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# Saad Qureshi: Something About Paradise

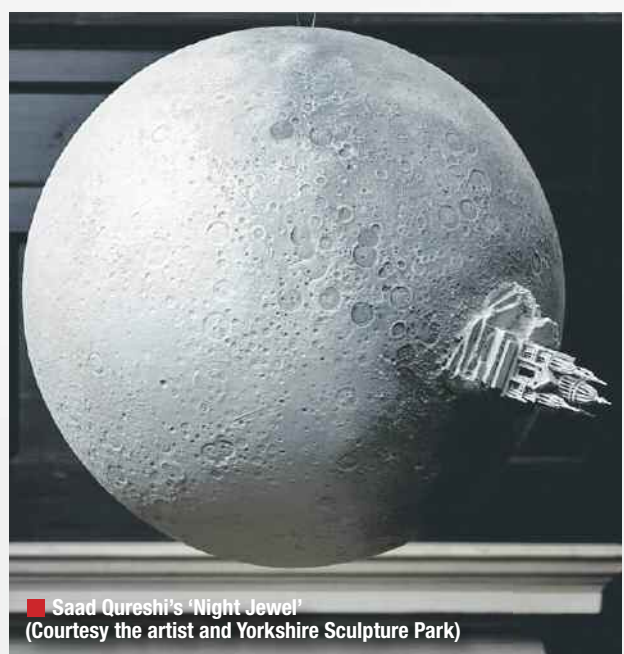
*"I was born into a religious household, where the Quranic allegories of the seven heavens formed part of the backdrop to family life."*

Step into a fantastical dreamworld as you explore Saad Qureshi's mindscape inspired by stories people have told him of how they imagine paradise

The gallery artist is presenting his first solo museum exhibition 'Something About Paradise' at Yorkshire Sculpture Park (YSP) exploring what paradise means in a contemporary context.

The urge to stage this art project began when Qureshi was commissioned by YSP curator Sarah Coulson. The vision was to create a new work for Tread Softly, a group exhibition curated from the Arts Council collection.

Now in the nave of YSP's 18th-century Chapel, three monumental organic forms rise from the ground, spread with landscapes, buildings and mysterious structures.



■ Saad Qureshi's 'Night Jewel'  
(Courtesy the artist and Yorkshire Sculpture Park)

Continued on page 8



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**fanoosh**  
THE INDIAN

# Council officer wrongly accused as grooming ring 'fixer' wins £180,000 damages

The Mail on Sunday has agreed to pay substantial damages to a junior minicab licensing officer after it falsely accused him of acting as a "fixer" for paedophile taxi drivers in Rochdale.

Wajed Iqbal, 44, said the grave allegations in the Mail on Sunday in 2017, ruined his life. They destroyed his reputation, led him into unemployment, depression and not being able to see his children.

On Thursday 30th January, Mail on Sunday settled at the high court in a case that is estimated to have cost the newspaper a further £1m in legal fees.

Their story claimed British-Pakistani Wajed, cleared taxi drivers of the same background to work in Rochdale at a time when it emerged that groups of men were sexually abusing children.

Headlined "Scandal of the minicab predators", the Mail on Sunday drew their attentions to Wajed. At the time he was a taxi-licensing official at South Ribble borough council.

The coverage was part of a story first published in May 2017. It highlighted the decision to renew the licence of a local driver called John O'Sullivan, who had been found guilty of assaulting a profoundly autistic child.

But attempts were made by the newspaper article to connect Wajed to a much sinister and bigger conspiracy.

The newspaper claimed that in a previous job, Wajed had been a "fixer" for taxi drivers in Rochdale. This was at the height of the Rochdale grooming scandal. It surfaced that some local cab drivers were amongst those abusing and raping underage girls and were also members of paedophile rings.

The article had painted the picture that Wajed played a lead role in Rochdale Council's licensing office, when in fact he was one of around a dozen other members of staff working in the department.

With regards to revoking taxi driver's licenses, Wajed says that at the time there was little the licensing department could have done about the grooming activities of the minicab drivers. This is because the police had been

reluctant to investigate or prosecute the individuals. And because the drivers had not been found guilty of any offence, there was no grounds for their licences to be blocked.

Speaking to Asian Express, Wajed, who was born in Yorkshire and grew up in Lancashire, says his whole world just fell apart after the Mail on Sunday article. He believes the colour of his skin and ethnic background were the catalyst for the story.

**"The article profoundly damaged not only my reputation but that of my family, children and close friends. As they say – there's never any smoke without fire."**

"The article profoundly damaged not only my reputation but that of my family, children and close friends. As they say – there's never any smoke without fire," states Wajed.

Being branded in the public domain as someone who assisted paedophiles led him to towards suicidal thoughts.

"The consequences were harrowing," says Wajed.

"I was out of work and reliant on anti-depressants. Potential employers offering agency work would screen my name and withdraw the offer when they saw the negative press coverage.

"I was already having issues in my marriage and this story was the 'nail in the coffin', so to speak. As a result of the societal shockwaves, I wasn't able to see my children for two-years."

Now having remarried, the £180,000 settlement will help rebuild his life and pay off debts he

has accrued as a result of significant periods of unemployment. Much to his joy, he has also begun rebuilding his relationship with his children.

Wajed says: "The legal victory has followed a long three-year battle".

"During this time I've feared for my life. I put CCTV all up around my house – I had to come off social media completely."

His barrister William Bennett QC told the court that Mr Iqbal had previously worked as a licensing enforcement officer for Rochdale Metropolitan Borough Council between 2005 and 2011, but was not involved in minicab licensing.

"Nevertheless, Mr Iqbal is satisfied that the defendant has come to court to offer its sincere apologies to him for making the allegations complained of and to acknowledge that they were false," he added.

As part of the settlement, the newspaper has agreed to retract the claims, with a court statement making clear that Wajed Iqbal did not work exclusively as a taxi licensing official while at Rochdale

and emphasising that he was never issued with any formal warning over his work at South Ribble council.

Wajed has stressed his concern about Islamophobia in parts of the British media.

"As a community, we need to be more proactive in challenging the media and Islamophobia. We must challenge what are often outright lies by the right-wing media in this country.

"Every society and race has bad people, it doesn't mean everyone in that race are the same bad people.

"I was portrayed as if I was connected to these bad people.

"The grooming scandal unfolded some deep corruption, I'm a father myself and to think of what those men did to young vulnerable children makes me sick to the stomach.

"But it is wholly wrong to label the entire community as corrupted too."

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■ VICTORY: Wajed Iqbal and wife Aisha



# Committed employer

Bradford businessman Saj Shah employs 350 people across his three local McDonald's restaurants.

He says that people are at the heart of his business and, as a responsible and proud employer, he is committed to investing in them.

Saj says that reward and recognition for his staff is a key priority. Each year McDonald's in the UK invest over £43 million in staff training.

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and retain the best people, we regularly review pay, benefits and training opportunities. We also offer a suite of additional benefits that can include free lunches.

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"80% of our employees have chosen to stay on flexible contracts, valuing the ability to work around their other

commitments - but a growing number also tell us a minimum number of hours guaranteed would help them get better access to financial products such as mobile phone contracts or car loans.

"We are absolutely committed to diversity and inclusion. Our people make McDonald's what it is, which is why we have worked hard to create jobs and opportunities that work for them, irrespective of gender, age or life stage."

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### Biniameen Hussain

- Worked for McDonald's for 10 years. Started as a crew member and worked his way up to a Shift Manager.

- Likes to work at McDonald's because he gets to meet a vast range of people from different backgrounds and cultures.

- Loves the different personalities working in the Restaurant.

- Says McDonald's has given him opportunities to build confidence as a person and skills as a leader to be able to manage several tasks at

one time.

- "At McDonald's they offer a great culture that is very diverse and friendly which has helped me understand other people."

- McDonald's has allowed him to progress in his career by giving him external training opportunities as well as on the job training.

- Says McDonald's is a very flexible company to work for. "This flexibility has allowed me to progress and get better at my hobbies and become a better snooker player."



■ Biniameen Hussain, 27 (wishes he could fly)



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# 'MASTER OF DECEPTION' GP Manish Shah sent to at least 15 years prison for 90 sex offences against 24 female patients

■ **ABUSE:** Dr Manish Shah cited celebrity medical cases to persuade patients to undergo unnecessary intimate examinations



**A GP has been jailed for at least 15 years after being convicted of 90 sex offences against 24 female patients.**

Dr Manish Shah cited the cases of Angelina Jolie and Jade Goody to persuade patients, aged between 15 and 39, to undergo unnecessary intimate examinations for his own sexual gratification, the Old Bailey heard.

The 50-year-old, from Romford, east London, claimed he had been practising "defensive medicine".

But he was found guilty last year of 25 sexual offences against six victims at Mawney Medical Centre between 2009 and 2013.

At an earlier trial in 2018, he was convicted of offences relating to 18 other women - bringing the total

number of offences to 90 relating to 24 women.

On Friday 7th February, Shah was branded a "master of deception" as he was handed three life sentences with a minimum term of 15 years at the Old Bailey.

Fifteen of the victims sat in the packed courtroom as Judge Anne Molyneux QC told Shah he had deployed a "mixture of flattery and fear" and used celebrity cases to carry out the sex assaults.

Quoting one of his victims, the judge said: "You made up stories which got into heads and caused panic.

"You were a master of deception and you abused your position of power. This was a horrible abuse of trust and caused incalculable harm.

"Your behaviour was not only sexual but was driven by your desire to control and on occasions humiliate women."

The court heard how Shah picked on patients' vulnerability because of their age or family history of cancer.

He brought up the news story about Hollywood star Jolie having a preventative mastectomy as he asked a woman if she would like him to examine her breasts.

He also mentioned the late reality star Goody to another woman, saying an examination was in her best interests, jurors heard.

Shah would not always wear gloves and left one patient entirely naked on an examination table, the court was told.

Speaking in court, the youngest victim described being left "anxious, fearful and shaking" at the prospect of visiting the doctor after being abused by Shah.

The woman, who was 15 at the time she was assaulted, said she felt different about men and worried about being seen as a "sex object".

Prosecutor Rosina Cottage QC said the "lack of trust" created by Shah meant many of the women

***"Manish Shah was a trusted family doctor, but he took advantage of that trust to abuse his female patients and then falsified their medical notes to try to justify intimate medical examinations that should not have taken place."***

refused to see male doctors and that it had affected their relationships.

The court heard Shah attempted to justify an examination in medical notes by suggesting it was "requested".

He flouted NHS guidelines on giving healthy women aged under 25 smear tests and routine breast examinations on women under 50, which were said to cause more harm than good, jurors were told.

He also breached guidelines on the use of chaperones during intimate examinations.

Paul Goddard, from the Crown Prosecution Service, said: "Manish Shah was a trusted family doctor, but he took advantage of that trust to abuse his female patients and then falsified their medical notes to try to justify intimate medical examinations that should not have taken place.

"The Crown Prosecution Service wishes to commend those women, who by bravely giving evidence convinced the jury of Dr Shah's guilt."

***"You were a master of deception and you abused your position of power. This was a horrible abuse of trust and caused incalculable harm."***

***"He left one patient entirely naked on an examination table, the court heard"***

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# Dream, Aspire, Achieve



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**TOP 1%**

## What are the qualities needed to be a successful school leader?

Far from being clones enslaved by professional orthodoxy, the best headteachers run their schools through conviction and often sheer personality.

And it seems that Kirklees top primary school has just that.

Rizwana Mahmood is the kind of dynamic and daring headteacher every parent dreams of.

The educator embraced the role as headteacher at Carlton Junior and Infant School in Dewsbury some six years ago and instils her vision (also the school motto) 'Dream, Aspire and Achieve' with great enthusiasm.

Her leadership qualities, emotional intelligence and ambitions to turn-around the previously failing school has seen OFSTED inspectors give the school glowing reports.

In addition, at the beginning of the year, the Department for Education (DoE) released a league table of primary school performance showing the results of this year key stage two assessments covering reading writing and maths.

94% of year 6 pupils from Carlton Junior and Infant School reached the expected levels in the national curriculum tests known as SATs, while 11% reached an even higher standard than the national average. This puts the score as the best performing out of any other primary school in Kirklees.

Talking to the Asian Express, Rizwana says: "It gives me great pleasure to see that Carlton Junior

and Infants have now made it to the top in Kirklees and ranked within the top 1% of high performing schools in the country.

"After years of hard work, many challenges and changes have taken place and we are now the best school in Kirklees.

"It's just an absolute honour to lead such a talented group of individuals who make things happen for our children."

In addition, the school has pioneered awards within the Yorkshire and Humber region such as the SMSC Gold Standard, leading the way with the Engaging Families Award in Kirklees and the One Education Award in Reading.

"We have also been ranked tenth in the top 100 schools for Diversity and Equality, and here I have only named a few of our numerous achievements," she adds.

"To think that we were a significantly underperforming school, echoing the stereotype of deprived communities, to where we are now is a remarkable achievement for our school and its community."

Rizwana loves the diversity of the staff, children and wider community. She talks of how they embrace all of the cultures and beliefs she strongly advocates.

It's easy to dismiss the concept of "vision" as vague and woolly, but the best school leaders are visionaries with a clear sense of moral purpose, something which Rizwana and her team of teachers and support staff have in bucket - loads.

Armed with an MA in accelerated learning and social engineering and the conditioning of the brain, upon taking the role of the headteacher, Rizwana transformed the school. Today it's a haven of 'brain-calming' colour themes creating a happy wisdom wonderland for the 200+ young children who attend the school.

On talking about her secret to running a successful school, Rizwana says: "I am a big believer of strong pedagogy rather than expensive resources.

"I give my staff strong, cutting-edge teacher training. The best resource in the classroom is the teacher. If the delivery and teaching-style aren't right - if that parting of knowledge isn't there, then how can children flourish?"

"My position as a Muslim Asian female in a leadership position is quite a privilege, and allows me to drive that agenda," says the headteacher.

"When I joined the school, what I used to hear from my predecessors was that the parents would not engage and they didn't allow children to take part in the Nativity and Easter plays. Now we have a high level of engagement."

Rizwana finds that her school's success is thanks to being more empathetic with both children and parents.

"It's a matter of experiencing what they experience, moving to the other side and seeing what they see. What is key, is that greater level of understanding. Parental engagement is a major highlight for me."

## Sadia's life was transformed after receiving the kidney transplant she needed

After Sadia was diagnosed with a kidney condition, she spent nine months on dialysis for eight hours a day, seven days a week.

Sadia said: "Life on dialysis was very hard. I was a primary school teacher and ended up giving up my job because you're so tired from using the machines you can't go out. My child was in front of me sitting on the bed and I couldn't play with him, and that was the hardest thing ever."

Around 1000 Asian people across the UK are waiting for an organ transplant, over 900 of them are waiting for a kidney transplant and for many the best match will come from someone with the same ethnic background. However, a shortage of donors from the Asian community means that some patients will die waiting.

Fortunately, after a year on the Transplant Waiting List, Sadia received the kidney transplant she needed.

Sadia said: "I am very, very grateful to my organ donor and I really, really thank them from the bottom of my heart. I've got my life back."

Mr Shahid Farid, Consultant Transplant Surgeon at Leeds Teaching Hospitals NHS Trust said: "People from black, Asian and ethnic minority communities are more likely to need a kidney transplant than other ethnic groups in the UK, but numbers of registered organ donors from the same groups are low. If we are to see people from our community receive lifesaving treatment quicker and outcomes to be better from transplants, we must encourage people to have the conversation, dispel fears and misinformation about organ donation and enable them to record their decision, whatever that is, on the NHS Organ Donor Register."

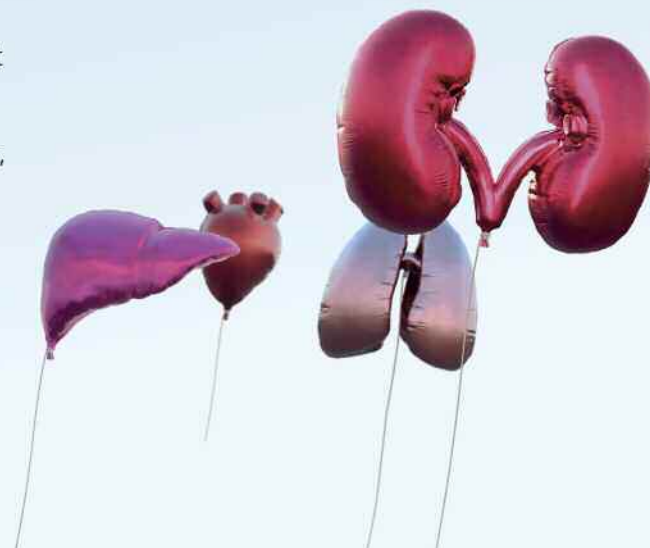
From spring 2020, the law around organ donation in England is changing to help more people pass on more organs to save and improve more lives like Sadia's. Unless you record a decision not to donate or are in one of the excluded groups, it will be considered that you agree to be an organ donor when you die.



NHS

You still have a choice if you want to be an organ donor or not when you die, and families will still be involved before organ donation goes ahead.

To find out more and record your choice, visit: [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)





## From spring 2020 the law around organ donation in England is changing

Unless you choose to opt out, you will be considered to have agreed to be an organ donor when you die.

To find out more about your choices, including how to opt out:

visit [organdonation.nhs.uk](https://organdonation.nhs.uk)  
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**PASS IT ON**



***“I was born into a religious household, where the Quranic allegories of the seven heavens formed part of the backdrop to family life.”***

# Saad Qureshi: Something About Paradise



## Cover story continued

The variety and also delicacy and detail of the structures that festoon Qureshi's three 'islands', and the other works that accompany them - is breathtaking.

A closer viewing reveals an eclectic mix of architectural styles, from traditional temples and churches to modernist houses and palaces, nestled among panoramas of forests, deserts and fantastical geological formations.

“Paradise is a very personal place,” says Saad.

“Over the course of my life, it's a word that has kept recurring in a variety of guises.

“I was born into a religious household, where the Quranic allegories of the seven heavens formed part of the backdrop to family life.

“As I grew up and my experiences broadened, I realised that the paradise that others spoke of was often radically different from mine, yet never too far from our consciousness”.

Saad Qureshi is an avid gatherer of stories. In developing ‘Something About Paradise’ he travelled around the country asking those with and without faith what paradise means for them.

Speaking directly to people allowed the artist space to interpret the descriptions of indistinct and imagined places, as seen in memories and dreams, into physical installations that he refers to as ‘mindscapes’.

Saad Qureshi was featured in 2019's '100 Sculptors of Tomorrow', compiled by Kurt Beers with a foreword by Richard Cork. The book features 100 artists all engaged in questioning the definition of sculpture today, what the discipline can be, while challenging traditional formalisations of art for the future.



**Where:**  
**Yorkshire Sculpture Park**

**Exhibition:**  
**Something About Paradise**

**On view:**  
**January 4th - March 15th 2020**

## BIOGRAPHY

(Born 1986, Bewal, Pakistan)

Through the various disciplines of sculpture, installation and drawing, Qureshi's work probes issues of cultural belonging and separation – as well as universals that unite us beyond culture. Qureshi is fascinated by memory and time, and how they affect landscapes – both internal and external. He often creates large, multi-vocal objects that have resonances to differing faiths or cultures, and thus examining how relevant religion and ethnicity are in the contemporary world.

Rather than didactic, Qureshi sees his work as poetic and intangible; a bridge of communication. He seeks to deconstruct stereotypes and subvert narrow notions of belonging to only one locality or to one culture. While this forms the basis for his ideas, those ideas are fundamentally a springboard for aesthetic concerns – colour, space, form and texture. His work is drawn from the deeply rooted traditions of hand-craft, with a focus on the use of natural materials. Qureshi is inspired by those perennial artistic motifs: worlds within a world, literal and metaphorical compartments, the scales of monumental and miniature and their relation to the viewer.

Since graduating from the Slade MFA in painting in 2010 Qureshi has exhibited widely both in the UK and internationally – including New York, Hong Kong, Turin, Rome, Dubai and Istanbul. Following the Creative Cities Collections exhibition at the Barbican Arts Centre, Qureshi's first museum exhibition took place at the Museum voor Moderne Kunst in Arnhem, Netherlands, which catalysed his career further since securing the finalist position at the BBC television program 'School of Saatchi' in 2010. Amongst others, his awards include the Royal British Society of Sculptors' Bursary Award, the Celeste Prize, and Red Mansion Foundation Prize. Saad's work explores failures of communication and notions of belonging in a multicultural society.







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Allerton Grange School in Leeds is celebrating improved Sixth Form results for the fourth year in a row.

The Department of Education Post 16 League Tables confirmed that Allerton Grange Sixth Form A Level and Vocational results have improved for the fourth consecutive year.

A level results in 2019 resulted in a progress score of +0.17 in the latest league tables.

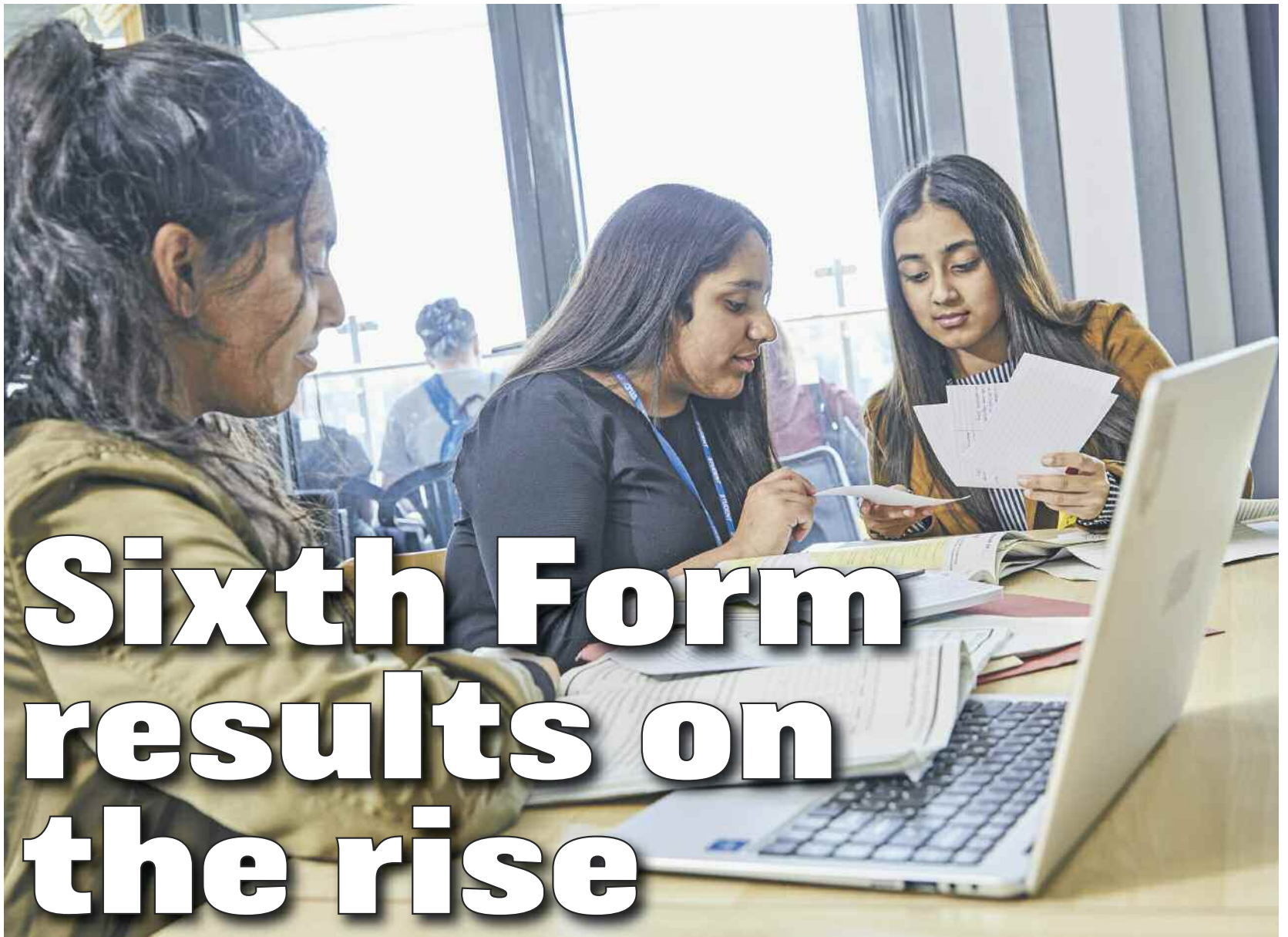
For Applied Level 3 courses the school secured a progress score of +0.42 which is well above average.

There are 68 sixth form providers across Leeds. For A level progress Allerton Grange is ranked 9th and for Applied Level 3 courses Allerton Grange is ranked 1st.

Allerton Grange School with 1,445 students aged 11-18 years, has a smaller Sixth Form of 240 students, offering a nurturing environment with dedicated teachers to help post 16 learners to reach their full potential.

Whether they are studying A levels or choose a vocational course, students studying at Allerton Grange Sixth Form benefit from smaller class sizes, high quality teaching, a supportive environment with a range of enrichment opportunities and careers guidance.

Ms Braim, Head of Sixth Form said: "I am immensely proud of our students' achievements. In summer 2019, we saw an excellent set of exam results, allowing students to continue along their chosen pathway."

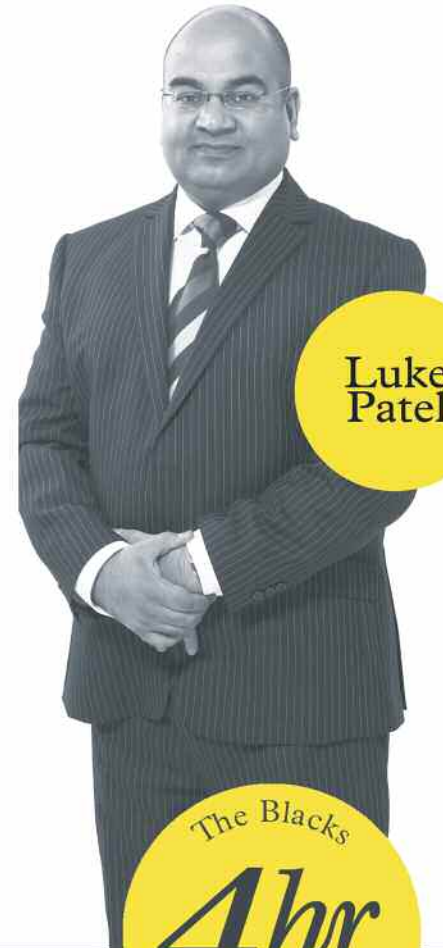


# Sixth Form results on the rise

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# Islamic Society at Leeds school raises funds for Kashmir earthquake appeal

**A student-led fundraiser at The Grammar School at Leeds (GSAL) has raised over £5,000 for the relief of people affected by the earthquake in Kashmir last September.**

Concerned at the plight of thousands in the disaster-hit region, the school's Muslim faith leaders decided to organise a fun family event, with all proceeds in aid of the charity Penny Appeal.

In addition to £3,000 raised on the day, donations kept on coming after last month's event, to reach a grand

total of £5,246.

Students presented the cheque to Khalil Benkhalil, Penny Appeal fundraiser manager for the north of England, for the charity's Kashmir earthquake fund.

Khalil said: "It's a phenomenal effort by everyone involved.

"This achievement is not small change, it's a huge change for our emergency aid in Kashmir.

"The region is affected by conflict as well as the earthquake and this donation will help our work to

alleviate their suffering."

The event was organised by the Muslim faith leaders who are all Year 13 students, supported by Mrs Nema Saeed, individual needs teaching assistant and Muslim faith coordinator.

Their fundraiser was an afternoon of food and fun for all the family held in school, and was the third annual charity event by the school's Islamic Society.

Thanks to the generosity of school families and the local community,

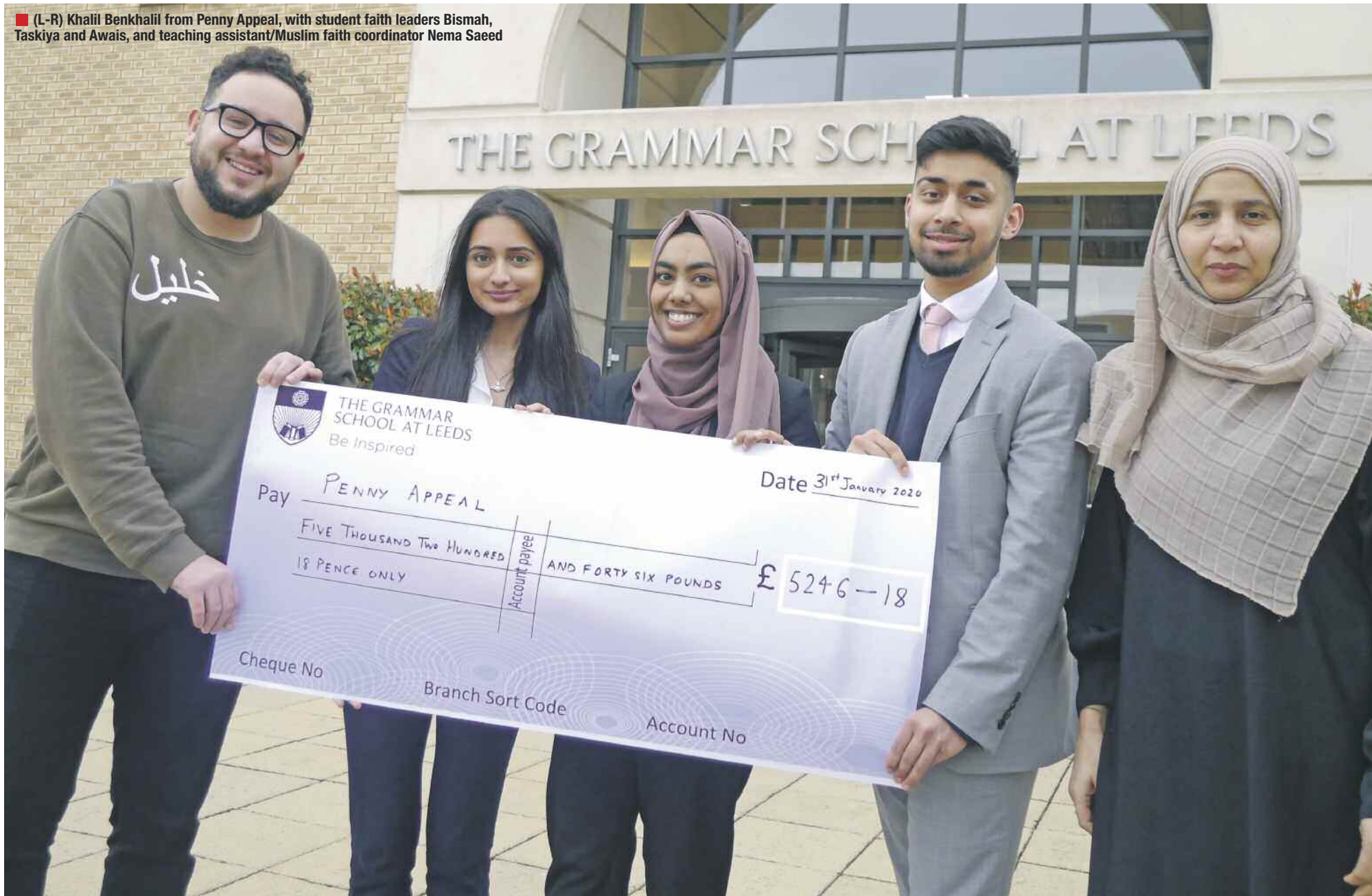
costs were kept low to maximise the benefit for the charity. Schoolwear specialists Rawcliffes Leeds sponsored the dinner, and many other businesses and individuals donated goods and their time, to provide a range of stalls and entertainment.

An auction of donated gifts, run by GSAL parents, raised £1,200 on the day, while the next biggest fundraiser was slime making run by girls from GSAL Junior School. Other stalls included a vintage doll museum,

lucky dip, computer game tournament, sweets, face paint, henna, artwork and Arabic calligraphy.

Student faith leader Bismah said: "There was a very happy atmosphere on the night. We were so pleased to see the younger pupils involved and everyone enjoying themselves. It gives us a great sense of achievement as faith leaders and we're overwhelmed by the amount raised."

■ (L-R) Khalil Benkhalil from Penny Appeal, with student faith leaders Bismah, Taskiya and Awais, and teaching assistant/Muslim faith coordinator Nema Saeed



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# Bradford hailed as one of the best places to do business

Bradford has been named by The Sunday Times as one of the 20 best places for doing business in the UK.

The city came in 15th on the paper's 'Best places for business 2020' guide, beating Newcastle, Glasgow, Sheffield, Belfast and Nottingham.

Judges hailed Bradford's

£10.1bn economy and young population, and mentioned that start-up founders are attracted by low commercial rents, good transport infrastructure and fast broadband.

The Sunday Times stated that 'Recent years have seen regeneration sweep through Bradford' and that 'A range of

redevelopment projects are part of a programme to add an extra £4bn to the economy by 2030'.

Bradford Council's Chief Executive, Kersten England was noted as a key 'Influencer' and the authority's financial support schemes for small businesses were highlighted.

Last year Bradford was named

the most improved city in the UK to live and work by PwC, and in 2018 the city was hailed the best city in the UK to start a business by analysts from Barclays bank.

Councillor Alex Ross-Shaw, Portfolio Holder for Regeneration, Planning and Transport, said: "We are very pleased to see that once again

Bradford is being tipped as a great place to do business.

"Our growth schemes have been very successful in helping businesses create hundreds of new jobs and our broader economic strategy has been designed to create the right environment for businesses to flourish."

# Search starts for the best of the bunch in Yorkshire tourism

The race is on for the 2020 White Rose Awards, after the application process officially opened.

The event recognises the very best tourism businesses in Yorkshire and is the biggest celebration of its kind in the UK.

There are 19 categories open to both Welcome to Yorkshire members (free) and non-members (charges apply) with businesses and organisations able to enter multiple awards.

The prize is a coveted White Rose Award trophy which will be presented at a glitzy ceremony towards the end of the year. Most winners will also get the chance to progress through to the national Visit England Awards for Excellence –

where the local and national categories fully align.

This year's event will see two brand new awards for "casual" and "fine dining" under the banner of Taste of Yorkshire. These will run alongside all the classic awards covering food and drink, the arts, events, accommodation and attractions and new categories introduced in 2019 like Ethical, Responsible and Sustainable Tourism and Accessible and Inclusive Tourism.

Full entry details can be found here: [wra.yorkshire.com/categories](http://wra.yorkshire.com/categories) where you can also see an example application form.

All finalists will receive one free ticket to the awards, as part of the entry conditions. The event location is

still to be revealed, with Welcome to Yorkshire currently in conversation with a number of venues across the county.

Welcome to Yorkshire's Chief Executive James Mason said: "These awards are so special as they truly recognise the absolute cream of the crop in tourism right across Yorkshire."

"People work flat out 365 days a year to make Yorkshire the best place to visit. From the smallest B&Bs to our biggest hotels, from our corner cafes to our Michelin starred restaurants, from world-renowned arts companies to the hottest outdoor attractions, I'm so proud to be able to celebrate all the graft that goes into making Yorkshire a top-class destination."

# PAKISTAN: Woman cuts off rapist's penis as he tries to attack her

A woman cut off a man's penis as he allegedly tried to rape her in Pakistan.

The woman told police she was alone in her house in the central province of Punjab when the alleged attacker entered.

The 25-year-old claims the man began attempting to rape her, prompting her to run to the kitchen and grab a knife in self-defense.

She then proceeded to cut off the alleged rapist's penis, police official Mohamed Ilyas told the DPA news agency.

The man, 28, was rushed to the Civil Hospital in the

nearby city of Faisalabad where he received treatment for his injuries.

It is understood he has since been released.

According to Assistant Superintendent of Police (ASP) Jaranwala Bilal Sulehri, the man and the woman knew each other and the man was due to be marrying someone else.

An investigation into the incident has been launched.

Hundreds of women are raped in Pakistan each year but the abuse often goes unpunished due to weak legislation and reluctance of victims to come forward.

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



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

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

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



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



### Wok's up Yorkshire

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

Franchise owner Khurum Akhtar

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

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

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# Setting a fine example

## Muslim youth from Huddersfield promote friendly 'Love Thy Neighbour' project



An enthusiastic Islamic youth group recently connected with Huddersfield's busy public in the spirit of influencing a more unified community.

With the aim of building bridges, some 15 young Muslim teenage girls from the charity Kumon Y'all, headed down to Huddersfield town centre on a crisp Saturday morning. Their aim was to bolster their 'Love Thy Neighbour' project and it's key objectives of compassion and positivity.

In an effort to promote community cohesion, the girls equipped themselves with fun-loving sentiments such as food, balloons, conversation, smiles and laughter.

Kumon Y'all's infectious optimism quickly rubbed off. Many passers-by and weekend shoppers stopped for a

friendly chat and praised the teenagers and their gumption to spark conversations with complete strangers.

Preparations for the Saturday began days prior. Kumon Y'all's boys set to work tying labels and ribbons to water bottles and helped girls handpackage the sweet cones. The kebab mixture and the samosas were prepared ready to be fried on the day and, Safiyyah taught the skill of balloon modelling to volunteers.

Early on the morning of Saturday 25th of January, the team leaders were busy at work preparing the hot food ready to be packaged and travelled to Huddersfield Town Centre. Once the team was finally fully assembled at 10am they set off.

Upon their arrival, tables, tents and banners were swiftly put up and the

assembly of the food, sweets and toys laid over top. Hot drinks were ready to be made on order with connections

from the store behind.

The overwhelmingly positive response was well received through



plentiful smiles, chatter and united the spirits of both the team and the people of Huddersfield.

"I think it was a great way to fight the prejudice against Muslims and show people that Islam is more about spreading peace and joy than anything else," said volunteer Rumaisa.

Saffiya said: "I was proud to be part of such a great community event. To see all the smiles showcased how our efforts didn't go to waste. Islam is a peaceful religion unlike how it is portrayed in the media regularly."

Meanwhile Arooba said the project was a great success: "People were willing to start a conversation with us. They wanted to know more about our youth organisation. We thoroughly enjoyed talking and handing out food and hot drinks to others".





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# Paedophiles 'hunting' children through TikTok



**Schools across the country have sent warnings to parents as kids as young as five are targeted by paedophiles using the hugely popular phone app TikTok.**

The app for teens to share fun videos has become such a "hunting ground" for paedophiles that schools have issued alerts directly to parents.

TikTok is one of the world's most downloaded apps, investigators say it is exposing children as young as five to leering sex pests, cruel taunts and the glorifying of anorexia and self-harm. It was formerly run in the UK as musical.ly, and is one of the top 10 apps globally, vying with Netflix and Snapchat.

The app is a huge hit with under-16s, and head teachers from dozens of schools – including early years primaries – have sent letters to thousands of parents across the UK.

TikTok says users must be at least 13 years old – but asks for no proof.

It has recently added the ability to live-stream, making it even more of a threat.

That exposes youngsters to suggestions from strangers in real-time, with just seconds to decide on a response that risks leading to a

spiral of abuse and exploitation.

Doing investigations, in one video showing a teenage girl dancing, other users ogling her urged: "Take off your clothes."

Another innocent video featuring a girl of 15 drew a string of crude comments from men about sex acts.

Others show teens in school uniform being punched in the head and users glorifying eating disorders.

One disturbing clip showed a teenage boy exposing his skeletal ribs. He tagged his post "#thinspo", for "thin inspiration" – used to seek approval for body image issues.

The findings come amid growing calls for tighter social media regulation.

The Chinese-owned app, worth up to £55 billion, claims it is "raw, real, and without boundaries".

But its dark side is concerning teachers nationwide, with strong suspicion the app is being used to stalk teenage girls.

One primary school said: "Parents of children in Year 3 to Year 6 have been horrified by what children are exposed to."

As well as live-streaming and public comments, TikTok lets users send direct messages.

One North Yorkshire school advised: "If the profile is open, strangers can comment on your child's videos."

"While this isn't always sinister, it lets potential predators contact your

child."

Parents were alerted to the #takeitoff challenge, in which young girls are urged to video themselves removing their school shirts.

Chris Keates, of teaching union the NASUWT, said: "Today it's TikTok, tomorrow it will be another site."

"Young people will be at risk until those who develop the sites, and governments who regulate them, make safety and welfare their overriding priority."

In September, US police arrested adults in New Jersey allegedly grooming children on the app.

The NSPCC found one in 20 children on live-streaming sites have been asked to strip by a stranger.

They said: "We know a significant number of children are contacted via live-streaming apps like TikTok, abusers use them as a hunting ground. It's alarming how little progress social networks have made over grooming."

Charity Barnardo's said its child sexual exploitation team had helped victims as young as eight – younger than any it had seen before.

The Department of Media, Culture and Sport said: "We expect tech companies to remove child sexual abuse content, stop online grooming, and have robust age verification."

TikTok is age-rated on app stores so parents can stop it being added.

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Counter terror police are recalling official guidance which suggested that 'Muslims who believe they are oppressed' could be a sign of extremism.

Human rights groups condemned the 12-page document produced by counter terrorism police in south-east England for undermining 'free expression and discrimination'.

Titled 'Safeguarding young people and adults from ideological extremism', the document lists a number of groups and examples of 'extremist or worrying behaviour to look for'.

In reference to the banned Islamist terror group Al Muhajiroun the document provides a list of 'What you might see and hear'.

Human rights groups such as Liberty and CAGE as well as the Muslim Council of Britain (MCB) claim that the guidance is worryingly broad and includes 'normative Muslim beliefs'.

Concerns have been raised that if a person of a Muslim background were

## Police recall guidance listing 'standard Muslim beliefs' as signs of extremism

for example to speak of China's persecution of Uighur Muslims or of discrimination against Muslims in India, then this could be mistakenly linked to radicalisation.

The guidance was issued as part of the government's Prevent strategy, a programme designed to tackle both far-right and religious radicalisation.

Under the Prevent scheme, there is a statutory duty for public sector workers, such as NHS staff, teachers and social workers, to identify those deemed to be at risk of radicalisation.

Human rights group Liberty said it was 'outrageous to imply a Prevent

referral as warranted where someone expresses the view that Muslims are oppressed'.

Rosalind Comyn, Policy and Campaigns Officer at Liberty, said: 'Prevent has always been a blunt instrument that undermines free expression, embeds discrimination in public services and sows distrust among communities.'

Dr Adnan Siddiqui, Director at human rights group CAGE said: "The inclusion of normative Muslim beliefs, attitudes and experiences of religious discrimination as potential markers is not new to Prevent, and something

CAGE has documented and campaigned on for a long time.

"Prevent is not only validating Islamophobia, but is entrenching it across the public sector.

"The leaked Prevent document seeks to determine which forms of political expression are acceptable, or beyond the pale."

The MCB said: "Care must be taken to ensure that evidence-based views that reflect legitimate concerns by Muslims are not conflated with claims of extremism".

Secretary General of the MCB Harun Khan said: "Muslims are held in

concentration camps in China, ethnically cleansed in Myanmar, and still under lockdown after almost 200 days in Kashmir.

"This is clear oppression which everyone – not just Muslims – should be voicing concerns about."

A spokesperson for Counter Terrorism south east said: 'The document was designed for a very specific audience who understand the complexities of the safeguarding environment we work within and who have statutory duties under Prevent. We are in the process of confirming who it has been shared with and recalling it.'

"We as Counter Terrorism Policing, along with our partners, have a responsibility to protect vulnerable people."

"Officers are trained to spot those who may be vulnerable and this is a fundamental element of the work of Prevent - to stop people potentially being drawn into criminal behaviour."

# Lungs can 'magically' heal damage from smoking

Your lungs have an almost "magical" ability to repair some of the damage caused by smoking - but only if you stop, say scientists.

The mutations that lead to lung cancer had been considered to be permanent, and to persist even after quitting.

But the surprise findings, published in Nature, show the few cells that escape damage can repair the lungs.

The effect has been seen even in patients who had smoked a pack a day for 40 years before giving up.

The thousands of chemicals in tobacco smoke corrupt and mutate the DNA in your lung cells - slowly transforming them from healthy to cancerous.

The study uncovered that happening on a massive scale in a smoker's lungs even before they had cancer.

The overwhelming majority of cells taken from a smoker's airways had been mutated by tobacco, with cells containing up to 10,000 genetic alterations.

"These can be thought of as mini time bombs, waiting for the next hit that causes them to progress to cancer," said Dr Kate Gowers, one of the researchers at UCL.

But a small proportion of cells went unscathed. Exactly how they avoid the genetic devastation caused by smoking is unclear, but the researchers said they appeared to "exist in a nuclear bunker".

However, after someone quits smoking, it is these cells that grow and replace the damaged cells in the lungs.

In people who quit, up to 40% of their cells looked just like those from people who had never smoked.

"We were totally unprepared for the finding," Dr Peter Campbell, from the Sanger Institute, told BBC News.

He added: "There is a population of cells that, kind of, magically replenish the lining of the airways."

"One of the remarkable things was patients who had quit, even after 40 years of smoking, had regeneration of cells that were totally unscathed by the exposure to tobacco."

The researchers still need to assess how much of the lungs are repaired. The study focused on the major airways rather than the small structures called alveoli, where oxygen crosses from the air we breathe into our lungs.

There are about 47,000 cases of lung cancer in the UK each year. Nearly three-quarters of them are caused by smoking.

Studies have already shown that people cut their risk of lung cancer almost from the day they quit.

The assumption had been that this was simply because any further mutations caused by smoking were avoided.

Dr Rachel Orritt, from Cancer Research UK, said: "It's a really motivating idea that people who stop smoking might reap the benefits twice over - by preventing more tobacco-related damage to lung cells, and by giving their lungs the chance to balance out some of the existing damage with healthier cells."

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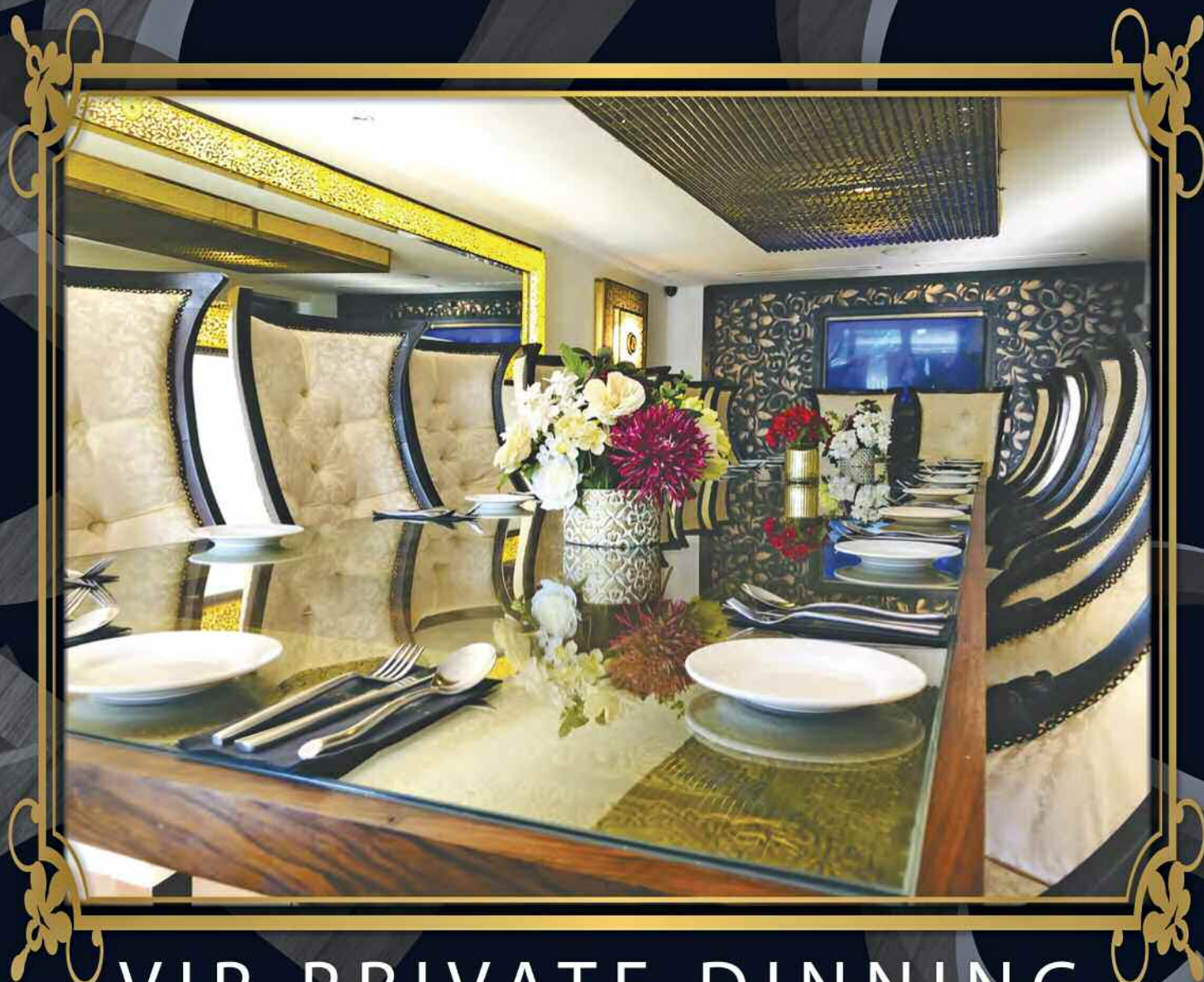
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# Amanda Holden, Anita Rani and Michelle Keegan all support British Red Cross campaign to have a 'clear out for a good cause'

Amanda Holden, Anita Rani and Michelle Keegan are backing a new British Red Cross campaign as the charity kicks off its 150th year.

The campaign, 'It starts with her', is encouraging women in the UK to change the lives of women in Barishal, Bangladesh, one of the most disaster-prone places on the planet, simply by donating unwanted clothes.

Almost half of women in the UK have admitted to owning too many clothes according to a recent survey for the charity.

The research revealed that the majority of women claim to wear less than half of their wardrobe, with over a third admitting that the amount of clothes they no longer wear makes them feel guilty.

Bradford-born TV presenter Anita Rani is encouraging women across the country to get involved: "Join me in having a clear out for a good cause," she says.

"Life for the women in Barishal, Bangladesh is extremely hard.

"They are often left to raise children alone, experience violence and can be forced to marry young and drop out of school.

"But we know that when strong women come together they are powerful - with just a small amount of support, training and tools they can be breadwinners, mothers and leaders of their communities.

"Donate and declutter to help these women to build a safer future."

'It starts with her' will run from January to April raising money to help women living in the slums of the bustling Bangladesh port of Barishal, known as 'the Venice of the East' for

## It starts with her



■ Anita Rani

■ HOPEFUL: 19-year-old Mim has joined a women's squad for women to speak up about their problems

the canals and rivers that wind their way across the city.

The women here battle poverty, homelessness and violence, but are fighting back with the help of British Red Cross to build their own and others' livelihoods.

In Barishal in Bangladesh, people are under threat of monsoons and flooding, which can lead to deadly

illnesses spreading, especially in slum areas.

The risk is even greater for women and girls who are more likely to fall into poverty, lose their homes, have no reasonable way of making a living and miss out on getting an education.

Mim (pictured above) is a 19-year-old woman living in Barishal.

Mim commented: "Because my

family and I can't afford to buy new clothes often - usually one new salwar kameez a year - I customise my outfits by watching YouTube tutorials to learn about different embroidery techniques and stitch designs onto plain outfits."

Mim has joined a Women's Squad, a community group funded and set up by the British Red Cross to give

women a platform to speak up about issues that directly affect them and their communities. Here, women stand together, have their voice heard and put forward solutions for issues in their society.

Zoe Abrams, Executive Director of Communications and Advocacy, British Red Cross says: "Our new appeal It starts with her will make use of our 150 years of experience to help women in vulnerable communities be better prepared for when the worst happens.

"When women come together, they are powerful and in the wake of a crisis that strength is needed more than ever.

"When it comes to picking up the pieces, rebuilding lives and creating a sustainable future that reaches every single corner of a community in the aftermath, it starts with her. Which is why we think building women's resilience is worth investing in."

The British Red Cross has teamed up with the UK government, through UK Aid Match, so that every pound given, up to the value of £2m, will be doubled. With your help, the British Red Cross can turn £2m into £4m. That's thousands of strong women - and, as a result, stronger communities - supported to be even stronger.

All of the money raised from women's clothes and accessories donated between January and March will fund It starts with her, making strong women stronger.

To find out where your local British Red Cross shop is, visit [www.redcross.org.uk/shop](http://www.redcross.org.uk/shop)

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# Batley GP selected as new chair for CCG

NHS North Kirklees CCG has announced the appointment of Dr Khalid Naeem as their new clinical chair of the governing body from 1st May 2020.

The 27 GP practices in the area serve a population of approximately 191,600 registered patients across an area including Dewsbury, Batley, Mirfield and Cleckheaton.

Khalid has been a GP in Batley for over 15 years and is a partner at Mount Pleasant Medical Centre. He has also been a member of the CCG's governing body since it was first established in 2013 as the clinical lead for medicines management.

Dr Naeem will replace Dr David Kelly who announced he would be stepping down from the role last year. David has held the position since April 2013 and has helped shape the future direction of health and social care in North Kirklees.

On his appointment Dr Naeem said: "I am delighted to be taking on the challenge

of this role and look forward to working with local GPs, practice staff, patients and the CCG to ensure we continue to build on our vision for the population of North Kirklees."

**"I'm pleased to welcome Khalid to the role of clinical chair of North Kirklees CCG. I know he has a great deal of knowledge, experience and enthusiasm to bring to his new role and I look forward to working alongside him."**

Carol McKenna, CCG Chief Officer said: "I'm pleased to welcome Khalid to the role of clinical chair of North Kirklees CCG. I know he has a great deal of knowledge, experience and enthusiasm to bring to his new role and I look forward to working alongside him. "I'd like to express my

thanks to David who has made a huge contribution to the CCG. As one of the founding members of North Kirklees CCG David has led us through some often challenging times and has

worked to deliver our ambitions of high quality care and sustainable local services."

Dr Naeem was selected through a formal recruitment process followed by membership endorsement.

Dr Kelly will continue to work as a GP at Brookroyd Surgery, Heckmondwike.



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A GUIDE TO OUR SOCIAL ACTIVITIES AND SUPPORT SERVICES

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### Fitness

**Gym:** MON - FRI 9am - 5pm.  
£1 per session or membership for £5 a month. Ladies only sessions available (see gym timetable).

**Indoor Cricket/Tennis:** MON 10am - 12pm  
Learning disability inclusive.  
18+. 50p donation.

**Dance Fitness:** TUES 6:30pm - 7:30pm.  
£2.50 per session.

**Tai Chi:** WEDS 10am - 11am.

### Social

**Befriending Service:** MON 60+ years.

**Recycled Teenagers:** TUES 9:30am - 12pm.  
50+ years social group.

**Shopping/Walking Group:**  
WEDS 11am - 2:30pm.  
Ladies only. Chit chat and lunch.

**Junior Youth United:** WEDS 4:30pm - 6:30pm.  
12 - 15 years youth/sports group.

**Men's Social Group:** THURS 10am - 1pm.

### Other

**Breastfeeding Group:**  
MON 10:30am - 12:30pm.

**Food For Crisis Service:** MON 3:30pm - 5pm.

**Advonet, Advocacy Support:**  
TUES 1pm - 4pm.

**South Leeds Family Social:**  
WEDS 11:30am - 1pm.  
English practice and conversation club with children's creche.

**Chair Based Exercises:** WEDS 1:30pm - 2:30pm.

**RUGA:** THURS 6pm - 7:15pm. Ladies only.  
Session combines running and yoga £2.50 per session.

**Cardio Cricket:** SAT 1:15pm - 3:15pm.  
Old Cockburn Sports Hall. Women and girls.

**Urban Cricket:** SUN 10am - 1pm.

Old Cockburn Sports Hall.  
Under 11's start 10am.  
Under 16's start 11:30am

**Women's Sewing Classes:** THURS 10am - 1pm.  
Sewing class and garment alteration service.

**HEAL:** THURS 7pm - 9pm.  
Men's discussion group and dinner.

**Ladies Arts & Crafts Session with Chit Chat:**  
FRI 11:30am - 2:30pm.

**Baitak:** SUN 6pm - 9pm.  
Men's Social Club with dinner.

**Women's Counselling:** THURS 11am - 6pm.

**Hamla Antenatal Group:**  
FRI 10:30am - 11:30am.  
Pregnancy help and support.

**HEAL:** THURS 7pm - 9pm.  
Men's discussion group and dinner.

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Basic English classes at Hamara HLC on Tuesdays, Wednesdays, and Thursdays 9:30am - 12:00pm.

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## 'Precious and Rare' Islamic artwork to go on display in Bradford

An important collection of Islamic metalwork is to go on display at Cartwright Hall in Bradford as part of an exhibition, 'Precious and Rare: Islamic Metalwork from The Courtauld Gallery'.

The collection of ten remarkable pieces of Islamic metalwork, dating from the 13th to the 16th centuries, includes some of the finest examples of this intricate craft from modern-day Iraq, Iran, Syria, Egypt and Turkey.

The objects are on loan from The Courtauld Gallery in London as part of a four-date touring exhibition whilst it is temporarily closed for a major restoration project. The exhibition will be on display at the Bradford Council-run art gallery from 25 January until 10 May 2020.

The Courtauld Gallery's small but renowned collection of Islamic metalwork was formed by one of the great Victorian art collectors, Thomas Gambier Parry, to complement his acquisitions of precious medieval and early Renaissance paintings and decorative arts.



Islam. The objects will be displayed alongside paintings, photography, calligraphy and glassware from Bradford Museums and Galleries own collections.

Dr. Alexandra Gerstein, The Courtauld Gallery's curator of sculpture and decorative arts, said: "We are thrilled to partner with Cartwright Hall to provide an opportunity for the local community to experience and enjoy some of the most treasured art works from The Courtauld Gallery."

A launch event where people can meet the team from The Courtauld Gallery will be held on Sunday 2 February 1pm to 3pm. This event is free and refreshments will be provided.

Dr. Sussan Babaie, Iranian-American art historian at The Courtauld and the President of the Historians of Islamic Art Association, best known for her extensive research on Persian and Islamic art and architecture of the early modern period, will be giving a fascinating talk at Cartwright Hall on Sunday 9 February. To book a free ticket, telephone 01274 431212.

For more information about this exhibition and other events and exhibitions at Bradford Council run museums and galleries visit: [www.bradfordmuseums.org](http://www.bradfordmuseums.org).



Many of the best pieces in the collection have been on permanent display in The Courtauld Gallery since their bequest in 1966, and only a few pieces have ever been on loan before outside of London. The intricate objects have now been cleaned and conserved for the first time since the bequest was made, over fifty years ago.

The most spectacular piece in the collection is the Courtauld Bag, made in Mosul, present-day northern Iraq, for a noble lady of the Persian-Mongol court, around 1300-1330. It is recognised as one of the finest pieces of Islamic inlaid metalwork in existence, and is the only surviving object of its kind.

The free exhibition explores the origin and cultural context of these extraordinary objects, and offers an opportunity for visitors to learn more about a fascinating area of the arts of



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# Exhibition celebrates 150 years of education in Bradford

Since the famous Education Act of 1870, Bradford has been a national pioneer in education and child development and a new exhibition celebrates 150 years of education in the city.

The Elementary Education Act of 1870 was commonly known as Forster's Education Act, after the Bradford MP William Edward Forster.

The Act aimed to combat the horrific child labour conditions of the era and to educate a new workforce for the emerging manufacturing economy.

It introduced national standards for education and was part of a number of Acts that were passed by Parliament at the time to create compulsory education in England and Wales for children between the ages of 5 and 13.

The Educating Bradford exhibition at Bradford Industrial Museum runs from February 15 until November 8.

The family friendly displays celebrate 150 years of innovation in education in Bradford, from 1870 to the present day.

The exhibits show how modern teaching methods are still influenced by 19th and 20th

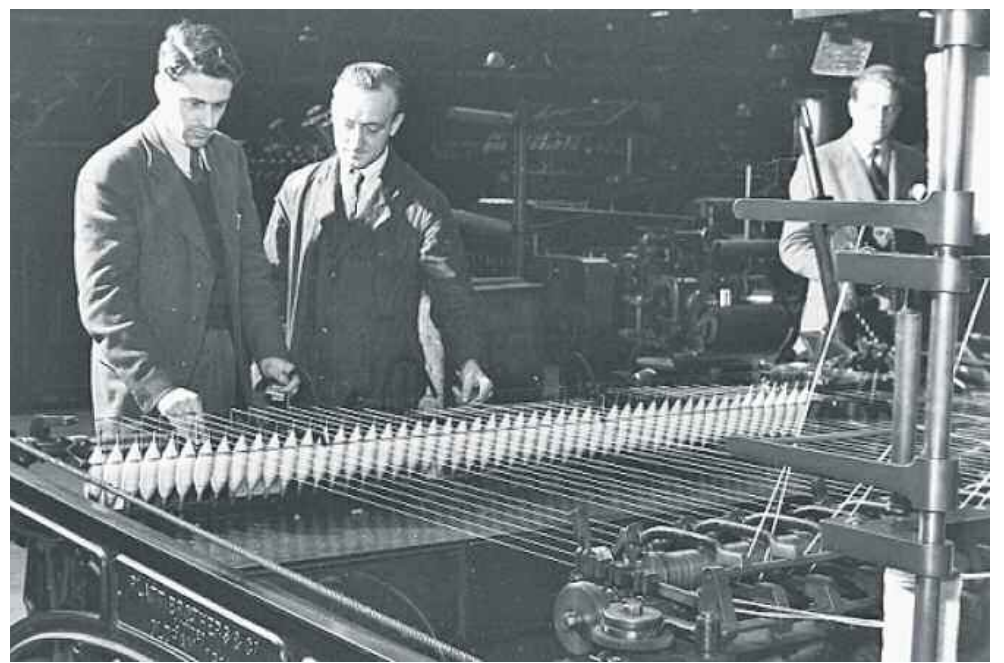
century educational and child healthcare reforms.

It also charts the development of adult learning and the recognition that an educated workforce helped support the development of Bradford as an international powerhouse.

The exhibition is inspired by the landmark book Education in Bradford 1870-1970 which provided a detailed description and celebration of learning in the city and this year marks the 50th anniversary of its publication.

Councillor Sarah Ferriby, Bradford Council's Executive Member for Healthy People and Places, said: "This is a fascinating exhibition charting Bradford's role in education from the Forster's 1870 Act to more recent developments. It is an evolving exhibition that, like a child, will develop and grow throughout the year. We seem to take the free education of our children for granted and this exhibition helps us to realise how far we have come over the last 150 years."

For more information about exhibitions and activities at Bradford Council run museums and galleries visit [www.bradfordmuseums.org](http://www.bradfordmuseums.org)



Bradford's recently refurbished St George's Hall has seen a huge increase in the number of visitors since it reopened in February 2019, after a multi-million pound restoration project.

A report shows that there have been around 9,000 more people through the doors of the stunning concert hall, than there were during an equivalent period prior to its £9.8m refurbishment.

The restoration of the 1,350 seater concert hall dubbed 'the people's palace' was made possible with funding from Bradford Council and The National Lottery Heritage Fund.

The extensive refurbishment of this much loved building included a wide-range of work both to its exterior and interior.

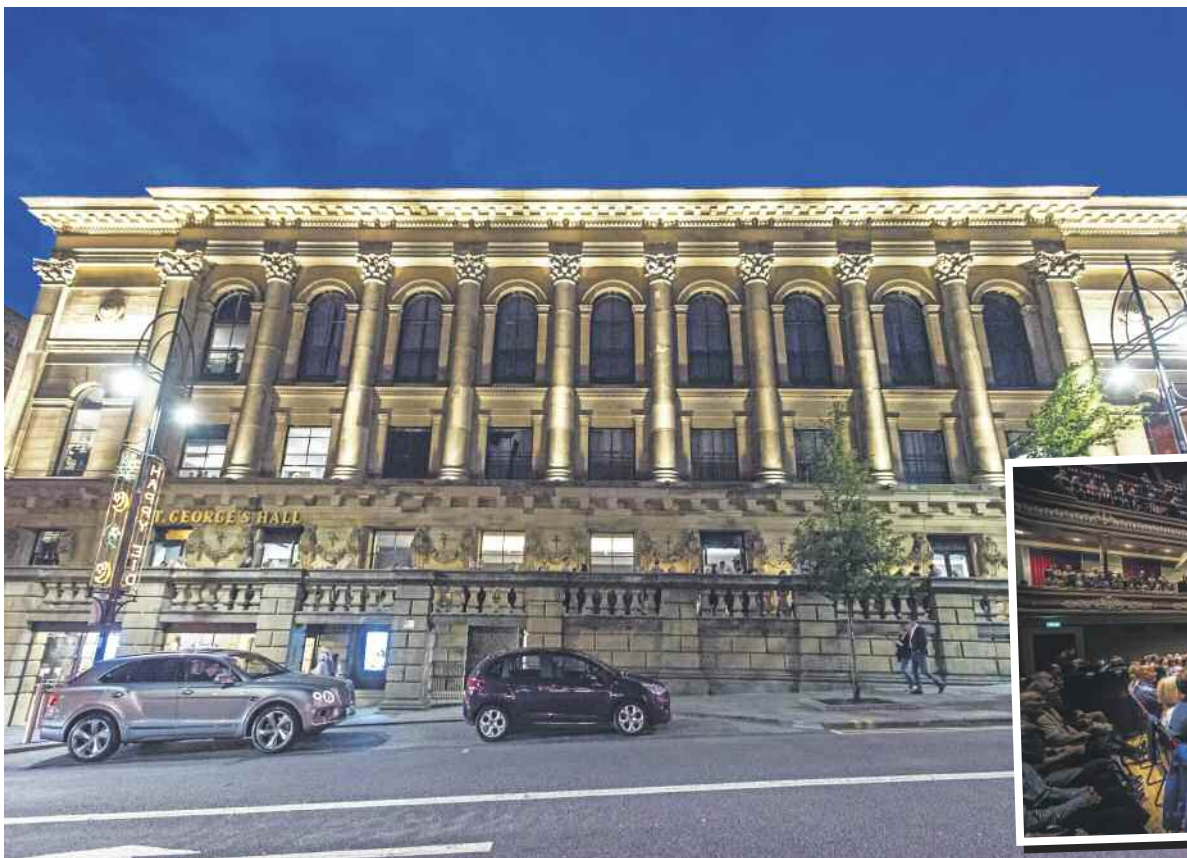
As well as major works to the roof, windows, electrics and stonework, the front-of-house areas have been increased, where possible, and have been decorated sympathetically to suit the heritage of the building.

Brand new seats have also been installed after specialist consultants advised on ways to improve sight lines and comfort in the auditorium, whilst ensuring the world class acoustics are unaffected.

The rich and fascinating history of the venue has been captured in unique displays that weave along all four levels, showcasing key events from the official opening in 1853 to the big rock and roll band concerts of the 1970s and 1980s.

In addition to ticketed attendees, between October and December 2019 around 800 people engaged in a

## Visitor numbers up at Bradford's restored St George's Hall



new Heritage Outreach Programme, which includes themed heritage tours, heritage open days and free family-activity sessions all supported by The National Lottery Heritage Fund.

An on-going schedule of activities for 2020 includes themed Heritage Tours planned for Mother's Day, Pride and a Yorkshire Day event.

True to the founding spirit of St George's Hall which is 'to bring world class music to the people of Bradford' an exciting project for Bradford schools will take place at the venue. On Wednesday 24 June the Hallé Orchestra will be performing with local children at a special event called 'Come and Play with the Hallé'.

Hundreds of pupils from across the Bradford district, working with the council's Bradford Music and Arts Service, will rehearse and then perform musical pieces along with the world famous Hallé Orchestra at St George's Hall.





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# Great expectations

Young business entrepreneur passionate about delivering the highest standards

**T**here's no shortage of curry places, but one Bradford man continues to steer the vision of raising the bar on Indian/Pakistani run restaurants in Yorkshire.

Faisal Rashid, most popularly known as 'Junior', is a Bradford-born, Heaton-raised grandson of a mill worker in Bradford, who has carved a distinct brand over the last decade with his successful chain of Lala's restaurants.

Inspired by his family's historic involvement with the restaurant sector, Junior's business interest is all about upping the standards in Asian restaurants. Recently he celebrated the grand opening of his latest sumptuous dining area, just on the periphery of the bustling city on Bradford Road, Pudsey.

Kashmiri cuisine is amongst Junior's inspiration, coupled with the lavish luxury of Dubai. Everything from the

stylish ambiance of his restaurants to the food and service are central to the Lala's name.

Junior studied accounting and finance at university, but it was when he took on the job of a waiter at one of Bradford's busiest restaurants, he realised his true potential.

"It was then that I realised I wanted to do things differently and raise the bar.

"The experience of working as a waiter, drove me to thrust myself into a business that my grandfather first began in Yorkshire.

"I realised my own potential and I've never looked back since."

"My goal was, and still is, to deliver the highest standards in the hospitality sector.

own mother's home-made food. It's with her blessing that I am encouraged to continue delivering my dream.

"Our passion is a contemporary restaurant offering dining experiences beyond the expectations of our customers.

"Our menu reflects the diversity of Kashmir, steeped in the classics while also offering deft touches of modernity."

Managing well over 150 staff over Lala's branches, Junior remains hands-on in his approach.

"I believe in innovating by example- creating the right team can make a dream come true," he reveals.

"You will see me regularly playing

***"At Lala's, we showcase the finest in Kashmiri cuisine, complimented by an exceptional dining experience built on attention to every aspect of service and food. The driving force is my experience of my own mother's home-made food. It's with her blessing that I am encouraged to continue delivering my dream."***

Since then, there seems to be no stopping this restaurateur. His focus on aesthetics is coupled with a deeper ambition to bring authentic Kashmiri food to diners.

Junior explains: "We have a love affair with South Asian food, but the proposition usually offers the tired stereotypical curry house.

"At Lala's, we showcase the finest in Kashmiri cuisine, complimented by an exceptional dining experience built on attention to every aspect of service and food.

"The driving force is my experience of my

host to our diners. I'm front of house. I'm waiting tables... and immersing myself in anything else that's required of me.

"My standards are high and I believe this is imperative as it flows down to the rest of my teams," he says.

And talking of being a team player, Junior is a keen supporter of grassroot causes. A regular sponsor of local U16 football and cricket clubs, Lala's is keen to extend inter-faith dialogue and has supported many friendly matches as well as hosting fundraisers over the years.

With such a range of successful ventures, Junior also reveals the acquisition of the iconic Grove Library site near Bradford College. Announcement on what's next in the Lala's chain is to follow soon.





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## Have you settled without knowing it?

**I**t is often tempting to avoid the expense of instructing lawyers, particularly in a dispute where it appears that a settlement can be agreed fairly swiftly. However, the High Court case of *Newbury v Sun Microsystems* provides a cautionary tale for those who are not careful in finalising terms of settlement and underlines the importance of taking care when settling disputes and highlights the pitfalls and the difficulties the parties can get themselves into.

In the above case the Claimant pursued court proceedings against the Defendant claiming unpaid commission. The Defendant, in turn, counterclaimed for recovery of an alleged overpayment. Shortly before a long trial was due to commence, the Defendant's solicitors wrote to the Claimant's solicitors offering the sum of £601,464.98 in settlement of Mr Newbury's claim and the letter stated that the settlement was "to be recorded in a suitably worded agreement". The Claimant's solicitors accepted the offer.

However the draft settlement agreement subsequently sent across to the Mr Newbury's solicitors by Sun Microsystems' solicitors contained clauses relating income tax and National Insurance contributions as well as a clause imposing an obligation

of confidentiality on the Claimant. The Claimant rejected the Defendant's draft agreement stating that it did not reflect the agreed terms specified in the settlement letter which he claimed was binding following his acceptance of the Defendant's offer. Further, the Claimant argued that the execution of a written agreement was not a condition to the agreement coming in to effect. The Defendant disagreed and asserted that the offer letter was not capable of acceptance as it was an agreement in principle only and that it was conditional upon agreement of the other matters which were to be included in the "suitably worded agreement". According to the Defendant, a "suitably worded agreement" meant that certain items still had to be negotiated and that the parties were still negotiating the finer details of the settlement.

The Court ruled in favour of the Claimant. It said that the Defendant's offer and the Claimant's acceptance of that offer included all the essential elements of a contract and that once the Claimant accepted the Defendant's offer, the parties had reached a binding agreement. The Judge pointed out that the offer letter was not expressed as being "subject to contract" and said that "had those words been used, it would have been clear that the terms were not yet binding or agreed until the formal contract was agreed". In the absence of such wording, the Judge found that it was too late for any further (additional) terms to be negotiated by the Defendant. If those words had been used then it would have been clear that the terms were not yet binding or agreed until the formal contract had been agreed. The fact that the Defendant did not use those words suggested to the Judge that the letter constituted an offer that was capable of acceptance.

This case highlights the need for the parties in settlement negotiations to be very careful what they state in correspondence so as to ensure that a binding contract is not inadvertently created.

If you are involved in a dispute then you should consider seeking professional advice from the outset to make certain that the settlement which you are trying to achieve is what you are actually agreeing to. Blacks Solicitors can assist with any dispute that you may be involved in. Please contact Luke Patel on 0113 227 9316 or by email at "L.Patel@LawBlacks.com"



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## What are your rights when you can't get to work due to bad weather?

The after effects of Storm Ciara led the Met Office to issue a yellow weather warning for snow, ice and wind for many parts of the UK.

In response, the Advisory, Conciliation and Arbitration Service (Acas), has issued some advice for employers and workers concerned about the

impact of travel disruptions due to the bad weather.

Acas Chief Executive, Susan Clews, said: "Storm Ciara has wreaked havoc across the country with travel disruptions expected to continue today in some parts of the UK.

"Workers may be concerned about travelling into work over the next few

days and some employers will have concerns about staff absences impacting their productivity and performance.

"Our advice explains the legal rights when it comes to bad weather and suggests alternate working arrangements that could help to keep businesses running."

## What's the law for employees and employers?

### What's the law for employees and employers?

- If you cannot get into work due to a travel disruption, then inform your boss as soon as you know;
- Look to see if there are alternative travel options to get into work;
- Check if your employer can agree flexible working arrangements such as arriving and leaving later or homeworking; and
- Consider any urgent work that needs to be covered if you can't get into work.

### Legal considerations include

- There is no automatic legal right to be paid for working time missed due to travel disruption or bad weather;
- Employees have the right to take unpaid time off in an emergency situation that involves a dependent. This can include looking after your child because their school has closed due to bad weather; and
- If you're ready and available to work but your place of work is closed then you will usually be entitled to normal pay.

### Acas top tips for employers on alternative working arrangements include:

- Allow workers to come in a little later than usual if the travel disruption or weather is expected to improve;
- Offer workers who can get into work the opportunity to swap shifts or work overtime;
- Suggest flexible working to allow workers to make up any lost working time or allow workers to take the time off as paid annual leave; and
- Consider having a bad weather or travel disruption policy that includes contact arrangements, alternative forms of working and what happens with staff pay if a worker is unable to get into work.

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# Facts about organ donation law change

WhatsApp messages are being circulating misleading Asian communities

**NHS Blood and Transplant is urging people to find out the facts about organ donation and the upcoming law change, which is due to come into effect in England from later this spring.**

Several posts and messages recently shared across social media and WhatsApp have contained incorrect information about the change in the law about organ donation.

Some messages claim that 'the deadline is tomorrow' and that all residents in the UK are now automatically on the NHS Organ Donor Register. These messages have been reported particularly within black, Asian and minority ethnic communities.

In fact, there is no deadline – people will be able to register their decision at any time before or after the law change – and people are only included on the NHS Organ Donor Register if they have formally registered their decision to opt in or out. An exact date for the law change to take effect is expected to be confirmed by Government in coming weeks.

Anthony Clarkson, Director of Organ Donation and Transplantation at NHS Blood and Transplant, says: "Organ donation remains a choice and families will still be involved in any donation decision.

"It is absolutely an individual's choice whether they want to register as an organ donor or to opt out. We want to ensure that people are making the right decision for them based on facts rather than misinformation.

"Once a person has made their decision, we encourage them to let their friends and family know and consider registering their decision on the NHS Organ Donor Register."

From the time the law changes, all adults in England will be considered as having agreed to donate their own organs when they die unless they record a decision not to donate, what's known as 'opt out', or are in one of the excluded groups. Those excluded will be people under 18, people who have lived in England for less than 12 months or who are not living here voluntarily, and people who lack the capacity to understand the change.

Wales already has an opt out system, after changing their law in December 2015. Jersey introduced the opt out system in July 2019 and Scotland will also be moving to an opt out system from Autumn 2020.

Over 6,000 people are currently waiting for a transplant, and yet only 1% of people die in circumstances where organ donation is possible. Of those who join the register, only a small percentage go on to actually become an organ donor.

The most important priority for a medical team is always to do everything they can to save the life of their patient. Organ donation would only ever go ahead with the family's

agreement and once all life saving measures have been exhausted and clinicians confirm that the patient has died.

Dr Nighat Arif is a British-Pakistani Muslim GP and mum to four-year-old Qasim who received a liver transplant. She has been campaigning to raise awareness and ensure that people across the country have access to the facts and information they need to make an informed decision about organ donation.

She says: "It is so important that people have access to the correct facts and accurate information. If you receive a message via social media - stop, think and take a moment to do your own research.

The NHS has produced some really helpful information, which can help explain how the law is changing and help you make the decision which feels right for you. It remains entirely your choice, whether to register as an organ donor or opt out.

"Regardless of the change in the law, organ donation will always remain the most precious gift, only possible thanks to the incredible generosity of the donor and their family who support their decision."

For more information about the law change and organ donation or to register your decision, please visit: <https://www.organdonation.nhs.uk/uk-laws/organ-donation-law-in-england/> or call 0300 303 2094.





# DOABM

## YouTube star Humza teams up with the police to prevent young people being drawn into violence

The Met's Counter Terrorism Command (CTC) has collaborated with internet comedian Humza Arshad to produce a hard-hitting film, 'HATE'.

The film is part of their presentation to secondary schools to discuss violent extremism.

Safeguarding through early intervention is an important strategy to protect young, vulnerable people from being pulled into a life of violent crime by others.

The 'HATE' is a thought-provoking 12-minute film produced, directed by, and starring Humza, who is known for his 'Diary of a Badman' series on YouTube. The video itself is a dramatisation of life through Humza's view of the world, as a way of opening up debate.

Humza narrates the video in poem

form telling the story of two men driven to violence, showing how young people may be drawn into this, and how futile such action is.

The film addresses the themes of intolerance, violent crime, racism, extremism, Islamophobia and radicalisation, and the consequences of being influenced by them. The aim is to help empower young people to recognise and counter such poisonous narrative.

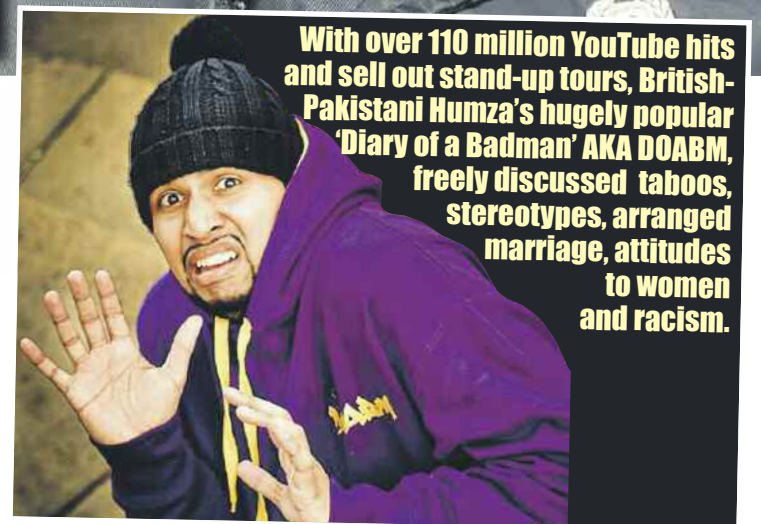
Running up until 6th February, police officers from the CTC will visit 16 secondary schools across eight London boroughs to play the video to pupils, aged 14 to 18 years old, and discuss the important themes highlighted by the film.

After watching the film, the students have the opportunity to discuss with police officers and

Humza the issues raised. The pupils will also be told about real-life case studies. Humza will also speak about his life experiences and what inspired him to make the film, using a combination of emotive stories and comedy.

Commander Richard Smith, head of the Met's Counter Terrorism Command, said: "The Met is working hard to prevent vulnerable young people from being drawn into violence, gang crime, and an extremist or hate-driven ideology.

"We believe our presentations at schools are going to be key to helping vulnerable young people set their minds against hate and violence. We hope it will empower them not to be influenced by those who support and encourage poisonous and extremist ideologies.



With over 110 million YouTube hits and sell out stand-up tours, British-Pakistani Humza's hugely popular 'Diary of a Badman' AKA DOABM, freely discussed taboos, stereotypes, arranged marriage, attitudes to women and racism.

"Humza is incredibly popular online and influential with young people, so by working with him we hope we can ensure young people are less susceptible to being drawn a life of violence.

"If you are concerned that someone you know is potentially at risk of radicalisation, tell someone – and help them take a different path."

Humza Arshad, said: "I don't think I've lived in such a divisive and dangerous time as what we've seen over the past year.

"From the mosque attacks in New Zealand to losing a friend to a knife attack a few weeks later, as a human being I've felt the impact of intolerance and senseless violence.

"I'm pleased to partner again with the Met Police to address these topics head on with the same people that are most affected – young people. We've got work to do."

For help and advice about the risks of radicalisation and to refer your concerns, visit 'Let's Talk About It' at [www.ltai.info](http://www.ltai.info)

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# Hundreds arrested as police tackle West End robberies

More than 340 arrests have been made as part of an ongoing operation tackling robbery in the West End, as the Met launches an advertising campaign targeted in central London urging people to "look up, look out" for thieves.

Operation Fahrenheit was launched in late November last year, to disrupt robbery and associated crime in and around the West End using more stop and search, targeted plain-clothes and high-visibility patrols in hot spot areas and other tactics.

Central West BCU officers attached to the dedicated robbery team and the night-time economy team, have been supported by the Violent Crime Taskforce to enhance proactive capability.

In the two months since the operation started, officers have conducted more than 2,800 stop and searches, and more than 340 arrests have been made for a variety of violence, weapon and drug offences.

To support police enforcement activity around robbery, the Met is launching an advertising campaign which aims to prompt people to "look up, look out" when they might be distracted by their mobile phone in public, so they are less vulnerable to becoming victims of crime.

The adverts, which will go out

from today (Monday, 10 February) will specifically target and reach people when they are in the West End - using digital street posters, drinkmats and other ambient media in licensed premises, but also mobile and digital radio advertising.

## To reduce the chances of becoming a victim of street robbery:

- Stay aware of your surroundings and pay attention to who's around you.
- Keep valuables such as mobile phones, watches and cash out of sight where possible.
- Plan your route home, and stay on busy well-lit streets where possible.

The ads will reach people at times of the day, and at locations when and where robberies are most often committed - near major attractions and transport hubs and in high streets, in the evenings.

The West End and St James's wards are the top two ward areas for robbery in the capital, and around two thirds of the robberies in those wards are linked to the

night-time economy and happen between 1800hrs and 0600hrs.

Chief Superintendent Helen Harper, BCU Commander for Central West Area which covers Westminster, said: "London's West End is the beating heart of the capital and it is a fantastic, vibrant place to live, visit and work. It is a world-renowned destination, and it welcomes millions of tourists and visitors every month.

"My officers work incredibly hard around the clock to make it as safe as possible, with the support of local businesses and other partners. Unfortunately, there is a small contingent of criminals intent on targeting people enjoying Central London to commit thefts, robberies and other offences.

"We are meeting this with a robust operational response and we are seeing results with more suspects and weapons being taken off the streets. We will continue to do everything we can to reduce violent crime in central London and keep people safe.

"The Met also has a role to play in preventing crime from being committed in the first place, and the aim of this campaign is simply to prompt people to stay vigilant and not be distracted, and take simple steps to make themselves less of a target for thieves and robbers."



For more street robbery crime prevention advice, visit [www.met.police.uk/cp/crime-prevention/personal-robbery](http://www.met.police.uk/cp/crime-prevention/personal-robbery)



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**ACCA**

# Miss England Bhasha Mukherjee donates her Miss World pageant dress to help women living in disaster prone region of Bangladesh

Dr Bhasha Mukherjee, the first South Asian woman to be crowned Miss England, has donated the "Ellie Wilde" dress she wore for her entry photo to the Miss World pageant in December, as well as a number of other items, in support of women in one of the most disaster-prone places on earth.

The sleeveless designer gown has a plunging V-neck, sheer bodice with lace appliques and stone accents and is expected to raise a considerable amount at auction.

All money raised from the sale of women's clothes and accessories donated to British Red Cross charity shops before 31st March will go towards the It starts with her campaign, a UK-government backed drive to help women in slum communities in Barishal, Bangladesh.

The women there battle poverty, violence and extreme weather but are

fighting back with the help of British Red Cross programmes that help them to build their own and others' livelihoods.

Bhasha, 23, who is also a junior doctor, said: "For me, donating this dress is very special. The dress is from Ellie Wilde and it was one of the dresses that I wore on the cover of India's Health Magazine, and that was a very empowering moment for me.

"I am donating this dress to help empower other strong women living in disaster-prone communities in Bangladesh."

It starts with her will help women's businesses to thrive, through training and small cash grants, so that they can earn enough money to support their families and build savings for the future – making them more resilient to cope with the everyday and during a crisis.

"I'm not just supporting this because I speak Bengali or because I'm the first South Asian woman to be crowned as Miss England, I'm supporting this as a fellow woman.

women in Bangladesh to build sustainable livelihoods.

"As Bhasha's dress is so valuable, we will be selling it by auction on our Ebay site, allowing us to raise the

**"Between January and March, all money raised from the sale of women's clothes in British Red Cross shops will go towards this campaign and will be doubled by the UK government. So by donating or buying clothes from our shops you can also help change lives."**

"I think it's really important for other women in the UK to be supporting strong women on the other side of the world."

Joanne Castle, who volunteers at the British Red Cross shop in Highbury road, Nottingham, where Dr Bhasha donated her dress, said:

"We are so grateful to Dr Bhasha for her generous donation, which will help us to support thousands of

most money possible for the It starts with her campaign.

"Between January and March, all money raised from the sale of women's clothes in British Red Cross shops will go towards this campaign and will be doubled by the UK government. So by donating or buying clothes from our shops you can also help change lives."

Zoe Abrams, Executive Director of

Communications and Advocacy, British Red Cross said: "Our It starts with her appeal makes use of our 150 years of experience to help women in vulnerable communities be better prepared for when the worst happens.

"When women come together, they are powerful and in the wake of a crisis that strength is needed more than ever. When it comes to picking up the pieces, rebuilding lives and creating a sustainable future that reaches every single corner of a community in the aftermath, it starts with her. Which is why we think building women's resilience is worth investing in."

The campaign aims to raise £2m, which the UK Department of International Development (DfID) will double to £4m through UK Aid Match.





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## The genocide in Srebrenica

- On 11th July 1995, Bosnian Serb General Ratko Mladić and his forces seized the eastern Bosnian town of Srebrenica, which had been declared a UN "safe zone" in 1993. Over the following week, 8,372 Bosnian Muslim men and boys would be murdered simply because they were Muslim.
- Mladić's forces systematically separated men and boys (as young as 12 years old) from the women, and took them away to be killed. Women and girls were subjected to inhumane treatment, and in many cases, sexual violence. Rape was used to destabilise and terrorise the local population throughout the 1992 - 1995 genocide. It is estimated that between 20,000 - 50,000 women were subjected to sexual violence in Bosnia during the genocide.
- Both the International Criminal Court and the International Criminal Tribunal for the former Yugoslavia have ruled Srebrenica a genocide. In March 2017, Ratko Mladić was found guilty of the genocide at Srebrenica and was sentenced to life imprisonment.
- In 2009 the European Parliament passed a resolution calling for all European countries to commemorate Srebrenica Memorial Day on 11th July each year.

CHAIRMAN:  
Dr Waqar Azmi OBE



# Remembering Srebrenica

The Secretary of State for Housing, Communities and Local Government, the Rt. Hon. Robert Jenrick MP has officially launched Remembering Srebrenica's 2020 UK Theme 'Every Action Matters' in the Houses of Parliament to commemorate the 25th anniversary of the Srebrenica genocide - the worst atrocity on European soil since the Second World War.

Each year Remembering Srebrenica selects a theme that both reflects an aspect of the genocide that must be commemorated, but also speaks to communities here in the UK.

The theme will see hundreds of acts of commemorations taking place across the country in local communities, schools and town halls during UK Srebrenica Memorial Week which will run from 5th to 12th July 2020.

The UK National Srebrenica Memorial Day Commemoration itself will be taking place at St Paul's Cathedral on Monday 6th July 2020,

## Secretary of State Launches Remembering Srebrenica Theme for 2020: Every Action Matters

with over 2,000 guests expected to be in attendance from a wide range of backgrounds including civil and political leaders, members of the Bosnian community and school pupils.

The theme for 2020, 'Every Action Matters' calls upon everyone to look back at the lessons from Srebrenica and think forward about our moral obligations to do something, no matter how small, to make a

difference. It aims to motivate people to show them that their actions can, and do, matter, and that we must always challenge hatred, prejudice and genocide denial.

Since the establishment of Remembering Srebrenica UK in 2013, the organisation has educated over 90,000 young people in the lessons from Srebrenica and organised close to 7,500 memorial events and activities across the

country. It's also created 1,350 community champions who have pledged to stand up to hatred and intolerance in their local communities.

Launching the theme, the Secretary of State said: "25 years ago, we witnessed the tragedy of Srebrenica unfold. Over 8,000 Muslim men and boys killed. Thousands of others suffered.

"Many women and girls were

victims of sexual abuse. The world watched as these horrific events took place. Too little action, and far too late.

"The Remembering Srebrenica theme for 2020 is 'Every Action Matters'. We should never forget what happened in Srebrenica, and pledge to make a difference. It is our duty to do so, and the best way to honour those who were killed and remember those who survived".

Dr Waqar Azmi OBE, Chairman of Remembering Srebrenica, said: "With the rise in hate crimes, we hope that Remembering Srebrenica's 2020 theme will inspire people to commemorate Srebrenica and encourage every person to reflect upon their own behaviour and choices that they take, and demonstrate that however insignificant it may seem, every action does matter. It will aim to show that those who stand up and unite against hatred really can make a difference."

**"With the rise in hate crimes, we hope that Remembering Srebrenica's 2020 theme will inspire people to commemorate Srebrenica and encourage every person to reflect upon their own behaviour and choices that they take."**

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## Young award-winning Leicester chef Bindu Patel dies

**An award-winning lawyer-turned-chef and owner of a vegan restaurant in Leicester, has died suddenly on Friday 24th January. She was just 37.**

Since opening her planet-based restaurant Sanctua in April last year, Bindu Patel had won four prestigious awards.

She had recently been named a 'Vegan Pioneer' by Olive Magazine, because of her "low-waste, sustainable" approach to vegan cuisine with her fortnightly changing set menus.

But as her illness progressed, her restaurant would remain closed frequently. Bindu leaves a husband Neil, and three children aged 8, 7 and 5.

In November her eatery won two accolades: being named Asian

Restaurant of the Year in the Great Food Club Awards in Leicester and Best Vegan and Vegetarian Restaurant at the Asian Curry Awards in London. In June, last summer, Sanctua won Vegan Restaurant of the Year at the Asian Restaurant Awards in Manchester.

Bindu fulfilled her long held dream by opening her own restaurant in the Oadby district of Leicester, which offered a completely plant-based eclectic menu, employing mostly fresh, local and seasonal ingredients, including the use of 'wonky' vegetables

Prior to opening Sanctua, Bindu Patel, who spent spells in the kitchens of Michelin-starred restaurants, also worked as a lawyer and a farmer.

# Father faces jail over row on gender equality lessons

**A Muslim father is being prosecuted for keeping his son off school in a row over teaching LGBT+ equality lessons.**

Jabar Hussain, 51, faces a fine and potentially jail for failing to ensure his nine-year-old went to Parkfield Community School in Birmingham.

Mr Hussain has instructed lawyers to seek a judicial review over the issue if Birmingham City Council does not back down.

Mr Hussain claimed the school's 'No Outsiders' equality programme was 'incompatible' with his rights and Muslim faith.

He alleged the lessons posed a 'safeguarding risk' and caused confusion for young pupils about their gender identity and the decision to prosecute him was unlawful and breached his human rights.

His lawyer Paul Conrathe said: "This prosecution criminalises him for not submitting to teaching in breach of his rights."

Mr Hussain previously said he did not want his son to be told 'it is okay to be gay'.

An estimated 600 Muslim children were pulled out of Parkfield Community School in protest against lessons about homosexuality and gender in March last year.

Then during another protest outside

the school in September 2019, Mr Hussain said that he was not against anyone expressing their sexuality or being homosexual if that's what they wanted.

In his legal challenge, he also claimed the school 'goes well beyond teaching acceptance for different types of families. For instance, it advocates for children to be whatever they feel they might be (including in relation to gender).

programme taught at Parkfield was 'age appropriate' and the school has retained its 'outstanding' grading through the protests.

Pupils have five of the lessons a year, covering areas including age, disability, gender reassignment, marriage and civil partnership, pregnancy or maternity, race, religion or belief, sex and sexual orientation.

In her annual report published last week, Ofsted's chief inspector criticised the government for a lack of action over protests against LGBT+ equality lessons, warning tensions remain 'unresolved'.

Amanda Spielman said national leadership was 'lacking' and there was no swift condemnation from the government during the row over teaching primary school children same-sex families exist.

The Ofsted chief warned 'anxiety and concern' remained in communities ahead of relationships lessons becoming compulsory in all primary schools across England from September.

A parent who fails to ensure their child attends school for long periods is liable to a fine of up to £2,500, a community order or a jail sentence up to three months.

The court would also give a parenting order.

**A parent who fails to ensure their child attends school for long periods is liable to a fine of up to £2,500, a community order or a jail sentence up to three months**

The legal challenge by Mr Hussain is likely to revive the debate between some parents of faith and city primary schools about what should be said to young pupils about LGBT+ families and people.

Ofsted ruled the 'No Outsiders'

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# ...life & style

## Plain lassi (buttermilk) for age spots



Obviously we mean plain lassi and not the mango one! You can skip the expensive skin creams. This rich by-product of butter

contains lactic acid and ascorbic acid. One study showed that this combination lightened age spots more effectively than lactic acid alone. Apply to the spots with a cotton ball, then rinse with water after 20 minutes.

## Vitamin C for allergies

Vitamin C isn't just good for the common cold; it turns out to be an effective natural antihistamine.



In one study, 74 per cent of the subjects who received a vitamin C nasal spray reported that their noses were less stuffy, compared with 24 per cent of the patients who took a placebo. The study's authors recommend getting two grams per day from food and/or supplements.

## Cod liver oil for vision



This oil is a rich source of omega-3 fats, which increase blood flow to the eyes and decrease the

risk of developing glaucoma and possibly macular degeneration. Take one teaspoon daily.

## Petroleum jelly for blisters

The rawness from blisters can be painful enough, but chafing can irritate them further. Clean a blister with soap and water, and then reduce friction by applying petroleum jelly to the inflamed area and keeping it covered with a bandage.



## Duct tape for warts

Although doctors aren't sure why it works, one study found that putting duct tape on warts and replacing it every six days was 25 per cent more effective than freezing them—and much cheaper.

# 30 Old-time home remedies that actually work

**Honey to heal a wound. Cherries for gout. Cod-liver oil—blech!—to keep your eyes healthy. Your grandmother probably swore by these fixes, and now science is catching up with them.**

Researchers have produced

hundreds of studies in the past five years about the effectiveness of home remedies, but not all the old-time solutions really help.

This list focuses on treatments with evidence to back them up. Remember that even natural

cures can interact with medications. If you take pills regularly or have a chronic health condition, check with your doctor before trying these.

Continued on page 50

## Honey for wounds

Since ancient Egyptian times, people have used honey as a salve for wounds. Pure honey contains the enzyme glucose oxidase, which causes a chemical reaction that releases hydrogen peroxide, an antiseptic. Honeys range widely in their antibacterial potency, however. For best results, scientists recommend manuka honey, which contains an additional compound that increases its effectiveness. Apply honey directly to a wound every 12 to 24 hours and cover it with sterile gauze.



## Cherries for gout

People who ate about 20 cherries every day were less likely to experience flare-ups of gout, according to a study of 633 patients with the condition. Cherries contain compounds that help neutralize uric acid.



## Clove oil for tooth and gum pain

Oil of cloves can sometimes soothe an inflamed tooth. Clove oil has bacteria-slaying properties and also a numbing effect. Mix a few drops with olive oil to avoid irritation, then swish it in your mouth.



## Blackberry tea for diarrhoea

Blackberries are rich in tannins, substances that can tighten mucous membranes in the intestinal tract. They have long been used as a treatment for diarrhoea. Make blackberry tea by boiling one or two tablespoons of fresh or frozen blackberries or dried blackberry leaves in one and a half cups of water for 10 minutes, then strain. Drink several cups a day. You can also buy blackberry tea, but make sure that it contains blackberry leaves and not just flavouring.



## Oatmeal for bug bites

Oatmeal has a long history - and equally solid biological basis - for its anti-itch effects. You can find creams containing colloidal oatmeal in any drugstore, or you can make a paste by mixing equal parts oatmeal and water; apply it to the bite for 10 minutes, then rinse.



## Aloe for burn



Aloe is a very soothing remedy for burns. One study demonstrated it was more

effective than other treatments for second-degree burns. Make sure you use pure aloe, not a scented version. If you own an aloe plant, simply cut open a leaf and apply the liquid directly to the affected area. For serious burns, you should still see a doctor.

## Lavender oil for foot odour

Lavender essential oil not only smells good but also has antibacterial properties that help kill germs. Before bed, rub a few drops of oil onto your feet and massage it in. Pull on a pair of socks to protect your sheets.



## Green tea for joint pain



A potent antioxidant found in green tea called epigallocatechin-3-gallate (EGCG) may put

the brakes on the joint pain and inflammation of rheumatoid arthritis, according to a study in Arthritis and Rheumatology. Researchers suggest drinking two or three cups a day to reap the benefits.

## Sugar for hiccups

A spoonful of sugar doesn't just help the medicine go down—when it comes to hiccups (contractions of the diaphragm), it is the medicine. Eating the grainy sugar crystals forces you to swallow harder than normal, and this resets your diaphragm to stop the spasms.



# Inventions that changed our lives in the last decade



**It was incredible decade. A decade of invention and immeasurable innovation. We learned how to resurrect the dead (via hologram), print vital organs, and order fresh bread from a vending machine.**

Smart Watches adorned our wrists, mattresses came shipped in boxes, and that weird Boston Dynamics robot "dog" gave us the heebie jeebies.

Some delighted us, some inspired, and some unnerved us. Many of these inventions still face significant challenges, but the next decade will be critical in smoothing out the kinks, and usher in a new era of connectivity, innovation and, most likely, laziness.

## Virtual Reality Headsets

We can experience a multitude of incredible worlds, thanks to augmented and virtual reality. Companies like Oculus Rift, which was acquired by Facebook in 2017, helped usher in this new way of experiencing the world.

Augmented reality and virtual reality headsets have been used in education, military training, and drug addiction therapy. But now, they're available to the masses. (Thanks, Google!)

## Smart Watches

Apple's smart watch is significant upgrade from watches that once adorned the wrists of James Bond. The rise of smart watches during the 2010s added one more screen to our oeuvre of gadgets, we're probably better for it.

After all, it's a ton of fun to speak into your wrist like you're a spy.

## Drones

Ok, drones were around long before 2010, but this was the decade when they really took off, literally. Now, a range of drones are available—from super high-tech models like the DJI Mavic Pro to the small, dinky spinners.

Their prevalence proved to be a challenge for several industries. Drones have shut down airports and even halted firefighting efforts across the West. With great power comes great responsibility. Regulators are now tightening restrictions, which could make it more difficult to own and operate the flying machines.

## Artificial Intelligence

"I, for one, welcome our new computer overlords," Jeopardy champion Ken Jennings stated after being bested by IBM's Watson computer on the famed quiz show. Watson's appearance on Jeopardy introduced the public to the power and poise of artificial intelligence and computing. The brainiac computer did not play a perfect game, but its performance was striking in its ability to parse lexicological complexities. Scientists and engineers have been developing the field since the 1950s, but advances in artificial intelligence have surged in the past decade. It's being used to better predict weather, drive autonomous

vehicles, and power voice assistants.

## Anything by Boston Dynamics

Their robots can run, jump, and chase you up a flight of stairs. Yes, Boston Dynamics dog and humanoid robots are technological marvels, feats of engineering, but they're also terrifying. This decade will be the decade we decide whether we, as a society, reckon with the monster robots we've created.

## Virtual Assistants

Ok, Google—How do I get to Costco? Hey, Siri—Are we alone in the universe? Alexa—Why does my cat love butter so much? Virtual assistants have invariably changed our lives over the past decade. The technology has come a long way, answered many a question, but not without raising serious concerns. There have been countless examples recently of hackers who taken over these smart devices and harnessed it for nefarious purposes. Others are concerned that the assistants are recording conversations and feeding the contents of private conversations to the highest bidders.

## Self-driving Cars

Autonomous vehicles aren't just on the horizon. They're here. Google is getting into the game. Ride-hailing companies like Uber have stepped up to the plate. A number of car manufacturers are interested in developing the futuristic technology, too. It's a fun idea, but engineers are still working out the kinks and pedestrians are paying the price. In 2018, one of Uber's autonomous vehicles struck and killed a woman crossing the street.

## 3-D Bioprinting

Each year, tens of thousands of people die while waiting for an organ transplant. Researchers hope to one day end the queue by 3-D printing organs like kidneys, hearts, lungs and even skin using a scaffold of biocompatible plastic and special human cells.

## Selfie Stick

In 2014, Time Magazine dubbed the selfie stick one of the most important inventions of the year. It's hard to minimize the role that the ubiquitous sticks have played in our society. They say a picture is worth a thousand words. Now it's easier to snap one from just the right angle.

## Electric Vehicle Charging Stations

Electric vehicles have come a long, long way in the past ten years, and so have their charging ports. Once relocated to large cities, there were now more than 20,000 electric vehicle charging stations in the U.S in 2018. That number is sure to grow. The race to green car and home has turned up a number of incredible inventions. From solar roof tiles to personalized wind turbines, we're excited to see where the democratization of green energy tech takes us.

# 30 Old-time home remedies that actually work

## Aspirin for calluses and corns

To create your own corn-softening compound, crush five or six uncoated aspirin tablets into a fine powder. Mix the powder thoroughly with one half teaspoon of lemon juice and one half teaspoon of water. Dab the paste onto the thickened skin, lay a piece of plastic wrap on top, and cover the plastic with a heated towel. Remove everything after 10 minutes and gently scrub away the loosened skin with a pumice stone. Of course, you shouldn't try this if you are allergic to aspirin.

## Milk of magnesia for canker sores



This oil is a rich source of omega-3 fats, which increase blood flow to the eyes and decrease the risk of developing glaucoma and possibly macular degeneration. Take one teaspoon daily.

## Pressure for neck pain

With your thumb or your fingertips, apply steady pressure on the painful spot on your neck for three minutes. Research shows that this simple acupressure technique helps loosen tight muscles to lessen pain.

## Ground flaxseed for constipation



"It's almost as if nature tailor-made ground flaxseed to relieve constipation," says Dr. Will Bulsiewicz, a gastroenterologist. "It is a great source of both insoluble and soluble fiber, which add bulk to the stool and promote the growth of good bacteria." Ground flaxseed is an excellent source of plant-based omega-3 fatty acids, which are known to help soften stool and relieve constipation. Aim for two to three tablespoons a day as part of a fibre-rich diet.

## Olive oil for lip cracking

When you've got chapped lips, coat them with olive oil, a natural lubricant that will help soften and moisturise lips nicely. In fact, any vegetable oil will do.

## Ginger for nausea



Ginger can help alleviate nausea caused by chemotherapy, morning sickness, or motion sickness. Although we do not yet understand the exact method that allows ginger to be effective at reducing nausea, it is thought it may work by obstructing the serotonin receptors in the gut that cause it. It also may prompt the body to release enzymes that help break down food. Sip some ginger tea, or chew some candied ginger-root.

## Tea tree oil for zits

In one study, a five per cent tea tree oil gel was as effective as a five per cent benzoyl peroxide lotion in limiting acne outbreaks—with fewer side effects.

## Cucumber for eyestrains

Lie on your back and place one cucumber slice (about one-eighth inch thick) over each closed eye. Cucumbers contain antioxidants that studies have shown help decrease swelling and relieve pain. Replace the slices with a cooler pair every two or three minutes, for up to 15 minutes total.

## Cranberry juice for urinary tract infections

A study of 373 women with a history of urinary tract infections (UTIs) showed that those who drank a glass of cranberry juice daily had a 40 per cent reduction in the number of UTIs compared with those who drank a placebo. While other studies have been mixed about the effect of cranberry juice on UTIs, scientists think a compound in cranberry juice can prevent bacteria from sticking to the walls of the urinary tract.

## Thyme tea for coughs

Thyme is a natural expectorant that relaxes the respiratory tract and loosens mucus. Studies have found that using thyme in combination with primrose or ivy relieves the frequency and duration of coughs. To make thyme tea, place two tablespoons of fresh thyme (or one tablespoon dried) in a cup of hot water. Allow it to steep, then drain out the herb. Add honey to taste.



## Peppermint oil for headaches

Peppermint essential oil cools the skin, numbing the pain of a tension headache as well as acetaminophen does, according to two small studies. Mix a few drops with olive oil to prevent skin irritation, then gently massage onto your forehead and temples.

## Fennel for indigestion

Every desi has saunf in their cupboard, and for good reason too. They contain carminative agents, which help expel gas from the intestinal tract. Chew a pinch of fennel to help prevent after-dinner belching.



## Avocado for razor burn

Avocado is rich with vitamins and oils that soften and hydrate skin to relieve the tenderness of razor burn. Apply mashed fruit or avocado oil directly to the irritated skin.

## Soy for osteoporosis

A review of several studies found that people who ate foods rich in soy had healthier bones and a reduced risk of fractures. Scientists are still trying to figure out which active compounds may account for the protective effect, but good sources of soy protein include soybeans, soy milk, miso, tempeh, and tofu.



## Capsaicin for psoriasis

Capsaicin is what gives cayenne its heat. Research has shown that applying capsaicin cream helps lessen the itching of psoriasis.

## Eucalyptus oil for sinusitis

Give your congested sinuses a steam treatment. Add a few drops of eucalyptus oil to a pot of water, boil, and remove the pot from the stove. Drape a towel over your head and shoulders, then lean forward so it forms a tent over the pan. Keep your face about 18 inches above the water and breathe deeply. The vapour carries droplets of oil into your sinuses and loosens congestion.



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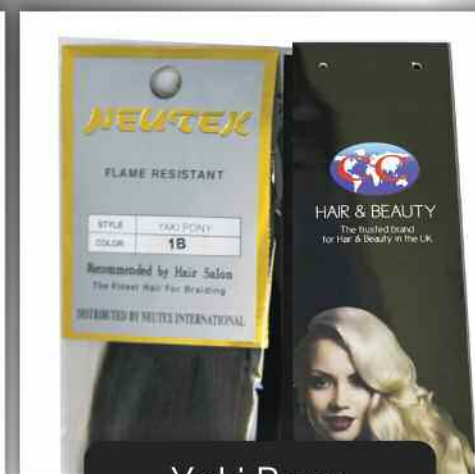
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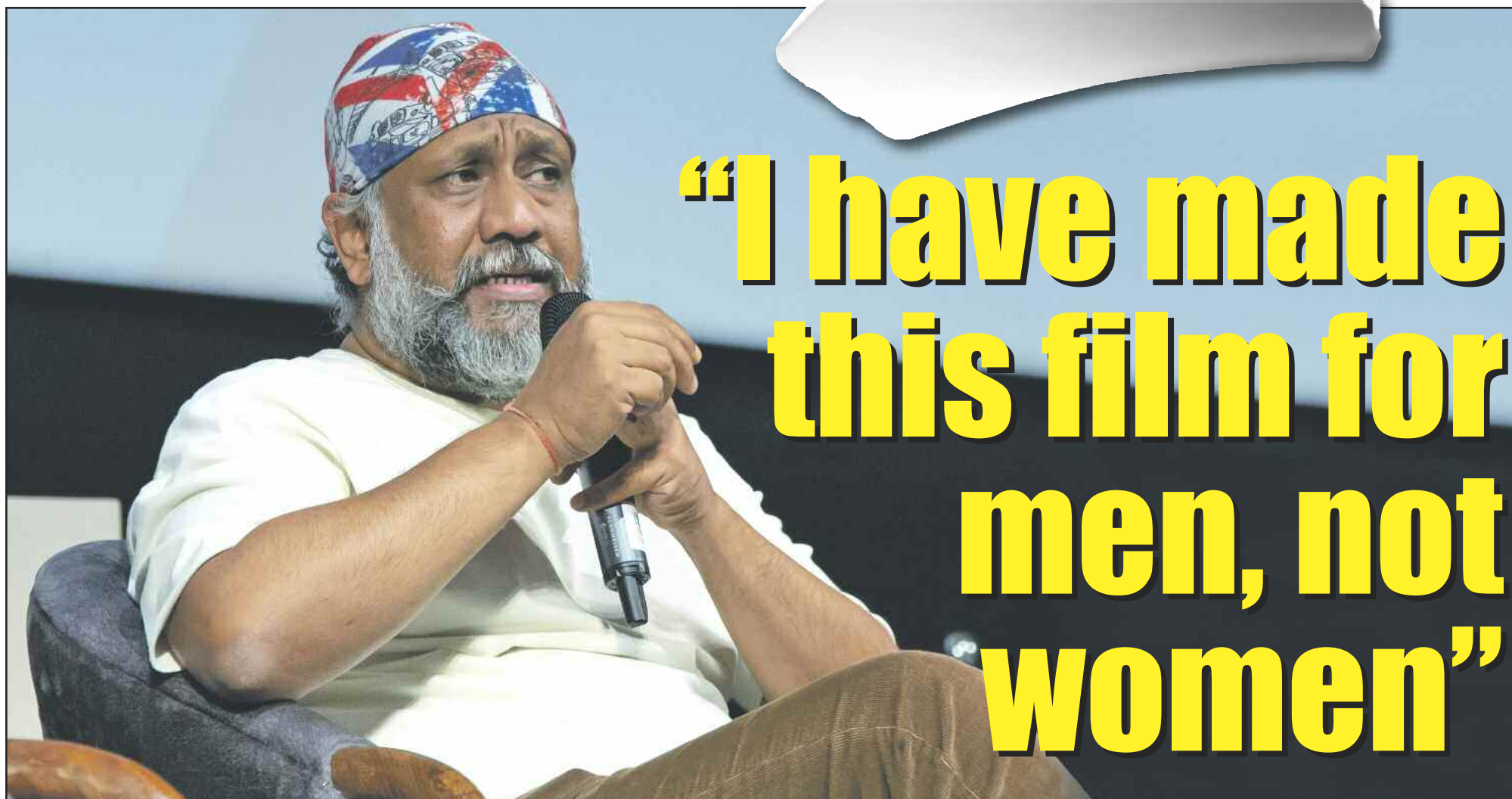
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# G L I T

## Entertainment

THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD



### Anubhav Sinha's 'Thappad' deals with the subject of domestic violence

Anubhav Sinha, who has previously directed socially conscious and relevant films like 'Mulk' and 'Article 15', is now addressing the topic of domestic violence head-on.

His latest movie 'Thappad' highlights a plethora of issues has created a stir amongst the audience. And with a clear and strong message, the trailer of the film has been lauded by movie critics.

Starring Taapsee Pannu, 'Thappad' tells the story of a wife petitioning for a divorce after her husband slaps her at a party. Sinha says the story is not as complex as his last films but is the proudest of this one.

Speaking about the film, the director says he essentially made this film for men and not women.

"It is a complex issue," says Sinha.

"I can already hear people asking, 'So the husband slapped

his wife. What's the big deal?'

"I grew up in a family of strong independent women. Physical violence was never an option for men or women in my family.

"Millions of women suffer domestic violence, much of it on a daily basis and they are almost always encouraged to brush it off under the pretext that their husbands love them.

The director added, "Thappad is about the relationships that men and women share, in and outside their marriages.

"It tackles societal of issues that have unfortunately been normalised.

"A whole lot of us indulge in gaslighting without realising it. In order to correct our behaviour, we need to first know that it is incorrect."

'Thappad' releases in cinemas on 28th February 2020 and is distributed by Cinestaan Film Company.

### Synopsis

Amrita, a quintessential housewife, is happily married to Vikram - an ambitious liberal city man. She loves him dearly. His success is her success and his failure is her failure. She believes that this is a choice that she has made for herself and is happily willing to put herself second to him.

So what happens when one day the man she loves so much betrays her in a single moment with a single action?

One hard slap across her face leads her to question everything about her marriage.

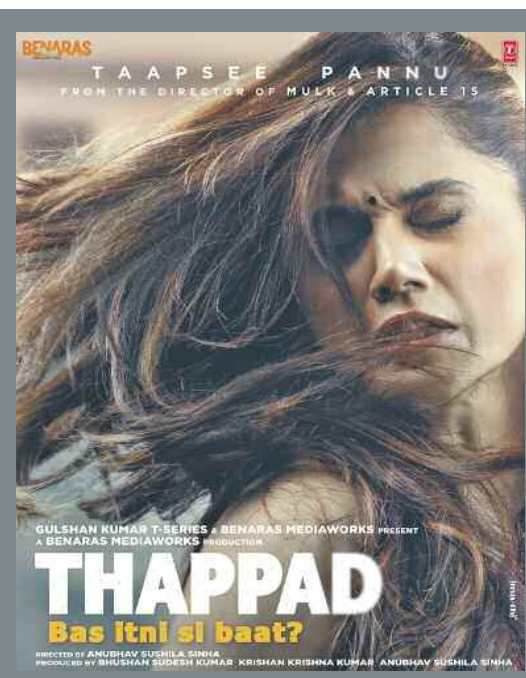
Amrita feels betrayed and shocked but what shocks her even more is that almost no one else, including Vikram, believes that what he did is

serious act of betrayal towards her.

The slap is just the catalyst that gets Amrita to question her own choices and see Vikram for who he really is.

Then unravels other problems being faced by a host of women connected to Amrita's life. This includes her mother, her brother's fiancé, her neighbour - a single mother and a successful corporate woman, her maid and finally her lawyer - a women's rights activist.

While Amrita goes onto fight her husband and his family, it becomes the most important mission for herself to exercise her right to choice. It also acts as a catalyst for all these other women towards change too. They all in their own way, take a step forward for themselves and see the difference between having a choice and having the strength to make the choice.



Pakistan has suspended the release of an award-winning film, after an Islamist political party objected to its portrayal of a struggling cleric.

The Tehreek-e-Labaik Pakistan (TLP) said the film "might lead [people] to deviate from Islam and the prophet", with officials warning screening it could lead to unrest.

'Zindagi Tamasha' (Circus of Life) is about a man shunned after a video of him dancing at a wedding goes viral.

The film's director said he never intended to offend anyone.

'Zindagi Tamasha' had its world premier at the prestigious Busan International Film Festival last year, where it was awarded the top fiction prize.

It was to have hit Pakistan's screens on 24 January. Ahead of that date a trailer for the film was released showing a bearded man who is a singer of naat (religious poems).

But despite being cleared by the country's main censor board as well as provincial boards, the film is now on hold.

Before the suspension, renowned Pakistani filmmaker Sarmad Khoosat, who made the film, had said he, his family and team had been subjected to bullying and threats.



**FILMMAKER:**  
Sarmad Khoosat

The controversy over the film has again revealed the deep divisions in Pakistani society as religious groups have grown more vocal in recent years.

A spokesperson for the political party TLP, which is led by Khadim Hussain Rizvi, was quoted in local media as saying the film's content was "blasphemous".

The blasphemy accusation is a highly sensitive one in Pakistan which has seen those accused targeted by hardline groups. A number of the country's highly controversial cases have grabbed global headlines.

Mr Khoosat, who's been in the Pakistani film and television industry for 20 years, published an open letter to the prime minister, saying he was being inundated with complaints and threatening calls and was considering not releasing the film.

TLP then called for mass rallies across the country to protest at the planned release of the film.

"The characterisation of the naat-reader in the film is such that it can cause discomfort to the public and might lead them to deviate from Islam and Prophet (Muhammad)," the group said in a statement.

"Thus this movie must not be released as it could otherwise be a grave test of the Muslims of the Islamic Republic of Pakistan."

The TLP is the political arm of the Tehreek-e-Labaik Ya Rasool Allah (TLYRA) movement which has previously gathered huge crowds to protest over blasphemy issues. It came to prominence for its opposition to the hanging of Mumtaz Qadri, a policeman who killed the governor of Punjab Salman Taseer in 2011 because he spoke out against the blasphemy laws.

Under Pakistani law those found guilty of insulting the prophet Muhammad can face the death penalty.

The TLP showed its power in 2017 when it staged a lockdown of the federal capital for weeks to protest against the government of then Prime Minister Nawaz Sharif.

However, last year it saw some of its influence curtailed when its top leaders, including Khadim Hussain Rizvi, were arrested for their involvement in violent protests against the release of Christian woman Asia Bibi who had been jailed for blasphemy.



# Zindagi Tamasha

## Pakistan film suspended after religious uproar



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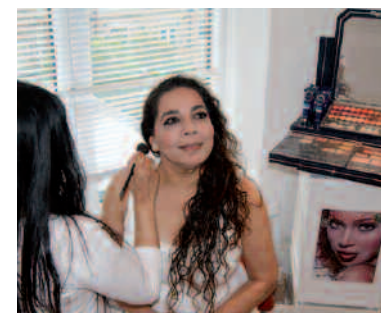
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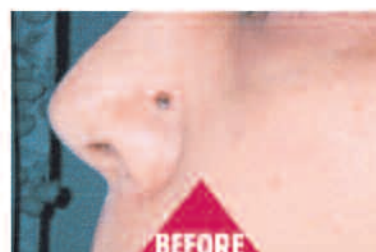
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# HOLLYWOOD PREVIEWS



## DOLITTLE

**STARRING:** ROBERT DOWNEY JR., ANTONIO BANDERAS, MICHAEL SHEEN, JIM BROADBENT, JESSIE BUCKLEY, EMMA THOMPSON  
**DIRECTOR:** STEPHEN GAGHAN

**PG CERT**  
 Robert Downey Jr. electrifies one of literature's most enduring characters in a vivid reimagining of the classic tale of the man who could talk to animals: Dolittle. After losing his wife seven years earlier, the eccentric Dr. John Dolittle (Downey), famed doctor and veterinarian of Queen Victoria's England, hermits himself away behind the high walls of Dolittle Manor with only his menagerie of exotic animals for company. But when the young queen (Jessie Buckley, Wild Rose) falls gravely ill, a reluctant Dolittle is forced to set sail on an epic adventure to a mythical island in search of a cure, regaining his wit and courage as he crosses old adversaries and discovers wondrous creatures.



UK RELEASE DATE:  
**OUT NOW**



## LIKE A BOSS

**STARRING:** TIFFANY HADDISH AND ROSE BYRNE, SALMA HAYEK, BILLY PORTER, JENNIFER COOLIDGE, ARI GRAYNOR, NATASHA ROTHWELL  
**DIRECTORS:** MIGUEL ARTETA

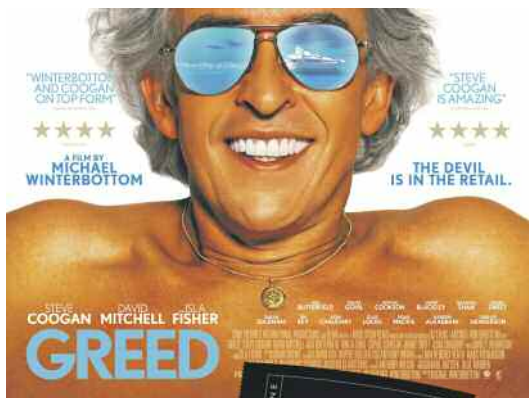
**15 CERT**  
 Best friends Mia and Mel (Tiffany Haddish and Rose Byrne) are living their best lives running their own cosmetics company they've built from the ground up. Unfortunately, they're in over their heads financially, and the prospect of a big buyout offer from a notorious titan of the cosmetics industry Claire Luna (Salma Hayek) proves too tempting to pass up, putting Mel and Mia's lifelong friendship in jeopardy. The beauty business is about to get ugly. LIKE A BOSS also stars Billy Porter, Jennifer Coolidge, Ari Graynor, Natasha Rothwell, Jessica St. Clair and Karan Soni.

UK RELEASE DATE:  
**21/2/20**

## GREED

**STARRING:** STEVE COOGAN, DAVID MITCHELL  
**DIRECTOR:** MICHAEL WINTERBOTTOM

**15 CERT**  
 Greed tells the story of self-made British billionaire Sir Richard McCreadie (Steve Coogan), whose retail empire is in crisis. For 30 years he has ruled the world of retail fashion – bringing the high street to the catwalk and the catwalk to the high street – but after a damaging public inquiry, his image is tarnished. To save his reputation, he decides to bounce back with a highly publicised and extravagant party celebrating his 60th birthday on the Greek island of Mykonos. A satire on the grotesque inequality of wealth in the fashion industry, the film sees McCreadie's rise and fall through the eyes of his biographer, Nick (David Mitchell).



UK RELEASE DATE:  
**21/2/20**



## SONIC THE HEDGEHOG

**STARRING:** JAMES MARSDEN, JIM CARREY, TIKA SUMPTER, BEN SCHWARTZ  
**DIRECTOR:** JEFF FOWLER

**PG CERT**  
 Sonic The Hedgehog is a live-action adventure comedy based on the global blockbuster video game franchise from Sega that centres on the infamously brash bright blue hedgehog. The film follows the misadventures of Sonic as he navigates the complexities of life on Earth with his newfound – human – best friend Tom Wachowski (James Marsden). Sonic and Tom join forces to try and stop the villainous Dr. Robotnik (Jim Carrey) from capturing Sonic and using his immense powers for world domination. The film also stars Tika Sumpter and Ben Schwartz as the voice of Sonic.

UK RELEASE DATE:  
**14/2/20**





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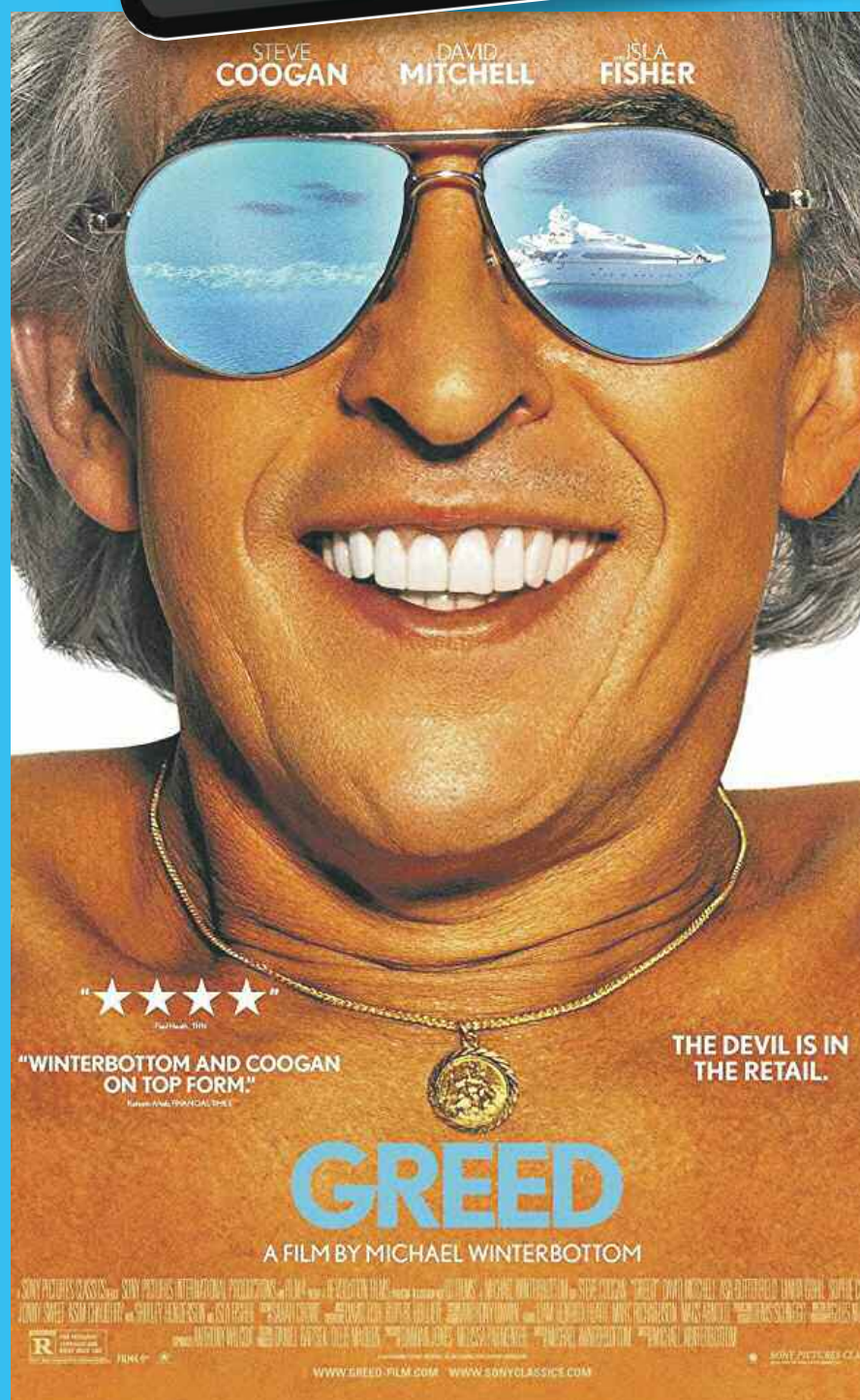
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# READY

## Aston Martin commits to intercontinental GT challenge



Aston Martin has confirmed its entry for the 2020 Intercontinental GT Challenge (IGTC). It will be the first time in the series' history that the British sportscar manufacturer will compete in the highest level of GT3 competition on some of the world's most iconic circuits.

The IGTC is comprised of five stand-alone high-profile endurance events through the year, beginning

with the Liqui-Moly Bathurst 12 Hours this weekend in Australia. Following this, the Total 24 Hours of Spa (BEL) on 23-26 July, the Suzuka 10 Hours (J) on 21-23 August, the Indianapolis 8 Hours (US) on 2-4 October and culminating with the Kyalami 9 Hours (SA) on 19-21 November.

Aston Martin will be represented in the first round by four Vantage

GT3s, with two each entered by the brand's valued partner teams R-Motorsport and Garage 59. This event has extra significance for Aston Martin Racing because it also marks debut of the new Vantage on the fearsome Mount Panorama circuit in New South Wales.

Spearheading this weekend's challenge for overall victory at

Bathurst is R-Motorsport, which has entered two Aston Martin Vantage GT3 cars in the top Pro category with an all-star driver line-up.

British driver Jake Dennis returns to the scene of an event he starred in 12 months ago when he finished a close runner-up.

This year he shares the #76 entry with six-time IndyCar Series

champion and Indianapolis 500 winner Scott Dixon (NZ) and 2006 Australian Supercars champion and two-time Bathurst 1000 winner Rick Kelly (AUS). The sister #62 car's line-up consists of 17-year-old Olli Caldwell (GB), FIA Formula 2 winner Luca Ghiotto (I) and Marvin Kirchhöfer (D).

**Continued on page 62**

“ LIVING THE DREAM, DRIVING THE DREAM ”



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## Almost 100,000 pure electric vehicles to hit UK this year

At least 98,500 new battery electric vehicles (BEVs) will be registered in the UK in 2020, according to figures from DriveElectric, one of the UK's leading electric vehicle leasing companies.

This figure represents a significant increase from 37,850 registered in the UK in 2019. This will mean a 260% rise for BEV registrations in 2020 compared to 2019. The figure does not include plug-in hybrids (PHEVs).

Reasons for this substantial increase in EV numbers include changes to Benefit in Kind (BIK) company car tax - there will be zero company car tax on pure electric cars from April 2020 for a period of 12 months.

Switching to an EV from a plug-in hybrid could result in savings for the employee and the company in BIK, fuel and National Insurance in just one year of

£4,578.

Bosses are preferring allocation of company cars rather than employees taking car allowances, a trend which has been increasing.

The increased availability of electric cars in 2020 compared to 2019, in part due to the new EU fleet-wide average emissions targets - selling larger numbers of EVs can help car manufacturers avoid substantial fines.

Existing manufacturers such as Tesla will continue with a large market share and a high number of deliveries (approximately 25,000 units).

A number of manufacturers are entering the market with new battery electric vehicles, for example PSA, with a predicted volume of 12,000 units. Volkswagen will have a big push with EVs; although the new ID won't be ready to roll out of UK showrooms until later in

2020, other all-electric Volkswagen models will help with the firm's numbers.

There is growing environmental awareness, about climate change and also about challenges with local air quality; EVs help to provide a solution in both areas.

Increasing numbers of initiatives such as Clean Air Zones are resulting in organisations considering renewing their fleets with electric rather than petrol or diesel vehicles.

However there is also one additional key factor that is responsible for the increasing shift to electric vehicles: drivers, many of whom may initially have been sceptical about a move to EVs, vastly prefer the driving experience of electric cars and vans to that of their petrol or diesel engine equivalents after experiencing EVs.

## New Golf responds with intelligent climate control

Volkswagen models represent modern functionality and the brand's typically easy orientation inside the vehicle.

With the new Golf, operation is now even more intuitive. A visible and tangible example is the control for the 3-zone automatic air conditioner "Air Care Climatronic".

This newly designed air conditioning system has a Smart Climate menu that can be used to activate specific individual functions such as "Warm feet" or "Clear view" - not only at the press of a button, but also using voice control. The new model is therefore the first Golf to respond interactively to the wishes of the driver and passenger.

The temperature of the air conditioning system can be adjusted in the new Golf using a touchslider or voice input. The driver and passenger can access the menu control of the "Air Care Climatronic" with allergen filter and 3-zone control via the screen of the Infotainment system or the touch field below with direct access buttons.

As an alternative to the classic controls, such as for the fan function or air recirculation mode (Classic Climate), the screen features the new Smart Climate menu. To access specific air conditioning settings in this menu, it is no longer necessary to spend time adjusting different parameters of the air conditioning system. You can now intuitively activate preconfigured scenarios with one touch or alternatively by using voice control.

Volkswagen has identified five frequently used scenarios and transferred them to the Smart Climate menu. The functions are "Clear view" (de-mist windows), "Warm feet" (warmer air to the footwell), "Warm hands" (warmer air via the vents of the dash panel), "Cool feet" (colder air into the footwell) and "Fresh air" (cool breeze flows through the vehicle interior).

The clever thing here is that the Smart Climate functions are always only activated temporarily - they briefly enhance current well-being before reverting to the previously active settings of the automatic air conditioner.

It is also easier to change individual permanent settings of the "Air Care



“ I ’ m c o l d ”

Climatronic" than ever before: As an alternative to classic operation in the air conditioning menu, this works using a touch-slider or voice control. The new digital microphones in the

Golf also recognise whether it is the driver or the passenger speaking.

All you have to do is say "I am cold" or "I am warm" and the "Air Care Climatronic" will change the

temperature on the driver side or passenger side for each command. It is also possible, for example, to say "Make it four degrees warmer" to change the temperature accordingly.

Equally simply and effectively, statements such as "There's a draught" or "It's stuffy" can be used to adjust the settings of the automatic air conditioner.

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## Aston Martin commits to intercontinental GT challenge

Continued from page 59

Returning to the IGTC for its first full season is Garage 59, which impressed in its debut year as an Aston Martin Racing partner team, finishing runner-up in the Blancpain GT Series Endurance Cup Am class and winning the Paul Ricard (F) round. This year the team competes in the IGTC Pro-Am class with Alexander West (SWE), Chris Goodwin (GB) and Côme Ledogar (F).

Joining them for the Bathurst 12 Hours is works driver Maxime Martin (BEL), who currently lies third in the FIA World Endurance Championship, as the 2016 Spa 24 Hours winner makes his debut at the legendary Australian circuit.

"It's really good news," said Martin.

"It's a really late, late call but I'm super-excited to be going. I know it's an amazing event.

# READY

"I've never been to Australia, let alone Bathurst, so there is much to learn. We are fighting for the Pro-Am class victory and looking at who I am racing alongside I think we have a great chance."

Garage 59 is also fielding a second #159 car in the Silver class driven by

AMR Junior driver Andrew Watson (GB), fresh from his stint in last weekend's Rolex 24 at Daytona, Olivier Hart (NL) and IMSA GTD driver Roman de Angelis (CDN).

David King, President of Aston Martin Racing said: "This is Aston Martin Racing's boldest attack on

the Bathurst 12 Hours, a race that showcases the very best of what international GT3 racing has to offer.

"We have full confidence that the combination of our two partner teams R-Motorsport and Garage 59, and the growing competitiveness of

the Aston Martin Vantage GT3, will provide a fierce challenge for honours in Australia. This line-up, and the quality of our partners, represents the perfect time to commit to the overall Manufacturers' Championship for the first time."

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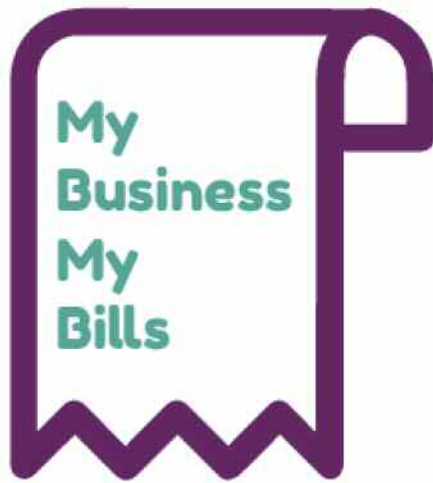
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# BRINGING OPPORTUNITIES TO ASIAN COMMUNITIES

**The Football Association [The FA] is set to visit eight cities across England to connect with Asian communities and discuss growing Asian participation throughout grassroots football.**

The You Said, We Did forums are part of 'Bringing Opportunities to Communities', The FA's plan to encourage people from Asian communities to get involved in football. After a successful first phase, The FA consulted with 500 people from Asian communities across the country in 2018 and 2019, using their personal experiences and feedback to design and launch the second phase of the plan. Running until 2021, it has the following objectives:

- Embed Asian inclusion across The FA and its people;

- Raise awareness of pathways into football for Asian communities;

- Embed Asian inclusion across grassroots football;

- Create opportunities to increase Asian female participation;

- Create more engagement and communication between The FA and Asian communities.

Now, The FA is going back to the same Asian community heartlands to share what has been achieved so far and discuss what the future holds in this space.

Kevin Coleman, The FA's Equality and Diversity Manager, said: "Asian inclusion is a crucial part of The FA's wider diversity and inclusion strategy and we recognise the importance of making football at all levels as truly representative and diverse as our society is."

Dal Darroch, The FA's Head of Diversity and Inclusion Strategic Programmes, added: "We've made strong progress in this space in recent years and getting back out to speak to local communities is a great opportunity to discuss how we can continue to work together to grow participation even further. We want to continue to be proactive in this space."

Full information on the forums is below and anyone wanting to attend can book for free here. For more information on The FA's Asian Inclusion plan, click here.

**Forum one:** Monday 20 January, Luton Town FC, Kenilworth Road Stadium, Luton LU4 8AW [18:00-21:00]

**Forum two:** Wednesday 12 February, Osmani Centre, 58 Underwood Road, London E1 5AW [18:00-21:00]

**Forum three:** Thursday 20 February, Walsall FC (1888 Club), Banks's Stadium, Bescot Crescent, Walsall, WS1 4SA [18:00-21:00]

**Forum four:** Tuesday 3 March, GNG FC Leicester, Riverside Ground, Leicester, LE3 2FW [18:00-21:00]

**Forum five:** Wednesday 11 March, Middlesex FA, Rectory Park, Ruislip Road, UB5 5FA [18:00-21:00]

**Forum six:** Thursday 19 March, Bradford City FC, Valley Parade, Bradford, West Yorkshire, BD8 7DY [18:00-21:00]

**Forum seven:** Thursday 2 April, Burnley FC, Turf Moor Stadium, Burnley BB10 4BX [18:00-21:00]

**Forum eight:** Thursday 16 April, Sheffield United FC, Cherry St, Sheffield S2 4SU [18:00-21:00]

For further information, please contact: FA Press Office, 0800 049 9901. FA Out-of-Hours Duty Phone 07983 315 692.



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## Kid Galahad on course to challenge for IBF featherweight title

By Khalil Alam  
info@asianexpress.co.uk

**Boxer Kid Galahad hopes to be back to his winning ways after a controversial loss to Leeds boxer and IBF World Champion Josh Warrington, last time out.**

However, any boxing doubters should be reminded that he only just fell short of winning the IBF Featherweight title - with many boxing experts declaring he was robbed of victory.

Galahad, who is sponsored by Bradford's Regal Bakery, forced himself back into world title contention and is set to take on tough boxing contender Claudio 'Matrix' Marrero (24-3, 17 KO's) in an IBF world title eliminator on February 8th 2020 in Sheffield.

The show will also be headlined by Welterweight Kell Brook and heavyweight favourite Dave Allen, both making their eagerly awaited return to boxing after taking a loss.

Victory for Galahad against Marrero will earn him a chance to avenge his only loss and capture the IBF world title.

We all know that Galahad and Warrington have a bitter boxing rivalry. Both boxers have faced each other in the amateur ranks and then as professionals. Following their first professional bout, Warrington was very vocal about Galahad's credentials as a boxer and critical of his ability to beat him.

Warrington has recently made a third defence of his title following controversy and speculation whether he

should have won the bout against Galahad.

"Many people believe I won the first fight with Warrington, but what's written in the record books is what counts.

"I'll focus fully on Marrero now and then, if and when we get through that, I'll look to right the wrongs of the first fight.

Let's hope Josh sticks around to take the rematch as many of his own fans and neutrals came out saying he didn't do enough to have his arm raised the first night."

Warrington is attempting to land a big unification bout against the newly crowned WBO champion of Top Rank, Shakur Stevenson. Should Warrington win the WBO title then Galahad would challenge for both belts.

"It's a close fight and Stevenson's good," Galahad admitted.

"I just think Stevenson is still not seasoned enough as a pro, but he's got all the ability and the skills to beat Warrington. It would be a 50/50 fight... I'd obviously want Warrington to win. No matter what, the winner's gonna have to fight me regardless."

Galahad was recently asked whether he thinks Warrington would face him again or vacate the IBF crown.

Galahad said: "I think he might wait to see who wins the purse bid.

"If Eddie Hearn wins the purse bid I don't believe he'll come over and fight me on a Matchroom bill.

"100 per cent... he'll know after that first fight, it'd be a level playing field and he wouldn't wanna come over and fight me in Sheffield on a Matchroom bill, never in a million years."



# REVOLUTIONARY

## Boxing champ opens new boxing academy in Bradford

**Bobby Vanzie, a former British and Commonwealth lightweight champion has just opened a new boxing academy in the heart of Bradford.**

Bobby "Viper" Vanzie was born and raised in Bradford and is a British former professional boxer who competed from 1994 to 2005. He held the British and Commonwealth lightweight titles between 1998 and 2001.

On the academy's inauguration on Sunday 19th January, joining Bobby Vanzie were champion cricketer Adil

Rashid and boxer Kell Brook. MP Imran Hussain, Bradford's former rugby legend Ikram Butt were also in attendance.

The academy is the brainchild of local businessman Wasim Rafiq and his friend Tyrone Vanzie (Bobby's brother).

Committed to the idea of creating a local authentic boxing club to help youngsters progress in the sport, they say they provide "real coaching" from "real boxers".

Following a complete overhaul of a semi-derelict building, which was being

used for illegal activities just off Leeds Road, they transformed 28 Downham Street into a building of hope.

Together Bobby and his brothers Tyrone and Ashley Vanzie (both boxers), Wasim Rafiq, Moss Sheikh, Mohammed Adil, Amar Rashid, Nathan and a host of other group members worked painstakingly hard to make a success of this initiative.

The sole - benefit improving young peoples lives in the community by giving them opportunities to be part of this life changing sport.

Wasim explains: "The club's claim is that most boxing gyms are run by inexperienced trainers who have never boxed on a professional level. So, what are they going to teach or pass on to our kids?"

"When I approached Bobby Vanzie - who's reputation speaks for himself - he said he was more than obliged to take this opportunity on as head coach and as figurehead for the group.

"It was just what I was waiting for.

"We are a community-based project and our plan is to work with the disadvantaged groups.

"Bobby's immense amount of experience as a pro fighter would be invaluable for the local kids who are yearning for this opportunity."



Readers, let me know your thoughts and views about boxing by contacting me on twitter  
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# "Put down the drugs. Pick up the gloves."



## Tackling youth violence

Boxing is often praised as a way of teaching discipline, anger management and teamwork.

Now, with violent crime on the rise - the sport is being used to support those at risk of being drawn into knife crime and gang activity.

A joint initiative launched by the Hamara Centre and the Osmondthorpe Community Centre in Leeds will deliver a boxing project to tackle youth violence.

The government's response to England's knife crime surge has so far been to increase the use of stop-and-search without reasonable suspicion, introduce knife crime prevention orders and most recently to announce legislation requiring schools, hospitals and youth groups to report those young people at risk of being drawn into knife crime.

Academic research shows that punitive approaches such as these can actually alienate young people and make the problem worse.

Boxing, in particular, can provide an opportunity for young men in particular to escape a life of crime. The model has successfully been used in many cities across the country to tackle youth violence.

Speaking to the hamara Centre, one young person reported that Boxing gave them a break from feeling angry.

The Leeds project will consist of a

boxing coach and a youth worker to support engagement and well-being.

The Boxing coach will focus on the boxing element whereas the youth worker will focus on building relationships, managing emotions and exploring young people's attitudes and beliefs, as well as the opportunity to talk about goals and aspirations.

Volunteers from the community who are currently supporting youth sessions will also be involved in the delivery and support in engaging young people.

A spokesperson from Hamara Centre said: "With our boxing project, a youth worker will conduct one-to-one's - giving each young person the opportunity to build a positive relationship and speak confidentially.

"Relevant referrals and sign posting will be conducted for any additional support needs.

"Growth and development will be encouraged through goal setting.

"In addition to the boxing session we will recruit ten young people who will carry out a Gym Instructor Qualification enabling them to volunteer, run the boxing sessions and also supported to move in to paid work."

To find out more contact the Hamara Centre, Tempest Road, Leeds, LS11 6RD or call 0113 277 3330.





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**Families in Yorkshire are being invited to take up the Big Pedal 2020 – the UK’s largest cycling, walking and scooting competition for schools.**

This year’s competition is backed up by Dame Sarah Storey, British Paralympian and 35-time world champion in cycling and swimming.

Organised by the walking and cycling charity Sustrans, Big Pedal 2020 will run from 22 April to 5 May 2020 and will see young people across the UK compete with one another to make the most journeys by bike, foot or scooter.

As little as 17.5% of children are meeting the recommended daily 60 minutes of physical activity, yet walking, scooting and cycling to school can play a key role in boosting activity levels.

Currently just 2% of children in the UK cycle to school, with the number of children being driven, rising.

Dame Sarah Storey, Active Travel Commissioner for the Sheffield City Region, said: “I am proud to be an Ambassador for the Big Pedal and look forward to seeing thousands of schools take up the challenge across the UK.

“Walking, cycling or scooting to school is a fantastic way for families to include activity in their daily lives, and helps to improve both the physical and mental health of children and their parents.

“By removing the number of cars at the school gate, streets will become less congested and polluted, making the school run more pleasant for all.

“I enjoy the school run with my

own children but on a daily basis I see the challenges faced by parents first hand. Which is why I’m committed to improving walking and cycling infrastructure to enable more families to leave the car at home and walk, scoot or cycle to school.”

Rosslyn Colderley, North of England Director at Sustrans, said: “We’re excited to kick off another year of what we hope will be the biggest Big Pedal yet. With the climate crisis in the forefront of pupils and parents minds, campaigns like the Big Pedal are a fun way for us to reduce carbon by walking or cycling to school and make a real difference to our local environment – from less congested streets to better air quality.

“Scores of families are already set to take on the challenge and we hope this enthusiasm will help

inspire the change needed to ensure children have safe walking and cycling infrastructure around schools.

“To make it easier for more parents and children to cycle or walk to school, the UK Government must invest in walking and cycling infrastructure so that our streets become more pleasant and safer environment for families to travel by foot or bike.”

Big Pedal 2020 aims to build on the success of 2019 which saw a record 3.8 million journeys made by bike, foot and scooter and over 1600 schools took part across the UK (including 114 in Yorkshire).

The theme of the competition is ‘Travelling around the body’, with pupils tracking their progress on a wall chart, learning about the human body and how active travel

benefits their health as they go.

The competition is open to individual classes and year groups as well as whole schools, with hundreds of thousands of pupils expected to take part.

For schools unable to take part in the main challenge there is also a one-day version, which can include cycling, walking and scooting activities during the school day as well as on the journey to school.

Schools will be entered into daily prize draws for rewards, including scooters, if more than 15% of a school cycle, walk or scoot on each day of the challenge.

Tonik Energy are sponsoring this year’s Big Pedal.

Ask your child’s school to sign up to Sustrans Big Pedal 2020.

For more information visit: [www.bigpedal.org.uk](http://www.bigpedal.org.uk)



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