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THE INDIAN



“Small food outlets in Bradford have faced abuse over remaining open during the coronavirus pandemic.”

Takeaway's play essential role



With most of the nation living under the government-imposed lockdown, Asian takeaway's have been called upon to “up their game” and continue serving the people.

The government's guidelines state food delivery and takeaways can remain operational during the coronavirus pandemic.

This covers the provision of hot or cold food that has been prepared for consumers for collection or delivery to be consumed, reheated or cooked by consumers off the premises.

But amidst the chaos, a number of takeaway owners from Bradford have approached Asian Express saying they're facing a barrage of abuse for not shutting down and self-isolating.

As COVID-19 approaches the fast growth part of the upward curve, the scare of spreading coronavirus or contracting are understandable. However, the risk of picking up the virus from supermarkets, the packaging their food comes in or through home deliveries is extremely low.

The NHS website's coronavirus page says: "It's very unlikely it can be spread through things like packages or food." The key thing to remember is that the biggest risk of transmission is from person to person, which is why social distancing measures are vital in slowing the spread.

Viruses - unlike bacteria - do not survive well outside the body. The virus cannot replicate or produce more copies of itself on food.

Continued on page 10

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

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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

Prince Charles tests positive for COVID-19 but symptoms are mild



“He has been displaying mild symptoms but otherwise remains in good health and has been working from home throughout the last few days as usual.”

Prince Charles, 71, has tested positive for coronavirus, Clarence House has confirmed.

The prince is said to be up and about and not bedridden.

A Clarence House spokesman said: “He has been displaying mild symptoms but otherwise remains in good health and has been working from home throughout the last few days as usual.

“The Duchess of Cornwall has also been tested but does not have the virus. In accordance with Government and medical advice, the Prince and the Duchess are now self-isolating at home in Scotland.

“The tests were carried out by

the NHS in Aberdeenshire where they met the criteria required for testing.

“It is not possible to ascertain from whom the Prince caught the virus owing to the high number of engagements he carried out in his public role during recent weeks.”

Concerns for the heir apparent were raised last week when Prince Albert of Monaco became the first royal to test positive for the disease.

They had been at the same event in London at the beginning of March.

Charles’s last public engagement was 12 March, but he has had a number of private meetings since

then, with Highgrove and Duchy individuals, all of whom have been made aware.

The Royal Family had been taking precautions and following government advice since the outbreak of coronavirus in the UK. Prince Charles has not seen the Queen since 12th March.

A Buckingham Palace spokeswoman said: “Her Majesty The Queen remains in good health.

“The Queen last saw The Prince of Wales briefly after the investiture on the morning of 12th March and is following all the appropriate advice with regard to her welfare.”



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'Terrifying'

British doctors and health workers throughout the UK have voiced alarming concerns about a lack of sufficient Personal Protective Equipment (PPE) to deal with possible coronavirus patients, potentially exposing themselves and putting vulnerable patients at risk.

A junior doctor working at a North West hospital told the Asian Express he felt "terrified" for his colleagues on the of the lack of Personal Protective Equipment (PPE) available for carers.

"Last week I've been working 13-hour on-call shifts, and over the last few days have been almost completely been handling cases in the respiratory ward," says the doctor who did not wish to be named.

"I can confidently say that I've most definitely been in contact with COVID-19 over this weekend.

"My PPE? Well, its my scrubs, a plastic apron, a standard surgical mask and gloves. The surgical masks we were given do not seal around the mouth, and so it doesn't really provide any safeguarding.

"I'm young and healthy – but am very concerned for the welfare of my colleagues," says the young medic.

He adds his concern for not being adequately protected: "Even if the people we're in contact with don't show any symptoms of COVID-19, it doesn't mean they don't have it. We could be walking around with the virus without anyone knowing.

"It's exceptionally disconcerting

when one thinks about the risks of infecting other patients with a disease that potentially could make them very, very sick."

Medics battling the coronavirus outbreak said they feel like "lambs to the slaughter" without proper protection equipment.

In an open letter to the Sunday Times from almost 4,000 NHS workers, they called on the Prime Minister to "protect the lives of the life-savers" and resolve the "unacceptable" shortage of protective equipment.

Emergency response professionals have explained that a lack of medical equipment is exactly the type of stress on the healthcare system that could launch COVID-19 from a

manageable virus to a national crisis.

On Monday, Health Secretary Matt Hancock admitted there have been "challenges" with the supply of personal protective equipment (PPE) to frontline NHS staff.

Hancock said the armed forces were being drafted in to help distribute PPE supplies to the health service, amid reports that a number of medics are seriously ill after

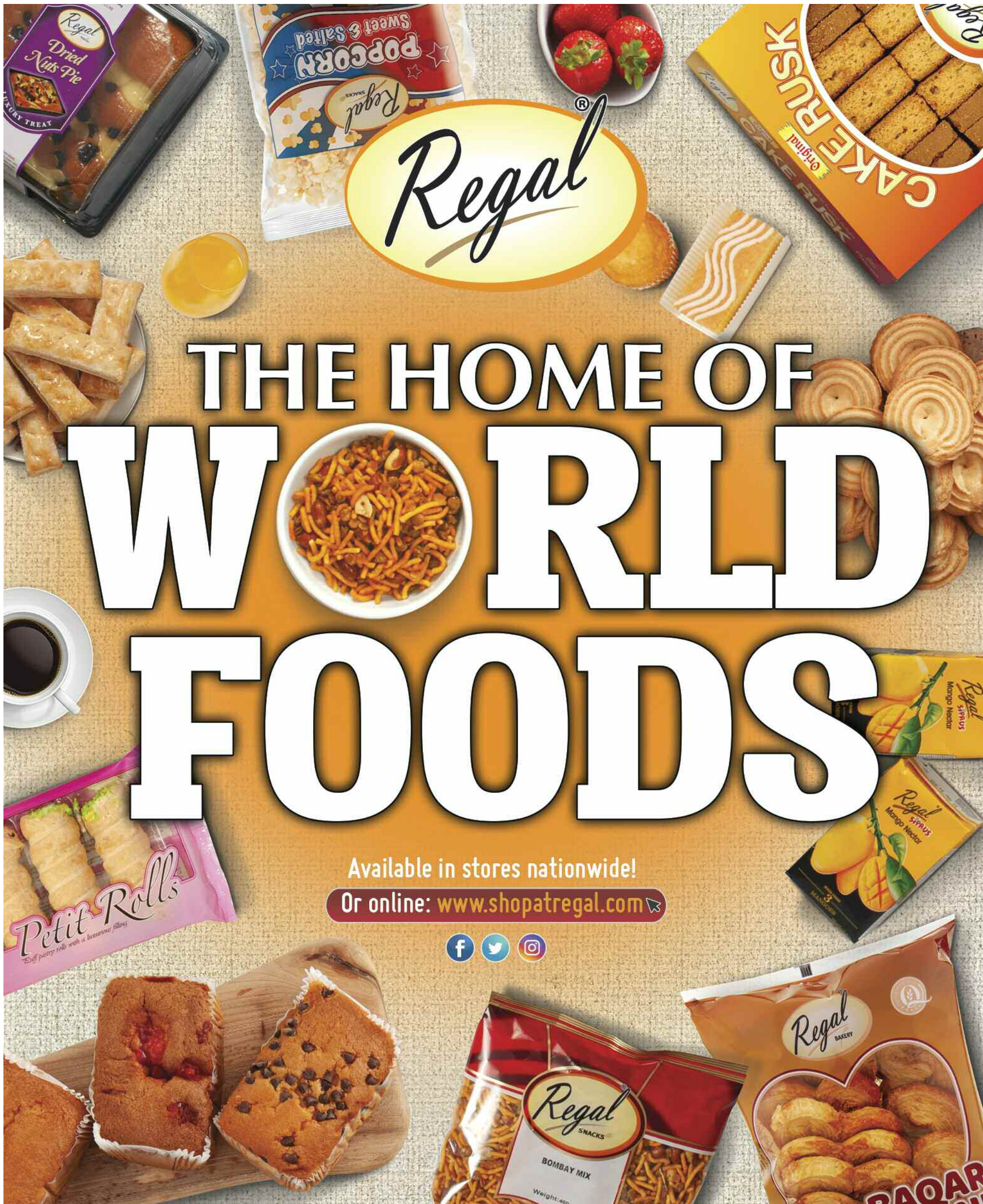
becoming infected with Covid-19.

On Sunday a young nurse with no underlying health issues is critically ill in intensive care after contracting coronavirus.

Areema Nasreen, 36, who was described as "normally fit and healthy" is now on a ventilator at Walsall Manor hospital in the West Midlands where she has worked for 16 years.

Doctors alarmed on lack of protective kit for dealing with COVID-19

"Even if the people we're in contact with don't show any symptoms of COVID-19, it doesn't mean they don't have it. We could be walking around with the virus without anyone knowing."



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New Islamic burial guidance

Bradford's CfM announces details of coronavirus Muslims funerals



The Council for Mosques (CfM), has been working diligently with Bradford council, the hospitals and the coroner's office to ensure that burial procedures for patients who pass away from COVID-19 are sensitive to Muslim faith burial practices.

"Further to some serious concerns raised by the community about Muslim funerals, it's understandable that people are anxious," says Zulfi Karim, President for CfM.

"Contrary to claims widely shared on social media about the deceased being cremated, I'd just like to reassure our Muslim brothers and sisters that the government's emergency bill was amended to make allowance for Islamic burials.

"There has also been speculation that Bradford would not be able to provide burial space for Muslim deceased within the graveyard. That is incorrect. The CfM currently has space for up to 1000 graves.

"Of course, this goes without saying that we don't want to be in a position to be filling up those graves.

"Our focus should entirely be on safeguarding ourselves and our loved ones so

we don't have to bury them in the first place.

"We urge our communities to follow self-isolating and social distancing guidelines.

"South Asians are particularly vulnerable as many of us have elders that live with us - we must do everything we can, including placing those vulnerable in strict quarantine to ensure they remain safe during the coronavirus pandemic."

The CfM yesterday announced burial guidelines for those who succumb to the coronavirus.

Mr Karim added: "We understand these procedures will be very difficult, but we are having to take them to prevent the further spread of the virus and more deaths.

"These procedures are in line with Government guidance. We have done our utmost to ensure that the burial is according to Islamic practices and with the highest regard for the dignity of the deceased. This policy will take immediate effect from Thursday 26th march 2020."

The current arrangement is subject to change from national and government agencies, Asian Express will keep you updated.

New guidance for Muslim burial

- If there is a COVID-19 death in hospital, the doctor will issue the death certificate. The deceased will be placed within a body bag and conveyed to the mortuary by the mortuary staff only.
- COVID-19 death at home - The Funeral Director will contact the coroner to determine the cause of death. The body will be moved to the hospital mortuary so that the coroner can carry out the test. This could take a couple of days. The body during this time unfortunately will NOT be accessible to the family.
- In all situations the funeral director will make all the necessary arrangements.
- The Funeral Director will attend with Personal Protective Equipment (PPE) and collect the deceased.
- The Ghusl will be carried out by trained staff (brothers for male deceased & sisters for female deceased) wearing PPE ensuring dignity and respect at all times. The deceased will be placed in a body bag and then into a coffin. The coffin will be wiped down with appropriate disinfectants for handling.
- The coffin will be taken to Scholemoor Cemetery where the Janazah will be performed.
- All Janazahs will take place at Scholemoor Cemetery.
- There should be no more than ten people attending the Janaza.
- The congregation for the Janazah Prayer will be led by an Imam and will stand two metres apart - hand shaking or hugs will not be permitted due to the possibility of transmitting the virus which could lead to more deaths.
- The burial will be according to Islamic practices. CFM's Cemetery staff will fill the grave with soil.
- Please remember it is likely that immediate family members will be in isolation if the cause of death is COVID-19. If any family member was in contact with the deceased, they and their family will not be allowed to attend the Janazah prayer.



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The Prime Minister Boris Johnson has tested positive for coronavirus.

He was last seen in public outside No 10 clapping as part of the nationwide gesture to thank NHS staff on Thursday 26th March.

Mr Johnson, 55, said he developed mild symptoms over the past 24 hours, including a temperature and cough.

He was tested on the personal advice of England's chief medical officer, Professor Chris Whitty, Downing Street said.

In a video on his Twitter account, Mr Johnson said: "I'm working from home and self-isolating and that's entirely the right thing to do.

"But, be in no doubt that I can continue thanks to the wizardry of modern technology to communicate with all my top team to lead the national fightback against coronavirus.

"I want to thank everybody involved and, of course, our amazing NHS staff.

"So thank you to everybody who's doing what I'm doing, working from home to stop the spread of the virus from household to household," he added.

"That's the way we're going to win."

A Downing Street statement said: "He will still be in charge of the government's handling of the crisis".

Earlier this week, the prime minister's spokesman said if Mr Johnson was unwell and unable to work, Foreign Secretary Dominic Raab, as the first secretary of state, was the selected minister to stand in.



PM Boris Johnson tests positive for coronavirus

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“Small food outlets in Bradford have faced abuse over remaining open during the coronavirus pandemic.”

“It’s these very same takeaways that will bring food to your door when an entire household is on limited food supplies.”



Takeaway's play essential role

Cover story continued

Sajad Hussain of Adams Fast Food Supplies says: “In a time when unnecessary social interaction is discouraged, food delivery outlets play a pivotal role.

“We’ve been approached by many takeaway owners who reiterate a sense of confusion as to what the guidelines are in operating takeaways. Many have just had horrific abuse for remaining open. That’s terrible and it has to stop.

“At Adams we have implemented a policy across the whole group and have a dedicated Covid-19 Response Team to advise our customers.

“No matter what, even if we run at a loss - we will remain open. We are committed to supplying products the nation needs during this turbulent period.”

“If you take a look at Germany, Italy and Spain, they have become

almost completely reliant on takeaways and delivery services to get food to them.

“UK is also headed that way. Just as food supplies are disrupted, demand is expected to increase.

“It’s these very same takeaways that will bring food to your door when an entire household is on limited food supplies or if your entire family is self-isolating.

“Instead of slamming these businesses, we need to support them. The ones who remain operational have already adapted their practices to reassure customers of hygiene standards.

“The important thing to remember is social distancing. When collecting wait outside if the outlet has two people inside. Pay contactless wherever possible. Deliveries could be left at people’s doors if already paid for by card.”

Guidance for food businesses can be found by visiting <https://www.gov.uk>

What you need to know about coronavirus and food

- It is very unlikely that you can catch coronavirus from food.
- COVID-19 is a respiratory illness. It is not known to be transmitted by exposure to food or food packaging.
- The World Health Organisation advises that the likelihood of an infected person contaminating commercial goods is low. The risk of catching the virus that causes COVID-19 from a package that has been moved, travelled, and exposed to different conditions and temperature is also very low.
- While food packaging is not known to present a specific risk, efforts should be made to ensure it is cleaned and handled in line with usual food safety practices.

• Cleaning should be in line with food hygiene practice and the environmental controls set out in the business’ HACCP. Staff should continue to follow existing risk assessments and safe systems of working. No additional precautions need to be taken.

• Any food handler who is unwell should not be at work. If they have symptoms, they should follow government advice and stay at home.

• Although it is very unlikely that coronavirus is transmitted through food, as a matter of good hygiene practice anyone handling food should wash their hands often with soap and water for at least 20 seconds. This should be done as a matter of routine, before and after handling food, and especially after being in a public place, blowing their nose, coughing, or sneezing.

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Forced cremations



Muslim and Jewish leaders raised alarms that the coronavirus bill will interfere burying their deceased. Concerns were that cremation could be used in contravention to deeply-held religious beliefs and traditions.

The bill covers many areas, including powers in relation to transportation, storage and disposal of dead bodies.

But growing anxieties around the coronavirus bill, which grants the government powers to force cremate those who die from the COVID-19, led Jewish and Muslim leaders to lobby for an amendment.

Matt Hancock, the Health Secretary, confirmed on Monday 23rd March that the Government's emergency legislation had been amended to ensure that the beliefs of faith communities were respected.

Coronavirus bill amended to protect Muslim and Jewish burials

Under Part 3 of schedule (27), which is titled "power to direct local authorities etc", new lines have been added.

It states: "Local authorities and the appropriate national authorities must have regard to the desirability of disposing of a dead person's body or other remains, in accordance with the person's wishes, if known, or otherwise in a way that appears consistent with the person's religion or beliefs, if known."

Under the section dealing with state authority in relation to

transportation, storage and disposal of dead bodies, the legislation stated that: "Personal choice for body disposal will be respected as far as possible."

As it was, the bill formerly would have given officials the ability to override the religious beliefs of the deceased and their survivors in regard to the treatment of their body after death.

The Board of Deputies of British Jews President Marie van der Zyl had called on the government to respect religious traditions on

cremation and burial.

Of the bill's amendment today she expressed her gratitude, saying: "We would like to extend our deep and sincere thanks to the Government for working with us to amend this legislation, to protect the final wishes and religious freedoms of the deceased. There could be few things more sacred."

Marie added: "In particular, we are grateful to Health Secretary Matt Hancock, Communities Secretary Robert Jenrick, Paymaster General Penny Mordaunt,

Communities Minister Simon Clarke and the Prime Minister's Special Envoy for Freedom of Religion and Belief, Rehman Chishti, for acting speedily to address the concerns raised by Jewish and Muslim communities.

"Our thanks go also to Naz Shah MP for her own proposed amendment, and to Wes Streeting MP, Co-Chair of the APPG on British Jews for their close communication with us throughout the Bill process.

"This has been an inspiring example of interfaith solidarity and responsive government. It shows, even in these difficult times for our nation, why we have so much reason to be proud of this wonderful country."

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Bradford launches urgent appeal

Bradford Hospitals' Charity has launched an urgent appeal for the public to support the city's hard-working NHS hospital staff through the COVID-19 crisis.

The NHS Hospital Heroes Appeal launched to raise money for staff across Bradford Teaching Hospitals NHS Foundation Trust and to encourage the public to show their support.

Members of the public are asked to donate to a crisis fund, which will be used to buy items and services for staff to help

them through the weeks and months ahead.

Max Mclean, Chair of both Bradford Teaching Hospitals and Bradford Hospitals' Charity, said: "The COVID-19 pandemic has placed immense pressure on NHS services in Bradford and beyond, with staff across our hospitals working around the clock to care for patients.

"Staff in every area of the hospital are working hard – from the front line to the back-office. They have families, just like you, who they must leave behind to keep our NHS working for

everyone. Not only have they risen to the current challenge, but they are also busy preparing for even worse to come.

"We know we have very tough times ahead but we will continue to come to work and put patients first. But we need your help now, more than ever before.

"Please do what you can to help our staff, so they can help you."

The public can support the NHS Hospital Heroes Appeal via our Just Giving page at www.justgiving.com/campaign/BTHFTCovid-19.

£10 could pay for a comfort pack for staff having to stay overnight at short notice.

£20 could pay for a return taxi to work so that a member of staff does not need to use the bus.

£50 could stock a snack area for staff working long hours.

£100 could pay for a hotel room for staff needing to stay close to the hospital or isolate from their families to keep working.

£1,000 could pay for a hydration station to remain fully stocked with drinks and snacks for a ward for an entire month.



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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.



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."

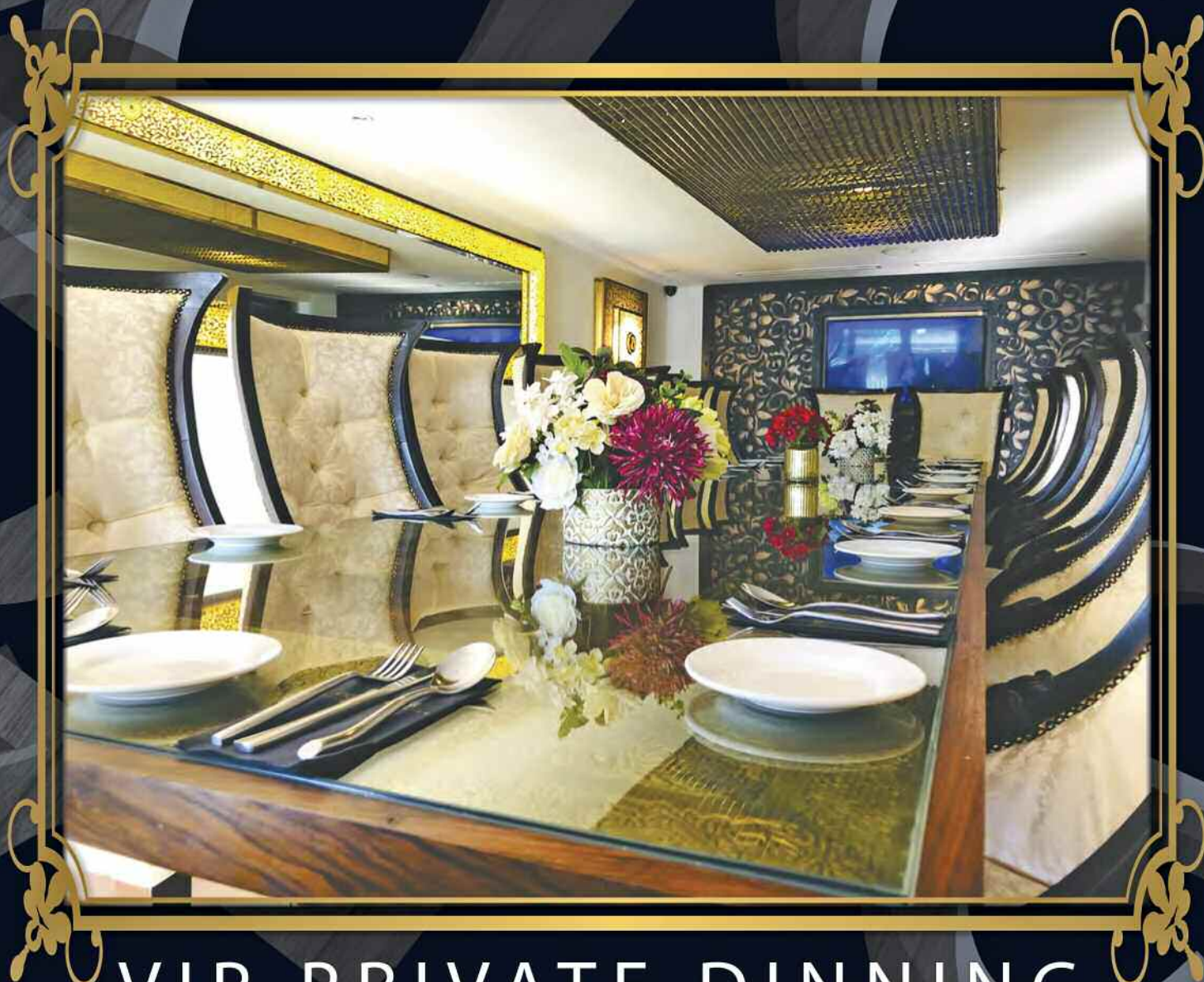


Nissan's UK factory closed until further notice

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."

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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,

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



"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!"

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."

"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.

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Wok's up Yorkshire

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

Franchise owner Khurum Akhtar

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



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

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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.

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OPINION: "Government bailouts are all smoke and mirrors."

So here's the thing.

If you listen to Boris Johnson, he's already giving the glory talk.

A talk to engender positivity and confidence in the government's ability to conquer this terrifying coronavirus and how efficiently they will do it... provided we all do EXACTLY as we're told.

All this 'can-do', gee-ing up the country with positivity and hope is fair enough...except for one sinister thing...

At NO point have the government given us ANY positivity, hope or confidence about the coronavirus itself. Instead, we are being fed one message: FEAR DEATH

It's no wonder the country has gone into a frenzied panic buying, scrapping over bog roll nation. It is a survival mechanism. Our most fundamental and primitive function is to survive and our primary purpose has been constantly put under threat being pumped with this continuous fear.

Of course we will comply. People think we're all gonna die if we don't! They have us by our short and curls.

However, at least 80% of us probably won't even know we've had it!

Why isn't the government providing us with a positive picture of the virus itself and showing us all those who have recovered, even those who tested positive yet who's symptoms were so mild they didn't even think they had it?

No, instead it's death, death, death, fear, fear, fear.

Why didn't they protect the at risk groups immediately as soon as they knew of it's killer potential to these people?

No... we waited and put the whole country under house arrest.

We could have ring-fenced this and saved the devastating fall out we are just about to enter.

This is going to be far worse a disaster than the virus itself.

The economy has collapsed and in about 2-3 months the reality will kick in. Most people will have nothing and will not be able to survive.

Government bailouts are all smoke and mirrors.

On the surface it appears to present a solution, but for those who attempt to access it are faced with the most unreasonable and unacceptable conditions and clauses that hurtle people's personal circumstances into the lions den. It is a non-starter.

If there's one thing that the government must do to help people out of this unprecedented survival frenzy it is this... guarantee our survival.

Disaster funds MUST be unconditional. The global giants should have a duty to step in and provide support.

People have lost business, jobs, livelihoods and the government is giving little light at the end of the tunnel.

Right now everybody needs to be guaranteed relief on heat, light, water, shelter and food and all bank charges should be suspended.

That's the top and bottom of it. Please don't tell me it's not that simple.

There is plenty of money to support and keep everyone safe and ensure we all survive but it's the distribution of wealth that is so skewed. The Richard Branson's of this world are sitting pretty on their stashes of cash that have been built up by the hard work of the people he has just doled out their death warrants to. I cannot get my head round this.

If the government really care about each and everyone one of us and want to ensure our survival they must do things differently.

They have the powers to take from the rich. This MUST be done.

Pension funds have already diminished by 30% but the richest's wealth is still abundant.

Is it unfair to demand a percentage of the wealthiest of wealth to help save our people?

This is uncharted territory and what we thought would be impossible has happened. The whole world has ground to a halt. What happens next?

We as a nation must now have perspective and stay calm before civil unrest, looting and riots break out and believe me the government are preparing for this because they know it will be part of the human condition: a primitive and illogical response to survival. The controls will then become even tighter and for longer.

We need to push for wealth to be distributed evenly and fairly.

Sending love and virtual hugs to all you wonderful friends out there. Keep well, keep smiling, keep sharing love and most importantly keep calm.



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“Fit and healthy” nurse, 36, is fighting for her life after contracting coronavirus

A 36-year-old normally “fit and healthy” nurse is critically ill after contracting coronavirus in an intensive care unit at the same hospital where she’s worked for 16-years.

Mum-of-three Areema Nasreen, 36, is developed a soaring temperature, body aches and a cough before being diagnosed with the virus.

Now on a ventilator at Walsall Manor Hospital in the West Midlands, Areema’s family say that

she does not have any underlying health issues. She first developed symptoms around ten days ago. She tested positive for the COVID-19 virus on Friday 20th March.

Areema's family have urged others to take the disease seriously - saying it is 'not just the elderly at risk'.

Areema's sister Kazeema said: "My sister who is an amazing nurse on the front line and who always helps so many has now caught this virus. She is critically ill in ICU, on a ventilator and fighting for her life."

Her sister Kazeema Nasreen said: "I want everyone to know how dangerous this is."

"My sister is only 36 and is normally fit and healthy."

Kazeema continued: "People are not taking this seriously enough... - it is not just the elderly who are at risk."

Areema first became unwell around ten days ago, first suffering with 'body aches', a high temperature which could not be

brought down and a cough.

"Her temperature would not go down and her cough was so bad it affected her lungs," explained Kazeema.

"Eventually she got taken to hospital and they tested her two days ago. It came back positive and now she is in the Intensive Care Unit at the Manor Hospital."

"We're obviously not allowed to visit her but the hospital staff are keeping in touch and updating us as often as possible."

"Areema loves the NHS. Her colleagues are like a second family and they have been truly amazing with her - and us. They are keeping us all strong and doing everything they can for her."

Areema started off her career as housekeeping, then became a Healthcare Assistant, and now is qualified staff nurse.

Kazeema praised hospital the staff, saying they have been 'nothing but supportive and amazing' in their care for her sister.



“My sister who is an amazing nurse on the front line and who always helps so many has now caught this virus. She is critically ill in ICU, on a ventilator and fighting for her life.”



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UK's coronavirus testing falls short of the levels called for by WHO



“Fighting the fire blindfolded”

The UK has carried out just under 80,000 coronavirus blood tests, with the government promising to ramp up testing of suspected coronavirus cases. But these measures still fall significantly short of the levels called for by the World Health Organisation (WHO).

In the UK, testing has mainly been carried out on those admitted to hospital, a move that has been criticised by experts and health professionals.

But England's chief medical officer, Professor Chris Whitty, has defended

the government's approach to testing but said it intended to scale it up, noting that efforts were already “substantial”.

The move comes after the head of the WHO launched a strongly worded attack on governments that had neglected or held back testing, warning that they could not fight the pandemic blindfolded.

Director-General of the WHO, Dr Tedros Adhanom Ghebreyesus has said there hasn't been an urgent enough escalation in testing, isolation and contact tracing, which is the

backbone of the response.

He said it's like “fighting the fire blindfolded”.

“We have a simple message for all countries Test, test, test. Test every suspected case.” He said the most effective way to prevent infections and save lives was “breaking the chains of transmission”.

Professor Whitty said the government agreed with the WHO and that it was giving up testing based on geography. But he also defended the testing regime, saying there was “complete surveillance” testing in

intensive care, and that hospitals were also testing patients with pneumonia. He added that GPs were testing in the community.

Witty said the government would be “scaling it up” its efforts amid the concerns that not enough people were being screened.

Currently testing is being carried out on people who were currently sick. Future tests would be “transformational” if there was a way to find out whether people had previously had it. This would show what proportion of people could get

the disease without any symptoms.

Meanwhile South Korea had by Saturday 21st March tested more than 248,647 people – one in every 200 citizens.

Concern has also been raised about health professionals who are likely to be treating those with the virus but will only be tested if they are admitted to hospital.

A change.org petition has begun, which calls for the prioritisation of testing for NHS staff, has had more than 1.16 million signatures of support.



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Business news



Government: What help will the self-employed get?

Following criticism about available assistance for the self-employed during the coronavirus pandemic, Chancellor Rishi Sunak has announced measures.

Mr Sunak said that if they have suffered a loss in income, a taxable grant will be paid to the self-employed or partnerships, worth 80% of their profits up to a cap of £2,500 per month.

Initially, this will be available for three months in one lump-sum payment, and will start to be paid from the beginning of June.

It will be called the Coronavirus Self-employment Income Support Scheme, and is open to those who were trading in the last financial year, still trading now, and planning to continue doing

so this year.

There are more than five million self-employed people in the UK, earning an average of £781 a month, about 3.8 million of them may be covered by this scheme.

The scheme will be open to those with a trading profit of less than £50,000 in 2018-19, or an average trading profit of less than £50,000 from 2016-17, 2017-18 and 2018-19.

Those who are recently self-employed, having set up since April 2019, will not receive any help under this scheme. This is because they will not have filed a tax return and therefore HM Revenue and Customs (HMRC) will not know of their self-employed status. People do not need to

contact HMRC, if they are eligible HMRC will contact them directly.

The government's new help comes on top of a six-month delay for tax payments through the self-assessment system.

Those with the lowest incomes are in line to receive more generous benefits payments, announced previously. The chancellor said those applying for universal credit should be paid within a few days.

As part of the latest announcement, the chancellor also suggested tax breaks for the self-employed.

This signals a massive change in UK tax policy, potentially equalising the tax treatment of the self-employed with employees.

How do I claim the help?

- HMRC will use existing information to identify those eligible and will invite applications.
- The application will require them to confirm that they meet the eligibility requirements.
- It will be paid straight into a bank account, which eligible taxpayers will need to confirm on their application form.
- People do not need to contact HMRC now, if they are eligible HMRC will contact them directly

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Unreasonable Conduct Will Be Punished

Readers of this publication may remember the case of *Lejonvarn v Burgess* in 2017. In that long running case, Mrs Lejonvarn was an architect who assisted her then neighbours, Mr & Mrs Burgess, with a high-value landscaping project at their London home. Mrs Lejonvarn provided her charges for free. However, the costs of the project over-ran and the parties eventually fell out. Mr & Mrs Burgess then sued Mrs Lejonvarn for damages of £300,000 alleging various breaches of contract and breaches of her duty of care to them.

At the preliminary issue trial in 2016 the Judge found that although there was no contract between the parties, Mrs Lejonvarn did owe Mr & Mrs Burgess a duty of care in tort to exercise reasonable skill and care in relation to the professional services she did provide notwithstanding they had been provided gratuitously. Mrs Lejonvarn appealed that decision but her appeal was dismissed by the Court of Appeal in 2017 although the Court made it clear that Mrs Lejonvarn's duty of care existed only in relation to the services she had actually provided and did not extend beyond that.

At the subsequent liability trial in

2019, the High Court dismissed the Burgesses' claim because they failed to establish that Mrs Lejonvarn had negligently performed the services that she had provided gratuitously. The Judge ordered Mr & Mrs Burgess to pay Mrs Lejonvarn's legal costs on the Standard Basis - under this basis the party receiving costs has to prove that those costs have been reasonably incurred and were proportionate.

Mrs Lejonvarn appealed arguing that her costs should be paid on the Indemnity Basis - where the proportionality test does not apply and it is for the paying party to prove that the costs are unreasonable rather than for the receiving party to have to prove that they are reasonable. Mrs Lejonvarn argued that she should be awarded costs on the Indemnity Basis in view of the fact that shortly after proceedings had begun she had made the Burgesses an offer of £25,000 to settle their claim but they had rejected that offer and she also highlighted their conduct in the litigation.

The Court of Appeal granted Mrs Lejonvarn's appeal. They agreed with the Trial Judge who was particularly unimpressed with the Burgesses' irrational desire to punish Mrs Lejonvarn despite the merits of their claim. The Appeal Judges also found that Mrs Lejonvarn had acted sensibly and proportionately by making an offer of settlement at the outset of the proceedings in contrast to the Burgesses' decision to reject that offer.

This case sends a clear message to Claimants who pursue unmeritorious and speculative claims to trial; they risk facing costs on an Indemnity Basis if they lose and being penalised. Also, Claimants must carefully consider all offers which they receive from

Defendants and not to reject them out of hand or when doing so consider reasoned arguments in response and consider making counter offers and costs offers to protect and/or limit their exposure to costs irrespective of the outcome.

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



£330 BN bailout to keep Britain in business

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

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."

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.

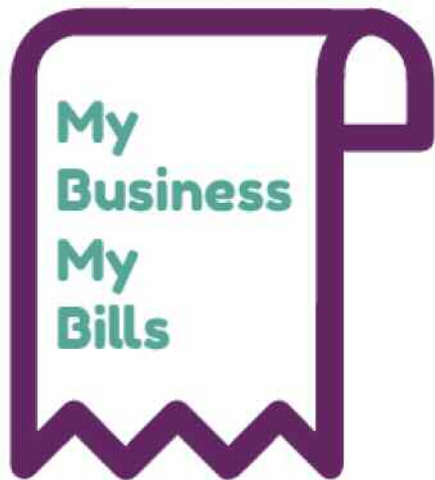
The Bank of England said it would set up a new fund with the finance ministry to buy commercial debt with a term of up to one-year issued by investment-grade companies making a "material contribution" to Britain's economy.

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.

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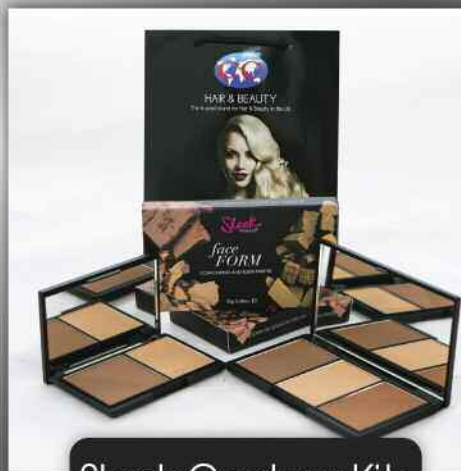
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Self-confessed 'night owls'

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 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

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

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G L I T

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.

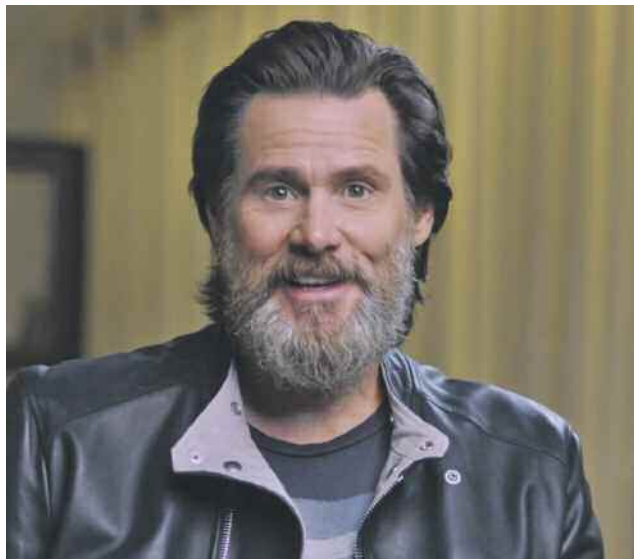
To do this, we only recommend movies that have received a high rating from viewers combined with a high score from critics. So here are 20 movies to keep you going...

Continued on pages 36 & 38

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.

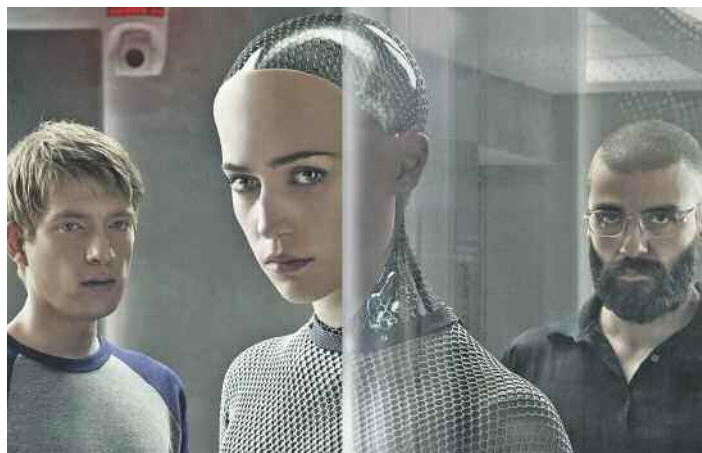


Marriage Story (2019)

Scarlett Johansson, 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.

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.



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 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.

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 renowned 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.



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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.



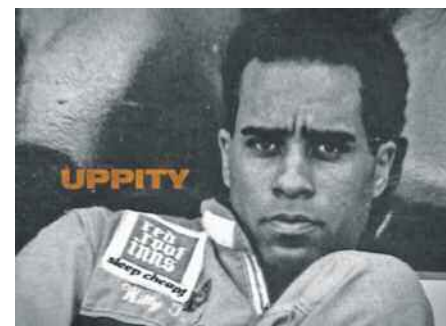
The Fundamentals of Caring (2016)

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.



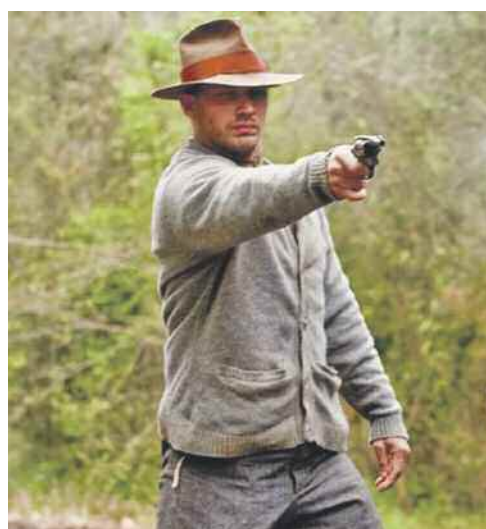
Uppity: The Willy T. Ribbs Story (2020)

"They called me uppity. Uppity n****r. 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.



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.



Lawless (2012)

Tom Hardy, Guy Pearce, Gary Oldman, Jessica Chastain, and Shia Laboef (the good Shia Laboef) 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.

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.



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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 42



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REVEALED: UK's most and least reliable used cars

Continued from page 41

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%



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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 Baroness 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.

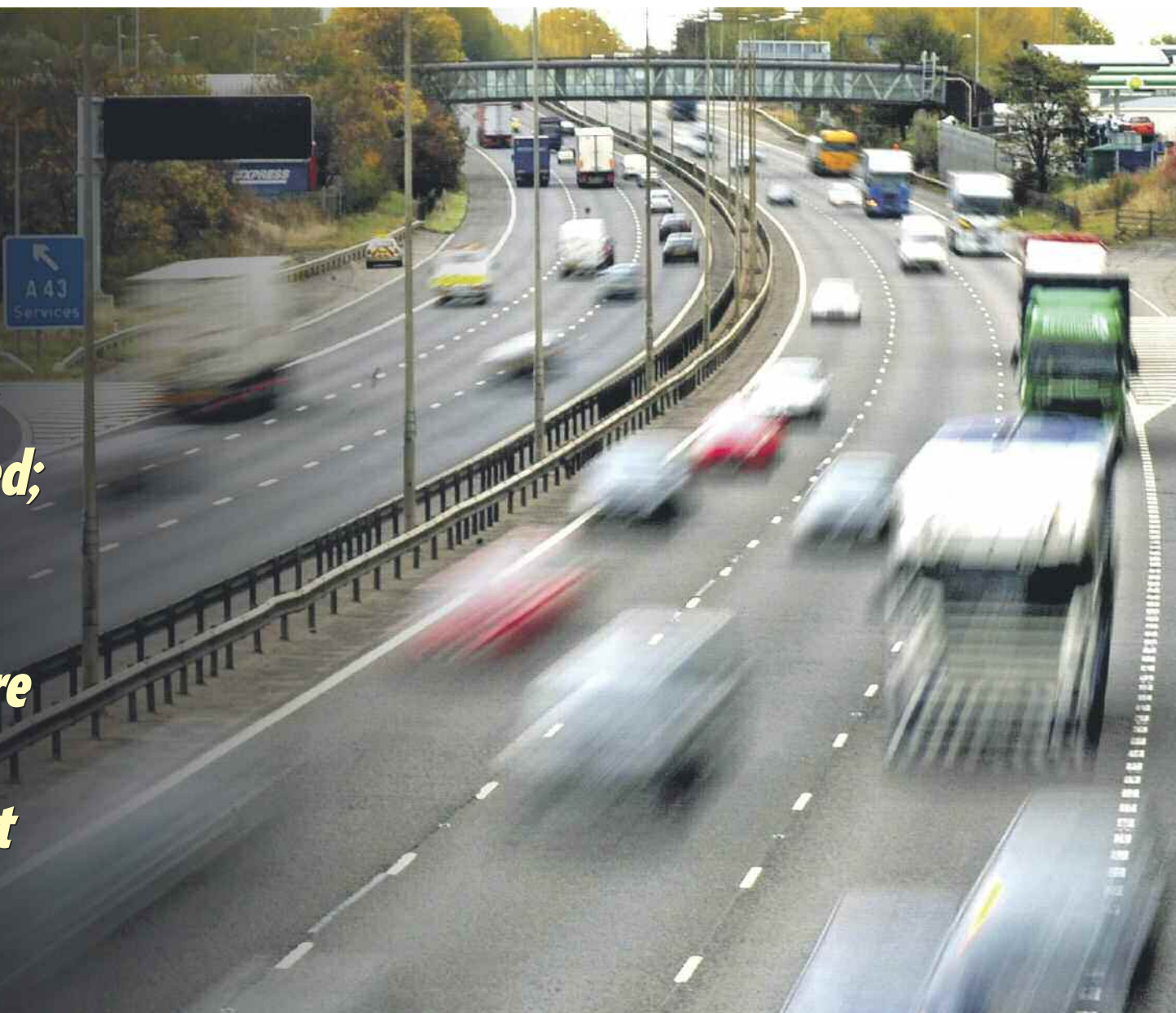
The AA has also highlighted the issue. It said that the problem with electric car manoeuvrability when they’re either out of battery or malfunctioning is another in a growing list of reasons that emergency refuge areas should be more frequent on smart stretches of motorway.

“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.”



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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.

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Blackbelt for samurai sword-yielding teen who makes history



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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 Shibli 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."

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25 Marathons in 25 days!

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

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



Olympic and Paralympic Games 2020 postponed

Back page story continued

"In the present circumstances, the IOC president and the prime minister of Japan have concluded that the Games of the XXXII Olympiad in Tokyo must be rescheduled to a date beyond 2020 but not later than summer 2021. This is to safeguard the health of the athletes, everybody involved in the Olympic Games and the international community."

The Paralympics were due to start on 25 August but International Paralympic Committee president Andrew Parsons said the postponement was "the only logical option".

World Athletics president Lord Coe said:

"The athletes have been under intolerable conditions, many of them are unable to train and many have been going through real emotional turmoil."

Coe, who was chairman of the London 2012 organising committee, said World Athletics was looking at moving the 2021 World Championships in Eugene, Oregon, to 2022.

The Olympics have never been delayed in their 124-year modern history, though they were cancelled altogether in 1916, 1940 and 1944 during World War One and World War Two.

Major Cold War boycotts disrupted the Moscow and Los Angeles summer Games in 1980 and 1984.

While the Games is the biggest sporting event to be affected by the pandemic, there has been a huge impact on a host of other major tournaments and sports:

In rugby union, the end of this year's Six Nations was postponed, with four outstanding fixtures to be rearranged in the men's tournament.

In football, Euro 2020 was postponed and will be played in the summer of 2021, while the sport is suspended in the UK until 30 April at the earliest.

The first eight grands prix of the Formula 1 season have been delayed, with the Monaco Grand Prix cancelled.

County cricket in England and Wales will not be played before 28 May, while England's three-Test series against West Indies, due to start at The Oval on 4 June, is in doubt.

All forms of professional tennis have been postponed until 7 June, ruling out the clay-court season, while the French Open - the year's second Grand Slam, has been rescheduled for September.

Golf's Masters and PGA Championship have both been postponed, with a decision yet to be made about September's Ryder Cup.

The London Marathon has been moved from 26 April to 4 October.

The IOC had given itself a deadline of four weeks to consider delaying the Games but there had been mounting pressure from a host of Olympic committees and athletes demanding a quicker decision.

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Olympic and Paralympic Games 2020 postponed

The Tokyo 2020 Olympic and Paralympic Games were due to run from 24th July to 9th August, but have now been postponed until next year because of the worldwide coronavirus pandemic.

The event will still be called Tokyo 2020 despite taking place in 2021.

In a joint statement, the organisers of Tokyo 2020 and the IOC said: "The unprecedented and unpredictable spread of the outbreak has seen the situation in the rest of the world deteriorating."

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