FREE

Asian Express®

MARCH 1ST EDITION 2020

Yorkshire & Lancashire

fanoosh
THE INDIAN

PHANTOM

"We'll do whatever it takes"

DON'T GO OVERSEAS

NON URGENT OPS DELAYED

SUPERMARKETS NEW RULES

£330 BN bailout to keep Britain in business



Britain has unveiled a 330 billion-pound lifeline of loan guarantees and will provide a further 20 billion pounds in tax cuts, grants and other help for businesses facing the risk of collapse from the spread of coronavirus.

Chancellor of the Exchequer Rishi Sunak told a press conference it was an "economic emergency. Never in peacetime have we faced an economic fight like this one."

Continued on page 4

Chancellor Rishi Sunak announces Government's lifeline for firms hit by coronavirus

eastOeast®
STEAKHOUSE & LOUNGE

BRADFORD
1362 Leeds Road, Bradford BD3 8ND
01274 668669

Asian Express Newspaper Cuisine Awards 2019 Winner

Traditional Desi Dishes
Steaks
Seafood
Pasta
Meat Patties

CONTACT US:

Tel: 0113 322 9911
08703 608 606

Email: info@asianexpress.co.uk
Stories: editor@asianexpress.co.uk
newsroom1@asianexpress.co.uk
Advertising enquiries: sales@asianexpress.co.uk

Text to mobile: 07772 365 325

Follow us on

Asian Express is available as a FREE WEEKLY pick-up from selected supermarkets, retail outlets, community centres, boutiques, restaurants and many other distribution outlets across the Yorkshire region.

So pick-up your FREE copy of Asian Express TODAY!

©Media Buzz. All contents are Copyright. All Rights are reserved. No part of this publication may be stored in any retrieval system or transmitted electronically in any form without prior written permission of the Publishers. Whilst every effort is made to ensure accuracy, no responsibility can be accepted for inaccuracies howsoever caused. Contributed material does not necessarily reflect the opinion of the Publishers. The editorial policy and general layout of this publication are at the discretion of the publisher and no debate will be entered into. No responsibility can be accepted for illustrations, articles or photographs whilst in transmission with the Publishers or their Agent unless a commitment is made in writing prior to receipt of such items.

Published by Media Buzz.
Media Buzz,
First Floor, St Andrews House,
St Andrews Street,
Leeds, LS3 1LF

fanoosh
THE INDIAN



Hundreds of Halifax pupils leave lessons to protest over suspension of teacher

Rajput JEWELLERS



Specialists In Asian Jewellery,
Wedding & Occasional Jewellery,
Bespoke Designs Made To Order,
Full Jewellery Repair Service,
Scrap, Unwanted Gold Purchased

212 Roundhay Rd, Leeds, LS8 5AA
Tel: 0113 249 9722







Hoards of school children aged 13 to 16, from Halifax Academy carried out angry protests today over the suspension of a much-loved PE teacher Mr Yasar Mohammed.

Students left their classes and paraded Gibbet Street chanting "justice for Yasar." They were also joined by some former students of Halifax Academy.

It is understood that the Headteacher Mr Matt Perry dismissed Mr Yasar Mohammed, a teacher who has been working at the school for some 15-years, after he attended a serious family emergency.

A source, who requested to remain anonymous said: "It's absolutely outrageous. He's a big role model for the whole community and the protests won't stop till justice is served.

"The incident for which Yasar has been dismissed over, is one which required police intervention and was a matter of safeguarding.

"The school is not thinking of what is best for the students, they love Yasar. He does so much good in the community and put so much extra in to his work. The community will stand by him."

Yasar, in 2016, was featured in Asian Express for rallying the support of students to raise funds for a charity after a Year 11 pupil, Ali Raja, who tragically died from cancer. With his help, the school raised over £21,000, and Yasar also received an accolade for his work at Halifax Academy.

But sources suggest Yasar's dismissal is due to institutional racism in play. Calls are being made for the headteacher to resign.

It's been alleged that the school has suspended Muslim students for up to three days where really there was no requirement to, and stripped prefects, head boys and head girls of their duties. The source says the school has also dismissed a number of Muslim staff members, and that they now "want to know why" and "will challenge this".

"It's an absolute joke that they (Halifax Academy) have ruined the work he has done in protecting youth from getting involved in drugs and antisocial behaviour. We have tried ringing and emailing the school but have been dealt with very unprofessionally."

During the protests, it is reported, some pupils ran out in front of oncoming traffic and a small few threw eggs at passing traffic, which caused for police to arrive and restore calm.

A Great British Spring clean

A Great British Spring clean event is set to take place with staff volunteers from two of the Bradford McDonald's, owned and operated by Saj Shah, a local Bradford-born businessman, on the Monday, March 23.



The event is in partnership with Bradford City Council and other local community interest groups, all with a shared interest of keeping their community tidy.

McDonald's franchisee Saj Shah said: "I'm really proud of my team for giving their time and efforts to do their bit for our fellow residents. McDonald's is committed to fighting litter in our local communities and we are really happy with the difference we make to the areas around my Bradford restaurants.

"Let's come together to make a real difference and use this event as a springboard to improve the future for our current and future generations across Bradford."

McDonald's crew members have been cleaning up litter dropped in our local communities for over 35 years. Crews across the UK cover a total of 3,000 miles each week on litter patrols (where they collect litter from any origin, not just their own) This equates to 150,000 miles, or the distance of FOUR marathons per restaurant per year.

"We are tackling litter in our local communities, both by litter picking and reducing the amount of waste its restaurants produce," adds Saj.

"As a company, we have set ourselves the target of sending zero waste to landfill with many restaurants having already achieved this over the last three years."

For over a decade, McDonald's delivery fleet has been powered with biodiesel from recycled cooking oil, a move that saves nearly seven thousand tonnes of CO2 emissions every year compared to traditional fleets.

The delivery lorries are 100 per cent powered by biodiesel, 40 per cent of which is taken from used cooking oil sourced from McDonald's UK restaurants. This all contributes to making the distribution fleet one of the most environmentally friendly in the UK.

In addition to this locally Saj's staff and customer look to recycle their food and paper waste through the recycling units that are situated within the restaurants. They actively play a part in an exciting new programme Greener Girlington looking at what other way local businesses and residents can effect a real change in the environment where we all work and live.

Should anyone wish to get involved in the event please contact the Community Relations Manager Samina Shah via samina.shah32@gmail.com.



£330 BN bailout to keep Britain in business



Chancellor Rishi Sunak announces Government's lifeline for firms hit by coronavirus

Cover story continued

And he promised that if this package was not enough, he would go further, pledging to do "whatever it takes" to help retailers, bars and airports and other firms, many of which are reeling from a near-shutdown of business.

"This is not a time for ideology and orthodoxy," Sunak said on Tuesday 17th March, speaking alongside Prime Minister Boris Johnson. "This is a time to be bold, a time for courage."

Britain, criticised by some scientists for moving too slowly to check the spread of the virus, ramped up its response on Monday when it told people to avoid pubs, clubs, restaurants, cinemas and theatres.

On Tuesday, it announced plans to cancel routine surgery for three months to focus the health service on the coronavirus and courts in England and Wales dealing with serious crimes will not start trials likely to last for more than three days.

"We must act like any war-time government and do whatever it takes to support our economy," said the PM.

Sunak described the package of measures as unprecedented, although Britain issued guarantees of around 1 trillion pounds during the global financial crisis.

"I want to reassure every British citizen this government will give you all the tools you need to get through this," he added.

"That means any business who needs access to cash to pay their rent, their salaries, suppliers or purchase stock will be able to access a government-backed loan or credit on attractive terms.

"And if demand is greater than the initial £330bn [for loans] I'm making available today, I will go further and provide as much capacity as required. I said whatever it takes, and I meant it," he said.

The package would extend to all retail, hospitality and leisure businesses in the suspension of a property tax, alongside the new loan guarantee programme which was equivalent to 15% of British economic output.

Companies from those sectors would be offered cash grants and the government would discuss a support package for airlines and airports.

Banks and lenders would offer a three-month mortgage holiday for people in difficulty, Sunak said.

He later told lawmakers, some of whom criticised the business focus of the plan, that the government would soon make a statement about support for renters. He also said he would do more to support jobs and incomes.

The Bank of England said it would set up a new fund with the finance ministry to buy commercial debt with a term of up to one-year issued by investment-grade companies making a "material contribution" to Britain's economy.

The fund would be financed by the creation of central bank reserves.

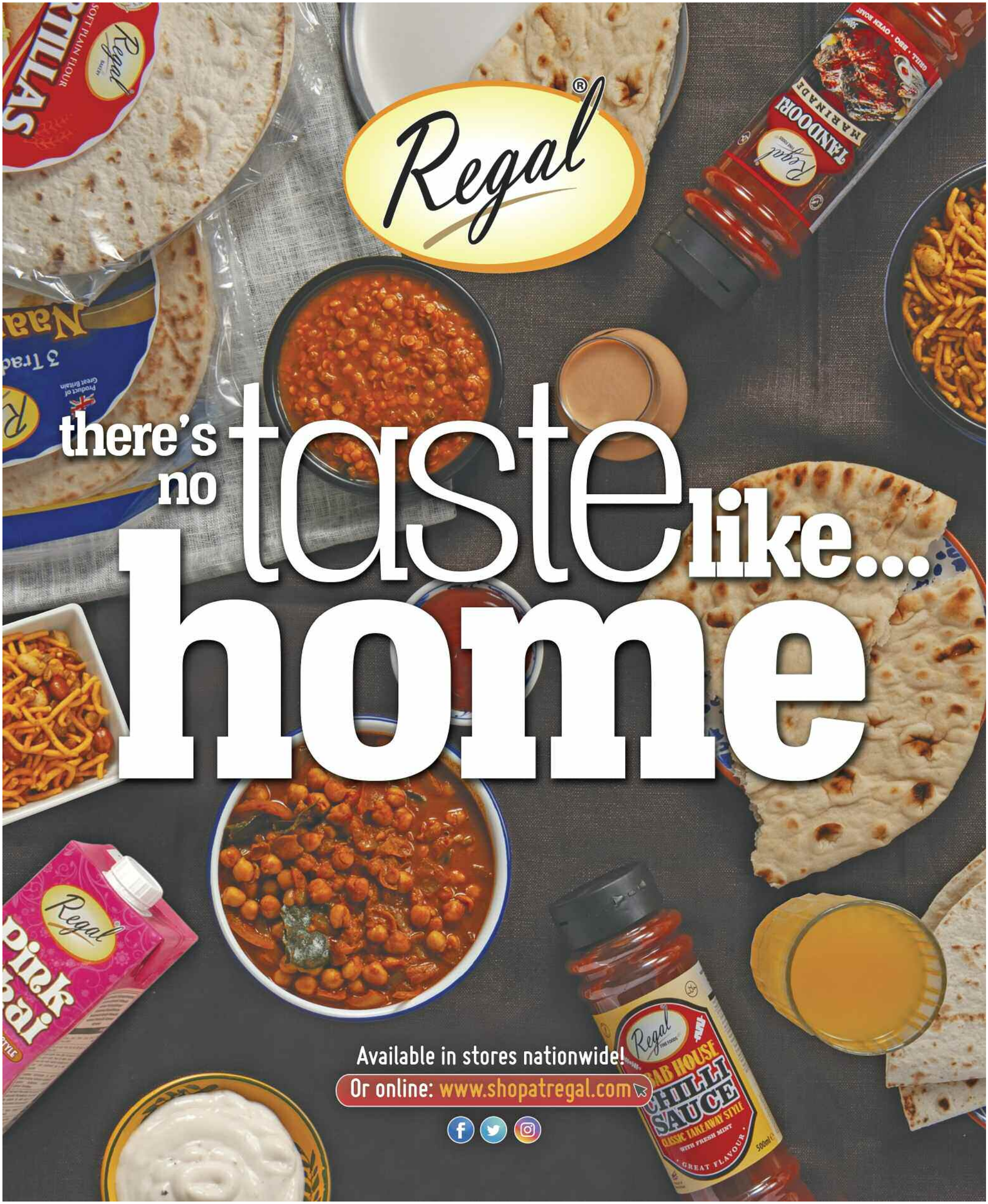
Britain's budget forecasters said the scale of the borrowing needed might resemble the country's immense debt splurge during World War Two.

NON URGENT OPS DELAYED

SUPERMARKETS NEW RULES

DON'T GO OVERSEAS

Fastrack Solutions Ltd TAXI HIRE CLAIMS ft claims
AS SEEN ON TV
"All our Charges are paid by the insurer's of the Person at fault"
PLUS
• Client keeps 100% compensation (No Deductions)
• Taxi replacement vehicles provided within 3 hours
• Free 24 hour recovery & storage
FREEPHONE
0800 195 9939
07977 317 760 | 07394 123 123
HOW MUCH IS YOUR REFERRAL WORTH?
Refer a non-fault taxi hire claim to us & we will pay you up to £3000!
633 Halifax Road, Liversedge, West Yorkshire, WF15 8HG,
www.fastracksolutions.co.uk


Regal
there's no taste like... home
Available in stores nationwide!
Or online: www.shopatregal.com
TANDOORI MARINADE
CHILLI SAUCE
CLASSIC TAKEAWAY STYLE
WITH FRESH MINT
GREAT FLAVOUR
Pink Chai

Britons advised to avoid all non-essential travel abroad



British nationals have been advised to avoid all non-essential foreign travel for 30 days as the coronavirus pandemic continues.

The decision comes after stringent social measures to tackle the virus were announced.

Foreign Secretary Dominic Raab said the "fast-changing international circumstances" of the worldwide outbreak of COVID-19, the disease caused by the coronavirus, required changes to the official travel advice.

"UK travellers abroad now face widespread international border restrictions and lockdowns in various countries," he told MPs in the Commons.

"The FCO will always consider the safety and the security of British nationals, so with immediate effect I've taken the decision to advise British nationals against non-essential travel globally for an initial period of 30 days and of course subject to ongoing review."

The law around organ donation is changing: here are the facts.

NHS



Have you seen messages on WhatsApp or other social media platforms about the change in the law around 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 are incorrect.

The law will change in Spring 2020, but there is no deadline for registering your decision on the NHS Organ Donor Register. You are free to register your decision whenever you like, before or after the change in law. Organ donation will still be a choice, and families will always be involved in any donation decision.

The law in England is changing to help save and improve more lives. From Spring 2020, 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.

The reason for the change is that there is a shortage of organ donors. Patients requiring a transplant can spend years on the Transplant Waiting List, and some die waiting. For Asian people, the need is even more critical due to the prevalence of health conditions that can result in organ failure and the need for a transplant.

Currently, there are around 1000 Asian people across the UK waiting for an organ transplant, with over 900 of them waiting for a kidney. For them, the best match will often come from someone with the same ethnic background, but the shortage of organ donors from the Asian community means that some patients die waiting.

The change in the law aims to make more organs available for those in need. Make sure your choice is based on facts. Tell your family about your decision and register it on the NHS Organ Donor Register.

www.organdonation.nhs.uk

Around 1000 Asian people across the UK are waiting for an organ transplant


NHS
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
or call 0300 303 2094
PASS IT ON



Coronavirus:

So why are people bulk buying toilet paper?

> *"If we had an international sign for panic it would be a traffic warning sign with a toilet paper roll in the middle."*

Despite the government telling us to not "panic buy" amid coronavirus fears, but many are doing the exact opposite. It seems that every other social media post is about panic buying, but why toilet paper?

Experts in psychology explain the science behind stockpiling and why toilet roll has become a sought after commodity.

Dr Dimitrios Tsivrikos an expert in consumer and behavioural science at the University College London explains: "In public health issues we have no idea about the time or intensity of the situation.

"When we get messages on a daily basis that we should go into panic mode that we buy into more than we need to."

He said that because toilet paper has a longer shelf-life than many food items, is prominently featured in aisles and is big in size, we are psychologically drawn to purchasing it in times of crisis.

He said: "The bigger they are, the more important we think they are.

"If we had an international sign for panic it would be a traffic warning sign with a toilet paper roll in the middle."

Our brains are hard-wired to watch out for threat and seek safety, which intensifies when a danger is new and out of control.

Shoppers have overestimated the risks of dying from coronavirus.

Far more people die in car accidents or household accidents per year but we don't panic in the morning before we go to work about these things.

When we stand in front of empty shelves, it's understandable people fear that stocks will run out so they buy far more than they need.

But "panics" usually decline after a month when people have had time to think more rationally.

This becomes dangerous as some goods such as soap, medicines and sanitisers become unavailable for those in immediate need.

It is more obvious when an aisle of toilet paper is empty, compared to other smaller items, which leads to the craze over the item intensifying.

This intensity is likely to be highest in Western countries, because it's hard to imagine what we could clean ourselves with without it. Faecal matters can carry diseases and can trigger our need to feel safe as well.

Panic buying toilet paper is 'ridiculous'

But psychologists say stockpiling things like toilet paper is not going to get you from A to B in a life or death situation – food is what people would need.

From this behaviour, it's clear many people are more concerned about holding on to those first-world comforts of being able to use the toilet, than actual survival.

While it was understandable that people would feel concerned about hygiene during self-isolation, the amount people stockpiling is irrational.

People are not reacting to the virus, they're reacting to the fear of what's going to happen if everyone "panic buys". And it's that fear which is creating the panic buying in the first place which in turn feeds the whole cycle. And that's the problem.

TYLER HOFFMAN
SOLICITORS

EFFECTIVE LEGAL REPRESENTATION

- IMMIGRATION
- CRIMINAL DEFENCE
- PERSONAL INJURY
- MOTORING OFFENCES
- ROAD TRAFFIC ACCIDENTS

HALIFAX
19 KING CROSS STREET
HALIFAX, HX1 2SH
01422 849722

WAKEFIELD
15 CHEAPSIDE
WAKEFIELD, WF1 2SD
01924 792380

FREE INITIAL CONSULTATION

03300 536 786
*calls charged at local rates

www.tylerhoffman.co.uk info@tylerhoffman.co.uk

CORONAVIRUS: Bradford mosques unveil temporary guidelines for Muslims

Bradford's Islamic faith leaders have called for the suspension of all congregational activities at mosques and Islamic centres from immediate effect.

The city's Council for Mosques (CFM) has also strongly recommended the country's other Muslim communities to follow the Government's guidelines on dealing with the coronavirus outbreak.

The CFM guidance also includes that on Muslim funerals. This for now, means that mosques will no longer host mourning gatherings, and Janaza (funeral) prayers will be performed at cemeteries rather than in the mosque. This decision will be reviewed in April.

A statement from CFM says: "We are acutely aware that our community is disproportionately at risk from the virus because of the higher numbers of individuals with long term health conditions.

"Many of the families in our community will have at least one member who may be vulnerable either through coronary heart disease, diabetes or some other form of long term health condition.

"Thus the virus can have a much more serious and potentially fatal effect on such individuals.

"We have taken guidance from our esteemed scholars, medical practitioners and carefully looked at the guidance from the government in formulating these social distancing procedures in order to prevent the spread of the virus.

"We urge all to take the necessary precautions to stop the spread of the virus. We will review this situation and make a further announcement on 4th April."



The CFM recommends the following line of action with an immediate effect:

a) Mosques to suspend their congregational five daily prayers
b) Mosques to suspend the congregational prayer on Friday
c) Mosques and madrasas to suspend all madrasa activities
d) Janaza prayers will be performed at the cemetery



insure SMART

the smarter way to insure



Retail & Wholesale

Insure Smart...

Have access to the best insurers throughout the UK •
Have helped thousands of shopkeepers find insurance •
Can arrange package policies to cover stock and liabilities •
Can insure everything from small grocers to cash & carry's •

01592 649786

www.insure-smart.co.uk info@insure-smart.co.uk

Leeds Imam finally gets apology from The Mail on Sunday for wrongly accusing him

Media Trash

A Leeds Imam has called for Muslims to "challenge hostile news coverage" by mainstream media. He says we are all responsible for ensuring news reported about Muslims is fair, accurate and inclusive.

Imam Qari Asim's call to action comes after his 10-month battle for an apology from the Mail on Sunday newspaper for publishing deleterious information. They had (wrongly) accused him, in April 2019, of supporting a cleric in Pakistan who had campaigned for Christian woman Asia Bibi to be hanged for blasphemy.

Imam Qari Asim MBE, Head Imam at the Makkah Mosque in Thornville Road, Leeds, is deemed as one of Yorkshire's most senior Muslim clerics. He is also appointed as the Government's Islamophobia adviser.

The Mail on Sunday apology appeared in their Clarifications & Corrections section on 23rd February 2020.

It said: "On 6th April 2019, we alleged that Mr Qari Asim MBE, through his support of a protest led by a number of individuals including an extremist cleric, Khadim Rizvi, supported the proposed hanging of a Christian woman (Asia Bibi) for blasphemy and endorsed the brutal murder of Asad Shah.

"We now accept that Mr Asim does not support the hanging of Asia Bibi or the murder of Asad Shah. To the contrary, we accept that Mr Asim has publicly condemned both these crimes, and campaigned for Ms Bibi to be given asylum in the UK. We are happy to make the position clear, and apologise to Mr Asim for any distress caused."

This is the second apology in as many months from the Mail on Sunday. Last month, Asian Express featured the story of a council officer wrongly accused as grooming ring 'fixer' and who won £180,000 in damages from the Mail on Sunday.

And it comes as no surprise that a study by Cambridge University last year found that the focus on "negative narratives" in media reporting about Muslims in the UK was contributing to an atmosphere of rising hostility.

Whist researching the recent apology from the Mail on Sunday to Imam Qari Asim, Asian Express newspaper found almost non-existent coverage about Imam Qari Asim wining this battle. This raises unnerving concerns on how the internet is funnelling our searches and continuing to (worryingly) bring up the same old inaccurate articles as top hits. It makes valid up-to-date information very difficult to find.

Speaking to Asian Express newspaper Imam Qari Asim said: "A section of the UK media too often misrepresents Muslims.

"Lazy journalism, inaccurate reporting or even "fake news" about Muslims is extremely reckless and dangerous; such incorrect reporting, big-click journalism painting overwhelmingly negative picture about Muslims fuels prejudice against Muslims and increase anti-Muslim hatred in society.

"It also tars the diligent work by many journalists across the country."

Talking about the harrowing experience of being a person in the public domain and being so widely accused of something that he never did, Mr Asim adds: "The story in the Mail on Sunday was utterly incorrect.

"A cursory look on the internet would have confirmed to The Mail that I am actually reported to hold completely the opposite views than those alleged in their article.

"There is no one single statement of myself supporting Mr Khadim Rizvi's extreme views, yet despite lack of factual evidence, Mail on Sunday decided to publish a story linking me to him.

"We desperately require greater care in the reporting of Muslims in this country, given a plethora of inaccurate, myth-making stories reported about British Muslims. The religious and cultural literacy of journalists also needs to be improved.

"We also need to challenge hostile media coverage so what they are reporting about Muslims is fair, accurate and inclusive."

Andleeb Hanif, Founding Partner and Managing Editor of Asian Express newspaper commented: "Journalism plays a vital role in society and democracy.

"But the barrage of inaccuracies and blatant lies propagated about Muslims has reached beyond ridiculous levels. No other community in Britain receives such regular deluge of negative and inaccurate reporting.

"We must raise concerns when we come across such false news with the Independent Press Standards Organisation (Ipso).

"There also needs to be a stronger deterrent to reporting that fails to meet the highest professional standards that members of the press subscribing to Ipso have undertaken to maintain."

Mr Asim is the only Imam in the country to hold a full-time corporate job, as besides his work at the Makkah Mosque he is a commercial property lawyer.



"We need to challenge hostile media coverage."

The Mail ON SUNDAY

Clarifications & corrections

By MAIL ON SUNDAY REPORTER
PUBLISHED: 00:01, 23 February 2020 | **UPDATED:** 00:15, 23 February 2020

On 6 April 2019, we alleged that Mr Qari Asim MBE, through his support of a protest led by a number of individuals including an extremist cleric, Khadim Rizvi, supported the proposed hanging of a Christian woman (Asia Bibi) for blasphemy and endorsed the brutal murder of Asad Shah.

We now accept that Mr Asim does not support the hanging of Asia Bibi or the murder of Asad Shah. To the contrary, we accept that Mr Asim has publicly condemned both these crimes, and campaigned for Ms Bibi to be given asylum in the UK. We are happy to make the position clear, and apologise to Mr Asim for any distress caused.

fanoosh

THE INDIAN



Punjabi **Cuisine** in Decadent *Style*

Trip Advisor Reviews

" **Excellent...** One of the best Indian restaurants I've visted and there are a lot to choose from in Leeds. Food was delicious and service very good. I recommend a visit."

★★★★★

Trip Advisor Reviews

"**Best curry in North Leeds...** The ambiance is lovely, the owner extremely helpful and attentive. It was a lovely evening and I would highly recommend anyone looking for a delicious curry to visit Fanoosh."

★★★★★

Address: 41 Street Lane, Leeds, West Yorkshire, LS8 1AP | **Tel:** 0113 266 2682 / 07519 090 000

follow us on www.fanoosh.co.uk

Trump's 'Chinese virus' causes outrage





President Trump sent a tweet on Monday 16th March describing the new coronavirus – which causes the disease Covid-19 – as the "Chinese virus".

China has reacted angrily, with the foreign ministry in Beijing saying it's wrong to stigmatise China and that the US should "take care of its own business".

The first cases of Covid-19 were recorded in the Chinese city of Wuhan in late 2019.

Last week a Chinese foreign ministry spokesman shared a conspiracy theory, alleging the US Army had brought it to the region.

US Secretary of State Mike Pompeo then demanded China stop spreading "disinformation" saying it was trying to "shift blame" for the outbreak.

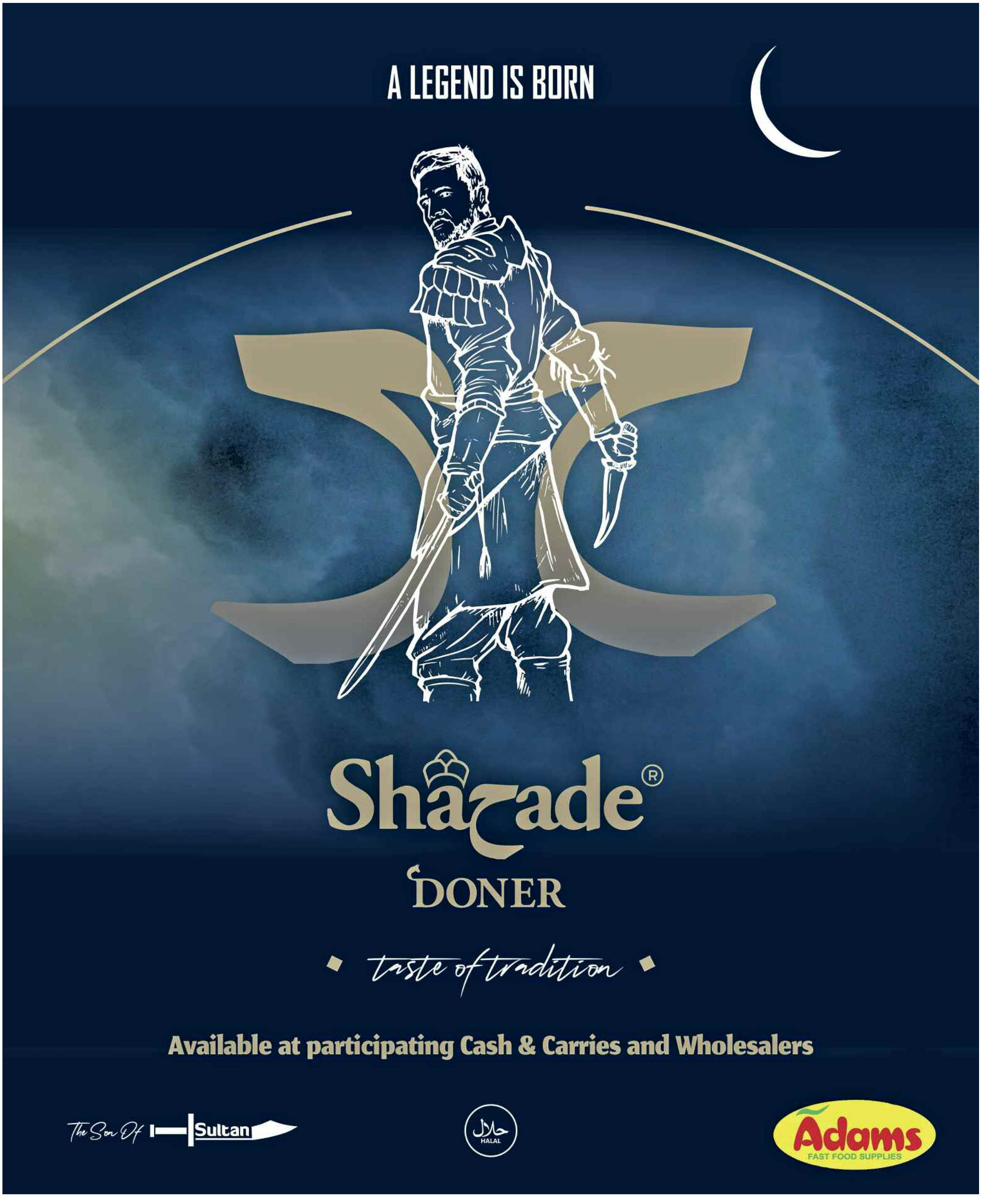
SMASHINGLY GOOD BURGERS

Prime Dry-Aged Beef
Fresh. Never Frozen

BITE

1 Ebenezer Street, Bradford, BD1 5AY
T: 01274 735070 W: biteburger.co.uk




A LEGEND IS BORN
Shazade®
DONER
taste of tradition
Available at participating Cash & Carries and Wholesalers
The Son Of Sultan
حلال
HALAL
Adams
FAST FOOD SUPPLIES

Hajj hangs in the balance as coronavirus fears escalate

Religion asks people to gather, but the coronavirus outbreak has seen many rites and traditions being disrupted.

But now with just five months to go before Islam's most sacred pilgrimage – Hajj, it is unclear if Saudi Arabia will reopen holy sites to millions of foreign Muslims. Hajj hangs in the balance as fears about the coronavirus pandemic continue to rise.

Saudia Arabia has temporarily banned foreigners from entering Mecca and Medina, two of Islam's holiest pilgrimage sites, in a bid to prevent the spread of COVID-19.

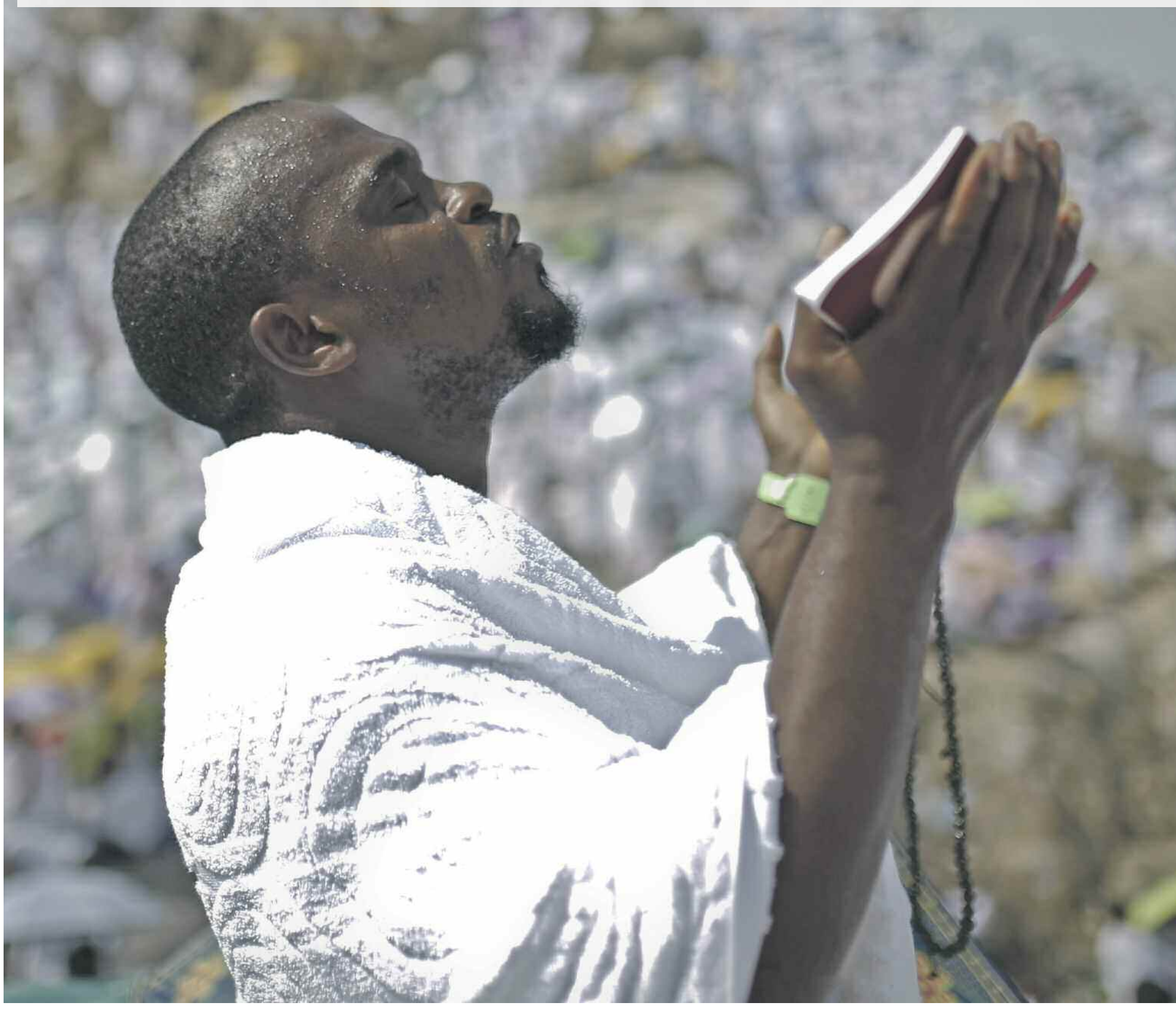
The South African Hajj and Umrah Council (Sahuc) announced on its official social media accounts that the administration of the pilgrimage would be put on hold.

"Ministry of Hajj has requested we place a hold on all Hajj administration until further notice (sic)," the organisation posted on social media.

The developments come after the Umrah (non-mandatory and shorter pilgrimage) was suspended last month due to fears related to the coronavirus outbreak.

Muslims around the world travel to Mecca for an Umrah pilgrimage throughout the year or a Hajj pilgrimage in the last month of the Islamic calendar.

The Hajj and Umrah pilgrimages contribute an estimated $12 billion a year (7per cent) to Saudi Arabia's gross domestic product.



Fastrack Solutions Ltd TAXI HIRE CLAIMS
ft claims
AS SEEN ON TV
HOW MUCH IS YOUR REFERRAL WORTH?
Refer a non-fault taxi hire claim to us & we will pay you up to £3000!
"All our Charges are paid by the insurer's of the Person at fault"
PLUS
• Client keeps 100% compensation (No Deductions)
• Taxi replacement vehicles provided within 3 hours
• Free 24 hour recovery & storage
633 Halifax Road, Liversedge, West Yorkshire, WF15 8HG,
FREEPHONE
0800 195 9939
07977 317 760 | 07394 123 123
www.fastracksolutions.co.uk

MANJAROS
Restaurant

KING OF PARMOS

NOW OPEN:

Middlesbrough 186 - 188 Linthorpe Road, Middlesbrough TS1 3RF 01642 605060
Leeds 2 Burley Road, Leeds LS3 1JB 0113 345 6200
Birmingham 207 Stratford Road, Sparkhill, Birmingham B11 1QT 0121 772 2631
Manchester 109 - 111 Wilmslow Road, Manchester M14 5AN 0161 459 1506
Bradford 111 Great Horton Rd, Bradford BD7 1PS 01274 413623
Newcastle 9 - 10 Cross Street, Newcastle upon Tyne NE1 4XE 0191 261 8764
Glasgow Unit C2, Springfield Quay, Paisley Road, Glasgow G5 8NP 0141 429 1234
Preston 79 - 81 London Road, Preston PR1 4BA 01772 493261
Huddersfield The Melting Point, 1 Firth Street, Huddersfield HD1 3BB 01484 431795
Ilford 213-215 Ilford Lane, Ilford IG1 2RZ 0208 514 4455

حلال HALAL

www.manjaros.co.uk

Milson Legal
Solicitors Ltd redefining your family

Do you need
FAMILY LAW advice?

Want to talk
to a specialist?

- Children matters
- Divorce
- Seperation
- Cohabitation agreements
- Pre nuptial agreements
- Change of name
- Forced marriages
- Domestic abuse
- Parental responsibilty
- Grandparents rights

We offer:
✓ Fixed fee ✓ Pay as you go option
✓ Capped fee ✓ Milson low income scheme

Call us now on
0113 873 0032



Sabeena Din
Family Law Solicitor

Email: info@milsonfamilysolicitors.com
www.milsonlegalsolicitors.uk
29 Harrogate Road, Leeds LS7 3PD

The Law Society resolution first for family law Solicitors Regulation Authority

Milson Legal Solicitors Limited is authorised and regulated by the Solicitors Regulation Authority. SRA number 628840

Hamara Healthy Living Centre awarded £300,000 from Power to Change



Hamara Healthy Living Centre has won a grant of £300,000 from independent trust Power to Change. The grant, part of the trust's Community Business Fund, will allow Hamara to move the development of the Old Cockburn Sports Hall forward towards planning and detailed designs.

Hamara's vision is to renovate the Old Cockburn Sports Hall in Hunslet Moor, Leeds, into a new sustainable, vibrant community hub to become The Cockburn Centre. This will be a local community business which operates for the benefit of local neighbourhoods, led and run by adults with learning disabilities and supported by local volunteers.

Hamara will move its growing day opportunities provision for adults with learning disabilities, currently based at Hamara centre and funded by Leeds City Council, into a new development to compliment Hamara's long-term vision of growth for the service. The building will also house a changing places toilet as well as a sensory room, quiet room and chill zone.

Mohammed Farouk, Chair of Hamara, said: "Power to Change has given us the opportunity to address key issues relating to disability employment and participation in sport. It also ensures that through the development, we will empower and enable our community who have disabilities."

Shanaz Gul, Operations Director at Hamara, said: "We are ever so grateful to Power to Change for supporting and investing in the project, we at Hamara are here to serve the community and this grant has the got the ball rolling to begin our journey of the next chapter, exciting times for Hunslet Moor!"

Armghan Sajid, Finance & Fundraising Manager at Hamara, said: "This grant means the world to us! To have the support of such a pivotal and supportive funder such as Power to Change, we are confident we can now go on and secure the remaining capital and realise our ambitions."

Kate Stewart, Director of Programmes at Power to Change, said: "We're thrilled to be investing in Hamara Healthy Living Centre to continue their success and to transform the Old Cockburn Sports Hall into a new community business hub for Leeds.

> "We are ever so grateful to Power to Change for supporting and investing in the project, we at Hamara are here to serve the community and this grant has the got the ball rolling to begin our journey of the next chapter, exciting times for Hunslet Moor!"

"The team at Hamara has been instrumental in growing the organisation to be the largest ethnic minority organisation in the voluntary and community business sector in Leeds, inspiring many others to emulate their achievements, which is critical in a city as diverse as Leeds."

We are now working on submitting a planning application next month to Leeds City Council and finalise our designs for the building with a view to producing detailed designs. Furthermore, we continue to apply for further capital funding and drive our community fundraising with charity Snowden event coming soon, and bagging and bucket collections at local supermarkets to name a few.

Please visit our website www.hamara.org.uk for further information and how you can get involved whether you want to volunteer your precious time or help fundraise for this amazing development.

The Community Business Fund offers grants between £50,000 and £300,000 to existing community businesses, based in England. Grants are designed to help community businesses to grow and become more financially sustainable.

east east

STEAKHOUSE & LOUNGE



VIP PRIVATE DINNING

BRADFORD

Traditional Desi Dishes
Steaks
Seafood
Meat Patties
Pasta

www.eastzeast.com

MANCHESTER BIRMINGHAM BRADFORD PRESTON LIVERPOOL

east east restaurants winner of multiple awards
and loved by many celebrities.
(See wall of fame at the Riverside branch)

follow us on

01274 668669

1362 Leeds Road, Bradford BD3 8ND

Aqua Man!

Huddersfield researcher discovers nano-clay can solve Pakistan's clean drinking water problems

A fresh, clean water supply will be a reality in Pakistan, particularly in South Punjab, following the announcement of an international partnership spearheaded by the Pakistan government, alongside other key stakeholders, and driven by the University of Huddersfield.

The initiative, led by University of Huddersfield Senior Research Fellow Dr Muhammad Usman Ghori, will transform the water supplies in the region into affordable drinking water for the benefit of the whole population and also will provide a sustainable option of raw material to fabricate healthcare products.

It is an initiative that is much needed by a considerable population of Pakistan.

In a recent study, the Pakistan Council of Research in Water Resources (PCRWR) found that a sizeable portion of the supplied water was not suitable for human consumption. Contaminated water was contributing to significant number of deaths every year and a large part of Pakistan's GDP was spent on health care of people who suffer from water borne diseases.

However, a solution to providing a clean water supply is present in abundance in the region's Koh-e-Suleiman mountain range in the form of a raw nano-clay with properties that can be targeted for a number of health-giving applications.

A recent University of Huddersfield-led research article, explored a new source of montmorillonite in the Koh-e-Suleiman mountain range located in South Punjab, Pakistan.

The project lead Dr Ghori explained that this raw clay required a sophisticated purification protocol to remove any undesirable substances from the clay, such as lead, arsenic and crystalline silica, which could impede industrial potential and have adverse health effects.



The area of South Punjab has a large dependence on agriculture and relatively low levels of industrialisation and consequently currently faces higher levels of poverty and unemployment compared with the rest of the province.

An abundant supply of this largely untouched raw clay could help with economic conditions in the region on a large scale.

Further work in collaboration with Pakistani universities and research institutes is now underway to use this natural resource for the benefit of the local people, not just in purifying the water supply, but for further industrial applications that would expand the economy of the region and provide work and industry for its people.

To establish this strategic partnership, Dr Ghori first shared his vision and initiative with the High Commissioner of Pakistan to the United Kingdom His Excellency Mohammad Nafees Zakaria, who played an instrumental role in establishing research links in Pakistan.

Now, a Memorandum of Understanding has been signed that will initiate a strategic partnership to develop a network led by the University of Huddersfield with the support of the Pakistan government which will also include universities in Pakistan.

The High Commissioner Mohammad Nafees Zakaria expressed his pride at the work and congratulated Dr Ghori and the team on their achievement and expressed gratitude to University of Huddersfield's leadership.

Dr Ghori met with the Foreign Minister of Pakistan, Shah Mahmood Qureshi, where he briefed the Foreign Minister on the on-going research activities..

Welcoming the project, Mr Qureshi said that the Government was cognisant of Pakistanis' talent abroad and therefore many of Government's policy initiatives are aimed at galvanising and providing direction to young scientists and tech professionals for their constructive engagement in the country's mainstream economic activities.



Huddersfield senior research fellow Dr Muhammad Usman Ghori will be working with Pakistani officials to bring clean, affordable drinking water to the people of South Punjab



BRADFORD - 27TH MARCH
ST GEORGE'S HALL





A callous fraudster has been brought before the courts after conning an elderly man out of his bank cards and going on a spending spree.

Fraudster conned elderly man of his bank cards and went on shopping spree

Mohammad Hussain, 37, pleaded guilty to two counts of fraud by false representation. He had duped a man in his 80s into handing over his bank cards by pretending to be a policeman, and then pretended he was entitled to use the man's cards in a shop.

Hussain was sentenced to 18 months' imprisonment, to run concurrently on each count, suspended for two years, at Inner London Crown Court on 4 March.

He was arrested after police stopped him on an unrelated incident and matched his image to CCTV that caught him carrying out his crimes.

The court heard that at around noon on 17 November 2017 Hussain rang the man and told him he was a police officer investigating a fraud involving the victim's bank card. He asked the man a number of questions about his cards and bank accounts, including the PIN numbers.

Hussain then told the man, who lived in Southwark, to go to a bank to withdraw £4,000. The conman then claimed that the imaginary suspects who had defrauded the victim had been caught, and the man would need to go to the bank and help verify fingerprints.

When the elderly man said he could not get there, Hussain told him he would send someone around to visit him. The man told the conman he wanted to call his daughter, but Hussain ordered him not to and instead told him to call 999. However, owing to a technique that kept the victim's phone line open, when the victim did dial 999 he was put back in touch with Hussain.

Hussain made his way to the man's home and was captured on CCTV walking up to his front door to convince him to hand over his bank cards in an envelope.

Then Hussain went on a spending spree in Westfield Shopping Centre, Stratford. He was caught on CCTV going into two shops where he spent over £1,800 on the victim's cards.

Later that day the victim called his granddaughter and told her what had happened. She called his bank and the police. While she was there a man pretending to be from her grandfather's bank called to ask if he had cancelled his card. When told the real bank had been spoken to, the caller said: "tell your grandad to be careful who he gives his card to and that he should have a lovely Christmas".

After this gross abuse of trust, the victim was left so frightened he struggled to eat, rarely left the house and was unable to trust people.

Police caught up with Hussain and arrested him in August 2019 after he was stopped on an unrelated matter.

Detectives investigating drug dealing in Soho appeal to identify 10 men



Detectives investigating drug-dealing in the West End have released images of ten people they want to speak to.

Their identities are sought by police as part of a long-running operation - Operation Dissemble - aimed at disrupting the drug supply network in and around Soho, and bringing those peddling the drugs to justice.

Detective Constable Kathryn Waite, from the Met's Central West Basic Command Unit, said: "There is a clear link between the supply of drugs and the violence we see on the streets of London, and the long-term harm drug-related crime inflicts on communities cannot be understated.

"That is why this operation was launched. We have been listening to the concerns raised by local residents and businesses, and we continue to work closely with partners to keep central London and everyone who passes through it as safe as possible."

Officers executed warrants at 43 addresses over three days in December and January as part of Operation Dissemble. A total of 41 people have been arrested and charged on suspicion of drugs offences so far. Nineteen of those have pleaded guilty to offences.

Detective Constable Waite added: "We have already made a large number of arrests as part of Operation Dissemble, and many of the suspects we have identified so far are off the streets and in jail awaiting trial or sentencing.

"Our work continues, and we want the public's help to identify a further ten people. If you know who they are or where they are, call police and provide a name or address. By working with police and providing information, communities can really help make a difference. The public has an important role to play in reporting criminal activity in their neighbourhoods, providing valuable intelligence, and identifying offenders."

Anyone with information is asked to call 101 or 07435 641126 quoting "Op Dissemble".

Alternatively, you can give information anonymously by calling Crimestoppers on 0800 555 111. Crimestoppers will never ask for your name and cannot trace your call.



What's on at Hamara

A GUIDE TO OUR SOCIAL ACTIVITIES AND SUPPORT SERVICES

Hamara Healthy Living Centre
Tempest Road, Beeston
Leeds, LS11 6RD
Tel: 0113 277 3330

Email:admin@hamara.co.uk
Twitter @HamaraCentre
Facebook: @HamaraCentreLeeds

Fitness

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

Tai Chi: WEDS 10am - 11am.

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

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

Golden Glory Boxing: £1 per session
FRI 5.30pm - 7pm boys (11-19 yrs) only session.
SAT 4pm - 5.30pm girls (11-19 yrs) only session.

Cardio Cricket: SAT 1:15pm - 3:15pm.
Old Cockburn Sports Hall.
Women and girls (11+ yrs).

Football:
SAT 11am - 1pm.
Boys only (11-21 yrs).

Urban Cricket: SUN 10am - 1pm.
Old Cockburn Sports Hall.
Under 11's start 10am.
Under 16's start 11:30am

Social

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

Shopping/Walking Group:
WEDS 11am - 1:30pm.
Ladies only. Chit chat and lunch.

Junior Youth United: WEDS 4:30pm - 6:30pm.
11 - 21 years. Youth/sports group.

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

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

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

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

Other

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.

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



NEET (not in Education Employment or Training) Support:
Employment support for 16-17 year olds
Contact: nizamud.din@hamara.co.uk

Befriending Service
Assistance for people over 60-years-old
Contact: nizamud.din@hamara.co.uk

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

HALO Day Opportunities:
MON - FRI 9am - 3pm. Service for adults with learning disabilities.

Hamara Heritage Community Cafe:
MON - FRI 12pm - 2pm.

Hamara
Bringing Communities Together

Crossley House

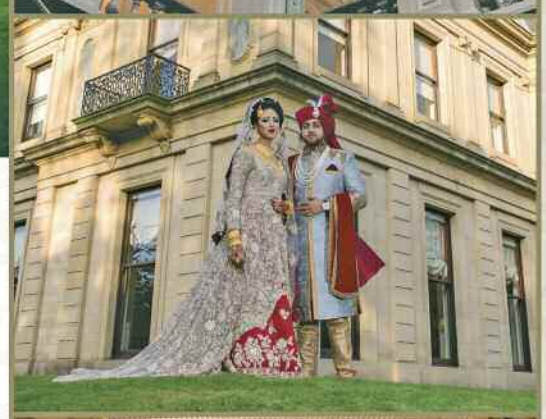
EXCLUSIVELY YOURS

A WEDDING VENUE FIT FOR KINGS & QUEENS











Crossley House is a Grade II listed French Renaissance style mansion situated within the majestic landscaped gardens of Belle Vue Park.

Within the heart of Yorkshire, Crossley House is close to Leeds, Bradford, Huddersfield is one of West Yorkshires most impressive and prestigious building providing a magnificent setting for an unforgettable event. Host your special day in this magnificent mansion - not only does it boast grandeur, style, class, luxury - it also offers you the opportunity to capture your memories in the most beautiful and breathtaking surroundings.

Book with us now: 01422 410 067

01422 410 067 | info@crossleyhouse.co.uk | Belle Vue Park, Hopwood Lane, Halifax, HX1 5EN

www.crossleyhouse.co.uk

Three jailed for combined 47 years after setting fire to family home


Mohamemd Iftikar Azad


Vishal Thapar


Semia Hussain

Two men and a woman have been jailed for a combined 47 years today after being found guilty of setting a house ablaze whilst a family of four were sleeping.

The three were sentenced at Leeds Crown Court for their roles in an arson attack on a house on Stonedene Court, Heckmondwike, in the early hours of Sunday August 11, 2019.

A 17-year-old male suffered life threating injuries in the incident which also involved his mother and two sisters aged 16 and 11, who managed to escape via windows.

Following a trial, Mohammed Iftikar Azad (45) of Mortimer Avenue, Healey, Batley, was sentenced to 32 years after being convicted of attempted murder.

Co-conspirators Vishal Thapar, (32) from Cleckheaton and Semia Hussain (26) from Batley were sentenced to nine years and six years, respectively, after both being convicted of arson being reckless as to whether life was endangered.

DCI Sharron Kaye of the Homicide and Major Enquiry Team, who led the police investigation, said: "We welcome the three sentences given to Azad, Hussain and Thapar today for a targeted attack which could very easily have resulted in several people losing their lives.

"Their actions resulted in a 17-year-old male receiving very serious injuries from which he is making a slow recovery . All of the family have suffered the huge emotional and psychological trauma of waking up to see their home on fire, along with suffering the loss of treasured and irreplaceable possessions.

"It is incomprehensible that three persons would be prepared to carry out this shocking crime which was instigated by Azad for personal and business reasons. The sentences given to all three for their roles in this offence reflect the seriousness of their actions.

"We do hope that seeing these three jailed today will be of some comfort to the victims and the wider community."

She added: "I also want to praise the remarkable bravery shown by the victim's neighbour. His own property was damaged and he himself was injured while helping one of the children who escaped.

"He was recognised and commended by the judge for his very brave actions."

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

OODLES CHINESE

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

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

Food so fresh you'll flip

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



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

Wok's up Yorkshire

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



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

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

OUR LOCATIONS

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

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


Descending Somewhere in Greater Manchester
PHANTOM
The Lounge
GRAND
Opening
Coming Soon
Bradford:
10 Hey St - BD7 1DQ
T: 070 0536 6999
Leeds:
Roseville Rd - LS8 5DT
T: 070 0536 6999
@phantomlounge



How to avoid catching or spreading germs

- Wash your hands thoroughly before eating and drinking, and after visiting the toilet.
- Alcohol-based gels aren't nearly as effective as plenty of soap and water.
- Choose a window seat on the plane, if possible. A 2018 study found these passengers typically only come into contact with 12 other people, compared with those in middle (58 people) or aisle seats (64).
- There is currently insufficient evidence around the effectiveness of paper surgical masks. Instead use good hygiene etiquette and cover your nose and mouth when coughing and sneezing.
- Fit For Travel also advises travellers to consider carrying a small first aid kit, with a thermometer or strips to check body temperature.
- Avoid contact with animals and people who appear unwell, including their personal items. And make contactless payments where possible to steer clear of handling cash.

CORONAVIRUS OUTBREAK: advice for travellers

What you can do if you want to cancel a trip and how to stay safe

Cases of the coronavirus have continued to rise, with some travellers asking whether it is safe to travel to Japan, South Korea, Italy, Tenerife and other countries and regions where there has been a significant outbreak.

The illness - first reported in Wuhan, in the Hubei province of China - has been categorised as a global health emergency by the World Health Organisation. While most fatalities have been confined to China, there have been cases in 29 countries including the UK.

South Korea and Japan have had the largest number of coronavirus cases outside China, with 977 and 146 people diagnosed with the disease respectively.

Italy has also suffered an outbreak in the region around Milan. The number of infected people in the country has risen to 200 with six deaths.

Spanish health authorities are also carrying out tests on hundreds of tourists after a case was identified at a Tenerife hotel. Another three people have since been diagnosed.

We talked to insurers and travel agents to find out what you can do if you decide you no longer want to travel because of the coronavirus. If you do go ahead as planned, read our expert advice on avoiding spreading germs while travelling.

What is coronavirus?

The respiratory disease (also known as COVID-19) has flu-like symptoms – including a fever, cough and shortness of breath. Because it's a new virus, there is currently no vaccine and little is known about how it spreads from person to person. However, similar viruses spread in cough droplets.

Will travel agents and airlines allow me to cancel because of coronavirus?

The UK Foreign Office hasn't advised against travel to Singapore, Japan or any other country apart from China and Northern Italy.

If you're worried about contracting the virus and want to cancel your plans, you won't be entitled to a refund from your airline, cruise company or travel agent – unless you're travelling to, or via, China – or to one of towns in North Italy on lockdown.

Instead, you're reliant on your travel operator's goodwill if you want to arrange an alternative holiday or rebook at a later date. But some travel agents are offering worried travellers the chance to change plans where possible.

Check your flight is still going ahead if you have an internal flight across Asia. Some carriers are running reduced services.

British Airways changes its refund policy

BA has cancelled all flights to Beijing and Shanghai until 17 April and the situation remains under review.

However, it has now changed its refund policy for passengers booked on a later flight to China that has not been cancelled – and those flying to or from Hong Kong.

Up until 25th February, passengers were given the choice of a full refund or to rebook at a later date. Now they can only use the value of their ticket towards any other BA destination.

This is likely to leave customers out of pocket if rebooking is impractical, or they do not wish to make alternative travel plans.

Is coronavirus covered by my travel insurance?

If you draw a blank with your travel company, check if your policy covers unexpected circumstances.

Even if it doesn't, contact your provider directly to find out where you stand.

The Association of British Insurers said: "In general cancellation or travel disruption, cover will activate when the FCO advises against all travel or all but essential travel to an area.

"Travel insurance is not designed to cover "disinclination to travel" where the FCO advice has not changed to advise against travel."

However, insurance company Axa said that each scenario would be dealt with on a case-by-case basis.

A spokesperson said: "If you have been advised against travelling by your doctor due to the risk of the virus being present in a certain country, please contact our claims team."

If you ignore travel advice and go ahead with your trip, you risk invalidating your insurance policy.

If you still plan to travel

Make sure you check the latest advice for your destination on the Foreign Office website and Fit For Travel.

If you're concerned about the risks to you, speak to your doctor. Older travellers and those with underlying health conditions are most vulnerable.

Check your travel insurance policy. Medical evacuation and repatriation cover is essential if you fall ill and have to be transported home.

Make sure you're covered for any eventuality with our guide to the best and worst travel insurance companies.

Anyone who has recently travelled to the Hubei province, or is worried they may have contracted the disease, should call NHS 111 immediately

TILE POINT

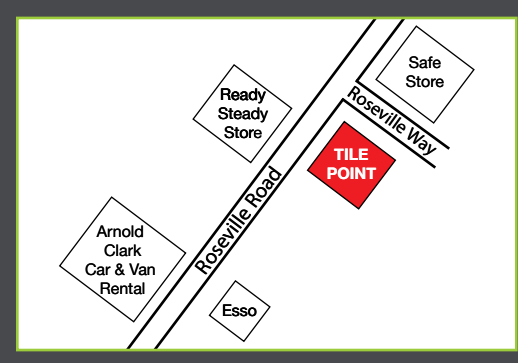
DISCOUNT PRICES ON ALL TILES AND BATHROOMS



10% OFF
To all Asian Express readers until the end of August

VISIT OUR SHOWROOM

Call us: 01132 120 975
Visit us: 85 Roseville Road, Leeds, LS8 5DT





TV restoration show is searching for local sheds in Bradford

Popular Channel 4 restoration show Find It, Fix It, Flog It is looking for local sheds across the Bradford district.

The series follows presenters Henry Cole and Simon O'Brien as they search for unique and unusual items in people's sheds to restore and sell at a profit for their owners.

They want to hear from anyone in the area with garages, lock-ups, barns, outhouses or even shipping containers filled with old and interesting things to rummage through.

Automotive and vintage machinery specialist Henry and upcycling expert Simon are careful not to reveal the location of any sheds featured in the programme.

From the creators of Shed & Buried and Junk & Disorderly, the upcoming series of Find It, Fix It, Flog It will start filming in March.

If you or someone you know has a fantastic assortment of vintage memorabilia, an incredible automotive collection, a pile of furniture waiting to be restored or just needs a good old-fashioned clear out, email: info@hcaentertainment.com for more information.

BANKRUPT BEDS & FURNITURE WAREHOUSE

NATIONAL BED MONTH

HURRY DOWN FOR HUGE SAVINGS IN STORE NOW

MARCH NATIONAL BED MONTH • new bed, new you •

From ONLY £199 RRP £799
SPECIAL OFFER
BRAND NEW MEMORY FOAM DOUBLE BED*
*Other sizes available whilst stocks last.

From ONLY £159 RRP £499
SPECIAL OFFER
LUXURY ORTHOPAEDIC DOUBLE BED*
Images for illustration purposes only*

GASLIFT OTTOMAN STORAGE BED
HALF PRICE NOW FROM £199

STYLISH SLIDING WARDROBES
HUGE RANGE AVAILABLE

Up to 50% off Beds while stocks last

SINGLE/ TRIO BUNKBED
ONLY £299

CHAISE CORNER
CHOICE OF COLOURS AND COMBINATION

CHESTERFIELD
100% LEATHER OR CRUSHED VELVET

3 & 2 SOFAS FROM £499
ILLUSTRATION PURPOSES ONLY

CALL US TODAY OR VISIT OUR WAREHOUSE
236 Meanwood Road, Leeds LS7 2AH
T: 0113 2625166 | www.bankruptbeds.co.uk

BANKRUPT BEDS & FURNITURE WAREHOUSE

CALL US TODAY or visit our warehouse
236 Meanwood Road, Leeds LS7 2AH
T: 0113 262 5166
www.bankruptbeds.co.uk


Your customers choice
Istanbul Doner
Lamb Spicy / Plain
Gold Label
Essential Spice
UK'S MOST LOVED DONER KEBAB
0113 271 9999
100% SATISFACTION GUARANTEE

AVANT

NATURAL MINERAL WATER



ECO BOTTLE MADE FROM 100% RECYCLED BOTTLES. RECYCLE ME & I'LL SEE YOU AGAIN!

BEST PRICE ★ BEST QUALITY ★ BEST PRICE
BEST CHOICE

Adams
FAST FOOD SUPPLIES

adamsfastfoods

adams fast food supplies

www.adamsfastfoods.com

Leeds Branch
Weaver Street, LS4 2AU
Tel: 0333 8801568

Bradford Branch
Thorncliffe Road, BD8 7DD
Tel: 01274 492044

Bradford Call & Collect
Mount Street, BD4 8TA
Tel: 01274 724444 (Ext.400)



Asian Express
Your National and Local Business Round-up
Business news

BA pilots face unpaid leave

British Airways pilots will be required to take two weeks' unpaid leave in both April and May while rival easyJet is reported to have asked staff to take three months' unpaid leave as the battered aviation sector frantically seeks to cut costs.

The unpaid leave at BA would be implemented through deductions from basic pay over three months, the airline said in a letter to pilots.

Chief Executive Alex Cruz last month told BA staff of plans to cut jobs and ground aircraft as he warned that the airline faces a battle to survive after the coronavirus pandemic brought most air travel to a standstill.

At budget carrier easyJet, meanwhile, pilots and cabin crew have been asked to take three months' unpaid leave in addition to a pay freeze and other changes to their contracts, such as the axing of free meals while on shift.

Both airlines are exploring how to cut costs but retain staff as they try to wait out the current travel restrictions.

BA's parent company IAG this earlier said it would cut flying capacity by at least 75% in April and May. EasyJet said that it could ground the majority of its fleet on a rolling basis.

EasyJet said it was consulting with its British employees over how they could help it to get through the crisis but did not give details of the discussions.

"Like all airlines, we are taking every action to remove cost and non-critical expenditure from the business at every level to help mitigate the impact from the COVID-19 pandemic," an easyJet spokeswoman said in a statement.

BA, in its letter to pilots, said it had agreed initial measures with pilots' union BALPA to address "the immediate threat to the business in the face of COVID-19 and the unprecedented impact this is having on the airline".



BUSINESS YOUR LOCAL &

Legal Eagles



Highly reputable YHM Solicitors continue to provide outstanding legal advice

Finding the right solicitor for a job can be a daunting prospect for many. YHM Solicitors in Leeds have over a collective 25-years experience in immigration, family law including Khula and Islamic divorce, personal injury and civil litigation matters, and are more than equipped to do the job.

Celebrating their tenth anniversary year, YHM Solicitors recently expanded and opened doors to their new and larger offices in the heart of the Leeds community.

Founded and run by Muhammed Abdul-Halim and Saher Tariq in 2009, the law firm has built an excellent reputation in Leeds. Their extensive advocacy experience in immigration, litigation and personal injury, has seen the law practice grow from strength to strength.

Founded and run by Muhammed Abdul-Halim and Saher Tariq in 2009, the law firm has built an excellent reputation in Leeds with their extensive advocacy experience in immigration, litigation and personal injury, the legal practice has grown from strength to strength.

Both founders come from working-class families and today, Senior Partner Saher is one of a handful of female Muslim Barristers in the country.

Abdul-Halim, who formerly worked in Manchester as an immigration solicitor, uses his extensive experience in representing clients in their Immigration and Asylum applications and appeals department.

Having extensive advocacy experience immigration, conveyancing and personal injury, Abdul-Halim is renowned for building a strong relationship with his clients.

Saher passed her Bar Vocational Course (BVC) at Nottingham Law School. She was



BUSINESS ROUND-UP BUSINESS

then called to the Bar by Lincolns Inn - the prestigious and thriving society of barristers in London. Here she'd often advise Lincoln's Inn on how it could take religious sensitivities into account to assist in diversifying it's objectives.

She then went on to do a Masters degree in Human Rights Law at University, which included a scholarship to study in Florence. She also took up the role of research assistant for one of the world's leading prison law professors at the university.

Abdul-Halim and Saher say their practice is very much a family business.

Their knowledge of culture and religion is extremely useful when navigating the sensitivities of family law. It's something that not many other firms can offer.

Saher says: "Having an in-house advocate is exceptionally reassuring.

"Having an in-house advocate is exceptionally reassuring. When clients deal with myself, they know that I will be the one supporting them at court. This eases clients into the court process and they find the experience less daunting."

"When clients deal with myself, they know that I will be the one supporting them at court.

"This eases clients into the court process and they find the experience less daunting."

Abdul-Halim adds: "Our clients have complemented our approachability as we have we an open-door policy. We try our best to see clients without an appointment when they visit our office at their convenience.

"We deal directly with our clients, and many of them go on to recommend our services to their family and friends. Our returning clients are the biggest testament to our work.

"We can also arrange for evening appointments and provide entertainment for children.

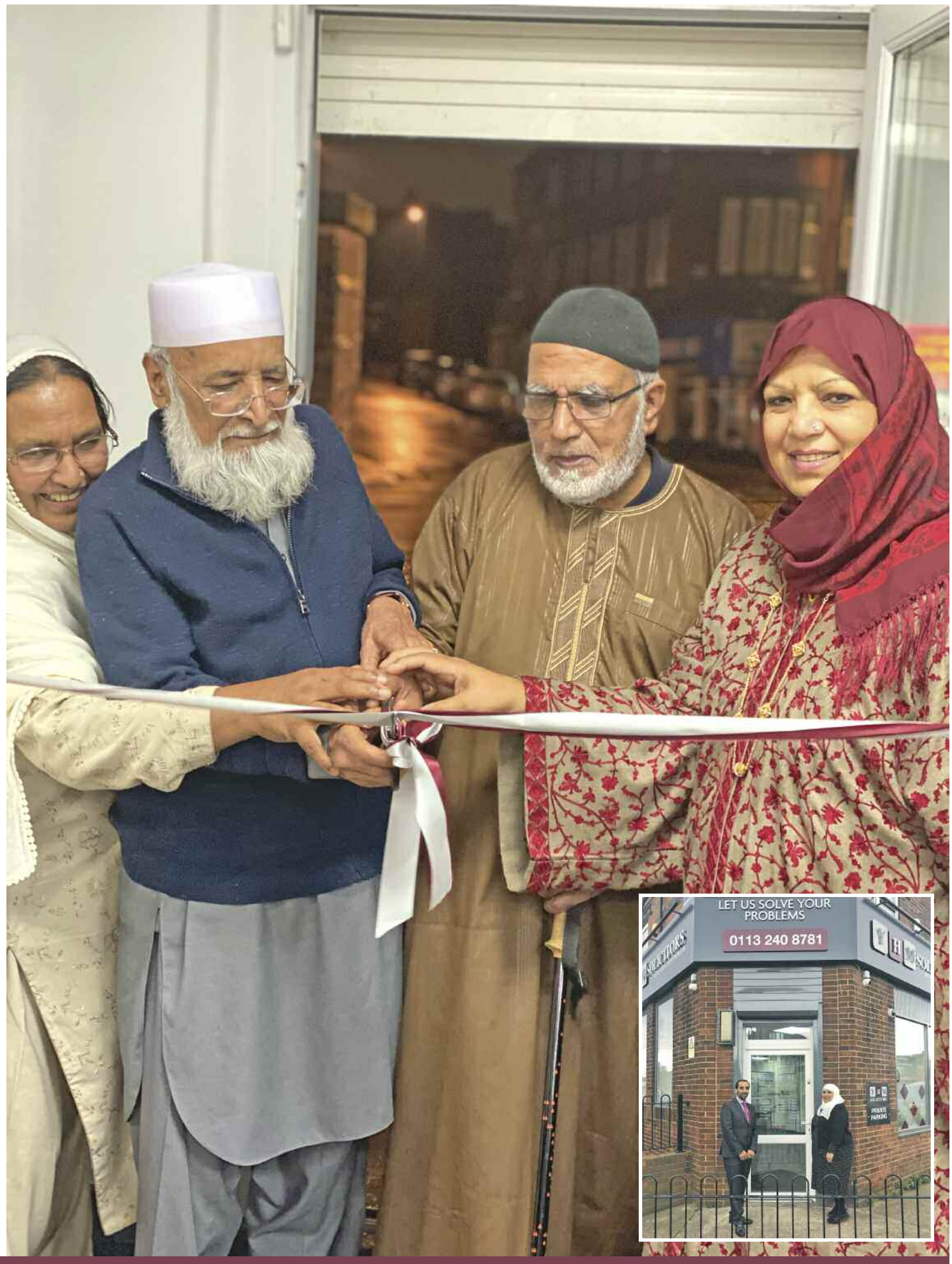
"If the client is unable to travel to the office then we can offer home visits.

"We have over 25 years of legal experience and pride ourselves in being approachable and offer consultations in Urdu, Hindi, Mirpuri, Punjabi and Bengali."

YHM Solicitors state that they have over 90 per cent success rate with all their immigration applications and appeals. This may range from doing simple visit visa applications to dealing with complicated spouse applications. They also help submitting applications in the UK after a visa has run out or no leave was previously granted, and hey promise your matter will be dealt with with professionalism and speed.

Their personal injury department deals with not only car accidents, but also accidents in other locations such as workplace, recreational areas, schools, shopping centres, airports etc. They are renowned for getting settlements in excess of valuations provided by barristers and this has been recognised by the judges in Leeds County Court and beyond.

You can contact YHM Solicitors for legal advice on all matrimonial, immigration and injury-related matters - whether in a car accident, a trip in a public place or at work, children injured at school, injuries in a restaurant or leisure centre.



You can contact YHM Solicitors on
0113 240 8781 or, send them an email at **enquiries@yhmsolicitors.com**
YHM Solicitors: 265 Roundhay Road, Leeds, West Yorkshire, LS8 4HS

BUSINESS YOUR LOCAL &

No right to privacy if you live in a glass house

Readers of this publication may recall the case last year of Fearn and Others v the Board of Trustees of the Tate Gallery. In that case five apartment owners in a luxury block of flats opposite the Tate Gallery took proceedings seeking an injunction requiring the Gallery to either close or obscure views from a viewing platform situated on the tenth floor of the Gallery which the owners claimed was causing a nuisance by allowing Gallery visitors to look into their apartments thereby resulting in an invasion of their privacy.

At first instance the High Court decided that the law of nuisance could be capable, as a matter of principle, of protecting privacy rights but the Judge decided that in this particular case the apartment owners had created their own sensitivity by living in flats with floor to ceiling windows and therefore they had voluntarily subjected themselves to circumstances of increased sensitivity and so there was no actionable nuisance.

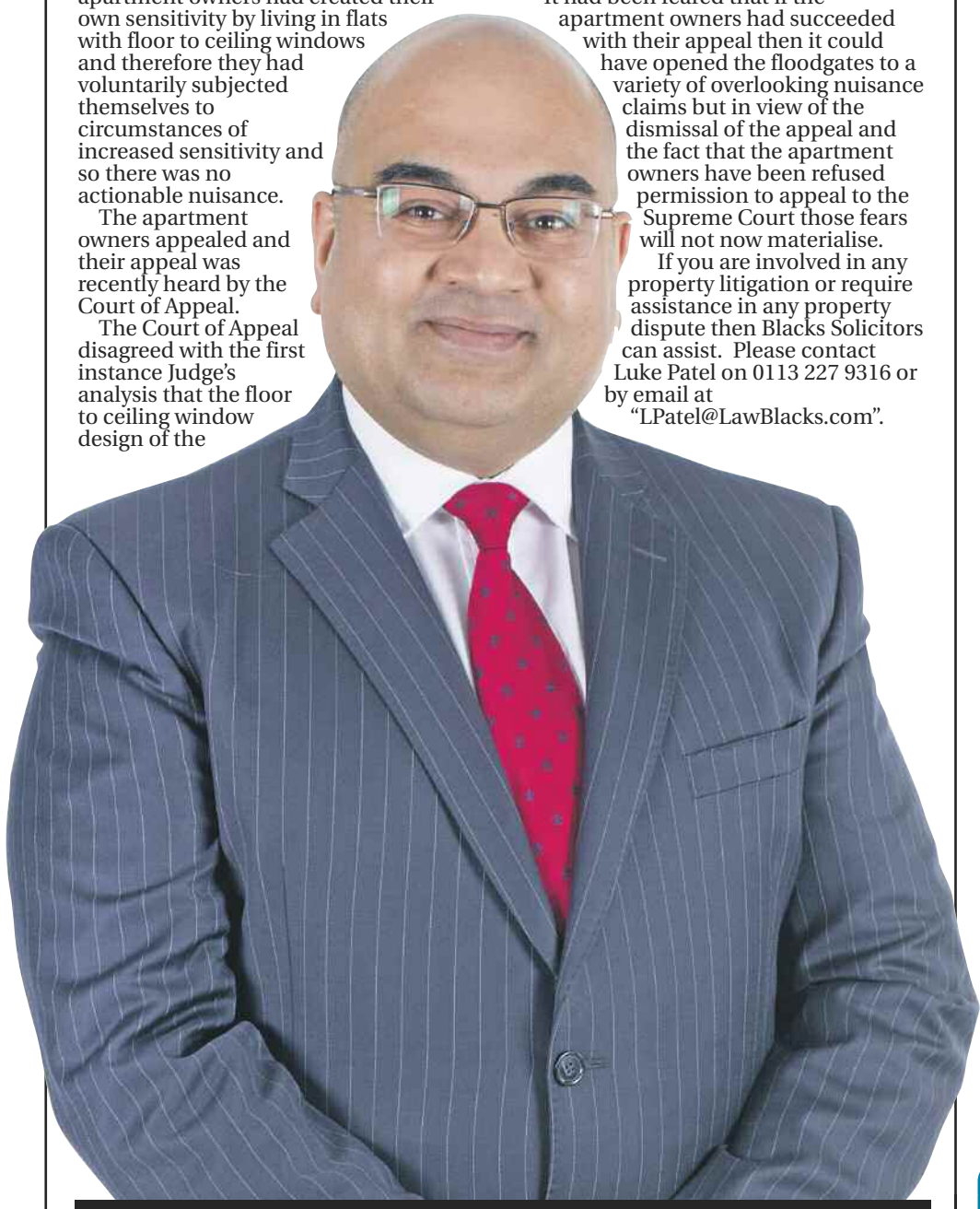
The apartment owners appealed and their appeal was recently heard by the Court of Appeal.

The Court of Appeal disagreed with the first instance Judge's analysis that the floor to ceiling window design of the flats meant that the apartment owners had voluntarily subjected themselves to self-induced exposure to the outside world. However, notwithstanding they did not agree with the High Court Judge's analysis, the Court of Appeal upheld his decision but on different grounds. The Court said that on the basis of the overwhelming weight of judicial authority it was clear that merely overlooking would not be capable of giving rise to a cause of action in private nuisance.

The Appeal Judges were of the view that privacy was a complex area which required a detailed approach that could only be achieved by legislation from Parliament rather than using common law principles to extend the law of private nuisance.

It had been feared that if the apartment owners had succeeded with their appeal then it could have opened the floodgates to a variety of overlooking nuisance claims but in view of the dismissal of the appeal and the fact that the apartment owners have been refused permission to appeal to the Supreme Court those fears will not now materialise.

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



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

BLACKS
SOLICITORS



India suspends visas

India has suspended the issue of almost all visas, except a a select few, until 15th April as a response to halt the spread of Covid-19.

Visa-free travel for foreigners of Indian origin will also be suspended, according to the health ministry, which added that "any foreign national who intends to travel to India for compelling reason may contact the nearest Indian Mission."

India has 73 confirmed cases of the virus, with the number is expected to grow in coming days

The advisory, issued on Wednesday night, says that only diplomatic, official, employment and project visas will be exempt from the current restrictions, which take effect on Friday and will be reviewed again in a month.

However, it has said that even those allowed in could be subject to 14 days of quarantine and has warned against "non-essential travel".

India's health ministry says it was among the first countries in the world to prepare for an outbreak of the respiratory illness.

However, there are concerns about whether the country will be fully equipped to prevent and treat an outbreak.

All schools, colleges and movie theatres in the capital, Delhi, have been shut until 31st March, the city's Chief Minister Arvind Kejriwal said today.

India has been criticised for not been able detect coronavirus-related deaths, something that officials deny.

Meanwhile, in Karnataka provisions of a 123-year-old legislation - the 'Epidemic Diseases Act 1897' has been have invoked. It states that any person or organisation or institution that violates the regulations will be prosecuted.

The chief minister of the state of Manipur said that India has closed its border with Myanmar as part of its "precautionary measures." Manipur shares a border with Myanmar.

The travel restrictions are also expected to badly hit several key sectors of India's economy.

The World Health Organization declared the outbreak a global pandemic on Wednesday.

Asian Express Newspaper
ADVERTISE YOUR BUSINESS IN THE ASIAN EXPRESS
Contact Nadim to discuss various pricing packages
Email: nadim@asianexpress.co.uk

BUSINESS ROUND-UP BUSINESS



Nissan's UK factory closed until further notice

Nissan said its British car factory would remain closed until further notice over the coronavirus outbreak, having previously said it would be shut until the end of the week. "This suspension will now continue until further notice," the company said in a statement. "We will continue to assess supply chain disruption and market demand as the situation evolves."



UK eases competition law so supermarkets can co-operate in crisis

Leaders have relaxed competition laws to allow co-operation between supermarkets so shoppers can get the food they need during the coronavirus outbreak.

"We've listened to the powerful arguments of our leading supermarkets and will do whatever it takes to help them feed the nation," environment minister George Eustice said in a statement.

"By relaxing elements of competition laws temporarily, our retailers can work together on their contingency plans and share the resources they need with each other during these unprecedented circumstances."



Asda plans to hire 5,000 temporary workers

Asda plans to hire more than 5,000 temporary workers who have lost their jobs elsewhere due to the coronavirus outbreak to help get it through the crisis, it has said.

The the British supermarket arm of Walmart (WMT.N), said it is working with more than 20 national companies in industries like food services and travel to bring in people in need of work.

The UK supermarket industry has been hit by unprecedented demand over the last week as Britons stock-up fearing they may face a prolonged period of self isolation. The industry is working round the clock to keep shelves stocked.

Separately on Friday, German owned discounter Lidl GB said it was recruiting up to 2,500 additional temporary workers, while Morrisons (MRW.L) said it plans to create 3,500 new jobs.

Fed up of paying too much tax ?

Call now for a FREE TAX HEALTH CHECK and see how we can help you save tax

Abacus
TAX ADVISORS LTD
CHARTERED CERTIFIED ACCOUNTANTS

Did you know?*

- You can take out tax-free money from your company
- Claim 100% of your mortgage interest and save tax
- Rent a room in your house and earn £7,500 tax free
- Companies pay less tax than individuals
- Benefit from a reduced rate of 5% VAT on refurbishment and conversion of properties
- Select the right company car and claim the cost as 100% business expense
- You can make money by using the VAT Flat Rate Scheme
- There are many tax allowances and reliefs available which will reduce your tax liability
- You can claim 230% on Research and Development expenditure and reduce your corporation tax liability

* Subject to personal circumstances

We are a local firm of qualified Accountants and deal with individuals and companies.



Special Offer!

Accounts starting from £150

We can also offer a monthly fix fee package for your accounting services, so there are no hidden costs.

HM Revenue & Customs

Contact one of our qualified Accountants:
Ishtiaq Farooqui (FCCA),
Samiya Hussain (FCCA),
Tabarak Hussain (ACCA),
Rakxa Parmar (FCCA),
Amelia Carter (AAT)

IT'S NOT WHAT YOU EARN, IT'S WHAT YOU KEEP!

VAT Registration Number 208834305
Company Number 09494119

Find us:
9 Norville Terrace, Headingley Lane,
Headingley, Leeds, LS6 1BS

Contact us:
Tel: 0113 226 5982
Email: tax@abacusleeds.co.uk
Web: www.abacusleeds.co.uk

ACCA



China offers medical kits to Europe to cope with the spread of COVID-19

China will send 2.2 million masks and 50,000 testing kits to the EU to cope with the spread of coronavirus, reciprocating similar assistance Europe provided Beijing when it was at the centre of the pandemic.

The support from China is timely as the European Union has been unable to source face masks and protective goggles in a joint procurement effort launched earlier this month.

"China has not forgotten that in January when China was the centre of the virus outbreak the European Union helped," European Commission President Ursula von der Leyen said in a video message on Twitter, recalling that the EU donated 50 tonnes of protective equipment that month.

"Today we are the centre of the coronavirus pandemic and we need protective equipment ourselves. We are ranking up our production … but this needs several weeks and in the meantime we are grateful for support from China."

Von der Leyen said she had spoken to Chinese Premier Li Keqiang, who said China could ship 200,000 N95 masks, two million surgical masks and 50,000 testing kits to Europe immediately.

Manufacturers, mostly based in China and other Asian countries, face soaring demand from all over the world.

In a move aimed at preventing possible shortages, the Commission said it had persuaded France and Germany to lift export restrictions they imposed on protective gear produced by manufacturers based in their territories.



EU Commission President Ursula von der Leyen presents the EU executive's economic response to the coronavirus epidemic, in Brussels, Belgium March 13, 2020



Woman receives suspended sentence for causing death of doctor

A woman given a suspended sentence for death by careless driving in Cricklewood.

Nazila Sanei, 51, was sentenced to 28 weeks' imprisonment, suspended for 12 months and was disqualified from driving for two years at Harrow Crown Court on Thursday 27th February.

Sanei was driving along Claremont Road, Cricklewood, when she turned right across the path of an oncoming motorcycle resulting in a collision. The incident took place at 08:30hrs on 11th March 2019.

The motorcycle was ridden by 38-year-old Dr Amin Alamshah who was making his way into work. He suffered serious injuries and was pronounced dead at the scene.

At the time of his death Dr Alamshah was working at the Imperial Centre for Translational and Experimental Medicine, Imperial College Healthcare NHS Trust, Hammersmith Hospital.

Dr Alamshah was married and had two young children.

He had grown up in Iran and moved to the UK to complete his studies, graduating in 2006.

Dr Alamshah began his career at Guys Hospital where he specialised in breast cancer research, in 2010 he was recognised for his work in this area when he was awarded 'scientist of the year' at the House of Lords.

His wife read an impact statement to the court in which she said: "Many words can and have been used to describe Amin. A passionate colleague, an award winning Doctor with a brilliant and promising career, a proud loving father, a loving devoted husband… but there are no words that can describe the emptiness, the pain and devastation his absence has left for my little daughters and I."

Detective Sergeant Matt Smith, Serious Collision Investigation Unit, who led the investigation said: "This is a tragic incident in which a highly respected and talented Doctor has lost his life. I would like to extend my sympathy to Dr Alamshah's family who have lost a husband and father."

Fastrack Solutions Ltd TAXI HIRE CLAIMS
ft claims
AS SEEN ON TV
"All our Charges are paid by the insurer's of the Person at fault"
PLUS
• Client keeps 100% compensation (No Deductions)
• Taxi replacement vehicles provided within 3 hours
• Free 24 hour recovery & storage
FREEPHONE
0800 195 9939
07977 317 760 | 07394 123 123
£1000 £2000 £3000
HOW MUCH IS YOUR REFERRAL WORTH?
Refer a non-fault taxi hire claim to us & we will pay you up to £3000!
633 Halifax Road, Liversedge, West Yorkshire, WF15 8HG,
www.fastracksolutions.co.uk

Tea company to support 900 girls in rural India to complete secondary school education





"Educating a girl is educating a whole family"

Due to discriminatory gender norms the status of women and girls in India remains very low, especially in rural and lower caste communities.

Girls here often carry the burden of child-rearing and domestic duties from an early age, as well as being affected by issues such as son preference, child marriage, early child bearing. Severe poverty also limits their access to and continuation in education.

Now, this International Women's day on Sunday 8th March, Tea India is collaborating in a project assisted by Action Village India, which will support 900 girls in rural Indian communities to continue their secondary education.

As part of this partnership the Harris Freeman Foundation, a charity set up by Harris Freeman & Co. Inc, the parent company of Tea India, will be providing funds to support the girls' education.

Funds will give girls a greater chance of escaping poverty, build their confidence to overcome the barriers inhibiting their empowerment and set them on a path to healthier and more productive lives. It will also contribute to a reduction in child marriage and raise the standard of living for girls and boys, families, and communities.

The project is based in Jharkhand and Bihar both of which are regions with low levels of education, particularly amongst girls. Jharkhand has many tribal populations and both regions are amongst the poorest in India.

The company has a long-term commitment to the communities where their teas are sourced and the decision to support Action Village India, with its partner Nav Bharat Jagriti Kendra (NBJK) will help girls aged between 12-17yrs to continue their studies, who would have otherwise dropped out.

"Tea India is proud to be part of an organisation which supports such valuable projects. We are also excited about sharing the girls' progress through their academic year with the Tea India community," comments Lisa Worthington, Head of Marketing, Tea India.

"Our tea is rooted in India using a traditional family recipe from our Master blender's family, so it is important to support a project from the blend's Motherland."

Esther Trienekens, International Partnerships Director, Action Village India said: "Educating a girl is educating a whole family.

"It is essential to the progressive development of families, communities and countries. However, education is still a distant dream for most girls in villages in Jharkhand and Bihar.

"Thanks to the support of Tea India and the Harris Freeman Foundation, we can get a step closer to make some of these dreams into a reality."

The theme of this year's International Women's Day is #EachForEqual demonstrating how we can all collectively work towards a gender equal world. Awareness of the project will be communicated across Tea India's Masala Chai blend, which will be available in stores from April 2020.



THE AWARD WINNING

LALA'S RESTAURANT

LUXURY DINING







NOW OPEN

LEEDS | BRADFORD

THE REGENT

501 Bradford Road, Pudsey, Leeds, LS28 8EE

Tel: 01274 667 868



www.lalasrestaurant.co.uk



NUS NATIONAL PRESIDENT: Zamzam Ibrahim welcomes the new move

Apprentices get a voice as their NUS membership is formally recognised

In an historic moment for apprentices across the UK, NUS' has confirmed the acceptance of The National Society of Apprentices (NSoA) into its membership.

The agreement means that for the first time NSoA will formally represent the views of apprentices at NUS' National Conference, where key policies and campaigning priorities are democratically agreed.

This will mean the voice of apprentices will not just be heard, but also formally recognised through specific voting rights assigned to NSoA, just like other NUS members.

NSoA was formed in 2014 to represent and promote the voice of more than 150,000 apprentices in all sectors and industries across the UK.

As the majority of apprentices don't study through a college with a students' union, their voices haven't been recognised in the same way as students in further and higher education. Voting for a series of reforms to NUS at National Conference 2019 put in motion the formal process to change this.

This is a significant shift in NUS' history, recognising the diversity of post-16 learners and moving on from the outdated notion of what the 'typical student' looks like. It is one of several democratic changes that will be implemented and experienced at this year's conference.

Welcoming the move, NUS National President Zamzam Ibrahim, said: "It has been a longstanding ambition of NUS UK to give more voice to apprentices. They have been promised this, time and time again and in the past that promise has not been met.

"I'm so happy to announce that the promise now lays fulfilled - the National Society of Apprenticeships is now a fully-fledged member of the NUS and this makes it the biggest single increase in NUS's membership in it's history."

"This means we can respond more effectively to the challenges faced by apprentices, such as the collapse of apprenticeship providers like in the case of Carillion.

"There are also issues around low pay, which have been highlighted time and time again, and the gender pay gap which sees women on level 2 and 3 programmes occupying the lower rungs of the mean weekly pay for apprenticeships."

Breakthrough



Housing Disrepair Experts
#useaprofessional

Lexcel
Practice Management Standard

The Law Society
Use a professional.
Use a solicitor.
CAMPAIGN SUPPORTER

northone
solicitors

Housing Disrepair?

Do you live in rented accomodation?

Do you have damp, mould, leaks, rotten windows, roof problems?

If you notified your landlord of the problem and they did nothing- speak to us and we will fight for you.

Use a professional. Use a solicitor.

Contact: Shahzad Ilyas
0113 249 8478

Fastrack Solutions Ltd TAXI REFERRAL

ft claims



PLUS

- Trading Since **2006**
- Taxi replacement vehicles provided within 3 hours
- Free 24 hour recovery & storage

"All our Charges are paid by the insurer's of the Person at fault"

☎ 0800 195 9939

07977 317 760 | 07394 123 123

Mohammed Faraz Enterprise Centre,
633 Halifax Road,
Liversedge, West Yorkshire, WF15 8HG
Email: info@fastracksolutions.co.uk
www.fastracksolutions.co.uk

AGENTS WANTED

2020 REFERRAL SCHEME

SAMEDAY PAYMENT - UNLIKE OTHER COMPANIES



TAXI - £3,500
PRESTIGE VEHICLE - £1,500
NORMAL VEHICLE - £750

Terms & Conditions apply

Tel: **0800 195 9939** Mob: **07977 317760**

www.fastracksolutions.co.uk

Muslim Funeral Service

We are the only qualified Muslims Funeral Directors in U.K.
We are members of the British Institute of Funeral Directors
and members of the British Institute of Embalmers.

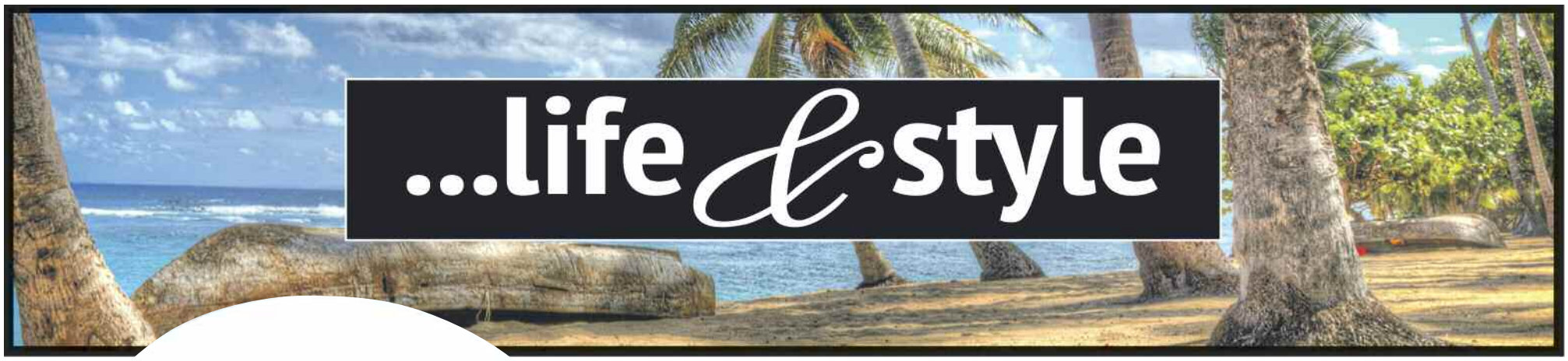


COMPLETE GRAVE from **£980**

For a FREE consultation in the comfort of your own home call:

01274 723 030

www.muslimfuneralservice.com





Burping and farting cows blamed for damaging the environment

Burping and farting cows make the production of butter three-and-a-half times as damaging to the environment as plant-based spreads, according to a new study.

An estimated 12 million loaves of bread are sold in the UK each day - and Brits want something to spread on their butty or toast.

With food production a significant cause of global environmental change, with the food sector responsible for up to 30 per cent of greenhouse gases, scientists carried out tests comparing plant-based spreads and margarines against dairy-based equivalents.

They found that for each kg of product, the 'mean average' CO2 equivalent for plant-based spreads was 3.3kg – compared to a staggering 12.1kg for dairy-based products.

This was an increase of more than three-and-a-half times, based on analysis of 212 plant-based spreads and margarines across 21 European and North American markets, and 21 dairy butters.

In the production of raw milk - the key ingredient in dairy butter - 39 per cent of the greenhouse gases come from enteric emissions, which is methane caused by cows burping and breaking wind.

In fact, just one 250g pack of dairy butter equates to 1 kilogram of cow emissions (kg CO2 eq).

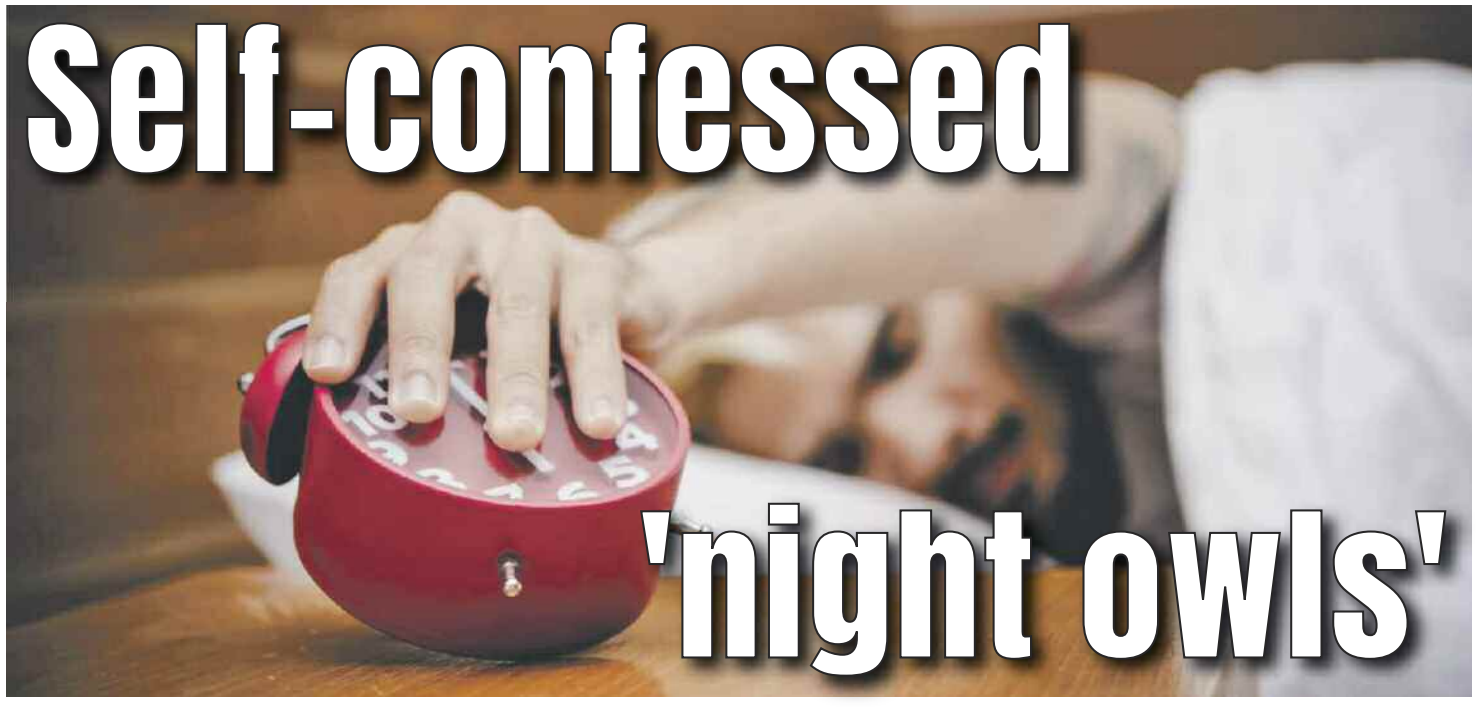
And while carbon dioxide regularly gets the bad publicity, methane is about 80 times more powerful than its greenhouse gas cousin when it comes to trapping heat and is responsible for 25 per cent of global warming.

The report has been published in The International Journal of Life Cycle Assessment.

It says that cattle feed production and livestock rearing - including cow-related burps, farts and manure management - contributed significantly to climate change impacts, with a higher impact than most other factors.

Packaging for plant-based spreads makes up eight per cent of its emissions compared to one per cent for butter, with the latter often wrapped in a lightweight foil or paper parchment compared to a tub.

Self-confessed 'night owls'



Apparently a third of us are self-confessed 'night owls', according to a study.

Researchers who explored the sleeping habits of 2,000 UK adults found this proportion of the population function better late at night than they do first thing in the morning.

Common traits of night owls include having to set multiple alarms in the morning to get them up, drinking coffee in the evening and happily starting a film at 9pm.

But in contrast, 33 per cent consider themselves to be 'morning people' - bright and breezy from the moment they wake.

Not relying on an alarm to wake them, going to the gym before work and feeling more productive in the morning are typical signs someone is a morning person.

However, the remaining one in three claim they are neither an 'early bird' or a 'night owl'.

Commissioned by eve Sleep, the research also found 40 per cent of those in a relationship don't go to bed or get up at the same time as their other half.

Christine Hansen, holistic sleep expert and spokeswoman for eve Sleep said: "A great night's sleep is at the core of how we feel the following day.

"The average person needs six to eight hours sleep each night to ensure their body and mind has what it needs to reset and recharge.

"This weekend's clock change is the perfect time for night owls to change their morning routine.

"From Sunday, embrace an earlier bedtime and morning alarm.

"Leave your blinds open, so your eyes are hit with sunlight and eat your breakfast straight away - your digestion will help your body to feel fully awake."

Other signs of being a morning person include never hitting snooze on the alarm, not getting up any later than 9am and waking in a chirpy and cheerful mood.

In contrast, preferring an evening in the shisha lounge to an early morning yoga session, regularly struggling to get to sleep and eating dinner after 8pm suggest someone is a night owl.

The research also found those polled typically wake at 7:42am and are out of the house by 8:22am on average.

Brits tend to stay in bed for 11 minutes once awake - one in 20 even snooze for as long as 30 minutes.

However, a quarter jump out of bed the second their alarm goes off.

And the same proportion admit they're completely useless until they've had a cup of coffee.

Around three in 10 revealed they've woken up in such a bad mood they've got into an argument - before they'd even gotten up out of the bed.

TOP 10 SIGNS SOMEONE IS A NIGHT OWL:

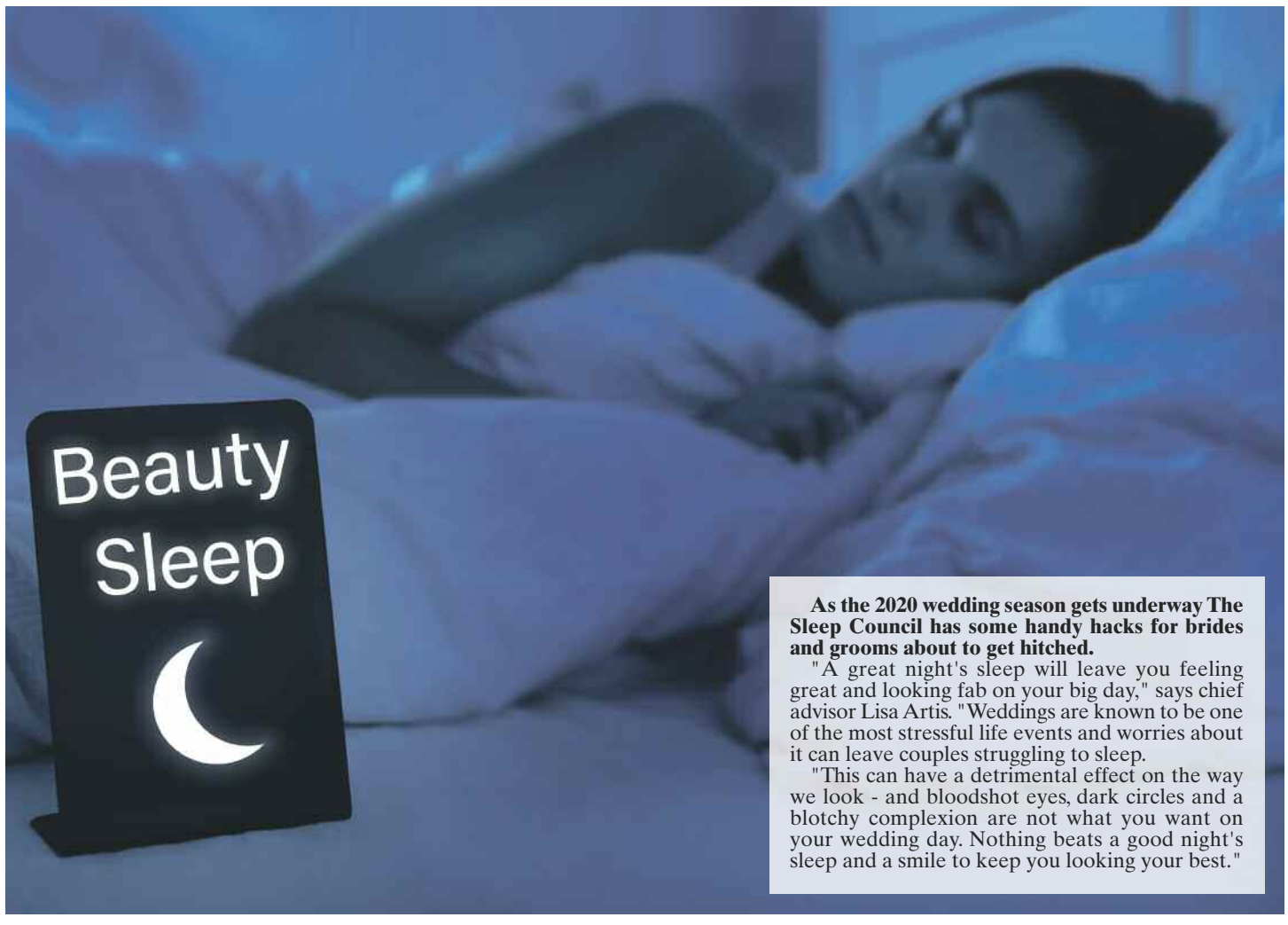
1. You'll happily start watching a film after 9pm
2. You do your best work at night
3. You're happy to have your dinner after 8pm
4. You find it hard to sleep
5. You'd much rather have a night in the pub than a morning yoga class
6. You never go to bed at the same time as your other half
7. You often snooze your alarm
8. You drink coffee any time
9. You must set multiple alarms
10. It annoys you when shops close - even if it's at 10pm

TOP 10 SIGNS SOMEONE IS A MORNING PERSON:

1. Feeling more productive in the morning
2. Not having to set an alarm because they're up anyway
3. Someone who's cheerful and chirpy with colleagues first thing in the morning
4. Feeling like the day is 'wasted' by staying in bed past 9am
5. Never snoozing an alarm
6. Getting an early night
7. Someone who always has time for a proper breakfast
8. Feeling most peaceful in the morning
9. Someone who gets enough sleep
10. Going to the gym before work



SAY 'I DO' TO SOUND SLEEP



As the 2020 wedding season gets underway The Sleep Council has some handy hacks for brides and grooms about to get hitched.

"A great night's sleep will leave you feeling great and looking fab on your big day," says chief advisor Lisa Artis. "Weddings are known to be one of the most stressful life events and worries about it can leave couples struggling to sleep.

"This can have a detrimental effect on the way we look - and bloodshot eyes, dark circles and a blotchy complexion are not what you want on your wedding day. Nothing beats a good night's sleep and a smile to keep you looking your best."

• Getting a good night's kip - at least six hours - is essential. Feeling stressed about the little things, something not going to plan or being too excited won't help. Create some 'me' time: have a warm bath, listen to quiet music, or do some yoga. These will all help to relax mind and body.

• If you're staying in a hotel or unfamiliar environment, do your best to anticipate what sort of conditions you'll be sleeping in and plan or pack accordingly. You might not be able to entirely eliminate sleep disturbances such as noise and bright lights but being well-prepared can help (think ear plugs and eye masks).

• Hopefully you'll spend the night in a comfy bed - an uncomfortable one can rob you of up to an hour's sleep. Remember, a great new bed is a must start way to married life.

• Switch off your phone, iPad etc and avoid using social networks. As much as people want to wish you a happy wedding day on Facebook, Twitter and Insta, or by texting/emailing, using technology before bed is proven to hinder sleep. Instead read a book, concentrate on relaxing and enjoy your last night as a singleton.

• Adopt the same bedtime routine as you do at home: use the bed only for sleeping, avoid watching TV or using other technology, steer clear of caffeine and don't exercise just before bed. And if you really can't sleep, don't lie there worrying about it. Get up and do something you find relaxing until you feel sleepy again - then go back to bed.

• Tempting as it might be, don't succumb to a second hen/stag night on your wedding-eve. Go easy on food and drink and get an early night - remember it's called "beauty sleep" for a reason.



We Have Extensive Knowledge Of The Following:

- Vehicle Damage & Excess
- Credit Hire
- Loss Of Earnings
- Psychological Injuries
- Faulty Products Claims
- Accidents In A Public Place
  Shopping Centres, Swimming Pool, Gym,
  Car Showroom, Garages & Restaurants
- Injuries Sustained By Children At Schools,
  Nurseries, Play Centres & Playgrounds
- Accidents At Work
  Injuries Caused By Co-workers, Faulty Tools
  Or Lack Of First Aid, Training & Safety Equipment

We can offer you a genuine **No Win No Fee** agreement including a **10% Or A No Deduction Policy**
* Subject to Terms & Conditions

We have a success rate of above **90%** for Personal Injury cases which have been issued at court

Cut Out The Middle Man & Instruct Us Directly To Maximise Your Compensation & Avoid Hidden Costs

We Do Not Deduct From Vehicle Damage, Loss Of Earnings Claims Or Any Other Special Damages Claim **Nor Do We Take The Standard 25% Deductions** That Firms Take

We Can Also Assist You In All Areas Of Family Law And Immigration & Nationality

Give us a call on 0113 240 8781/ 07415 132 241
Or Drop Us An Email On enquiries@yhmsolicitors.com

HAIR & BEAUTY

The trusted brand for Hair & Beauty in the UK

WHOLESALERS TO

Makeup Artists, Creative Hair Stylists
& Training Academy's & General Public.

Stock up for the Asian Bridal Season. Pop into CC Hair & Beauty Roundhay Road Branch where the top Asian Bridal Makeup & Hair Stylists shop for their Hair Pieces, Yaki Pony, & Xpression Braids.



WE ALSO SUPPLY

Remi Hair Extensions. 100% Hair Extensions, Clip in Hair Extensions, Pre-Bonded, Wigs, Hair, Pieces & Cosmetics.

Call us on **0113 249 55 62**

256-258 Roundhay Road,
Leeds, LS8 5RL

Hair Pieces & Extensions available in colours:1, 1B, 2, 4, 5, & 6

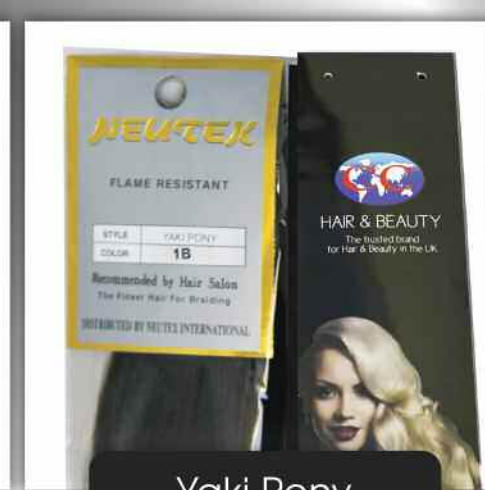


Sleek Contour Kits


Hair Pieces



Xpression Braids



Yaki Pony

Shop online @ **www.ccsalonservices.com** for nationwide delivery.

GLIT Entertainment

THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD



Icarus (2017)

Icarus starts with director Bryan Fogel deciding to inject himself with doping substances and participate in a biking race undetected. By accident, he ends up in contact with a Russian scientist. This man transforms the movie from a personal experiment to a highly relevant political thriller. Dr. Grigory Rodchenkov, the scientist is at the center of accusations in Russia of a virtually impossible state-sponsored doping scheme. With links to the Russian president Putin himself, the movie keeps getting more and more interesting as the relationship between Fogel and Rodchenkov develops. Aside from all the madness that unfolds, Rodchenkov's likeable personality makes the story more relatable and humane, and gives an insight into the pressures of working in the regulatory body in a country like Russia. You will be astonished by how much material this movie has. A must-watch.

Some of the best stuff on NETFLIX

It is very easy to become lost in 'Netflix land' and believe you've already seen everything worth watching.

Rest assured, there is very little chance you have. We've curated a list of the best movie suggestions on Netflix: the best highly-rated, little-known titles available to stream.

Instead of recommending the same movies to you you've been hearing about for the past 20 years, we focus on the good ones that were overlooked.

To do this, we only recommend movies that have received a high rating from viewers combined with a high score from critics. So here are 20 movies to keep you going…

Continued on pages 50 & 51



Rifco Theatre Company

have announced their 2020 Rifco Associates for their bespoke artist development programme for British Asian playwrights

Rifco Theatre Company have announced their 2020 Rifco Associates for their bespoke artist development programme for British Asian playwrights.

Rifco Associates was launched in 2015 to address the lack of opportunity for British Asian artists in the theatre sector. Since then 25 artists have been supported through the programme from a range of artistic practice including writers, lyricists, composers, designers, aerial artists and spoken word. The programme is led by Rifco's Associate Director, Ameet Chana who also joined us as an Associate.

As a new writing company, Rifco Theatre Company decided, for 2020, to focus on championing Writers and Writer-performers. A call-out for new scripts and treatments from both mid-career and emerging writers led to their largest ever number of applications.

Rifco Theatre Company is thrilled to announce Shabina Aslam, Ferhana Jameel, Taqi Nazeer, Sid Sagar Maanuv Thiara, and Yasmin Wilde as their 2020 Rifco Associates.

Shabina Aslam lives and works in Bradford, where she was brought up. Shabina has worked as a Theatre Director and Producer and is currently working for Northern Broadsides Theatre Company in Halifax. She is also developing a theatre and digital installation with Theatre in the Mill in Bradford. This is called Bussing Out and explores the experiences of migrant children within Education in the 60's and 70's; traumatic times with many parallels to now.

Ferhana Jameel is a South London-based writer with a strong background in academic publishing and Diversity and Inclusion. Her recent works include performing at the Tara Arts spoken word poetry showcase focusing on the experiences of South Asian women, and her poem The Bet was featured in Dear Damsels Annual 2020.

Taqi Nazeer is a writer, performer, presenter and voice-over artist, who has worked extensively with theatre companies across Britain. He is also the creator, producer and presenter of the hit BBC Asian Network Podcast Scotistan. Taqi has previously worked with Rifco playing 'Mahesh' in The Deranged Marriage in 2015. He is delighted to be back working with Rifco again.

Sid Sagar is an actor and writer. As an actor, he has a range of credits on stage and screen. As a writer, his first full length play was shortlisted for the Finborough Theatre's ETPEP Award and selected for the Rose Theatre Kingston's inaugural New Writing Festival. He was selected for The Mono Box's PLAYSTART scheme in 2018 and is currently participating in Soho Theatre Writers' Lab. He has also co-written a sitcom with SLAM Films.

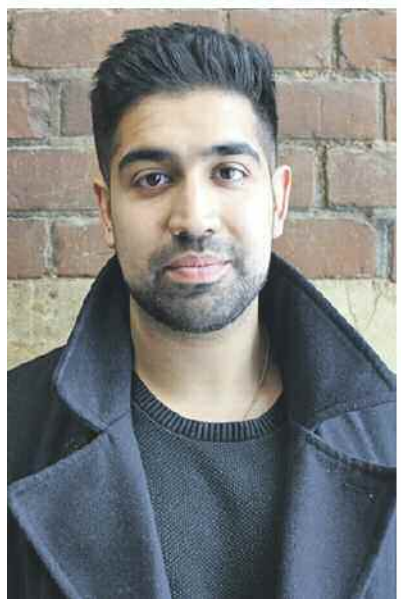
Maanuv Thiara is an actor as well as a writer-performer. He was a finalist of the National Theatre's New Views Writing Competition and his play 8 Weeks was performed at the NT SHED by members of the NT Company. Having previously performed in the 2019 Associates Showcase, he is very excited to be a Rifco Associate for 2020.

Yasmin Wilde grew up in Cambridgeshire and is of dual heritage (Austrian/Pakistani). She has been performing for over thirty years in British theatre and TV. As an actor she has been lucky enough to work with some of our best British Asian writers including Tanika Gupta and Gurpreet Kaur Bhatti. Yasmin has always harboured a desire to write for the stage and is delighted to be accepted on the Rifco Associates scheme.













Each candidate receives a £500 bursary alongside mentoring support, writer-in-residence days and masterclasses with industry leaders to develop their play over the next year, culminating in a Showcase event later in the year.

Continuing their journey into a second year of support are Karim Khan, Christine Lalla and Romo Sikdar-Rahman and each will embark on a bespoke programme of one to one sessions to further develop their plays, learning more with industry mentors and developing partnerships with venues and peers.

During his first year Karim developed his play Heart Attack and will now be working towards a full draft with support from Rifco and Oxford Playhouse. Karim commented: "I'm so excited to continue working with Rifco Theatre Company, in taking my play forward and developing it into a larger piece. We had such wonderful responses from audiences at the showcase, which only spurs me on to produce something that will excite and entertain more audiences. I think what Rifco do is very unique and I'm so excited to be a small part of their journey as they mark 20 years."

Christine worked on her play No Left Turns which was performed at the Rifco Associates 2019 showcase. Christine commented "I'm extremely happy to be selected as a year two Associate with Rifco. My first year was invaluable - over the course of twelve months of support and encouragement, my eight-page submission developed into a twenty-five-page one act. It was pure joy to see my play showcased in the Attic at the Bush Theatre. Coming from a film and television background I'm excited to learn more about theatre production."

Romo will continue to work on his play, The Front, which was also a scratch performance at the Associates Showcase. Romo comments: "I'm thrilled, excited, and honoured to be working with Rifco for a second year. I felt the tools I started developing last year have really improved me as a storyteller, and helped me make braver choices".

Artistic Director, Pravesh Kumar says: "It's just imperative that we give genuine opportunities to new diverse British voices. Our cohort of 2020 Rifco Associates are a really exciting bunch and really varied in their writing content and styles, including some innovative writer performers. This is the future of theatre; this is how we supercharge our stages making real change."

Associate Director, Ameet Chana, commented, "Having received a record number of very high standard submissions I am very much looking forward to working with this year's cohort and supporting their journey in developing their ideas. This year we aim to add to their writing 'tool-kit' further with more masterclasses, one-on-one sessions with their mentors and recognised theatre practitioners as well as writer-in-residence days and access to watch more shows and read more plays."

THE
WHITE ABBEY
BALLROOM

NOW OPEN

BOOK YOUR DREAM WEDDING VENUE NOW

01274 987860

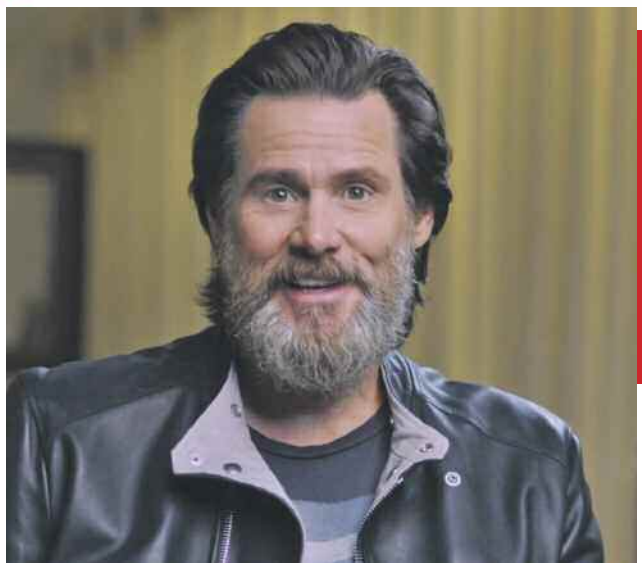
@THEWHITEABBEY

info@thewhiteabbeyballroom.co.uk
3 Whetley Hill, Bradford, BD8 8NL

Some of the best stuff on NETFLIX

Blue Ruin (2013)

Blue Ruin is a superbly acted, visually striking drama about a man's poignant and brutally violent journey for revenge when the culprit responsible for the murder of his father is released from prison. While it might seem like any other revenge tale, it is so well-told and smart that any other similarities with its crowded genre gently fade away. The first 15-20 minutes are pretty slow, but the pay-off is hot fire.



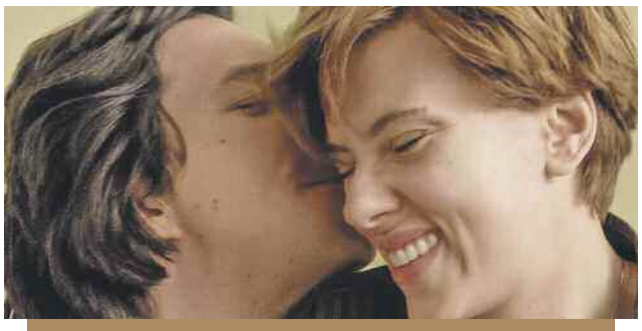
Jim & Andy: The Great Beyond (2017)

When asked to play Andy Kaufman, Jim Carrey decided that he would get into character and never get out, even when the camera was not rolling. This was extremely frustrating to everyone at first, especially the director, who had no way of communicating with Jim Carrey, only Andy Kaufman or Tony Clifton (an alter-ego created by Andy Kaufman). At the same time, Carrey had allowed a camera crew to follow him in order to create a behind-the-scenes documentary. The footage was never released because Universal Studios expressed concerns that "people would think Jim Carrey is an asshole". Jim & Andy is that footage being displayed for the first time since it was recorded 20 years ago, finding Carrey at a very unique point in his life. Sick of fame and almost sick of acting, he displays his true self – an unbelievably smart, fragile, and complex person. His commentary, when it's not funny impressions, is extremely emotional and grounded – sometimes philosophical. This is one of the best documentaries that Netflix has ever bought the distribution rights for, and certainly a mind-blowing portrayal of a complex mind.

Blue Jay (2016)

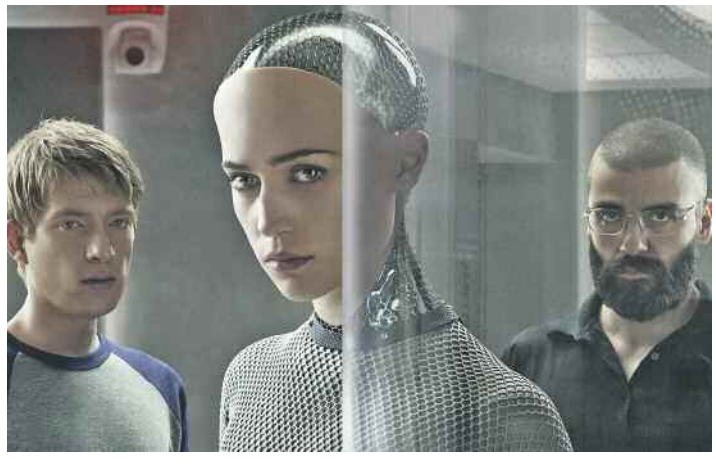
Shot in black and white to be the best dialogue-driven, character-study film it can be; Blue Jay stars Sarah Paulson and Mark Duplass in a cozy, slow-burning film. Their characters, respectively Amanda and Jim, are former high-school sweethearts who run into each other in their hometown 20 years later. They talk, they get coffee, and then beer and jelly beans, until they find themselves to Jim's mother's house. As they familiarise themselves again, and the movie moves forward, it abandons its romantic chops to become a truly heartfelt and real film. A revelation of a movie.





Marriage Story (2019)

Scarlett Johanson, in her best performance since Lost in Translation, and Adam Driver, in the peak of his career, star in this heartbreaking drama as a couple going through a divorce. They are respectively an actor and a director living comfortably in New York. They're keen to make the divorce go smoothly so as not to affect their son, but with entirely different visions of his future, this proves to be difficult. This premise makes for familiar territory for director Noah Baumbach who specialises in dramatic storytelling of the intellectual upper-class (like his other Netflix movie The Meyerowitz Stories). Here, Baumbach made his best film yet. Divorce is a recurring topic of our daily lives, but somehow there hasn't been a movie that treated it with as little melodrama and as much compassion as this one. It's still a difficult movie, but it's good difficult. Perfect difficult.



Ex Machina (2015)

A brilliant science fiction film from the writer of 28 Days Later (and 28 Weeks Later). It tells the story of a developer who is invited by a billionaire CEO to participate in a groundbreaking experiment and interact with a robot called Ava. Questions of trust and ethics soon collide with the protagonist's personal views. It's a cultural take on the debate between artificial and human intelligence. The visual effects are stunning and efficient, making Ex Machina feel just as casually futuristic as Her. In its emphasis on ideas, it is as daringly simple as a David Fincher production.

The Edge of Democracy (2019)

This is a gripping and incredibly well-made documentary about the demise of the last two Brazilian presidents, Luiz Inácio "Lula" da Silva (2003-2011) and Dilma Rousseff (2011-2016). The first is now in prison, while the second was impeached. The Edge of Democracy is narrated in English by the filmmaker, Petra Costa, a renown Brazilian director. Costa intertwines her family history with Brazil's, as her parents were activists who were sent to jail in the '70s (her mother was held in the same facility as ex-president Rousseff). This grounds the documentary and turns it into a personal story that illustrates the bigger political picture. The Edge of Democracy knows that you don't know much about Brazilian politics, but makes that a source of suspense rather than a disadvantage. It's a perfect instructive watch.

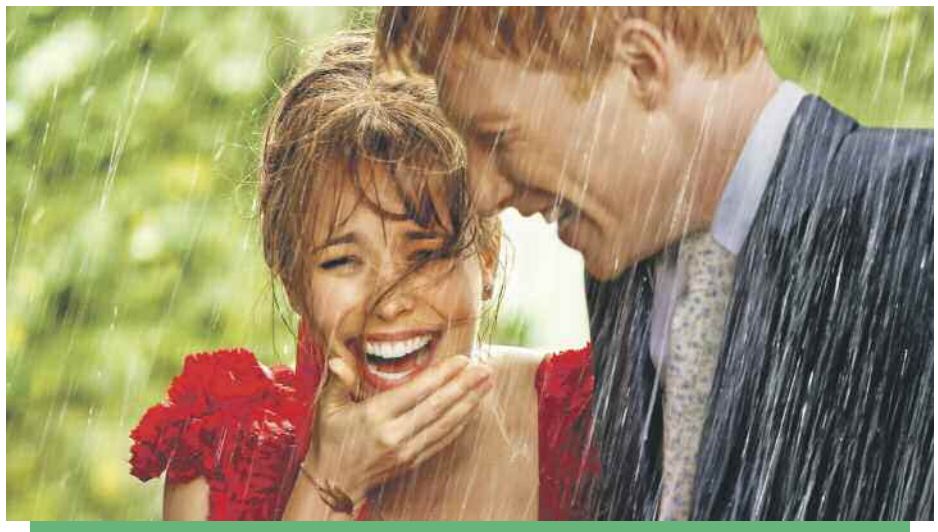
The Lobster (2015)

A unique movie about a near-future society obsessed with couples; viewing couples as the norm, as opposed to single people who are viewed as unproductive and undesirable. In that way, the film shows David (Colin Farrell), a newly single person who is transferred to the Hotel, a place where single people have just 45 days to find a suitable mate, and if they fail, they would be transformed into animals of their choice. While the film's original premise may not be everyone's cup of tea, The Lobster will prove a goldmine for people who are into a Kafkaesque, absurdist mentality, or anyone looking for an idea-driven experience.



Virunga (2014)

A documentary that is immediate and plays out like a thriller. Beautifully shot in Virunga National Park in the Eastern Congo, the story focuses on the struggles between Park Rangers and a list of adversaries including poachers, oil company goons, and an Islamic revolutionary army. The stories of the endangered gorillas and the people who struggle to protect them will break your heart and at the same time give you hope in humanity. On top of this, the editing is superb and gives the film an intensity that rivals any recent thriller.



About Time (2013)

This movie is about Tim Lake who discovers that men in their family can time travel but can't change history, only their own lives. He uses this special ability to achieve the future that he envisioned. As one would imagine, there are a lot of what-ifs and cerebral moments in this movie. Great performance by the cast especially the lead roles (Rachel McAdams and Domhnall Gleeson). It'll make you laugh, cry, and fall in love. It will make you realise how important time is in our life and the consequences of every action we take. It's an amazing romcom movie. It gave me a movie hangover! The genius of About Time is that it is enjoyable yet at the same time offers an engaging story, and takes on interesting ideas. The phrase "pleasure to watch" may not apply to a movie more than it does for About Time, and I'm happy to say that it is way more than just that.



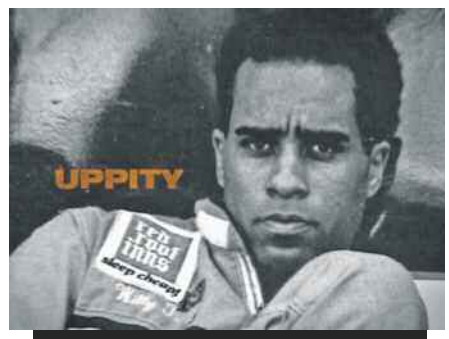
The Fundamentals of Caring (2016)

The Fundamentals of Caring is an offbeat comedy/drama starring Paul Rudd as a man attempting to overcome his looming divorce by becoming the caretaker for a teenager with muscular dystrophy (Craig Roberts, Submarine). The two develop an unconventional relationship based largely on sarcasm and profanity, delivering many laugh-out-loud moments, while also slowly exposing the pain each is carrying inside. Together, at Ben's urging, they embark on a road trip across the western United States for Craig to see the world. It's somewhat formulaic but fun and touching road movie that covers much familiar ground, but also offers a fine illustration of caregiving, personal growth, and emotional healing. Paul Rudd is as good ever, and Roberts is utterly superb.



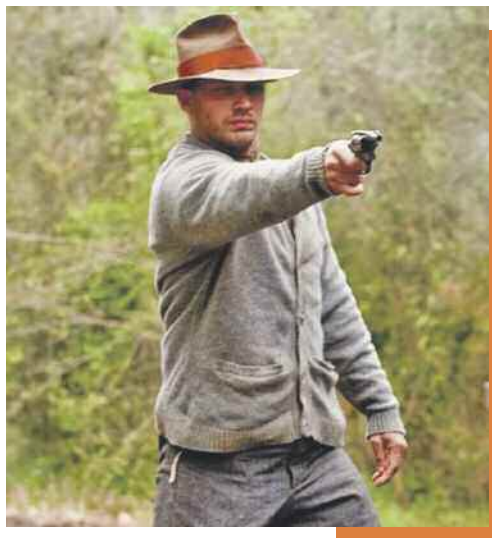
Good Time (2017)

A fast-paced thriller, and "actually dangerous" movie as envisioned by its directors, Good Time is about a bank robbery gone wrong and one brother trying to get his other brother out of jail in its aftermath. It's a deep and fast dive into New York's criminal underworld that will not give you the time to catch a single full breath. The rhythm here is, without exaggeration, unlike anything I've seen before. It's anxiety-inducing and very… primal. Incredible work featuring a career-pivoting performance from Robert Pattinson as the loose criminal that will do literally anything in the pursuit of seeing his brother free.



Uppity: The Willy T. Ribbs Story (2020)

"They called me uppity. Uppity n*****. And I loved it". That's how this excellent documentary, about the first professional black racing driver Willy T. Ribbs, starts. It summarises the strong personality of a champion who excelled in tracks that were filled with confederate flags. The documentary explains the details of the difficulties that Ribbs went through in the 70s and 80s, but also the people who supported him and recognised his talent. It's by no way a sad movie, on the contrary, even when Ribbs is talking about people spitting wherever he walks or about the death threats escalating, his unharmed determination is at the centre of the story. This is an inspiring documentary about a character who never got his worth in the history books. I was full of shivers by the first half-hour mark.



Lawless (2012)

Tom Hardy, Guy Pearce, Gary Oldman, Jessica Chastain, and Shia Laboeuf (the good Shia Laboeuf) all star in this true-story-based gangster tale. As a result, Lawless is cliché-free, fast, and violent – yet it doesn't take itself too seriously. Bootlegging Bondurant brothers live according to different rules, yet run a successful business during the prohibition era. When new authorities try to shut them down violently, each one of them has a way of dealing with it. The story runs very smoothly, and added to the perfect performances and great staging, Lawless becomes very entertaining, and a true pleasure to watch.



The Meyerowitz Stories (2017)

Don't worry. Adam Sandler doesn't suck here. This is a beautiful family comedy directed by Noah Baumbach (Frances Ha, The Squid and the Whale). Sandler plays a recently divorced man (as he tends to do) called Danny (as he's usually called). Danny moves in with his father, played by Dustin Hoffman, who himself is dealing with feelings of failure. Both of them are joined by other members of the family, including Danny's half-brother, played by Ben Stiller. Their family dynamics are portrayed in a beautiful and sometimes moving way. Director Baumbach proves he's so good, he can make even Adam Sandler sound and look genuine.

Paddleton (2019)

There are three big reasons to watch Paddleton. The first two are Ray Romano and Mark Duplass, who play the two neighbours at the centre of the story. And the third is Alexandre Lehmann, the director, who also is responsible for Blue Jay (on Netflix as well). These two misfit neighbours find themselves together when one of them is diagnosed with cancer. They embark on a trip to the nearest pharmacy (a six-hour drive) which turns into an adventure. This premise gives Paddleton a lot to play on: it's a comedy, but it's also a drama about a fatal disease. It's a bromance, but it's about a fragile friendship. All these contradictions make Paddleton a great slice-of-life movie. And again, both actors are amazing. Watching it just for them is worth it.

ACTIONPROMPT

FEEDME ONLINE .CO.UK

The worlds most advanced online ordering and card acceptance system

For takeaways and restaurants

FEEDME ONLINE .CO.UK

RECEIVE ONLINE ORDERS -
0% COMMISSION

MasterCard VISA Pay GPay

CARD ACCEPTANCE IN STORE AND
OVER THE PHONE

Cash&Carry World .com

SHOP ONLINE FROM YOUR LOCAL
CASH & CARRY



INSTANT ACCESS TO YOUR ONLINE &
CARD MONEY



0%
COMMISSION

- Smart Link Machine
- Card Acceptance In Store
  Or Over the Phone
  MasterCard VISA Pay GPay
- Your Own Android App GET IT ON Google Play
- Your Own Website
- Apple 1 App Download on the App Store
  (direct link to your own site)
- FeedMeOnline App & Website
- Control Centre App
- AP Advantage Card
  (pay with your funds)
- Direct SMS Marketing facility
- Drivers Tracking
- Cash & Carry World
  (Over 72 partner cash & carrys)

JOIN TODAY FOR FREE!

SPECIAL OFFER FOR LIMITED TIME!

0113 234 1472

www.actionprompt.com

motors Express
sponsored by SSC
SHAKS SPECIALIST CARS LTD

REVEALED: UK's most and least reliable used cars

The UK's most and least reliable used cars have been revealed, with the Lexus CT named as the country's most reliable second-hand purchase, as part of new research by the UK's leading consumer champion and new car buying platform, What Car?

Continued on page 54



"LIVING THE DREAM, DRIVING THE DREAM"
SSC™
SHAKS SPECIALIST CARS LTD
Eehad House, Northgate, Union Street, HD1 6AP
Tel: 01484 480777
Fax: 01484 767229
sales@shaksspecialistcars.co.uk
Visit www.s-s-c.co.uk to view all our stock

"LIVING THE DREAM, DRIVING THE DREAM"
SSC™
SHAKS SPECIALIST CARS LTD
Eehad House, Northgate, Union Street, HD1 6AP
Tel: 01484 480777
Fax: 01484 767229
sales@shaksspecialistcars.co.uk
Visit www.s-s-c.co.uk to view all our stock

REVEALED:
UK's most and least reliable used cars

Continued from page 53

More than 18,000 drivers took part in the survey, revealing how reliable their cars have been over the previous 12 months, the type of problems they've encountered and how much they cost to be repaired.

Japanese manufacturers dominate the top 10 table for most reliable vehicles, occupying seven out of the 10 positions. The Lexus CT was voted as the UK's most reliable used purchase by owners, with a 99.5% reliability rating. Only 4% of CT owners reported a fault with their vehicle, with the battery the only area affected. The Suzuki Swift and Toyota Auris Hybrid came second and third.

At the other end of the reliability spectrum, the 2003-2013 Audi A3 diesel was voted as the least reliable motor in the UK, with a score of 40.0%. More than a third (37%) of diesel A3s had a fault, and 22% of them were with the engine; around a third of bills cost between £500 and £1500 to fix. The Ford Focus diesel (2004-2011) and Vauxhall Zafira (2005 – 2016) came second and third from the bottom.

Across all vehicles, a third of owners told What Car? their car had suffered a fault, with non-engine electrical issues most common, followed by suspension and brake woes. However, 19% of owners said the manufacturer picked up the repair bill under warranty.

The 10 most reliable used cars

Make and Model	Rating
Lexus CT (2011 - present)	99.5%
Suzuki Swift (2010 – 2017)	98.6%
Toyota Auris Hybrid (2013 +)	98.5%
Honda Civic (2012 – 2017)	97.8%
Peugeot 107 (2005 – 2014)	97.8%
Lexus RX (2009 – 2016)	97.7%
Toyota RAV4 (2013 – 2019)	97.6%
Fiat Panda (2012 – present)	96.0%
Skoda Yeti diesel (2009 – 2017)	96.0%
Honda CR-V (2012 – 2018	95.9%

The 10 most unreliable used cars

Make and Model	Rating
Audi A3 diesel (2003 – 2013)	40%
Ford Focus diesel (2004 – 2011)	46.5%
Vauxhall Zafira (2005 – 2016)	51.7%
Audi A6 (2004 – 2011)	52%
BMW X5 (2007 – 2013)	54.5%
Peugeot 3008 (2009 – 2017)	56.1%
BMW 3 Series Coupe/ Convertible (2006 – 2013)	57%
Renault Grand Scenic (2009 – 2012)	58.1%
Volkswagen Golf diesel (2003 – 2009)	59.4%
Mazda 6 (2007 – 2012)	59.8%



"LIVING THE DREAM, DRIVING THE DREAM"
SSC™
SHAKS SPECIALIST CARS LTD
Eehad House, Northgate, Union Street, HD1 6AP
Tel: 01484 480777
Fax: 01484 767229
sales@shaksspecialistcars.co.uk
Visit www.s-s-c.co.uk to view all our stock

Transport minister 'astonished' by the hazard of electric car motorway breakdowns

Electric cars difficult to move when broken, a "hazard" on motorways. The government is now to review the potential hazards that electric cars can pose on UK roads.

Concerns have been raised over how electric cars can be moved when they breakdown, given that many cannot be towed.

Transport Minister Baroness Vere said that she was 'astonished' to learn that electric cars slow to a stop comparatively quickly, rather than coasting to a stop like a normal car. There are also concerns that electric cars are more difficult, and therefore slower, to remove.

The debate in the House of Lords comes amid the current ongoing discussion around smart motorways.

"When an electric vehicle ceases to function, it stops; it does not coast in the way that other vehicles do," said Barnoness Randerson, Lib Dem transport spokesman, during the debate.

"Smart motorways are supposed to be the future, but the future is electric. Those vehicles stop very suddenly. They also cannot be towed; they have to be put on a low-loader, which is a much more complex and longer process that will put rescue teams in greater danger.

"So can we have special consideration for how these new motorway layouts will operate when there are lots of electric vehicles on the road?

"When I first heard this, I was absolutely astonished," Baroness Vere said in response.

"Quite frankly, this is applicable not just to smart motorways but to every single road. We will need to be able to move electric vehicles, wherever they happen to stop or end their days."

Indeed, during a test of real-world electric car range, Carwow found that some EVs were "difficult to move" when the batteries were run truly flat. Most cars in the test 'locked up' once they were out of juice. The tested included everything from the Tesla Model 3 and Audi E-tron, to the Kia e-Niro and Nissan Leaf.

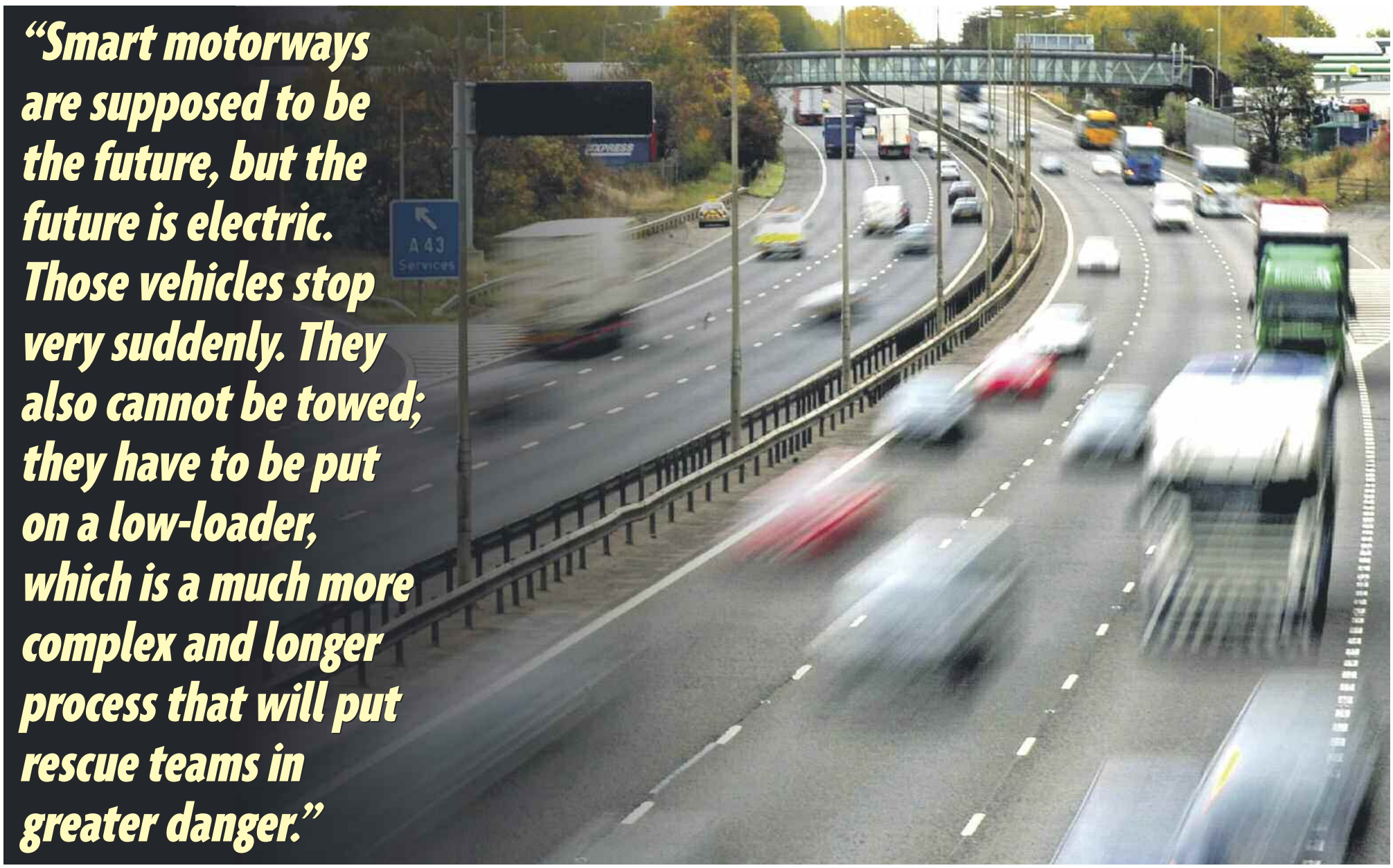
If you imagine trying to move an internal combustion car when it's off, while still in-gear, or in park in the case of an automatic, and you're unable to get it out of gear, or park, you won't be far off. Towing an electric car when it's off can cause damage to the expensive electric motors, as well as other components.

The AA has also highlighted the issue. It said that the problem with electric car manoeuvrability when they're either out of battery or malfunctioning is another in a growing list of reasons that emergency refuge areas should be more frequent on smart stretches of motorway.

"You can't flat tow some electric vehicles more than 800 metres, some you can't flat tow at all," said Edmund King, president of the AA.

"So the problem is they will take longer to get off the motorways."

Baroness Vere concluded, saying that, "work is underway to look at short-term measures to make sure we can get electric vehicles off to places of safety as quickly as possible, on whichever road, because that certainly would be a large drawback to the introduction of electric vehicles."



"Smart motorways are supposed to be the future, but the future is electric. Those vehicles stop very suddenly. They also cannot be towed; they have to be put on a low-loader, which is a much more complex and longer process that will put rescue teams in greater danger."

Fastrack Solutions Ltd TAXI HIRE CLAIMS
ft claims
AS SEEN ON TV
HOW MUCH IS YOUR REFERRAL WORTH?
Refer a non-fault taxi hire claim to us & we will pay you up to £3000!
"All our Charges are paid by the insurer's of the Person at fault"
PLUS
• Client keeps 100% compensation (No Deductions)
• Taxi replacement vehicles provided within 3 hours
• Free 24 hour recovery & storage
633 Halifax Road, Liversedge, West Yorkshire, WF15 8HG,
FREEPHONE
0800 195 9939
07977 317 760 | 07394 123 123
www.fastracksolutions.co.uk

" LIVING THE DREAM, DRIVING THE DREAM "
SSC™
SHAKS SPECIALIST CARS LTD
Eehad House, Northgate, Union Street, HD1 6AP
Tel: 01484 480777
Fax: 01484 767229
sales@shaksspecialistcars.co.uk
Visit www.s-s-c.co.uk to view all our stock

THE BACALAR

Bentley reveals its rarest bespoke two-door, open-air, luxurious masterpiece

"LIVING THE DREAM, DRIVING THE DREAM"
SSC™
SHAKS SPECIALIST CARS LTD
Eehad House, Northgate, Union Street, HD1 6AP
Tel: 01484 480777
Fax: 01484 767229
sales@shaksspecialistcars.co.uk
Visit www.s-s-c.co.uk to view all our stock

Bentley Mulliner has just revealed the all-new Bacalar - the rarest two-door Bentley of the modern era, with just 12 examples of this striking, limited edition model being created.

Bacalar looks to the future of bespoke luxury motoring - each model will be handcrafted in Bentley Mulliner's workshop in Crewe, according to the individual customer's personal tastes.

This exceptionally rare car is appropriately named after Laguna Bacalar in Mexico's Yucatan peninsula, a lake renowned for its breath-taking natural beauty, continuing Bentley's strategy of naming cars after remarkable landmarks which started with Bentayga in 2015.

The new Bentley Mulliner Bacalar is a genuine 'roofless' Barchetta – a luxury, two-seat, open-air performance car, the likes of which has never been seen before.

Handcrafted to the individual customer's personal tastes, Bacalar is the ultimate expression of an open-top Grand Tourer: a spirited GT combining traditional handcrafted techniques with the latest cutting-edge technology.

The Bacalar shares no body panel with any other car in the Bentley model line-up and derives inspiration from the dramatic EXP 100 GT concept car conceived to mark the company's centenary last year. Indeed, it only shares one exterior component with a Continental GT – the door handle, simply because it contains the keyless entry system.

With all-new coachwork brought to life by Bentley Mulliner, at the heart of the Bacalar is Bentley's renowned 6.0-litre, twin-turbocharged W12 TSI engine mated to a technically-advanced drivetrain.

The Bacalar's dual-clutch, eight-speed transmission offers faster, more efficient gear changes. An adaptive chassis uses Bentley's intelligent, 48-volt Dynamic Ride System to ensure a responsive ride and exceptional handling and refinement in all conditions.

The air suspension system controls ride comfort and lateral roll, cushioning passengers from excessive movement, as well as making the Bacalar feel effortlessly precise.

The Bacalar sits on extended haunches, with the rear track 20 mm wider than a Continental GT, to provide a more muscular, sporting stance. They house bespoke, 22-inch tri-finish wheels with dramatic depth and contour on the road. The unique front and rear horizontal lights add the distinctive, dynamic character that was first seen on the EXP 100 GT.

The exterior look of each model will be completed in collaboration with individual customers, who are able to further personalise their car, choosing from rare paint options, exterior treatments and design themes. The Bacalar represents a return to the exciting early years of Bentley, allowing owners to help shape the car of their dreams.



OOIIASH £5,000 (0011 ASH) TEL. 07985 455 057
123 YKP £1,275 ONO TEL. 07852 290 229
IBZ 786 OFFERS OVER £10,000 TEL. 07889 184 532
IKKY OFFERS OVER £35,000 TEL. 07971 827 913
55ABR £4,000 TEL. 07733 244 444
786 KAM £25,000 TEL. 07733 244 444
786 MAK £10,000 ONO TEL. 07887 690 098
82 GK £OFFERS TEL. 07787 334 567
AI7JEO £5,000 ONO (AMJED) TEL. 07971 732 789
A2SSM £1,499 ONO TEL. 07875 337 224
A2I2 JAN £OFFERS OVER £5,000 TEL. 07817 615 022
AAII LAM £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
AAIIMAD £15,000 (A AHMAD) TEL. 07985 455 057
AAIIYAA £20,000 (AALIYAA) TEL. 07985 455 057
AAI2JAN £15,000 (ARJAN) TEL. 07731 464002
AA5IZAA £OFFERS TEL. 07977 612 479
AA55HAK £8,895 ONO TEL. 07779 324 610
AA55 RAF £1,250 TEL. 07588 326 444
AALI5 £15,000 TEL. 07733 244 444
AALII5 £10,000 TEL. 07733 244 444
AAZI5 £OFFERS TEL. 07977 612 479
ABIOCHO £OFFERS NO WITHHELD No TEL. 07754 852 402
ABIOSAB £3,250 ONO (ABID SAB) TEL. 07773 995 142
ABIIACK £8,500 (A BLACK) TEL. 07985 455 057
ABIIDVL £OFFERS TEL. 07707 146 047
ABI2AAR £3,500 ONO (ABRAAR) TEL. 07946 162 099
ABDIIIL £10,000 ONO (ABDUL) TEL. 07946 162 099
ABR44R £10,000 ONO (ABRAAR) TEL. 07946 162 099
ADIIEEP £7,000 (A DILEEP) TEL. 07985 455 057
AESI4IT £OFFERS TEL. 07867 861 193
AFII AAK £2,000 TEL: 01274 414141 MON - FRI: 9-5.30
AFII LAK £2,500 TEL: 01274 414141 MON - FRI: 9-5.30
AFII SAN £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
AHIIMDS £1,000 (AHMADS) TEL. 07846 269 808
AJIIDGE £25,000 (A JUDGE) TEL. 07985 455 057
AKII BER £5,000 TEL: 01274 414141 MON - FRI: 9-5.30
AKII SAR £2,500 TEL: 01274 414141 MON - FRI: 9-5.30
AKIIMAR £20,000 (A KUMAR) TEL. 07985 455 057
AK55AAH £5,895 ONO TEL. 07779 324 610

AKHIIIR £8,000 TEL. 07733 244 444
AKH773R £2,995 TEL. 07867 861 193
AKR5M £5,500 TEL. 07947 979 777
ALII EEF £1200 ONO TEL. 07884 115 115
ALII HSN £3,000 ONO (ALI HASSAN) TEL. 07946 162 099
AMO3EAR £3,000 ONO TEL. 07506 342 385
AMO4EAR £3,000 ONO TEL. 07506 342 385
AMII AAD £2,000 TEL: 01274 414141 MON - FRI: 9-5.30
AMII EEN £5,000 TEL: 01274 414141 MON - FRI: 9-5.30
ANII JAM £5,000 TEL: 01274 414141 MON - FRI: 9-5.30
ANII SAR £2,500 TEL: 01274 414141 MON - FRI: 9-5.30
ANII SER £5,000 TEL: 01274 414141 MON - FRI: 9-5.30
AN54AR N £1,500 ONO (ANSAAR) TEL. 07946 162 099
AN55AR K £1,000 TEL. 07983 480 777
ANJ33M £4,995 TEL. 07867 861 193
ANW444R £10,000 ONO (ANWAAR) TEL. 07946 162 099
ANW444R £10,000 ONO (ANWAAR) TEL. 07946 162 099
ASII AHS £3,000 (A SHAHS) TEL. 07815 114 201
ASII AKS £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
ASII GER £2,000 TEL: 01274 414141 MON - FRI: 9-5.30
ASIIOKB £9,500 (ASHOK B) TEL. 07985 455 057
ASIIOKC £9,500 (ASHOK C) TEL. 07985 455 057
ASIIOKD £9,500 (ASHOK D) TEL. 07985 455 057
ASIIOKF £9,500 (ASHOK F) TEL. 07985 455 057
ASIIOKG £9,500 (ASHOK G) TEL. 07985 455 057
ASIIOKH £9,500 (ASHOK H) TEL. 07985 455 057
ASIIOKJ £9,500 (ASHOK J) TEL. 07985 455 057
ASIIOKK £9,500 (ASHOK K) TEL. 07985 455 057
ASIIOKL £9,500 (ASHOK L) TEL. 07985 455 057
ASIIOKM £9,500 (ASHOK M) TEL. 07985 455 057
ASIIOKN £9,500 (ASHOK N) TEL. 07985 455 057
ASIIOKO £9,500 (ASHOK O) TEL. 07985 455 057
ASIIOKP £15,000 (ASHOK P) TEL. 07985 455 057
ASIIOKS £15,000 (ASHOK S) TEL. 07985 455 057
ASIIOKV £9,500 (ASHOK V) TEL. 07985 455 057
ASIIOKX £12,500 (ASHOK X) TEL. 07985 455 057
ASIIOKY £9,500 (ASHOK Y) TEL. 07985 455 057
ASIIESH £15,000 (ASHESH) TEL. 07985 455 057
ASIIFAO £25,000 (ASHFAQ) TEL. 07985 455 057

ASIILEE £39,000 (ASHLEE) TEL. 07985 455 057
ASIIMED £8,000 (ASHOK M) TEL. 07985 455 057
ASIIRAJ £4,500 (ASH RAJ) TEL. 07985 455 057
ASIIRAP £2,500 (ASHRAF) TEL. 07985 455 057
ASIIZZZ £2,500 (ASH 222) TEL. 07985 455 057
ASI4 NAK £1,500 ONO TEL. 07983 590 591
ASI4 NJT £1,500 ONO TEL. 07983 590 591
ASI4NSX £15,000 ONO TEL. 07908 472 121
A SH42D £10,000 ONO TEL. 07976 024 735
ASKI £70,000+ TEL. 07854 012 093
ATT4H £8,500 ONO NO WITHHELD No TEL. 07786 424 251
AVIIJAY £10,000 (A VIJAY) TEL. 07985 455 057
AWS55OM £10,000 (AWESOME) TEL. 07985 254 294
AYIINUS £9,500 (A YUNUS) TEL. 07985 455 057
ASIISAF £15,400 (A YUSAF) TEL. 07985 455 057
AYIISUF £15,000 (A YUSUF) TEL. 07985 455 057
AYII UBS £2,000 TEL: 01274 414141 MON - FRI: 9-5.30
BO55 KHN £OFFERS TEL. 07971 850 490
BO55Y BO £5,000 T: 07740 784 983 privateplates@hotmail.co.uk
BIII NAA £OFFERS TEL. 07557 472 855
BI5 NAD £REASONABLE OFFERS TEL. 07834 016 393
BI6 KMY £2,500 TEL. 07405 763 319
BI66 BOB £6,995 TEL. 07530 612 171
BI7SH U £OFFERS TEL. 07866 860 894
BI9 ALY £3,495 TEL. 07954 389 874
BI9 FRR £995 (BIG FRR) TEL. 07971 850 490
BIG SLD £2,500 TEL. 07764 656 667
BILRL £OFFERS (BILAL) TEL. 07808 950 492
B4 BMW £7,500 TEL. 07815 114 201
B4 RUF £OFFERS TEL. 07796 008 786
B4 WFA £1,195 ONO TEL. 07867 770 940
B45HAR £12,500 TEL. 07891 217 880
B5 WAJ £1,500 TEL. 07838 130 681
B9 SHU £OFFERS TEL. 07812 728 079
BAIIALZ £3,495 ONO TEL. 07957 429 964
BAIIMAD £10,000 (B AHMAD) TEL. 07985 455 057
BAIIMED £15,000 (B AHMED) TEL. 07985 455 057
BA55U MR £3,000 T: 07740 784 983 privateplates@hotmail.co.uk
BA55Y MR £3,000 TEL. 07740 784 983

BAB84R £6,995 TEL. 07530 612 171
BAS33R £13,000 ONO TEL. 07879 230 103
BCIIARK £9,000 (B CLARK) TEL. 07985 455 057
BDIIEEP £7,000 (B DILEEP) TEL. 07985 455 057
BD55 CAB £2,995 ONO TEL. 077970 914 137
BD55TAN £2,495 TEL. 07954 389 874
BEIIOLD £19,000 (BEHOLD) TEL. 07985 455 057
BHO4GUL £OFFERS (BHOGUL) TEL. 07970 026 653
BH54RAT £OFFERS (BHARAT) TEL. 07970 026 653
BKIIMAR £15,000 (B KUMAR) TEL. 07985 455 057
BSIIAUN £15,000 (B SHAUN) TEL. 07985 455 057
BT55MLA £1,500 ONO (BISSMILA) TEL. 07971 732 789
BU55TEO £5,000 ONO (BUSTED) TEL. 07985 455 057
BVIIJAY £10,000 (B VIJAY) TEL. 07985 455 057
BYIISAF £15,400 (B YUSAF) TEL. 07985 455 057
BYIISUF £15,000 (B YUSUF) TEL. 07985 455 057
CII EWY £2,500 TEL. 07764 656 667
CI4 SSE £7,500 (CLASSY) TEL. 07815 114 201
C 5KY W £999 ONO TEL. 07427 677 989
CAIISHA £9,000 (C AISHA) TEL. 07985 455 057
CAIIMAD £10,000 (C AHMAD) TEL. 07985 455 057
CA55Y ME £OFFERS T: 07740 784 983 privateplates@hotmail.co.uk
CA55Y MS £OFFERS T: 07740 784 983 privateplates@hotmail.co.uk
CA65 NOW £4,000 ONO TEL. 07908 472 121
CBIIATT £7,000 (C BHATT) TEL. 07985 455 057
CDIIEEP £7,000 (C DILEEP) TEL. 07985 455 057
CHIILER £OFFERS Panaceahealthcare@hotmail.co.uk
CBIIATT £7,000 (C BHATT) TEL. 07985 455 057
CHI3 DRY £10,000+ (CHOWDRY) TEL. 07973 165 474
CHI3 LER £10,000+ (CHILLER) TEL. 07973 165 474
CSIO NGH £OFFERS TEL. 07928 473 771
CSIISAN £7,500 (C SUSAN) TEL. 07985 455 057
CYIISAF £15,400 (C YUSAF) TEL. 07985 455 057
D4WUO £1,495 ONO TEL. 07832 302 222
DAIIDY X £8,000 TEL. 07921 576 971
DAIIMAD £10,000 (D AHMAD) TEL. 07985 455 057
DAU4OOD £1200 TEL. 07947 979 777
DDIIEEP £7,000 (D DILEEP) TEL. 07985 455 057
DMILES £7,500 (D MILES) TEL. 07985 455 057

DOII DRS £20,000 (DOLLORS) TEL. 07815 114 201
DRIIOPE £8,000 (DR HOPE) TEL. 07985 455 057
DRIIORN £8,000 (DR HORN) TEL. 07985 455 057
DRIIANS £15,000 (DR IANS) TEL. 07985 455 057
DRIIARY £12,000 (DR HARY) TEL. 07985 455 057
DRIIAYS £8,000 (DR HAYS) TEL. 07985 455 057
DR 5INGG £OFFERS TEL. 07720 376 861
DR5ISHA £995 (DR. SHISHA / SHA) TEL. 07834 531 683
DR 5 5OOD £8,000 T: 07740 784 983 privateplates@hotmail.co.uk
DSIIAUN £15,000 (D SHAUN) TEL. 07985 455 057
DSIISAN £7,500 (D SUSAN) TEL. 07985 455 057
DVIIJAY £10,000 (D VIJAY) TEL. 07985 455 057
DYIISAF £15,400 (D YUSAF) TEL. 07985 455 057
DYIISUF £15,000 (D YUSUF) TEL. 07985 455 057
EAIIMAD £10,000 (E AHMAD) TEL. 07985 455 057
EAIIMED £15,000 (E AHMED) TEL. 07985 455 057
EA55TAL £OFFERS T: 07740 784 983 privateplates@hotmail.co.uk
EA55TLE £OFFERS T: 07740 784 983 privateplates@hotmail.co.uk
EAS7S £REASONABLE OFFERS TEL. 07974 179 156
EBIIATT £7,000 (E BHATT) TEL. 07985 455 057
EBIIACK £8,500 (E BLACK) TEL. 07985 455 057
EBIIACK £8,500 (E BLACK) TEL. 07985 455 057
EGO 8OY £OFFERS TEL. 07787 334 567
EH55ANS OFFERS OVER £4,000 TEL. 07513 257 029
EJIIDGE £15,500 (E JUDGE) TEL. 07985 455 057
EKIIMAR £15,000 (E KUMAR) TEL. 07985 455 057
ELIICAS £7,000 (E LUCAS) TEL. 07985 455 057
ELIISAA £20,000 (ELISA A) TEL. 07985 455 057
EMIILYC £8,000 (EMILY C) TEL. 07985 455 057
EMIILYD £8,000 (EMILY D) TEL. 07985 455 057
EMIILYE £8,000 (EMILY E) TEL. 07985 455 057
EMIILYF £8,000 (EMILY F) TEL. 07985 455 057
EMIILYM £8,000 (EMILY M) TEL. 07985 455 057
EMIILYS £15,000 (EMILY S) TEL. 07985 455 057
ERIIEST £49,000 (ERNEST) TEL. 07985 455 057
ESIISAN £7,500 (E SUSAN) TEL. 07985 455 057
ETIIANA £8,500 (ETHAN A) TEL. 07985 455 057
ETIIANB £8,500 (ETHAN B) TEL. 07985 455 057
ETIIANF £8,500 (ETHAN F) TEL. 07985 455 057

ETIIANM £8,500 (ETHAN M) TEL. 07985 455 057
ETIIANR £8,500 (ETHAN R) TEL. 07985 455 057
ETIIANT £8,500 (ETHAN T) TEL. 07985 455 057
ETIIANW £8,500 (ETHAN W) TEL. 07985 455 057
EVIIJAY £10,000 (E VIJAY) TEL. 07985 455 057
EVIIKAR £650 ONO (EVIL CAR) TEL. 07411 953 337
EYIISAF £15,400 (E YUSAF) TEL. 07985 455 057
EYIISUF £15,000 (E YUSUF) TEL. 07985 455 057
FI 6UJR £2,500 (F1 GUJR) TEL. 07867 886 786
FI7 STX £2,999 ONO TEL. 07904 018 063
F44EEM £4,500 TEL. 07825 040 037
F44TMA £7,500 TEL. 07825 040 037
FAII RYD £1,000 TEL: 01274 414141 MON - FRI: 9-5.30
FAIISHA £9,000 (F AISHA) TEL. 07985 455 057
FAIIMAD £10,000 (F AHMAD) TEL. 07985 455 057
FAIIMED £15,000 (F AHMED) TEL. 07985 455 057
FAH44D £9,995 TEL. 07530 612 171
FAZ44L £5,500 TEL. 07867 861 193
FAZ 786 OVER £10,000 TEL. 07765 555 786
FBIIACK £8,500 (F BLACK) TEL. 07985 455 057
FDIIEEP £7,000 (F DILEEP) TEL. 07985 455 057
FDZI4 £2,495 TEL. 07954 389 874
FE5IALL £4,999 TEL. 07846 480 112
FGIIPTA £6,995 (F GUPTA) TEL. 07985 455 057
FKIIMAR £15,000 (F KUMAR) TEL. 07985 455 057
FLIICAS £7,000 (F LUCAS) TEL. 07985 455 057
FRA22T £4,900 TEL. 07867 861 193
FSIISAN £7,500 (F SUSAN) TEL. 07985 455 057
FYIISAF £15,400 (F YUSAF) TEL. 07985 455 057
FYIISUF £15,000 (F YUSUF) TEL. 07985 455 057
G I3OXD £OFFERS TEL. 07913 919 169
GI3SAL £OFFERS TEL. 07977 802 112
G23RGE £OFFERS TEL. 07501 292 802
GAIIMAD £10,000 (G AHMAD) TEL. 07985 455 057
GAIIMED £15,000 (G AHMED) TEL. 07985 455 057
GAIISHA £9,000 (G AISHA) TEL. 07985 455 057
GDIIEEP £7,000 (G DILEEP) TEL. 07985 455 057
GL66 FUL £8,000 ONO TEL. 07908 472 121
GMIILES £7,500 (G MILES) TEL. 07985 455 057

GOI7 ERX £8,000 ONO TEL. 07908 472 121
GSIISAN £7,500 (G SUSAN) TEL. 07985 455 057
GUIIDES £15,000 (GUIDES) TEL. 07985 455 057
GUIIFAM £3,000 ONO (GULLFAM) TEL. 07946 162 099
GUIILAM OFFERS OVER £5,000 TEL. 07597 629 845
GVIIJAY £10,000 (G VIJAY) TEL. 07985 455 057
GYIISAF £15,400 (G YUSAF) TEL. 07985 455 057
GYIISUF £15,000 (G YUSUF) TEL. 07985 455 057
HOOSAYN £1,950 ONO (HUSSAIN) TEL. 07956 214 163
HO55AYN £8,895 ONO TEL. 07779 324 610
HOIIVER £7,500 (H OLIVER) TEL. 07985 455 057
HII RAA £REASONABLE OFFERS TEL. 07525 927 144
H8 ABU £950 ONO TEL. 07968 642 402
HAIIEEX £12,000 (HAILEE X) TEL. 07985 455 057
HAIIEYX £12,000 (HAILEY X) TEL. 07985 455 057
HAIIMAD £10,000 (H AHMAD) TEL. 07985 455 057
HAIIMED £15,000 (H AHMED) TEL. 07985 455 057
HAI3 ZAH OFFERS OVER £5,000 TEL. 07973 165 474
HAI7 GEL £8,000 ONO TEL. 07908 472 121
HA54NS R £OFFERS TEL. 07866 947 665
HAB333B £5,550 TEL. 07867 861 193
HAV3N £16,000 (HEAVEN-HAVEN) TEL. 07731 464002
HEIIENH £15,000 (HELEN H) TEL. 07985 455 057
HEIIENM £15,000 (HELEN M) TEL. 07985 455 057
HEIIENP £15,000 (HELEN P) TEL. 07985 455 057
HEIIENR £15,000 (HELEN R) TEL. 07985 455 057
HEIIENT £15,000 (HELEN T) TEL. 07985 455 057
HEIIOO X £1,500 ONO (HELLO X) TEL. 07946 162 099
HDIIEEP £7,000 (H DILEEP) TEL. 07985 455 057
HKIINGS £14,000 (H KINGS) TEL. 07985 455 057
HKIIMAR £15,000 (H KUMAR) TEL. 07985 455 057
HMIILES £7,500 (H MILES) TEL. 07985 455 057
HUIITER £21,000 (HUNTER) TEL. 07985 455 057
HU55 ANX £10,000 T: 07740 784 983 privateplates@hotmail.co.uk
HU55 EFA £OFFERS (HUZAIFAH) TEL. 07737 071 097
HVIIJAY £10,000 (H VIJAY) TEL. 07985 455 057
HYIINUS £9,500 (H YUNUS) TEL. 07985 455 057
HYIISAF £15,400 (H YUSAF) TEL. 07985 455 057
HYIISUF £15,000 (H YUSUF) TEL. 07985 455 057

JOIINTY £20,000 (JOHNTY) TEL. 07985 455 057
JO55FYN £OFFERS T: 07740 784 983 privateplates@hotmail.co.uk
JON8OSS £6,995 TEL. 07530 612 171
JI7T OK £900 ONO (JAT OK) TEL. 07581 423 143
JI7VEE £1500 ONO TEL. 07774 246 877
J4 NGS £10,000 TEL. 07815 114 201
J4UEO £2,495 TEL. 07954 389 874
JAIIALS £15,000 (JALLALS) TEL. 07985 455 057
JAIIMAD £10,000 (J AHMAD) TEL. 07985 455 057
JAIIMED £15,000 (J AHMED) TEL. 07985 455 057
JA55BYR £8,895 TEL. 07779 324 610
JAV333D £5,500 TEL. 07867 861 193
JDIIEEP £7,000 (J DILEEP) TEL. 07985 455 057
JEIIOUS £20,000 TEL. 07786 615 234
JKII ANN £2,500 (J KHAN) TEL. 07815 114 201
JKIIMAR £15,000 (J KUMAR) TEL. 07985 455 057
JSIISAN £7,500 (J SUSAN) TEL. 07985 455 057
JSIIAUN £15,000 (J SHAUN) TEL. 07985 455 057
JVIIJAY £10,000 (J VIJAY) TEL. 07985 455 057
JYIINUS £9,500 (J YUNUS) TEL. 07985 455 057
JYIISAF £15,400 (J YUSAF) TEL. 07985 455 057
JYIISUF £15,000 (J YUSUF) TEL. 07985 455 057
KII ANN £50,000 TEL. 07815 114 201
K3LAM £800 ONO TEL. 07774 112 121
K4AHN £100,000 ONO TEL. 07506 342 385
K4JOL OFFERS OVER £5,000 FAZ911@MSN.COM
K4 VRS £10,000 (KAURS) TEL. 07815 114 201
K4OSUM £3,500 TEL. 07867 861 193
K444BAH £2,500 ONO (KAABAH) TEL. 07779 300 128
K77 MYE £OFFERS T: 07907 318 666 no withheld numbers
K7 PPA £3,995 ONO TEL. 07890 201 854
KAII DEM £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
KAII SYM £2,000 TEL: 01274 414141 MON - FRI: 9-5.30
KA5IERH £OFFERS TEL. 07980 802 471
KA55YMS £3,000 TEL. 07983 480 777
K55 5HAB £1,500 ONO (SHAB) TEL. 07977 348 295
KAD33M £3,995 TEL. 07867 861 193
KAS4R £OFFERS T: 07523 264 595 no withheld numbers
KDIIEEP £7,000 (K DILEEP) TEL. 07985 455 057

KE55ERR £9,895 ONO TEL. 07779 324 610
KHIIAAN £10,000 ONO TEL. 07786 510 000
KHII AHN £10,000 TEL: 01274 414141 MON - FRI: 9-5.30
KHIIANZ £8,000 TEL. 07921 576 971
KHII LAK £1,000 TEL: 01274 414141 MON - FRI: 9-5.30
KHIINGZ £13,000 TEL. 07921 576 971
KH59 LED £3,000 TEL. 07970 281 994
KKIIMAR £15,000 (K KUMAR) TEL. 07985 455 057
KSIIAUN £15,000 (K SHAUN) TEL. 07985 455 057
KU55 OOM £2,000 TEL. 07588 326 444
KVIIJAY £10,000 (K VIJAY) TEL. 07985 455 057
KYIISAF £15,400 (K YUSAF) TEL. 07985 455 057
KY55 HAN £3,800 TEL. 07588 326 444
KY55 HOR £3,500 TEL. 07588 326 444
LII KJY £1,195 ONO TEL. 07867 770 940
LI 4 USY £3,000 (U 4 USY / LUSY) TEL. 07786 424 251
L IMRN £10,000 ONO (IMRAN) TEL. 07759 097 070
L6ON FR £2,000 ONO TEL. 07427 677 989
LAI4BBA £675 ONO (LAIBA) TEL. 07779 050 970
LDIIEEP £7,000 (L DILEEP) TEL. 07985 455 057
LJIIDGE £15,500 (L JUDGE) TEL. 07985 455 057
LLIIONG £4,500 (L LUONG) TEL. 07985 455 057
LSIISAN £7,500 (L SUSAN) TEL. 07985 455 057
LVIIJAY £10,000 (L VIJAY) TEL. 07985 455 057
LYIISAF £15,400 (L YUSAF) TEL. 07985 455 057
LYIISUF £15,000 (L YUSUF) TEL. 07985 455 057
MOIIEB S £OFFERS TEL. 07787 334 567
MOIIEB X £OFFERS TEL. 07787 334 567
MOIITYP £7,000 (MONTY P) TEL. 07985 455 057
MOIIVER £10,000 (M OLIVER) TEL. 07985 455 057
MO 5IDDK £OFFERS T. 07954 370 359 MOHAMMED SIDDIQUE
MIII NWR £1,500 (MUNAWAR) TEL. 07597 572 045
MIIIYAS £20,000 ONO TEL.07774 112 121
MITUH £OFFERS TEL. 07894 335 033
M44KAH £10,000 TEL. 07779 117 865
M444 LKK £850 TEL: 07977 118 134 no withheld numbers
M7NA X £1,499 ONO TEL. 07958 000 480
M800 SAA £OFFERS TEL. 07764 511 955
M9WLA £15,000 ONO (MAWLA) TEL. 07842 955 147

MAIIBUB £19,000 (MAHBUB) TEL. 07985 455 057
MAIIDAA £1,500 ONO (MAIDA) TEL. 07946 162 099
MAIIDAH £1,500 ONO (MAIDAH) TEL. 07946 162 099
MAIIEKZ £1,500 ONO (MALEK) TEL. 07946 162 099
MAIIMAD £20,000 (M AHMAD) TEL. 07985 455 057
MAIIMED £29,000 (M AHMED) TEL. 07985 455 057
MAIIMVD £1500 (MAHMUD) TEL. 07867 886 786
MAII RYM £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
MAIITAB £18,000 (M AHTAB) TEL. 07985 455 057
MA55 UDD £4,000 TEL. 07588 326 444
MA55 UMM £2,800 TEL. 07588 326 444
M ALIIS £OFFERS TEL. 07787 334 567
MAR2OF £4,000 ONO TEL. 07990 116 644
MDO4WOD £1400 (M DAWOOD) TEL. 07428 657 147
MDIIEEP £7,000 (M DILEEP) TEL. 07985 455 057
MDIIAMD £2,500 (MOHAMMAD) TEL. 07867 886 786
MEIIBUB £19,000 (MEHBUB) TEL. 07985 455 057
MEIIMUD £19,000 (MEHMUD) TEL. 07985 455 057
MEIITAB £18,000 (MEHTAB) TEL. 07985 455 057
MJIIDGE £25,000 (M JUDGE) TEL. 07985 455 057
MKIIMAR £20,000 (M KUMAR) TEL. 07985 455 057
MMO2 AAM £1,495 TEL. 07794 820 437
MOII BEN £3,000 TEL: 01274 414141 MON - FRI: 9-5.30
MRO4LLY £1,900 ONO (MR D ALLY) TEL. 07774 246 877
MRIO JAT £OFFERS TEL. 07928 473 771
MRIIOOK £9,500 (MR HOOK) TEL. 07985 455 057
MRIIOBB £9,500 (MR HOBB) TEL. 07985 455 057
MRIIOWE £15,000 (MR HOWE) TEL. 07985 455 057
MRIIOYD £29,000 (MR LLOYD) TEL. 07985 455 057
MRIIACK £9,500 (MR HACK) TEL. 07985 455 057
MRIIALE £9,500 (MR HALE) TEL. 07985 455 057
MRIIAYE £9,500 (MR HAYE) TEL. 07985 455 057
MRIIAYS £9,500 (MR HAYS) TEL. 07985 455 057
MRIIUGH £20,000 (MR HUGH) TEL. 07985 455 057
MR 54BAR £13,250 ONO TEL. 07837 867 868
MR 5 5KOL £5,000 T: 07740 784 983 privateplates@hotmail.co.uk
MR5 5POK £5,000 (MR SPOK) privateplates@hotmail.co.uk
MR 5 5YAD £10,000 T: 07740 784 983 privateplates@hotmail.co.uk
MR 5 5YKE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk

MR 5 5YKS £5,000 T: 07740 784 983 privateplates@hotmail.co.uk
MR 57NOH £8,000 (MR SINGH) TEL: 07731 464002
MR N4S £OFFERS TEL. 07787 334 567
MSIIOPE £9,500 (MS HOPE) TEL. 07985 455 057
MSIIALE £9,500 (MS HALE) TEL. 07985 455 057
MSIIALY £9,500 (MS HALY) TEL. 07985 455 057
MSIIAWK £9,500 (MS HAWK) TEL. 07985 455 057
MSIIAYS £9,500 (MS HAYS) TEL. 07985 455 057
MSIIUGH £15,000 (MS HUGH) TEL. 07985 455 057
MSIISAN £7,500 (M SUSAN) TEL. 07985 455 057
MUIIAMD £10,000 (MOHAMMAD) TEL. 07867 886 786
MUII SAH £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
MVIIAMD £1,500 (MOHAMMAD) TEL. 07867 886 786
MVIIJAY £10,000 (M VIJAY) TEL. 07985 455 057
MYIINUS £9,500 (M YUNUS) TEL. 07985 455 057
MYIIPOD £3,000 (MY IPOD) TEL. 07985 455 057
MY5ISHA £995 (MY SHISHA) TEL. 07834 531 683
MY55TYC £7,500 T: 07740 784 983 privateplates@hotmail.co.uk
NOO5HEN £OFFERS TEL. 07870 696 399
NI7ILA E £1,500 ONO TEL. 07427 677 989
NIDEM £15,000 ONO TEL. 07774 112 121
N333EWS £2,500 TEL. 07969 914 041
N333RAA £OFFERS TEL. 07751 427 106
N444HEM £5,500 ONO TEL. 07766 645 325
N44DLM SERIOUS OFFERS TEL. 07969 914 041
N4SUR £1,995 TEL. 07954 389 874
N4 YEB £950 TEL. 07896 699 241
N4 WED £10,000 (NAWED, NAWEED) TEL. 07731 464002
NAIIEED £15,000 (NAHEED) TEL. 07985 455 057
NAII DEA £2,500 TEL: 01274 414141 MON - FRI: 9-5.30
NAIIMAD £10,000 (N AHMAD) TEL. 07985 455 057
NAIIMAZ £1,500 ONO (NAIMA) TEL. 07946 162 099
NAII ZAM £3,000 TEL: 01274 414141 MON - FRI: 9-5.30
NAI2ANG £OFFERS (TEXT ONLY) TEL. 07884 064 015
NAI3 AAB £5,000+ (NAIWAAB) TEL. 07973 165 474
NA55AR X £10,000 T: 07740 784 983 privateplates@hotmail.co.uk
NA55 YMA £10,000 TEL. 07588 326 444
NA55 YMM £10,000 TEL. 07588 326 444
NADIIIM £75,000 ONO TEL. 07969 914 041

NBIIACK £8,500 (N BLACK) TEL. 07985 455 057
NCIIARK £9,000 (N CLARK) TEL. 07985 455 057
NDIIEEP £7,000 (N DILEEP) TEL. 07985 455 057
NAS555A £4,500 TEL. 07867 861 193
NEIIFOX £29,000 (NEIL FOX) TEL. 07985 455 057
N KIIANZ £1,500 ONO (NKHANZ) TEL. 07946 162 099
NLIICAS £7,000 (N LUCAS) TEL. 07985 455 057
NOII SHN £2,500 TEL: 01274 414141 MON - FRI: 9-5.30
NSIIAUN £15,000 (N SHAUN) TEL. 07985 455 057
NSIISAN £7,500 (N SUSAN) TEL. 07985 455 057
NUII ZAT £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
NVIIJAY £10,000 (N VIJAY) TEL. 07985 455 057
NYIISAF £15,400 (N YUSAF) TEL. 07985 455 057
NYIISUF £15,000 (N YUSUF) TEL. 07985 455 057
NY55 AAR £1,250 TEL. 07588 326 444
NY55 HAA £1,250 TEL. 07588 326 444
OOIIOYD £20,000 (OO LLOYD) TEL. 07985 455 057
OOIIARY £15,000 (OO HARY) TEL. 07985 455 057
OAIIMAD £10,000 (O AHMAD) TEL. 07985 455 057
OA55ERS £5,000 ONO (QASSER) TEL. 07967 350 957
OBIIACK £8,500 (O BLACK) TEL. 07985 455 057
OCIIARK £9,000 (O CLARK) TEL. 07985 455 057
ODIIEEP £7,000 (O DILEEP) TEL. 07985 455 057
OEII BOY £20,000 (DELL BOY) TEL. 07815 114 201
NGIIPTA £6,995 (O GUPTA) TEL. 07985 455 057
OJIIDGE £15,000 (O JUDGE) TEL. 07985 455 057
OKIIMAR £15,000 (O KUMAR) TEL. 07985 455 057
OMIILES £7,500 (O MILES) TEL. 07985 455 057
O MIIRZA £3,500 ONO TEL. 07962 394 890
OSIISAN £7,500 (O SUSAN) TEL. 07985 455 057
OVIIJAY £10,000 (O VIJAY) TEL. 07985 455 057
OYIISAF £15,400 (O YUSAF) TEL. 07985 455 057
OYIISUF £15,000 (O YUSUF) TEL. 07985 455 057
PI2 MYR £OFFERS (PREMIER) TEL. 07837 780 981
PI4YAA £3,995 TEL. 07954 389 874
P44YJA £3,000 (PAAYJA) TEL. 07786 424 251
P4VXX £1350 TEL. 07867 861 193
P88 VEN £2,000 ONO TEL. 07966 386 755
PAIIANS £3,500 (P ALLANS) TEL. 07985 455 057

PAIILJR £11,000 (PAUL JR) TEL. 07985 455 057
PAIILSG £11,000 (PAUL SG) TEL. 07985 455 057
PAIILSR £11,000 (PAUL SR) TEL. 07985 455 057
PAIIMAD £10,000 (P AHMAD) TEL. 07985 455 057
PAIISHA £9,000 (P AISHA) TEL. 07985 455 057
PAII VEZ £1,500 TEL: 01274 414141 MON - FRI: 9-5.30
PDIIEEP £7,000 (P DILEEP) TEL. 07985 455 057
PD55ESS £1,500 ONO (POSSESS) TEL. 07971 732 789
PHIIFOX £29,000 (PHIL FOX) TEL. 07985 455 057
PKIINGS £14,000 (P KINGS) TEL. 07985 455 057
PMIILES £7,500 (P MILES) TEL. 07985 455 057
PSIISAN £7,500 (P SUSAN) TEL. 07985 455 057
PVIINDA £SERIOUS OFFERS TEL. 07707 146 047
PWIISON £15,000 (P WILSON) TEL. 07985 455 057
PYIISAF £15,400 (P YUSAF) TEL. 07985 455 057
PYIISUF £15,000 (P YUSUF) TEL. 07985 455 057
ROIIANG £9,500 (ROHAN G) TEL. 07985 455 057
ROIIANK £9,500 (ROHAN K) TEL. 07985 455 057
ROIIANP £15,000 (ROHAN P) TEL. 07985 455 057
ROIIANX £12,500 (ROHAN X) TEL. 07985 455 057
RI2I SAM £OFFERS TEL. 07962 394 890
RI2 EEE £OFFERS TEL. 07707 707 609
RI2SYY £OFFERS TEL. 07816 488 420
RI2Y MP OFFERS OVER £400 TEL. 07866 992 500
RI5WNA £3,000 ONO (RIZWANA) TEL. 07779 300 128
RI9SHS OVER £2,000 ONO TEL. 07427 677 989
R24 SAM £OFFERS TEL. 07962 394 890
R34 RAJ £OFFERS TEL. 07928 473 771
R40 JAH £OFFERS TEL. 07779 675 730
R4OLEX £OFFERS TEL. 07868 572 069
R44JA F £2,800 ONO TEL. 07974 179 156
R6JJY £OFFERS TEL. 07968 163 510
R77JHA £2,500 (RAJHA) TEL. 07786 424 251
RAO7OUR £5,000 ONO TEL. 07969 914 041
RAIIMAD £10,000 (R AHMAD) TEL. 07985 455 057
RAIISHA £9,000 (R AISHA) TEL. 07985 455 057
RC5I HAN £OFFERS TEL. 07557 472 855
RDIIEEP £7,000 (R DILEEP) TEL. 07985 455 057
RDIIHAN £OFFERS (ROHAN) TEL. 07970 026 653

RE53EES £2,995 TEL. 07867 861 193
RGIIGGS £29,000 (R GIGGS) TEL. 07985 455 057
RJIIDGE £15,500 (R JUDGE) TEL. 07985 455 057
RSIIAUN £15,000 (R SHAUN) TEL. 07985 455 057
RVIIJAY £10,000 (R VIJAY) TEL. 07985 455 057
RYIISAF £15,400 (R YUSAF) TEL. 07985 455 057
RYIISUF £15,000 (R YUSUF) TEL. 07985 455 057
SOIILJA £10,000 (SOULJA) TEL. 07786 615 234
SOC4R £OFFERS TEL. 07787 334 567
SII ETK £OFFERS (SHEIKH) TEL. 07815 114 201
SIILYM £5,000 TEL. 07900 895 552
SII OHL £OFFERS TEL. 07545 218 365
SIIIRGL £OFFERS TEL. 07919 583 618
SI3AF X £1,200 ONO TEL. 07791 919 237
S4OYB K £1,495 (SHOYB/SAQYB K) TEL. 07786 424 251
S44JED £OFFERS yourplate@yahoo.co.uk
S48 EYA £2,500 TEL. 07588 326 444
S6F XX £1,200 ONO TEL. 07791 919 237
S7KCK £1,000 TEL. 07508 341 074
S777YRA £500 TEL. 07473 865 081
S8XXY £2,995 ONO TEL. 07949 891 313
S8OHAL £6,995 TEL. 07867 861 193
S88 TAL £OFFERS (SHEETAL) TEL. 07786 510 000
SAIIDAH £1,500 ONO (SAIDAH) TEL. 07946 162 099
SAIIHAS £1,500 ONO (SALIHA) TEL. 07946 162 099
SAIIKAS £1,500 ONO (SAIKA) TEL. 07946 162 099
SAIIMAD £15,000 (S AHMAD) TEL. 07985 455 057
SAIIMAZ £3,500 ONO (SAIMA/SALMA) TEL. 07946 162 099
SAI3 BAH £OFFERS TEL. 07983 104 538
SAI3 WAR £10,000 ONO TEL. 07838 603 001
SAF333R £2,995 ONO TEL. 07729 288 346
SA55Y MS £5,000 T: 07740 784 983 privateplates@hotmail.co.uk
SADIIIA £7,000 TEL. 07825 040 037
SAD 4IF £2,000 TEL. 07947 979 777
SAM3R £12,000 TEL. 07867 861 193
SDIIEEP £7,000 (S DILEEP) TEL. 07985 455 057
SFIIEEM £15,000 ONO TEL. 07706 216 060
SHOII4B £OFFERS TEL. 07919 583 618
SHO3B £2,995 TEL. 07793 628 670

SH04 BEK
£1,995 ONO
TEL. 07764 656 667

SHA2D
£25,000
TEL. 07867 861 193

TAIIHAS
£3,000 ONO (TALHA)
TEL. 07946 162 099

TVIIJAY
£10,000 (T VIJAY)
TEL. 07985 455 057

VY55 HAL
£3,500
TEL. 07588 326 444

WDIIEEP
£7,000 (W DILEEP)
TEL. 07985 455 057

XX 56XY XX
£8,000 ONO
TEL. 07908 472 121

SHIOAEB
£OFFERS T: 07754 852 402
no withheld numbers

SOII BYA
£2,000 TEL: 01274 414141
MON - FRI: 9-5.30

TAIIMAD
£10,000 (T AHMAD)
TEL. 07985 455 057

TYIISAF
£15,400 (T YUSAF)
TEL. 07985 455 057

VY55 HNU
£3,500
TEL. 07588 326 444

WGIIPTA
£6,995 (W GUPTA)
TEL. 07985 455 057

XYIISAF
£15,400 (X YUSAF)
TEL. 07985 455 057

SHIOABY
£4,000 ONO
TEL. 07828 695 464

SPIIRTY
£15,000 (SPORTY)
TEL. 07985 455 057

TAIIYRS
£1,500 (TAHYRS)
TEL. 07867 886 786

TYIISUF
£15,000 (T YUSUF)
TEL. 07985 455 057

WOIIVER
£6,500 (W OLIVER)
TEL. 07985 455 057

WKIIMAR
£15,000 (W KUMAR)
TEL. 07985 455 057

YIINES
£OFFERS (YOUNAS)
TEL. 07834 016 393

SHIOKET
£OFFERS T: 07754 852 402
no withheld numbers

STIIGGG
£20,000 ONO
TEL. 07786 510 000

TAI3BYS
£1,600 ONO
TEL. 07557 387 547

UAIIMAD
£10,000 (U AHMAD)
TEL. 07985 455 057

W2I JAS
£1,200 ONO
TEL. 07925 757 677

WMIILES
£7,500 (W MILES)
TEL. 07985 455 057

Y5IILMA
£4,000 ONO (SALMA)
TEL. 07969 598 969

SHIOKUT
£OFFERS T: 07754 852 402
no withheld numbers

SUR87IT
£1,500 (SURBJIT)
TEL. 07985 589 631

TA55LYM
£4,895 ONO
TEL. 07779 324 610

UDIIEEP
£7,000 (U DILEEP)
TEL. 07985 455 057

W33DDY
£5,000 ONO
TEL. 07779 994 695

WSIISAN
£7,500 (W SUSAN)
TEL. 07985 455 057

Y55ANA
£OFFERS
TEL. 07835 316 786

SHII AED
£1,000 TEL: 01274 414141
MON - FRI: 9-5.30

SYIISAF
£15,400 (S YUSAF)
TEL. 07985 455 057

TA55TEE
£5,000 T: 07740 784 983
privateplates@hotmail.co.uk

UKIIORD
£OFFERS
TEL. 07522 199 997

W33DY K
£5,000 ONO
TEL. 07779 994 695

WYIISAF
£15,400 (W YUSUF)
TEL. 07985 455 057

Y9 ALT
£30,000
TEL. 07525 817 453

SHII AFS
£1,500 TEL: 01274 414141
MON - FRI: 9-5.30

SYIISUF
£15,000 (S YUSUF)
TEL. 07985 455 057

TA55TYE
£5,000 T: 07740 784 983
privateplates@hotmail.co.uk

UMM444R
£4,995
TEL. 07707 747 776

W33NTD
£1,800 (WANTED)
TEL. 01202 877 038

WYIISUF
£15,000 (W YUSUF)
TEL. 07985 455 057

YAIIMAD
£10,000 (Y AHMAD)
TEL. 07985 455 057

SHIIAHZ
£6,000
TEL. 07921 576 971

TOYSR
£15,000 ONO
TEL. 07973 787 934

TA67 ETS
£6,000 ONO
TEL. 07908 472 121

UYIISAF
£15,400 (U YUSAF)
TEL. 07985 455 057

W4JLD
£1,995
TEL. 07954 389 874

X3 5INGS
£3,500 (SINGHS)
TEL. 07833 333 870

YAIIYAA
£15,000 (YAYYAA)
TEL. 07985 455 057

SHII ANY
£2,000 TEL: 01274 414141
MON - FRI: 9-5.30

TIIUCS
£OFFERS
TEL. 07581 169 231

TAHIR
£100,000 (TAHIR)
TEL. 07403 302 725

VOIIRAS
£2,000 (VOHRA)
TEL. 07867 886 786

W4KY R
£10,000
TEL. 07786 615 234

X 7BY X
£1,500
TEL. 07767 778 798

YEIICOM
£49,000 (YELL COM)
TEL. 07985 455 057

SHIIKEL
£4,999 ONO (SHAKEL)
TEL. 07863 845 709

TI4 REK
£OFFERS (TARIQ)
TEL. 07508 066 661

TBIIATT
£7,000 (T BHATT)
TEL. 07985 455 057

VOIIVER
£6,500 (V OLIVER)
TEL. 07985 455 057

W4LYT
£2,000
TEL. 07854 435 656

XAL IIX
£15,000
TEL. 07733 244 444

YDIIEEP
£7,000 (Y DILEEP)
TEL. 07985 455 057

SHII OBY
£1,000 TEL: 01274 414141
MON - FRI: 9-5.30

TI9 ARX
£OFFERS (TIGER X)
TEL. 07837 780 981

TDIIEEP
£7,000 (T DILEEP)
TEL. 07985 455 057

V 4RFN
£1,000
TEL. 07967 193 033

WAIIEEM
£15,000 (WAHEEM)
TEL. 07985 455 057

X BAIG
£50,000
TEL. 07947 979 777

YKIIMAR
£15,000 (Y KUMAR)
TEL. 07985 455 057

SHIIPER
£15,000 (SHIPER)
TEL. 07985 455 057

TILI 786
£1,500 ONO
TEL. 07974 179 156

TERIK
VALUED AT OVER £60K
TEL. 07739 413 695

V 44MJD
£850 ONO
TEL. 07803 012 253

WAIISHA
£9,000 (W AISHA)
TEL. 07985 455 057

X KO4SER
£OFFERS
TEL. 07811 146 312

YUIONES
£OFFERS T: 07754 852 402
no withheld numbers

SHIIYLA
£10,000
TEL. 07969 914 041

T44 RKK
£2,200 ONO
TEL. 07926 095 168

TJIIDGE
£15,500 (T JUDGE)
TEL. 07985 455 057

VAIIMAD
£10,000 (V AHMAD)
TEL. 07985 455 057

WAIITAD
£10,000 (WANTED)
TEL. 07778 881 126

X KIIAN X
£2,700
TEL. 07786 087 155

YVIIJAY
£10,000 (Y VIJAY)
TEL. 07985 455 057

SHI2ADH
£3,000 ONO
TEL. 07870 993 553

T444BYS
£995 ONO
TEL. 07886 606 431

TKIINGS
£14,000 (T KINGS)
TEL. 07985 455 057

VBIIATT
£7,000 (V BHATT)
TEL. 07985 455 057

WAH33OK
£2,500 (WAHEED K)
TEL. 07973 199 979

XKIIMAR
£15,000 (X KUMAR)
TEL. 07985 455 057

Y44SCR
£2,500 ONO
TEL. 07828 159 318

SHI2ANH
£3,000 ONO
TEL. 07870 993 553

T8WHD
£15,000 (TAWHEED)
TEL. 07842 955 147

TMIILES
£7,500 (T MILES)
TEL. 07985 455 057

VDIIEEP
£7,000 (V DILEEP)
TEL. 07985 455 057

RYIISUF
£15,000 (R YUSUF)
TEL. 07985 455 057

XMIILES
£7,500 (X MILES)
TEL. 07985 455 057

SHI3 MLA
£5,000+ (SHIMMLA)
TEL. 07973 165 474

T9RYK
£OFFERS
TEL. 07863 289 625

TRII HAD
£2,500 TEL: 01274 414141
MON - FRI: 9-5.30

VSIISAN
£7,500 (V SUSAN)
TEL. 07985 455 057

WAJ33D
£2,995
TEL. 07793 628 670

XSIIAKS
£4,500 (X SHAKS)
TEL. 07985 455 057

SH54ZHD
£5,725
TEL. 07802 183 450

TAIIATS
£1,500 (TALLAT)
TEL. 07867 886 786

TSIISAN
£7,500 (T SUSAN)
TEL. 07985 455 057

VYIISAF
£15,400 (V YUSAF)
TEL. 07985 455 057

WASIIF
£10,000
TEL. 07867 861 193

XXIO MAR
£OFFERS
TEL. 07928 473 771

5 NAS
£30,000
TEL. 07540 176 854

CHIIEFS
£20,000 ONO
TEL. 07786 615 234

PIINEM
£2,995 ONO (PUNEM)
TEL. 07305 700 800

ATT4H
£8,500 ONO
TEL. 07786 424 251

K7 PPA
£3,995 ONO
TEL. 07890 201 854

UK I IORD
£OFFERS
TEL. 07522 199 997

H4 SSB
£12,995 ONO
TEL. 07440 766 843

L99HOR
£OFFERS
TEL. 07850 706 930

YA55EEM
£75,000 ONO
TEL. 07887 837 553

J4 MEL
£15,000 ONO
TEL. 07870 496 535

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





£30,000 TEL. 07999 754 999



A84DLA £OFFERS TEL. 07522 173 297
AWAI5S £OFFERS TEL. 07522 173 297
F9TMA £OFFERS TEL. 07522 173 297
K4HN.V £OFFERS TEL. 07522 173 297
M44YAT £OFFERS TEL. 07522 173 297
S4FTR £OFFERS TEL. 07522 173 297
SHIFYK £OFFERS TEL. 07522 173 297

AI.2GGY £OFFERS TEL. 07522 173 297
AWIIAS.X £OFFERS TEL. 07522 173 297
FAIIZAM £OFFERS TEL. 07522 173 297
K4UR.X £OFFERS TEL. 07522 173 297
MAI4RYA £OFFERS TEL. 07522 173 297
S4JAO £OFFERS TEL. 07522 173 297
SIOOFYN £OFFERS TEL. 07522 173 297

AAI20MA £OFFERS TEL. 07522 173 297
AY55HAS £OFFERS TEL. 07522 173 297
FI2ANA £OFFERS TEL. 07522 173 297
K44HNY £OFFERS TEL. 07522 173 297
MAI4RYM £OFFERS TEL. 07522 173 297
S4TPL £OFFERS TEL. 07522 173 297
T4RAK £OFFERS TEL. 07522 173 297

AAI3EZA £OFFERS TEL. 07522 173 297
BI9 ACN £OFFERS TEL. 07522 173 297
FI2LAT £OFFERS TEL. 07522 173 297
KE55AR.B £OFFERS TEL. 07522 173 297
MAQ4DAS £OFFERS TEL. 07522 173 297
S500AAN £OFFERS TEL. 07522 173 297
T4SDK £OFFERS TEL. 07522 173 297

AA55HAD £OFFERS TEL. 07522 173 297
BAO.5HAN £OFFERS TEL. 07522 173 297
FI7RAN £OFFERS TEL. 07522 173 297
KA55YM.A £OFFERS TEL. 07522 173 297
MEIIZAN £OFFERS TEL. 07522 173 297
SAI4HYL £OFFERS TEL. 07522 173 297
T5PAN £OFFERS TEL. 07522 173 297

ABIIDLA £OFFERS TEL. 07522 173 297
BD5.7HUG £OFFERS TEL. 07522 173 297
HI6FSA £OFFERS TEL. 07522 173 297
KE55AR.J £OFFERS TEL. 07522 173 297
MUIIAMO £OFFERS TEL. 07522 173 297
SHO2ZEB £OFFERS TEL. 07522 173 297
TI6YUB £OFFERS TEL. 07522 173 297

AI3BYD £OFFERS TEL. 07522 173 297
BI6 KNY £OFFERS TEL. 07522 173 297
HI8SNS £OFFERS TEL. 07522 173 297
KE55AR.X £OFFERS TEL. 07522 173 297
NAI3ELZ £OFFERS TEL. 07522 173 297
SHIIEZD £OFFERS TEL. 07522 173 297
TI7LAT £OFFERS TEL. 07522 173 297

ADI4AAM £OFFERS TEL. 07522 173 297
CHI4RCO £OFFERS TEL. 07522 173 297
HAIIRUN £OFFERS TEL. 07522 173 297
KHO9KAR £OFFERS TEL. 07522 173 297
NAV330A £OFFERS TEL. 07522 173 297
SHIIFEK £OFFERS TEL. 07522 173 297
TA5IWAR £OFFERS TEL. 07522 173 297

ALIIMAH £OFFERS TEL. 07522 173 297
CHI4TAS £OFFERS TEL. 07522 173 297
HAI3EBB £OFFERS TEL. 07522 173 297
KIOMHL £OFFERS TEL. 07522 173 297
P44POO £OFFERS TEL. 07522 173 297
SHIIKOR £OFFERS TEL. 07522 173 297
TA54DAK £OFFERS TEL. 07522 173 297

ANIIAMS £OFFERS TEL. 07522 173 297
CH JAT £OFFERS TEL. 07522 173 297
JAI3ARZ £OFFERS TEL. 07522 173 297
KI5HVR £OFFERS TEL. 07522 173 297
RI4SYT £OFFERS TEL. 07522 173 297
SHIIMEM £OFFERS TEL. 07522 173 297
TA54WAR £OFFERS TEL. 07522 173 297

ANIIEEK £OFFERS TEL. 07522 173 297
DI4TAA £OFFERS TEL. 07522 173 297
JA55 KOR £OFFERS TEL. 07522 173 297
KKI. 2AYN £OFFERS TEL. 07522 173 297
RI7WAJ £OFFERS TEL. 07522 173 297
SHIISAD £OFFERS TEL. 07522 173 297
V3JEY £OFFERS TEL. 07522 173 297

ANIIQUE £OFFERS TEL. 07522 173 297
EI3RAR £OFFERS TEL. 07522 173 297
JA5.5NGH £OFFERS TEL. 07522 173 297
LI6AYD £OFFERS TEL. 07522 173 297
RAI3 KHN £OFFERS TEL. 07522 173 297
SHI3KHE £OFFERS TEL. 07522 173 297
W4SAB £OFFERS TEL. 07522 173 297

A.RI3MHN £OFFERS TEL. 07522 173 297
ESIIMYL £OFFERS TEL. 07522 173 297
JAIIBAR £OFFERS TEL. 07522 173 297
L4IIORE £OFFERS TEL. 07522 173 297
RAI3NWZ £OFFERS TEL. 07522 173 297
SHI3KHY £OFFERS TEL. 07522 173 297
WI4JYD £OFFERS TEL. 07522 173 297

ASIIWYN £OFFERS TEL. 07522 173 297
F8I2ANA £OFFERS (FARANA) TEL. 07522 173 297
JASS JAZ £OFFERS TEL. 07522 173 297
MI2NYR £OFFERS TEL. 07522 173 297
RAI4SHD £OFFERS TEL. 07522 173 297
SHI4KEL £OFFERS TEL. 07522 173 297
X.I5AH.X £OFFERS TEL. 07522 173 297

ATIIQUE £OFFERS TEL. 07522 173 297
F8RHN £OFFERS TEL. 07522 173 297
KI55HYF £OFFERS TEL. 07522 173 297
M42RUF £OFFERS TEL. 07522 173 297
S3I ACN £OFFERS TEL. 07522 173 297
SHI4KYL £OFFERS TEL. 07522 173 297

Asian Express NEWSPAPER
DO YOU WANT TO ADVERTISE YOUR BUSINESS IN THE ASIAN EXPRESS
Contact Nadim to discuss various pricing packages
Email:
nadim@asianexpress.co.uk

Fastrack Solutions Ltd TAXI HIRE CLAIMS
fastrack claims
AS SEEN ON TV
HOW MUCH IS YOUR REFERRAL WORTH?
Refer a non-fault taxi hire claim to us & we will pay you up to £3000!
"All our Charges are paid by the insurer's of the Person at fault"
PLUS
• Client keeps 100% compensation (No Deductions)
• Taxi replacement vehicles provided within 3 hours
• Free 24 hour recovery & storage
633 Halifax Road, Liversedge, West Yorkshire, WF15 8HG,
FREEPHONE
0800 195 9939
07977 317 760 | 07394 123 123
www.fastracksolutions.co.uk

PUBLIC NOTICE

NOTICE OF APPLICATION FOR GRANT OF PREMISES LICENCE UNDER THE LICENSING ACT 2003

Amar Choudry applied to City of Bradford Metropolitan District Council on 24th February 2020 for a licence to use the premises at 31 Whetley Lane, Bradford, BD8 9EH for late night refreshments. Proposed Hours of Operation are 11am - 2am.

Representations should be made in writing to Licensing Team, Argus Chambers, Hall Ings, Bradford, BD1 1HX by 24th March 2020

Persons wishing to inspect the Licensing Register may do so at the above address between the hours of 09.00 – 17.00 Monday to Thursday and 09.00 – 16.30 Friday.
It is an offence to knowingly or recklessly make a false statement in connection with an application which carries an unlimited fine.
27/02/2020

CAR MECHANICS

TYRE TRAX
(BRADFORD LTD)
www.bradfordtyres.co.uk
Mon - Sat 8am - 530pm
Sunday Closed
01274 741444 AA All AA Warranty work undertaken
• TYRES
• WHEEL BALANCING
• PUNCTURES
• BATTERIES
• MOT REPAIRS
• SERVICING
• EXHAUSTS
• CLUTCHES
ALL AUTO ELECTRICAL WORK UNDERTAKEN

SPIRITUAL HEALER

SEIKH MUHEET
International Spiritual Healer, Clairvoyant, Roqyah and Psychic
Let me destroy your problem before it destroys you.
Seikh Muheet spiritual healer with many abilities and gifted power can help solve all kinds of problems, love, relationship problems, business difficulties and many more.
07519 742 893

ESTATE AGENTS

go go Real Estate
For all your Sales, Lettings and Management Requirements
203 Harehills Lane, Leeds LS8 3QH
tel: 0113 248 4420 email: info@gogorealestate.co.uk
web: gogorealestate.co.uk

INDEPENDENT FINANCIAL ADVISOR

Mandy Ojla
Independent Mortgage Advisor
Based in Leeds
T: 07856 315 287
mandy.ojla@beneficial-mortgages.co.uk
• Mortgages • First Time Buyers • Remortgages
• Equity Release Protection • Bridging Loans • Commercial Finance
Mandy Ojla FCA number 825359 is an appointed representative of Beneficial Life (London) Ltd, which is authorised and regulated by the Financial Conduct Authority. Registered in England and Wales, registration number 09903981. Your home may be repossessed if you do not keep up repayments on your mortgage.

PRIVATE HIRE TAXIS

PREMIER
Putting Our Customers 1st Is Our Priority
That's Why We're PREMIER
No1 For Service - Ring Back On Arrival
24 Hours - No Call Out Charge - Cheapest First Mile
400 Vehicles To Cover All Of The Leeds Area,
From Cars to 16 Seat Minibuses
We Will Beat Any Genuine Quote For Airports & Contracts
0113 288 8855 / 0113 269 5048
Head Office, 350 Harrogate Road, Leeds, LS17 6QB

VEHICLE REPAIR CENTRE

JR Accident Repair Centre Ltd
Established 1984
All vehicle services and approved bodyshop
t: 0113 235 0460
f: 0113 235 0336
email: info@jrautobodies.co.uk
web: www.jrautobodies.com
MOT Point
VEHICLE SERVICE CENTRE
WESTMINSTER INSURANCE
Approved Repairer

Fastrack Solutions Ltd TAXI HIRE CLAIMS
HOW MUCH IS YOUR REFERRAL WORTH?
Refer a non-fault taxi hire claim to us & we will pay you up to £3000!
AS SEEN ON TV
"All our Charges are paid by the insurer's of the Person at fault"
PLUS
• Client keeps 100% compensation (No Deductions)
• Taxi replacement vehicles provided within 3 hours
• Free 24 hour recovery & storage
633 Halifax Road, Liversedge, West Yorkshire, WF15 8HG,
FREEPHONE
0800 195 9939
07977 317 760 | 07394 123 123
www.fastracksolutions.co.uk

KBW Boxing & Fitness sponsors SPORT
Sponsored by BMS Fortune Cookie DEWSBURY Al-Murad Tiles FRANKIE'S BURGERS • PERI PERI • SHAKES



25 Marathons in 25 days!



Architect takes on the challenge of running 26.2 miles daily for cancer charity



An architect from Oxford has taken up the challenge of running 25 marathons in 25 days to raise money for the cancer patients in Pakistan.

Saeed Khan is running the distance of a marathon (26.2miles/42KM) around the streets of Oxford every day, to raise funds for the Shaukat Khanum Hospitals in Pakistan.

His challenge began on Wednesday the 26th February and will see him pace 26.2 miles daily up until Saturday 21st March.

Despite partaking in running and trekking events before, this is a huge challenge for him since he has never before run two marathons consecutively.

His inspiration to help came in last year when Saeed visited the Shaukat Khanum Memorial Cancer Hospital (SKMCH) in Lahore with the Imran Khan Cancer Appeal (IKCA) team.

Moved by meeting cancer patients, many of whom were children, and witnessing the care the doctors and nurses were providing, he vowed to raise awareness for IKCA when he got back home.

Mr Khan said: "I took up running five years ago when I lost around 30kg in weight. Running is part of my life now.

"In Pakistan I witnessed the amazing work being done - 75 per cent of patients are treated free of charge.

"Since the hospital was set up 25-years-ago, thousands of lives have been saved. Since there is no help from the government of Pakistan, all proceeds are from the general public.

"I'm delighted to be raising awareness of the IKCA, and encourage people to help me raise funds for them. I will be extremely thankful for the support of Asian Express readers."

You can donate via Seed Khan's fundraising page: bit.ly/387t9RC

"I'm delighted to be raising awareness of the IKCA, and encourage people to help me raise funds for them. I will be extremely thankful for the support of Asian Express readers."



Victorious!

Daring trekkers from Bradford conquer Pakistan's killer mountain 'Nanga Parbat'

A team of 26 trekkers from Bradford and other cities decided to take on the challenge of a lifetime - hiking to the base of the notorious "killer mountain" Nanga Parbat in Pakistan.

The team comprised of a mix of men and women with the youngest just 14-years-old.

As well as conquering the killer mountain they also hiked to Rush Lake - the highest alpine lake in Pakistan and Rush Peak - a mountain in the Karakoram range nestling at an altitude of 5,098m.

Their mission was to raise awareness and funds for the free cancer-treatment hospital Shaukat Khanum in Lahore.

Built over 25-years ago by the now Prime Minister Imran Khan, inspiration for setting up a free-treatment cancer hospital followed after the death of his own mother Mrs. Shaukat Khanum who succumbed to cancer in 1985.

During his mother's illness, Imran Khan witnessed the plight of poor cancer patients in Pakistan's hospitals, and deeply felt the need for a specialised cancer centre in his country. He had a vision of making cancer treatment accessible to every Pakistani who needed it.

Ikhlaq Ahmed, Manager of the U.K. registered charity, Imran Khan Cancer Appeal said: "We are really pleased to have been able to complete the challenge in Pakistan this year.

"Not only is this year the 25th anniversary of the Lahore facility opening, but also trekking in Pakistan for such a worthwhile cause whilst exploring and showcasing the beauty of this resilient and naturally well-endowed country was another purpose of the challenge.

"We look forward to arranging more trips for overseas Pakistanis in the years to come and hope that our inaugural challenge in Pakistan will be a source of inspiration for many more supporters to come forward and join us on future treks."

Last year, the Imran Khan Cancer Appeal undertook their first overseas challenge to Everest Base Camp (EBC) and the team raised a

sum in excess of £60,000 with a further £61,000 raised by a Leicester couple - Nasreen and Sajjad Khan, who returned from the EBC challenge to organise a spectacular fundraising event for the charity.

This year's group have undertaken to raise individual targets using various methods of fundraising; from organising family and friends picnics to one woman from Bradford (Aliya Darr) baking as many as 2,000 cupcakes in Ramadan and raising more than £13,000 by her own efforts.

Such sums go a long way to paying for the treatment of cancer patients at the Shaukat Khanum cancer hospitals and we are optimistic that this larger group, having visited the hospital for themselves, will go on to be lifetime ambassadors of the charitable cause and raise more funds for the cancer hospital in the weeks and months to come.

A team member from Leeds Halima Nawaz said of the trek: "This trek was a challenge for all of us. We were camping in the wilderness, with the night beside Rush Lake being the coldest.

"But with all the challenges of the mountains, glacier walking and







contending with the harsh elements, we reminded ourselves of our purpose every morning in our daily prayers; that we are here by choice and that we are blessed with health. None of our struggles compare to those who need cancer treatment but cannot afford it."

"As a British born Pakistani, I am so proud to have my roots in a country that has someone as inspiring as Imran Khan as its leader - someone who has devoted his entire life to public service.

"Politics aside, we all need to do our part in supporting the philanthropic path he has paved for us.

"We must uplift and support those in need, and the Shaukat Khanum hospitals are a source of hope for the weak. I hope that more and more people become advocates of this cause and raise awareness and much needed funds to ensure its longevity."

Ikhlaq Ahmed added: "We would like to thank Hussain Balti, leader of K2 Treks and Tours Pakistan, who led the U.K. team to Nanga Parbat Base Camp."

If you are interested in outdoor treks and challenges or have an idea on fundraising for the cancer hospital, get in touch with info@ikca.org.uk.





Naseem Shah becomes youngest bowler to take a Test hat-trick

Teenager Naseem Shah bowls like the wind. The Pakistan pacer carved out his own little piece of history by becoming the youngest bowler at age 16 - just days before his 17th birthday, to take a Test hat-trick as the hosts closed on victory over Bangladesh in Rawalpindi.

Achieving the feat against Bangladesh, he shattering the previous record held by Bangladesh's leg-spinner Alok Kapali, who was 19 when he claimed three consecutive scalps, curiously enough against Pakistan in Peshawar in 2003.

Naseem was on the fourth ball of his seventh over when he trapped Najumul Hossain Shanto lbw with Bangladesh on 124-2 at the time. The scoreboard was about to look a lot more attractive for the hosts in Rawalpindi as the youngster repeated the feat to dismiss Taijul Islam lbw.

Naseem, who made his name when he got into the squad for Pakistan's tour of Australia last year, has already been in the headlines as he is also the youngest fast bowler to take five wickets in a Test innings. He achieved that feat at 16 years and 307 days against Sri Lanka in Karachi last year.

Having already accounted for Saif Hassan, Naseem finished the day with impressive figures of 4-26.

At stumps, Bangladesh were still 86 runs in arrears to avoid an innings defeat with four wickets. Pakistan will be looking to close out the game on Day 4 on Monday with Bangladesh on 126-6 in reply to Pakistan's 445. In the first innings, the visitors could only manage 233.

"It was an outstanding second spell by Naseem ... and I really enjoyed watching him bowling in the field," Pakistan batsman Babar Azam said. "The best thing about Naseem is that he bowls according to the plan and he's learning fast."

Pakistan made 445 with Babar Azam (143) and Shan Masood (100) hitting tons.

Region's police scrum down

The four police forces across Yorkshire and the Humber are uniting at a truly 'grass root' level.

They have brought together their skills on the pitch to create the first ever Yorkshire Combined Police Rugby Union Football Club.

Comprised of officers from Humberside, North, South and West Yorkshire, the team will play their first match on 4th March 2020 against North Wales Police.

The players have now been presented with their new kit, by the Chair of the club, West Yorkshire Police Assistant Chief Constable, Tim Kingsman.

The black shirt featuring a 'thin blue line' promotes the local community group Project 14, which aims to raise funds and awareness for mental health charities.

The club is purely member funded and all involvement is during the officer's own personal time. Mr Kingsman said:

"Yorkshire is known to have a real affinity with rugby and is a sport, which is rooted within our traditions and communities.

"We really wanted to represent that strong connection we have with the people we serve, whilst showcasing the dedication and commitment among our ranks.

"We already work in close collaboration with neighbouring Forces across a number of different policing activities and coming together in this way is simply further cementing those strong relations.



"The subject of mental health and wellbeing also remains high on the national agenda and is something that we all proactively work to address across the service.

"We are therefore proud to be able to use our club to promote awareness of Project 14 for what is an incredibly important subject.

"Now we have established this squad, we hope to build further upon it and bring more success to the region."



Blackbelt for samurai sword-yielding teen who makes history



Whether it is used in sparring or forms, learning an armed martial art are an impressive show of skill.

Samurai sword-yielding Fatiha Begum has made history by becoming the youngest Muslim schoolgirl to achieve a Blackbelt in Kobudo Jutso - the ancient Japanese discipline training in weapons.

But for this gritty 13-year-old, already a Blackbelt in Kickboxing and a Brownbelt in Muay Thai, securing a prestigious Blackbelt in Weapons Stage 6 means she's the first person from Oldham to achieve such an honour in its 40-year history.

The development of weaponry skills is often the next step taken after a martial artist feels they have advanced to a certain point or even mastered a particular fighting style.

So for Fatiha Begum, star student at the popular DEMAA Martial Arts Academy based in central Oldham, this was something she really, really wanted to achieve.

Speaking to Asian Express, Fatiha says: "Adding weapons has been great for gaining additional expertise and adding further discipline into my training routine.

"It has been really hard work, but I love training in the martial arts and now I've made it!

"I'm the first ever student from the academy to reach 1st Dan in Kobudo Jutso.

"I thank my instructor and my most of all my dad - I couldn't have achieved this without all his support and encouragement."

Extremely proud dad Shiblu said: "Fatiha has worked and trained so very hard since taking up martial arts at DEMAA seven years ago.

"She initially took it up to help with self-control and because she'd suffered some bullying at school.

"Now she competes in tournaments all over the United Kingdom."

DEMMA Martial Arts Academy's Grandmaster Soke Dr Dave Terry PhD said: "It's the first ever grading of it kind for our academy.

"This is a great moment for us all who is associated with the club. Fatiha's dad equally deserves credit."

