



Beauty nightmare
 More than a third of women have experienced 'situations' while attempting DIY treatments at home
 See page 30

IN LOVING MEMORY
 Marathon man dedicates next run to friend's 9-year-old son who sadly died from cancer
 See page 6

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Legal challenge launched over industry's use of cruelly farmed 'Frankenchicken'



An animal protection charity has filed a Judicial Review against Defra's allowance of the widespread use of fast growing breeds of chicken, known as Frankenchicken. This, they say, is contrary to legislation that bans the keeping of animals if their breeding causes 'detriment to their health and welfare'.

The Humane League UK argues that the standard industry use of breeds of chicken who grow unnaturally large, unnaturally fast is unlawful, and challenges Defra's current position allowing the use of these extreme breeds.

Pru Elliott, Senior Campaigner at The Humane League UK, said: "There's an assumption that because intensively breeding chickens to grow unnaturally fast is standard practice, it is therefore legal."

"But looking at the legislation it's crystal clear that the law is being flouted in standard chicken production."

The case asks the court to determine that Defra's policy to permit the current standard of farming fast-growing 'FrankenChickens' in the country is in breach of the Welfare of Farmed Animals (England) Regulations 2007. The rule states: 'Animals may only be kept for farming purposes if it can reasonably be expected, on the basis of their genotype or phenotype, that they can be kept without any detrimental effect on their health or welfare.'

Elliott continued: "We believe Defra has an unlawful policy in permitting the use of these breeds and should instead be stipulating that they cannot be used. We also believe they have an unlawful monitoring system in place that fails to detect the scale of welfare issues associated with fast growing chickens."

Continued on page 8

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Afghanistan: Aid urgently needed as hunger crisis worsens daily

■ Many people are getting increasingly desperate as food runs out, prices skyrocket and unemployment rises



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fanoosh
THE INDIAN

With at least 12 million people facing extreme hunger and more than three million people just one step away from famine, humanitarian charities warn it's imperative that food and other essential aid reaches Afghan communities immediately, or the death toll could be catastrophic.

Even before the current crisis, large parts of Afghanistan were suffering from severe hunger due to drought, ongoing insecurity and the Covid-19 pandemic pushing many more people into poverty.

Half of all children under five years old are expected to suffer from acute malnutrition this year, yet the UN humanitarian funding appeal for 2021 is only 37 per cent funded.

Now the situation is rapidly getting worse, and food prices are expected to rise even further because of disruption to markets and border closures. The current uncertainty means that humanitarian access is extremely limited and aid agencies are unable to reach many of the people most in need.

Food is particularly scarce in rural areas, with reports of increasing malnutrition and deaths among the most vulnerable. Women and children are especially at risk, with women typically prioritising their families' needs above their own.

Families are exhausting the last of any meagre savings to buy a meal, and people are begging on the streets for food. Increasing numbers of families are being pushed deep into debt just to buy food.

Mohammed Hamid Sattai, Islamic Relief's Humanitarian Programme Coordinator in Afghanistan, said: "The food situation is dire and getting worse by the day.

“The shops have finally reopened but prices have skyrocketed 10 to 20 per cent in little more than a week. People could barely put food on the table before but now many families are going down to one meal a day, with many women and children not even getting this.

“The shops have finally reopened but prices have skyrocketed 10 to 20 per cent in little more than a week.

“People could barely put food on the table before but now many families are going down to one meal a day, with many women and children not even getting this.

“Women often eat last and least anyway in poor families, but when food is scarce women will take less and less food and in some cases will have no food at all. When there is no meal for the mother, then there is even less for the children and this causes long-term health

complications.

“The ongoing uncertainty means that most crucial aid efforts remain frozen even as the needs are growing. If urgent action isn't taken soon to get food to those in need, we will see a flood of anaemic mothers and severely malnourished children.

“We are already seeing people so desperate that they are asking shops to give them leftover leaves from vegetables that they don't normally sell and picking flowers to make thin soups.”

Nearly 600,000 people have fled their homes this year, including many who have flooded into Kabul in the past few weeks. Many of the recent arrivals there are without aid and sheltering in extremely basic conditions, with growing threats of diarrhoea and other water-borne diseases spreading.

Waseem Ahmad, CEO of Islamic Relief Worldwide, said: “A humanitarian catastrophe is rapidly

“We are already seeing people so desperate that they are asking shops to give them leftover leaves from vegetables that they don't normally sell and picking flowers to make thin soups.



Some Afghan women are going days without food as the country's hunger crisis worsens by the day

(Picture Credit: Islamic Relief)



unfolding in Afghanistan after years of conflict and climate change. It is imperative that food and other vital aid gets to people who desperately need it.

“We’re calling on all sides to ensure that all humanitarian workers can operate freely and safely and that humanitarian access is not restricted. International donors must urgently step up with new funding and greater support for the aid effort. They must ensure that the people of Afghanistan are not forgotten at this critical moment.”

“Islamic Relief has worked in Afghanistan for more than 20 years and we are fully committed to staying and providing critical care to tens of thousands of people in need.”

Islamic Relief Worldwide has launched a £5 million emergency appeal to provide aid as soon as safely possible to vulnerable people in Kabul, Balkh, Herat and Nangarhar. The initial aid will include food packages, hygiene kits, emergency shelters and other essential supplies.

“We’re calling on all sides to ensure that all humanitarian workers can operate freely and safely and that humanitarian access is not restricted. International donors must urgently step up with new funding and greater support for the aid effort. They must ensure that the people of Afghanistan are not forgotten at this critical moment.”



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Anti-racists have condemned the racist 'monkey chants' and abuse at the recent Hungary vs England match, and called on FIFA to take stronger action to ensure fans involved in racist abuse are not able to enter grounds.

Racist 'monkey' chants could be heard after Raheem Sterling scored England's first goal in the Hungary vs England match this evening, and ITV touchline reporter Gabriel Clarke reported the same chants being directed at substitute Jude Bellingham later in the game.

Players taking the knee were met with a chorus of boos let by Hungary's 'Ultras', who also pelted England players with cups after Hungary conceded. Anti racists are calling on FIFA to ban fans involved in racist abuse.

Across Britain, there was widespread support for the England team's decision to commit to #TakeTheKnee anti racist action throughout the Euro fixtures, and widespread outrage and condemnation of the racist abuse suffered by Marcus Rashford, Jadon Sancho and Bukayo Saka in the final.

Anti racists applaud the strong anti racist stance taken by the team, which led to other teams

Racist 'monkey chants' OUTRAGE

throughout the Euros, including Germany and Scotland, to also join #TakeTheKnee, despite condemnation from prime minister Boris Johnson and home secretary Priti Patel.

Anti racists have warned of the dangers of racism and the far-right going unchallenged, and of cabinet ministers attacking those players who have taken action to challenge racism during the matches and in wider society, and point to Hungary as a case in point.

In 2018, the now Hungarian prime minister Victor Orban ran an antisemitic election campaign based on "defending Hungary" from

becoming an "immigrant nation".

He said Hungary was under threat from what "George Soros' workshops have planned for us".

He has described Muslim refugees and "invaders" and refused to obey a compensation order for Roma children harmed by segregation, stating the case was an attempt to "grab money and attack the majority".

In May this year, Orban was welcomed on an official visit to Downing Street by Boris Johnson.

Sabby Dhalu, Stand Up To Racism co convenor, said: "The racist chants directed at England players tonight are a chilling

reminder of what can happen when the far-right are allowed to organise within football.

"FIFA must act to ensure fans and fan groups who engage in racist abuse are not able to attend matches, and that national football associations take action against far-right groups among their supporters."

Weyman Bennett, Stand Up To Racism co convenor, said: "The alarming levels of open racist abuse at Hungary vs England match come as a warning to us.

"We have an anti racist majority - reflected in the majority who were appalled at the racist abuse faced by

players, and outraged at the government's role in undermining anti racism. If we fail to challenge racism, when our government are pushing a racist offensive on many fronts, Hungary stands as an example of what can happen.

"We need to keep at building a strong and vocal anti racist current on the terraces, in our workplaces and in our communities. Well done to the players who have stood up to lend their influence to this urgent task, and solidarity with them as they face vile and infuriating racism that does not reflect the majority mood."



FIFA called upon to take stronger action after Raheem Sterling faced racial abuse at recent match





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In loving memory

Marathon man dedicates next run to friend's 9-year-old son who sadly died from cancer

Yorkshire's most-famous marathon man will be joining the Great North Run, this time in loving memory of his childhood friend's nine-year-old son who sadly recently lost his battle with cancer.

Fondly known as the 'Ramadan Runner', school careers advisor Nazim Ali, has self-funded all costs to partake in the half-marathon (13.1 miles) in Newcastle on Sunday 12th

September.

He's hoping to raise funds in loving memory of little Mohammed Haider Rasab who sadly recently passed away from cancer. He was the son of Nazim's childhood friend Rasab Yaqoob.

"I was profoundly saddened at Haider's passing at the tender age of nine-years-old from cancer.

"This brave boy bravely fought

against cancer for the last two years, and his father Rasab Yaqoob is my childhood friend from Lilycroft Primary School.

"I wanted to do something in his honour, and during my long training runs when I have 'hit the wall' I've been inspired by Haider's bravery to keep carrying on fighting just as he did. On race day I will wear a dedicated t-shirt in Haider's memory." This will be Nazim's first run after a three-month lay-off after injuring his calf during his eighth annual Ramadan 10K run in May.

"God willing on Sunday 12th September 2021, I will be running the prestigious Great North Run in Newcastle. I will be covering all the associated costs, such as race fee, hotel, travel and food, so that 100% of your donations goes to the stated cause.

"I am doing it in aid of the 'Malawi Goat Appeal' in Africa, which is one of the poorest countries in the world.

"Many of the poor people are living in impoverished conditions do not have access to a nutritious diet.

"Please help me to donate living goats to provide the milk needed to balance nutritional needs along with reproducing to provide long-term livestock for the poor families."

Each goat costs just £25. Nazim had originally set out to raise £2,500 -

enough to buy 100 live goats. He has however, as per usual, completely smashed the target, and at time of print had reached a total of £3,750 - enough to buy 150.

For almost 24 years Nazim has been at the forefront of community and humanitarian initiatives at local, national and international levels, receiving national awards in the process.

His epic efforts of the Ramadan 2021 run, saw him completely annihilate his original target. Nazim raised a staggering £78,751 - enough to build over 60 new two-room homes inside northern Syria for internally displaced Syrian refugees. He had originally set out to raise enough for 20 new homes.

To date he's raised over £425,000 for a

plethora of causes both home and abroad, and personally pays for all costs for him to go out and deliver aid with his own hands.

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

"As ever I will keep you updated of daily progress on my social media platforms - transparency and accountability is at the heart of my success thus far."

If you'd like to donate to Nazim's 'Malawi Goat Appeal' fundraiser, you can do so by visiting: www.justgiving.com/nazim786



■ Nine-year-old Mohammed Haider Rasab sadly lost his battle with cancer recently. Nazim Ali has dedicated his next run to Haider



If you'd like to donate to Nazim's 'Malawi Goat Appeal' fundraiser, you can do so by visiting: www.justgiving.com/nazim786

■ Nazim Ali during his Malawi 2019 trip

The Joy of Running

| Advertorial

Tejal and Harri's steps to better health

We all know that moving more is good for you, but taking that first step can be hard - especially if you feel unfit. Getting active doesn't need to be scary though, and it doesn't need to cost a thing. It's about finding an activity you enjoy and getting started.

Like many of us, Tejal Tanna, a working mum of two from London, often struggled to find time to be active. But after picking up the odd unhealthy habit in lockdown she wanted to start making some changes.

Inspired by her 72-year-old mum who exercises nearly every day, Tejal decided to become more active. "I thought to myself, it really can't be as hard as it seems," she says.

"So one day I decided to download the NHS Couch to 5K app - and just went for it!"

Like millions of others, Tejal started her running journey with the NHS Couch to 5K programme, a free app designed to help absolute beginners get running. Guided by the voices of celebrity coaches including Olympic champion Denise Lewis OBE, the app helps



Above Tejal. Right Harri.

users build up their stamina, distance and confidence in running over the course of nine weeks.

Now in her third week of the programme, Tejal blocks out time to make sure she doesn't miss any sessions. "I can usually get it done in 30 minutes," she says. "So I generally go in the mornings before the kids are up."

Tejal now feels stronger than ever. "I have so much more energy and have even started to run with my kids!" she says. "It's never too late to improve yourself."

"I urge everyone to just put on their trainers and get started!"

Like Tejal, Harri Dokia from Essex wasn't very physically active during lockdown but wanted to do more. After turning 40 she decided to get started; "Every time you hit a birthday milestone you can't help but think about the future," she explains, "and that prompted me to think about the steps I could take to live a longer and healthier life." So when her friends suggested they



NHS Couch to 5K is a free guided running programme for beginners.

Couch to 5K

do the Couch to 5K programme together, she agreed immediately.

She has been using the app for the last six months, running with both her husband and friends. "I really recommend doing Couch to 5K with someone; they can help you stay motivated and hold you accountable at the same time!"

Harri adds "Couch to 5K was the motivation I needed to start my running journey. It helped me to develop a running routine that suited my lifestyle and I feel happier and more energised."

Vin Patel, Fitness Trainer, says:

"Being active is good for your body and mind - and even small but regular efforts can bring you benefits. So if you're thinking about getting more active to improve your health, fitness and well-being, just go for it! Everyone deserves to enjoy the benefits of being active and it's far easier to get started than people may think."

Vin's tips for getting active:



Start small

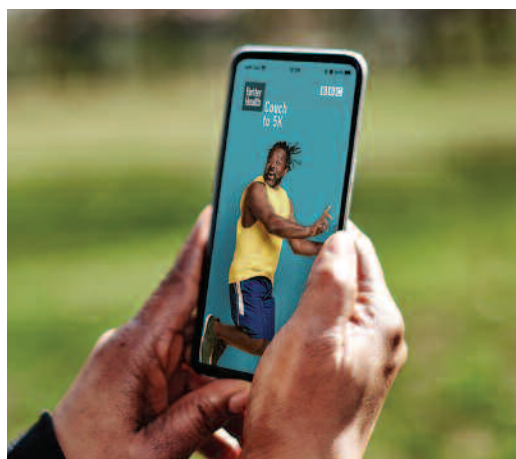
When it comes to being active, everything little thing counts. Even the smallest effort can make a big difference to your health, fitness and well-being and help you build momentum to do more over time.

Make it easy to succeed

Don't do too much, too soon. Pace yourself and try to incorporate physical activity into your schedule. Try to exercise at times that are convenient to you, when you know you have the most energy.

Get the right support

Having no accountability or help makes it easy to put off getting started. Instead, ask friends and family to help you stay on track, and make use of apps like NHS Couch to 5K for guidance and motivation.



Search 'NHS Couch to 5K' on the App Store or Google Play to download the free app.

You can also visit nhs.uk/betterhealth for free advice and support available to help you get active and eat healthier this summer.

Better Health Let's do this



Animal cruelty

Legal challenge launched over industry's use of cruelly farmed 'Frankenchicken'

Cover story continued

“The law is clear that farmed animals can only be kept if the breed used will not experience detriment to their health or welfare.”

Broiler chickens have been genetically selected over decades to prioritise for fast growth, to produce as much meat in the shortest possible time. As a result, they can suffer from a wide range of health and welfare issues.

Last year an investigation by The Humane League UK revealed that the muscle disease white striping, caused by fast growth, was present in over 8 in 10 standard packets of chicken on supermarket shelves.

The challenge comes after the RSPCA published a scientific report in 2020 comparing the welfare of three different breeds of fast growing chicken. It showed that the fast growing breeds have poorer health and welfare than a slower growing

breed.

Three further scientific studies by the University of Bristol, the University of Guelph, and the Royal Veterinary College all support these findings.

Despite the clear scientific consensus and the findings from numerous undercover investigations on broiler farms using these breeds, Defra's position is that fast growing breeds can be kept without detriment to their health or welfare, as stated in its responses to The Humane League UK's pre-action correspondence.

Edie Bowles, Solicitor at Advocates for Animals and representing The Humane League UK in this case, said: “The law is clear that farmed animals can only be kept if the breed used will not experience detriment to their health or welfare. The science clearly shows that fast growing broilers cannot be kept without such detriment. It is therefore evident that keeping fast growing broilers is unlawful.”

The case also challenges the ‘trigger system,’ Defra’s monitoring system aimed at detecting welfare issues

associated with commercial broilers. The trigger system requires vets at abattoirs to report welfare issues, but only if they occur above a given threshold as set out in Defra’s Code of Practice. The Humane League UK believes the threshold set by Defra is too high.

The high threshold results in countless welfare issues not being reported and dealt with. This is contrary to the 2007 farm animal welfare regulations which state: ‘If the mortality rate of the chickens or the results of the post-mortem inspection

are consistent with poor animal welfare conditions, the official veterinarian must communicate the data to the keeper of those chickens and to the Secretary of State without delay.’

Charities have been campaigning for food companies to commit to ending the use of fast-growing FrankenChickens by asking them to sign up to the Better Chicken Commitment (BCC), which demands slower growing breeds, more space, natural light and enrichment, less painful slaughter methods and third-party auditing.

KFC, Nando’s, Greggs, Marks and Spencer and Waitrose are among the 250+ companies in the UK and EU to have committed to the BCC, but supermarkets including Morrisons, Asda, Sainsbury’s and Lidl are refusing.

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With the summer holidays almost at an end, teachers and pupils are looking forward to a new academic year, welcoming eased Covid-19 restrictions and the recommencing of school visits and group activities.

Educators continue to stress that delivering high quality face-to-face education and reducing disruption to children and young people's education is vital to support their academic progression as well as their mental and physical health and wellbeing.

Understandably, parents want to know that schools are safer, and are keen to fully understand the new rules and guidelines before their children return to school.

As more Covid-19 restrictions lift, nurseries, schools and colleges are still expected to ensure good hygiene, including frequent hand washing, appropriate cleaning regimes and keeping spaces well ventilated.

From September, asymptomatic testing will resume in secondary schools and colleges. This will include two lateral flow device tests at an on-site asymptomatic test site (ATS), 3-5 days apart on return. Students should continue to test twice weekly at home until the end of September, when measures will be reviewed once again.

Children aged 12 to 15 with specific underlying health conditions or who live with others at increased risk of getting seriously ill from Covid-19 are now eligible for the vaccine. In addition, those aged 16-17 are now eligible for the vaccination, enhancing the general level of immunity.

What to expect after the summer as pupils return to education



September school rules

MEASURES - WHAT'S CHANGING

Changes to the safety measures in education settings include:

- It is no longer advised to keep children in consistent groups ('bubbles'), which means in person assemblies and more group-based activities and sports with other classes and year groups can resume.
- Schools will no longer have to stagger start and finish times.
- Face coverings are no longer advised for pupils, staff, and visitors either in classrooms or in communal areas. However, pupils aged 11 and over should continue to wear face coverings when travelling to and from school

- or college.
- NHS Test and Trace is now responsible for contact tracing for nurseries, schools, and colleges.
- Pupils will not automatically be sent home if someone in the class gets Covid. Instead, they should take a PCR test and only self-isolate if it's positive. All schools should have plans in place on what to do if pupils, students or staff test positive for COVID-19, or how they would operate if they were advised to reintroduce any measures due to high prevalence of the virus.

Ms Rizwana Mahmood Headteacher

Armed with an MA in accelerated learning and social engineering and the conditioning of the brain, headteacher of Carlton JI School, Dewsbury, stresses the benefits of face-face education and what parents and students can expect in September.

"Our local area was a hot spot at the height of the pandemic, and even when restrictions lifted, but we were one of the few schools that maintained no closures. That's largely down to the fact that we stringently stuck to Government Covid-19 guidelines.

"Although caution is still needed to manage Covid-19, the new academic year should be an opportunity to continue face-to-face education with fewer disruptions experienced over the course of the past two academic years and with cautious optimism for the future.

"September is always welcomed as a rest moment to welcome pupils back to the classroom setting.

"Upon returning to school in September most schools will have some eased restrictions however, parents may find that

zones, one-way systems and regular handwashing are still part of daily school life. The easing of restrictions with some continuing measures will provide more consistency and routine for children and young people.

"The pandemic has widened the gap for disadvantaged pupils. Face to face education gives teachers and pastoral staff the opportunity to nurture and emotionally support children who may otherwise struggle. It's essential that schools adapt the easing of Covid-19 restrictions accordingly to their school's needs and implement what's right for them," explains Rizwana.

At Rizwana's school, ranked tenth in the top 100 schools for Diversity and Equality, students will enjoy the return of school visits, after school clubs and group activities numbers of no more than 16.



LLE, Strategic SL, Senior DSL, English Lead, SMSC/ PSHCE/, Mental Health Lead

To find out what to expect when pupils return to school, including asymptomatic testing in place visit [gov.uk/backtoschool](https://www.gov.uk/backtoschool)

Welcome back

To find out more about what to expect when pupils return to school or college in September visit [gov.uk/backtoschool](https://www.gov.uk/backtoschool)

All together >

Shop floor workers employed by Sainsbury's are one step closer to equal pay after the supermarket conceded that they can compare their roles to that of colleagues in distribution centres.

More than 3,700 Sainsbury's workers, represented by law firm Leigh Day, have brought equal value claims against the company arguing that their work is as demanding as distribution centre roles.

Comparability is the first stage in a three-step legal process for equal pay claims. Sainsbury's will now have to show that the roles are not of equal value or that there is a genuine reason for the pay difference which is not based on gender.

The difference in hourly pay for shop floor workers and those in a distribution centre can range between £1.50 to £4 an hour, which could mean a disparity in pay of many

Sainsbury's workers equal pay battle

thousands of pounds.

This concession by Sainsbury's is the most recent in a series of comparability milestones for equal pay claims against top supermarkets in the UK.

In June thousands of Tesco shop floor workers, also represented by Leigh Day, won a legal argument in their fight for equal pay when the

Court of Justice of the European Union (CJEU) ruled that the 'single source' test applies to businesses in the UK.

This means a worker can compare their role with somebody working in a different establishment if a 'single source' has the power to correct the difference in pay.

The CJEU ruling follows a

landmark judgment handed down by the Supreme Court which confirmed that Asda shop floor workers can compare their roles to those of their colleagues in distribution centres for the purposes of equal pay.

Leigh Day also represents clients from Morrisons and the Co-op in similar equal pay cases.

Mike Keenan, a solicitor in the

employment team at Leigh Day, said: "This is a huge milestone for Sainsbury's shop floor workers and truly something to celebrate.

"Now that Sainsbury's finally agrees shop floor workers compare their roles to workers in distribution centres, we can focus on what's at the heart of these claims: whether the work is of equal value."





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Child protection in religious organisations and settings

Report finds child sexual abuse in most major UK religions

Child sexual abuse has been found in most major UK religions, according to a new report by the Independent Inquiry into Child Sexual Abuse; with some found to have no child protection policies in place at all.

The 'Child protection in religious organisations and settings report' examined evidence received from 38 religious organisations with a presence in England and Wales, with the figures provided to the Inquiry about known prevalence of child sexual abuse unlikely to reflect the full picture.

Religious organisations play a central and even dominant role in the lives of millions of children in England and Wales. The report highlights the blatant hypocrisy and moral failing of religions purporting to teach right from wrong and yet failing to prevent or respond to child sexual abuse.

Throughout the investigation, the Inquiry heard of shocking failings across a number of religious organisations, and cases of child sexual abuse perpetrated by their followers.

PR-A10 was sexually assaulted by a church volunteer when she was 12 years old. PR-A10 disclosed the abuse to her mother, who reported it to the police. After being made aware of the allegations, a church minister told her mother that the abuser was "valued" and must be considered "innocent until proven guilty".

PR-A22, PR-A23, PR-A24 and PR-A25 were all sexually abused when they were approximately nine years old whilst they were being taught the Qur'an by a teacher in a mosque. In 2017, the perpetrator was convicted and sentenced to 13 years' imprisonment.

The report finds that organisational and cultural barriers to reporting child sexual abuse within religious organisations and settings are numerous, varied and difficult to overcome. These include victim-blaming, an absence of discussion around sex and sexuality, and discouraging external reporting, thus prioritising the organisation's reputation above the needs of victims of sexual abuse.

Comprehensive child protection policies and procedures are essential to ensuring that children are protected against sexual abuse. Whilst the Inquiry found that some organisations do have effective policies implemented, in some settings not even basic child protection procedures are in place, despite serving large congregations.

The report highlights that an estimated 250,000 children in England and Wales receive 'supplementary schooling' or 'out-of-school provision' from a faith organisation. However, there is no reliable information on how many settings there are, how many children attend them and for

how many hours, what activities are provided and who runs them. As there is no requirement for such schools to be registered with any state body, they have no supervision or oversight in respect of child protection.

Professor Alexis Jay, Chair of the Inquiry said: "Religious organisations are defined by their moral purpose of teaching right from wrong and protection of the innocent and the vulnerable. However when we heard about shocking failures to prevent and respond to child sexual abuse across almost all major religions, it became clear many are operating in direct conflict with this mission."

"Blaming the victims, fears of reputational damage and discouraging external reporting are some of the barriers victims and survivors face, as well as clear indicators of religious organisations prioritising their own reputations above all else. For many, these barriers have been too difficult to overcome."

"We have seen some examples of good practice, and it is our hope that with the recommendations from this report, all religious organisations across England and Wales will improve what they do to fulfil their moral responsibility to protect children from sexual abuse."

The report makes two recommendations

- (i) that all religious organisations should have a child protection policy and supporting procedures; and
- (ii) that the government should legislate to amend the definition of full-time education

to bring any setting that is the pupil's primary place of education within the scope of a registered school, and provide Ofsted with sufficient powers to examine the quality of child protection when undertaking inspection of suspected unregistered schools.

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New figures published today show 50% of all teens aged 16 and 17 have had their first Covid jab, just four weeks after the green light was given for this age group.

More than 620,000 young adults aged 16 and 17 in England have now been jabbed as the fastest and largest vaccination programme in NHS history continues at pace.

England's top GP is now urging teenagers to "grab their jab" as the new school term starts and they return to school or college.

Young people can find their nearest vaccination site through the NHS online walk-in finder, with more sites opening up every day.

More than 1.3 million visits have been made to the online Grab-A-Jab finder since teenagers became eligible.

Recent figures show NHS staff have now delivered more than 75 million doses, since the NHS in England administered the first jab outside of clinical trials to Maggie Keenan in December 2020, with almost four in five adults now double vaccinated.

■ Dr Nikki Kanani



Dr Nikki Kanani, GP and Deputy Lead for NHS England's vaccination programme, said: "Uptake among young people continues to be strong and thanks to the non-stop efforts of NHS staff and volunteers, half of all 16 and 17 year olds have had their vaccine since becoming eligible last month, giving them the best possible protection against coronavirus.

"As school and college terms are due to start back shortly, it is really important that young people continue to come forward for their life-saving vaccine and visit the NHS Grab-a-jab finder to find a convenient site, with walk-in vaccinations taking place at nightclubs, university campuses and places of worship this weekend.

"It has never been easier to drop in and get your vaccine: it is safe, effective and will provide vital protection for you and your family and friends."

In line with guidance from the Joint Committee of Vaccination and Immunisation (JCVI), the NHS is vaccinating this age group with a single dose of the vaccine at GP and walk-in sites.

The NHS is texting millions of teenagers inviting them to come forward for a jab when they become eligible. Those who are within three months of their 18th birthday can book in through the national booking service.

Thousands of young people were

vaccinated last weekend at NHS 'Grab-A-Jab' sites like Reading and Leeds Fest who added the 'vaccine tent' to their line-up.

Children aged 12 to 15 who are clinically vulnerable to Covid or who live with adults who are at increased risk of serious illness from the virus are also being contacted by the NHS and invited for their vaccine.

Text invitations appear as an alert from 'NHSvaccine' and include a web link to the NHS website to reserve an appointment.

Fantastic to see the enthusiasm

Health and Social Care Secretary Sajid Javid said: "It is fantastic to see the enthusiasm of young people to get the jab and great news that more than half of 16 to 17s in England are now vaccinated with a first dose as they return to colleges and sixth forms.

"Thank you for playing your part in helping us live safely with this virus so we can continue to enjoy the freedoms we missed like seeing friends and family.

"Jab by jab we are building a wall of defence that has already saved more than 105,000 lives and prevented 143,000 hospitalisations in England alone. Do not delay – please come forward and get both of your vaccines as soon as you can."

COVID: Half of all 16 and 17-year-olds now jabbed





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Extinction Rebellion protests in London

Deputy Assistant Commissioner reflects on two weeks of policing the capital

"Nearly two weeks ago, Extinction Rebellion started fresh action in London. Like everyone else, they have the right to protest and assemble together.

"But this right must be balanced with the rights of others. Those wanting to go about their lawful business unimpeded and without disruption.

"Whatever the cause, activists do not have the right to cause unreasonable and serious disruption to London's communities.

"In the past two weeks, we've seen activists overstep this. They've blocked traffic on two of London's busiest bridges, defaced iconic landmarks and disrupted critical road junctions. Commuters' journeys have been delayed, businesses had deliveries cancelled and the owners of landmarks have faced costly repairs.

"This action is unfair, unreasonable

and unlawful. To worsen matters, activists frustrate our response by setting up complex structures or by gluing and locking onto devices.

"We've fulfilled our duty by facilitating these protests, but where protesters have taken direct action and broken the law our response has been firm and, at times, direct.

"In the past two weeks they have removed 133 people locked on or glued to structures."

"Our specialist removal teams have worked tirelessly throughout. In the past two weeks they have removed 133 people locked on or glued to

structures. This work is painstaking and hugely complex. We have also made in the region of 480 arrests.

"This work takes time and has demanded thousands of officers each day to respond effectively. These are officers taken elsewhere from London. The impact of XR's protracted action on London communities should not be underestimated.

"Every time several officers are needed to arrest a single activist, these are officers diverted from our number one priority, bearing down on violence. We are highly resilient but it is frustrating that communities are denied their officers in order to deal with a very protracted protest.

"Of course, we empathise with those passionate about addressing climate change. But, police must remain impartial and uphold the law, without fear or favour.

"We must also be alive to those Londoners who are likely sick of this protracted disruption, particularly as the capital continues the economic and social recovery as a result of the devastating pandemic.

"As demonstrations look set to continue this weekend, we urge organisers to consider the wider impact of their protests and to engage with us. Together with our policing partners – the City of London Police and British Transport Police – we will continue to police events in a fair and balanced way and minimise disruption to London."



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■ Mohammed Khatib from Romford signed up to become a steward volunteer to help his local community



NHS Volunteer Responders is reaching out to the Muslim community, calling for more Steward Volunteers to support at local vaccination sites.

There is a growing need for steward volunteers and the NHS is calling for help to get the community vaccinated.

Getting both doses of the vaccine is the best way for people to protect themselves and those around them from the virus and volunteers in this role will be supporting the clinical staff at vaccination sites and helping the people that have come for their job to complete the process safely and comfortably.

Volunteers help to ensure social distancing measures are in place and identify people who require additional support. Volunteer safety is a priority, with sites providing a full briefing ahead of the shift.

The NHS Volunteer Responders programme was set up by NHS England and NHS Improvement to support the pandemic response and is delivered by Royal Voluntary Service and GoodSAM. Volunteers use a mobile phone app to choose what shifts they would like to do and when.

At the start of the year, Mohammed Khatib from Romford signed up to become a steward volunteer.

There is a growing need for steward volunteers and the NHS is calling for help to get the community vaccinated.

Mohammad said: “As a Muslim man, I felt that volunteering was especially important. I want people like me to feel included and to know that we are all members of this great country, and that we want to help.

“Some people are hesitant about the vaccination process and by being a steward volunteer I can reassure people that they will be okay, and that the vaccine isn’t something to be afraid of.”

People interested in signing up as a Steward Volunteer can go to www.nhsvolunteerresponders.org.uk

Professor Sir Keith Willet, SRO – NHS Covid-19 vaccine deployment programme at NHS England said: “We are incredibly appreciative of everyone who has stepped forward to support the vaccine rollout so far.

“All out vaccination volunteers are performing a critical role and are a key part of the programme’s success. Our steward volunteers do a fantastic job of freeing up our staff to focus on the task at hand, and at this crucial stage we need these volunteers now more than ever so we can make sure as many eligible people as possible get all their jabs done.”

Catherine Johnstone CBE, Chief Executive of Royal Voluntary Service said: “We are at a crucial moment in the vaccination rollout. There is a real urgency to this, and we are working at pace to get people vaccinated as fast as possible.

“There is a particular need for steward volunteers to help the vaccination programme reach communities most in need. If you are able to help by joining the team, please don’t hesitate. Together we can get the jabs done.”

People interested in signing up as a Steward Volunteer can go to www.nhsvolunteerresponders.org.uk. Shifts usually last up to six hours with your expenses covered. No experience or qualifications are required.

Volunteers in desperate need to help Muslim community

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Three Huddersfield men have been jailed for more than 37 years after being convicted as part of an ongoing major investigation into child sexual abuse in the town.

Zahid Hassan (32), Saqib Raheel (34) and Sholan James (30) were all sentenced at Leeds Crown Court on 19th August for sexual offences committed against vulnerable victims in the Huddersfield area between 2007 and 2014.

The men are the latest to be jailed as part of West Yorkshire Police's long running Operation Tendersea enquiry, which was established to investigate the non-recent sexual abuse of young girls.

The three men were tried in relation to the sexual abuse of two females in the Huddersfield area between 2007 and 2014.

They were aged between 15 and 20 when they were separately targeted.

Zahid Hassan from Huddersfield was sentenced to 21 years after being found guilty of two rape offences against one victim when she was 18 year-old and two rapes and an attempted rape of the second when she between 16 to 20 years of age. The sentence will run alongside an 18 year sentence he is already serving for previous offences.

Saqib Raheel of Cradley Heath, West Midlands was sentenced to 10 years and six months for rape and sexual assault against the victim

when she was 15 years old.

Sholan James of New House Road, Huddersfield was sentenced to six years for a sexual offence against the 15-year-old victim

Commenting on the convictions, Detective Chief Inspector Ian Thornes of Kirklees District Police, said: "Operation Tendersea remains a major ongoing investigation into appalling non-recent sexual abuse of a number of vulnerable females in the Huddersfield area.

"Every conviction and sentencing represents another milestone in securing justice for these brave women. In coming forwards as they have done, they are playing a key role in getting these men off our streets and making them answer for their dreadful crimes.

"The length of the sentences the courts are imposing in these cases strongly reflects how seriously the police and justice system treat sexual exploitation and abuse of this kind and should serve as a stark warning to perpetrators.

"You will be caught and I can promise we will do everything we can to put you away for a very long time."

He added: "I hope these convictions again demonstrate to victims that we will do all we possibly can to help you seek justice no matter when the crimes were committed. We do put victim's needs at the heart of every investigation."



Zahid Hassan

Saqib Raheel

Sholan James

Kirklees Sex Offenders Jailed For More Than 37 Years



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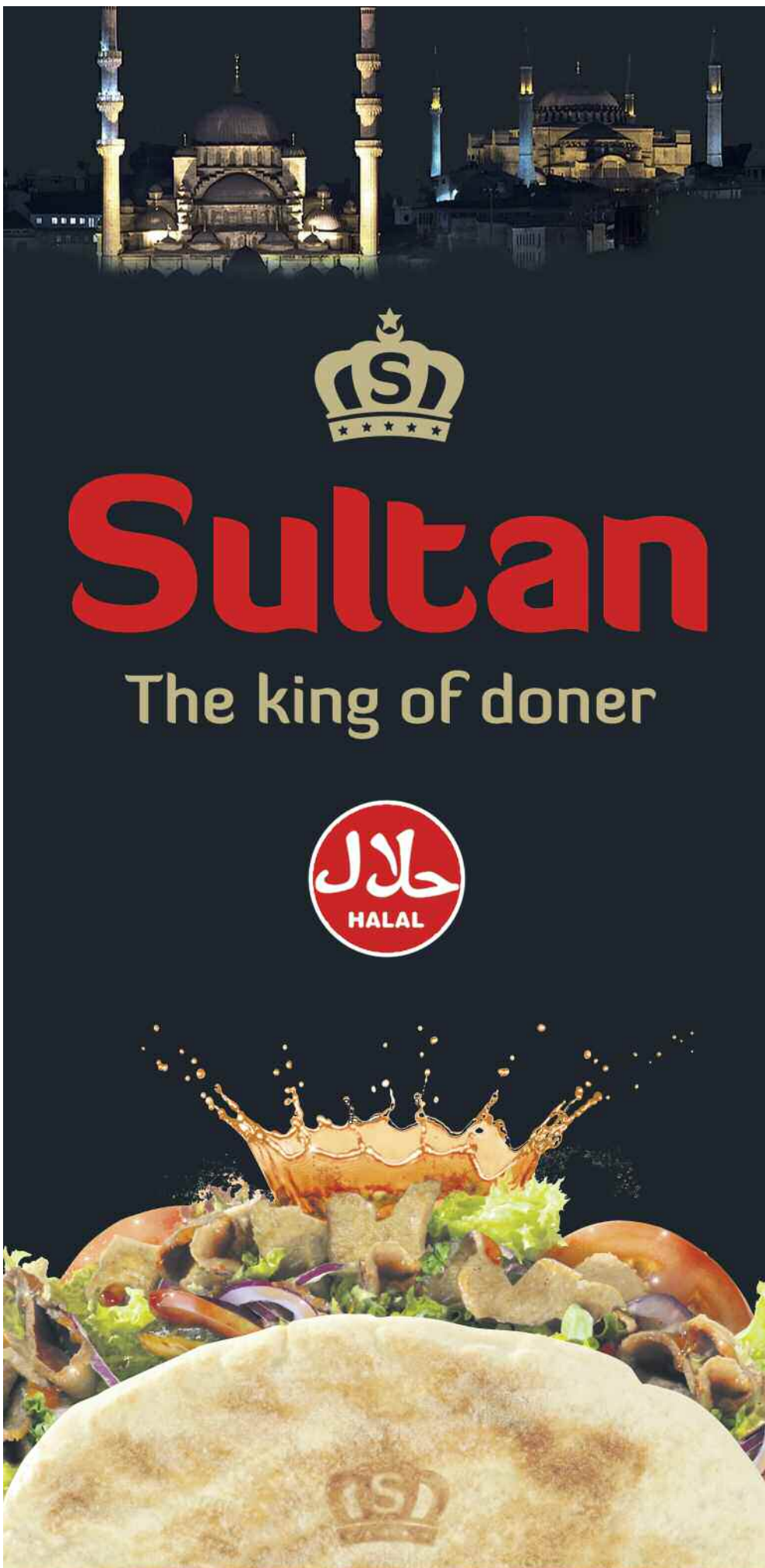
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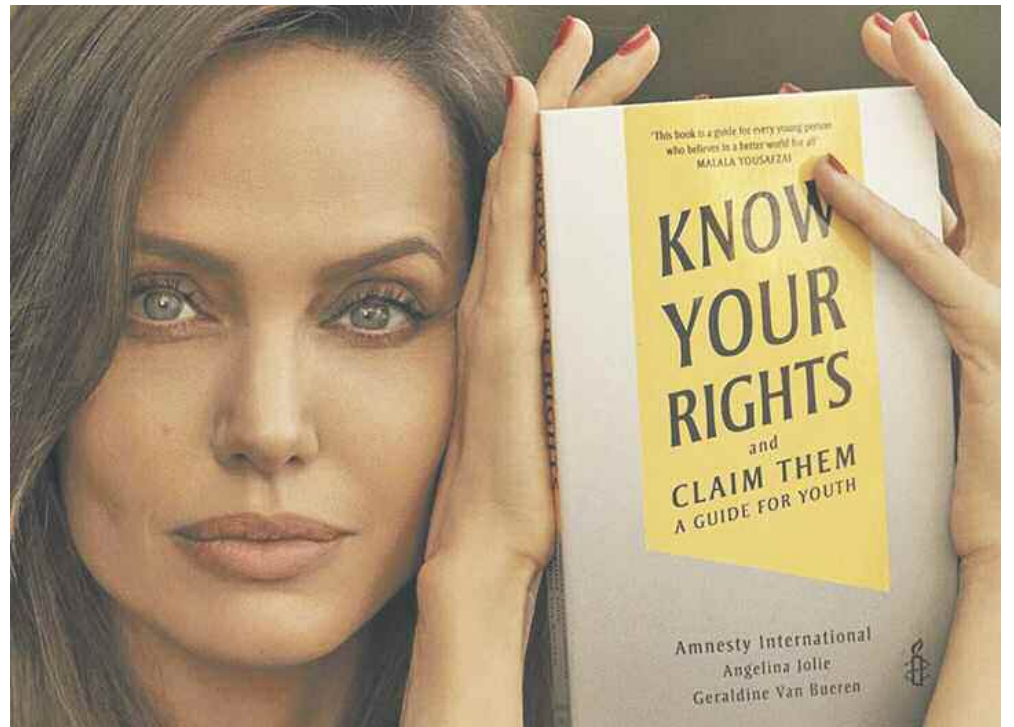
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“In some countries, girls as young as nine are forced into marriage.”

Angelina Jolie and Amnesty International publish hard-hitting book on children’s rights

Angelina Jolie and Amnesty International have joined forces to create a powerful resource for children and young people to learn about their rights, with the publication of a hard-hitting new book which empowers teenagers to speak out against injustice.

‘Know Your Rights and Claim Them’ is written for children and is informed by them. It explains what child rights are, how they came in to being, how governments are failing to uphold them and it equips young people with the knowledge they need to protect themselves and others.

Know Your Rights includes how-to guides such as what to do if a young person is pepper sprayed at a protest, how to talk to the police if they are challenged or arrested, tips on being a trans or non-binary ally, and steps to take if a young person - or someone known to them - is being sexually groomed or abused.

Written in collaboration with Professor Geraldine Van Bueren QC, one of the original drafters of the UN Convention on the Rights of the Child, the book features the stories of incredible young activists who are at the forefront of human rights change around the world - from campaigning on climate change, to demanding access to education or speaking out against racial discrimination and gun violence.

British children featured in the book include the ‘Glasgow Girls’ - a group of schoolchildren who campaigned to change the law around dawn immigration raids and prevent their schoolmate from being removed, and 13-year-old transgender girl Emily Waldron who campaigns for equality and visits schools to give talks about trans rights.

New YouGov polling to accompany the book found that an overwhelming 83% of British children aged 8-15 said they know little or nothing about their own rights. Sixty-four per cent of children said they knew only a little about their rights, with a further 19% saying they didn’t know anything at all. Just 17% of the young people approached in the poll felt they knew a lot about their rights.

When British parents of children aged 18 and under were polled about children’s rights, only 16% knew that children actually have more rights than adults do. Four-fifths (80%) of children thought it should be compulsory to be

taught about rights in school, while two-thirds (66%) of the parents agreed with this proposition. However, nearly one in five parents (19%) thought it should not be.

Angelina Jolie said: “If governments kept their word, and if all adults respected children’s rights, there would be no need for this book.

“Governments signed up to protect children’s rights in 1989, yet many of them are still failing to listen to the voices of children.

“In some countries, girls as young as nine are forced into marriage. Globally, more than 61 million children don’t attend primary schools and in 2019 one in six children were living in extreme poverty - a number that rose significantly during the pandemic.

“Know Your Rights and Claim Them is the book some adults don’t want children to read, as it will arm them with the knowledge to defend their rights and those of others.

“Children have rights just as adults do and they should have the power and agency to claim them. It’s time to remind the world of its commitment to children’s rights.”

Amnesty is calling on UK schools to commit to allowing children to take part in protests without them fearing that they will be punished, even if they take place during school hours. When polled, more than one in four schoolchildren between the ages of 8 and 15 (27%) thought that they should be able to protest even if it meant missing school time. Only half of this number of parents (14%) felt the same way.

Vinuki Bakmeedeniya, from Amnesty UK’s Children’s Network, who acted as a consultant for the book, said: “It’s not enough that children have rights, they have the right to know about them. It’s terrible but not surprising that more than 80% of children know little or nothing about their own protections.

“This book should be on the shelves of every school library across the UK and around the world. We want to see young people feeling confident and empowered to shape their world and forge a fairer future.

“Schools should encourage young people to protest and stand up to injustice. Learning about your own personal power to change what’s wrong, is the most precious lesson of all.”



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From Madeira to Madeira Cake - Elma Aveiro Visits Regal Foods

Elma Aveiro – entrepreneur and sister to football superstar, Cristiano Ronaldo, visited Regal Foods as part of their 20th anniversary celebrations.

The entrepreneur whose extensive portfolio includes the CR7 brand, visited the head office in Bradford for a tour of the site, to meet the team and join in celebrating 20 incredible years of Regal Foods.

Regals Marketing Manager said “We are delighted to have welcomed Elma to Regal and play our part in putting Bradford on the map”



BUSINESS**YOUR LOCAL &**

Noisy Jets Not Considered A Nuisance

The owners of a holiday park have failed in their claim against the Ministry of Defence ("MoD") that loud jet aircrafts flying across their land constituted a common law nuisance.

In the case of Jones v Ministry of Defence, Mr and Mrs Jones had bought a site in Anglesey which they had intended to develop into a holiday and leisure park. The land had previously been used for water supply and was next to a Royal Air Force airfield, RAF Mona, and was used by very loud jet aircraft. The holiday park did not prove successful and the Joneses tried to sell it but could not find a buyer which they claimed was due to the intolerable noise caused by the overflying aircraft. The Joneses therefore pursued a claim against the MoD for common law nuisance, claiming that the noise had interfered with their enjoyment of the land. They also claimed that the noise breached their human rights under Article 8 of the European Convention on Human Rights (ECHR), namely the right to respect for private and family life.

However, both claims were dismissed by the High Court.

The Court found that although the noise from aircraft flying over the holiday park was annoying and disruptive, those flights had been taking place for 70 years and had become a feature of the locality and it was an ordinary use of the land by the RAF. The noise had not interfered with the enjoyment of the land when used for water supply but the Joneses had introduced noise-sensitive activities and had changed the use of the land. The Judge said: "If an occupier of land has conducted an activity in a reasonable manner for many years, I do not consider it fair that a new neighbour who wishes to start doing something that is sensitive to the occupier's activity can complain that the activity in question will disrupt the sensitive use of his land that a neighbour wishes to introduce".

In relation to the Joneses' claim that there was a breach of their human rights, the Court held that, although the aircraft noise constituted an interference it was however in accordance with the law and

necessary in the interests of national security and therefore a proper balance had to be struck. The MoD operated a noise amelioration scheme for householders affected by the noise and had taken steps to minimise the noise of overflying jets by avoiding the most sensitive parts of the Joneses' property. Further, the Judge was of the view that the Joneses had purchased the land with limited use due to the already present aircraft noise. Developing the land into something new in the hope of operating a profitable business was not a possession capable of being protected under the ECHR.

If you are involved in any dispute over land and require assistance then Blacks Solicitors can help. Please contact Luke Patel on 0113 227 9316 or by email at "LPatel@LawBlacks.com".



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AFGHANISTAN: '270 women judges and 170 women lawyers at risk and must be protected'

Legal professionals in Afghanistan must be given safe passage to and settlement in the UK, states the Law Society.

Judges, other legal professionals and human rights defenders working in Afghanistan must be supported by the UK government and offered safe passage, safety and, wherever possible, asylum in the UK as the Taliban cements control over the country.

Law Society of England and Wales president I. Stephanie Boyce said: "The situation of legal professionals and those working in the Afghan justice system more generally is increasingly a cause for alarm.

"We are particularly concerned about the approximately 270 women judges and 170

women lawyers, who are especially likely to be at risk.

"Legal professionals in Afghanistan have made invaluable contributions by promoting the rule of law and safeguarding fundamental freedoms. They deserve our utmost respect and support.

"The UK government's new Afghan Citizens' Resettlement Scheme is welcomed, but we are concerned that the target to offer sanctuary in the UK to Afghans in the first year of the scheme will be insufficient to protect all those in imminent danger. We call on the government to ensure the scheme moves at a faster pace."



BUSINESS ROUND-UP



BUSINESS

■ Dr Farshid Sefat from the Faculty of Engineering & Informatics



Curing blindness

Researchers close to perfecting new revolutionary eye surgery which can restore sight

Researchers at the University of Bradford say they are close to perfecting a new technique that could revolutionise eye surgery and restore sight to people blinded due to injuries to their cornea.

While corneal transplants from donors have been possible for some time, the new technique would effectively enable the body to 'grow' a new cornea.

Dr Farshid Sefat from the Faculty of Engineering & Informatics said the technique involved using a biopolymer to create a kind of 'scaffold' for regenerative stem cells.

He explained: "The cornea is the outermost part of the eye, so whenever you touch your eye, you are touching the cornea. When this is damaged, it can sometimes lead to blindness.

"It is already possible to

transplant corneas from donors, and it is also possible to use artificial materials. However, when we use an artificial material, such as a polymer, most researchers around the world work with just one layer; when you try to work with more than one layer, it becomes very complicated.

"However, the human cornea is actually made up of five layers. What we have done is develop a new 'recipe' that will enable us to create multiple layers, using something called a biopolymer - this bio-polymer then acts as a scaffold for stem cells to create a new cornea."

The stem cells in question reside in a special 'niche' inside the human eye and are normally inactive - they only become active when the eye is damaged and needs to be repaired.

Outer layer of eye could be re-grown using polymeric 'scaffold' using patients own stem cells



Biopolymers are materials which are acceptable to the human body without any rejection.

The new system would create multiple layers, more closely mimicking the eye's natural design - the whole cornea would be around 500 microns thick (one micron is equal to one-thousandth of a millimetre).

Natural design

Dr Sefat said: "Inside the human eye we have stem cells, which are inactive. However, whenever there is damage, they become activated. They are located inside a niche in the cornea. We are looking at these stem cell niches inside the human eye and then we look at different types of micro-environments in which we can create an artificial cornea along with an artificial niches.

"Corneal blindness affects 4.9m of people worldwide, which results in the need for surgery

and replacement, leading to a long treatment time of between three and five years for patients placed on waiting lists for corneal transplants.

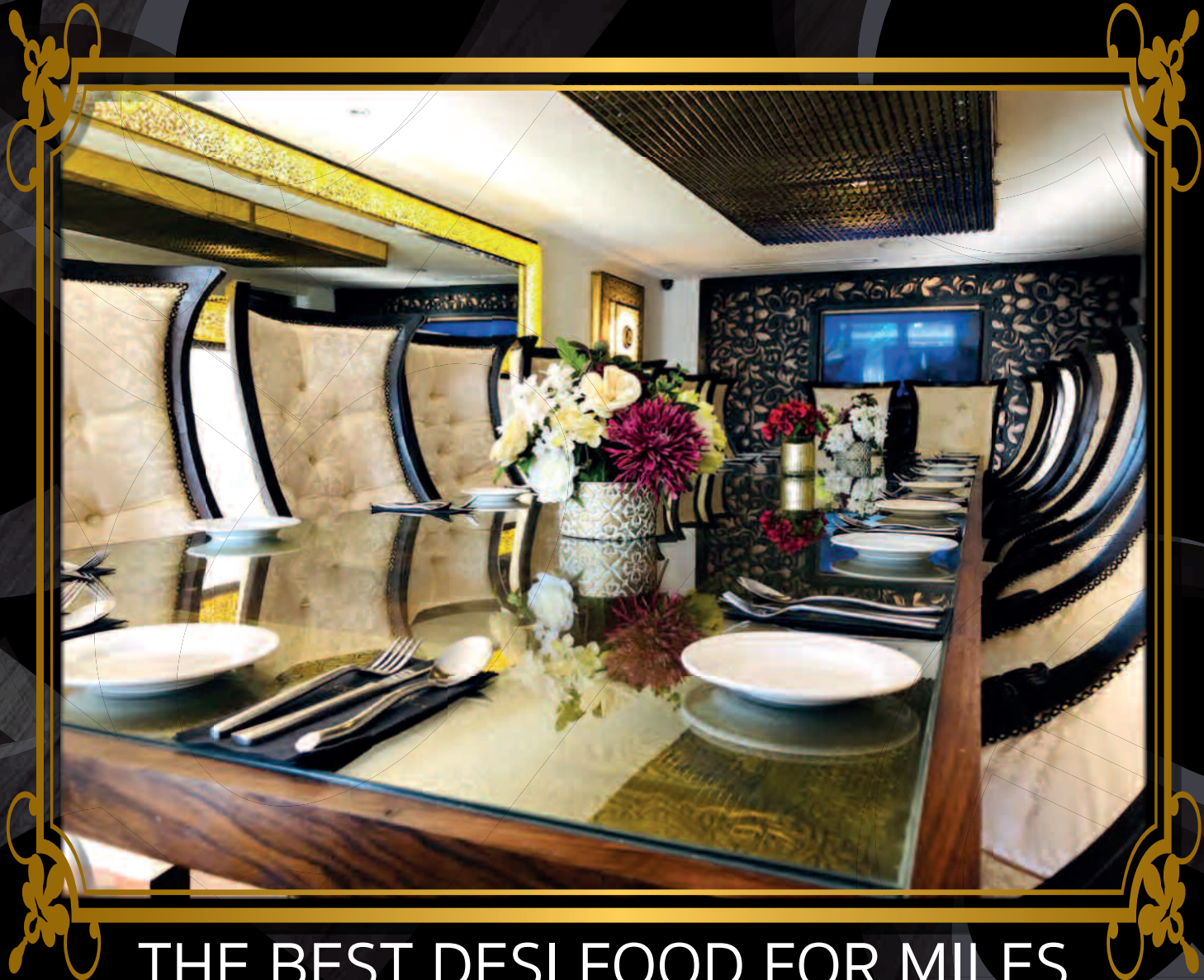
"What we are researching at Bradford is a technique that may cure blindness caused by damage to the cornea and not blindness caused by damage to the retina or optic nerve, which is much more complex."

Dr Sefat, who has been researching artificial corneas for the last 12 years - first in Sheffield and then New York, before moving to work in Bradford five years ago - said the new technique would ultimately lead to better outcomes for patients.

It is being developed at the University of Bradford's Polymer IRC (Interdisciplinary Research Centre), one of the largest research centres of its kind in Europe.

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The new law, which requires all food businesses to provide full ingredients and allergen labelling on pre-packaged for direct sale foods, is being introduced by government following the tragic death of Natasha Ednan-Laperouse, who died after suffering an allergic reaction to a Pret a Manger baguette.

A recent study of 500 employers

and employees in the food industry found 55 per cent welcome more definitive and explanatory packaging, but a quarter were unaware of how such changes will impact their business.

When talking to businesses, 90 per cent say they've received plenty of information about the new law, despite this however, eight in 10 admitted they feel unprepared for

imminent arrival of the regulations.

Anne Godfrey, CEO of GS1 UK, which commissioned the research as part of its Feed us the Facts campaign said: "Big changes across the supply chain are coming soon and the research shows there is still a great deal of preparation to be done."

"Customers should always feel confident they can buy food

products from an outlet and be fully informed of the ingredients – especially as this can sometimes be a case of life and death.

"However, the research has shown there are some concerns from those in the industry that they simply don't feel prepared for the change.

"This could be a significant issue when we combine this with prior research that showed over two thirds

of people were too embarrassed to ask about the allergens they were consuming when out-and-about."

The research, carried out via OnePoll for GS1 UK, revealed product labelling, staff training and providing information at the point of sale are all measures businesses will be taking to tackle the changes.

Continued on page 30

Natasha's law

■ Four in 10 across the food industry have never heard of it - despite the new legislation coming into effect on 1st October.

Natasha's law

Just six in 10 have taken steps to get their business in a good position for the implementation of the law – it also emerged that a quarter weren't aware of how the law will affect their workplace.

The most common issues were lack of training, increased costs from packaging, range reduction and data transparency from suppliers.

In the worst-case scenario, the cost of being compliant could mean higher prices and a reduced range of products to consumers.

With just weeks to go until new legislation comes into effect, only 39 per cent had provided training or had been trained on types of allergens.

More than half said the new law required money to be spent changing packaging, with more information needing to be requested from suppliers and the need to find a better way to collate this additional information to ensure it can be a trusted product.

Businesses cannot afford to carry these additional costs and as a result 41 per cent said the changes will end up increasing the prices of the products they sell.

Of those surveyed, 67 per cent believe there should be more financial support from the government to help businesses with the transition.

Eight in 10 chain and franchise owners would look to switch suppliers if they cannot provide the correct allergen information or take responsibility for the ingredients in their products.

Eight in 10 chain and franchise owners would look to switch suppliers if they cannot provide the correct allergen information or take responsibility for the ingredients in their products.

The vast majority of respondents, 86 per cent, said it should be compulsory for food packaging to detail all possible allergens, however, four in 10 wouldn't feel completely confident they'd be able to answer questions about allergens within their products when asked by a customer.



■ **Natasha Ednan-Laperouse, 15, suffered a severe allergic reaction after eating sesame in an artichoke, olive and tapenade baguette bought in Heathrow Airport. She died of anaphylaxis after collapsing on board a flight to Nice on 17th July 2016. Natasha's parents say "helping save other allergy sufferers and their families from the enduring agony that we will always bear is a fitting legacy for her life"**

Anne continued: "Natasha's law brings in a better visibility of allergens in the hope of saving lives through giving consumer a better understanding of what they're purchasing."

Henry Dimbleby MBE, author of the National Food Strategy, added: "Natasha's law represents a hugely positive, yet complex transformation for the food sector - one fraught with risk."

"It's worrying that the awareness of the changes is inconsistent, but not particularly surprising after everything the sector has had thrown at it over the last 18 months."

"It's therefore fantastic to see a data solution that will help companies, particularly smaller companies, make the required changes while reducing both bureaucracy and the opportunities for error."

More than a third of women have experienced a beauty nightmare while attempting DIY treatments at home – including wonky eyebrows, streaky tan and green hair.

Females found fringe trims, leg waxing and applying eyelashes are among the things they have tried to carry out themselves.

But for 34 per cent it only resulted in disaster – including shaving off eyebrows, upper lip burns caused by hair removal cream and DIY highlights resulting in green locks.

Other respondents said they have experienced streaky fake tans, stubborn wax which wouldn't come off their skin and reactions to homemade face masks.

As a result, 33 per cent ended up having to see a professional to get their mishap fixed.

The desire to get that feel good factor so closely associated with the perfect beauty treatment has created a false sense of security throughout our lives. The 'I can do that at home' thought has led to a

wide range of epic beauty fails all women can relate to and often with hilarious results.

Research has shown wonky fringes, burns, allergies, hair dye and wax dilemmas are just the tip of the iceberg.

The research also found 40 per cent of women have given themselves a DIY pedicure, 15 per cent have attempted to tint their eyebrows – and a quarter tried waxing their own bikini line.

While at home, 27 per cent roped in their partner to help them with treatments, while 12 per cent even asked their child for assistance.

Tasks most likely to require support included dying hair (51 per cent), self-tanning (18 per cent) and waxing (12 per cent) - but a fifth ended up regretting getting their relative to help.

It also emerged that during the typical week, women spend 76 minutes on 'me time', including going for walks, practising yoga and even retail therapy.

Chartered psychologist and author Suzy Reading, said: "Self-care is a life-

giving action that tops up our energy bank boosting our resilience and giving us access to our best self.

"While self-care is not limited to pampering acts, beauty rituals have their place.

"There are simple rituals and products that we can engage in at home without great expense, and there are also practices that we leave to professionals in order to achieve the desired effect.

"Nourishing the physical body with touch, like tenderly massaging in products with a scent we love, is a mindfulness practice, calming the mind, soothing the nervous system, lifting the mood and stimulating the release of oxytocin, the feel-good hormone.

"We can dot our day with these rituals and feel better for it."

The study also revealed the at-home hacks women swear by including washing their face with cold water, using coconut oil as a hair mask and cold green tea bags to help with dark eye circles.

More than a third of women have experienced 'situations' while attempting DIY treatments at home – including wonky eyebrows, streaky tan and green hair



Top treatments women have tried at home

1. Face masks (64%)
2. Hair removal cream (64%)
3. Hair dye (61%)
4. Hair cut (43%)
5. Fringe trim (43%)
6. Leg waxing (41%)
7. Hair mask (41%)
8. Self-tan (from a bottle) (41%)
9. Pedicure (40%)
10. Foot exfoliator (%)

Beauty nightmare

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Travelling abroad

Everything you need to know about the latest travel updates



For full details go to
www.gov.uk/travel-abroad

Since the 17th of May the UK Government reopened international travel, and the priority has been to continue protecting the public from Covid-19.

The Traffic Light system (red, amber, and green) informs those intending to travel to and from the UK about the rules in place so that the UK can continue its journey out of the pandemic, and also to ensure sure that everyone travelling to and from countries

can travel safely and securely.

While you can travel to green and amber list countries, always check FCDO Travel Advice (www.gov.uk/foreign-travel-advice) to get the latest entry requirements and local Covid-19 rules for your destination country. You should not travel to countries on the red list.

Green list countries

Arrivals from green list countries will need to take a Covid-19 PCR test before departure and again on or before 'day 2' after arrival to the

UK.

Amber and red list countries Those returning from amber and red list countries will be expected to take a Covid-19 PCR test before departure, self-isolate on return, and take tests on 'day 2' and 'day 8'. Arrivals from amber list countries will require ten days self-isolation, arrivals from a red country will require ten days quarantine in a hotel.

Those who are fully vaccinated with an NHS administered

vaccination do not need to self-isolate for ten days on arrival from amber list countries and only need to take a test on 'day 2' upon return to the UK (except if travelling from France).

The rules may change while you are away meaning there may be extra checks when you come back.

These travel health measures are also needed to help prevent the spread of the new variants of Covid-19 that have been identified.

Every effort is being made to

speed up queues safely. If you do not have the correct documentation ready to meet UK health and border requirements, you may delay yourself and others, be refused entry, or face a fine.

Always check gov.uk/guidance/travel-advice-novel-coronavirus before, during and after you travel to ensure you comply with latest Covid-19 and non-Covid-19 regulations for entering the UK and the country you are visiting.



- Check gov.uk/travel-abroad before, during and after your travel to ensure you comply with latest COVID-19 regulations for the UK and the country you are visiting.

- You need to have booked the relevant and authorised Covid-19 tests and any hotel packages before you travel to the UK. You won't be able to complete your Passenger Locator Form without doing so.

- Check gov.uk/visiteurope to ensure you comply with any new rules in place as a result of the UK having left the EU.

- Check your passport is valid using gov.uk/check-passport and allow up to 10 weeks for the renewal process.

- If you need a negative COVID-19 test to enter a country, you should use a private test provider. NHS Test

TRAVEL FAQs

and Trace are a government funded service and do not provide tests for travel. Go to gov.uk/find-travel-test-provider to find a private provider.

Outbound travel
There are new requirements when travelling to Europe because we have left the EU.
Check:

- Your travel insurance covers all needs, including healthcare and you have an in-date EHIC or a new GHIC.

- You have the correct driving documentation for your destination.

- There are also new rules to

follow if you are travelling to Europe for work. You may need a visa, a work permit, or to complete declarations for goods or cash you're taking with you.

- Check FCDO Travel Advice (www.gov.uk/foreign-travel-advice) for local entry requirements and local Covid 19 rules

- Sign-up for FCDO alerts for updates on travel advice.

- Travellers may require a COVID-19 status certificate (either via the NHS app or in paper format) abroad with them to prove that they have conformed with the destination country's requirements (where applicable).

- Avoid unnecessary delays when arriving. Have all documentation ready, including your travel documents and your passenger locator form.



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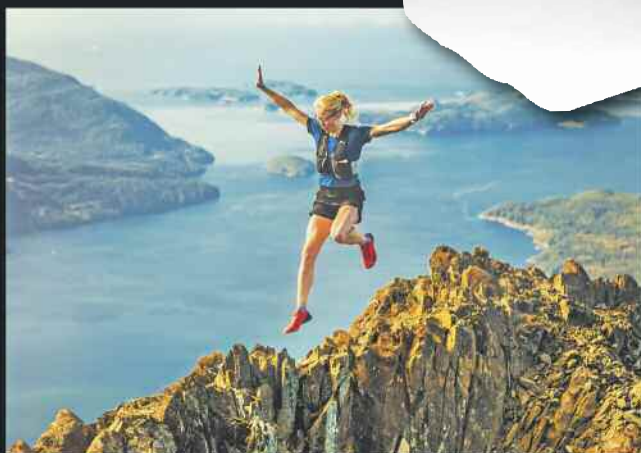
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GLIT Entertainment

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10 nights of epic adventure films to venues

- Banff Mountain Film Festival World Tour returns for autumn 2021!
- Live theatre shows: September – November 2021

The Banff Mountain Film Festival World Tour is back for 2021, bringing the latest action and adventure films to venues around the UK this autumn.

The tour features two different collections of inspirational films from the world's top adventure film-makers, with extreme expeditions, fearless characters and astounding cinematography from the wildest corners of the planet.

"We can't wait to get these epic adventure films back where they belong – up on the big screen!" says tour director Nell Teasdale.

"With mind-blowing stories of human endeavour from rarely-seen parts of the world, Banff events have a thrilling atmosphere – and we guarantee audiences will leave inspired to have an adventure of their own."

Starring a coveted mountaineering first on K2, a raucous running expedition in Tajikistan and more, the films are chosen from hundreds of entries into the annual Banff Mountain Film Festival in Canada. None of the films were shown in Banff UK & Ireland's virtual events over lockdown.

"We're looking forward to welcoming

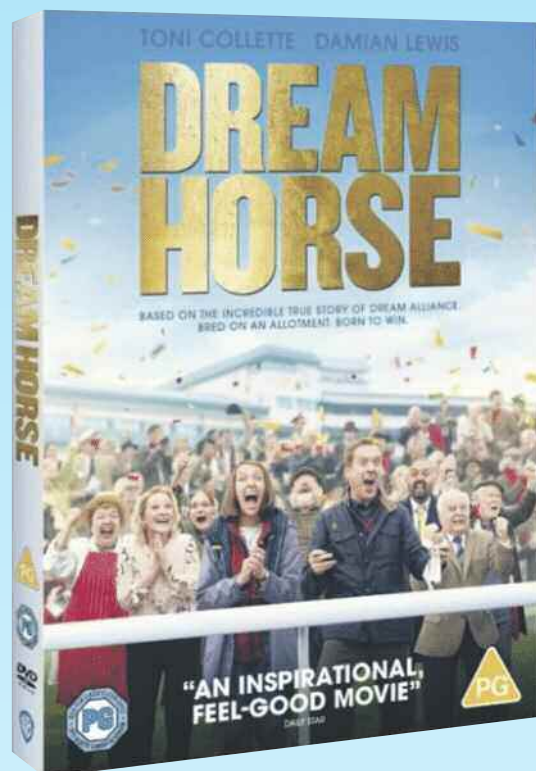
audiences back into theatres to celebrate the spirit of adventure and the great outdoors through these award-winning films," adds Nell.

The tour starts on 1 September in Edinburgh and finishes on 27 November in Nottingham, with more than 80 shows in between. As well as thrilling films, each event features a free prize draw for exciting outdoorsy goodies from tour partners.

Dates and venues

- Liverpool**, Plaza Cinema, 9 September & 23 October
- Stockport**, Stockport Plaza, 14 & 24 September
- Leeds**, Town Hall, 5 & 6 October
- York**, Barbican, 12 October
- Yarm**, Princess Alexandra Auditorium, 21 October
- Whitley Bay**, Playhouse, 9 & 10 November

For more information and to book tickets, see www.banff-uk.com.



DREAM HORSE:

Own it on Digital Download

Dream Horse is now available as a Digital Download, and will be released on DVD on 13th September. The film is directed by Euros Lyn and stars Toni Collette, Damian Lewis, Owen Teale and Joanna Page.

Synopsis:

The film tells the inspiring true story of Dream Alliance, an unlikely racehorse bred by small-town bartender Jan Vokes. With very little money and no experience, Jan convinces her neighbours to chip in their meager earnings to help raise Dream and compete with the racing elites. Their investment pays off as Dream rises through the ranks and becomes a beacon of hope in their struggling community.

Running Time: 109 minutes Rating: PG

"Dream Horse" is directed by Euros Lyn ("Happy Valley," "Dr. Who") from a script by Neil McKay ("Mo," "Appropriate Adult"). The film stars Toni Collette (The Sixth Sense, Hereditary), Damian Lewis ("Billions," "Homeland"), Owen Teale ("Game of Thrones," "A Discovery of Witches"), Joanna Page ("Gavin & Stacey," Love, Actually), Karl Johnson (The Death of Stalin, Peterloo), Steffan Rhodri (Wonder Woman, Harry Potter and the Deathly Hallows), Anthony O'Donnell ("A Very English Scandal," "Gavin & Stacey"), with Nicholas Farrell ("The Crown," The Iron Lady) and Siân Phillips (Murphy's Law, "Driving Miss Daisy").

DVD ELEMENTS:

"Dream Horse" DVD includes the following special feature: Interviews with the cast and filmmakers, plus the real-life syndicate members



"A film that's all heart."

Kevin Maher - The Times



"It's a winner."

Peter Bradshaw - The Guardian

DistroTV debuts FREE South Asian channel bundle

For the first time ever, premium South Asian Channels such as Times Now, Republic TV, Zoom and Mastiii TV are now available free to stream for consumers in the UK, US and Canada.

DistroTV, the largest, independent free ad-supported streaming television platform, continues to expand its content offerings to cater to a growing and diverse global audience. The platform has just announced DistroTV Desi, initially offering 15+ premier South Asian channel content for free - no subscription or registration necessary.

This bundle is expected to grow exponentially over the coming weeks and will be available across the US, UK, Europe, and Canada and offer

viewers a variety of diverse content focusing on news, entertainment & lifestyle geared towards the Desi (South Asian - Indian, Pakistani, Bangladeshi, Sri Lankan) population abroad.

With the 'DistroTV Desi Bundle', DistroTV aims to serve a massive underserved audience, who are lacking authentic entertainment from their home countries. DistroTV fills that void by offering these culturally rich channels in a free bundle so that diverse audiences can stream and enjoy content that might have otherwise been locked behind a subscription or payroll.

"We're thrilled to provide our diverse and growing global audience with the content they crave, without any subscription

fees," said Navdeep Saini, co-founder and CEO of DistroScale, parent company of DistroTV. "No longer will Desi communities in these major markets feel that they cannot access their favorite shows or channels, or feel restricted by associated costs. Our mission at DistroTV is to provide content for every viewer, on every device. And that's exactly what we're accomplishing with this latest bundled offering."

DistroTV is always growing and diversifying its 150+ channel content library. The platform's strong programming lineup includes a mix of popular film and television shows, such as Bloomberg, EuroNews, People TV, Magellan TV and TD Ameritrade network, as well as

independent channels like Black Enterprise, as well as Kweli TV, which spotlights the rich history and global diversity of the Black community; Canela TV, featuring Spanish programming; Latido Music, the leading channel for Latin music; and more.

"This is just the beginning, we have many more channels in the pipeline. Smaller South Asian audiences with regional language roots like Gujarati, Marathi, Tamil, and Malayalam who have been largely ignored by mainstream media platforms can now watch their favorite channels in their regional language on DistroTV Desi, without having to depend on dodgy boxes and pirated apps," said Rajesh Nair, Vice President of Business Development & Content Acquisition at DistroScale, parent company of DistroTV.

Audiences can enjoy these channels for free anywhere across a wide array of CTV and mobile devices, as well as on the web by visiting Distro.tv - no registration or signup required. To become a viewer and / or understand which channels are available for live and / or Video-on-Demand (VoD) access in the various countries, visit <https://www.distro.tv> or install DistroTV for free on Roku, Amazon Fire TV, Apple TV, Google TV, Samsung TV, Sony TV, iOS or Android.

The DistroTV Desi Bundle channel offerings include:

News & Opinion

- Republic TV: India's most watched English news channel.
- Times Now News: One of India's largest media conglomerates focusing on global news & issues.
- WION (World Is One News): Examining global issues with in-depth analysis.
- Mirror Now: Part of the Times Group offering local and community based coverage.
- R. Bharat: Hindi language news channel from Republic World.
- Times Now Navbharat: Part of the Times Group featuring independent news in Hindi language.

Entertainment & Lifestyle

- Zoom: India's leading Hindi entertainment television channel featuring Bollywood music, gossip & celebrity updates.
- Mastiii TV: India's number one music and youth channel.
- Arré: Edgy, new-age infotainment channel from India featuring young & diverse Hindi & English content.
- BritAsia TV: From the UK, a diverse channel with a focus on Bhangra, Punjabi Pop and Bollywood.
- MATV: From the UK, featuring Indian programming in Hindi, English, Gujarati and Punjabi.
- Akaal Channel: Punjabi language focused and Sikhi based lifestyle channel.
- Channel S: The number one British Bangladeshi lifestyle TV channel in the UK.
- NTV: The leading Bangladeshi TV channel from the UK catering to every culture, age group, religion and gender.



DistroTV™



The popular Indian reality TV star, who was part of the long-running show "Balika Vadhu," reportedly suffered a massive heart attack on Thursday 2nd September.

Just days before his passing, Shukla paid tribute to "superheroes in white capes, the nursing staff and their countless sacrifices".

"To all the frontline warriors, a thank you from the heart!", he posted. "You risk your lives, work for countless hours, and comfort patients who couldn't be with their families."

He continued, "You truly are the bravest! Being on the frontline surly isn't easy, but we really appreciate your efforts."

The touching post received nearly 850,000 likes as of Thursday morning. 40-year-old Shukla, who had 3.8 million followers on Instagram, appeared to be voicing his support for a new show on Amazon Prime called "Mumbai Diaries 26/11."

The show is a medical thriller set in the emergency room of a hospital, which looks at the challenges faced by nurses and doctors.

A senior doctor at the Cooper Hospital in Mumbai said Shukla was rushed to hospital on Thursday.

Shukla, who made his acting debut in 2008, made appearances in popular shows such as "Aahat," "Love U Zindagi" and "CID." And in 2014, he made his Bollywood debut, playing a

supporting role in Karan Johar-produced "Humpty Sharma Ki Dulhania."

But Shukla achieved his major breakthrough with the popular serial "Balika Vadhu," in which he played the main lead.

He later made appearances in reality shows such as "Jhalak Dikhhla Jaa Season 6," "India's Got Talent," "Khatron Ke Khiladi 7," "Bigg Boss 13," as well as "Bigg Boss 14."

The star's sudden death has rocked his fans, film colleagues and fellow celebrity contestants.

Indian actor and comedian Sunil Grover said: "Shocked and sad to know about Sidharth Shukla. Gone too soon. Prayers. Rest in peace."

Actor Manoj Bajpayee said: "Words will fail to describe the shock and sense of loss of his near and dear ones."

Indian model, actress and singer Himanshi Khurana wrote: "Oh my God. It's hard to believe. RIP Sidharth Shukla."

Bollywood actress Koena Mitra added: "Deeply saddened! We met for just 14 days, we fought a lot and parted ways. Never spoke again."

"Your sudden demise has taught me unconditional forgiveness! I forgive everyone & seek forgiveness from whoever I may have disappointed. RIP Sid."



Sidharth Shukla: Tributes pour in for Bollywood reality TV and Instagram star

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In the spotlight

Zenvo TSR-S to be showcased at mobility event

Zenvo Automotive has confirmed it will be showcasing its pearlescent Ishvid Perlemor TSR-S at the upcoming IAA Mobility event in Munich, Germany.

Zenvo Automotive is a producer of limited edition hypercars based in Præstø, Denmark. Founded in 2007, Zenvo was started with the aim of combining the latest technologies and innovation with an analogue feel, offering the driver a true connection and astonishing performance.

The company began with the TS1 prototype, a twin-charged

introduction to the brand, and has since gone on to develop the TS1 GT grand tourer, TSR track model and the flagship TSR-S.

TSR-S utilises a lightweight carbon body produced in-house, a 1,177 bhp twin supercharged flat-plane V8 and class-leading aerodynamics including Zenvo's patented Centripetal rear wing, which reacts to steering inputs to create high levels of downforce while cornering.

Production of all Zenvo models is limited to just five cars per year, all manufactured in Denmark and available to collectors and enthusiasts worldwide.

Angela Hartman, CEO of Zenvo Automotive said: "We are excited to showcase our TSR-S model at the IAA Mobility conference this year in Munich with our German dealer."

"After a successful summer events tour in the UK, we hope to carry on that momentum to the rest

of the European events, and bolster our relationship. We're looking forward to speaking to media and customers in Munich and revealing news about dealer-focused events at the Motorworld München showroom, too."

Lorenz Mohr, Managing Partner of Mohr Group, said: "We very much look forward to attending the IAA Mobility conference in our home city of Munich."

"It will be our first event with the team at Zenvo Automotive and we are eager to invite customers to our dealer stand, where we will have the stunning white TSR-S on display. It is the first of many events where we will be attending alongside Zenvo and are excited to announce future events at our Motorworld München showroom in the coming months."

The IAA Mobility conference public days will be held from Tuesday 7 September to Sunday 12 September in Munich.

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Vauxhall: All- New Astra-e



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In its eighth generation, Vauxhall's All-New Astra will be available for the first time as battery electric Astra-e.

Plug-in hybrid and highly efficient petrol and diesel versions of the All-New Astra go on sale next month, with the Astra-e following in early 2023. A Sport Tourer version of All-New Astra will follow the hatchback in late 2022.

Versions with highly efficient petrol and diesel engines in combination with friction-optimised six-speed manual and eight-speed automatic transmissions will also be available to order from next month.

The new Astra portfolio has something for everyone in terms of drivetrains. Customers will soon be able to choose between plug-in hybrid or efficient internal combustion engine with a pure-electric version to follow. The power range extends from 110PS to 225PS system output.

The All-New Astra will be available as a fully-electric model from 2023. It will join the Vauxhall all-electric line-up alongside Corsa-e, Mokka-e, Combo-e Life and Vivaro-e Life, as well as an already fully-electric light commercial vehicle line-up of Combo-e, Vivaro-e and Movano-e.

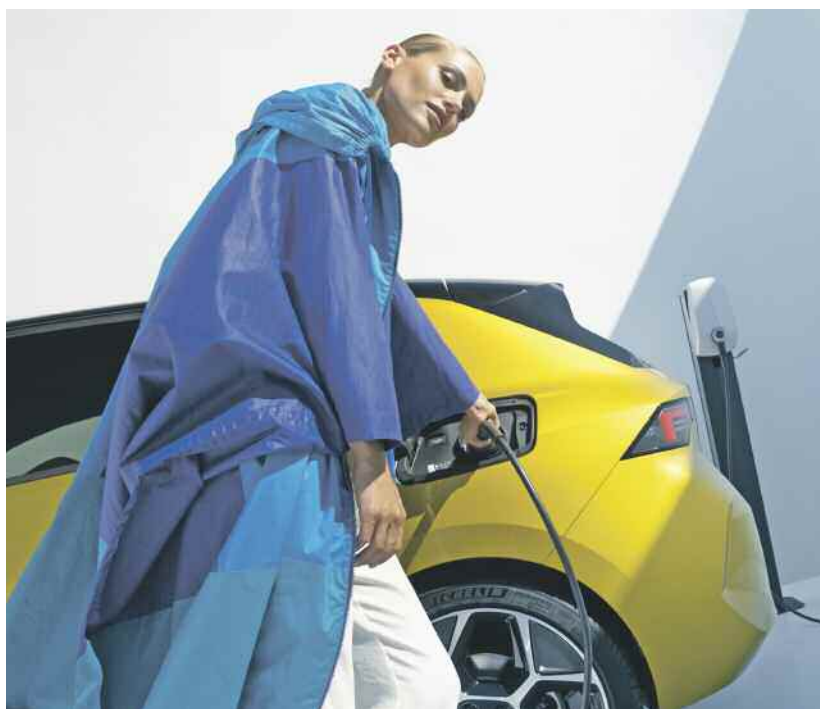
Vauxhall's line-up will be electrified across the line-up by 2024 and solely fully-electric from 2028 – years ahead of the UK Government's deadline.

The All-New Astra as a Plug-in Hybrid

The top-of-the-line hybrid offers system output of 225PS and maximum torque of a powerful 360Nm (fuel consumption WLTP1: 201.8mpg-256.8mpg, 31-24 g/km CO₂; both combined).

Powerful performance is ensured by the exemplary interaction between the combustion engine and the electric motor. The 1.6-litre four-cylinder produces 180PS. The electric motor contributes up to 110PS. Power is sent to the front axle via a comfortable eight-speed automatic transmission.

Alternatively, a Plug-in Hybrid



version with 180PS system output will also be available. The maximum torque here is also a powerful 360Nm (fuel consumption WLTP1: 201.8mpg-256.8mpg, 31-24 g/km CO₂; both combined). In this case, the petrol engine contributes 150PS.

Both plug-in hybrid vehicles offer a lot of driving fun: they feature sports car-like acceleration from zero to 62mph in 7.7 and 7.9 seconds, respectively, and reach a top speed of up to 146mph and 140mph (electronically controlled).

For emissions-free city driving, the electric mode can simply be selected. Then, thanks to its 12.4kWh battery, the new Astra Hybrid drives up to around 35 miles (WLTP1) purely electrically.

Petrol and diesel engines

Customers can choose the type of drive they want, depending on their

requirements and individual preferences. The Astra's combustion engine portfolio are characterised by high economy and low fuel consumption.

The 1.2-litre three-cylinder turbo petrol direct injection engine with six-speed manual gearbox delivers 110PS (fuel consumption WLTP1: combined 52.3mpg, 125-123 g/km CO₂). In addition, the petrol engine is also available with 130PS – with a six-speed manual gearbox (fuel consumption WLTP1: combined 51.4mpg-52.3mpg, 127-122 g/km CO₂) or with eight-speed automatic transmission (fuel consumption WLTP1: combined 49.6mpg-51.4mpg, 131-125 g/km CO₂). The petrol engine delivers its maximum torque of 230Nm from 1,750 rpm.

The 1.5-litre four-cylinder diesel with 130PS delivers 300Nm maximum

torque from 1,750rpm and is available with a six-speed manual gearbox (fuel consumption WLTP1: combined 62.8mpg-64.3mpg, 117-113 g/km CO₂) or an eight-speed automatic transmission (fuel consumption WLTP1: combined 60.1mpg-62.8mpg, 121-116 g/km CO₂).

Advanced driver assistance systems

The new Astra's architecture also incorporates the latest automated driver assistance systems. In addition to the multifunction camera in the windscreen, the technology comprises four body cameras (one at the front, one at the rear and one on each side), five radar sensors (one at the front and one at each corner), as well as ultrasonic sensors front and rear.

Cameras and sensors are integrated with e-horizon connectivity in Intelli-Drive, which extends the range of the cameras and the radar. This enables the system to adapt the speed in curves, make speed recommendations and perform semi-autonomous lane changes. Hands-off detection on the steering wheel ensures the driver remains engaged at all times.

The long list of automated driver assistance systems also includes adaptive cruise control, which increases or decreases speed to follow the vehicle ahead and can brake to a standstill if necessary. With the automatic transmission, driving resumes automatically thanks to "Stop & Go".

The offer of class-leading assistance systems additionally features a large Intelli-HUD head-up display, long-range blind-spot detection, Intelli-Vision 360-degree camera for easier parking, extended traffic sign recognition, rear cross-traffic alert and active lane positioning, which keeps the car in the middle of the driving lane.

Vauxhall will open the order books for the new Astra this autumn. The first customers will take delivery of their cars early next year. Further details including UK pricing and specification will be announced at the on sale date.



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| 001ASH £5,000 (001 ASH) TEL: 07733 244 444 | AKHIIR £8,000 TEL: 07867 861 193 | ASILEE £39,000 (ASHLEE) TEL: 07985 455 057 | BAB84R £6,995 TEL: 07530 612 171 | DOII DRS £20,000 (DOLLORS) TEL: 07815 114 201 | ETIANM £8,500 (ETHAN M) TEL: 07985 455 057 | GOI7 ERX £8,000 (GO) TEL: 07908 472 121 | JOINTY £20,000 (JOINTY) TEL: 07985 455 057 | KESSERR £9,995 (KESS) TEL: 07779 324 610 | MAIBUB £19,000 (MAIBUB) TEL: 07985 455 057 | MR 5 5YKS £5,000 T: 07740 784 983 privateplates@hotmail.co.uk | NBIACK £8,800 (N BLACK) TEL: 07985 455 057 | PAILJR £11,000 (PAUL JR) TEL: 07985 455 057 | RE53EES £2,995 TEL: 07867 861 193 |
| 123 YKP £1,275 (123) TEL: 07852 290 229 | AKH773R £2,995 TEL: 07867 861 193 | ASIIMED £8,000 (ASHOK M) TEL: 07985 455 057 | BAS33R £13,000 (BAS) TEL: 07879 230 103 | DRIIPE £8,000 (DR HOPE) TEL: 07985 455 057 | ETIANR £8,500 (ETHAN R) TEL: 07985 455 057 | GSIISAN £7,500 (G SUSAN) TEL: 07985 455 057 | JO55FYN £10,000 (JOHN) TEL: 07740 784 983 privateplates@hotmail.co.uk | KHIAAN £15,000 (K HIAAN) TEL: 07946 162 099 | MAIDAA £15,000 (MAIDA) TEL: 07731 464002 | MR 57NOH £8,000 (MR SINGH) TEL: 07731 464002 | NCLARK £9,000 (N CLARK) TEL: 07985 455 057 | PAILSG £11,000 (PAUL SG) TEL: 07985 455 057 | RCIGGS £29,000 (R GIGGS) TEL: 07985 455 057 |
| IBZ 786 OFFERS OVER £10,000 TEL: 07898 184 532 | AKR5M £5,500 TEL: 07947 979 777 | ASIRAJ £4,500 (ASH RAJ) TEL: 07985 455 057 | BCIARK £9,000 (B CLARK) TEL: 07985 455 057 | DRIIORN £8,000 (DR HORN) TEL: 07985 455 057 | ETIANT £8,500 (ETHAN T) TEL: 07985 455 057 | GUIDES £15,000 (GUIDES) TEL: 07985 455 057 | JONBOSS £8,995 TEL: 07530 612 171 | KHII AHN £10,000 (KHII AHN) TEL: 07921 576 971 | MAIDAH £15,000 (MAIDAH) TEL: 07946 162 099 | MR N4S OFFERS TEL: 0777 334 567 | NDIIEEP £7,000 (N DILEEP) TEL: 07985 455 057 | PAILSR £11,000 (PAUL SR) TEL: 07985 455 057 | RJUDGE £15,500 (R JUDGE) TEL: 07985 455 057 |
| IKKY OFFERS OVER £35,000 TEL: 07971 827 913 | ALII EEF £1200 (ALII) TEL: 07884 115 115 | ASIRAP £2,500 (ASHRAF) TEL: 07985 455 057 | BDIIEEP £7,000 (B DILEEP) TEL: 07985 455 057 | DRIIANS £15,000 (DR IANS) TEL: 07985 455 057 | ETIANW £8,500 (ETHAN W) TEL: 07985 455 057 | GUIFAM £3,000 (GULLFAM) TEL: 07946 162 099 | JIT7 OK £900 (JAT OK) TEL: 07581 423 143 | KHIANZ £8,000 TEL: 07921 576 971 | MAHEKZ £1,500 (MALEK) TEL: 07946 162 099 | MSIHOPE £9,500 (MS HOPE) TEL: 07985 455 057 | NAS555A £4,500 TEL: 07867 861 193 | PAIIMAD £10,000 (P AHMAD) TEL: 07985 455 057 | RSIIAUN £15,000 (R SHAUN) TEL: 07985 455 057 |
| 55ABR £4,000 TEL: 07733 244 444 | ALII HSN £3,000 (ALI HASSAN) TEL: 07946 162 099 | ASIZZZ £2,995 (ASH ZZZ) TEL: 07985 455 057 | BD55 CAB £2,995 (B DILEEP) TEL: 07979 014 137 | DRIIARY £12,000 (DR HARY) TEL: 07985 455 057 | ETIANV £8,000 (ETHAN V) TEL: 07985 455 057 | EVIIJAY £10,000 (E VIJAY) TEL: 07985 455 057 | GUILAM OFFERS OVER £5,000 TEL: 07597 629 845 | JIT7 VEE £1500 (JAT OK) TEL: 07774 246 877 | KHII LAK £1,000 (KHII LAK) TEL: 07921 576 971 | MAIIMAD £20,000 (M AHMAD) TEL: 07985 455 057 | MSIALE £9,500 (MS HALE) TEL: 07985 455 057 | PAIISHA £3,000 (P AISHA) TEL: 07985 455 057 | RVIIJAY £10,000 (R VIJAY) TEL: 07985 455 057 |
| 786 KAM £2,500 TEL: 07733 244 444 | AM03EAR £3,000 (AM) TEL: 07506 342 385 | ASIA NAK £1,500 (A) TEL: 07983 590 591 | BD55TAN £2,495 TEL: 07954 389 874 | DRIIAYS £8,000 (DR HAYS) TEL: 07985 455 057 | ETIANH £8,000 (ETHAN H) TEL: 07985 455 057 | EVIIKAR £6,500 (EVIL CAR) TEL: 07111 953 337 | GVIIJAY £10,000 (G VIJAY) TEL: 07985 455 057 | J4 NGS £1,000 TEL: 07815 114 201 | KHII NGZ £1,000 TEL: 07921 576 971 | MAIIMED £29,000 (M AHMED) TEL: 07985 455 057 | MSIAHALY £9,500 (MS HALY) TEL: 07985 455 057 | PAIIVEZ £1,500 (P AISHA) TEL: 07985 455 057 | RYIISAF £15,000 (R YUSUF) TEL: 07985 455 057 |
| 786 MAK £10,000 (M) TEL: 07887 690 098 | AM04EAR £3,000 (AM) TEL: 07506 342 385 | ASIA NJT £1,500 (A) TEL: 07983 590 591 | BEIOLD £19,000 (BEHOLD) TEL: 07985 455 057 | DR SINGG OFFERS TEL: 07720 376 861 | ETIANX £15,000 (E YUSUF) TEL: 07985 455 057 | EYIISAF £15,000 (E YUSUF) TEL: 07985 455 057 | GYIISAF £15,000 (G YUSUF) TEL: 07985 455 057 | J4UEO £2,495 TEL: 07921 576 971 | KH59 LED £3,000 TEL: 07921 576 971 | MAIMVD £1500 (MAHMUD) TEL: 07867 886 786 | MSIAHW £9,500 (MS HAWK) TEL: 07985 455 057 | PAIIEEP £7,000 (P DILEEP) TEL: 07985 455 057 | RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057 |
| 82 GK OFFERS TEL: 07737 334 567 | AMII AAD £2,000 (AMII) TEL: 01274 414141 MON - FRI: 9-5.30 | ASI4NSX £15,000 (A) TEL: 07985 455 057 | BHO4GUL OFFERS (BHO) TEL: 07908 472 121 | DR5ISHA £995 (DR. SHISHA / SHA) TEL: 07834 531 883 | ETIANY £15,000 (E YUSUF) TEL: 07985 455 057 | EYIISUF £15,000 (E YUSUF) TEL: 07985 455 057 | GYIISUF £15,000 (G YUSUF) TEL: 07985 455 057 | JAIALS £15,000 (JALLALS) TEL: 07985 455 057 | KKIIIMAR £15,000 (K KUMAR) TEL: 07985 455 057 | MAIIRYM £1,500 (M AHMAD) TEL: 01274 414141 MON - FRI: 9-5.30 | MSIHAUS £9,500 (MS HAYS) TEL: 07985 455 057 | PAIIPHIX £2,500 (P) TEL: 01274 414141 MON - FRI: 9-5.30 | SOIILJA £10,000 (SOULJA) TEL: 07815 114 201 |
| A17JEO £5,000 (AMJED) TEL: 07971 732 789 | AMII EEN £5,000 (AMII HASSAN) TEL: 01274 414141 MON - FRI: 9-5.30 | A SH42D £10,000 (A) TEL: 07976 024 735 | BH54RAT OFFERS (BHARAT) TEL: 07970 026 653 | DR 5 5OOD £8,000 T: 07740 784 983 privateplates@hotmail.co.uk | ETIANZ £2,500 (F1 GUJR) TEL: 07867 886 786 | EYIISAF £2,500 (F1 GUJR) TEL: 07867 886 786 | GYIISUF £1,950 (O HUSSAIN) TEL: 07956 214 163 | JAIIMAD £10,000 (J AHMAD) TEL: 07985 455 057 | KKIIIMAR £15,000 (K SHAUN) TEL: 07985 455 057 | MAIITAB £18,000 (M AHMAD) TEL: 07985 455 057 | MSIHOUGH £15,000 (MS HUGH) TEL: 07985 455 057 | PAIISHAUN £15,000 (P AISHA) TEL: 07985 455 057 | SOIILJA £10,000 (SOULJA) TEL: 07815 114 201 |
| A2SSM £1,499 (A2) TEL: 07733 234 224 | ANII SAR £5,000 (ANII) TEL: 01274 414141 MON - FRI: 9-5.30 | ASKI £70,000+ TEL: 07854 012 093 | BKIIIMAR £15,000 (B KUMAR) TEL: 07985 455 057 | DSIIAUN £15,000 (D SHAUN) TEL: 07985 455 057 | ETIANX £2,999 (F1 GUJR) TEL: 07904 018 063 | EYIISAF £2,999 (F1 GUJR) TEL: 07904 018 063 | GYIISUF £8,995 (O) TEL: 07530 612 171 | JAIIMED £15,000 (J AHMED) TEL: 07985 455 057 | KKIIIMAR £2,000 TEL: 07530 612 171 | MAIIMAD £4,000 TEL: 07530 612 171 | MSIHOUGH £7,500 (M SUSAN) TEL: 07985 455 057 | PAIIPHIX £29,000 (PHIL FOX) TEL: 07985 455 057 | SOIILJA £14,000 (P KINGS) TEL: 07985 455 057 |
| A212 JAN OFFERS OVER £5,000 TEL: 07815 115 022 | ANII SAR £2,500 (ANII) TEL: 01274 414141 MON - FRI: 9-5.30 | ATT4H £8,500 (NO WITHHELD NO) TEL: 07786 424 251 | BSIIAUN £15,000 (B SHAUN) TEL: 07985 455 057 | DSIIAUN £7,500 (D SUSAN) TEL: 07985 455 057 | ETIANX £4,500 TEL: 07825 040 037 | EYIISAF £4,500 TEL: 07825 040 037 | GYIISUF £7,500 (F1 GUJR) TEL: 07985 455 057 | JAIIMED £8,995 TEL: 07779 324 610 | KKIIIMAR £10,000 (K VIJAY) TEL: 07985 455 057 | MAIIMAD £2,800 TEL: 07867 886 786 | MSIHOUGH £10,000 (MOHAMMAD) TEL: 07867 886 786 | PAIIPHIX £1,500 (PHIL FOX) TEL: 07985 455 057 | SOIILJA £7,500 (P MILES) TEL: 07985 455 057 |
| A212 JAN £1,500 (A2) TEL: 01274 414141 MON - FRI: 9-5.30 | ANII SAR £5,000 (ANII) TEL: 01274 414141 MON - FRI: 9-5.30 | AVIIJAY £10,000 (A VIJAY) TEL: 07985 455 057 | BT55MLA £15,000 (BISSMILA) TEL: 07971 732 789 | DSIIAUN £10,000 (D VIJAY) TEL: 07985 455 057 | ETIANX £7,500 TEL: 07825 040 037 | EYIISAF £7,500 TEL: 07825 040 037 | GYIISUF £7,500 TEL: 07825 040 037 | JAIIMED £5,500 TEL: 07867 861 193 | KKIIIMAR £15,400 (K YUSUF) TEL: 07985 455 057 | MAIIMAD £15,400 (K YUSUF) TEL: 07985 455 057 | MSIHOUGH £15,400 (K YUSUF) TEL: 07985 455 057 | PAIIPHIX £15,400 (K YUSUF) TEL: 07985 455 057 | SOIILJA £15,400 (K YUSUF) TEL: 07985 455 057 |
| A212 JAN £1,500 (A2) TEL: 01274 414141 MON - FRI: 9-5.30 | ANII SAR £5,000 (ANII) TEL: 01274 414141 MON - FRI: 9-5.30 | AVIIJAY £10,000 (A VIJAY) TEL: 07985 455 057 | BT55MLA £15,000 (BISSMILA) TEL: 07971 732 789 | DSIIAUN £10,000 (D VIJAY) TEL: 07985 455 057 | ETIANX £7,500 TEL: 07825 040 037 | EYIISAF £7,500 TEL: 07825 040 037 | GYIISUF £7,500 TEL: 07825 040 037 | JAIIMED £5,500 TEL: 07867 861 193 | KKIIIMAR £15,400 (K YUSUF) TEL: 07985 455 057 | MAIIMAD £15,400 (K YUSUF) TEL: 07985 455 057 | MSIHOUGH £15,400 (K YUSUF) TEL: 07985 455 057 | PAIIPHIX £15,400 (K YUSUF) TEL: 07985 455 057 | SOIILJA £15,400 (K YUSUF) TEL: 07985 455 057 |
| A212 JAN £1,500 (A2) TEL: 01274 414141 MON - FRI: 9-5.30 | ANII SAR £5,000 (ANII) TEL: 01274 414141 MON - FRI: 9-5.30 | AVIIJAY £10,000 (A VIJAY) TEL: 07985 455 057 | BT55MLA £15,000 (BISSMILA) TEL: 07971 732 789 | DSIIAUN £10,000 (D VIJAY) TEL: 07985 455 057 | ETIANX £7,500 TEL: 07825 040 037 | EYIISAF £7,500 TEL: 07825 040 037 | GYIISUF £7,500 TEL: 07825 040 037 | JAIIMED £5,500 TEL: 07867 861 193 | KKIIIMAR £15,400 (K YUSUF) TEL: 07985 455 057 | MAIIMAD £15,400 (K YUSUF) TEL: 07985 455 057 | MSIHOUGH £15,400 (K YUSUF) TEL: 07985 455 057 | PAIIPHIX £15,400 (K YUSUF) TEL: 07985 455 057 | SOIILJA £15,400 (K YUSUF) TEL: 07985 455 057 |

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|--|--|--|---|---|---|---|
| SH04 BEK £1,995 ONO TEL: 07764 656 667 | SHA2D £25,000 TEL: 07867 861 193 | TAIHAS £3,000 ONO (TALHA) TEL: 07946 162 099 | TVIJAY £10,000 (T VIJAY) TEL: 07985 455 057 | VY55 HAL £3,500 TEL: 07588 326 444 | WDIIEEP £7,000 (W DILEEP) TEL: 07985 455 057 | XX 56XY XX £8,000 ONO TEL: 07908 472 121 |
| SHIOAEB £2,000 TEL: 07754 852 402 no withheld numbers | SOII BYA £2,000 TEL: 01274 414141 MON - FRI: 9-5.30 | TAIIMAD £10,000 (T AHMAD) TEL: 07985 455 057 | TYIISAF £15,400 (T YUSAF) TEL: 07985 455 057 | VY55 HNU £3,500 TEL: 07588 326 444 | WGIPTA £6,995 (W GUPTA) TEL: 07985 455 057 | XYIISAF £15,400 (X YUSAF) TEL: 07985 455 057 |
| SHIOABY £4,000 ONO TEL: 07828 695 464 | 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 | YIINIS £OFFERS (YOUNAS) TEL: 07834 016 393 |
| SHIOMET £OFFERS T: 07754 852 402 no withheld numbers | STIIGGG £20,000 ONO TEL: 07786 510 000 | TAI3BYS £1,600 ONO TEL: 07557 387 547 | UAIIMAD £10,000 (U AHMAD) TEL: 07985 455 057 | W2I JAS £1,200 ONO TEL: 07925 757 677 | WMIILES £7,500 (W MILES) TEL: 07985 455 057 | YSIILMA £4,000 ONO (SALMA) TEL: 07969 598 969 |
| SHIOKUT £OFFERS T: 07754 852 402 no withheld numbers | SUR87IT £1,500 (SURBJIT) TEL: 07985 589 631 | TA55LYM £4,995 ONO TEL: 07779 324 610 | UDIIEEP £7,000 (U DILEEP) TEL: 07985 455 057 | W33DDY £5,000 ONO TEL: 07779 994 695 | WSIISAN £7,500 (W SUSAN) TEL: 07985 455 057 | Y55ANA £OFFERS TEL: 07835 316 786 |
| SHII AED £1,000 TEL: 01274 414141 MON - FRI: 9-5.30 | SYIISAF £15,400 (S YUSAF) TEL: 07985 455 057 | TA55TEE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk | UKIORD £OFFERS TEL: 07522 199 997 | W33DY K £5,000 ONO TEL: 07779 994 695 | WYIISAF £15,400 (W YUSUF) TEL: 07985 455 057 | Y9 ALT £30,000 TEL: 07525 817 453 |
| SHII AFS £1,500 TEL: 01274 414141 MON - FRI: 9-5.30 | SYIISUF £15,000 (S YUSUF) TEL: 07985 455 057 | TA55TYE £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 |
| SHIIAHZ £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 | TIUCS £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 |
| SHII OBY £1,000 TEL: 01274 414141 MON - FRI: 9-5.30 | TI9 ARX £OFFERS (TIGER X) TEL: 07837 780 981 | TDIIEEP £7,000 (T DILEEP) TEL: 07967 193 033 | V 4RFN £1,000 TEL: 07967 193 033 | WAIIEEM £15,000 (WAHEEM) TEL: 07985 455 057 | X BAIG £50,000 TEL: 07947 979 777 | YKIIMAR £15,000 (Y KUMAR) TEL: 07985 455 057 |
| SHIIPER £15,000 (SHIPER) TEL: 07985 455 057 | TILI 786 £1,500 ONO TEL: 07974 179 156 | TERIK VALUED AT OVER £60K TEL: 07739 413 695 | V 44MJD £850 ONO TEL: 07803 012 253 | WAIISHA £9,000 (W AISHA) TEL: 07985 455 057 | X K04SER £OFFERS TEL: 07811 146 312 | YUIONES £OFFERS T: 07754 852 402 no withheld numbers |
| SHIYLA £10,000 TEL: 07969 914 041 | T44 RKK £2,200 ONO TEL: 07926 095 168 | TJIIDGE £15,500 (T JUDGE) TEL: 07985 455 057 | VAIIMAD £10,000 (V AHMAD) TEL: 07985 455 057 | WAIITAD £10,000 (WANTED) TEL: 07778 881 126 | X KIIAN X £2,700 TEL: 07786 087 155 | YVIJAY £10,000 (Y VIJAY) TEL: 07985 455 057 |
| SHI2ADH £3,000 ONO TEL: 07870 993 553 | T444BYS £995 ONO TEL: 07886 606 431 | TKIINGS £14,000 (T KINGS) TEL: 07985 455 057 | VBIATT £7,000 (V BHATT) TEL: 07985 455 057 | WAH330K £2,500 (WAHEED K) TEL: 07973 199 979 | WKIIMAR £15,000 (W KUMAR) TEL: 07985 455 057 | Y44SCR £2,500 ONO TEL: 07828 159 318 |
| SHI2ANH £3,000 ONO TEL: 07870 993 553 | T8WHD £15,000 (TAWHEED) TEL: 07842 955 147 | TMILES £7,500 (T MILES) TEL: 07985 455 057 | VDIIEEP £7,000 (V DILEEP) TEL: 07985 455 057 | WAIJ33D £2,995 TEL: 07793 628 670 | XMIILES £15,000 (X YUSUF) TEL: 07985 455 057 | |
| SHI3 MLA £5,000+ (SHIMMLA) TEL: 07973 165 474 | T9RYK £OFFERS TEL: 07863 289 625 | TRII HAD £2,500 TEL: 01274 414141 MON - FRI: 9-5.30 | VSIISAN £7,500 (V SUSAN) TEL: 07985 455 057 | WAIJ33D £2,995 TEL: 07793 628 670 | XSHIACS £4,500 (X SHIACS) TEL: 07985 455 057 | |
| SH54ZHD £5,725 TEL: 07802 183 450 | TAIATS £1,500 (TALLAT) TEL: 07867 886 786 | TSIISAN £7,500 (T SUSAN) TEL: 07985 455 057 | VYIISAF £15,400 (V YUSAF) TEL: 07985 455 057 | WASIF £10,000 TEL: 07867 861 193 | XXID MAR £OFFERS TEL: 07928 473 771 | |

L20RD

£25,000 QUICK SALE TEL. 07969 914 041

BR17HMA

£30,000 TEL. 07999 754 999

NUMBERS 4 NAMES

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| KII ANN £40,000 KHAN | C14 SSE £5,000 CLASSY |
| OEII BOY £20,000 DELL BOY | K4 VRS £5,000 KAURS |
| DOII DRS £10,000 DOLLORS | B4 BMW SOLD BMW |
| J4 NGS £7,500 JANGS | SII ETK £5,000 SHEIKH |
| R5 PWR £7,500 RS POWER | ASII AHS £3,000 A SHAH |

- ASK 4 JOE - joelewis101@live.co.uk
Tel: 07944 316 565 - 07815 114 201

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|--|--|--|---|--|---|--|
| AB4DLA £OFFERS TEL: 07522 173 297 | AWA15S £OFFERS TEL: 07522 173 297 | F9TMA £OFFERS TEL: 07522 173 297 | K4HN.V £OFFERS TEL: 07522 173 297 | M44YAT £OFFERS TEL: 07522 173 297 | S4FTR £OFFERS TEL: 07522 173 297 | SHIFYK £OFFERS TEL: 07522 173 297 |
| AI.2GGY £OFFERS TEL: 07522 173 297 | AWIIS.X £OFFERS TEL: 07522 173 297 | FAIIZAM £OFFERS TEL: 07522 173 297 | K4UR.X £OFFERS TEL: 07522 173 297 | MAI4RYA £OFFERS TEL: 07522 173 297 | S4JAO £OFFERS TEL: 07522 173 297 | SIOOFYN £OFFERS TEL: 07522 173 297 |
| AAI2OMA £OFFERS TEL: 07522 173 297 | AY55HAS £OFFERS TEL: 07522 173 297 | FI2ANA £OFFERS TEL: 07522 173 297 | K44HNY £OFFERS TEL: 07522 173 297 | MAI4RYM £OFFERS TEL: 07522 173 297 | S4TPL £OFFERS TEL: 07522 173 297 | T4RAK £OFFERS TEL: 07522 173 297 |
| AAI3EZA £OFFERS TEL: 07522 173 297 | BIG ACN £OFFERS TEL: 07522 173 297 | FI2LAT £OFFERS TEL: 07522 173 297 | KE55AR.B £OFFERS TEL: 07522 173 297 | MAQ4DAS £OFFERS TEL: 07522 173 297 | S500AAN £OFFERS TEL: 07522 173 297 | T4SDK £OFFERS TEL: 07522 173 297 |
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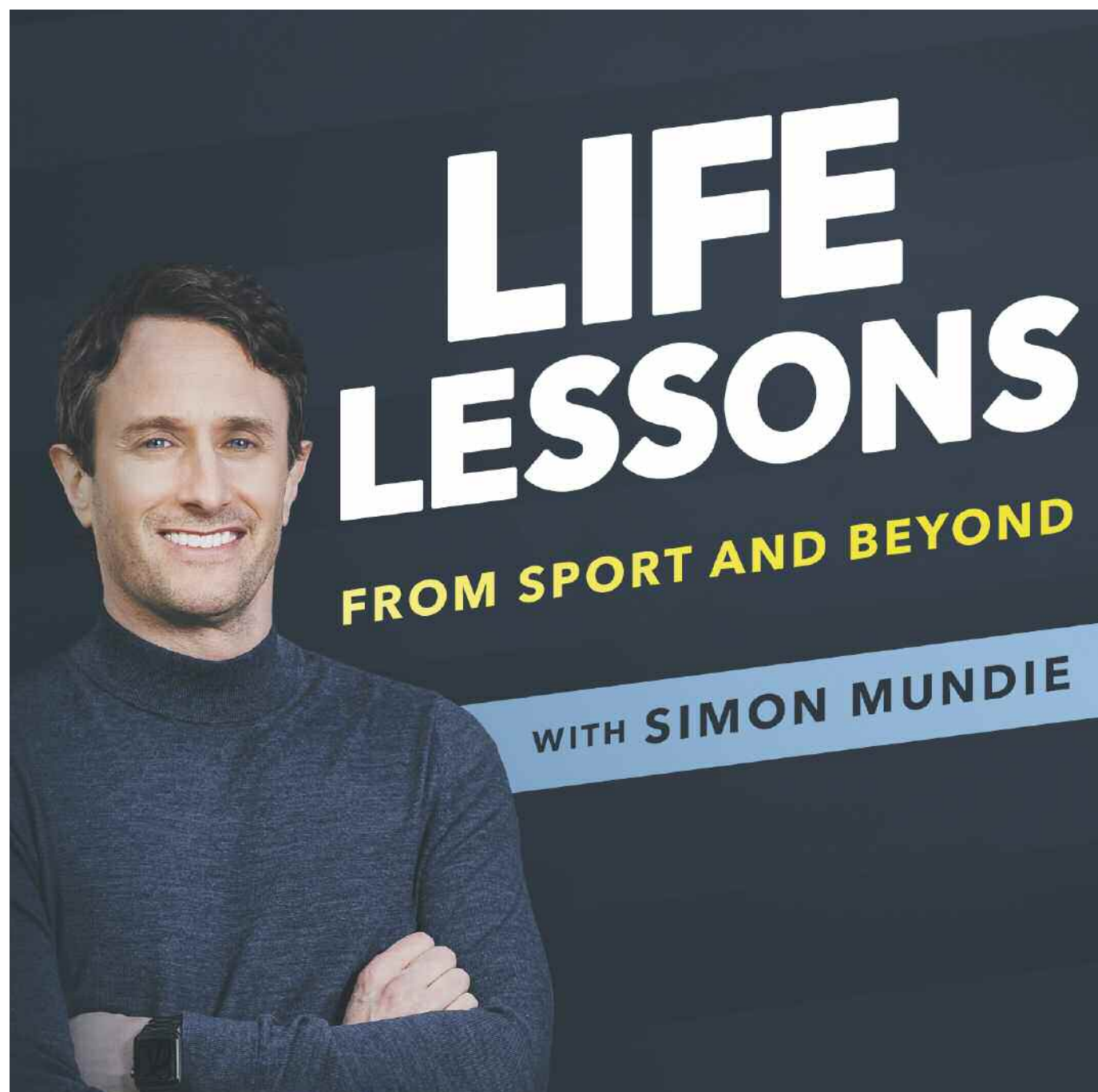
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MAKING VOWS

Josh Warrington blames his former shock defeat to Mauricio Lara on the 'bubble' and lack of fans. He promises this weekends match will be different



- **"When it came to fight night, I'd burnt so much mental energy in that week that I didn't feel it in the changing rooms. Normally when I go to the changing rooms, it's like 'it's on now.' But, it had been on for the last four days!"**
- **"Normally, I would be so focussed, I'd look like I could run through walls. On that one, it was like I was about to go on the p*ss with my mates."**
- **"Being in that bubble was nothing I've ever experienced before."**
- **"99 time out of 100 I beat him, except on February 13th when he beat me!"**

Ahead of his rematch with Mauricio Lara this Saturday (4th September), Josh Warrington tells how the lockdown bubble had a big impact on his performance in the first fight in February, when the former IBF champion was shocked in nine rounds by the little-known Mexican.

But with no isolation before this rematch, and with 20,000 of Warrington's fans due in Headingley stadium, Warrington says he refuses to be defeated again.

'Life Lessons: From Sport and Beyond' podcast host Simon Mundie suggested Warrington's inability to switch off before the fight - as he is normally so able to do - had a big impact on his performance, an assessment the former IBF Champion wholeheartedly agrees with.

Continued on page 46



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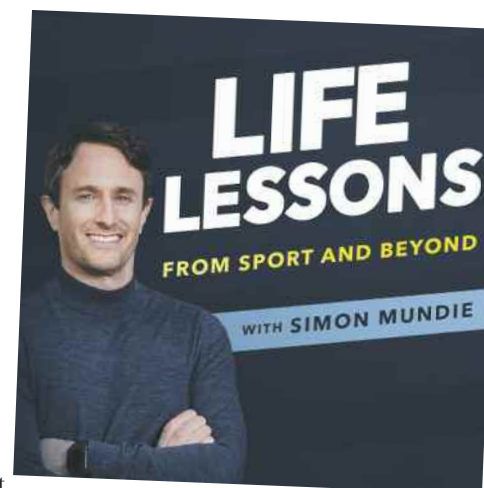
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MAKING WOWS

Josh Warrington blames his former shock defeat to Mauricio Lara on the 'bubble' and lack of fans. He promises this weekends match will be different

Continued from page 45



"Yes, most definitely. Most definitely," says Warrington.

"(Normally) I don't go away for fights. I don't go away for training camps. I've had to fight abroad but when I've done my media obligations - or done an open workout - I can go back and be with people I can just relax with. But being in that bubble was nothing I've ever experienced before. For instance, as soon as I got down to the hotel, I got the adrenaline rush. I got an adrenaline rush like I do when I'm fighting the next day.

"Even when I fight in Leeds, I stay in a hotel the night before. When I arrived at the hotel (for the first Lara fight) I got a build up (of adrenaline) like I was fighting tomorrow, but I still had four more days in the bubble.

"Then I spent 12 hours isolated in my room before I was allowed out. When I was out of my room, I had to keep a persona on because my opponent could walk past at any moment. We had a social room, we had a games room, we had a restaurant area, but other fighters were walking past constantly. A member of Sky Sports would walk past. A journalist who was doing the bubble with us might walk past.

"You're always putting a persona on, to stay switched on. You're alert. But then, you go back to your room to escape - and it's you and your thoughts. Everyone who is there with you - your team - is all feeling the same pressure.

"It's not like when I come home in normal circumstances, I come home to my kids and it's "Daddy". I'm no longer Josh Warrington the boxer - it's just 'Daddy'. They don't give a chuff that I'm fighting on Saturday. I'm just daddy and I need to make some daft noises to make them laugh. It's a distraction, and I'm switching off right there.

"(So) when it came to fight night, I'd burnt so much mental energy in that week that I didn't feel it in the changing rooms. Normally when I go to the changing rooms, it's like "it's on now." But, it has been on for the last four days! Without me realising it, I've got accustomed to it and maybe a little burnt out from it.

"Normally, I would be so focussed, I'd look like I could run through walls. On that one, it was like I was about to go on the p*s with my mates.

"No disrespect but I think for Mauricio Lara - 99 times out of 100 I think I'd beat him, with the exception of February 13th when he beat me!"

"Even in the fight - my killer instincts were flat. I've gone out and in the first ten seconds I've hurt him and he's on the back foot, but I thought 'I'll just warm into this'. Did I think like that against Carl Frampton? No!

"That killer mindset wasn't there. I was relaxed and taking it for granted... The next minute - I'm on my backside, looking at the lights.

"Is Mauricio Lara as big a fighter as Kiko Martinez and Carl Frampton? No, I don't think he is.

"Has he got the same boxing ability as Lee Selby, Carl Frampton or Kid Galahad? No, I don't think he does.

"No disrespect but I think for Mauricio Lara - 99 times out of 100 I think I'd beat him, with the exception of February 13th when he beat me!"

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India happy with its 24 Hours of Le Mans race finish



Back page story continued

James Winslow subsequently completed 13 laps, with a best time a couple of seconds shy of what the rival Oreca runners were capable of. This was not unexpected for the team, as the writing had been on the wall as early as the previous Sunday's test day. The objective now was to try and run a conservative, trouble-free race as possible and to ensure the race finish.

Heavy rain ahead of the start of the race on Saturday afternoon saw the then 61-car field headed by the Safety Car for several laps, before the race proper got underway, with Tom Cloet taking the opening stint before the team started to cycle through the drivers at the end of each stint.

Tom was back in with five hours complete when he came across the stricken #1 Oreca of Sophia Flörsch broadside across the track. Contact was made and following a trip back to the pits for a new nose

to the Ligier, the racing continued, and it was thankfully, the only major incident in the race.

Ultimately, the team achieved its objective and brought the Ligier home to record the race finish with 338 laps and a distance of 4605 Kilometers completed at an average speed of 191 Kph. The team worked well together, the car was largely reliable, and a 16th position finish was the reward.

The team achieved its objective and brought the Ligier home to record the race finish with 338 laps and a distance of 4605 Kilometers completed at an average speed of 191 Kph.

The team now look forward to a new era in the LMP2 class, as it too moves over to the all-conquering Oreca 07 Gibson package with eyes very much on January's Rolex 24 Hours at Daytona, and in the LMP3 class, the Asian Le Mans Series in the new JS P320.

Mark Goddard, Racing Team India Eurasia Team Principal commented: "It was good to see the chequered flag again at Le Mans, it is actually quite an achievement in itself to complete the 24 Hours of racing. The actual finishing position was not that relevant as it was always going to be a conservative race from us, but 16th place is a strong result was actually quite pleasing and our three drivers certainly enjoyed their first Le Mans together with us."

"We now look forward programmes in both LMP2 and LMP3 with new equipment with the aim of racing again at the Rolex 24 Hours and then straight on to the Asian Le Mans Series with the new Ligier LMP3."



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India happy with its 24 Hours of Le Mans race finish

Racing Team India Eurasia achieved its objective in finishing the 89th edition of the 24 Hour of Le Mans, the toughest challenge in global sports car racing.

For the team, the eventual 16th place class finish was the culmination of months of hard work and marked the fourth finish at Circuit de la Sarthe in five attempts, an impressive record.

The Asian-based team fielded the #74 LMP2 entry for Silver-graded James Winslow and the two Bronze racers of John Corbett and Tom Cloet. It was the final outing of the Ligier JS P217 ahead of

its retirement from the class dominated by the Oreca chassis and with that in mind, the objective was to put together a reliable package as possible, and then see how the race week at Le Mans played out.

62 entries lined up at the test day, largely dominated by the LMP2 class with 25 entries in the class. Racing Team India Eurasia ran through its programme in readiness for the official start of Practice on the Wednesday afternoon quickly followed by Qualifying in the evening.

Continued on page 47






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