll flip

Dishes include Malaysian chicken, chilli chicken, Chinese lamb curry, chilli prawns, caramel chicken, teriyaki chicken, schezuan beef stir fry and crispy prawns. Side options include veg spring rolls, Chinese wok wings and Torpedo prawns.



It is certified HMC approved with dedicated vegetarian options. The decor of the restaurant features interior inspired by its Chinese influence with an open-plan kitchen with live cooking so diners can see their food being freshly-prepared to order.



Wok's up Yorkshire

Oodles Chinese now has two branches in Yorkshire after it opened its 60-seater Bradford location on Leeds Road last December. It is the second store in Yorkshire after bringing the brand to Leeds for their first branch in The Merrion Centre in August this year.

Franchise owner Khurum Akhtar

said: "Our concept of fresh and unique tasting Indo Chinese food is something Yorkshire has never experienced before.

"We have invested into creating a real experience in both our stores which includes an open kitchen area where customers can see their food being freshly prepared."

OUR LOCATIONS

OODLES CHINESE BRADFORD

348-350 Leeds Rd,
Bradford BD3 9QX
Mon - Sun 11am - 11pm
01274 392111

OODLES CHINESE LEEDS

40 Woodhouse Ln, Leeds LS2 8LX
Mon - Thurs 11am - 9pm
Fri - Sat 11am - 12am
Sun 12pm - 6pm
0113 246 9111





Asian
Express

Your National and Local
Business Round-up

Business news

'Don't be afraid of mistakes'

Cash and carry founder Amjad Pervez receives honorary doctorate

Former corner shop owner Amjad Pervez, who went on to found and successfully run one of the UK's largest cash and carry/food retailer chains, the Seafresh/Adams Group, has been awarded an honorary doctorate by the University of Bradford.

The father-of-six, and grandad to 10, came to the UK aged 11 with his mother, Hazran and father, Mirza, now 98, an infantryman in the Britain Army, in 1969, moving to Bradford in 1970.

At the time, he did not speak a word of English but he recalls the warm welcome his family received in the city.

"It was a welcoming environment which allowed us to grow and become stakeholders in society," he recalls. "Bradford has a long history of welcoming immigrants and I think that is one of its strengths."

He graduated from university with a degree in business and marketing in 1983 and found work with Yorkshire Building Society but soon joined the family business, a humble corner shop. They quickly diversified into food services and he now operates one of the largest independent companies in the sector, with 11 outlets across the UK.

Commenting on his doctorate, Mr Pervez said he was "absolutely delighted" and went on to offer some advice to students of today.

"You must be rightly proud of what you have achieved, this is the first step towards your story of success. Invest in good, honest friends because they are difficult to find. In your chosen sphere, find someone who is much more experienced to guide you. Why?

Because such people will help and support you when you make mistakes.

"I would say to young people do not be afraid of making mistakes.

"So long as you are not reckless or foolish, when you are young and you have bounce and energy, that's the time to make mistakes. I have made many and learned from them.

"Take risks, be audacious in your aspirations; it's not the lack of education that limits people, it is imagination. Remember, you are the privileged few who got to this stage. There are others who are less fortunate."

His doctorate has been awarded for his valuable and continuous support for the city of Bradford, the University and for internationally championing a culture of enterprise. Alongside building his business, he has committed a lot of time to education and enterprise in Bradford, West Yorkshire and the world.

**Continued
on page 34**



BUSINESS



YOUR LOCAL &

Coronavirus Loan Schemes Under Scrutiny Following Rise In Fraudulent Claims

In a bid to reduce the devastating impact of the Coronavirus pandemic on UK businesses and in particular to Small to Medium Enterprises (“SMEs”), the government launched a number of loan schemes with the aim of providing much-needed financial support to keep businesses afloat.

Whilst the government has been praised for its intervention and introduction of these schemes, there have been an increasing number of reports that the schemes are being misused and exploited by unscrupulous individuals seeking to profit from the public purse.

Loans for SME businesses

The Coronavirus Business Interruption Loan Scheme (“the CBIL Scheme”), introduced by the government in March 2020, provides financial support to UK based SME businesses with turnovers of up to £45m that were trading successfully before the Coronavirus, but are now losing revenue and seeing their cashflow disrupted as a result of the pandemic. The loans range from £50,000 to £5m. To incentivise lenders, the government guarantees 80% of the loan; they also agree to foot the interest bill and any fees on the loan for the first 12 months – thereby providing companies with numerous benefits as well as a fall back in the event that they default.

The Bounce Back Loan Scheme (“the BBL Scheme”) provides financial support to small and medium sized businesses, offering loans of between £2,000 to £50,000 (restricted to 25% of a business’ turnover) for those who have been negatively affected by the pandemic. With this loan, the government guarantees 100% of the loan and again, there are no fees or interest to pay in the first 12 months.

To support businesses further, the Chancellor recently announced more flexibility for repaying bounce back loans under the ‘Pay As You Grow’ Scheme – meaning new and existing borrowers can choose to extend the term of their loan to cut monthly repayments.

The schemes were both recently extended and will be now open for applications until 30 November 2020.

Are the loan schemes being misused by fraudsters?

According to the government’s statistics, as at 20th September 2020, the CBIL Scheme had attracted over 66,000 successful applicants and over £15bn in loans have been issued, whilst the BBL Scheme recorded over 1.26 million successful applications, with over £38bn issued in loans.



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

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SOLICITORS

Whilst of course this is a positive measure by the government, and provides a crucial lifeline for many struggling businesses, it has been argued that not enough checks and due diligence are being carried out against applicant companies before the loans under the schemes are issued, thus leaving the schemes exposed to fraudulent claims ultimately at the public’s expense. In particular, the applications are effectively self-certified, meaning companies are more likely to get away with making false or inaccurate representations, such as the value of properties being offered as security. There have been reports that money has been claimed from the schemes by dormant subsidiary companies which clearly is not what the schemes were intended for.

Arrests

In addition, the first arrests and freezing orders were reported to have been made in July 2020 in connection with fraudulent applications to the BBL Scheme, where applications for the scheme were allegedly made using fake companies. As a result of this, there have been significant concerns raised by anti-fraud organisations and white-collar crime experts who are calling on the government to act immediately to deter fraudsters, such as a requirement for the government to publish a public record of all recipients of the loans.

How to protect your business

Unfortunately, the impact of such activity will inevitably increase the level of suspicion and scrutiny against all businesses who have applied for loans under the schemes and not just those that have deliberately committed fraud. The Treasury has warned that anyone abusing the schemes will face prosecution and the full force of the law. In response to the criticism, the government will be keen to publicly expose those businesses that have deliberately abused the schemes, threatening criminal penalties and reputational damage to those culpable.

It is therefore paramount that businesses fully understand and comply with the lender’s requirements in providing accurate information and can back it up with supporting documentation in the event that they are audited or investigated. Directors may also be exposed personally in the event the company is subjected to insolvency. Businesses will be in a far better position if they undertake their own internal checks and rectify any genuine mistakes as early as possible to reduce exposure.

If you require advice in relation to any litigation matter or if you or your business has any legal issues relating to the Coronavirus pandemic, then Blacks Solicitors can assist.

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

‘Don’t be afraid of mistakes’ Cash and carry founder Amjad Pervez receives honorary doctorate



Continued from page 33

In 1999, he became Chair of Asian Trade Links (ATL). He is a director of Bradford Breakthrough, and served on the board of Bradford Teaching Hospitals NHS Foundation Trust (2015-20) and the Local Enterprise Partnership (2010-2014). He is also closely involved with the Council for Mosques and the National Asian Business Association and he is chairman of Jumpstart Pakistan, an entrepreneurial movement whose vision is to create a national sustainable ecosystem for enterprise.

He said: “My family was always conscious to put back into Bradford what we could by engaging extensively in various initiatives, such representation on The Bradford Vision Board and contributing to the initiatives of Business Link, where I became a director. “My association with the University goes back nearly 20 years, first as chairman of ATL, where we partnered with the University to create tool kits to help local businesses. My work across

the globe, helping youngsters take up enterprise, is the key to why I was honoured to accept the award, as the good name of the University helps me to help others.”

quality nutritional food at competitive prices would be a key part of preventative care and personal health care planning.”

Since 1966 the University of Bradford has awarded

“Take risks, be audacious in your aspirations; it’s not the lack of education that limits people, it is imagination,”

Amjad Parvez

He added: “Given where we are with Covid and looking ahead to the post-Brexit era, I think the welcoming nature of the city of Bradford can act as a bridge to Commonwealth countries, to sell UK Plc around the world. Post covid-19 the food industry will grow but what is exciting for me is the role it can potentially play in health care. Providing good

Honorary Degrees and Fellowships to outstanding individuals in recognition of their academic work and endeavour, their contribution to their chosen profession or field of activity, their contribution to the University, City or wider region, and their ability to act as a role model reflecting the University’s values.

BUSINESS ROUND-UP

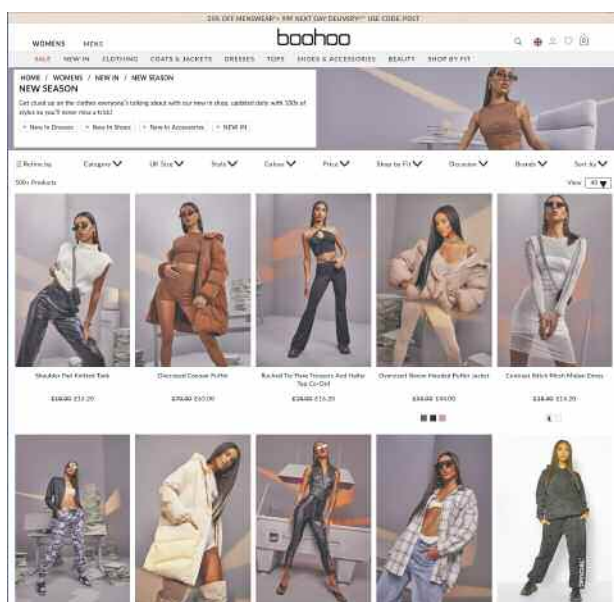


BUSINESS

Leicester clothing factory scandal

Boohoo and Pretty Little Thing supplier involved in 'multi-million-pound' fraud scheme

INVESTIGATED: Rostum Nagra at the centre of the scandal



A network of Leicester clothing factories with links to Boohoo and Select Fashion have been involved in a "multi-million pound" money laundering and VAT fraud scandal, an investigation has found.

Firms based in the city's garment manufacturing district, some of which were suppliers to the fast fashion retailers, were revealed to have been involved in fraudulent activity relating to fake invoices and shell companies.

Boohoo, which was recently caught up in a scandal involving poor working conditions in Leicester clothing factories, has terminated its relationship with the supplier following the fraud revelations.

Meg Hillier, chair of the Public Accounts Committee, said the fraud appeared to be the "tip of the iceberg" and that it could represent "hundreds of millions of pounds" in lost tax revenue.

She said HM Revenue and Customs must tackle fraud within the Leicester textiles industry.

The scandal came to light following a civil court case between the bosses of two clothing wholesalers operating within the city.

Leicester-based company director Rostum Nagra was accused of stealing a firm belonging to a business associate and transferring all the assets to his own company Rocco Fashion Limited.

He also took over the relationship with its biggest customer, high street clothing retailer Select Fashion, which has around 170 shops in the UK.

The case examined Nagra's business records noted in a 'cash book' he usually carried around with him, which contained scraps of paper and handwritten coded notes kept separate from the firm's accounts.

These revealed how, over a period of months from October 2014, Nagra arranged for false invoices to be produced as part of a fraud scheme with a network of fake garment factories in Leicester.

When Nagra received an order from Select Fashion he would arrange for the garments to be made cheaply by a so-called 'cut, make and trim' (CMT) supplier.

He'd pay in cash and the transaction was hidden from his company's official accounts and records.

Nagra would pretend the clothes were being made by another firm by placing a fake order for the same goods with another company.

In reality it was usually just a shell company, the BBC reported.

The fake company would provide an invoice at an inflated price, which included a 20 per cent VAT charge on top.

Nagra would then pay the inflated amount into the shell company's bank account.

The money would be withdrawn from the bank account in cash and returned to Nagra apart from – typically – half the VAT which would go to pay off accomplices. What happens to the cash after that is then untraceable.

Nagra would be left with a VAT receipt that looked above board for HMRC and the shell supplier company would often fold after a short time with its VAT liabilities unpaid.

The judge in the civil case concluded that Nagra had operated a "fraudulent scheme to launder cash for his own benefit" over a "prolonged period" and "very substantial amounts" of money were involved.

When confronted over the Leicester factory fraud claims, Nagra denied involvement.

Select Fashion did not respond to requests for comment. However, there is no suggestion the company knew about the fraud within its supply chain.

Two other companies mentioned in the Nagra court case were also investigated.

T&S Fashions also provided invoices to Nagra charging above average prices for items of clothing.

It didn't appear in Nagra's cashback book, but was one of 14 other companies that the judge noted "may have been involved in laundering cash".

Before it folded in 2017 it had a capacity to produce 30,000 garments a week. Its biggest customer was Boohoo, which it dealt with through another company.

Boohoo initially said T&S Fashions

was neither a direct nor indirect supplier but when it was told the other company's name, it confirmed they had done business with it.

Boohoo also said it had concerns about "unauthorised subcontracting" by suppliers and had already commissioned an auditing firm to map out its supply chain.

"This work is well underway and once it is completed we will be publishing a list of all of our UK suppliers," Boohoo said.

Another firm, HKM Trading Limited, run by director Hassan Malik, was also found to have entered into "cash laundering transactions" with Nagra.

When he appeared in court the judge remarked that Malik was "smirking as he came up with his explanations for not declaring his turnover."

He concluded: "Mr Malik lied throughout and the most likely explanation is (and I therefore find) that the dealings he invoiced were not genuine but he was another party with whom Mr Nagra entered into cash laundering transactions."

After HKM Trading went out of business Hassan Malik set up another company in 2018 called Rose Fashion Leicester Limited. Nagra is currently an employee there.

That company supplied Boohoo-owned brand Pretty Little Thing and Boohoo said as a result it has now terminated its relationship with Rose Fashion Leicester.

The retailer said it undertakes due diligence checks on all new suppliers. But said that: "a search against Rose Fashion would not have elicited the court judgement given [Rose Fashion] was not mentioned."

"We would never knowingly conduct business with anyone acting outside of the law and we have always been swift to provide information to regulatory authorities to support any investigation that they are conducting."

Hassan Malik, Rose Fashion Leicester's sole director, did not respond to questions.

Lawyers acting for his company, Rose Fashion, said it was set up after the events outlined in the court case and the company was not involved in it.





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Our verdict



"Arrived promptly, in great packaging. With all the ingredients individually packaged, this is a really fun and simple-to make, delicious artisan pizza."

Gourmet Make-at-Home Pizza Kit

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

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

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

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

slice.

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

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

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

Gourmet Make-at-Home Pizza Kit

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People still unsure which household items are recyclable or not

Seven in 10 adults still aren't sure which household items are or aren't recyclable, according to a study.

Researchers who polled 2,000 adults found almost three quarters find the recycling symbols located on the packaging of many household goods to be confusing. A staggering 86 per cent also think councils should be clearer about what can or can't be recycled.

The research also found 83 per cent think local authorities should make more effort to recycle a wider range of household items.

The study also found 95 per cent of adults agree recycling is important, but the general uncertainty over what can or can't be recycled is having an impact on recycling levels.

A fifth admitted to having a lackadaisical approach to recycling, with confusion over what can be recycled the biggest reason for this.

However, 45 per cent have knowingly put recyclables in the general waste bin because they couldn't be bothered to give certain objects a rinse.

The Cushelle study carried out through OnePoll also found, of all the everyday household products found in the typical home, those located in the bathroom are least likely to make it to the recycling bin.



TOP TIPS FOR GETTING RECYCLING RIGHT

- Visit your local council website and search for 'bins and waste' to find out what is and isn't recyclable in your area.
- Print the council guidelines and put them near the bin for the whole family to see.
- Check out your local supermarkets and Google nearby 'recycling centres' www.cushelle.com/our-sustainability-strategy/reducing-replacing-and-recycling-our-packaging as they are able to deal with items that can't be collected by your council.
- Keep a small recycling bin in your bathroom to ensure recyclable items aren't just thrown away - consider separate bins for these too.

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A new study, conducted by scientists at the University of Leeds and published in the Journal of Nutrition, has found that drinking blood (red) orange juice with meals leads to an improvement in the elasticity of blood vessels.

Vascular function – the health and function of blood vessels – is a known marker for the risk of heart disease and stroke.

Previous clinical trials have estimated that a one percent rise in

flow-mediated dilation – a method of assessing vascular function – is associated with an 8-13 percent reduction in cardiovascular disease risk.

Antioxidant plant compounds, especially polyphenols found abundantly in fruits and vegetables, have been shown to boost flow-mediated dilation.

In the new randomised controlled crossover trial, healthy adults aged 20-45 years drank a glass of blood

orange juice with breakfast and dinner for two weeks.

After a 'washout' week, the participants repeated the study but, this time drank a placebo drink for two weeks with meals. The drinks, which contained similar calories and total sugar levels and were purchased from a local supermarket, were presented in a randomised order. Background diets stayed the same with each drink option.

Commenting on the study, author

Professor Karen Birch, said: "The results showed that drinking blood orange juice with meals improved flow-mediated dilation by 2 percent – a statistically significant finding.

"Artery girth also significantly increased after the orange juice compared with a placebo drink. Importantly, there were no changes in body weight during the interventions".

And lead author, Dr Christine Bosch, added: "This study adds to

growing evidence that polyphenols found naturally in citrus fruits and their juices have a positive impact on the health and function of our blood vessels.

"Vascular function is a marker of cardiovascular disease risk, so improving it can reduce the risk of heart disease and stroke. It's now becoming clear that following a diet rich in polyphenols – including a daily glass of blood or regular orange juice.

Goodness in a glass

A glass of orange juice with meals lowers the risk of heart disease and stroke



As the nation is plunged into tiers of lockdown again, Generation Z are turning into Great British Bake Off fanatics.

With different parts of the UK now locking down into restrictive tiers and social lives looking non-existent in the coming months, those aged 18 to 24 have embraced all things cooking and baking.

A poll of 2,000 adults, say they have been tuning into Channel 4's Great British Bake Off.

The series has been so inspirational to them, nearly half say they have now taken up cooking - more than any other age group.

Meanwhile, Britain's Got Talent and Strictly are both turn-offs for the 18 to 24 age group with only nine per cent admitting they have been watching the ITV talent show and seven per cent tuning into BBC One's flagship entertainment programme.

So important is cooking and baking, that kitchens are now the number one priority for renters and a posh one in 10 say they now want a larder in their property, while 21 per cent want a vegetable patch in their garden.

More than a third of those polled via OnePoll say their home isn't big enough for their new hobbies while an incredible 74 per cent want to reconfigure their rental home to make space for their lockdown needs.

With different parts of the country being plunged into strict lockdown restrictions this winter, apart from cooking, Gen Zers are also planning to keep themselves busy with reading, watching TV - and unlike other age groups, 19 per cent of them plan to learn a new language.

One thing is certain for Gen Z - they're the only age group looking forward to weekends of zoom quizzes with 37 per cent saying they will do them again.

Baking fanatics



G L I T

Entertainment

THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD

■ Riz Ahmed as Zed in 'Mogul Mowgli'
(Picture Credit: Rob Youngson - Pulse Films & BBC)

Emmy award winner and critically-acclaimed actor, writer, creator, producer, musician, director and activist - Riz Ahmed stars next as a British Pakistani rapper who, on the cusp of his first world tour, is struck down by an illness that threatens to derail his big break.

Award-winning American-Pakistani documentary filmmaker Bassam Tariq's debut narrative feature 'Mogul Mowgli' is an explosive meeting of minds - that of his and British-Pakistani Riz Ahmed's.

Bassam Tariq explains: "Riz saw my first film, 'These Birds Walk', and we wanted to work together."

Their shared background is not just Pakistan and Islam. It is growing up in the West as part of a minority community - Riz on the streets of London, Bassam in Queens, New York.

They both knew what it was like to dream of artistic endeavour, while also being conscious of your family history, the outlook of some of your parents, cousins, and siblings, being elsewhere.

"We wanted to tell a story about the tension

that exists between pursuing your own ambitions and connecting to the people that matter - yourself, your family, your loved ones," says Bassam.

He was in frequent communication with Riz, and 'Mogul Mowgli' grew out of endless conversations they had over a few years - about coming from a certain background economically and culturally and now earning their livings as artists.

As they talked about their experiences, they started to recognise that the tale is not about one demographic experience, but a universal one about generational relationships that happen everywhere, all the time. It details the desire to escape and the feeling that things would be better elsewhere.

"Mogul Mowgli is not so much about the culture, it's about family," adds Riz.

"It's about how we chase the things that are hollow and the things that matter we are, essentially, running away from all of the time."

Having found common ground and mutual ideas, they began writing together. But they then had the issue of not living in the same city.

The scriptwriters would communicate any way they could, meeting up whenever the opportunity arose.

Continued on page 42

'MOGUL MOWGLI'

Riz Ahmed and Bassam Tariq in an explosive collaboration

Continued from page 41

Bassam recalls: "We FaceTimed and exchanged hours worth of voicenotes on WhatsApp. We met up in friends' apartments, random diners, hotel rooms - you name it. Riz would be on a press tour for *Venom* in LA and I'd be juggling babies in Queens - we just had to make it work."

"At first, they explored the possibility of making a film located in Pakistan. But the more they thought about it, the more they realised that they had another story to tell.

"We realised that there was a more in-depth conversation that we were having with the diaspora and with our own experiences being here in the West," says Riz. "That felt more present to us."

"We got to draw on our personal experiences and those of people we know," adds Riz.

"The arc of the central character, Zed, is going from being driven by ego and defining his self-worth from his work to realising he is something other than his success or ambition. It's a journey towards self-love rather than running away from who you are or where you come from."

Played by Riz, Zed is a musician who wants to make music that everyone will remember, forever.

"The film is not about cultural dichotomies, it's more about legacy and inheritance," he explains.

"Zed wants to leave behind an artistic legacy, but he can't do that until he learns what he himself has inherited - both the trauma, and the gifts that make up who he is. He needs to understand the complex value of legacy, before he can leave a meaningful one behind himself.

Their shared background is not just Pakistan and Islam. It is growing up in the West as part of a minority community.

"He thinks he's an individual, but he learns that our contribution is made by recognising we are part of a larger whole."

The exuberance of youth and the excitement of performing has Zed believing that he is on the right path even when those closest to him question his decisions.

"Zed's chasing all these mirages out there in the world but what he's looking for is inside him," explains Riz.

"It's part of his DNA, his childhood and memory. It's a journey within. And that's reflected very much in the style of the film, this is not trying to be a straight film."

"So we created the concept together, and then wrote the screenplay together," says Riz.

"It just wouldn't let go of me. It's about all the things I cared about."

As these discussions and meetings were taking place, Bassam made some hugely successful shorts produced by renowned partners such as *The New Yorker* and *Vice Studios*. He would in 2019 go on to win the Short Film Jury Award at *Sundance* for his documentary short, *Ghosts Of Sugar Land*. *Vice Studios* made known their interest in collaborating with Bassam and Riz.

The team also pulled together a cast around Riz that was equally exciting. Pakistani legend *Aly Khan*, British rising star *Nabhaan Rizwan* (*Informer*), *Sudha Bhuchar* (*The Tanzanian-born co-founder of Tamasha Theatre Company*, which has popularised Asian Art into British mainstream culture), Singapore-born actor, and singer-songwriter *Anjana Vasan* (*Spider-Man: Far from Home*), and British star *Aiysha Hart* (*Honour, Line of Duty*), as well as scene-stealing poet and actor *Hussain Manawer*. They exemplify a multi-generational and mixed nationality of acting power that is bursting on to the film, TV and theatre scene in a new wave of brown talent.

"What's interesting about this film is that every one of these actors is brown," adds Riz. "It's unapologetically about a very particular experience, and the specificity of that hopefully translates into something universal."



'MOGUL MOWGLI'

Riz Ahmed and Bassam Tariq in an explosive collaboration





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(l-r) Writer Madhuri Shekar, Director Rajeev Dassani (Photo Credit - Boris Taskov) and Director Elan Dassani (Photo Credit Kim Mulligan) strived to avoid stereotypical portrayals of Indian characters

Amazon Studios have brought one of the most popular audio plays to life with its latest release, 'Evil Eye'. The film is based on the audio play written by Madhuri Shekar and was named one of the Top 10 Original Titles of 2019 by Audible's editorial board.

Directed by award winning filmmakers and twin brothers Rajeev Dassani and Elan Dassani, Evil Eye tells the story of a seemingly perfectly romantic story that turns into a chilling tale of the supernatural, as a mother and daughter are forced to confront dark family secrets.

The filmmakers also strived to avoid stereotypical portrayals of Indian characters.

Rajeev Dassani said: "My brother and I were born in Nashville, Tennessee but our parents are originally from India, so finding a project like Evil Eye that dealt with the tension that exists between Indian and American culture was incredible.

"You rarely encounter a cross-generational immigrant family story like this, especially one that's also a supernatural thriller. I'd never seen a film go where this one does, and we were very excited about the prospect of directing Madhuri Shekar's script.

"In too many films, even some good ones, the characters tend to fall into tropes, like the strict father, the nagging mother, the vain sister, and so on. But our characters have real backstories, and you understand who they are and where they come from. In the case of our main character and her husband, they clearly brought some American culture back to India with them when they returned years ago."

Elan said: "It does what films like

A gripping new thriller



this do best, which is introduce you to interesting characters and show you things that are equal parts frightening and fascinating.

"There are some action elements and there are plenty of nightmares and scary flashbacks throughout the story. It's not a film about pain and gore. It's about tension and suspense, and it's presented in a context that fans have never seen before".

Along with the supernatural elements, Evil Eye also depicts everyday horrors to chilling effect and the filmmakers worked with experts in the field of emotional and physical trauma to ensure they treated the issue accurately.

"Although our story takes place in a supernatural context, we wanted to comment on the cycle of violence that happens to women in the real world," explains Rajeev. "So while preparing for the film we spoke to a number of people involved in helping abuse victims and assisting women who've gone through trauma."

The directors sought that same degree of authenticity when it came to the film's religious references.

"We actually had a local Hindu priest in New Orleans come and work with us to make sure that the prayers in Evil Eye were accurate, because we felt it was important to represent those elements as honestly as possible," he adds.

The same is true when it came to the idea of reincarnation, which is a major theme of the movie. "We were very aware of using that iconography in a way that was respectful to the culture, while also allowing us the freedom to modify the concept in a way that was effective dramatically."



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The next statue to join Leicester Square's 'Scenes in the Square' movie statue trail will be the King of Bollywood himself, Shah Rukh Khan, alongside co-star Kajol, in what will be the first ever Bollywood statue erected in the UK.

Heart of London Business Alliance say designs have been finalised and planning permission submitted for the statue, which will depict the two Bollywood megastars in one of the most successful Bollywood films of all time, the timeless and multi award-winning rom-com Dilwale Dulhania Le Jayenge, the directorial debut of Aditya Chopra.

The film, often dubbed the Romeo & Juliet of Bollywood cinema, is about two non-resident Indians, Raj and Simran, and their star-crossed love story across Europe and India, beginning on a train from King's Cross Station.

The announcement celebrates 25 years to the day that Dilwale Dulhania Le Jayenge, or DDLJ as it is often known, premiered in cinemas around the world, instantly becoming a box-office smash hit. Since then, it has gone on to be the longest running Hindi film of all time, with a 1,274-week run at Mumbai's Maratha Mandir theatre, halted only in March due to COVID-19.

The film's leading man Shah Rukh Khan, went on to become the world's wealthiest movie star, eclipsing Hollywood icon Tom Cruise, and appearing in more than 80 Hindi films, including twelve alongside Kajol, with DDLJ their second collaboration. The statue is set to be unveiled in Spring 2021, when organisers hope that its stars Khan and Kajol will be able to travel to unveil the statue in a special celebratory event.

DDLJ

Shah Rukh Khan and Kajol make history as Leicester Square's first Bollywood statue ever

The location couldn't be more fitting, as Leicester Square featured in DDLJ in a scene when Raj and Simran first cross paths, albeit unbeknown to one another.

Fittingly, the scene features two of the square's cinemas prominently, with Raj seen in front of the Vue cinema, and Simran walking past the Odeon Leicester Square. The new statue will be positioned along the eastern terrace, outside the Odeon

cinema, honouring this scene. Odeon Leicester Square one, will be screening the film from 30th October to celebrate the anniversary. Other London locations featured in the film include Horseguards Avenue, Hyde Park, Tower Bridge and King's Cross Station.

The Dilwale Dulhania Le Jayenge stars Shah Rukh Khan & Kajol join the who's who of international

cinema, alongside nine other film icons from the past 100 years, eight of which were unveiled in late February and recently granted longer term residency by Westminster Council to remain in Leicester Square until at least July 2023. In September a statue of Harry Potter also joined the original line up, while visitors can still encounter Laurel & Hardy, Bugs Bunny, Gene Kelly in Singin' in the Rain, Mary Poppins, Mr. Bean,

Paddington and iconic DC Super-Heroes Batman and Wonder Woman.

Mark Williams, Director of Destination Marketing at Heart of London Business Alliance, says: "It's fantastic to have the opportunity to add such titans of international cinema to our trail as Shah Rukh Khan and Kajol.

"Dilwale Dulhania Le Jayenge is one of the most successful and important Bollywood films of all time, and we're excited by the prospect of bringing to the trail the first film that actually features Leicester Square as a location.

"This proposed statue is a fitting tribute to the global popularity of Bollywood and the cultural bridges that cinema can help build, and we're in no doubt it will attract fans from all around the world."

Avtar Panesar, Vice President of Special Projects at Yash Raj Films, added: "When Dilwale Dulhania Le Jayenge was released 25 years ago, the film became a defining moment for Indian cinema and it changed the face of the industry capturing the hearts of everyone who saw it all over the globe. We're thrilled to be able to announce the proposal for this statue, and to be the first Indian film to be represented in 'Scenes in the Square'.

We are honoured that our superstars have been recognized on the world stage alongside the Hollywood elite, from Gene Kelly to Laurel & Hardy. In these challenging times this is a great way to express the international appeal of movies and build bridges amongst communities through cinema."

The Dilwale Dulhania Le Jayenge statue will be unveiled in Leicester Square, as part of 'Scenes in the Square', in 2021.

- **Bronze statue of the 'King of Bollywood' and co-star Kajol, planned for London's Leicester Square**

- **The statue has been proposed as the tenth character in the Scenes in the Square trail**

- **Depicts a scene from the longest running Hindi film of all time, Dilwale Dulhania Le Jayenge (DDLJ), which featured a scene in Leicester Square**

- **Announcement lands on the 25th anniversary of film's release**



For the latest information, visit:
www.leicestersquare.london/scenes-in-the-square



Do white people know how it feels to be Black?

A new song by chart-topping singer Zeeteah Massiah lays bare the pain of living in a world that judges you on sight. Recorded at home during lockdown, *You Don't Know* is sung as if by a Black Woman to a white listener, highlighting the gulf in understanding that exists between them. It has been released free to view on YouTube, to immediate acclaim.

The murder of George Floyd in Minneapolis brought to the surface intense, long-buried emotions for Zeeteah. Arriving in London from the Caribbean as a child, she remembers being shocked by the hostility and abuse directed at her because of the colour of her skin. Half a century later, struggling to express her feelings to her husband and musical partner Paul Caplin, who is white, she blurted out, "You don't know how it feels".

Paul took those words and turned them into a song. *You Don't Know* is the duo's powerful message to people who prefer to look the other way when confronted by everyday racism. In these times of conflict and division, their hope is that it will reach enough people to make a

difference.

As a dance music diva in the 1990s, Zeeteah shot to success on both sides of the Atlantic, with a No. 1 in the US Billboard dance charts and chart hits in the UK. She has toured with Michael Jackson and Tom Jones, duetted with French legend Johnny Hallyday and sung with stars such as Sting, Phil Collins and Robbie Williams.

Today Zeeteah lives in the countryside near London, and regularly appears in the city's clubs singing jazz and reggae with her band.

"This song is different from anything I've ever done before," she says. "When I was a kid, I couldn't understand why people would point at me and call me names. Back then, I didn't know how to respond. Now I feel I have something to say."

You Don't Know is a non-commercial project, available to all at youdontknow.video. "It's not being monetised on YouTube or anywhere else," explains Zeeteah. "No one will ever be charged to hear it or to watch the video. It is one from the heart, a message to the world."

Roald Dahl's The Witches

From Oscar-winning director and master storyteller Robert Zemeckis ("Forrest Gump") comes the fantasy adventure 'Roald Dahl's The Witches'.

Reimagining the beloved Roald Dahl story for a modern audience, Zemeckis's visually innovative film tells the darkly humorous and heart-warming tale of a young orphaned boy (Bruno) who, in late 1967, goes to live with his loving Grandma (Spencer) in the rural Alabama town of Demopolis.

As the boy and his grandmother encounter some deceptively glamorous but thoroughly diabolical witches, she wisely whisks our young hero away to an opulent seaside resort. Regrettably, they arrive at precisely the same time that the world's Grand High Witch (Hathaway) has gathered her fellow witches from around the globe—undercover—to carry out her nefarious plans.

The film stars Oscar winners Anne Hathaway ("Les Misérables," "Ocean's 8") and Octavia Spencer ("The Help," "The Shape of Water"), Oscar nominee Stanley Tucci ("The Hunger Games" films, "The Lovely Bones"), with Kristin Chenoweth (TV's "Glee" and "BoJack Horseman") and award-winning comedy legend Chris Rock. Newcomer Jahzir Bruno (TV's "Atlanta") also stars, alongside Codie-Lei Eastick ("Holmes & Watson").



"An interesting reimagining of a dark fantasy novel for children and grown-up fans of Roald Dahl," Asian Express

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■ The government will close the legal loophole which currently only defines the offence as "interactive communication".

THE LAW: Phones behind the wheel

- Using a hand-held mobile phone or sat-nav while driving is illegal.
- Any hands-free devices should be fully set up before you drive.
- Police still have the power to stop you if they think you have been distracted.
- The law still applies if you're stopped in traffic or queuing at lights.
- You could get penalty points, a fine and/or a driving ban if you break the law

UK to ban any use of hand-held mobile phones while driving



It will become illegal for anyone to pick up and use their mobile phone while driving, under new legislation to be enacted next year.

The change will end a loophole that can allow drivers to escape punishment for using a hand-held phone to take a photo or play a game.

Mobiles will still be able to be used to pay for a drive-through takeaway.

And drivers will still be able to use devices hands-free under the plans, the Department for Transport said.

At present, making phone calls and sending text messages are

banned while driving.

Ministers have rejected calls to also ban the use of hands-free function, for example using a sat-nav in a phone cradle.

Roads minister Baroness Vere said hand-held phone use behind the wheel was "distracting and dangerous" and that "for too long risky drivers have been able to escape punishment".

Road Safety: Driving simulator highlights dangers of hands-free

The change in law would apply across the UK and is expected to come into effect early next year, depending on the outcome of the consultation.

National Police Chiefs' Council lead for Roads Policing, Chief Constable Anthony Bangham, said: "Using a mobile phone while driving is incredibly dangerous and being distracted at the wheel can change lives forever."

"Police will take robust action against those using a hand-held mobile phone illegally and proposals to make the law clearer are welcome."

The punishment for drivers caught breaking the rules on hand-held mobile use is six penalty points and a £200 fine.

In 2019, there were 637 casualties on Britain's roads -

including 18 deaths and 135 serious injuries - in crashes where a driver using a mobile was a contributory factor.

But drivers have successfully argued that filming or taking photos while driving does not match the wording in the current legislation - which says it is illegal to use a device "which performs an interactive communication" while driving.

In 2019 Ramsey Barreto was found guilty of using his phone to film a crash in north London two years ago. However, the 51-year-old then successfully appealed against the conviction.

The ruling led two High Court judges to criticise the 16-year-old law on using mobile phones, which they said had failed to evolve with the rise of smartphones.

RAC head of roads policy Nicholas Lyes said: "The closing of this loophole is very welcome and reflects the multitude of ways drivers can use hand-held phones when behind the wheel in 2020."

"We know that the use of hand-held mobile phones at the wheel continues to represent a very real road safety risk, so it's clear more needs to be done to make this as socially unacceptable as drink-driving."

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SHIOABY £4,000 ONO TEL: 07828 695 464	SPIRTY £15,000 (SPORTY) TEL: 07985 455 057	TAIYRS £1,500 (TAHYRS) TEL: 07867 886 786	TYIISUF £15,000 (T YUSUF) TEL: 07985 455 057	WQIIVER £6,500 (W OLIVER) TEL: 07985 455 057	WKIIMAR £15,000 (W KUMAR) TEL: 07985 455 057	YIINAS £OFFERS (YUNAS) TEL: 07834 016 393
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SHII AFS £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	SYIISUF £15,000 (S YUSUF) TEL: 07985 455 057	TA55TYE £4,995 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
SHIAHZ £5,000 TEL: 07921 576 971	TOYRS £15,000 ONO TEL: 07973 787 934	TA67 ETS £6,000 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	YAIIYAA £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 £2,000 (VOHRA) TEL: 07867 886 786	W4KY R £10,000 TEL: 07786 615 234	X 7BY X £1,500 TEL: 07767 778 798	YEIICOM £49,000 (YELL COM) TEL: 07985 455 057
SHIIKEL £4,995 ONO (SHAKEL) TEL: 07863 845 709	TI4 REK £OFFERS (TARIC) 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 (T BHATT) TEL: 07854 435 656	XAL IIX £15,000 TEL: 07733 244 444	YDIIEEP £7,000 (Y DILEEP) TEL: 07985 455 057
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IN THE MATTER OF THE SOLICITORS ACT 1974 (AS AMENDED) AND SOLICITORS (DISCIPLINARY PROCEEDINGS) RULES 2019

Case No. 12126-2020
Between
Shadab Ahmed Khan (applicant) and
Solicitors Regulation Authority (respondent)

I Shadab Ahmed Khan of 2 Staveley Road, Nab Wood, Shipley, BD18 4HD was admitted as a Solicitor of the Supreme Court of Judicature on 03/11/1997.

By an order of the Solicitors Disciplinary Tribunal dated 09/11/2011 I was struck off the Roll and:

(1) I am applying to the Tribunal to have my name restored to the Roll.

(2) I advertise this application in accordance with the Rules.

(3) The application is to be heard on 18/12/2020 at 3rd Floor, Gate house, 1 Farringdon Street, London, EC4M 7LG.

(4) Any objections to this application should be served on the Tribunal and the parties to the application no later than 21 days before the hearing date. The Tribunal may allow the person objecting to the application to appear before it at the hearing, call evidence and make representations upon which the Tribunal may allow the person to be cross-examined.

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Marking Black History Month

Len Johnson

■ Len Johnson, the boxer and activist
(Image: Manchester Libraries)



The boxer with 93 wins who could never become a British champion

Most boxers will tell you the punches don't hurt as much as the blows they take outside the ring.

Frequently being forced to take fights at the last minute, rarely being paid what you were promised and then finding your manager was working for the opponent. Those are the kind of setbacks that might fuel the anger, rage and bitterness known by many in the sport.

So, imagine being Len Johnson, a retired middleweight boxer with more than 100 fights behind him, entering Manchester's Old Abbey Taphouse pub after a tough day driving buses around town on a September night in 1953.

Johnson, then in his early 50s, was teetotal but he was ordering a round for his friends. Whatever optimism, banter and conversation the group had brought to the establishment was swiftly brought to a close in one moment. He was refused service and thrown out because of the colour of his skin.

It wasn't the first time the boxer had been discriminated against for being black. But Johnson fought back, just as he had done his whole career.

The eldest of four siblings, Johnson was born on 22 October 1902 in Clayton, Manchester to a father from Sierra Leone and a mother from Ireland.

His introduction to boxing came after he got into a fight at work and his dad, Billy, took him to watch a local bout. Johnson didn't immediately take to the sport, and it was to his surprise that his father signed him up to fight a couple of weeks later.

He had little knowledge of how to box, let

alone how to prepare, but he trained as best he could.

The contest took place in 1921, at the Alhambra Theatre in Openshaw, Manchester. His opponent was fellow local teenager Jerry Hogan.

The inexperienced Johnson came out on top, with a third-round knockout, but it turned out there was a bit of luck involved.

"Jerry shoved his chin on to my hand and down he went for the count. I really had no idea how I knocked him out!" Johnson is quoted as saying in Boxing's Uncrowned Champion, Rob Howard's book about him.

That first unlikely victory - lucky or not - was just the beginning.

Johnson's father had been a boxer - and both gained experience from fighting in 'booths' at travelling fairs, accepting challenges from the public. These 'bouts' would not last long, but at the time were a considered a useful way to hone your craft.

This was how Johnson acquired the defensive skills that would become his trademark. Over time, he developed into a fundamentally sound boxer who managed to avoid a lot of blows and countered well enough to end 36 of his 93 wins by knockout.

In the ring, after a faltering start that almost prompted retirement, he became an opponent that people were happy to avoid. His breakthrough came in 1925 when he defeated the reigning British middleweight champion Roland Todd twice in seven months.

Continued on page 54



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Len Johnson

The boxer with 93 wins who could never become a British champion

Continued from page 53

That same year, he also beat Ted 'Kid' Lewis, a boxer who Mike Tyson once described as "probably the greatest fighter to come out of Britain".

These victories should have been the springboard for a sustained period of domination and success, for Johnson.

But they weren't. They were non-title bouts, and there was only one reason why.

"The British Boxing Board of Control's 'rule 24' stated that both contestants for one of their titles needed to have been 'born of white parents.'"

The British Boxing Board of Control's 'rule 24' stated that both contestants for one of their titles needed to have been "born of white parents".

The rule, given government backing when introduced in 1911, remained in effect until 1948.

In 1926 he left Britain and spent six months in Australia, beating Harry Collins to win the Empire middleweight title (it would now be considered the Commonwealth title).

Johnson said the experience did him "the power of good", although a triumphant return to Britain did not follow. He was informed his title win wasn't recognised in his homeland. It was one of the many factors that led to his disillusionment with the boxing world.

"I'm barred from the Albert Hall and the national sporting club. In fact, whenever there is big money I'm kept out of it," Johnson said in 1930, as quoted in Michael Herbert's book about him, *Never Counted Out*.

"The prejudice against colour

has prevented me from getting a championship fight. I feel now that there is no use whatever going on with the business."

His final fight came in 1933. Johnson died in 1974, aged 71.

His struggles and successes might speak of a different time, but there is also a great relevance with the present day.

The Old Abbey Taphouse is now a community pub, where the legend of Johnson celebrated. This October, during Black History Month, it is hosting a conference where members of Johnson's family are expected to attend as well as historians and actors who appeared in *Fighter*, a play about his life.

There is also a campaign for a monument be built in his honour, in the city he helped change.

Greater Manchester Mayor Andy Burnham feels Johnson's story "absolutely needs to be told and celebrated", while the leader of Manchester City Council, Sir Richard Leese, is also open to the idea of a monument in the city.

"I think it would be great to have a statue of Len Johnson in Manchester," says Sir Richard.

"My colleague Luthfur Rahman, who is our executive member for statues, is doing a review and look at what we've got and what we haven't got so that we do have public representations that really do represent the whole history of the city."

The boxing booths taught Johnson to take on all comers, whoever the opponent, and that filtered through into all areas of his life.

Although denied his place as a champion in sport, no one can deny his legacy, which continues to inspire today. Maybe that's no surprise for a man who was ahead of his time.



TOUGHER THE SET BACK, THE BETTER THE COMEBACK – QAIS ASHFAQ

Continued from page 56

Ashfaq is sponsored by the Regal Bakery, Bradford who has always backed their man and is confident of his boxing ability.

Director Faisal Ali commented "He (Ashfaq) has had a loss, but so has many other boxing champions, but they have come back from shocking defeats to win major world titles and as his main sponsors and biggest boxing supporters, we are confident he will bounce back and get back to winning ways."

Ashfaq admits the loss to Leach was a devastating one since it was an eliminator for the British super bantamweight title (currently held by boxer Brad Foster).

Ashfaq was the favourite to win, but was dropped twice on the way to losing on a unanimous points decision.

Leach fought every second of the round and the huge underdog dragged Ashfaq into a boxing war that favoured him, not allowing Ashfaq to settle and

knocking him down in the fourth and seventh rounds.

Legendary boxer Thomas "hitman" Hearn once said (after his first loss against the boxing great Sugar Ray Leonard) "the loss just made me hungry; it made me want to go out and win another title."

I hope Qais Ashfaq has the same mind-set as Hearn and uses this minor setback as inspiration to make a bigger and better comeback.

Ashfaq is young, he

has time to bounce back from this loss and continue learning the boxing trade.

Even though, I am positive Ashfaq will get back to his winning ways, I would like him to analysis what went wrong and in my opinion question his constant change in boxing trainers, teams and gym's that may have unsettled him for this bout.

I look forward to seeing Ashfaq back in the boxing ring soon and hope this talented boxer from Leeds; West Yorkshire fulfils his boxing potential.



Johnson, centre, pictured with his father and manager Billy (second from right) in Manchester, December 1926



Khalil Alam, boxing coach and columnist

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A badminton coach from Leicester has been announced as one of the finalists for this year's UK Coaching Awards.

The showpiece event, seen as one of the most prestigious within the coaching community, will be held virtually on Thursday, 3 December to honour and reward the work of coaches across the UK.

The annual awards ceremony aims to recognise the contribution coaches make in transforming lives in communities nationwide – especially poignant this year, against the backdrop of the coronavirus (COVID-19) pandemic.

Prina Karia has been nominated for Community Coach of the Year for her work at Panthers Fitness & Well-being, running weekly badminton sessions for people of all ages and abilities, including ladies-only, disability and even sessions for those living with dementia.

Speaking about her award nomination, Prina Karia said: "Firstly, I'd like to thank the people who have nominated me for this prestigious award. I have to say that it has come as a shock and an honour to be a finalist. All nominees are equally deserving of this award as all coaches do amazing work to engage the next generation in sports."

"I have always played sports and I am delighted to see the enthusiasm and commitment of so many young people, as well as their parents and grandparents."

"Maurice Roberts is my mentor, who has always pushed me to excel in my role as a coach, especially within the engagement of ethnic minority women and disability sports too. Thanks to Badminton England and Leicestershire & Rutland Sport, Panthers Fitness & Well-being is now a multi-sport club for all."

"My ultimate ambition is to ensure sport is more accessible for all members of the community and break the stigma attached to women being in sport!"

"My ultimate ambition is to ensure sport is more accessible for all members of the community and break the stigma attached to women being in sport!"

UK Coaching's Director of Coaching Emma Atkins, added: "The UK Coaching Awards is a true highlight of the year and although December's event will look slightly different, it is more important than ever to recognise the outstanding contributions of coaches in communities across the country this year."

"Over three million people regularly coach across the UK and I've been absolutely blown away with how quickly coaches were able to adapt during the pandemic to continue meeting the needs of their participants, from grassroots to elite level."

"I would like to offer huge congratulations to Prina and all of those who have been nominated for awards. The standard of nominations we received this year was extraordinary, demonstrating the impact that great coaches have had this year."

"Thank you to all our coaches across the UK, and to our finalists. We are all looking forward to celebrating your achievements in December."

The UK Coaching Awards is the brand name of the National Coaching Foundation, and honours #GreatCoaching from people and organisations and demonstrates the role coaching plays in transforming lives and making the nation a healthier and happier place.

Badminton hero

Leicester coach among finalists for prestigious UK Coaching Awards



■ Prina Karia runs badminton sessions in Leicester for people of all ages and abilities



■ Prina Karia (centre) announced as a finalist for coveted national award

UK Coaching Awards 2020

From the nominations, an expert judging panel has carefully deliberated and selected the following finalists for nine of the award categories. Winners of the Lifetime Achievement Award and The Coaching Chain award will be announced ahead of the awards evening.

Awards for Coaches

The following categories will be awarded to coaches:

Children and Young People's Coach of the Year

- Nicky Harverson (cycling)
- Ryan Kirby (rugby)
- Tom Bowen-Hall (rugby)

Community Coach of the Year

- Dave Rogers (rugby)
- Prina Karia (badminton)
- Samantha Williams-Jones (multi-sport)

Changing Lives Award

- Hermine Briffa (cycling)
- Scott Burns (rugby)
- Sheraz Chohan (baseball)

Talent Development Coach of the Year

- Amy Moulton (gymnastics)
- Emma Collings-Barnes (swimming)
- Trevor Hunter (canoeing)

High Performance Coach of the Year

- Craig Morris (canoeing)
- Peter Rome (wheelchair fencing)
- Ryan Jones (para-athletics)

Young Coach of the Year

- Amy Moulton (gymnastics)
- Evans (wheelchair basketball)
- Isabel Haigh (gymnastics)
- Patrick Ham (swimming)

Awards in Support of Coaches

The following categories will be awarded in support of coaches

Coach Developer of the Year

- Gavin Grenville-Wood (golf)
- Nicky Fuller (equestrian)
- Sarah Green (netball)

Transforming Coaching Award

- British Canoeing
- British Cycling
- Cities Programme Team

Coaching for an Active Life Award

- Be Active, Be Well
- BMXercise
- Our Parks



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By Khalil Alam

Super-bantamweight professional boxer Qais Ashfaq, who as an amateur competed at the 2016 Summer Olympics as well as winning a silver medal at the 2014 Commonwealth Games, turned professional in July 2017.

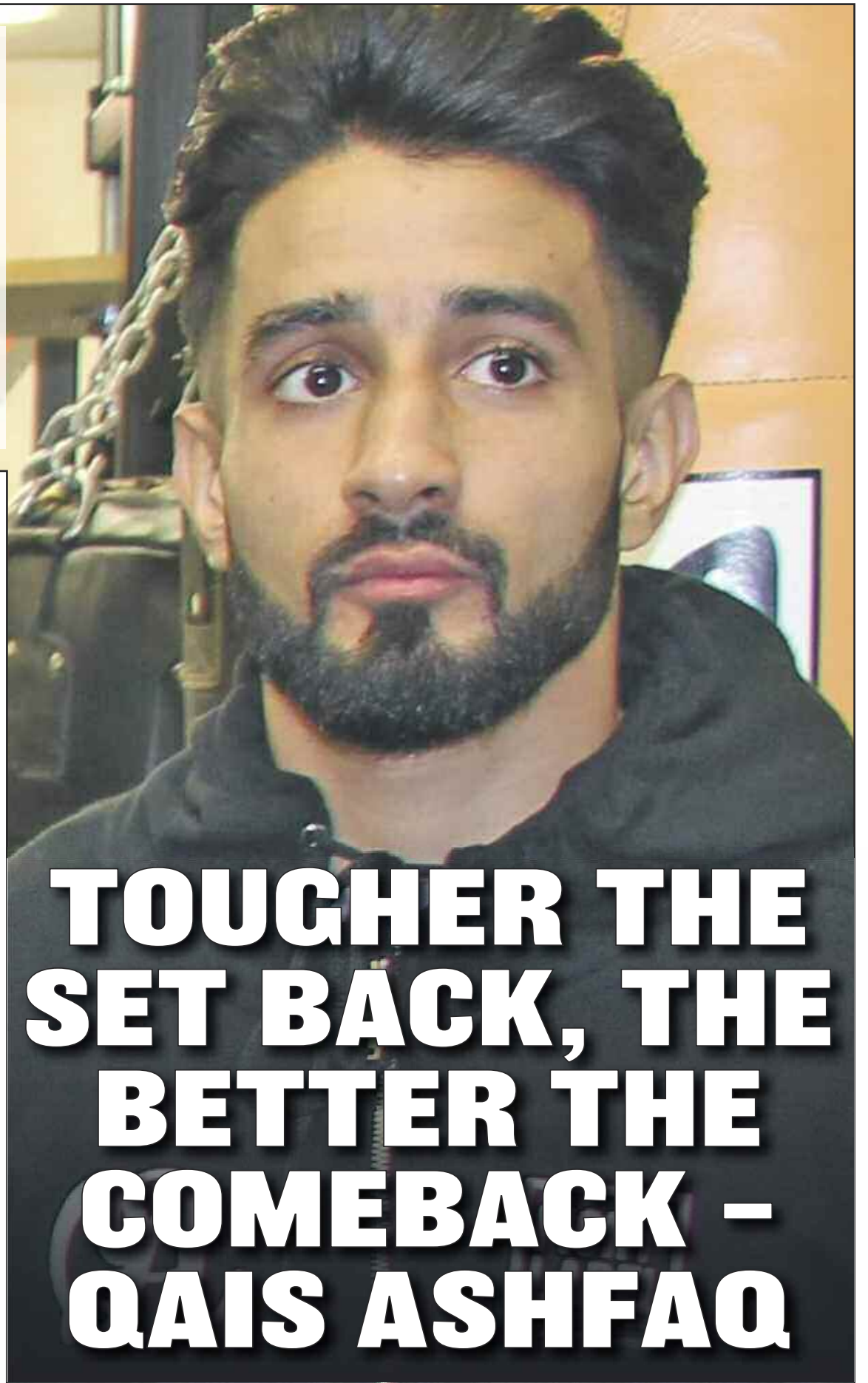
Signed up with Matchroom Sport, Ashfaq since turning professional has ranked up an impressive boxing record with eight wins, three by knockout, and only one unfortunate loss that came live on Sky sports and DAZN a couple of weeks ago against a former amateur boxing team mate and friend Marc Leach (15-1-1 and 3 KOs).

Ashfaq a former WBA Continental super-bantamweight

champion had spoken to me prior to his last bout and was excited about the changes that he had made to his boxing team that included leaving Kelvyn Travis to join the highly regarded and experienced trainer Angel Farnandez.

“Kel... played a massive part in my boxing journey in the pro ranks where I remained undefeated in eight bouts and achieved a WBA Continental title...I feel now is the right time for myself to move on and freshen things up. I believe this is the best move for me at this stage to keep me progressing and I really look forward to working closely with him (my new trainer) and the team at the famous Loughborough Sport University.”

Continued on page 54



TOUGHER THE SET BACK, THE BETTER THE COMEBACK - QAIS ASHFAQ




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