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Winner of reality show 'Crazy Rich Agents', Krishan Mistry shows how anything is possible

By Princy Jain

In the world of luxury real estate, where grandeur and exclusivity often reign supreme, one young broker is breaking the mould and making waves in the industry.

Winner of the reality television mini series 'Crazy Rich Agents', Krishan Mistry, 22, also known as Krish, who's surprising journey into the world of real estate is as remarkable as his approach to the business.

'Crazy Rich Agents', on BBC iPlayer, follows the lives and careers of five fearless and upcoming real estate brokers who have made it their mission to conquer the luxury property market. Structured similarly to BBC's 'The Apprentice', young property agents compete for a prestigious work placement at a prominent New York firm.

Continued on page 10

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Inside the hidden world of Britain's Pakistani heroin users



EXCLUSIVE

'I've lost everything'



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By Dr Mohammed Qasim

Every day, Alya puts in a shift to find the £20 or £30 she needs to buy her daily dose of heroin, a 12-year habit she's had since she was 23.

Sometimes she begs, sometimes gets paid small amounts of heroin to sell it to her friends. Other times she shoplifts to order, mainly perfume, and toys and clothes for kids.

Alya, whose name we have changed because she is too scared to be identified, is one of hundreds of British Pakistanis with a heroin addiction in England.

Much like others, very little is known, mainly because they exist off the radar from the authorities and are shunned by their own communities.

Despite the huge stigma around drug addiction, over the last two years I've been speaking to heroin users within the British Pakistani community in Bradford, a city in West Yorkshire with the highest proportion of people of Pakistani ethnic origin - 25 per cent - in England.

People like Alya do not easily fit into the image of the average, white heroin user. Experts say Pakistani heroin users in the UK are more likely to use the drug alone, less likely to get help at drug projects and less likely to inject the drug.

This is often a symptom of heightened stigma around addiction due to their Muslim religion and family honour, called 'izzat'. Instead they are more likely to seek help from family, friends or religious guides rather than healthcare professionals.

'Maal' used by British Pakistanis

So, what is it that makes British Pakistanis from religiously conservative homes end up addicted to heroin and shunned by their family and community?

Alya said she started using 'maal', a slang word for heroin among British Pakistanis, after a forced marriage badly affected her mental health.

"He was a right bastard, he raped me almost every day. He wanted to control me and did not let me do anything," said Alya, who is streetwise, talkative and most often wears joggers and a sweatshirt.

"I was pregnant in no time, but I had to get away, but nobody understood me. I couldn't just go to the police, so I ended up staying with some friends. They were on heroin and I used it because I was in a bad place."

Alya's baby was taken into care, and when her family found out about her heroin use, they forced her to visit a 'pir', a spiritual healer who they hoped would exorcise the bad spirit within in her.

"My mum and brothers put me in the car and dragged me to see the pir. He looked at me once, and turned to my mother and said, 'she is possessed with a jinn, [a bad spirit] who is controlling her and making her use heroin as a punishment for not obeying the jinn'.

"He started blowing at me and reciting verses from the Quran. My mum was sat next to me, she was crying the whole time.

"Then the pir turned to my parents and said: 'If I was you, I would take her to Pakistan to a holy shrine and ask a senior pir to take the jinn away from her as I can't do it, I'm not powerful enough'."

Alya did not end up going to Pakistan, but her family disowned her because they said she had brought shame on them.

Data on Britain's Pakistani heroin addicts

According to official data, last year there were 1,607 people with a Pakistani background officially registered as being treated for heroin addiction in England.

But because they tend to shy away from drug services, the reality of heroin use among the 1.5 million British Pakistanis living in England and Wales is murky.

Ethnicity is not recorded in the government's drug-related death statistics so we have little idea how many British Pakistanis make up the 3,000 or so fatal overdoses from illegal drugs each year.

Occasionally heroin users from Britain's Pakistani community pop up in the courts after being caught stealing to buy drugs or dealing them. But most of the people I spoke to are living taboo lives behind closed doors, sometimes keeping their addictions hidden behind a facade of normality.

Strolling around the city one evening, Yusaf, a 41-year-old who had been using heroin for 15 years, who like all the people I spoke to did so on the condition of anonymity because they feared being demonised. He said he knew many British Pakistanis on heroin, it's just that some of them don't look like how you would expect them to.

Later on, he stopped to chat with someone he knew, a well-dressed, professional-looking man in his late 30s. After they said goodbye, Yusaf said heroin use was more common among 'apnas' (our people), than many think: "Can you see that guy? What do you think?does he look like a junkie?

"Well he has been on maal for longer than me. See, there's loads of apnas on it, it's just the average

person would not have a clue, because they don't look like heroin addicts."

Drugs are 'haram'

Even for those dedicated to Islam, which judges intoxication and drugs as haram (forbidden), using heroin can happen.

Akhtar, in his early 40s with a large beard, is a religious and proud man. He studied in Darul Uloom, an Islamic boarding school in Chislehurst, south east London, where he completed Hifz (memorising the entire Quran by heart).

But he said the stresses of life got to him and he developed a heroin habit. Now he's a street hustler who supports his heroin habit by acting as a middle man, supplying heroin to other users, as well as by selling stolen items shoplifters pass onto him.

"I worked, I had everything, a good life, a good job, beautiful children and now look at me. I've lost everything, what for, it's because of this thing." Akhtar then put his hand in his pocket and revealed a small bag of heroin which was wrapped in foil and which he was waiting to sell to a customer.

"Our people look at us like we are dirt but it can happen to any one of us, I never thought I would end up on maal."

dealer in Bradford, who exposed him to heroin.

Abdul's father did not want him to use drugs, but rather to make money selling them. Even so, Abdul ended up getting high on his own supply. He holds his father responsible for his subsequent addiction to the drug he was supposed to be selling.

"I looked up to him. I used to see him selling it. He was making stupid money, he would be counting money on the bed and would throw it at me and say 'it's all about making money son, you don't use this shit'," said Abdul, who is now living in poverty and suffers from depression.

"But then one day I saw his friend, he used to always come to the house, he was in our front room using a crack pipe and I thought to myself, 'I wonder what it is like?'. I tried it, and then I used it again, and then I started heroin."

Sex work to fuel addiction

Most of the British Pakistanis I spoke to were unemployed and sold heroin to fund their habit. Two of them had been to prison for dealing. Some worked for established dealers as "runners" selling direct to drug users in the street, some shoplifted, and a few begged for money. Some went knocking on doors of people they knew.

Parveen – a friend of Alya, earned

from Bradford who used to work for Bradford's bigger drug gangs, now works for a local takeaway as a delivery driver.

There are days when he uses the company car to work for local dealers, dropping off drugs to waiting customers. He said he needed the extra money as he could not afford his heroin habit solely on his wage from the takeaway.

'Get lost you smack head'

Some people started using heroin through sheer tragedy. Eisa walks around begging from car to car pleading with people to give him money. Most people were verbally abusive towards him.

"Get lost you smack head," shouted one of the drivers, another got out of his car and yelled: "Don't touch my car or I will knock you out".

Eventually one of the drivers, hands him a £10 note and advised him to leave the area for his own safety.

Now 41, Eisa has been using heroin for the past four years. Born and raised in Pakistan, he'd moved to Bradford after an arranged marriage, working hard in a bed and mattress factory in Dewsbury.

"It was the death of my five-year-old son. It was after losing him that I could not face it, it was too much for me, he was my life, my



Despite the stigma surrounding drug use, heroin is easy to get hold of within Bradford's Pakistani community due to its links with the drug's importation and its supply in cities such as Bradford.

Moreover, Bradford is a city with both high rates of people with heroin and crack problems and deprivation.

Hooked

Dressed in an expensive tracksuit and with a good sense of humour and a charming nature, Mohammed, 33, said he had been using heroin since he was 26, after he became a heroin tester for drug dealers his use became addictive.

In the case of Abdul, 30, who had been using heroin since he was 20, it was his father, a well-known heroin

money to buy heroin by shoplifting, usually from some of Bradford's larger stores.

She said it was easier to shoplift dressed in traditional Pakistani clothes than in western clothing, as staff in the stores did not suspect her because she did not look like a typical thief.

Shy and with a stammer, it became apparent she earned money for heroin as a sex worker. She had several clients who paid her for sex in rented rooms.

Two of the heroin users we spoke to worked in full-time jobs. Academics call them "controlled" heroin users – a group of people who use heroin without the drug impacting too heavily on their lives.

Hussain, another heroin user

everything," says Eisa.

He took out his phone and showed a picture of his son in his arms. "I couldn't keep going on after that, my wife, we were arguing a lot more, she was struggling too and she would take it out on me.

"She changed after the death of our son, our relationship felt empty, there was nothing left after that, it was the one thing keeping us together and he was no more, we had tried for years and years to have children and losing him was too much, Allah bless his soul."

The death of his son had taken its toll on his mental health and he needed professional support, which he had not managed to get. His family had disowned him. Nobody wanted to help.

'Getting clean in Pakistan'

For those whose families do try and help by sending them to Pakistan to "get clean", things often didn't work out well.

Mohammed Ashfaq is managing director of KIKIT, a specialist Black, Asian and multi-ethnic drug addiction support service in Sparkhill, Birmingham, an area with a high British Pakistani population.

Ashfaq said he's witnessed many people shipped off to Pakistan to try and get them away from heroin addiction, but said the issues are not addressed properly.

"In Pakistan the heroin is even more readily available, it's stronger and a lot cheaper. So they come back with an even worse habit. Some have died of overdoses there," he says.

Ashfaq said sending people to spiritual healers in the UK is "a huge problem", and a way of avoiding confronting issues such as mental health and addiction.

KIKIT tackles issues of shame and religion head on. The project works with theologists and has a 12 step programme, traditionally based on Christian values, adapted for Islamic principles.

Ashfaq said a lot of the British Pakistanis he sees with addictions have an identity problem. "Many are second generation, who are so different from their parents. They act differently in private than out in the community."

He said sometimes families end up feeding their child's habit so they don't go out to beg and steal in public. In some cases, drug users hold families to ransom, that if they don't give them money to buy drugs, they will cause them shame.

At New Vision Bradford, drug workers speak directly with Imams of local mosques "to encourage engagement and confidential safe spaces within communities such as community halls for people to speak to professionals", reducing the need to attend highly visible treatment service buildings.

There are signs British Pakistanis with heroin problems in Bradford are seeking more help.

Given rising levels of deprivation and unemployment in Bradford, the relatively easy access to heroin within its British Pakistani community, it's imperative the city maximises efforts to find and help those suffering behind closed doors.

But, it is also down to community leaders and religious institutions along with families to work together to better support people with heroin and other drug addictions, before they end up in jail or one of Britain's rising number of overdose fatalities.

Dr Mohammed Qasim, a visiting research fellow at the LSE, was this year awarded an MBE for his research on drug dealing and gang culture, much of it initially covered by VICE. His latest book, 'Poverty, Prison and Identity: British Pakistanis and Desistance' will be published later this year. He can also be found on Twitter.



Leeds hair maestro crowned 'Barber of the Year' at annual barber battle

A Leeds barber has been crowned the winner of the barber battle at this year's 'Great British Barber Bash'.

Kurdish-born Daneil Rasuli, has been working as a barber since he was nine-years-old became the owner of his own shop at the age of 10. He currently is part of the team at D.Y.S Cut in Meanwood Road.

The fierce competition at Liverpool saw barbers given 20-minutes to create the cleanest, sharpest-looking haircut, with hundreds of adrenaline-fuelled spectators looking on.

Daneil, who came to live in the UK ten years ago, said: "I am happy that I had all those years of work experience and skills that led to the skills and talents I have today.

"Winning the 'Great British Barber Bash' is a great achievement for me, and is something I have worked long and hard for since I was a boy.

"I want to thank my family, my clients and everyone that has been with me from the start of my career, as without them I wouldn't be where I am now.

"With over 10 years of experience, I am happy to reveal that great feedbacks have been obtained from our clients as a result of the excellent services along the way. I'm feel so blessed that I am very well-known and popular in the area.

The Great British Barber Bash is an annual contest which takes place in major cities such as Amsterdam, London, Manchester, Glasgow and Liverpool.

Organised by Garry Spencer, barbers face a fierce battle where barbers go head-to-head in the 'fast fade or anything goes' contests where energy runs high and the atmosphere always electric.

Competitors must create the cleanest fade within the allocated time limit, with the overall styling and finished look of their model also taken into consideration.

Winners, take-home trophies and huge bundles of prizes from our sponsors. Prizes are given to third second and first place.

Five judges whittle down the competition to the top 10, then the top three, having scrutinised every detail from competitors, including celebrity barbers and other competition winners.

Garry Spencer commented: "Our events are some of the largest battles in Europe - energies are high and the buzz around the venues are at electric levels.

"Congratulations to Daneil Rasuli for winning at the Liverpool event. We wish him all the best."




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Discover what a children's hospice is really like



Salma Pandor, Forget Me Not's community engagement officer



This October, Forget Me Not children's hospice in Huddersfield is inviting the local community to take a look behind the scenes at Russell House.

At the open days on 4th and 7th October, people will have the chance to explore the facilities – like the sensory room, hydrotherapy pool and cinema – meet the team and find out more about the work they do to support children and families.

"When people visit Russell House," said Salma Pandor, Forget Me Not's community engagement officer, "they're often surprised at what they discover.

"Where they might have imagined somewhere sad, gloomy or even scary, they find a real home-from-home, a place of comfort and support, even laughter and joy.

"Where they might have imagined somewhere sad, gloomy or even scary, they find a real home-from-home, a place of comfort and support, even laughter and joy.

This can help to break down some of the negative perceptions that people in the community can have about children's hospices. People think we're the same as a hospital, or that we're just here to provide end of life care.

But that's not the case – and our open days are a great way to see that for yourself. Please do come along - we'd love to see you!"

Forget Me Not is holding two open days

- Businesses, schools and groups are invited to the open day on Wednesday 4th October 10am to 4pm and are asked to contact fundraising@forgetmenotchild.co.uk to arrange their visit and guided tour.
- The second open day on Saturday 7th October is open to all and people are invited to drop in at any time between 10am and 2pm.



Jail for teacher who sexually abused teenage pupil

A science and technology teacher from North Yorkshire who sexually assaulted one of his pupils has been sentenced to more than nine years.

The National Crime Agency launched an investigation in November 2021, when Google sent a report of a user storing child abuse material on their platform via the National Center of Missing and Exploited Children in the US.

After NCA investigators identified the user as Mark Langford, 55, they immediately moved in to arrest him at his then address in Beccles, Suffolk.

Further enquiries established that he had groomed and sexually abused a 15-year-old pupil he taught at a school in Lowestoft between 2004 and 2006.

NCA officers recovered a letter Langford wrote to the victim in April last year, instructing her on what to say if the investigating officer questioned her regarding his offending.

He said: “Before you talk to him, please remember that it is his job to convict me – please do not give him any accidental ammunition against me. You can tell him you know I’m a porn addict, and that I was arrested for having indecent images of children. Don’t forget the “arrested for” bit – don’t say I did it, or that I confessed to you, because that might drag you into court as a witness. I don’t know if it will, but that’s not a question I dare ask him.”

Before being arrested Langford told officers: “It’s all in there, I know what you’re looking for, I’ve made a mistake and ruined everything”.

Five of his devices were forensically examined and found to contain a total of 2,718 indecent images of children in categories A-C (A being the most severe). A further 199 prohibited images and 109 extreme images were also found.

Langford had exchanged images on various peer to peer sites and accessed a cloud-based storage platform used by paedophiles to trade child sexual abuse material.

Officers also recovered a number of online chat logs in which he spoke with other like-minded individuals about sexual abuse.

These included conversations about child rape, encouraging others to sexually abuse their children and the levels of pain and humiliation that needed to be inflicted on women and children to satisfy his sexual demands. He also gave tips to others on where to find child sexual abuse material online.

Langford was sentenced to nine years and two months imprisonment and given an indefinite sexual harm prevention order on 25th September.

In an impact statement read before the court, the victim said: “His manipulation, deceit and devious nature unnerves me as he is not the man he presented himself as for many years.”

“What Mark needs to grasp is that I am thoroughly appalled and disgusted by his actions and haunted by the abuse I suffered at his hands…He disgusts me to the core and I am haunted by nightmares of the confessions he told me.”

“I still feel I am carrying around his filthy secret that he expected me to keep for him. This repulses me that he thought I would prevent the course of justice …”

“I am appalled, insulted and disgusted by everything he has told me and these confessions will stay with me for a long time. He has not only abused my body but my mind too.”

NCA Operations Manager Holly Triggs said: “Mark Langford was a cowardly and scheming offender.

“Not only did he abuse his position of trust, he asked his victim to stay quiet about his offending and the horrific conversations he had with other paedophiles online.

“The NCA works relentlessly to protect children from sexual abuse and ensure that those who abuse them face justice.”

Langford was dismissed by his employer in January last year.

From school food memories to AI in social care

The University of Sheffield and Sheffield Hallam University will present a diverse and interactive program of thought-provoking events, taking visitors on a journey through memories of school dinners to the exploration of artificial intelligence-powered robots’ future role in caregiving.

There's something for all ages and interests at the free festival, including talks, debates, performances, exhibitions, films, quizzes, and more. The full Sheffield programme and booking information can be found at player.sheffield.ac.uk/series/understanding-society-festival-social-science-2023.

The Economic and Social Research Council (ESRC) Festival of Social Science is an annual celebration of the social sciences running from 21 October to 17 November, with events delivered by 42 partner institutions across the UK.

As well as exploring the festival's theme of ‘lifelong wellbeing’ the Sheffield programme showcases work aiming to tackle some of the most pressing global challenges of our time, from climate change to the freedom of the press.

Stian Westlake, ESRC Executive Chair, said: "The ESRC Festival of Social Science offers a unique insight into UK social science research and its relevance to individuals, society and the economy. There are hundreds of free events taking place across the UK and online, including at the University of Sheffield. We hope audiences enjoy the events and finding out more about social scientists’ work.”

Highlights

• Wellbeing, Sustainability and Community in a Time of Crisis (17 November) - DIscussion: What does wellbeing, sustainability and community building look like?

• You Can Have Your Cake and Eat It (9 November) - How small changes to food preparation can improve diet, health and overall life chances.

• Making Connections (24 October) - An interactive family makerspace at Weston Park Museum exploring connections through creative crafting, coding and textiles.

• AI, Sensors and Robots: What is next for social care in the UK? (7 November) - LIved experiences from the care and research sectors will explore some of the opportunities and challenges associated with increased digitalisation of social care.

• School Food Histories (21 October) - Spam fritters, corned beef hash, jam sponge with pink custard…the list goes on. This event is a chance to find out about the history of school meals, share memories and even taste some classic school dinner foods.

• Intergenerational Living: Bringing Generations Together (16 November) - An event exploring the possibility of creating an exciting intergenerational living initiative between older people and students in Sheffield.



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Yorkshire Asian Young Achiever awards shortlist announced

Known as "the YAYAs," the awards celebrate young people aged 16 to 30 of South Asian heritage who were born in or live and work in Yorkshire, and who have overcome deprivation and disadvantage, or successfully broken through barriers to become successful role models in their chosen fields.

The QED Foundation, based in Bradford, founded the awards four years ago. The YAYAs have grown into a key event in the awards calendar. QED was founded in 1990 by Dr Mohammed Ali OBE. Today, the charity is a key player in ethnic minority issues at both national and international level.

The 10 categories are for achievements in sport, health, the arts and creative industries, media, education, the private sector (young entrepreneur), public sector, not-for-profit sector, achievement in school or college and overcoming life obstacles. There is also an overall 2023 Young Asian Achiever of the Year.

Shortlisted for Achievement in Sport is Tanisha Jain, 20, who is the first Asian woman to be Sport Union President at the University of York, Anil Nawaz, 28, a football coach from Bradford, and 23-year-old Hussnain Chaudary, a premier level American football player, also from Bradford.

In the Health, Mental Health and Healthcare category is 24-year-old Rhea Narang from Bradford, a junior doctor who also volunteers at a charity for domestic abuse survivors. Children's nurse Nusaybah Tufail, 22, who works on the neonatal ward at Bradford Teaching Hospital, and Zenab Eman Sabahat, 24, a PhD researcher at Bradford District Care NHS Foundation Trust, who advocates for race equity in healthcare.

The Arts and Creative Industries shortlist includes dancer Mohammed Saeed, 19, from Bradford, the Leeds artist Gaby Gohlar, 26, whose work helps spark conversations around the impacts of mental health, and published poet 22-year-old Zara Sehar from Halifax.

The shortlisted candidates will attend a glittering gala dinner this November, hosted at Cedar Court Hotel in Bradford alongside business leaders, celebrities, and influencers. Last year's awards featured high profile video messages of support from the Hollywood actor Riz Ahmed, cricketer Adil Rashid and the BBC newsreader Reeta Chakrabarti. 2023's event will feature a similar calibre of influencers.

The award ceremony will be presented by BBC TV and Radio presenter and stand-up comedian, Noreen Khan. Featured guests include the NHS doctor and TV personality, Dr Amir Khan. The keynote speaker is CEO of Morrisons, David Potts CBE.

The Achievement in Media category features 27-year-old Amani Khan from Leeds, who worked her way up from her local newspaper to be content editor at ITV Calendar news. It also includes University of Leeds journalism graduate, Mahnoor Akhlaq, 22, who works as a multimedia producer at Channel 4 News. She is up against Kimia Modaressi Chahardehi, 21, a filmmaker from Bradford who focuses on societal issues.

Shortlisted for Achievement in Education are: 24-year-old Mohammed Malik, who went from a council estate to studying a PhD in Politics at the University of York; Bradford's Malik Fraz Ahmad, 19, who received a scholarship for Bradford Grammar School and went on to study Law. And Bradford's Nuraniyah Maroof, 24, who conquered grief and bullying to study a Masters in Physician Associate Studies.

High profile sponsors of the awards are PwC, the Home Office, the National Science and Media Museum, Barnardo's, LanguageCert, University of Bradford, LocaliQ, City of Bradford Metropolitan District Council, MyLahore, University of York, Cedar Court Hotels, Bradford Bulls, Janan, HSBC and Morrisons. The headline sponsor once again is York St John University.

The Achievement in the Private Sector or Young Entrepreneur category features Halifax's Safura Said, 29, who overcame an abusive marriage to qualify as a Conveyancer, 23-year-old Awais Hussain from Bradford who works as a management consultant for PwC and diversity mentor for Leeds University students, and Hasnain Akhmat, 28, who founded Bradford's leading restaurant and shisha lounge, the Marha Lounge.

For Achievement in School or College, 21-year-old Umair Khan moved to Bradford from Pakistan aged 11 and despite being born with a serious rare heart condition, is due to graduate in Accountancy and Finance from the University of Bradford next summer. He's in contention with Safah Aftab, 17, who has a rare genetic disorder and was diagnosed with Hodgkin lymphoma in 2022, but has ambitions to study Human Rights' Law at university. Hammad Khan, 17, from Bradford achieved outstanding grades in order to pursue his ambition to study Medicine.

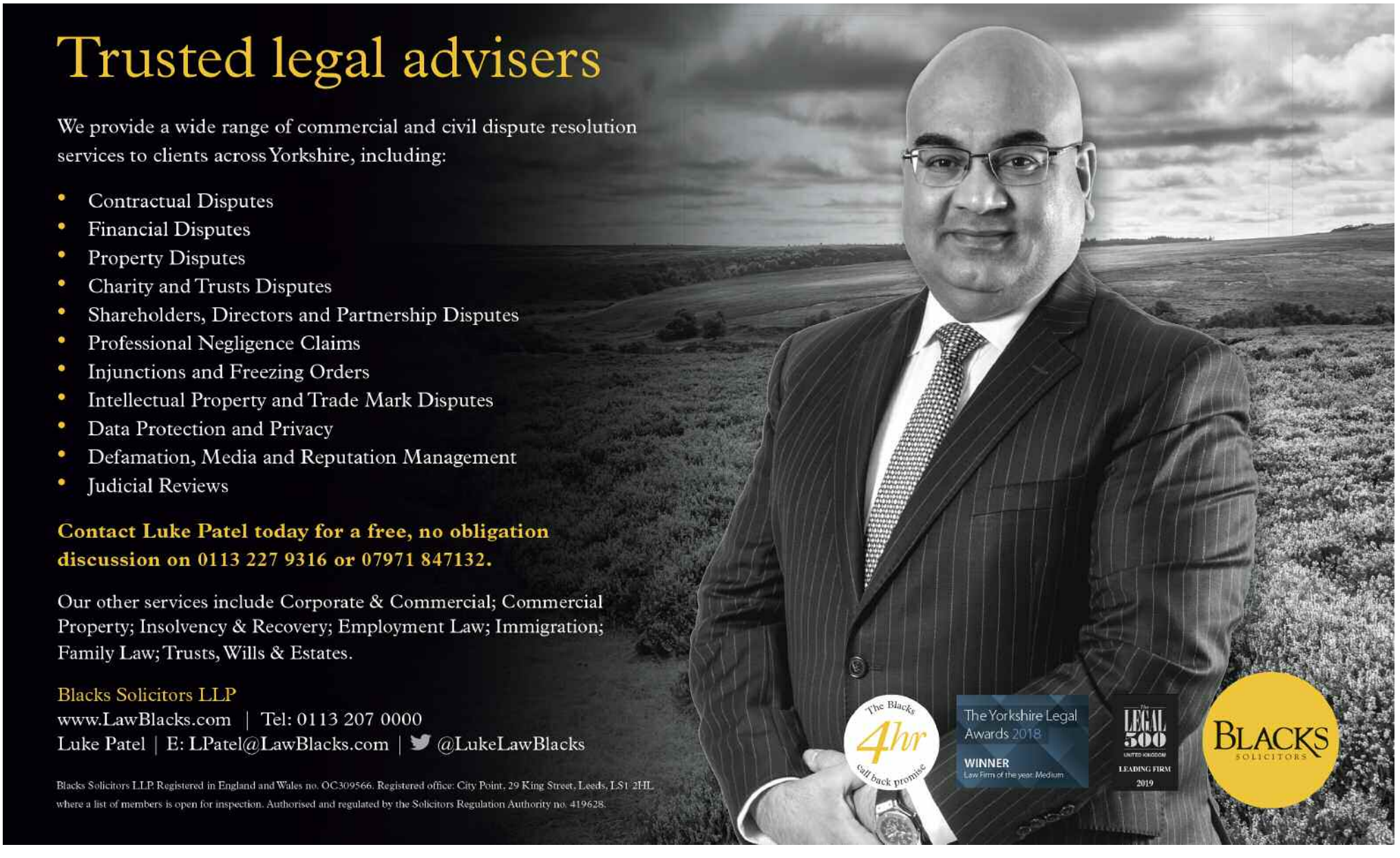
The Achievement in the Public Sector nominees are Sadiya Salim, 30, who supports children in Leeds and has worked with refugees in the city. Shuaib Hussain, 24, who worked in the Sensory Needs Services at Bradford Council before becoming a case worker for failed asylum seekers. And Maaria Shakoor, 29, from Kirklees who works in the Policing and Crime Team for West Yorkshire Combined Authority.

The Not-For-Profit shortlist sees 21-year-old Samiyaa Ahmed from York, who volunteers in refugee hubs nominated alongside Civil Servant Adnan Hussain, 26, from Sheffield, and Rohan Ashar, 22, from York - an Activities Officer at the University of York's Student's Union.

Dr Mohammad Ali OBE, CEO of the QED Foundation, said: "We know from the countless reports and studies published in recent years that poverty rates in the UK are worst among ethnic minority communities. We know, too, that young people of South Asian heritage still suffer from prejudice and fewer opportunities. The YAYAs are more than just an awards scheme, they're a campaign to inspire more young people to be successful. All these shortlisted young people are important role models for other young Asians, because you can't be what you can't see."

Each year, the YAYAs celebrate an individual for Overcoming Life Obstacles. This year's nominees include Hull's Enosh Siraj, 30, who left Pakistan aged 15 as an asylum seeker. She achieved a Master's in Biomedical science from King's College despite health issues that left her bed bound.

From Leeds, 29-year-old single mum of two, Mariam Habib, is studying for a degree in Health and Social Care in Huddersfield after struggling with an abusive marriage and raising a child with multiple health conditions. Also in the category is Mohammed Hamad, 26, from Bradford who was born with a rare genetic disorder, Fuhrmann syndrome, but graduated in Accountancy and Finance and works for the NHS as a Purchase Ledger Officer, despite being wheelchair bound.



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London to New York

Winner of reality show 'Crazy Rich Agents', Krishan Mistry shows how anything is possible

Cover story continued

Born and raised in Leeds, Krishan moved to Milton Keynes with his family when he was just 11-years-old. Excelling in academics and displaying a knack for connecting with people, Krishan pursued higher education at a university in Leicester.

However, he soon found himself disillusioned with the traditional academic path and took a bold leap of faith, deferring his studies to embark on an exciting venture in the world of real estate.

"Before entering the world of luxury properties, I gained invaluable experience by working as a local estate agent in Milton Keynes," explains Krishan.

"This period of apprenticeship allowed me to gather insights and build up a wealth of knowledge within the real estate industry and the broader business world."

Krishan's daring and unconventional approach to selling homes is his trademark. He possesses an innate talent to view properties from unique angles, which enables him to market them in ways that others wouldn't have thought of.

Having eased transactions totalling millions of pounds across the UK, including the sale of several iconic buildings, one of his notable achievements was the sale of a property in southeast Leicestershire that once belonged to King Richard III.

Speaking with Asian Express in an exclusive interview, Krishan reveals his mantra of unwavering optimism and commitment to personal growth: "Never give up and keep striving until you get it," says Krishan.

"You can only grow if you push yourself to become the greatest version of yourself.

"While a steady salary can provide comfort, life is meant to be lived, especially when one is young.

Krishan's infectious enthusiasm and unbridled ambition have raised eyebrows and won admirers. "You can never have too much drive - with that, enough determination, anything is possible," he says.

"As one grows older, family obligations and other responsibilities can limit the opportunities for exploration and adventure. It is therefore important to take risks while one is young."

As Krishan Mistry continues to make waves in the luxury real estate world and captures the attention of viewers on the reality series by setting his spot in New York, one thing is clear: his unconventional approach and boundless optimism are the ingredients of a success story in the making.

"Never give up and keep striving until you get it."

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Nominations now open for prestigious Oracle Awards

In a dazzling showcase of talent and dedication, the Oracle Awards, now in its 9th year, continues to be the UK's premier celebration of excellence within the business sector.

This years' highly-anticipated Red Carpet Oracle Awards promises to be an unforgettable event at Town Hall in Dewsbury on 11th November.

The event is poised to be an exceptional gathering that will continue to honour the most remarkable personalities and organisations. Nominations are still open.

The Oracle Awards prioritise diversity and inclusivity, and welcome individuals from various cultures and backgrounds.

Shining a bright spotlight on the outstanding sole traders, charities, and individuals across the nation whose exceptional contributions have left an indelible mark on their respective fields, this event is a date for your diary.

This year, Asian Express joins as an official sponsor and media partner for the awards ceremony.

The Oracle Awards has grown in



The highly anticipated Red Carpet Oracle Awards are scheduled for 11th November, at Dewsbury Town Hall, WF12 8DG.

Nominations are still open. For further details on nominations, please visit the Oracle Awards Instagram page @oracleawards. Alternatively, you can send an email to oracle1uk@yahoo.com.

If you are interested in being part of this exceptional celebration, you can purchase tickets by calling or texting 07754 004 026.







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

Aidan Mufti, founder of the awards ceremony says: "The event has earned a high profile over the years, and has propelled many winners into the national spotlight.

"One of the success stories is the journey of Harpz Kaur, from winning the 'Best Dessert Parlour Award' to becoming the champion of BBC's 'The Apprentice'.

"One of the success stories is the journey of Harpz Kaur, from winning the 'Best Dessert Parlour Award' to becoming the champion of BBC's 'The Apprentice'.

"A highlight of this year's Oracle Awards is the esteemed partnership with Asian Express newspaper, a media outlet known for its exceptional contributions to the field for over 20-years. Their support and dedication further underscore the importance of this event within the media landscape."

The selection of award winners is a democratic process, with winners determined by the highest number of votes through a user-friendly online portal. This ensures that those who receive the most public support are recognised for their exceptional accomplishments.

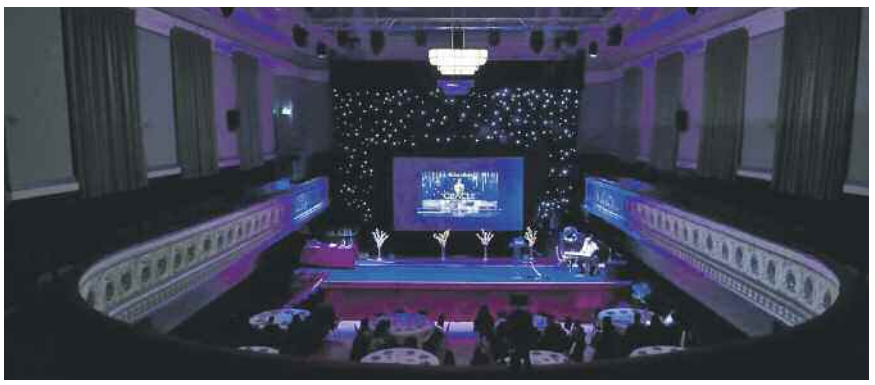
The red carpet event offers a feast for the senses, featuring sumptuous meals and electrifying performances, making it a must-attend occasion.



Having hosted distinguished artists and celebrities such as Nafees, Sahara, Aidan M, Noreen Khan, and Harpz Kaur, to mention a few, the star-studded list also includes Maz Bonafide, Tariq Khan Legacy, Mj Tribute, and prominent representatives from television and radio stations.

"Looking ahead, we are committed to making each year more impactful, attracting a larger number of people to participate in this celebration of excellence," adds Aidan.

"Come and join in for celebrating the outstanding individuals, charities, and businesses that have made the Oracle Awards the ultimate recognition and achievement in the UK business sector."





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‘Shisha lounges are an essential part of the Muslim experience’

Mohamed-Zain Dada’s debut play - a candid riposte to the portrayal of South Asian Muslim men in the media

The Royal Court Theatre has announced Salman Akhtar, Omar Bynon and Arian Nik as the cast for Mohamed-Zain Dada’s debut play Blue Mist, directed by Royal Court Associate Director Milli Bhatia.

Blue Mist is a story about South Asian Muslim Men navigating a system that isn’t built for them.

Set in the shisha lounges of North West London, the play follows a journalist who sells out his own community, in a candid riposte to the portrayal of South Asian Muslim men in the media.

“Shisha lounges are an essential part of the Muslim experience bruv, like the Fillet o Fish”

Chunkyz Shisha Lounge is a home away from home for Jihad, Rashid and Asif, a space where community whispers are heard, jokes are told and new hustles are born. But its future is under threat, having become a target for local politicians.

Aspiring journalist, Jihad wants to fight back.

After winning a competition to produce his own documentary, he sets out to create something that gives a voice to his community and challenges the usual stereotypes that fill the airwaves.

Will Jihad be able to create something that makes his boys proud? Or will his dreams of becoming a journalist come at a cost too high to bear?

“A good journalist doesn’t always play friendly. In fact, they mostly don’t”

Directed by Milli Bhatia, Blue Mist runs in the Royal Court Jerwood Theatre from Thursday 5 October to Saturday 18 November 2023.

Blue Mist is a co-production with SISTER, the production is designed by Tomás Palmer, with lighting design by Elliot Griggs, sound design by Elena Peña and movement direction by Theophilus O.Bailey. For more information, visit: royalcourttheatre.com



From left to right: Salman Akhtar (credit: Robert Harper), Omar Bynon (credit: Clare Park), Arian Nik (credit: Harry Livingston)


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Women's domestic violence charity celebrates 25 years of service

Huge celebrations have been held to mark a charity's 25 years of helping women and families in Leeds.

Shantona, based in Harehills, works with women who have been subjected to domestic violence and women with mental health issues, predominantly in the Asian and minority ethnic communities. Most of them have fallen through the net of the statutory agencies.

The charity was sent up in 1998 by local Bangladeshi women who were concerned about the lack of support for women in Harehills. It has since supported hundreds of women and their children.

Nearly 200 people attended the 25th anniversary celebrations at the Bangladesh Centre in Harehills. The Mayor of West Yorkshire, Tracy Brabin was the guest speaker at the celebrations hosted by television personality, Christine Talbot.

West Yorkshire's Deputy Mayor for Policing and Crime, Alison Lowe OBE, who has been a supporter of Shantona since its early days, presented awards to those involved in the charity's work.

Guests included women the charity supports and dignitaries including the Lord Mayor of Leeds Al Garthwaite . They heard from women who work for Shantona on what has been achieved in the past 25 years and plans for the future of the charity. They also heard from women and girls who have used and benefited from Shantona's services and support.

The Mayor of West Yorkshire, Tracy Brabin, says; "Our mission is for every woman and girl in West Yorkshire to thrive, feel empowered, and reach their full potential. To achieve this, we are working together with organisations like Shantona, and providing them with the funds to support more women and girls across the community.

"Over the past 25-years, Shantona have worked tirelessly to transform the lives of so many women and their families, and I wish them all the best for the next 25."

Chief Executive of Shantona, Nahid Rasool who has been with the charity since its foundation, says; 'We are incredibly proud of everything we have achieved in the past 25 years but we're not standing still, we're looking at what we can do in the next 25 years to be of even greater support to women and their families in Leeds. We are so please that so many came to celebrate this 25 year milestone with us."

More information about Shantona's work can be found at www.shantona.co.uk



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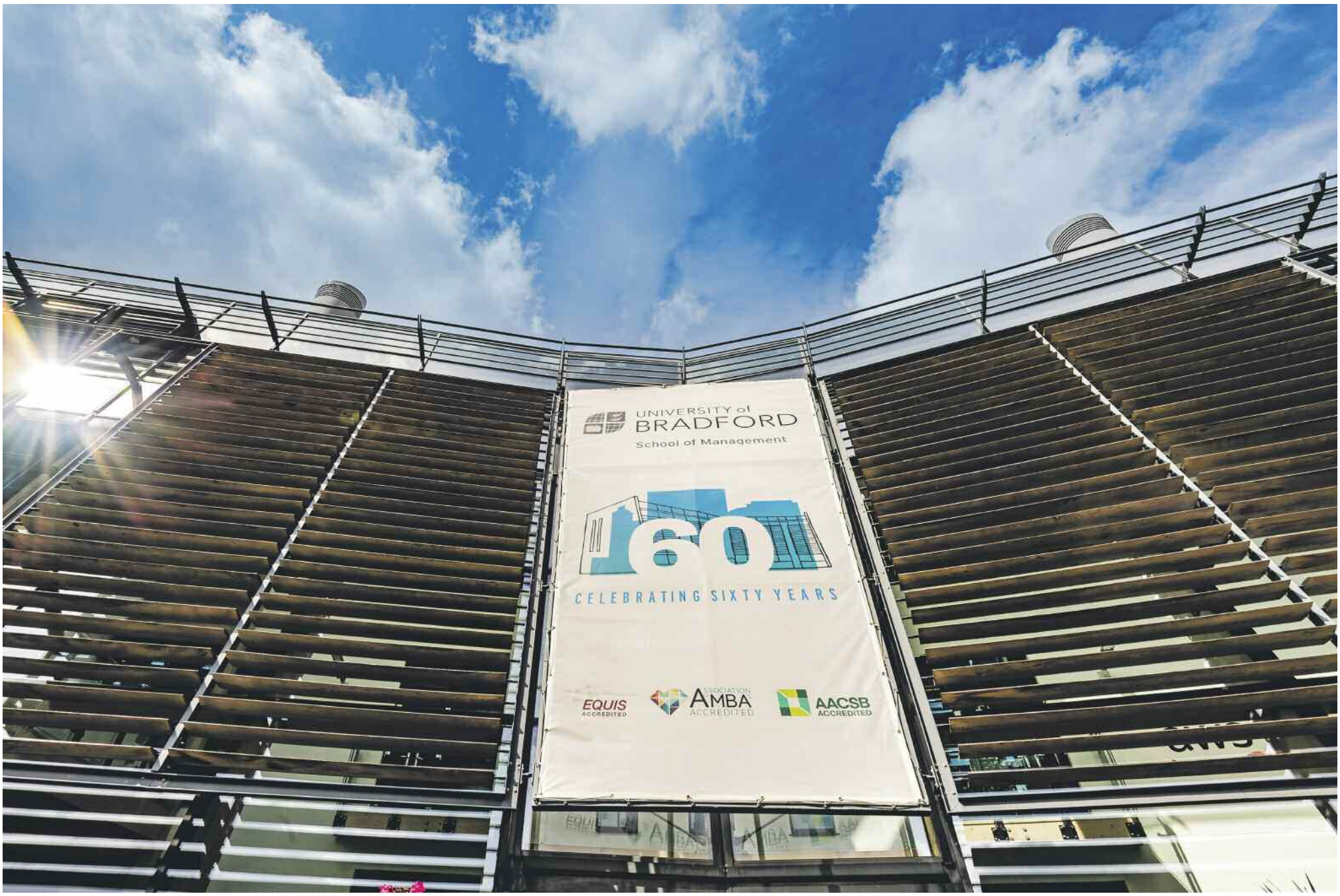
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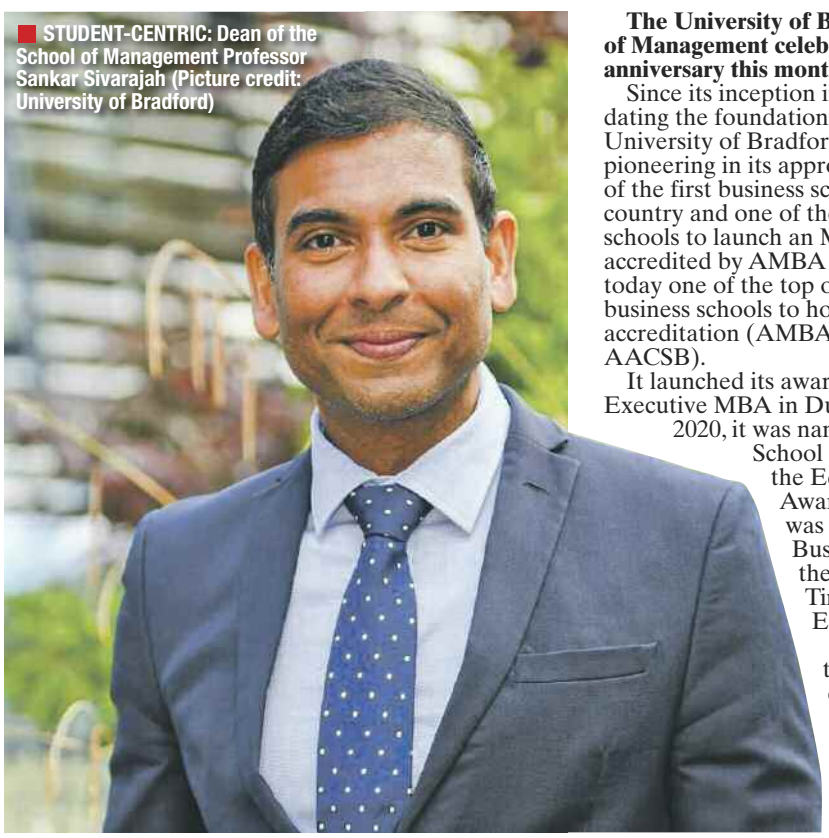
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University school celebrates 60 years in business


STUDENT-CENTRIC: Dean of the School of Management Professor Sankar Sivarajah (Picture credit: University of Bradford)

The University of Bradford's School of Management celebrates its 60th anniversary this month.

Since its inception in 1963 (pre-dating the foundation of the University of Bradford), it has been pioneering in its approach. It was one of the first business schools in the country and one of the first UK-based schools to launch an MBA. It was accredited by AMBA in 1970 and is today one of the top one per cent of business schools to hold coveted triple accreditation (AMBA, EQUIS and AACSB).

It launched its award-winning Executive MBA in Dubai in 1995. In 2020, it was named Business School of the Year at the Educate North Awards, and in 2021 was also named Business School of the Year in the Times Higher Education Awards.

As it prepares to mark a year of celebration, it remains a leading light, for example through the launch of its MSc in Applied AI and Data Analytics, a programme that resulted in Bradford having the most AI graduates in the UK.

The 60th anniversary milestone will be marked by a series of events over the coming weeks and months, including a management lecture in November, an academic conference in April and a special staff and student ball in July.

Dean of the School of Management Professor Sankar Sivarajah said: "Our School of Management focuses on ensuring students graduate with skills that are relevant to the world we live in today and by ensuring those graduates are ready for the challenges of the future.

"Our student-centred approach, coupled with our excellent ties to industry and world-leading research is reflected both in our funding successes for new programmes and our numerous awards. We are proud to be celebrating 60 years in business and we look forward to 60 more."

Notable alumni include: Murthy Renduchintala, the donor who helped found the Bradford-Renduchintala Centre for Space AI, Kate Hall, Design Director for HS2 and F1 pit-lane engineer to Sir Lewis Hamilton Stephanie Travers.

Recent achievements include

- Times Higher Education Supplement Business School of the Year 2021
- £1.4m funding over three years from the Office for Students for its MSc Applied AI and Data Analytics, offering 80 £10,000 scholarships, meaning Bradford now has the most AI graduates in the UK
- Triple accredited by AMBA, EQUIS and AACSB
- Compiling the first ever Top 100 Bradford business list
- Celebrated 25 years of its Executive MBA in Dubai in 2022


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PAKISTAN: Back to school

A year on from the floods children fight to reclaim their futures through classrooms

A year on from the catastrophic Pakistan floods children are back in school, with some returning to classrooms as recently as the last three months – but life is far from normal.

Even when schools opened their doors again, many were – and some still are - operating without basic water, sanitation, hygiene (WASH) and toilet facilities leaving children in the worst-affected areas with no choice but to miss out on precious hours of education.

Last year's disaster devastated the lives of 33 million people, half of which were children, leaving families without homes and access to WASH and schools without critical toilet and handwashing facilities.

Last year's disaster devastated the lives of 33 million people, half of which were children, leaving families without homes and access to WASH and schools without critical toilet and handwashing facilities.

Without these facilities, the safety of children is at risk, leading to increased risk of absenteeism and leaving them vulnerable to harassment and sickness, including a heightened likelihood of contracting waterborne diseases such as cholera.

Charity WaterAid heard through partners in the field how some children have also opted to stay at home out of fear of being unable to access a toilet, particularly girls on their periods.

Others are forced either to defecate in the open, leaving them vulnerable to harassment, or to cut their school day short in order to go home to use the toilet. Teachers too have been impacted by the loss of facilities, many of whom have had to use bushes as makeshift toilets.

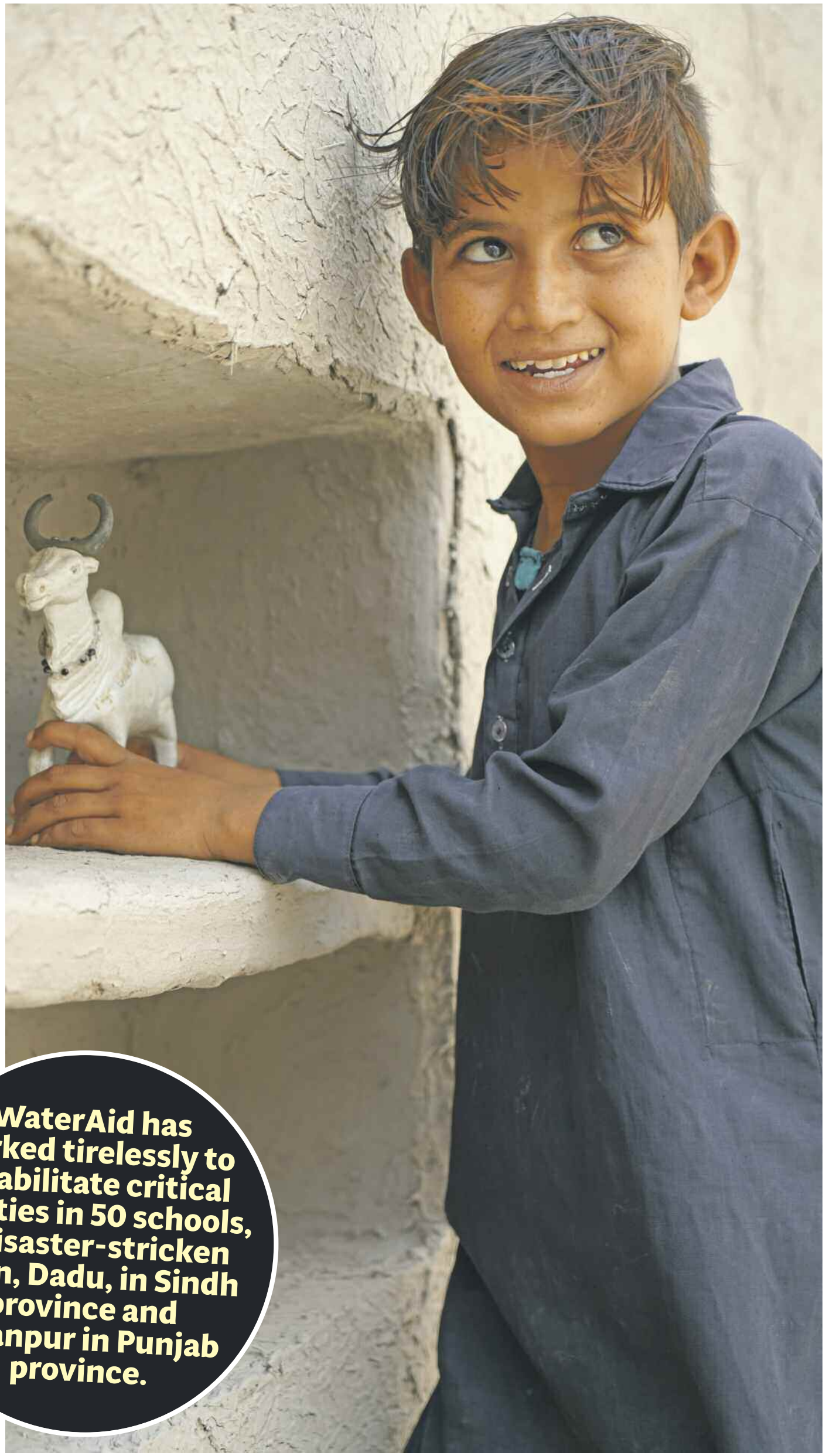
On the ground, WaterAid has worked tirelessly to rehabilitate critical facilities in 50 schools, in disaster-stricken Badin, Dadu, in Sindh province and Rajanpur in Punjab province. This includes the restoration of latrines, water supply, handwashing facilities and damaged structures such as doors and walls, enabling children to safely go to the toilet and return to classrooms where they can continue to thrive.

WaterAid has worked tirelessly to rehabilitate critical facilities in 50 schools, in disaster-stricken Badin, Dadu, in Sindh province and Rajanpur in Punjab province.

Arif Jabbar Khan, Country Director of WaterAid Pakistan, said: "Last year, Pakistan experienced some of the worst floods in the country's history.

"The impact of such a tragedy is long-lasting and without life-saving WASH facilities, thousands of children have been deprived of their right to education.

"They simply should not be forced to choose between their health and their future. WaterAid has been able to rehabilitate vital facilities in some of the worst impacted areas but WASH remains the key aspect in giving children hope and keeping them in classrooms."



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Bogus taxi driver jailed for attempted rape



A man who attempted to rape a vulnerable woman in Castleford after pretending to be a taxi driver has been jailed.

Raja Gulraiz, 48, from, Sheffield, was found guilty following trial at Leeds Crown Court of attempt rape and sexual assault.

The offence was committed in June 2021. Gulraiz positioned his Toyota Yaris close to a taxi rank and told the victim he was a taxi driver. She got into his vehicle where he committed the sexual offences during the journey to her home.

Bad character evidence submitted to the trial detailed that Gulraiz had been linked to a similar offence in Castleford in 2018.

He was sentenced on Monday, 18 September to 11 years imprisonment.

A victim personal statement was provided to the court. Words from the victim included: "Prior to this I wouldn't think twice about walking home alone at night, walking my dog or even getting into a taxi. I enjoyed my own company and I would always see the good in people, so it would never enter my head that people would be deceiving.

"I still have a lot of triggers. I no longer walk anywhere at night. I can't go down a certain street and until recently I couldn't even walk from my car to my front door without asking my mum or my partner to be waiting at door for me.

"This incident has impacted every aspect of my life on a daily basis and has changed me to someone whom I don't want to be…I grieve that person I once was."

Superintendent Phil Jackson said: "The victim has shown immense bravery in reporting what happened to her and the further courage to put her trust in the criminal justice system.

"It cannot be underestimated how hard it will have been for her to stand up in front of her attacker in court and relive the ordeal that he subjected her to. She has done this in the hope that she can stop what happened to her from happening to someone else. I hope that this conviction also helps give other victims the confidence to come forward.

"Gulraiz has failed to accept responsibility for his actions. The investigation team have worked tirelessly to ensure he has been brought to justice.

"We are committed to protecting woman and girls from violence and sexual violence. This conviction has ensured that a dangerous predator is now behind bars and will have conditions on him in the future to protect others from harm."

If you have been the victim of sexual violence, please reach out for help. There is information about how you can report it to the police and details of independent agencies who can offer advice and support at: **www.westyorkshire.police.uk/VAWG**

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Colourful & intricate

Dazzling Diwali light sculpture by Murugiah to be unveiled at London Design Festival 2023

The award-winning multi and interdimensional artist Murugiah, will unveil his latest work and first ever 3D installation at Greenwich Peninsula, as part of the London Design Festival.

The dazzling light sculpture, Rangoli Mirrored Cosmos is being launched on 16 September, in the lead up to, and created to celebrate Diwali, the festival of light. It will be installed and sit for a year on Peninsula Square, the gateway to London's Design District at Greenwich Peninsula.

Murugiah continues his trajectory as London's hottest design name with this latest inspired creation.

Rangoli Mirrored Cosmos is a vivid and engaging artwork exploring the connections and juxtapositions of the artist's Western birth and upbringing with his South Asian heritage.

It takes as its starting point the Hindu tradition of rangoli – colourful, intricate mandala designs painted onto the floors of house openings on festive or auspicious occasions – but rises out of the ground as a modern, mirrored light sculpture.

Large interactive floor graphics will sit amongst the installation and at specific slots members of the public will have the opportunity to tap into their creativity by using chalk to colour one in themselves.

Combined with Murugiah's original training as an architect, and his now unmistakeable graphic style of happy psychedelia, Rangoli Mirrored Cosmos will invite interaction, play and joy.

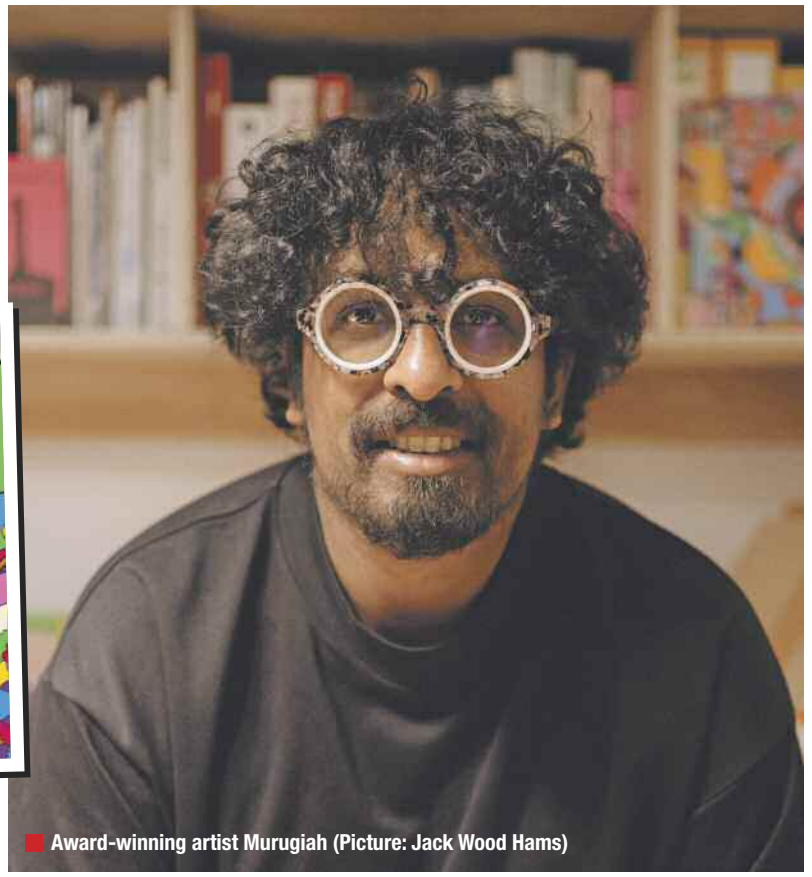


Murugiah said: "I am really grateful that Greenwich Peninsula has supported this work and empowered me to explore the traditions of my heritage which I often feel disconnected from. I am also very excited to be producing a large scale public realm sculpture. As a former architect, engaging with the public at a human scale is very important to me.

"I love living in London, but sometimes it can get a little loud in my head, and I find myself weighed down with the sorrows of the world. Rangoli Mirrored Cosmos represents the interconnectivity of existence. The larger cosmos reflects ourselves: small universes suspended within an infinite one.

"I hope people who visit the sculpture can use it as an opportunity to remind themselves that existence is a beautiful, fleeting thing, and can be joyful and filled with colour."

A programme of activities will celebrate South Asian Heritage and encourage visitors to interact with the artwork. Greenwich Peninsula will host Rangoli art illustration sessions as part of The Big Draw every weekend in October (7-29th).



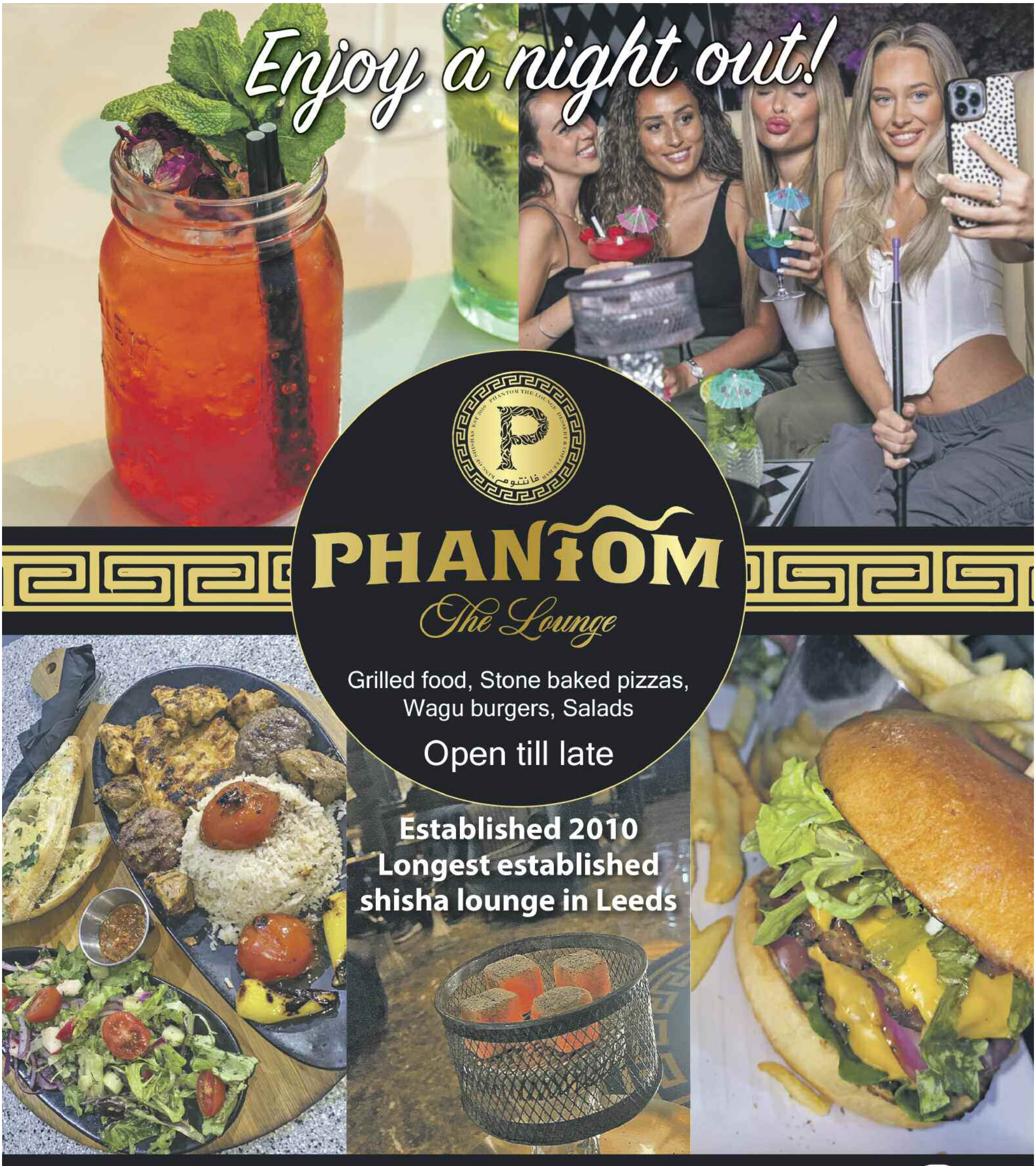
Award-winning artist Murugiah (Picture: Jack Wood Hams)

Celebrate Diwali at Greenwich Peninsula on 11th November with live music, talks and workshops, plus special food experiences at Canteen and Bureau. Murugiah will also create a special limited-edition print and graphic poster to commemorate the festival of light.

The whole of Greenwich Peninsula has been entered as a design district as part of this year's London Design Festival, reflecting the central role that art, culture and design play in creating London's newest and most desirable neighbourhood. Visitors can explore "one of the world's greatest places" (Time Magazine), taking in the sixteen specially designed buildings which make up London's first purpose-built home for the creative industries and immersing themselves in this vibrant creative hub.

For more information and details on the specific events across LDF, visit greenwichpeninsula.co.uk/whats-on/events/ and the social channels @greenwich.peninsula




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Top foodstuffs we've had in the cupboard without using for a year or more

Vinegar, stock cubes and tinned vegetables are some of the most unloved foods in the nation's kitchen cupboards with many of them languishing unused for five YEARS - or more - due to lack of food inspiration.

Pantry staples have topped a list of the top 50 items which are likely to remain unused a year or more after being purchased.

Tinned tuna, chickpeas and various herbs and spices also made the list, as did gravy and nuts.

Soy sauce, kidney beans and dried pasta are also among foodstuffs lying unused in the nation's pantries.

The research of 2,000 UK adults found three-quarters feel uninspired by what's in their store cupboards.

With almost a third experiencing the 'store cupboard stare' - often looking in their pantries and fridges and walking away unenthused by what's there.

When staring absently to see what's in stock, 12 per cent feel it's 'too much effort' to decide what to make, and 11 per cent don't think they're creative enough to turn old ingredients into exciting dishes.

To tackle the lack of mealtime inspiration, the rice brand Tilda has created a recipe generator tool that helps you to make the most of your cupboard staples.

Spokesperson Anna Beheshti said: "We know people lead busy lives, with little time to cook tasty and balanced dishes, including vegetables.

"In a bid to cut down on costs and make life a little bit more affordable, simple meals with fewer ingredients are increasing in popularity.

"All that's needed is a little inspiration to help people make the most of their store cupboard staples."

The research went on to find that with the recent increases in the cost of living, Brits have been purchasing 15 per cent more 'cupboard items' to bolster their store cupboards and to help reduce the overall cost of their shopping baskets.

However, nearly a third believe rice is the easiest cupboard staple ingredient to use with 42 per cent seeing it as a cupboard staple ingredient suitable for all of the family.



Top 20 unloved cupboard items

1. Vinegar
2. Stock cubes
3. Flour
4. Sugar
5. Pasta
6. Tinned vegetables
7. Loose rice
8. Tinned Tomatoes
9. Mustard
10. Cinnamon
11. Dried noodles
12. Tinned Tuna
13. Turmeric
14. Tinned Kidney beans
15. Tinned Baked beans
16. Gravy
17. Chutneys
18. Tinned Chickpeas
19. Paprika
20. Olive oil



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

STORY OF SUCCESS

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

ABOUT THE PERFUMES

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

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

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

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

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

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

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



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RATTLING CAGES:

Leeds rally spins highlight on Pakistan's political corruption



Organised by an independent group of UK-based Pakistanis – 'Leeds Friends of Pakistan & Imran Khan', a peaceful protest saw hundreds gather in support of calls to change the political course of their homeland

The 'Release Imran Khan and allow Free and Fair Elections' protest, at Millennium Square, Leeds on Saturday 9th September was attended by hundreds of British Pakistanis.

The rally raised awareness of the increasingly rife human rights violations, suppression of free media, and blatant attacks on Pakistan's democratic processes. 'Leeds Friends of Pakistan & Imran Khan', hope their efforts will assist in making a change.

The event began with Tilawat-e-Quran by Hafiz Saleem Hussain, with the recitation of Surah Ad Dhuha, in which Allah consoles the Prophet PBUH during a time of difficulty and despair.

It was then followed by a series of keynote speakers which included Rukhsana Khawaja - a long-time supporter of Imran Khan, Azhar Siddiq - Imran Khan's solicitor, Abid Hussain - local businessman and philanthropist, Arshad Khatana - chair of Leeds Council of Mosques, Amjad Bashir - former MEP, to mention a few.

Continued on page 30



BUSINESS YOUR LOCAL & BUSINESS ROUND-UP

The Value Of Expert Evidence In Lease Renewal Claims

The Ministry of Justice ("the MOJ") has signalled its intention to introduce compulsory mediation for money claims allocated to the Small Claims Track i.e. claims that are valued up to £10,000. Previously, mediation was available for such claims but only where both parties agreed to engage in mediation. This will now be made compulsory.

Mediation is the use of an independent mediator to assist the parties to resolve their dispute. The mediator does not impose a decision on the parties but instead uses "shuttle diplomacy" to try and achieve a settlement.

The proposed procedure would be:

• Proceedings will be commenced in the usual way i.e. by the Claimant completing a Claim Form.

• If no Defence is filed, then the Claimant would be entitled to apply for a Default Judgment against the Defendant.

• If a Defence is filed and if the case is allocated to the Small Claims Track, then the claim will proceed automatically to the Small Claims Mediation Service.

• Mediation appointments will be offered to the parties within 28 days.

• The mediation will be free of charge and carried out remotely.



• At the mediation, the Mediator will telephone each party and speak to them in turn (the parties will not speak to each other but only to the Mediator), attempting to reach a solution by asking the parties to explore areas of potential compromise.

• If a settlement is reached, a legally binding agreement will be registered with the Court.

• If a settlement is not reached, then the dispute will proceed to be heard by a Judge in the normal way.

To ensure that the parties comply with these new rules, Judges will be given powers to impose sanctions on parties who fail to comply with the requirement to mediate. These sanctions could involve striking out a Claimant's claim or a Defendant's Defence or, alternatively, the Judge could impose a costs sanction on the defaulting party. Although the parties will be compelled to mediate, settlement at mediation remains voluntary and therefore if a party wants their case to be determined by a Judge they may simply decide not to settle.

It is clear that the MOJ is introducing these new rules in an attempt to reduce the number of claims going through to trial. However, and as always, for the scheme to be successful the MOJ will need to allocate adequate resources to ensure that there are a sufficient number of mediators available to deal with the increase in the number of mediations otherwise the scheme will simply add further delay to the whole court process. At present, no timetable has been given as to when the new rules will be implemented but it is likely to come into effect in 2024.

It will come as no surprise that the MOJ will in due course likely look to extend compulsory mediation to Fast Track and Multi-Track cases where currently a regime exists that gives Judges power to impose sanctions on parties who refuse or are reluctant to mediate, but there is currently no automatic referral to mediation.

What is clear is that there is now a focus to "push" parties into mediation more than ever particularly at the very early stages of the litigation. Judges have been given a clear directive and mandate to penalise a party who, without exceptional reason "closes the door" on mediation. To avoid criticism, all parties must now fully and willingly embrace mediation prior to commencing court proceedings and consider engaging in genuine mediation at all stages of the litigation and be ready to demonstrate to the Court that they have made every effort to settle the dispute, if cost penalties are to be avoided.

If you are involved in any civil or commercial dispute, then Blacks Solicitors can assist. Please contact Luke Patel on 0113 227 9316 or email him at "LPatel@LawBlacks.com".

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RATTLING CAGES:

Leeds rally spins highlight on Pakistan's political corruption

Continued from page 29

Vocal critique of the Pakistan government, the famous London-based law student Shayan Ali - known for 'rattling the cages' of political quarters in Pakistan, particularly those of Nawaz Sharif and Asif Ali Zardari, also attended as a special guest speaker.

Shayan's brazen calls for holding the country's leaders accountable has been met with numerous attempts to be legally suppressed by the Pakistani government.

Event organiser, Mohammed Arif of 'Leeds Friends of Pakistan & Imran Khan' group, said: "Pakistan is facing an existential threat where the country's Constitution is being violated, rule of law ignored, and human rights abused daily.

"Millennium Square was alive and humming with protesters calling for justice and democracy.

"The Pakistan and PTI flags, banners, and children dressed in Pakistan and PTI colours, brought a carnival spirit to the centre of Leeds.

"Despite the extremely hot weather on the day, it was pleasing to see people turn up including women and children, to support Imran Khan and raise their voices against the injustices taking place in Pakistan.

"We want to thank all our attendees for supporting our protest, the success of which was all down to their participation. The mix of Urdu and English speakers ensured we catered for all our participants.

"The highlight of the protest was our guest speaker, Shayan Ali, the young activist who has been campaigning tirelessly to have Imran Khan released and exposing the corruption of the ruling elite.

"Shayan aroused the passions in the crowd, highlighted the illegal detention of Imran Khan.

"His commitments to campaigning until Imran Khan is released, see him carry out protests in every city across United Kingdom. His message for everyone is to write to our MPs and politicians to speak up on the tyranny that is the modern-day Pakistan."



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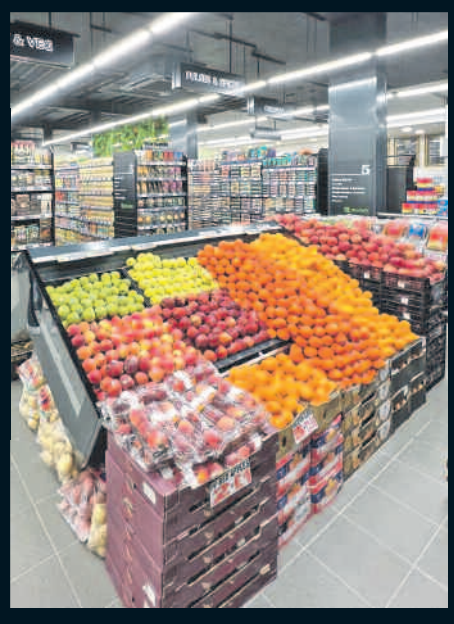
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Versatile

Pakistan-born designer launches first-ever versatile dress that can be worn 14 ways

A dress has been launched, the first of its kind, that can be worn 14 different ways.

Women know all too well that the pressure is always on to have an outfit for every occasion. From work to a social event, we need to change from one perfect outfit to another. And holidays mean packing something different, and fashionably appropriate, for every eventuality; the beach, the pool, sightseeing, meals out, or enjoying the nightlife.

Created by Maheen Sadiq, this little number is an entire capsule wardrobe in one intelligent and convertible design, decluttering your space and mind, and helping cut fashion waste at the same time.

Continued on page 34

Polko founder Maheen Sadiq



Versatile

Pakistan-born designer launches first-ever versatile dress that can be worn 14 ways

Continued from page 33

Maheen, founder of Polko, says: "As a little girl growing up in the 90s in Pakistan there was little to no ready-made clothing available.

"We wore what we created, and I spent many weekends with my mother immersed in fabric markets, finding trimmings, and sketching designs.

Fast-forward 20-years and my philosophy has remained the same: at Polko we aspire to a slower, simpler and more thoughtful way of life.

"I am so excited to unveil our carefully and consciously crafted hero-piece that lets you do more with less - and be kinder to our planet."

The Polko design offers eight options for a dress – from maxi with full sleeves, through midi with half sleeves to a strapless mini dress with all the permutations between.

It also offers maxi, midi and mini skirts which can be matched with other items from your wardrobe and / or three styles of top, which can be added to the skirts or paired with jeans, trousers or another skirt. Whatever works for you.

The dress comes in three colours – midnight black, foxy rust and deep sea blue. Versatile enough to transition effortlessly from office wear to evening attire, from wedding to festival, from weekend chic to park-life casual, it can also make up the bulk of your holiday packing – just add shoes and a few accessories.

And did we mention it has pockets?! Not a token gesture but pockets big enough to carry your phone, keys and purse without getting out of shape so you can also ditch the handbag.

"I am so excited to unveil our carefully and consciously crafted hero-piece that lets you do more with less - and be kinder to our planet."



Gender Selection



Gender Selection

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

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

We work to an established programme which has been validated over hundreds of treatments.

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

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

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

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

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

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Samosa personalities:

How do you eat yours?

Samosas have risen to become one of the UK's favourite snack options with a recent survey showing they're one of the top 'nibbles' among young people.

Now, a renowned food futurologist has revealed that how you eat your samosa says something about your personality.

In his report, Lyndon Gee also predicts that halal food is set to become mainstream in the coming years, following in the footsteps of other cuisines such as vegan and plant-based options.

He said halal food has evolved from being a religious dietary choice to being a marker of safe, healthy, hygienic and reliable food.

With trust being so key to what people choose to buy, especially food-wise, Lyndon said, "various research studies indicate that non-Muslims have a positive opinion of halal food products and show significant intention to buy them, as they know halal food is appropriately processed".

He added that halal products "will be chosen for non-faith-based reasons, simply because the food appeals, offering manufacturers even greater opportunities as halal products move into less traditional dishes".

Lyndon Gee has broad experience in the halal food industry. He's worked with Diabetes UK on various recipes for Ramadan aimed at the Muslim community and was creative consultant for a halal fast food burger concept.

With almost half of the UK Muslim population under the age of 24, the report also reveals how pivotal the younger generation are in terms of shaping what halal food looks like today.

Lyndon said: "Cash rich and time poor, the younger generation seek convenience and speed. Gen Y and Gen Z consumers are more adventurous and looking for new flavours and different food experiences than their parents. Products such as pasties or samosas that can be eaten in one hand are ideal."



Which one are you?

Lyndon has defined four distinct types of "samosa eater"

The corner nibbler - Methodically and tentatively nibbles each crispy corner of the samosa before gradually working their way to the centre, and all the filling. The nibbler is obsessed with delayed gratification.

The middle grounder - Going straight for the centre of the samosa, with military precision they carefully take a bite from between each of the 3 corners, leaving those crispy edges intact to relish last. These individuals are dull but organised.

The samosa squeezer - Strategically bites one corner of the samosa then squeezes to extract the filling, leaving the empty shell, which they gobble down whole. Greedy, they find this the quickest way to eat a samosa.

The pernickety peeler - Like to examine their food before eating it. They carefully and precisely nibble around the edge of the whole samosa, then gently peel off the top layer exposing the filling, which they meticulously inspect before finally munching. Indecisive and afraid to take a risk.

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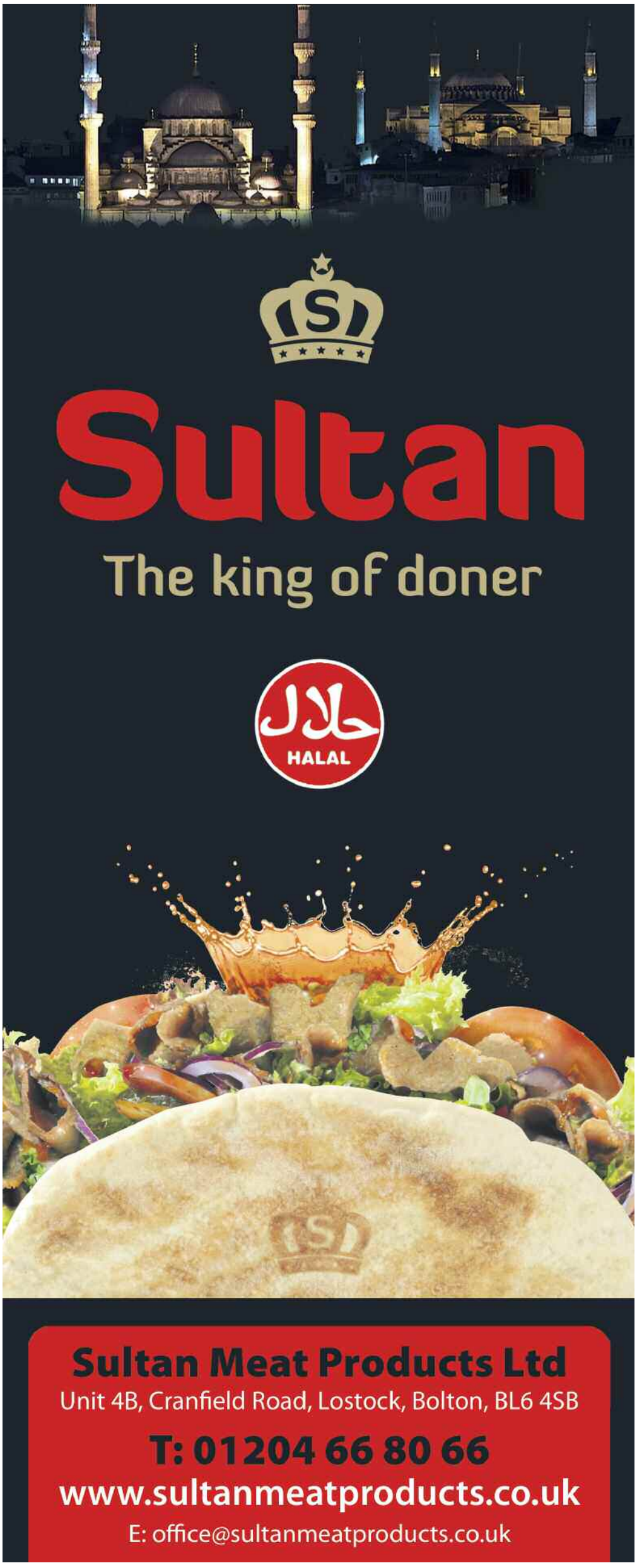
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Gut health

Signs and symptoms of an unhealthy digestive system and how to improve it

According to data from Google Trends, searches for "gut health" has increased by 2,900% in the UK over the last five years.

An unhealthy gut can contribute to several health problems, including diabetes, high blood pressure, and even anxiety.

With that being said, health experts at superfood supplement store humantonik.com have revealed five foods that can contribute to a healthier gut, which may improve your overall health.

If you're wondering if you could improve your gut health, the team at Human Tonik has also revealed the signs and symptoms of an unhealthy cut. If you regularly experience any of these symptoms, you could try adding some gut-healthy foods to your diet.

1. Upset stomach – this could include gas, bloating, and even heartburn

2. Unexplained weight changes – gaining or losing weight. An imbalanced gut can make it difficult for your body to regulate blood sugar and store fat.

3. Fatigue – Poor gut health can cause broken sleep cycles, which may cause extreme tiredness

4. Skin issues – Poor gut health can contribute to eczema, psoriasis, acne other skin conditions.



Ginger

Ginger is a superfood that has many surprising health benefits. It can help with congestion, reduce heartburn and even promote weight loss.

However, ginger can also be used to provide relief for an upset stomach and other digestive issues and support a healthy gut.

Gingerol, a natural compound found in fresh ginger, is packed with anti-inflammatory and antioxidant properties that can help restore gut balance. Ginger also helps promote digestion, meaning food doesn't linger around in your gut for an extended period.

There are plenty of ways to add ginger to your diet. Add chopped ginger to your tea or hot water in the mornings. You can also blend it into a smoothie. If you'd rather take supplements, ginger capsules can be taken daily to improve gut health.

Bananas

Bananas are another food that can contribute to improved gut health. Bananas contain a fibre called inulin, a substance that stimulates the growth of good bacteria in the gut. Inulin is a prebiotic that can help develop a microbiome and provide fuel for good bacteria to live in your gut. Eating inulin-rich foods can help your bacteria perform activities that keep your gut healthy.

Bananas are also a rich source of fructooligosaccharides, which act as a probiotic and promote the growth of good bacteria in the digestive tract, which ultimately helps with digestion.

The carbohydrates in bananas are also easily broken down. The fruit is gentle enough to be eaten if you are suffering from stomach ailments, and it restores lost electrolytes back into the body. Eating one or two bananas a day can seriously improve gut health.

Lentils

Lentils are a versatile food rich in nutrients such as iron, B vitamins, magnesium, potassium, and zinc, as well as resistant starches, which are brilliant for gut health.

Resistant starches are carbohydrates that do not break down into sugar and are not absorbed by the small intestine. They pass through most of the digestive system unchanged, usually fermenting in the colon. They then decrease the pH level in the colon to help create an environment where beneficial bacteria thrive.

There are many ways to add lentils to your diet. You can add them to your soup, pasta, and salads. You can also bake them with chicken or fish in the oven or simply serve them as a side dish.





Almonds

Almonds are high in fibre, which can increase the production of butyrate, a short-chain fatty acid that promotes gut health. Eating a handful of almonds a day can positively affect our overall gut health.

Butyrate is produced by gut bacteria and supports digestive health. It promotes the growth of villi, microscopic extrusions that line the intestines, and enhances the production of mucin, a gel-like substance that coats the inside of the gut and keeps it healthy.

However, it should also be noted that almonds are high fat, so while a handful of almonds a day is recommended for gut health, be sure only to eat them in moderation. Adding almonds to your breakfast smoothies or yogurt is a great way to get them into your diet.



Yogurt

Yogurt is probably the first food you think of when it comes to gut health. Rich in probiotics, which are live microorganisms that keep the git microbiome healthy, yogurt can help with gut issues such as bloating.

Having a proper balance of bacteria in your gut improves digestion and can block dangerous organisms that can cause infections and boosts your immune system. Foods such as yogurt can also help your body absorb vital nutrients from food.

However, not all yogurt is live with probiotics, so be sure to read the label and search for ones that contain live bacteria. High-protein yogurt with minimal sugar is the best.



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Fukra Gang kickstart Dubai weekend activities



The Fukra gang have been going all out promoting the third instalment of the popular Fukrey franchise. The team has now taken promotions to Dubai and a Press Conference was held downtown to kickstart a weekend of Fukrey 3 promotional activities in the region.

In attendance were actors, Richa Chadha, Pulkit Samrat, Manjot Singh and Pankaj Tripathi, who talked in detail about the upcoming comedy.

Speaking about reprising his role in the franchise, Pankaj Tripathi said: "My reason to come back to Fukrey 3 is that it is a huge franchise and people have shown so much love to it. So these reasons were enough for me to come back to it.

Continued on page 42

FUKRA GANG kickstart Dubai weekend activities

Continued from page 41

"I know I have to repeat the same role, which is not a big challenge for me as an actor. My job is to act, I don't know anything else other than acting in my life."

Speaking about Dubai, Richa Chadha said: "Dubai is lucky for us; we came here to promote the first part; we were fairly new at that time. It was lucky for us; this time also we're hoping it'll be lucky for us."

About working with Pankaj Tripathi she said: "This is my eighth film with Pankaj Ji. So we didn't really need any icebreaking. It was a lot of fun to work with him on the sets. He has a wacky sense of humour and deadly one-liners. As we progress in this press conference, you'll see that he is very charming."

About the popular franchise she added, "I always say that Fukrey has given me a lot in my career but has also given me a husband."

Pulkit Samrat said that he's recharged to be part of this 'mad crew, fabulous director and the crazy and excellent team from Excel'.

Manjot Singh adds: "Fukrey 3 releases on 28th September so please go watch it with your family, kids, parents and even those who you don't get along with, take them along too!"

About his role in the franchise he said: "Who wouldn't want to do a film like Fukrey? No one can say no to it. The first time it was offered to me, I signed it without even reading the script just because the title is so catchy. My dad always calls me a Fukra. So It's a very special film for me."

Directed by Mrighdeep Singh Lamba and produced by Excel Entertainment, Fukrey 3 releases in cinemas on 28th September 2023.



WIN ODEON TICKETS! WIN ODEON TICKETS! WIN ODEON TICKETS!



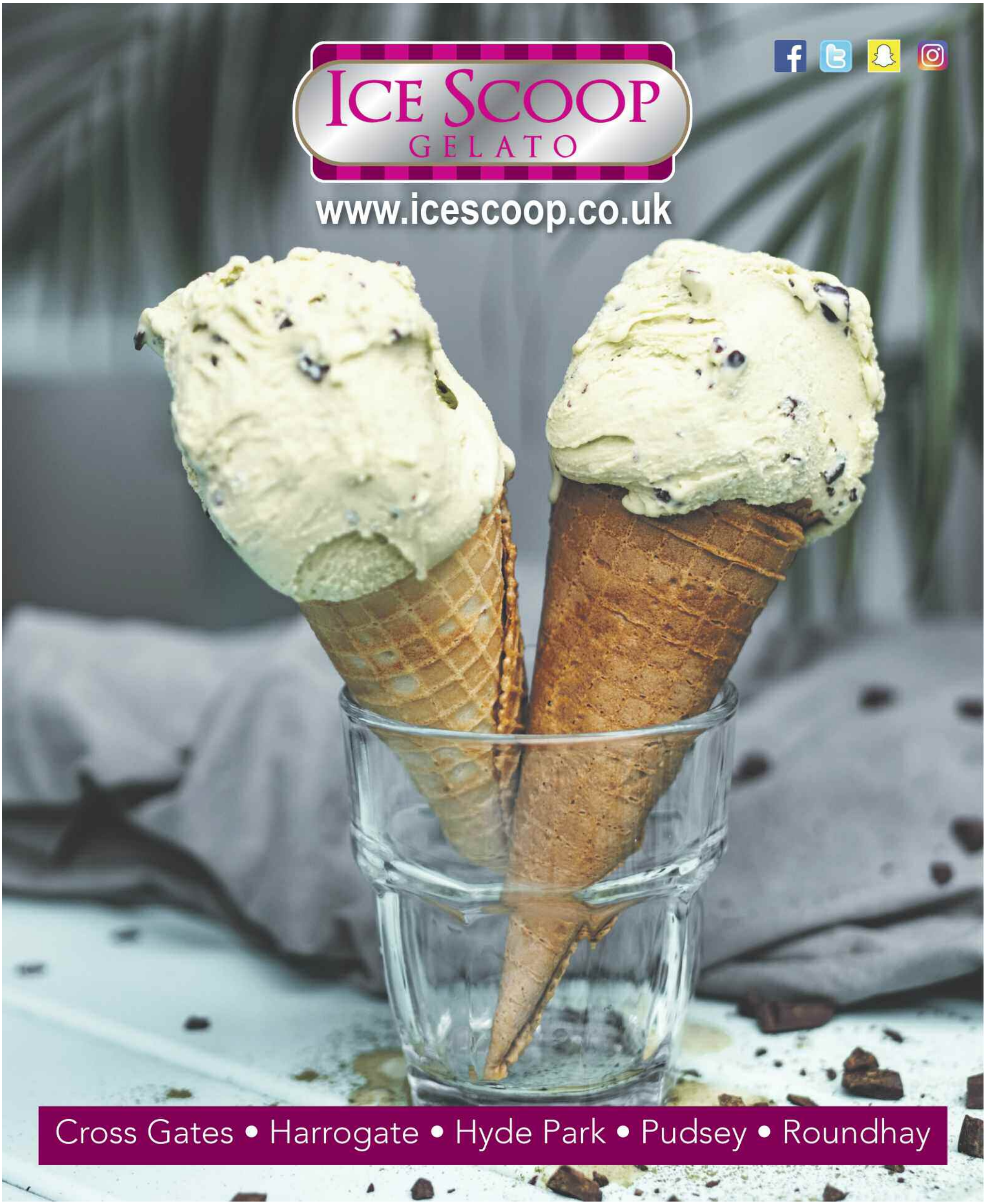
Odeon and The Asian Express bring back the movie mania as you get a chance to win free cinema tickets.

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Who's the director of 'The Exorcist: Believer'?

Send in your answers to **my.competition@asianexpress.co.uk.** Don't forget to mention your full name, contact details and address. Entry closes **10pm, 31st October 2023.** Winners will be selected randomly from all correct entries. Hook on to this page for free cinema tickets to upcoming films.

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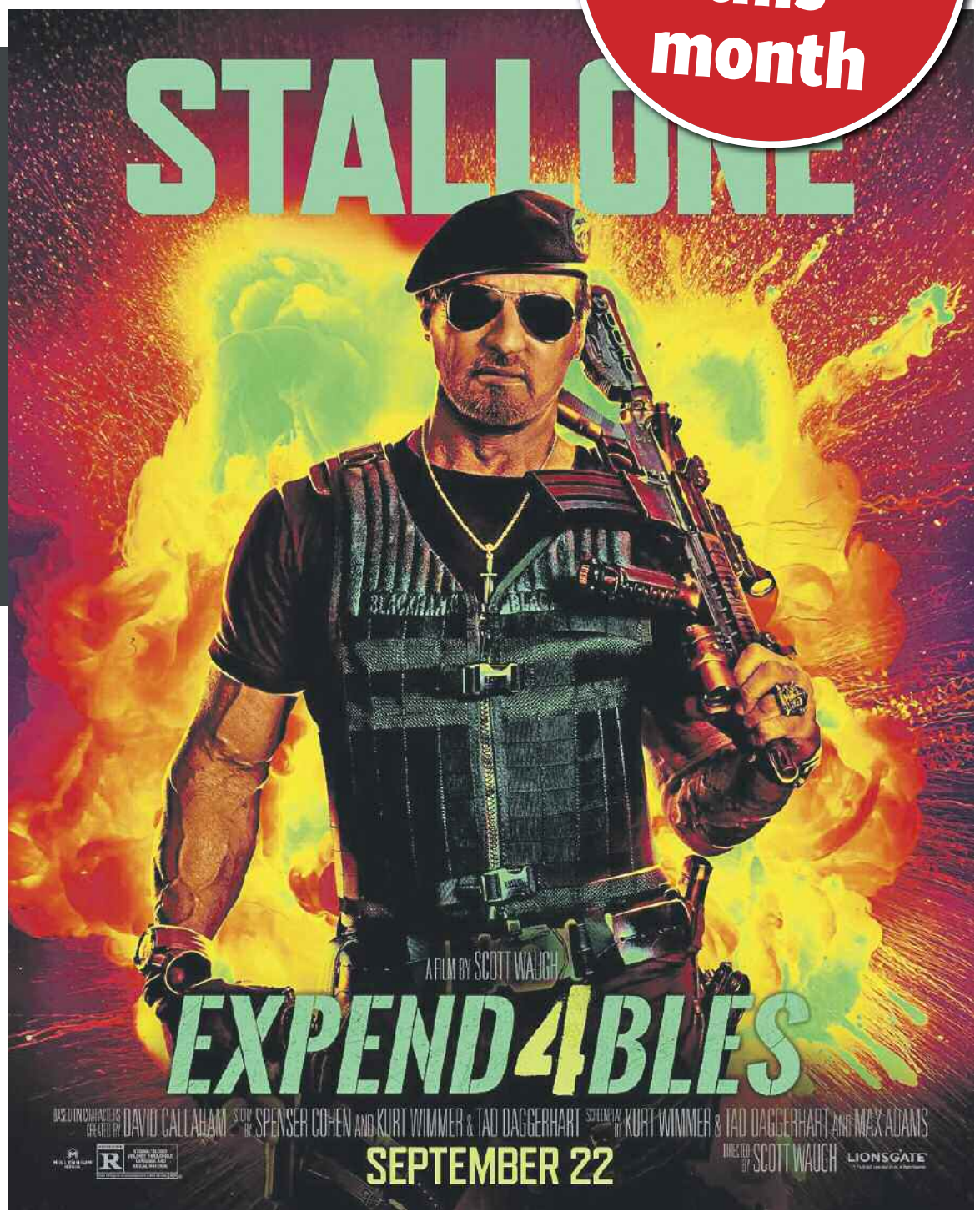
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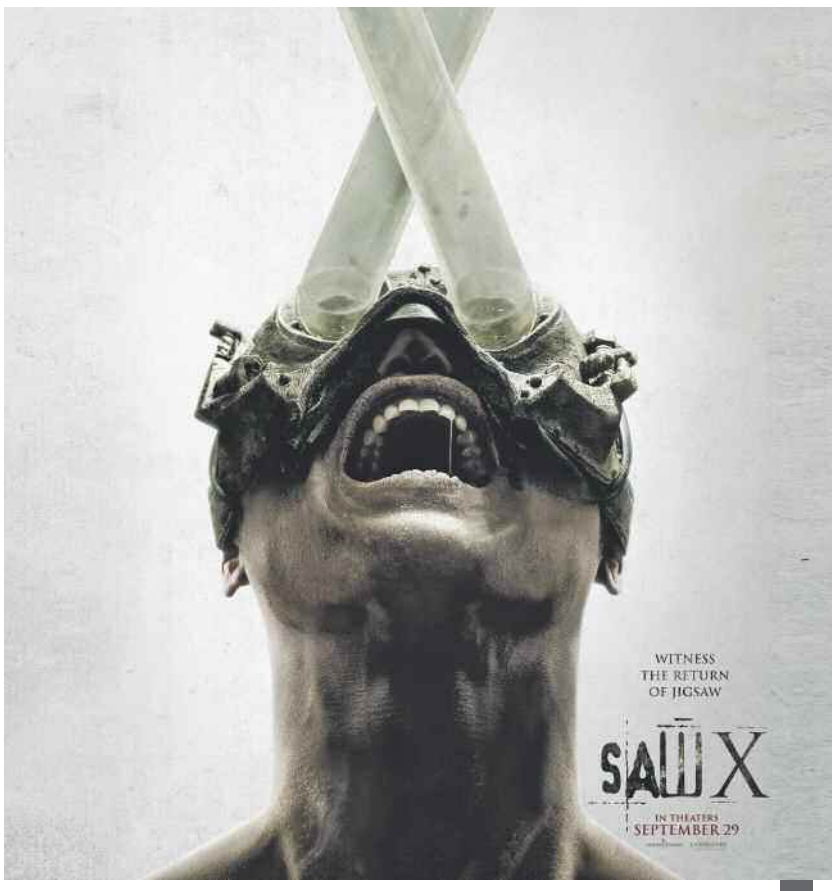
Release date: 22/09/2023
Starring: Iko Uwais, Andy Garcia, Megan Fox, Tony Jaa, Jason Statham, Sylvester Stallone, 50 Cent, Dolph Ludngren, Randy Couture
Director: Scott Waugh
Cert: 15

A new generation of stars join the world's top action stars for an adrenaline-fuelled adventure in Expend4bles.

Reuniting as the team of elite mercenaries, Jason Statham, Dolph Lundgren, Randy Couture, and Sylvester Stallone are joined for the first time by Curtis "50 Cent" Jackson, Megan Fox, Tony Jaa, Iko Uwais, Jacob Scipio, Levy Tran, and Andy Garcia.

Armed with every weapon they can get their hands on and the skills to use them, The Expendables are the world's last line of defence and the team that gets called when all other options are off the table. But new team members with new styles and tactics are going to give "new blood" a whole new meaning.





Saw X

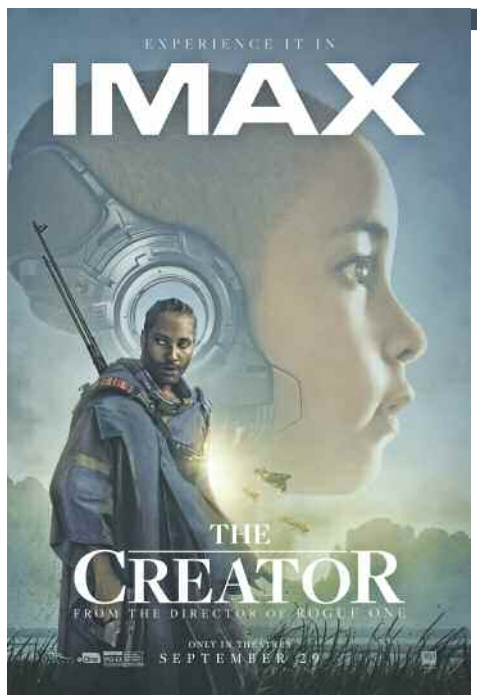
Release date: 28/09/2023
Starring: Tobin Bell, Steven Brand, Paulette Hernandez, Octavio Hinojosa, Renata Vaca, Synnøve Macody Lund, Joshua Okamoto, Michael Beach
Director: Kevin Greutert **Cert:** 18

John Kramer (Tobin Bell) is back.

The most disturbing instalment of the Saw franchise yet explores the untold chapter of Jigsaw's most personal game.

Set between the events of Saw I and II, a sick and desperate John travels to Mexico for a risky and experimental medical procedure in hopes of a miracle cure for his cancer – only to discover the entire operation is a scam to defraud the most vulnerable.

Armed with a newfound purpose, the infamous serial killer returns to his work, turning the tables on the con artists in his signature visceral way through devious, deranged, and ingenious traps.



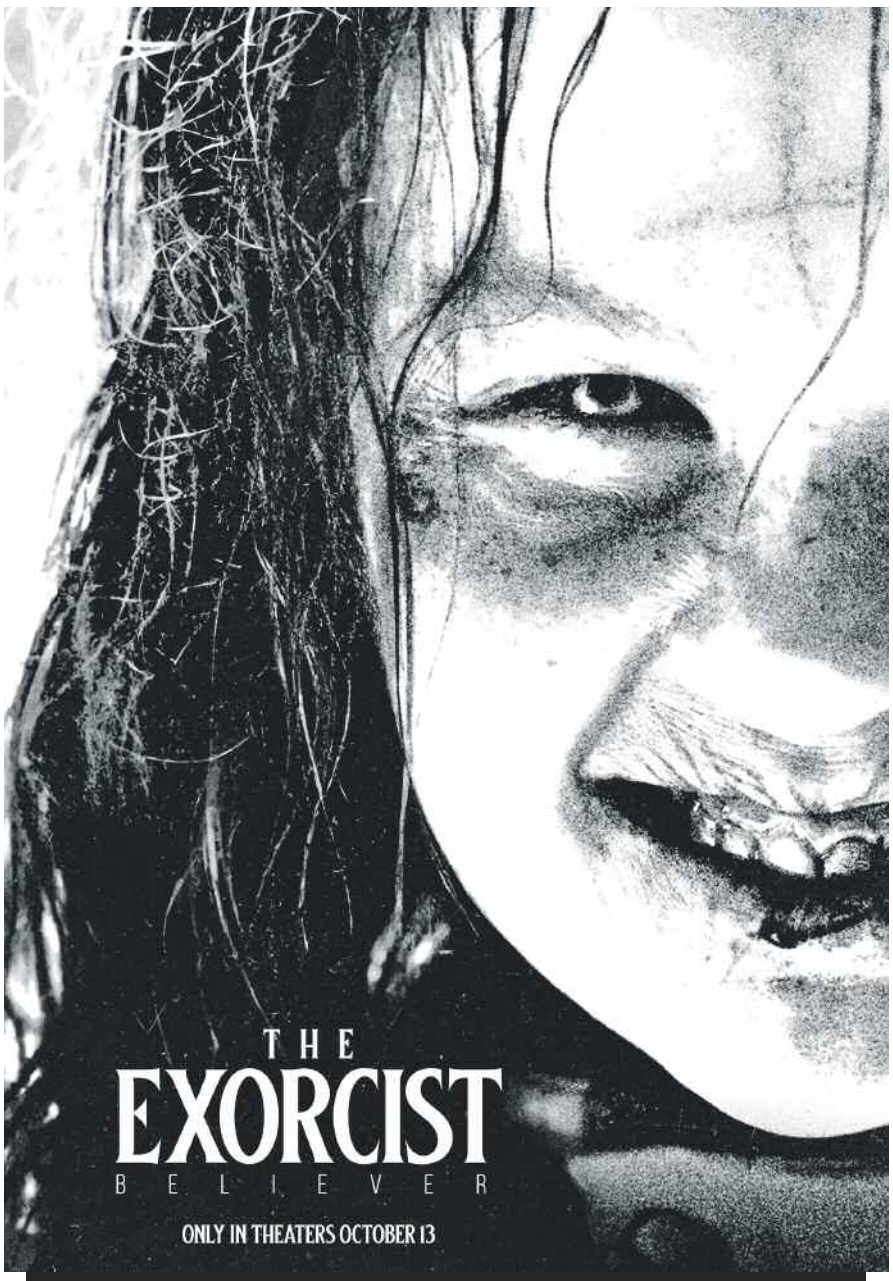
The Creator

Release date: 28/09/2023
Starring: John David Washington, Madeleine Yuna Voyles, Allison Janney, Benedict Wong, Sturgill Simpson, Ken Watanabe, Gemma Chan
Director: Gareth Edwards **Cert:** 12A

From writer/director Gareth Edwards ("Rogue One," "Godzilla") comes an epic sci-fi action thriller set amidst a future war between the human race and the forces of artificial intelligence.

Joshua (John David Washington, "Tenet"), a hardened ex-special forces agent grieving the disappearance of his wife (Gemma Chan, "Eternals"), is recruited to hunt down and kill the Creator, the elusive architect of advanced AI who has developed a mysterious weapon with the power to end the war… and mankind itself.

Joshua and his team of elite operatives journey across enemy lines, into the dark heart of AI-occupied territory… only to discover the world-ending weapon he's been instructed to destroy is an AI in the form of a young child (newcomer Madeleine Yuna Voyles).



The Exorcist: Believer

Release date: 06/10/2023
Starring: Jennifer Nettles, Ellen Burstyn, Ann Dowd
Director: David Gordon Green
Cert: 18

Precisely fifty years ago this autumn, the most spine-chilling horror film ever shocked audiences worldwide.

The Exorcist: Believer is a sequel to the 1973 film about a 12-year-old girl who is possessed by a mysterious demonic entity, forcing her mother to seek the help of two priests to save her.

Since the tragic loss of his pregnant wife in a Haitian earthquake 12 years prior, Victor Fielding has single-handedly raised their daughter, Angela.

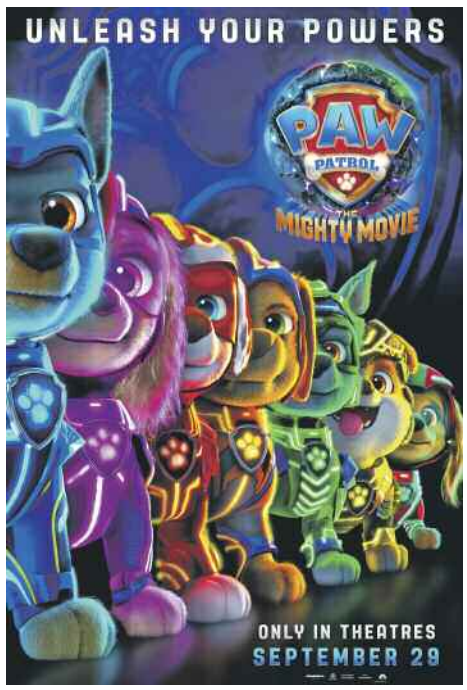
However, when Angela and her friend Katherine disappear in the woods, only to resurface three days later with no recollection of their experiences, it triggers a series of events forcing Victor to confront the ultimate evil.

In his fear and desperation, he seeks help from the only living person who has previously encountered a similar horror: Chris MacNeil.

PAW Patrol: The Mighty Movie

Release date: 13/10/2023
Starring: Finn Lee-Epp, Ron Pardo, Mckenna Grace
Director: Cal Brunker
Cert: PG

A magical meteor crash lands in Adventure City and gives the PAW Patrol pups superpowers, transforming them into The Mighty Pups

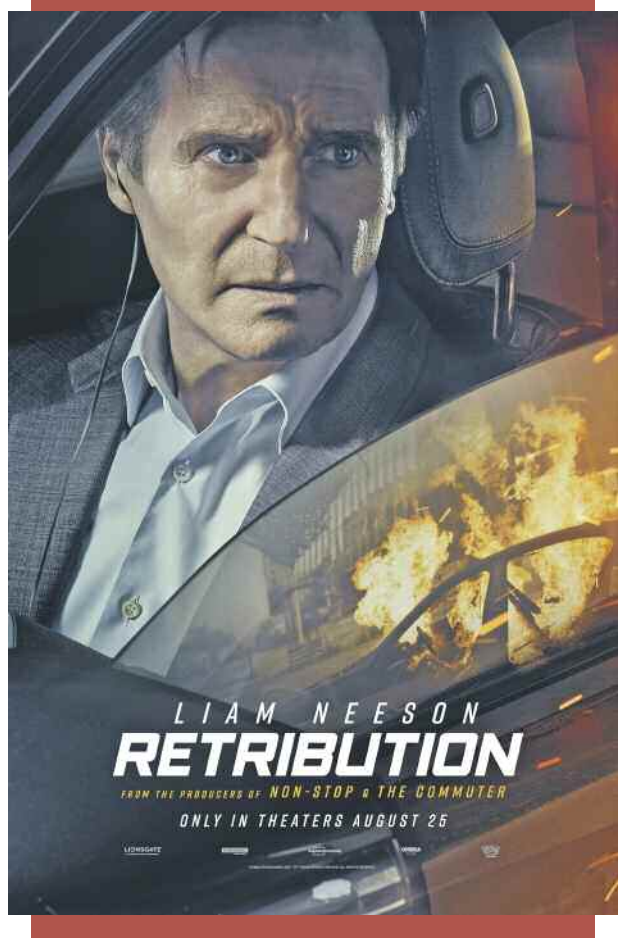




Retribution

Release date: 13/06/2023
Starring: Liam Neeson, Noma Dumezweni, Lilly Aspell
Director: Nimród Antal
Cert: 12A

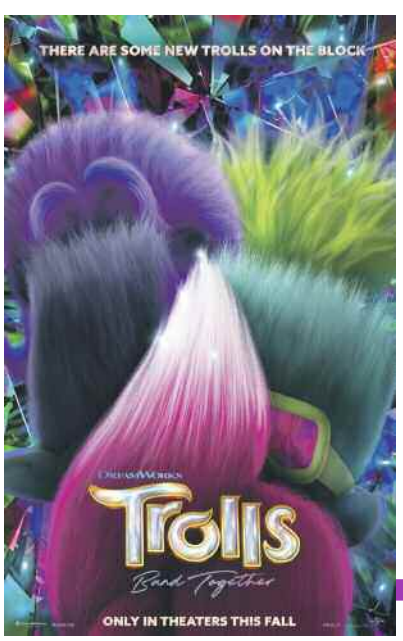
A bank executive receives a bomb threat while driving his children to school that his car will explode if they stop and get out. A remake of the 2015 Spanish film "El Desconocido."



Killers of the Flower Moon

Release date: 20/10/2023
Starring: Leonardo DiCaprio, Robert De Niro, Lily Gladstone
Director: Martin Scorsese
Cert: 15

Members of the Osage tribe in the United States are murdered under mysterious circumstances in the 1920s, sparking a major F.B.I. investigation involving J. Edgar Hoover.



Trolls Band Together

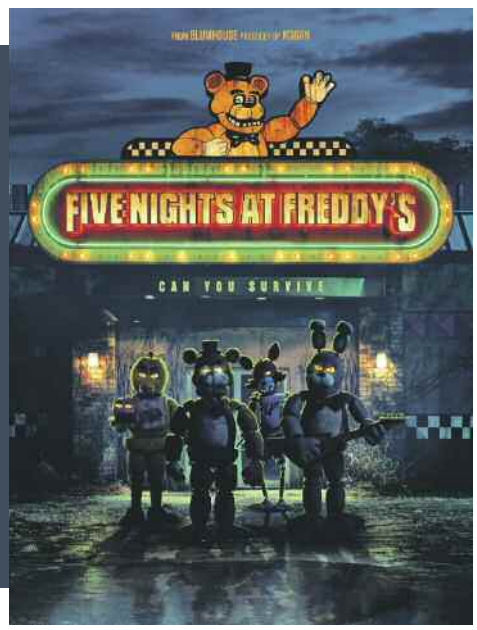
Release date: 20/10/2023
Starring: Daveed Diggs, Anna Kendrick, Zooey Deschanel
Director: Walt Dohrn, Tim Heitz
Cert: PG

Poppy discovers that Branch was once part of a boy band, BroZone, with his brothers: Floyd, John Dory, Spruce, and Clay. But when Floyd is kidnapped, Branch and Poppy embark on a journey to reunite the other brothers and rescue Floyd.

Five Nights at Freddy's

Release date: 25/10/2023
Starring: Josh Hutcherson, Matthew Lillard, Mary Stuart Masterson
Director: Emma Tammi
Cert: PG

A troubled security guard begins working at Freddy Fazbear's Pizza. During his first night on the job, he realises that the night shift won't be so easy to get through. Pretty soon he will unveil what actually happened at Freddy's.



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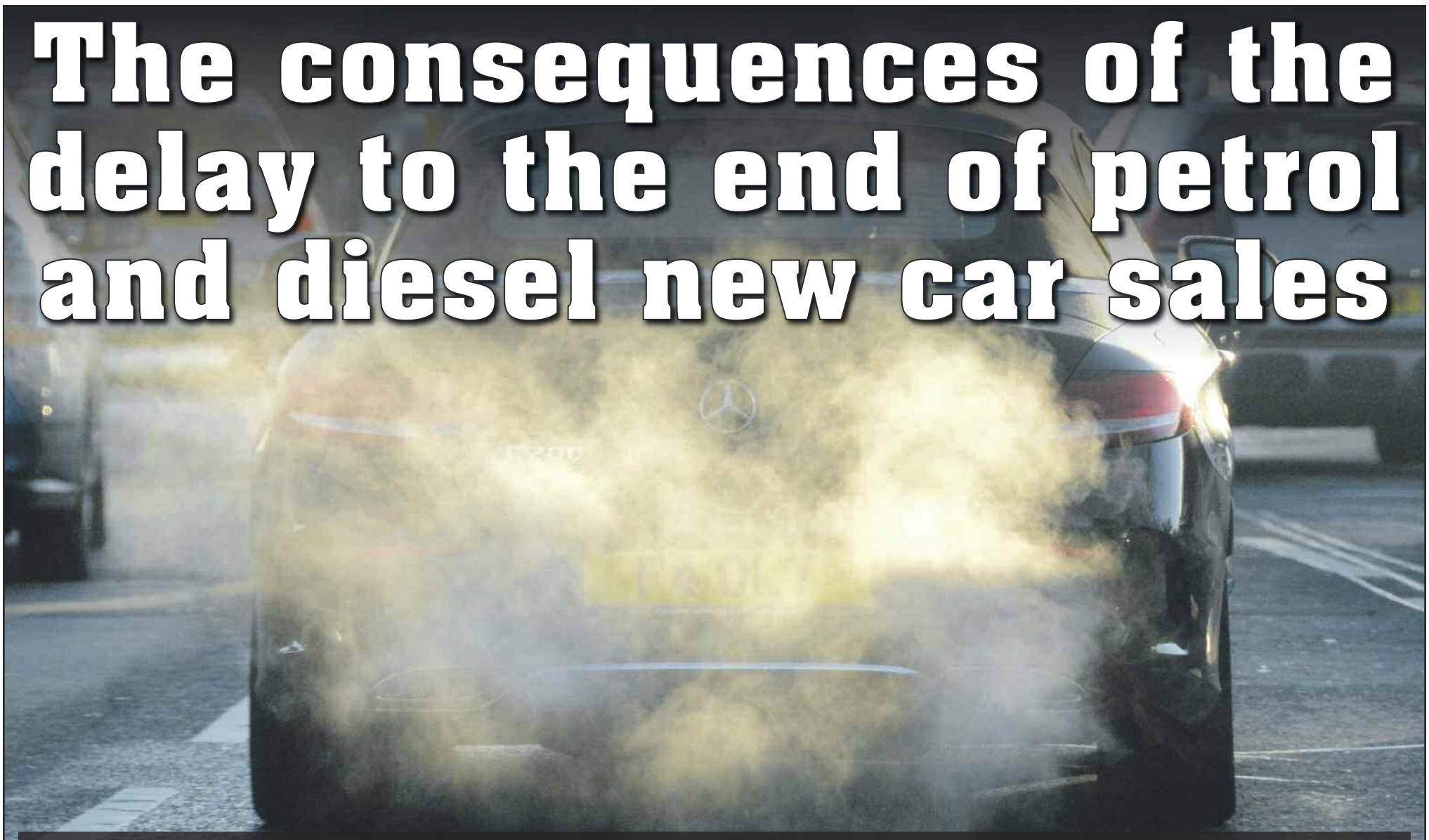
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The consequences of the delay to the end of petrol and diesel new car sales

The Prime Minister's announcement about delaying the end of sale date for petrol and diesel cars from 2030 to 2035 will have a number of negative consequences, according to leading EV leasing company DriveElectric.

In his announcement about moving the 2030 date to 2035, Prime Minister Rishi Sunak was keen to stress that this change of decision was primarily taken due to the financial interests of families around the country.

However the running costs of electric cars are lower than those of petrol and diesel cars, the whole-life costs of EVs are already less in many cases, and the purchase price of EVs are forecast to be on par with petrol cars by around the middle of this decade.

Most significantly, the Prime Minister's announcement ignores that urgent action is needed to tackle climate change, and deferring the move to zero-tailpipe vehicles delays action. Also completely overlooked is the issue of the UK's air quality emergency – the faster the UK transitions to EVs, the less impact there will be on our health from air pollution from road transport.

The key message at the 2023 SMMT Electrified Conference, which took place in Westminster just two days before the Prime Minister's announcement, was that the automotive industry needs certainty in order to plan ahead and invest in the UK. The certainty from the original 2030 ICE ban announcement resulted in companies such as GRIDSERVE being able to secure investment more easily for expanding public charging in the UK. The certainty has now evaporated due to the PM's change of date.

Linked to the 2030 date for the end of new ICE sales was the ZEV Mandate, which had been worked up by the Department for Transport to increase the percentage of EVs that manufacturers would have to sell in the UK leading up to 2030.

Manufacturers such as Ford welcomed the proposed ZEV Mandate, which was due to be implemented from January 2024, but the proposals have been waiting for government sign-off for months, creating uncertainty for the industry, and Rishi Sunak made no mention of plans for the ZEV Mandate in his announcement.

The government has been making a lot of noise about the need for energy security over the last 18 months, however delaying the transition to EVs means that the UK is reliant on importing fossil fuels for longer.

However, DriveElectric believes that motorists will continue to make the move to EVs because they offer a better ownership experience, and the company remains committed to helping people make the transition and reach net zero. Rather than delaying the move to EVs, what is needed is more support from the government now to help private motorists speed up the switch to electric cars.

Mike Potter, Managing Director of DriveElectric, concludes: "Electric cars make sense financially because they last longer, need less maintenance, cost significantly less to fuel, and can cut electricity bills in half by using vehicle to grid technology. Such benefits also make EVs a much better buy for the second-hand market."

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Black Edition



Golf adds extra style, performance and exclusivity to the Volkswagen range

Volkswagen has added extra style, performance and exclusivity to its range with the new Golf Black Edition, which has just gone on sale.

The Golf Black Edition sits between the R-Line and GTE models and comes packed with exciting and exclusive features. In addition, it has all the style customers have come to expect from any Volkswagen Black Edition.

Additional items compared with the R-Line include 18-inch black Bergamo alloy wheels – which are not available with any other Golf in the UK – plus a Winter Pack, rear-view camera and a Black Style Package.

This comprises an illuminated strip between the headlights, recessed and illuminated door handles, black exterior mirror housings and LED Plus headlights.

Sports seats in the front, rear tinted glass, R-Line body-coloured bumpers and interior ambient lighting with 30 colour options complete the Golf Black Edition's head-turning looks.

As expected from any Volkswagen Black Edition model, this new Golf model also offers notable value for money. Its additional features, compared with the R-Line, would normally cost £2,900 – but the new model costs just £1,500 more.

Retail prices start from £31,985 (on the road, including VAT).

The Golf Black Edition comes with a choice of three advanced powertrains, all providing sparkling performance, impressive refinement and high efficiency:

- 1.5 TSI 150 PS with six-speed manual
- 1.5 eTSI 150 PS mild hybrid with seven-speed automatic direct-shift gearbox (DSG)
- 2.0 TSI 190 PS with seven-speed DSG and 4MOTION all-wheel drive (exclusive to Golf Black Edition)

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UPGRADED

With its expressive new design, the revised Q8 is a sporty, elegant SUV coupé from the brand with the four rings.

The short overhangs and long wheelbase make for sporty, muscular proportions that can be accentuated with distinctive exterior colours and wheels.

For the first time, Audi is equipping the Q8 SUV with HD Matrix LED headlights, including a laser as an additional high beam on top-spec models. These headlights feature digital daytime running lights and selectable light signatures. Digital OLED rear lights with four selectable rear light designs complete the expanded light offering.

New wheels, colours, decorative inlays, and seats with contrast stitching highlight the car's top position among the Q models. UK sales begin on 10th October with prices starting from £75,500 (OTR).

Decor, Colours, Wheels: The right equipment range for every taste

To underscore the character of the Q8, three new finishes are available. Audi Sport GmbH offers Sakhir Gold, Ascari Blue, and Chili Red, all as metallic finishes. Five new alloy wheel designs are also introduced with sizes ranging from 21 to 23 inches depending on specification.

As part of the model update, Audi is also expanding the range of apps. For the first time, passengers can use popular apps from third-party providers (for example Spotify or Amazon music). A store with a market-specific app portfolio expands the third-generation modular infotainment toolkit (MIB 3). In terms of driver assistance systems, the surroundings display in particular has received a significant upgrade.

The Audi virtual cockpit displays a lane change warning, other road users (trucks, cars, and motorcycles) distance warning, intersection assist, and traffic light information online in stunning full HD quality.

The right choice for every situation: the powertrains

The range opens with the 50 TDI quattro, powered by a 3.0-litre six-cyinder diesel engine that generates 286PS and an impressive 600Nm of torque, which extends over a plateau between 1,500 and 3,000rpm. From a standing start, the Audi Q8 50 TDI accelerates from 0-62mph in 6.1 seconds. It has a top speed of 150mph.

The Audi Q8 55 TFSI features a 3.0-litre six-cylinder engine with direct fuel injection that delivers 340PS. It delivers a maximum torque of 500Nm in a broad engine speed range from 1,370 to 4,500 rpm. With its turbocharged petrol engine, the Audi Q8 55 TFSI accelerates from 0-62mph in 5.6 seconds. It reaches its electronically governed top speed at 155mph.

The V6 engines in the Audi Q8 work together with an eight-speed tiptronic, quattro permanent four-wheel drive, and the mild-hybrid system, which can achieve a fuel-consumption advantage of up to 0.5 litres per 62 miles in customer operation. Its key components are a lithium-ion battery and a belt alternator starter (BAS) that supplies power to the Q8's 48V main electrical system. When decelerating, the BAS recuperates up to eight kW, which feeds into the battery.

Between 34 and 99mph the Q8 can coast with the engine off for up to 40 seconds when the driver takes their foot off the accelerator. After braking, the BAS restarts the six-cylinder quickly and efficiently. The start–stop begins as low as 14mph.

UK SPEC

The new Q8 line-up comprises three core specifications in the UK: S line, Black Edition and Vorsprung. To coincide with the market introduction, an exclusive Launch Edition specification will be available in limited numbers sitting between Black Edition and Vorsprung on Q8 and SQ8 editions. Equipment highlights across the range include Matrix LED Headlights with dynamic indicators, Valcona leather upholstery and heated front sports seats, MMI navigation Plus, Audi virtual cockpit, adaptive air suspension, parking system plus with 360 Display and cruise control.

Q8 SUV 50 TDI S line - £75,500
Q8 SUV 50 TDI Black Edition - £80,050
Q8 SUV 50 Launch Edition - £86,000
Q8 SUV 50 TDI Vorsprung - £99,300
Q8 SUV 55 TFSI S line - £76,100
Q8 SUV 55 TFSI Black Edition - £80,650
Q8 SUV 55 TFSI Launch Edition - £86,600
Q8 SUV 55 TFSI Vorsprung - £99,900
SQ8 SUV Black Edition - £97,245
SQ8 SUV Launch Edition - £102,745
SQ8 SUV Vorsprung - £116,795

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GB A2SSM £1,499 ONO TEL. 07875 337 224	GB ANII JAM £5,000 TEL: 01274 414141 MON - FRI: 9-5.30	GB ASKI £70,000+ TEL. 07854 012 093	GB BKIIMAR £15,000 (B KUMAR) TEL. 07985 455 057	GB DSIIAUN £15,000 (D SHAUN) TEL. 07985 455 057	GB FI7 STX £2,999 ONO TEL. 07904 018 063	GB HO55AYN £8,895 ONO TEL. 07779 324 610	GB JAIIMED £15,000 (J AHMED) TEL. 07985 455 057	GB KU55 OOM £2,000 TEL. 07588 326 444	GB MA55 UDD £4,000 TEL. 07588 326 444	GB MSIISAN £7,500 (M SUSAN) TEL. 07985 455 057	GB NSIISAN £7,500 (N SUSAN) TEL. 07985 455 057	GB PKIINGS £14,000 (P KINGS) TEL. 07985 455 057	GB SII ETK £OFFERS (SHEIKH) TEL. 07815 114 201
GB A2I2 JAN £OFFERS OVER £5,000 TEL. 07817 615 022	GB ANII SAR £2,500 TEL: 01274 414141 MON - FRI: 9-5.30	GB ATT4H £8,500 ONO NO WITHHELD No TEL. 07786 424 251	GB BSIIAUN £15,000 (B SHAUN) TEL. 07985 455 057	GB DSIISAN £7,500 (D SUSAN) TEL. 07985 455 057	GB F44EEM £4,500 TEL. 07825 040 037	GB HOIIVER £7,500 (H OLIVER) TEL. 07985 455 057	GB JA55BYR £8,895 TEL. 07779 324 610	GB KVIIJAY £10,000 (K VIJAY) TEL. 07985 455 057	GB MA55 UMM £2,800 TEL. 07588 326 444	GB MUIIAMD £10,000 (MOHAMMAD) TEL. 07867 886 786	GB NUII ZAT £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	GB PMIILES £7,500 (P MILES) TEL. 07985 455 057	GB SIILYM £5,000 TEL. 07900 895 552
GB AAII LAM £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	GB ANII SER £5,000 TEL: 01274 414141 MON - FRI: 9-5.30	GB AVIIJAY £10,000 (A VIJAY) TEL. 07985 455 057	GB BT55MLA £1,500 ONO (BISSMILA) TEL. 07971 732 789	GB DVIIJAY £10,000 (D VIJAY) TEL. 07985 455 057	GB F44TMA £7,500 TEL. 07825 040 037	GB HII RAA £REASONABLE OFFERS TEL. 07525 927 144	GB JAV333D £5,500 TEL. 07867 861 193	GB KYIISAF £15,400 (K YUSAF) TEL. 07985 455 057	GB M ALIIS £OFFERS TEL. 07787 334 567	GB MUII SAH £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	GB NVIIJAY £10,000 (N VIJAY) TEL. 07985 455 057	GB PSIISAN £7,500 (P SUSAN) TEL. 07985 455 057	GB SII OHL £OFFERS TEL. 07545 218 365
GB AAIIMAD £15,000 (A AHMAD) TEL. 07985 455 057	GB AN54AR N £1,500 ONO (ANSAAR) TEL. 07946 162 099	GB AWS55OM £10,000 (AWESOME) TEL. 07985 254 294	GB BU55TEO £5,000 ONO (BUSTED) TEL. 07985 455 057	GB DYIISAF £15,400 (D YUSAF) TEL. 07985 455 057	GB FAII RYD £1,000 TEL: 01274 414141 MON - FRI: 9-5.30	GB H8 ABU £950 ONO TEL. 07968 642 402	GB JDIIEEP £7,000 (J DILEEP) TEL. 07985 455 057	GB KY55 HAN £3,800 TEL. 07588 326 444	GB MAR20F £4,000 ONO TEL. 07990 116 644	GB MVIIAMD £1,500 (MOHAMMAD) TEL. 07867 886 786	GB NYIISAF £15,400 (N YUSAF) TEL. 07985 455 057	GB PVIINDA £SERIOUS OFFERS TEL. 07707 146 047	GB SIIIRGL £OFFERS TEL. 07919 583 618
GB AAIIYAA £20,000 (AALIYAA) TEL: 07985 455 057	GB AN55AR K £1,000 TEL. 07983 480 777	GB AYIINUS £9,500 (A YUNUS) TEL. 07985 455 057	GB BVIIJAY £10,000 (B VIJAY) TEL. 07985 455 057	GB DYIISUF £15,000 (D YUSUF) TEL. 07985 455 057	GB FAIISHA £9,000 (F AISHA) TEL. 07985 455 057	GB HAIIEEX £12,000 (HAILEE X) TEL. 07985 455 057	GB JEIIOUS £20,000 TEL. 07786 615 234	GB KY55 HOR £3,500 TEL. 07588 326 444	GB MDO4WOD £1400 (M DAWOOD) TEL. 07428 657 147	GB MVIIJAY £10,000 (M VIJAY) TEL. 07985 455 057	GB NYIISUF £15,000 (N YUSUF) TEL. 07985 455 057	GB PWIISON £15,000 (P WILSON) TEL. 07985 455 057	GB SI3AF X £1,200 ONO TEL. 07791 919 237
GB AAI2JAN £15,000 (ARJAN) TEL. 07731 464002	GB ANJ33M £4,995 TEL. 07867 861 193	GB ASIISAF £15,400 (A YUSAF) TEL. 07985 455 057	GB BYIISAF £15,400 (B YUSAF) TEL. 07985 455 057	GB EAIIMAD £10,000 (E AHMAD) TEL. 07985 455 057	GB FAIIMAD £10,000 (F AHMAD) TEL. 07985 455 057	GB HAIIEYX £12,000 (HAILEY X) TEL. 07985 455 057	GB JKII ANN £2,500 (J KHAN) TEL. 07815 114 201	GB LII KJY £1,195 ONO TEL. 07867 770 940	GB MDIIEEP £7,000 (M DILEEP) TEL. 07985 455 057	GB MYIINUS £9,500 (M YUNUS) TEL. 07985 455 057	SOLD NY55 AHR £1,250 TEL. 07588 326 444	GB PYIISAF £15,400 (P YUSAF) TEL. 07985 455 057	GB S4OYB K £1,495 (SHOYB/SAQYB K) TEL. 07786 424 251
GB AA5IZAA £OFFERS TEL. 07977 612 479	GB ANW444R £10,000 ONO (ANWAAR) TEL. 07946 162 099	GB AYIISUF £15,000 (A YUSUF) TEL. 07985 455 057	GB BYIISUF £15,000 (B YUSUF) TEL. 07985 455 057	GB EAIIMED £15,000 (E AHMED) TEL. 07985 455 057	GB FAIIMED £15,000 (F AHMED) TEL. 07985 455 057	GB HAIIMAD £10,000 (H AHMAD) TEL. 07985 455 057	GB JKIIMAR £15,000 (J KUMAR) TEL. 07985 455 057	GB LI 4 USY £3,000 (U 4 USY / LUSY) TEL. 07786 424 251	GB MDIIAMD £2,500 (MOHAMMAD) TEL. 07867 886 786	GB MYIIPOD £3,000 (MY IPOD) TEL. 07985 455 057	GB NY55 HAA £1,250 TEL. 07588 326 444	GB PYIISUF £15,000 (P YUSUF) TEL. 07985 455 057	GB S44JED £OFFERS yourplate@yahoo.co.uk
GB AA55HAK £8,895 ONO TEL. 07779 324 610	GB ANW444R £10,000 ONO (ANWAAR) TEL. 07946 162 099	GB AYII UBS £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	GB CII EWY £2,500 TEL. 07764 656 667	GB EA55TAL £OFFERS T: 07740 784 983 privateplates@hotmail.co.uk	GB FAH44D £9,995 TEL. 07530 612 171	GB HAIIMED £15,000 (H AHMED) TEL. 07985 455 057	GB JSIISAN £7,500 (J SUSAN) TEL. 07985 455 057	GB L IMRN £10,000 ONO (IMRAN) TEL. 07759 097 070	GB MEIIBUB £19,000 (MEHBUB) TEL. 07985 455 057	GB MY5ISHA £995 (MY SHISHA) TEL. 07834 531 683	GB OOIIOYD £20,000 (OO LLOYD) TEL. 07985 455 057	GB ROIIANG £9,500 (ROHAN G) TEL. 07985 455 057	GB S48 EYA £2,500 TEL. 07588 326 444
GB AA55RAF SOLD £1,250 TEL. 07588 326 444	GB ASII AHS £3,000 (A SHAHS) TEL. 07815 114 201	GB BO55 KHN £OFFERS TEL. 07971 850 490	GB CI4 SSE £7,500 (CLASSY) TEL. 07815 114 201	GB EA55TLE £OFFERS T: 07740 784 983 privateplates@hotmail.co.uk	GB FAZ44L £5,500 TEL. 07867 861 193	GB HAI3 ZAH OFFERS OVER £5,000 TEL. 07973 165 474	GB JSIIAUN £15,000 (J SHAUN) TEL. 07985 455 057	GB L6ON FR £2,000 ONO TEL. 07427 677 989	GB MEIIMUD £19,000 (MEHMUD) TEL. 07985 455 057	GB MY55TYC £7,500 T: 07740 784 983 privateplates@hotmail.co.uk	GB OOIIARY £15,000 (OO HARY) TEL. 07985 455 057	GB ROIIANK £9,500 (ROHAN K) TEL. 07985 455 057	GB S6F XX £1,200 ONO TEL. 07791 919 237
GB AALI5 £15,000 TEL. 07733 244 444	GB ASII AKS £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	GB BO55Y BO £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	GB C 5KY W £999 ONO TEL. 07427 677 989	GB EAS7S £REASONABLE OFFERS TEL. 07974 179 156	GB FAZ 786 OVER £10,000 TEL. 07765 555 786	GB HAI7 GEL £8,000 ONO TEL. 07908 472 121	GB JVIIJAY £10,000 (J VIJAY) TEL. 07985 455 057	GB LAI4BBA £675 ONO (LAIBA) TEL. 07779 050 970	GB MEIITAB £18,000 (MEHTAB) TEL. 07985 455 057	GB NOO5HEN £OFFERS TEL. 07870 696 399	GB OAIIMAD £10,000 (O AHMAD) TEL. 07985 455 057	GB ROIIANP £15,000 (ROHAN P) TEL. 07985 455 057	GB S7KCK £1,000 TEL. 07508 341 074
GB AALII5 £10,000 TEL. 07733 244 444	GB ASII GER £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	GB BIII NAA £OFFERS TEL. 07557 472 855	GB CAIISHA £9,000 (C AISHA) TEL. 07985 455 057	GB EBIIATT £7,000 (E BHATT) TEL. 07985 455 057	GB FBIIACK £8,500 (F BLACK) TEL. 07985 455 057	GB HA54NS R £OFFERS TEL. 07866 947 665	GB JYIINUS £9,500 (J YUNUS) TEL. 07985 455 057	GB LDIIEEP £7,000 (L DILEEP) TEL. 07985 455 057	GB MJIIDGE £25,000 (M JUDGE) TEL. 07985 455 057	GB NI7ILA E £1,500 ONO TEL. 07427 677 989	GB OA55ERS £5,000 ONO (QASSER) TEL. 07967 350 957	GB ROIIANX £12,500 (ROHAN X) TEL. 07985 455 057	GB S777YRA £500 TEL. 07473 865 081
GB AAZI5 £OFFERS TEL. 07977 612 479	GB ASIIOKB £9,500 (ASHOK B) TEL. 07985 455 057	GB BI5 NAD £REASONABLE OFFERS TEL. 07834 016 393	GB CAIIMAD £10,000 (C AHMAD) TEL. 07985 455 057	GB EBIIACK £8,500 (E BLACK) TEL. 07985 455 057	GB FDIIEEP £7,000 (F DILEEP) TEL. 07985 455 057	GB HAB333B £5,550 TEL. 07867 861 193	GB JYIISAF £15,400 (J YUSAF) TEL. 07985 455 057	GB LJIIDGE £15,500 (L JUDGE) TEL. 07985 455 057	GB MKIIMAR £20,000 (M KUMAR) TEL. 07985 455 057	GB NIDEM £15,000 ONO TEL. 07774 112 121	GB OBIIACK £8,500 (O BLACK) TEL. 07985 455 057	GB RI2I SAM £OFFERS TEL. 07962 394 890	GB S8XXY £2,995 ONO TEL. 07949 891 313
GB ABIOCHO £OFFERS NO WITHHELD No TEL. 07754 852 402	GB ASIIOKC £9,500 (ASHOK C) TEL. 07985 455 057	GB BI6 KMY £2,500 TEL. 07405 763 319	GB CA55Y ME £OFFERS T: 07740 784 983 privateplates@hotmail.co.uk	GB EBIIACK £8,500 (E BLACK) TEL. 07985 455 057	GB FDZI4 £2,495 TEL. 07954 389 874	GB HAV3N £16,000 (HEAVEN-HAVEN) TEL. 07731 464002	GB JYIISUF £15,000 (J YUSUF) TEL. 07985 455 057	GB LLIIONG £4,500 (L LUONG) TEL. 07985 455 057	GB MMO2 AAM £1,495 TEL. 07794 820 437	GB N333EWS £2,500 TEL. 07969 914 041	GB OCIIARK £9,000 (O CLARK) TEL. 07985 455 057	GB RI2 EEE £OFFERS TEL. 07707 707 609	GB S80HAL £6,995 TEL. 07867 861 193
GB ABIOSAB £3,250 ONO (ABID SAB) TEL. 07773 995 142	GB ASIIOKD £9,500 (ASHOK D) TEL. 07985 455 057	GB BI6G BOB £6,995 TEL. 07530 612 171	GB CA55Y MS £OFFERS T: 07740 784 983 privateplates@hotmail.co.uk	GB EGO 8OY £OFFERS TEL. 07787 334 567	GB FE5IALL £4,999 TEL. 07846 480 112	GB HEIIENH £15,000 (HELEN H) TEL. 07985 455 057	GB KII ANN £50,000 TEL. 07815 114 201	GB LSIISAN £7,500 (L SUSAN) TEL. 07985 455 057	GB MOII BEN £3,000 TEL: 01274 414141 MON - FRI: 9-5.30	GB N333RAA £OFFERS TEL. 07751 427 106	GB ODIIEEP £7,000 (O DILEEP) TEL. 07985 455 057	GB RI2SYY £OFFERS TEL. 07816 488 420	GB S88 TAL £OFFERS (SHEETAL) TEL. 07786 510 000
GB ABIIACK £8,500 (A BLACK) TEL. 07985 455 057	GB ASIIOKF £9,500 (ASHOK F) TEL. 07985 455 057	GB BI7SH U £OFFERS TEL. 07866 860 894	GB CA65 NOW £4,000 ONO TEL. 07908 472 121	GB EH55ANS OFFERS OVER £4,000 TEL. 07513 257 029	GB FGIIPTA £6,995 (F GUPTA) TEL. 07985 455 057	GB HEIIENM £15,000 (HELEN M) TEL. 07985 455 057	GB K3LAM £800 ONO TEL. 07774 112 121	GB LVIIJAY £10,000 (L VIJAY) TEL. 07985 455 057	GB MRO4LLY £1,900 ONO (MR D ALLY) TEL. 07774 246 877	GB N444HEM £5,500 ONO TEL. 07766 645 325	GB OEII BOY £20,000 (DELL BOY) TEL. 07815 114 201	GB RI2Y MP OFFERS OVER £400 TEL. 07866 992 500	GB SAIIDAH £1,500 ONO (SAIDAH) TEL. 07946 162 099
GB ABIIDVL £OFFERS TEL. 07707 146 047	GB ASIIOKG £9,500 (ASHOK G) TEL. 07985 455 057	GB BI9 ALY £3,495 TEL. 07954 389 874	GB CBIIATT £7,000 (C BHATT) TEL. 07985 455 057	GB EJIIDGE £15,500 (E JUDGE) TEL. 07985 455 057	GB FKIIMAR £15,000 (F KUMAR) TEL. 07985 455 057	GB HEIIENP £15,000 (HELEN P) TEL. 07985 455 057	GB K4AHN £100,000 ONO TEL. 07506 342 385	GB LYIISAF £15,400 (L YUSAF) TEL. 07985 455 057	GB MRIO JAT £OFFERS TEL. 07928 473 771	GB N44DLM SERIOUS OFFERS TEL. 07969 914 041	GB NGIIPTA £6,995 (O GUPTA) TEL. 07985 455 057	GB RI5WNA £3,000 ONO (RIZWANA) TEL. 07779 300 128	GB SAIIHAS £1,500 ONO (SALIHA) TEL. 07946 162 099
GB ABI2AAR £3,500 ONO (ABRAAR) TEL. 07946 162 099	GB ASIIOKH £9,500 (ASHOK H) TEL. 07985 455 057	GB BI9 FRR £995 (BIG FRR) TEL. 07971 850 490	GB CDIIEEP £7,000 (C DILEEP) TEL. 07985 455 057	GB EKIIMAR £15,000 (E KUMAR) TEL. 07985 455 057	GB FLIICAS £7,000 (F LUCAS) TEL. 07985 455 057	GB HEIIENR £15,000 (HELEN R) TEL. 07985 455 057	GB K4JOL OFFERS OVER £5,000 FAZ911@MSN.COM	GB LYIISUF £15,000 (L YUSUF) TEL. 07985 455 057	GB MRIIOOK £9,500 (MR HOOK) TEL. 07985 455 057	GB N4SUR £1,995 TEL. 07954 389 874	GB OJIIDGE £15,000 (O JUDGE) TEL. 07985 455 057	GB RI9SHS OVER £2,000 ONO TEL. 07427 677 989	GB SAIIKAS £1,500 ONO (SAIKA) TEL. 07946 162 099
GB ABDIIIL £10,000 ONO (ABDUL) TEL. 07946 162 099	GB ASIIOKJ £9,500 (ASHOK J) TEL. 07985 455 057	GB BIG SLD £2,500 TEL. 07764 656 667	GB CHIILER £OFFERS Panaceahealthcare@hotmail.co.uk	GB ELIICAS £7,000 (E LUCAS) TEL. 07985 455 057	GB FRA22T £4,900 TEL. 07867 861 193	GB HEIIENT £15,000 (HELEN T) TEL. 07985 455 057	GB K4 VRS £10,000 (KAURS) TEL. 07815 114 201	GB MOIIEB S £OFFERS TEL. 07787 334 567	GB MRIIOBB £9,500 (MR HOBB) TEL. 07985 455 057	GB N4 YEB £950 TEL. 07896 699 241	GB OKIIMAR £15,000 (O KUMAR) TEL. 07985 455 057	GB R24 SAM £OFFERS TEL. 07962 394 890	GB SAIIMAD £15,000 (S AHMAD) TEL. 07985 455 057
GB ABR44R £10,000 ONO (ABRAAR) TEL. 07946 162 099	GB ASIIOKK £9,500 (ASHOK K) TEL. 07985 455 057	GB BILRL £OFFERS (BILAL) TEL. 07808 950 492	GB CBIIATT £7,000 (C BHATT) TEL. 07985 455 057	GB ELIISAA £20,000 (ELISA A) TEL. 07985 455 057	GB FSIISAN £7,500 (F SUSAN) TEL. 07985 455 057	GB HEII00 X £1,500 ONO (HELLO X) TEL. 07946 162 099	GB K4OSUM £3,500 TEL. 07867 861 193	GB MOIIEB X £OFFERS TEL. 07787 334 567	GB MRIIOWE £15,000 (MR HOWE) TEL. 07985 455 057	GB N4 WED £10,000 (NAWED, NAWEED) TEL. 07731 464002	GB OMIILES £7,500 (O MILES) TEL. 07985 455 057	GB R34 RAJ £OFFERS TEL. 07928 473 771	GB SAIIMAZ £3,500 ONO (SAIMA/SALMA) TEL. 07946 162 099
GB ADIIEEP £7,000 (A DILEEP) TEL. 07985 455 057	GB ASIIOKL £9,500 (ASHOK L) TEL. 07985 455 057	GB B4 BWH SOLD TEL. 07815 114 201	GB CHI3 DRY £10,000+ (CHOWDRY) TEL. 07973 165 474	GB EMIILYC £8,000 (EMILY C) TEL. 07985 455 057	GB FYIISAF £15,400 (F YUSAF) TEL. 07985 455 057	GB HDIIEEP £7,000 (H DILEEP) TEL. 07985 455 057	GB K444BAH £2,500 ONO (KAABAH) TEL. 07779 300 128	GB MOIITYP £7,000 (MONTY P) TEL. 07985 455 057	GB MRIIOYD £29,000 (MR LLOYD) TEL. 07985 455 057	GB NAIIEED £15,000 (NAHEED) TEL. 07985 455 057	GB O MIIRZA £3,500 ONO TEL. 07962 394 890	GB R40 JAH £OFFERS TEL. 07779 675 730	GB SAI3 BAH £OFFERS TEL. 07983 104 538
GB AESI4IT £OFFERS TEL. 07867 861 193	GB ASIIOKM £9,500 (ASHOK M) TEL. 07985 455 057	GB B4 RUF £OFFERS TEL. 07796 008 786

SH04 BEK £1,995 ONO TEL. 07764 656 667	SHA2D £25,000 TEL. 07867 861 193	TAIIHAS £3,000 ONO (TALHA) TEL. 07946 162 099	TVIIJAY £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 £OFFERS T: 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	WGIIPTA £6,995 (W GUPTA) TEL. 07985 455 057	XYIISAF £15,400 (X YUSAF) TEL. 07985 455 057
SHIOABY £4,000 ONO TEL. 07828 695 464	SPIIRTY £15,000 (SPORTY) TEL. 07985 455 057	TAIIYRS £1,500 (TAHYRS) TEL. 07867 886 786	TYIISUF £15,000 (T YUSUF) TEL. 07985 455 057	WOIIVER £6,500 (W OLIVER) TEL. 07985 455 057	WKIIMAR £15,000 (W KUMAR) TEL. 07985 455 057	YIINES £OFFERS (YOUNAS) TEL. 07834 016 393
SHIOKET £OFFERS T: 07754 852 402 no withheld numbers	STIIGGG £20,000 ONO TEL. 07786 510 000	TAI3BYS £1,600 ONO TEL. 07557 387 547	UAIIMAD £10,000 (U AHMAD) TEL. 07985 455 057	W2I JAS £1,200 ONO TEL. 07925 757 677	WMIILES £7,500 (W MILES) TEL. 07985 455 057	Y5IILMA £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 £4,895 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	UKIIORD £OFFERS TEL. 07522 199 997	W33DY K £5,000 ONO TEL. 07779 994 695	WYIISAF £15,400 (W YUSUF) TEL. 07985 455 057	Y9 ALT £30,000 TEL. 07525 817 453
SHII AFS £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	SYIISUF £15,000 (S YUSUF) TEL. 07985 455 057	TA55TYE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	UMM444R £4,995 TEL. 07707 747 776	W33NTD £1,800 (WANTED) TEL. 01202 877 038	WYIISUF £15,000 (W YUSUF) TEL. 07985 455 057	YAIIMAD £10,000 (Y AHMAD) TEL. 07985 455 057
SHIIAHZ £6,000 TEL. 07921 576 971	TOYSR £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 5INGS £3,500 (SINGHS) TEL. 07833 333 870	YAIIYAA £15,000 (YAYYAA) TEL. 07985 455 057
SHII ANY £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	TIIUCS £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 £4,999 ONO (SHAKEL) TEL. 07863 845 709	TI4 REK £OFFERS (TARIQ) TEL. 07508 066 661	TBIIATT £7,000 (T BHATT) TEL. 07985 455 057	VOIIVER £6,500 (V OLIVER) TEL. 07985 455 057	W4LYT £2,000 TEL. 07854 435 656	XAL IIX £15,000 TEL. 07733 244 444	YDIIEEP £7,000 (Y DILEEP) TEL. 07985 455 057
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WHOPPING £750,000 RAISED



Famous runner Nazim Ali completes triple-header charity challenge and ready for Uganda aid mission

A charity champion who's hit his £750,000 fundraising milestone, is readying himself for a self-funded trip to Uganda, Africa, to deliver aid in person.

Renowned Yorkshireman, Nazim Ali, finished a triple-header charity challenge with his latest endeavour running the prestigious Great North Run in Newcastle on 10th September.

His upcoming deployment in October will see him join the Hope for Mankind charity, which is currently building 36 new dwellings in Uganda from his £60,611 raised from his 10th Annual Ramadan 10K Run in Lincoln earlier this year.

Not only will he overview the work that is being carried out in Uganda, he'll be distributing food parcels funded from his recent triple-header running challenge.

"For the third year running, I have been running the half marathon (13.1 miles) in Newcastle," says Nazim.

"As a child I was fascinated by the Great North Run, and to have now done it thrice in a row is surreal! Not ticked once, but completes the hat-trick on my bucket list!

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Pakistani journalist takes on Berlin Marathon

A Pakistani journalist is aiming to inspire others from his country to lead a healthy lifestyle by taking on the Berlin Marathon.

Junaid Muhammad, 38, will also be running to raise money for the British Heart Foundation (BHF) in memory of his father who sadly died of heart disease in June 2008. He was just 56.

He said: "My father was diagnosed with heart disease in 2002. His health was declining and doctors discovered one of his valves was narrow, and it was affecting his blood circulation.

"Sadly, it was too late for my father and in 2008 he passed away from heart disease when I was 23. No one had ever passed away so young in the family before. It was a huge shock to us all."

Junaid, originally from Lahore and now based in Karachi, Pakistan, also has a younger brother and sister, and said his father's death really affected them.

"We had a very close connection and a great friendship. I could talk to him about everything, and I miss him as both a father and friend," he said.

Since then, the whole family have tried to overhaul their lifestyle, recognising the important impact eating well and exercising can have on decreasing your risk of developing heart and circulatory diseases.

Junaid since took up running and began taking it more seriously after he discovered there were only three Pakistani origin people to have ever finished all six Abbot World Major Marathons. He now has his sights set on completing the Berlin Marathon for the BHF on 24th September.

He said: "Running a marathon gives you such a great sense of achievement. But it's even more phenomenal when you have a personal reason which is connected to a loved one, and you know you're helping to make a difference.

"I've always been so inspired by the work the charity does. That's one of the reasons I wanted to raise money for the BHF. I want to help fund research to change people's lives and I want to spread the message about the charity's work. It's only thanks to the help of decades of research that families can stay together for longer."

It's not only the work of the BHF that Junaid is promoting in his country. The journalist who recently completed both Boston and London marathons, is on a mission to run all six in the World Marathon Majors. He hopes that in doing so, he can encourage more people in the South Asian community to take up the sport.

Continued from page 53

"For the run, like always, I covered all the associated costs (race fee, hotel, travel and food) so that 100% of donations goes to the stated cause.

"Due to a calf strain I was unable to train for the last month I dug deep through the pain barrier completing it in 3:11:04 - no way was I going to pull out!

"The crowds on the day were absolutely amazing, cheering the 60,000 runners on, offering us drinks and refreshments to keep us all going.

"I'd like to send out a massive thank you to my dear friend Mohammed Azeem who once more came with me the day before the race to support me.

"I am also grateful to my corporate run sponsor, Bradford-based Sandy Lane Garage, who have once more got behind me."

The food parcels being prepared for distribution in Uganda will last a poor family of five for at least one month, and will contain essential items such as rice, flour, oil, beans and other staple foods.

"41 per cent live in poverty in Uganda, and it is amongst the poorest nations in the world with 75% of the 48 million population living in rural areas," explains Nazim.

"Many live in straw-roofed mud-built homes which have no electricity, water or sanitation.

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

"Whilst out in Uganda, we will also be hoping to open water wells, provide community meals, sweets for children, clothes for orphans and the destitute."

For almost 26 years, Nazim has been at the forefront of community and humanitarian initiatives at local, national and international levels receiving national awards in the process. The award-winning charity champ keeps his stakeholders updated via his social media channels to ensure transparency and accountability.

Nazim adds: "To date I have raised £750,000 for charitable causes both home and abroad.

"I have distributed (in person) aid to the Turkey/Syria border on seven occasions, the Rohingya refugees in Bangladesh, Iraqi refugees in war torn Mosul (Iraq), poverty stricken Malawi (Africa), Pakistan, and to refugees in France and Belgium all in the last nine-years.

"In addition, I have project-managed 116 house transformations in Malawi and have helped build 63 new two-room homes for Syrian refugees in Northern Syria.

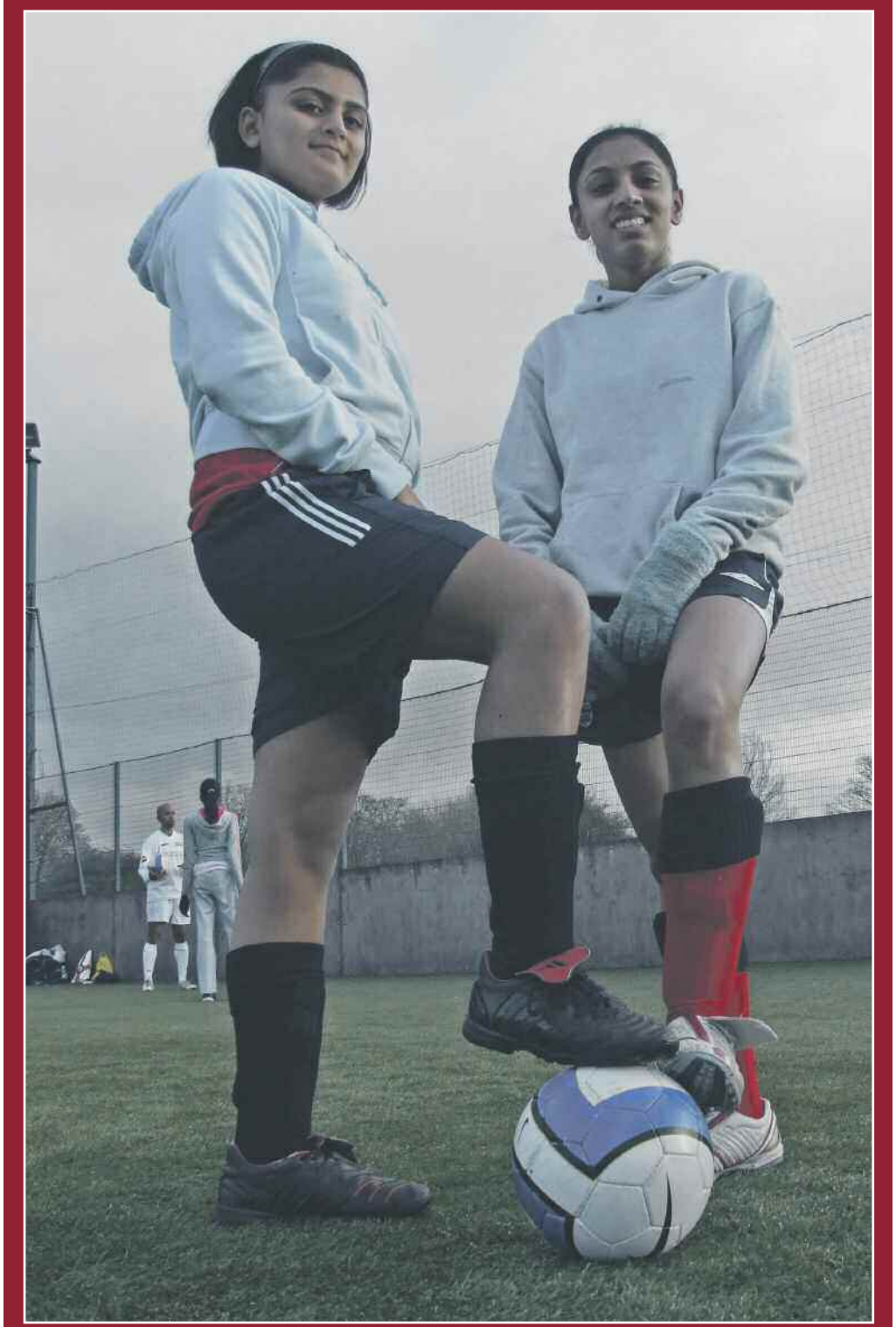
"From my Ramadan 2022 fundraising I raised £66,559 to build 35 new homes for the homeless in Sindh, Pakistan.

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





"... you never know, they may uncover the next Moeen Ali or Isa Guha."



Foundation gets backing to tackle inequalities and get more Asians into sport

Continued from page 56

"While we will collaborate with established partners such as Premiership Rugby and the Alliance of Sport to realise our aims, we encourage other sporting organisations to contact us.

"We will offer our specialist knowledge of the cultural and religious nuances in the Asian community to help organisations develop plans to better the physical and mental wellbeing of Asians in a fun, safe and structured ways – and you never know they may uncover the next Moeen Ali or Isa Guha."

Parliamentary Under Secretary of State for Sport Stuart Andrew MP said: "Sport and physical activity provide huge benefits for our mental and physical health, so we are determined to improve access and inclusivity across the sector.

"I welcome the Asian Sports Foundation's 'Active Lives, Healthy Futures' strategy that closely aligns with our own recently published sports strategy which aims to have 3.5 million more active people by 2030."

Among ASF's high-profile past work was Project Rugby with Premiership Rugby – an initiative to get more women and girls active through rugby and Active Families in Bradford – a project to engage and motivate families to be more active, together.

Tim Hollingsworth, CEO of Sport England, said: "Sport England is delighted to support the launch of this strategy and the aims of the Asian Sport Foundation.

"As a strategy, it is in tune with 'Uniting the Movement' – with a central purpose of getting the nation moving.

"It's an ambition to tackle the stubborn structural and systemic inequalities that exist so that people can feel the benefit of playing sport and being physically active to their physical and mental health and live happier healthier lives regardless of where they live, their background or bank balance."



Build a healthier nation

The ASF strategy is timely as the Department for Culture, Media and Sport (DCMS) published a policy paper last month to help build a healthier nation by tackling high levels of inactivity.

Among its aims is to make sport and physical activity more inclusive and welcoming for all. And it includes an ambition to have 0.19 million more active Asian adults, particularly people from Indian, Pakistani and Bangladeshi ethnic groups by 2030.

ASF's strategy and work matters because people from some ethnic minority groups are more likely to report being in poorer health and to report poorer experiences of using health services than their white counterparts.

For example, rates of cardiovascular disease (CVD) and diabetes are higher among Black and South Asian groups than white groups.

Asian women from poorer backgrounds are the least active group in the country.

South Asian children have lower levels of physical fitness than children in white European and Black groups, and physical activity levels are lower among children from ethnic minority groups compared with white groups.

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"... you never know, they may uncover the next Moeen Ali or Isa Guha."

Foundation gets backing to tackle inequalities and get more Asians into sport

The UK Sports Minister was among those who attended the launch of the Asian Sports Foundation's (ASF) strategy to improve the health of the Asian community living in England.

The ASF is a charity established in 2015 that aims to increase the sporting and physical activity levels of people of all ages from ethnic minority backgrounds, with a specific focus on supporting people from Asian communities in England.

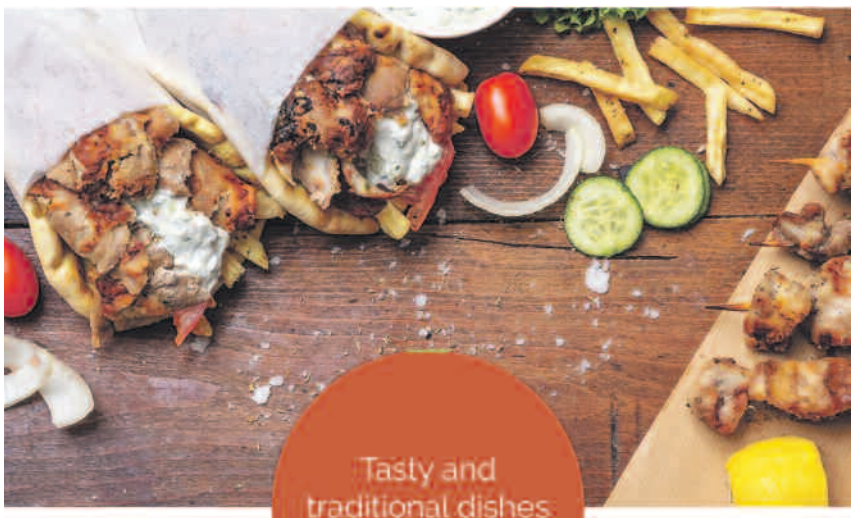
Among the attendees at the launch of the ASF Strategy 'Active Lives, Healthy Futures', at City Hall London, on Monday 18th September, was Parliamentary Under Secretary of State for Sport Stuart Andrew MP, the Chief Executive of Sport England Tim Hollingsworth and Annie Zaidi MBE, founder of the Coach AnnieZ Foundation – an initiative supported by ASF.

Jug Johal, Chairman of the ASF, commented: "We are further developing our plans to increase Asian participation in sport to improve the health of the community, with the additional gains of better community cohesion, positive attitudes about life and living in the UK and even on crime prevention.

"We will continue to work to support and empower inspirational people and groups who are active in our communities, people like Annie Zaidi, enabling them to do more of what they are so good at – driving change and challenging behaviour.

Continued on page 55


Stuart Andrew MP (left) and Jug Johal (right)



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