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**"SIXER KING" TO LEAD INDIA**  
 Yuvraj Singh confirms participation in EaseMyTrip WCL Season 2  
 See back page

**MATILDA THE MUSICAL**  
 See page 41

Acclaimed religious scholar, writer, and commentator, Reza Aslan, will be speaking at the festival

# Voices of Faith

Festival explores traditional wisdom and subtleties of beliefs that inspire human values

Presented by the Kamini and Vindi Banga Foundation, Teamwork Arts brings a new offering - **Voices of Faith** - to the Barbican Centre, London, from 28th - 30th March 2025.

A pioneering festival, Voices of Faith will transform the iconic venue into a dynamic, cross-cultural space, celebrating the serenity and intellectual traditions of faith from around the world.

An understanding of the many philosophies that shape spiritual wisdom is vital to navigating our everyday reality and finding a way towards compassion - both for humanity and nature.

Teamwork Arts is the producer of the iconic annual Jaipur Literature Festival, and also JLF London at the British Library, a multi-faceted literary festival that has featured over 600 sessions in the past decade.

The inaugural edition of Voices of Faith will take place within the Barbican Centre's striking architectural landscape. Its vast scale, multi-level design, elevated walkways, and numerous entrances and exits serve as a fitting metaphor for the diverse and intricate ways in which faith shapes human experience.

The festival aims to explore the traditional wisdom and subtleties of faith, highlighting its potential to inspire human values that foster peace in a world fragmented by hierarchies and power structures.

Kamini Banga, Chair, Kamini and Vindi Banga Family Trust, said, "As the world navigates challenging times, faith continues to offer profound insights into our evolving reality - both personal and collective."

**Continued on page 6**

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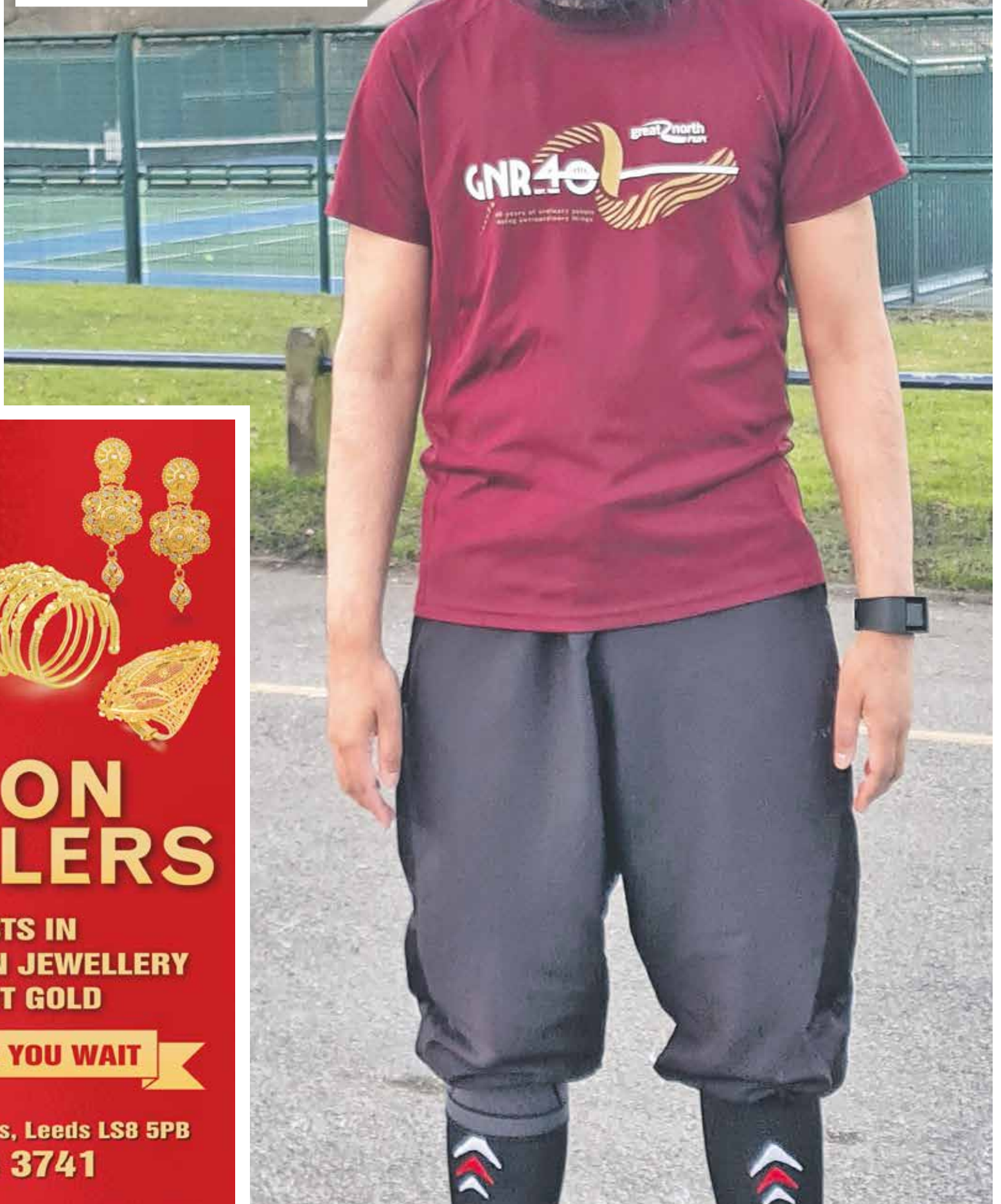
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Nazim Ali MBE will take on his Ramadan challenge while fasting almost 16-hours



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# Hitting **£1 MILLION!**

## Yorkshire's famous Ramadan Runner smashes fundraising milestone, and now set for his 12th annual charity run

**Renowned award-winning community champion Nazim Ali aka Ramadan Runner, has achieved a remarkable, awe-inspiring £1 million milestone in charitable fundraising, marking a significant legacy of generosity and service.**

This incredible feat follows his latest life-changing humanitarian deployment to Jordan ahead of Ramadan 2025, where he continued his mission to support the most vulnerable.

Now, his latest challenge is the return of his famous "Ramadan Run", where Nazim will run his 12th annual Ramadan 10K in Bradford - all while fasting for nearly 16-hours.

This incredible feat will take place on Sunday, 23rd March in his home city - Bradford - UK's City of Culture 2025, with the iconic Lister Park serving as the finish line.

For those unfamiliar with the gruelling challenge, imagine running 10 kilometers under the intense discipline of fasting - without food or water. To many, it sounds impossible, but to Nazim, it's all part of his mission to help the most vulnerable communities across the world.

Known for his remarkable dedication, Nazim's run is not just a personal challenge, but a call to action. His mission this Ramadan? To raise £55,000 for Green Crescent Aid UK's Burundi New Homes Project, providing 25 safe, secure homes for vulnerable families in Burundi.

Each new two-room home, complete with a kitchen and bathroom, costs just £2,200. Through this project, Nazim aims to build 25 homes for families living in makeshift shelters, vulnerable to extreme weather conditions and disease.

Nazim's work extends far beyond the annual run. For over 27 years, he's spearheaded humanitarian initiatives, raising nearly £1 million for causes worldwide. From house transformations in Malawi to aid for refugees in Syria, Iraq, and Bangladesh, his impact is global.

He's also a consistent presence in his local Bradford community, running the Khidma Community Kitchen and organising gift drives for children in hospitals.

In recognition of his tireless service, Nazim was named in the King's New Year Honours 2025 to receive a British Empire Medal (BEM). Yet, his focus remains on the people he serves, driven by a deep commitment to improving lives.

Despite a busy career as a Careers Adviser at three inner-city schools, and self-funded charity work, Nazim remains steadfast in his mission. "It's because of you that I'm able to do this," he says, expressing gratitude to his supporters.

This Ramadan, join Nazim in making a tangible difference. With your help, we can build homes, create lasting change, and give hope to families in need.

To donate, visit: [www.justgiving.com/page/naz700](http://www.justgiving.com/page/naz700)

### Jordan pre-Ramadan deployment

Working alongside Hayaat Welfare Trust, Ali and his team delivered vital aid to Palestinian and Syrian refugees living in four remote camps in the Jordan Valley.

The mission saw the distribution of 420 Ramadan food parcels, 420 hygiene packs, £12,000 in Zakat cash (split into 238 envelopes for widows, orphans, the elderly & disabled), essentials such as shoes and clothing, along with toys and sweet treats for children.



To donate, visit: [www.justgiving.com/page/naz700](http://www.justgiving.com/page/naz700)

### Community kitchen provides 8,500 meals in just one year

The Khidma Community Kitchen, run by the Nazim Ali Foundation, celebrated its 1st anniversary on 27th February 2025 at the Millan Centre, Manningham.

Over the past year, the initiative has served over 8,500 meals, averaging 160 meals per week, and engaged 69 volunteers, with 66% under 18.

The kitchen fills a crucial gap in food provision on Tuesday evenings

in Bradford, supporting people from diverse backgrounds affected by food poverty. The core volunteers have shown unwavering dedication, even during adverse weather and Eid celebrations.

The Khidma Community Kitchen runs every Tuesday (4:30-6 PM) at the Millan Centre, Bradford. Anyone in need of a meal is encouraged to attend.






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# Charity travels to Jordan to support the youngest and most vulnerable

# GAZA: Saving lives



Bradford-based international humanitarian aid charity Human Relief Foundation, with support from the charity's generous donors has recently travelled to Amman, Jordan to oversee packing and delivery supplies to thousands of Palestinians requiring urgent aid in Gaza.

The charity's latest initiative has been focussing on the dire need for baby milk formula in Gaza, with 10,000 tins packed and ready for distribution by local partners.

The need for baby milk formula is most prescient in Gaza as blockades have led to shortages, resulting in widespread malnutrition amongst newly born children and infants.

In many cases, these shortages have

led to parents resorting to desperate measures to adequately feed their children, resorting to the use of alternatives, including diluted herbs or crushed biscuits, posing significant health risks.

The situation is further compounded by the malnutrition of nursing mothers, unable to breastfeed their children effectively due to insufficient food and water.

Reports from health professionals in Gaza have reported an alarming increase in cases of severe acute

malnutrition and dehydration among children under five.

With many hospitals overwhelmed and lacking the necessary resources to provide adequate care, the need for aid organisations to respond has never been greater.

In addition to the supply of baby milk formula, Human Relief Foundation is also ready to deliver food parcels to over 600 families in Gaza. Food parcels provided by Human Relief Foundation contains non-perishable essentials including rice, pasta, canned vegetables,

sugar, lentils, beans, pulses, tea, and dates.

Human Relief Foundation Deputy CEO, Kassim Tokan is calling for urgent action to provide life-saving aid: "The devastation we've witnessed in the media highlights the unimaginable choices parents are forced to make just to feed their children amidst the chaos.

Working alongside our UNRWA partner in Jordan, we remain committed to delivering as much emergency assistance as possible."

Mohammed Talhah, Human Relief

Foundation's Fundraising Coordinator for the North added: "Visiting Jordan and seeing the scale of our delivery project has been a genuine eye-opener.

"With the generosity of the people of West Yorkshire and the delivery of Human Relief Foundation, we can make a huge difference to thousands of children in Gaza, letting them and their families know that they are not alone."

Join with Human Relief Foundation this Ramadan and give your support to those who are desperately in need at hrf.org.uk



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The University of Huddersfield has been named as one of the world's top universities in 14 subjects in the QS World University Rankings by Subject 2025.

This is the highest-ever number of ranked subjects for the University.

It includes two subjects in the Top 100 and 10 subjects in the Top 500 in the world. Compared to the previous year, three new subjects have been ranked for the first time, which are Accounting & Finance, Economics & Econometrics, and Medicine.

The 2025 edition of the rankings, released this month by global higher education analyst QS Quacquarelli Symonds, names the world's best universities for the

# University of Huddersfield among world's top universities

study of 55 academic disciplines and five broad faculty areas.

The University's Pro Vice-Chancellor for International, Professor Alistair Sambell commented: "I am pleased to see that 14 subjects have now achieved formal ranking in the 2025 QS world university subject rankings. This is the highest number of subjects receiving a formal QS ranking for the University. "This includes two subjects

in the Top 100 and 10 subjects in the world's top 500 for their discipline. This is great recognition for the outstanding work of colleagues across the institution and a continued improvement on an international stage. I want to congratulate our students, researchers, educators, and professional staff on this achievement."

The QS World University Rankings provide an independent

analysis of the performance of more than 16,400 individual university programmes, with 1,747 universities in 148 locations around the world included in the final publication.

The top locations by number of ranked institutions are USA, China, UK, France, India, Germany and Italy. This year there were also 171 newcomer universities from around the world who entered the rankings for the first time.



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## Tommy Robinson loses bid to challenge prison segregation in high court

Far-right activist Tommy Robinson (real name is Stephen Yaxley-Lennon), has lost his bid to challenge his segregation in prison. The High Court rejected his application for a judicial review, which sought to challenge the conditions of his confinement at Woodhill prison.

Robinson, 42, was sentenced to 18 months in prison last October after admitting to 10 breaches of a High Court injunction that banned him from spreading false claims about a Syrian refugee. Initially held at Belmarsh prison, Robinson was moved to the closed unit at Woodhill in Milton Keynes due to safety concerns.

Intelligence reports indicated he could be killed by a lifer if placed on a regular prison wing.

During the court proceedings, Robinson's lawyers argued that his isolation violated his human rights, leading to a decline in his mental health. They also pointed to the "significant Muslim population" at Woodhill and claimed it made it difficult for him to interact with other prisoners.

Robinson, who suffers from ADHD and complex PTSD, was concerned that solitary confinement would worsen his condition and that he would resort to substance abuse upon his release.

However, the government countered that Robinson's claims were not valid, citing the privileges he enjoys behind bars. Prison officials revealed that Robinson has three hours of exercise time daily, additional privileges for visits, and a variety of recreational options, including gym time, painting, and access to a television, laptop, and music devices. He also has a long list of visitors and makes extensive use of the phone, having made over 1,250 calls.

The judge in the case ruled that it was not accurate to describe Robinson's regime as solitary confinement, acknowledging the effect of his isolation on his mental health but stating that his treatment did not constitute a breach of human rights.



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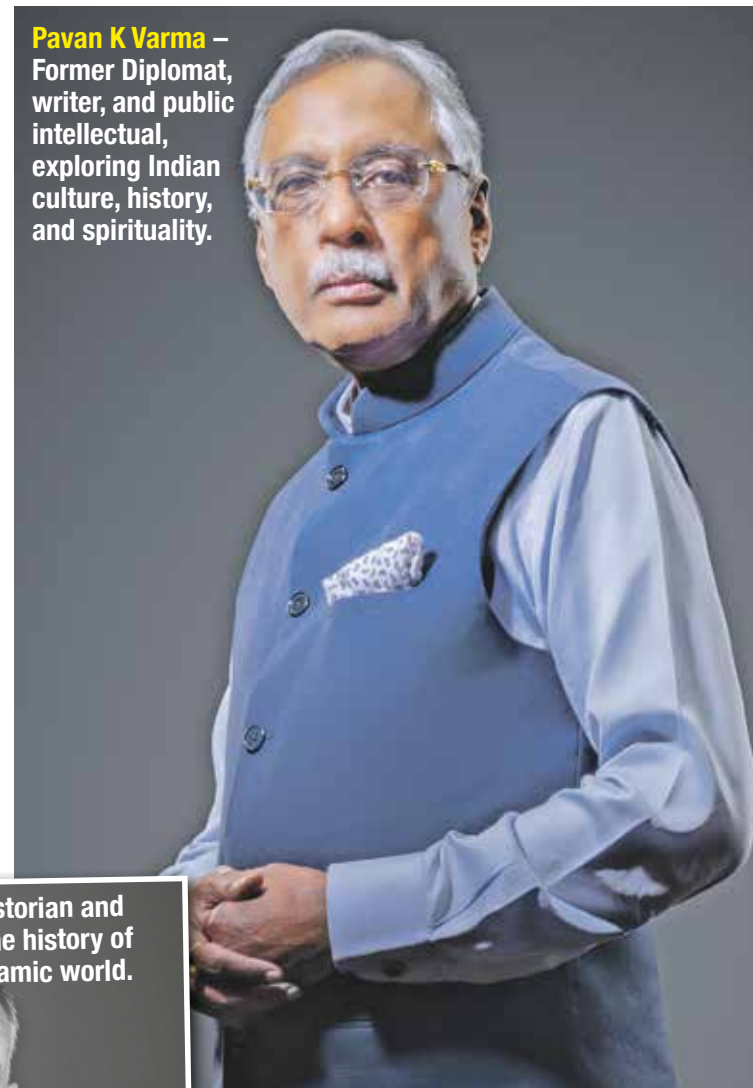
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# Voices of Faith

## Festival explores traditional wisdom and subtleties of beliefs that inspire human values

**Pavan K Varma** – Former Diplomat, writer, and public intellectual, exploring Indian culture, history, and spirituality.



**Cover story continued**

“Through our collaboration with Teamwork Arts on Voices of Faith, we have explored the rich cultural histories, spiritual traditions, and philosophical depth of faith across religions. We are proud to support this festival as it expands these conversations, bringing together distinguished voices to help us understand the enduring wisdom that

unites us all.”

Speaking about this initiative, Sanjoy K. Roy, Managing Director, Teamwork Arts said, “Voices of Faith seeks to inspire curiosity and reflection on the philosophies of faith, engendering a deeper understanding of an increasingly complex world order shaped by divisions along social, religious and political lines.

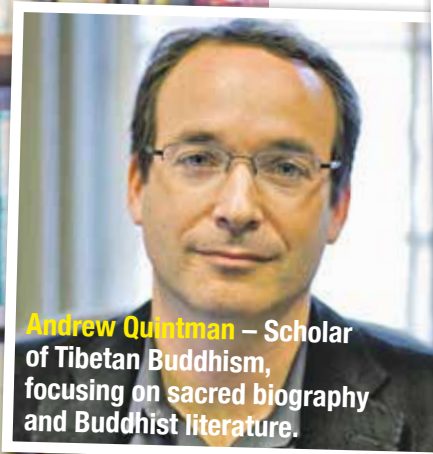
“Teamwork Arts, producers of the annual Jaipur Literature Festival and its

many international editions, are delighted to bring together a remarkable lineup of speakers, authors and musicians to explore ideas and themes ranging from religion to mystic faith, enriching the dialogue and broadening our understanding of faith in all its forms.”

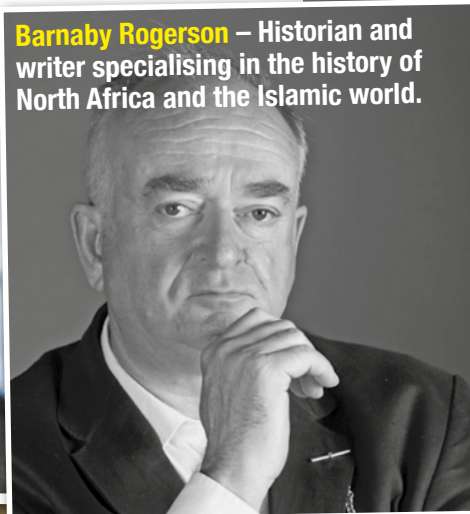
Standard tickets are free, but registration essential. For more information on the programming, please visit <https://www.thevoicesoffaith.com/>



**Navtej Sarna** – Former diplomat and distinguished author, known for his writings on Sikh heritage and history.



**Andrew Quintman** – Scholar of Tibetan Buddhism, focusing on sacred biography and Buddhist literature.



**Barnaby Rogerson** – Historian and writer specialising in the history of North Africa and the Islamic world.



**Shaunaka Rishi Das** – Director of the Oxford Centre for Hindu Studies, dedicated to promoting academic and interfaith dialogue.impact.



**Jessica Jackley** – Entrepreneur and co-founder of Kiva, pioneering innovative approaches to faith and social impact.



**Anand George** – Award-winning chef and culinary innovator, renowned for redefining Indian cuisine in the UK.

**Purushottam Agrawal** – Renowned scholar and academic of Indian intellectual traditions, with a focus on Kabir.

**Linda Hess** – Leading translator and author who is a Senior Lecturer Emerita in Religious Studies at Stanford University. She is widely known for her work on Kabir and his verses.

**Musicians performing at the festival include**

- **Amrit Kaur** – Sarangi player and vocalist, blending Punjabi folk and Sikh spiritual music with contemporary influences.
- **Dr. L Subramanian** – Renowned Indian violinist, composer, and conductor known for his mastery of both Carnatic and Western classical music.
- **Swaransh Mishra** – Hindustani classical vocalist from the Banaras gharana, known for blending tradition with contemporary expressions in music.
- **Soumik Datta** – Sarod virtuoso, composer, and storyteller, bridging classical Indian music with global contemporary sounds.

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# Victim of Aldwych fatal collision named

The family of the woman who died in a fatal collision in Aldwych have paid tribute to her, calling her a 'beautiful soul.'

She has been named as 20-year-old Aalia Mahomed.

In a statement, her family said: "Aalia was a bright, kind and beautiful soul, who brought joy and laughter to everyone. She was a ray of sunshine in our lives, and will be deeply missed by all her family and friends. Her light will always live on in our memories and her smile will be our strength as we get through this difficult time."

Emergency services were called to a location close to The Strand, near Kings College London campus at 11:41hrs on Tuesday, 18 March following a collision involving a van and pedestrians.

Sadly, Aalia was pronounced dead at the scene. Her family continue to be supported by specialist officers and ask for privacy at this difficult time.

A 27-year-old woman was taken to hospital, where she remains in a serious condition. Her injuries are not believed to be life-threatening. A 23-year-old man was taken to hospital and has since been discharged.

Police arrested the driver of the van, a 26-year-old man at the scene on suspicion of causing death by careless driving. He was further arrested whilst in custody on suspicion of drug driving offences. He has since been bailed with conditions whilst enquiries continue.

Anyone with information is asked to call police on 101 or post @MetCC ref CAD 2771/18MARCH.

To remain 100 per cent anonymous contact the independent charity Crimestoppers on 0800 555 111.



# Food running out in Gaza as Israel intensifies total siege during Ramadan

Food is now running out in Gaza as Israel steps up its policy of starving civilians during the holy month of Ramadan. For the past ten days, Israel has completely blocked the entry of food, fuel, medicine and other vital supplies for civilians.

It is now also shutting off electricity – yet another cruel act of collective punishment and a flagrant violation of international law - which will prevent people accessing clean drinking water, force hospitals to shut down and lead to outbreaks of disease. Many bakeries



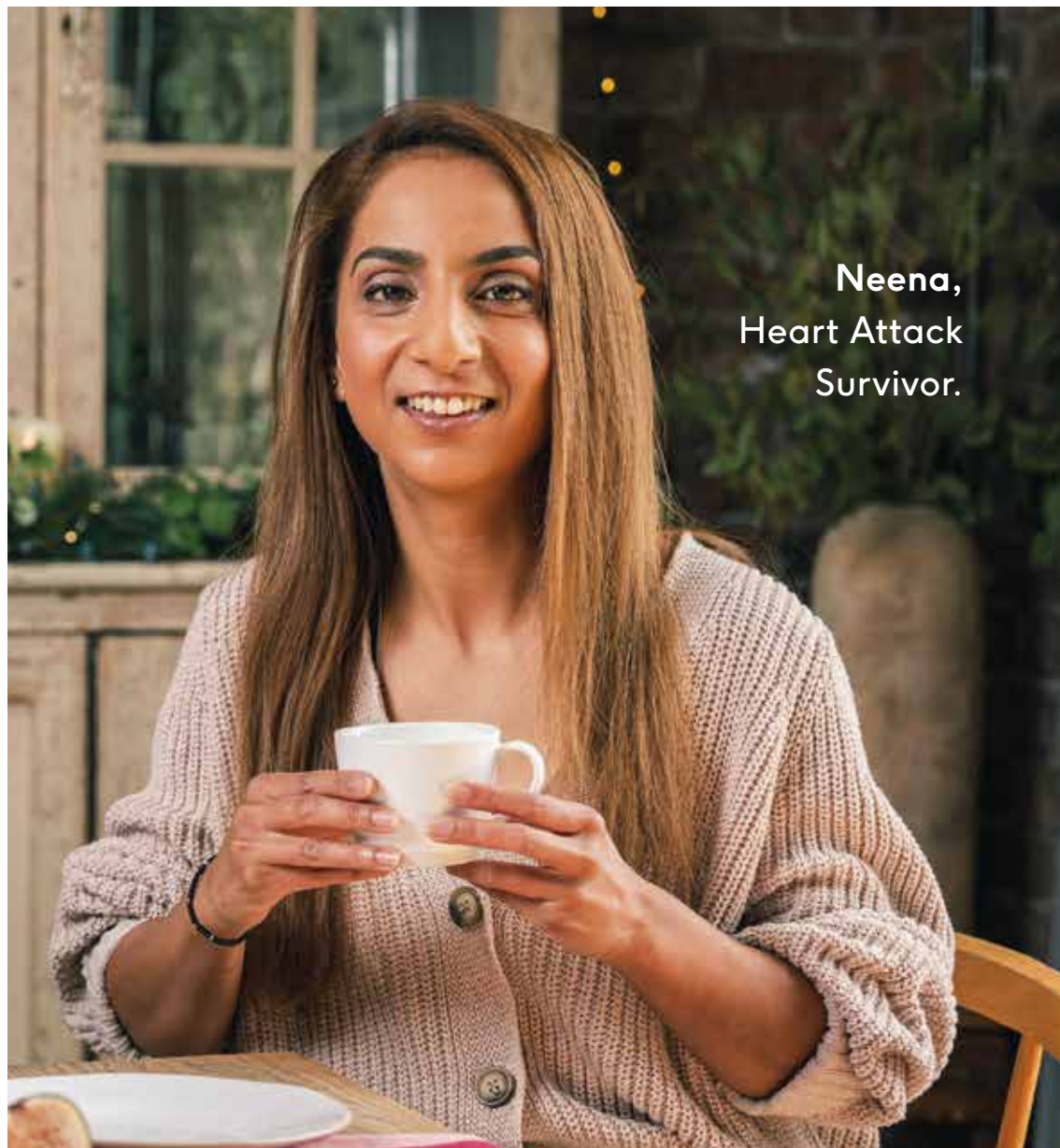
"I thought I was just dealing with a pulled muscle. But after feeling intense pain, I realised something was seriously wrong. I found out later I was having a heart attack. Now, I'm committed to raising awareness about heart health. Donating to BHF is vital."

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Neena, Heart Attack Survivor.



and community kitchens have already been forced to close as they have run out of fuel and supplies.

Deliberately depriving civilians of food, water, and medical care is a war crime and can never be morally or legally justifiable. The UK government must take decisive action to hold Israel accountable for its ongoing and systematic breaches of international law, including ending all arms sales, or risk being complicit in these crimes.

It is inevitable that children and some of the most vulnerable people in Gaza will die, unless international governments exert serious pressure on Israel to allow supplies in. Words of concern are not enough, immediate action is necessary to stop people from starving.

One Islamic Relief aid worker in Gaza, whose name is withheld for their safety due to attacks on humanitarian workers, says: "Babies are going to starve as a result of this total siege. Nothing is allowed to enter and every day there is less available in the markets. There's now very little protein, meat is almost non-existent and now many vegetables are running out. A lot of bakeries have closed over the past couple of days because they don't have fuel or flour, so it's almost impossible to get bread.

"It's Ramadan but it doesn't feel like it. It's normally a time for celebration and spirituality, but everyone is grieving and

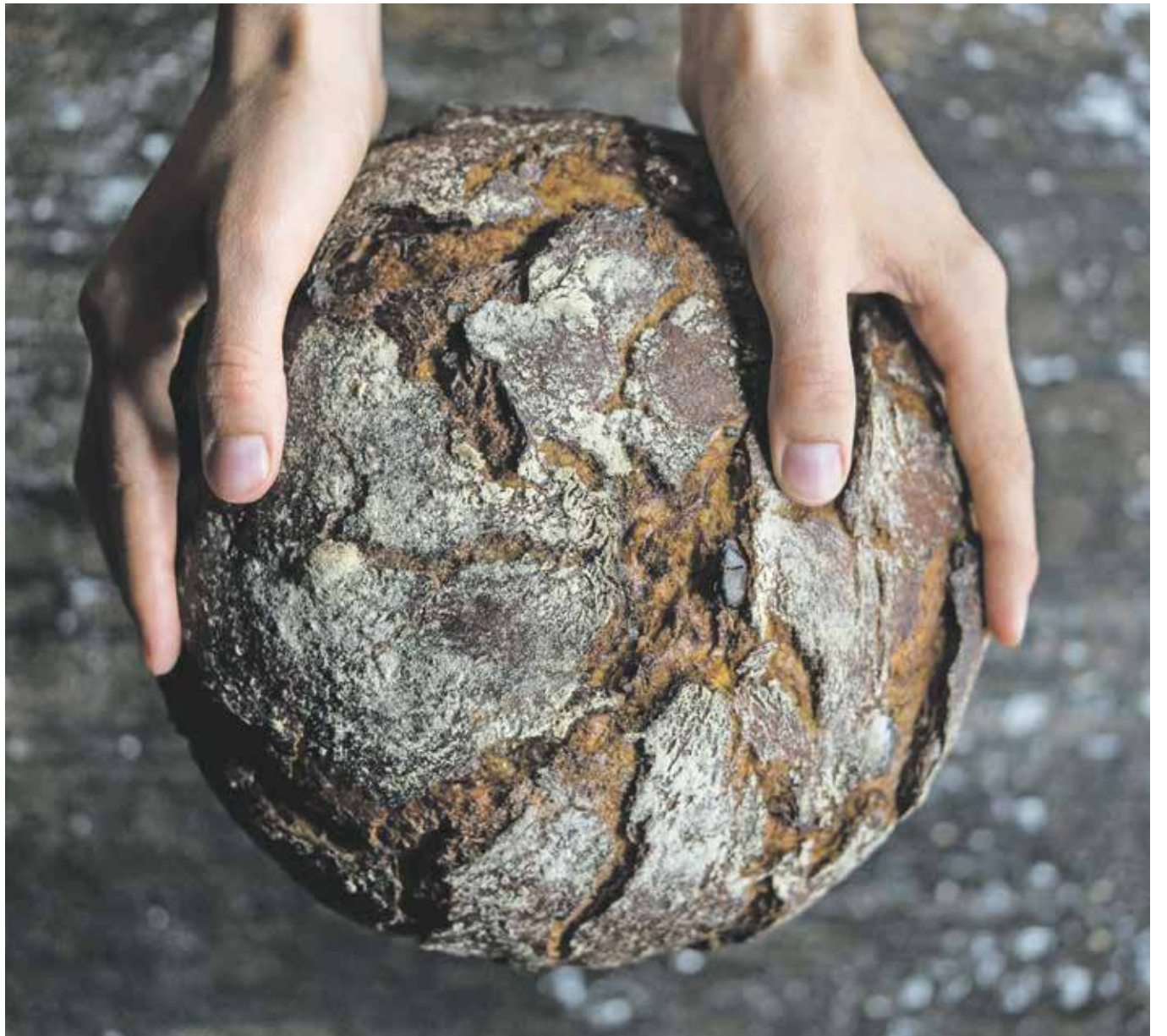
now everyone is terrified of what's going to happen in the coming days. We fear there will soon be a return to the famine conditions and starvation that we saw before the ceasefire."

Islamic Relief and local partners are continuing to distribute hot meals, water and hygiene items for displaced families – using whatever supplies we can find in local markets – but every day it is getting harder to source essential and stocks are rapidly running out. Aid trucks loaded with food and other essential aid are ready and waiting to enter Gaza but are being blocked just a few miles from desperate civilians.

Gaza's entire infrastructure has been systematically destroyed by Israeli attacks, including its ability to feed itself. More than 80% of Gaza's agricultural land and more than two thirds of its agricultural wells have been damaged or destroyed, and most cattle have been killed. Families in Gaza are now almost entirely dependent on imported supplies – supplies that are being deliberately withheld by Israel.

The scarcity has caused prices in local markets to skyrocket, making even the most basic necessities unaffordable for the poorest and most vulnerable.

The UK cannot continue to stand by while starvation is used as a weapon of war – urgent action is needed now to prevent an even greater humanitarian catastrophe in Gaza.



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# Tell Mama faces closure after Government pulls funding

**Tell Mama, UK's leading non-governmental agency, which supports victims of Islamophobia, and which meticulously monitors and records cases across the country is at risk of closing after the government withdrew its funding.**

The decision comes weeks after the service reported a record number of anti-Muslim hate incidents in the UK. Over 10,000 British Muslims report incidents into it just in the last two years - from 2023-2024.

Since its establishment in 2011, Tell Mama has been funded by the Ministry of Housing, Communities, and Local Government (MHCLG), and has assisted over 50,000 British Muslims. The agency has been crucial in supporting victims of Islamophobia.

Tell Mama's funding for 2024/2025 was agreed by the previous Conservative Government and amounted to £1m. This was agreed to be paid by this Labour administration, but the Government has made no payment of the grant since April 2024.

This means that Tell MAMA has received no funding for 12 months, thereby weakening the sustainability of the national project and adding unnecessary and undue pressures on the work.

The Government has informed Tell Mama that it will no longer receive any funding, without offering details on any alternative provisions.

Police sources have expressed concerns, noting that Tell Mama's data-sharing agreement has been instrumental in monitoring rising tensions and

responding to threats.

The funding cut comes at a time when incidents of religious hate crimes are at an all-time high in England and Wales, with Muslims being the most targeted group. The Israel-Gaza conflict is believed to have contributed to the rise in these incidents.

Several far-right plots have also targeted Muslims, including a neo-Nazi terror cell planning attacks on mosques and synagogues.

Fiyaz Mughal, founder of Tell Mama, criticised the government for cutting resources while the far-right grows across Europe. He warned that the move would leave vulnerable victims without support.

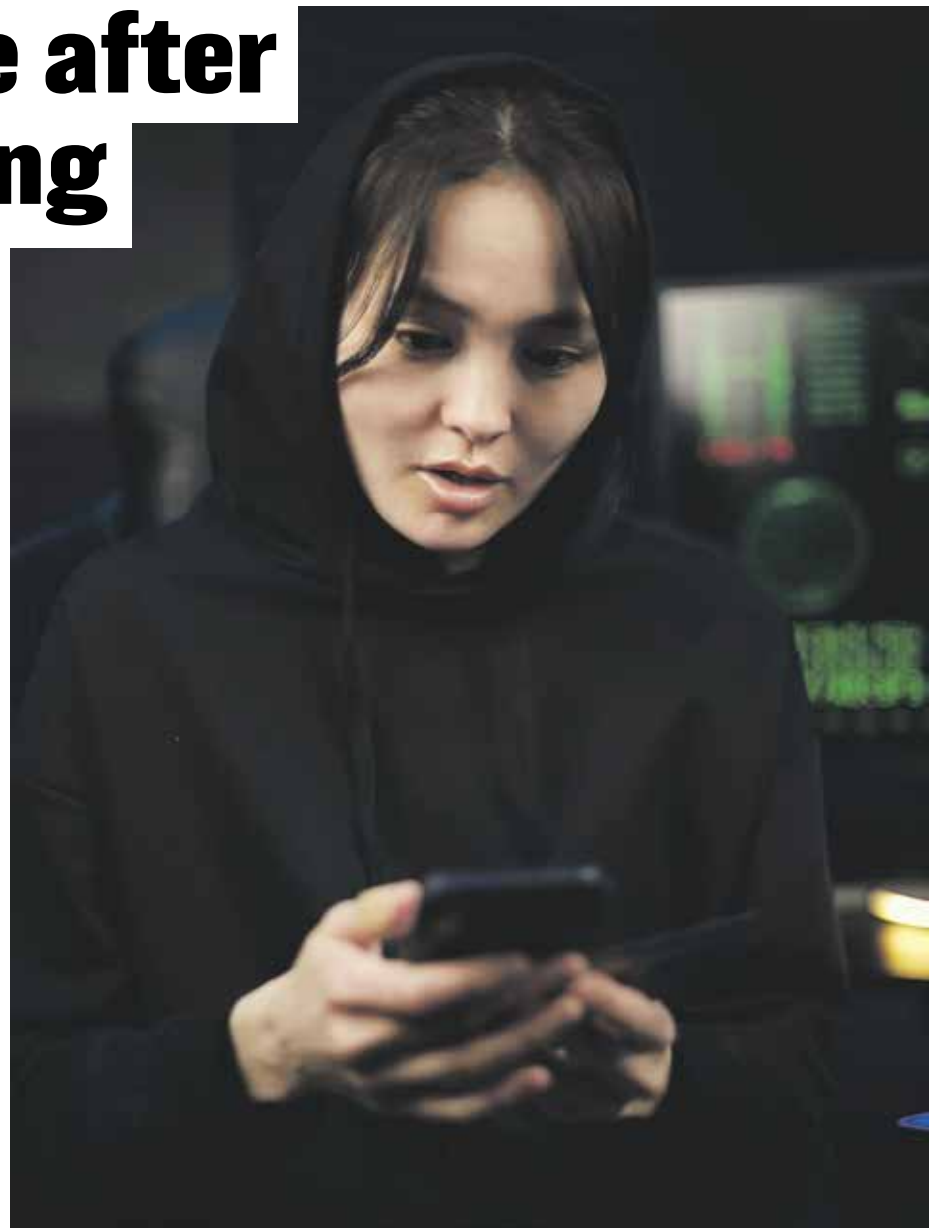
Mughal emphasised that Tell Mama is the only organisation currently offering nationwide support for victims and working with police to tackle Islamophobia.

He compared the organisation's work to the Community Security Trust's efforts to protect Jewish communities, but unlike the CST, Tell Mama's funding is

now at risk.

Despite the government's announcement of a new working group on anti-Muslim hatred, Mughal accused them of inconsistency, noting the disconnect between their stated goals and actions. The National Police Chiefs' Council highlighted the importance of third-party reporting organisations like Tell Mama in addressing underreporting of hate crimes and providing vital community insights.

**Police sources have expressed concerns, noting that Tell Mama's data-sharing agreement has been instrumental in monitoring rising tensions and responding to threats.**



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# Harehills Primary School's first community Iftar

**In a heartwarming display of unity and cultural appreciation, Harehills Primary School hosted its first-ever community Iftar on Friday, March 14th, bringing together families, staff, and community leaders to celebrate the spirit of Ramadan.**

The event marked a milestone in fostering meaningful connections and strengthening the bonds that make the Harehills community so special.

Newly appointed headteacher Judy Wood, drawing upon her experiences of hosting Iftar events in Egypt, led the initiative with a deep commitment to inclusivity and understanding.

The turnout exceeded expectations, with Year 5 and Year 6 pupils and their families coming together in a joyous gathering filled with warmth and camaraderie. The school hall buzzed with laughter and conversation as attendees savoured traditional Iftar dishes, symbolising the spirit of generosity and togetherness that defines Ramadan.

Prominent community figures graced the event, reinforcing its significance. Leeds East MP Richard Burgon praised the initiative, declaring: "This is what the Harehills community is all about."

Councillor Salma Arif commended the school's efforts, calling it the best Iftar she had attended, while Councillor Mothin Ali expressed heartfelt appreciation for the event's impact on community

cohesion. Special thanks were extended to Mrs. Shazia Sharif, whose dedication and meticulous planning played a crucial role in making the evening a success.

Adding depth to the gathering, esteemed representatives from Bilal Mosque, including Hafiz Umar, a Special Educational Needs and Disabilities Coordinator (SENDCO), and Hafiz Masud, a former Harehills pupil and representative of Leeds Grand Mosque, shared insights into the significance of Ramadan.

The new headteacher's commitment to fostering cultural appreciation extends beyond this event, with plans to invite parents to participate in diverse religious celebrations throughout the school year.

The success of the evening was a testament to the dedication of school staff, who worked tirelessly to ensure the event's seamless execution. Their collective effort did not go unnoticed.

Nick Long, Chair of Governors, lauded the team's enthusiasm and Judy's leadership. He commented: "To create such a successful community event, a school relies on the efforts of staff and the wider community members volunteering to make this happen. The number of staff stepping forward to give their time was exceptional and significantly contributed to the evening's success. We look forward to hosting similar events in the future."



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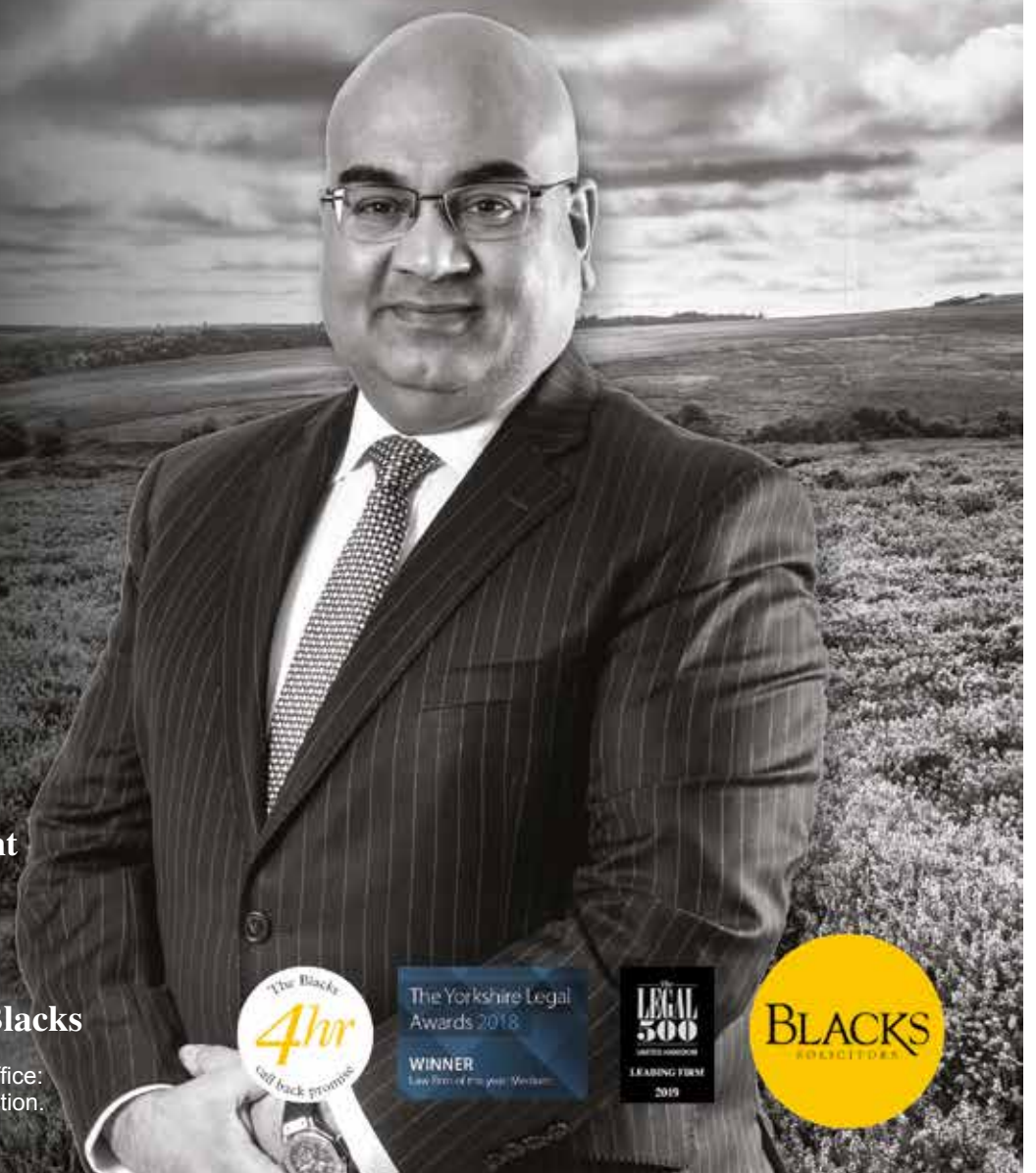
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## International Women's Day: Survivors of domestic abuse take to the runway in celebration of empowerment

The much-anticipated return of The Fashion Brunch on March 8, International Women's Day, promised to be an extraordinary event showcasing resilience, empowerment, and diversity.

Founded by Creative Director Anisha Vasani, the event has once again proven its commitment to celebrating women who have overcome significant challenges.

Breaking away from traditional fashion shows and beauty pageants, The Fashion Brunch unites women from diverse backgrounds and faiths, encouraging them to embrace their uniqueness.

This year, in line with the International Women's Day 2025 theme, Accelerate Action, the event will feature nine courageous women - survivors of domestic violence, mental, sexual, and emotional abuse - who will take centre stage, inspiring audiences with their strength and perseverance.

More than just a runway moment, each participant will share their personal stories of struggle and survival, aiming to break the silence surrounding domestic abuse and foster a culture of support and advocacy.

### Shining a light on a pressing issue

Domestic abuse remains a concerning issue, particularly within the South Asian community, where cultural stigma, fear, and shame often prevent women from seeking help.

A 2021 study revealed that 48% of South Asian respondents had experienced physical abuse, with women disproportionately affected. However, experts caution that these statistics likely underrepresent the true extent of the crisis.

By highlighting these survivors' journeys, The Fashion Brunch seeks to empower victims and provide a platform for change.

Among the brave women sharing their stories are Mindset Coach Sandy Phgura, Amorfia Makeup Founder Sharan Dhillon, Empowerment and Spiritual Guide Rupi Dhillon, Life Coach and End Honour Killings Charity Founder Nina Aouilk, and Dr. Celeste Aouilk-Jaiyeola. Each of these women has endured various forms of abuse and emerged stronger, using their voices to inspire others.

### Championing change through charity

This year, The Fashion Brunch is proud to partner with KindheART, a charity run by five female volunteers dedicated to transforming the lives of vulnerable women and children in the UK, Kenya, and India.

Over 80% of our KindheART's work is with vulnerable and orphaned children, young women from the slums, and survivors of trafficking.

### An inspirational lineup of speakers

Also featuring at the event is an esteemed panel of speakers, including actress Laila Zaidi, BBC Presenter Shay Grewal, sports coach Manisha Tailor, influencer Alisha Singh, radio host Nikita Kanda, journalist Raj Chohan, singer Sophie Choudry, and more. These accomplished women will share their personal and professional journeys, inspiring attendees to embrace empowerment and resilience.

Now in its sixth year, The Fashion Brunch has become a powerful platform for women's empowerment, attracting influential figures, celebrities, and changemakers.

Last year's Bold & Beautiful - Plus Size concept won the Best Creative Campaign award for its groundbreaking impact, and Anisha Vasani remains dedicated to challenging conventional beauty standards.

"International Women's Day is a celebration of strength, resilience, and empowerment," said Vasani.

"Through this event, we aim to showcase the beauty, grace, and indomitable spirit of survivors. The Fashion Brunch is more than a fashion event - it's a movement that uplifts and celebrates women everywhere."

Set to take place at the stunning Courtyard by Marriott, London, The Fashion Brunch anticipates an audience of 300-350 dynamic women. The event will include networking opportunities, inspiring panel discussions, and exclusive salon privé fashion shows.

# Sisters of Strength





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# Oncologist with incurable cancer on smarter, kinder treatments

**One of the UK's most senior radiotherapy experts has spoken publicly for the first time about living with incurable cancer.**

Professor Adrian Crellin was diagnosed with prostate cancer in 2016, and devastatingly, scans showed the cancer had spread to his bones.

Professor Crellin, who was awarded a CBE for services to radiotherapy in 2019, is a Consultant Clinical Oncologist at the University of Leeds and Leeds Teaching Hospitals NHS Trust, and holds a senior role with NHS England and previously in Cancer Research UK.

He says people like him are living much longer thanks to research advances – and he now wants to start a conversation about the way we describe life with incurable cancer.

“My cancer cannot be cured, but it isn't ‘terminal’ because it still responds to treatment,” he said. “The proof of the pudding – I am still here.”

Crellin, a Consultant Clinical Oncologist at Leeds Teaching Hospitals and NHS England, has undergone chemotherapy, radiotherapy, and hormone therapy, keeping his disease under control.

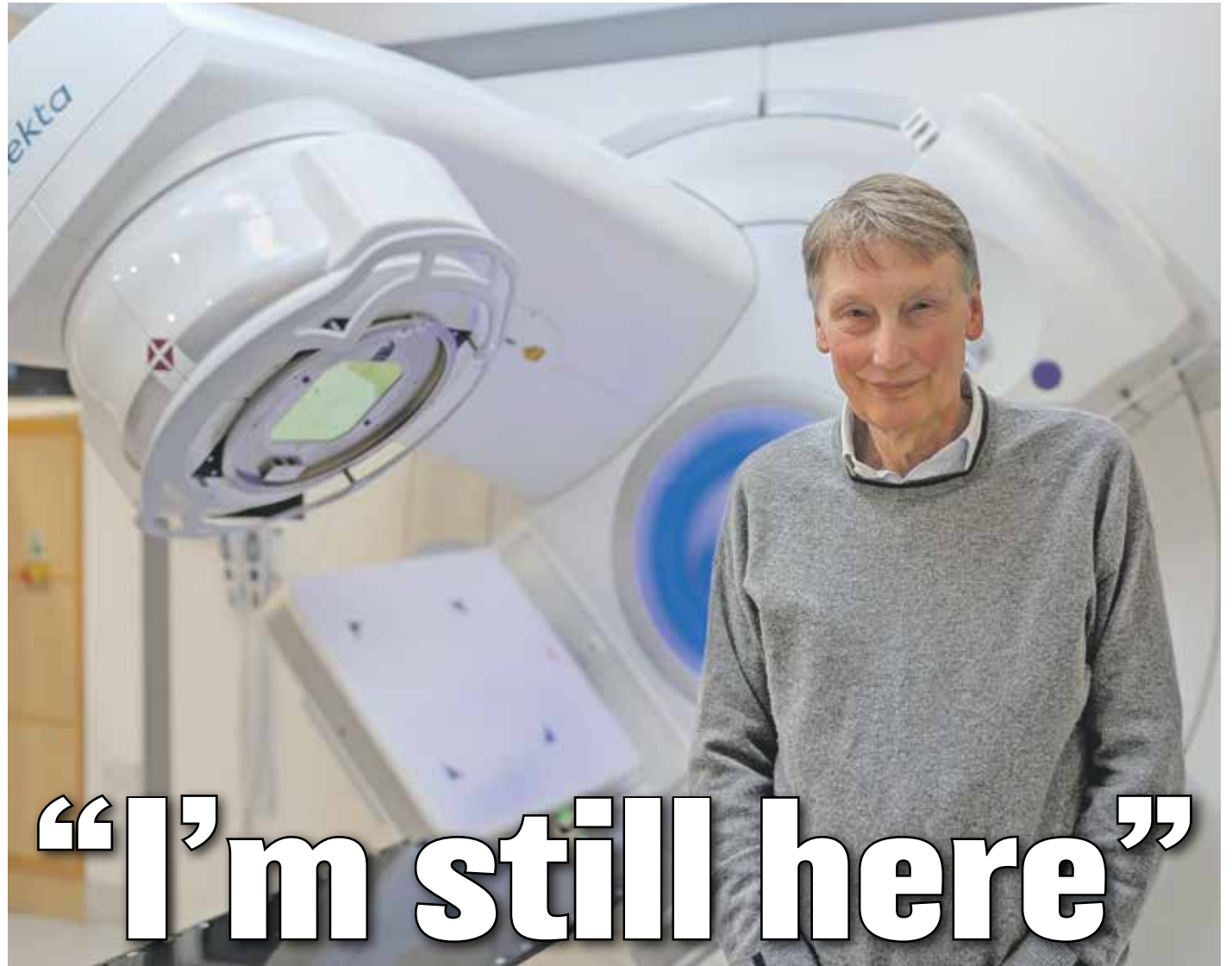
He emphasises that innovations like stereotactic radiotherapy, which delivers high-dose radiation with precision, are changing lives.

“Stereotactic radiotherapy doesn't just ease pain - it controls the disease,” he explained. “After treatment, my scans and tests have gone back to normal.”

A UK-wide trial confirmed that treating prostate cancer with targeted radiotherapy improves survival and quality of life. Crellin, awarded a CBE in 2019, played a key role in developing the Bexley Wing at St James's Hospital, where he now receives care. “Receiving treatment in a place I helped create is very emotional, but also reassuring. My colleagues are fantastic.”

Leeds' Cancer Research UK Radiation Research Centre, recently awarded £2.94m for further research, aims to develop “smarter, kinder” radiotherapy. “The best way forward is through clinical trials and research,” Crellin said.

He also calls for a shift in language around cancer. “‘Terminal’ and ‘incurable’ mean different things. Many people live longer with controlled cancer—so we must focus on quality of life and reducing side effects.”



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Performance

# International spectacle

## Wolverhampton plays host to first Kabaddi World Cup outside of Asia



**Hundreds of fans turned out to celebrate start of the Kabaddi World Cup 2025 in Wolverhampton.**

WV Active Aldersley staged the opening ceremony and first games of the tournament on Monday 17th March.

The opening ceremony featured live music by students from Wolverhampton Music Service, local dance acts and a parade of athlete from across the world who are taking part.

The host nation England men's team then got the live action underway with the first group stage game against Hungary. A number of other men's and women's games then took place featuring teams including India, Poland, China and the USA.

It's the first time that the Kabaddi World Cup has been hosted outside of Asia and Councillor Bhupinder Gakhal, the City of Wolverhampton Council's Cabinet Member for Resident Services, said it was a very proud moment for the city of

Wolverhampton to host the festivities.

He said: "The ceremony and opening games were spectacular to witness. It's a real honour to have the Kabaddi World Cup taking place on our doorstep and we can't wait to host the semi-finals and finals this weekend.

"It's exciting to welcome fans not just from Wolverhampton but from far and wide to our city, as well as the millions tuning in online to watch the action. This is a global celebration of sport and cultures and we're proud to be the home for it."

Wolverhampton is also hosting day two of the tournament on Tuesday before the action takes to the road with games being hosted in Coventry, Birmingham and Walsall.

The tournament then returns to Wolverhampton on Saturday 22nd March for the semi-finals, and Sunday 23rd March for the finals, third place play-off and closing ceremony.



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# Fusion of two cultures

## A musical celebration of cultures: South Asian stars to shine at St George's Hall

British-Indian soprano Natasha Agarwa



**On 29 March, St George's Hall in Bradford will host a spectacular concert that promises to be a landmark event for music lovers.**

Yorkshire Symphony Orchestra and Bradford Festival Choral Society will present an unforgettable evening featuring two extraordinary works: the evening will begin with Reena Esmail's 'This Love Between Us', a powerful piece that intertwines Indian and European classical traditions, featuring sitar, tabla, symphony orchestra, and choir.

With its themes of unity and cultural harmony it's an apt reflection of Bradford's diverse community.

Following the interval, audiences will be treated to Carl Orff's Carmina Burana, one of the most exhilarating choral works ever written. With its dramatic intensity and iconic O Fortuna, this piece will showcase the sheer power and brilliance of the assembled forces.

Headlining the evening are four outstanding South Asian soloists who have made their mark on the global stage. British-Indian soprano Natasha Agarwa, known for her "presence of real note" (Seen and Heard International), brings her powerful vocals to this performance. Natasha has performed with Opera North, Welsh National Opera, and the London Philharmonic Orchestra.

Joining her is Shivani Rattan, a versatile mezzo-soprano and choral conductor. With expertise in both Western and Indian choral traditions, Shivani has worked with the National Youth Choir and leading ensembles such

as Papagena. She has also composed Three Indian Celebration Songs, which have been performed worldwide and celebrated for their contribution to diversifying choral music.

The tenor soloist, Sandeep Gurrupadi, is an Indian-American artist who has performed across the UK, India, China, and the US. A contemporary classical specialist, Sandeep has premiered works at prestigious venues like the Barbican Centre and the London Festival of American Music.

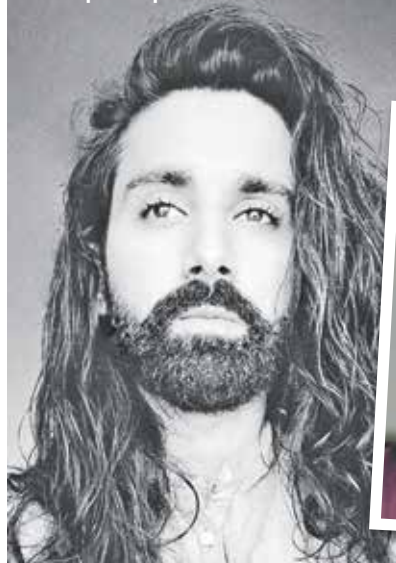
Completing the quartet is Oscar Castellino, an operatic baritone originally from Mumbai who transitioned from software engineering to a thriving international singing career.

An alumnus of the Royal College of Music, Oscar has performed with Welsh National Opera and Scottish Opera and is pioneering operatic compositions in Indian languages.

This concert is more than just an evening of world-class music; it is a celebration of South Asian talent coming together with musical forces who are part of Yorkshire's cultural heritage. With standard ticket prices ranging from £17.75 to £35.75, great offers for families, school groups and under 30s, this event is accessible to all music lovers.

Secure your tickets now at [bradford-theatres.co.uk](http://bradford-theatres.co.uk) and be part of this extraordinary celebration of unity through music.

Sandeep Gurrupadi



Oscar Castellino



Shivani Rattan





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# Four jailed over UK's largest money-laundering plot

**Criminals who laundered hundreds of millions of pounds of criminal cash through a West Yorkshire scrap jewellery business have been found guilty.**

In what is believed to be the largest money laundering case ever in the UK four people were today found guilty of their part in channelling £266 million through Bradford-based company Fowler Oldfield.

Gregory Frankel, 47, Daniel Rawson, 47, Haroon "Harry" Rashid, 54, and Arjun Babber, 32, were found guilty of money laundering following a trial at

Leeds Crown Court.

The case, led by West Yorkshire Police's Economic Crime Unit, uncovered a sophisticated operation that used Bradford-based Fowler Oldfield as a front to clean vast amounts of illicit money from criminal networks across the UK.

The police investigation found that cash was delivered to Fowler Oldfield in bulk, with couriers arriving daily from cities such as Glasgow, Manchester, and Merseyside carrying heavy bags filled with banknotes.

At its peak, the business was

receiving an average of £1.7 million per day, concealed in sports bags, carrier bags, toy boxes, and even takeaway containers.

The cash was counted using professional money-counting machines and deposited into banks by legitimate cash-in-transit companies before being used to buy gold grain, which is untraceable and easier to conceal than bullion. Much of this gold is then believed to have been taken out of the UK.

The scale of the operation triggered suspicion in 2016 when a cash-in-transit

company flagged the massive increase in cash deposits at Fowler Oldfield.

At times the amount of cash being banked by the company in one day was said to be similar to sums banked by a Premier League football club following a big match.

Investigators then conducted a meticulous review of financial records, emails, and 8,000 hours of CCTV footage, ultimately revealing that over £266 million had been laundered through the company between 2014 and 2016.

When officers executed a search

warrant at Fowler Oldfield's Bradford premises in September 2016, over £2.1million was seized.

No-one has ever come forward to claim any of the cash belongs to them.

All four were found guilty of money laundering offences at Leeds Crown Court last week: Gregory Frankel, 47, from Shipley, was sentenced to 11 years, eight months; Daniel Rawson, 47, from Scarcroft in Leeds, was sentenced to 10 years, ten months; Haroon Rashid, 54, from Bradford, was sentenced to 10 years; Arjun Babber, 32, from London, was sentenced to 11 years.

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# business power

Regal  
Foods

8 page  
Supplement

HRH The Duke of Gloucester  
with Regal Foods CEO  
Younis Chaudhry MBE

## REGAL FOODS:

### A family legacy taking the world by storm

**A Bradford-born food manufacturer with global success is staying true to its roots, proving that family values and business excellence can go hand in hand.**

Regal Foods, named as one of the nation's top bakers (The Grocer), and listed in The Times top 100 fastest growing companies, has been solidifying its reputation as a powerhouse in the food industry, all while maintaining the community spirit it was built upon.

But for Regal, basking as a recipient of the prestigious and much-coveted Queen's Award, along with dozens of industry accolades,

the recognition is more than just awards - it's a testament to a journey that started over two decades ago in a small local setting.

Founded in 2001, Regal Foods began by supplying a handful of bakery products to local grocery stores.

The company's rapid expansion saw it launching its own product range and, by 2005, securing a place on the shelves of a major supermarket chain.

Today, the business produces and distributes more than 400 food and drink items, reaching over 3,000 retail outlets in the UK and

exporting to more than 40 countries worldwide.

But success isn't just measured in sales and expansion. Regal Foods is also deeply committed to giving back to the Bradford community. It's a really grounded company, regardless of its multi-million-pound successes and international status.

Yes, they are known for producing great food and drink, but Regal Foods also support charity initiatives on a national and international level through the ongoing work and support with the Shahid Afridi Foundation. Regal deliver a school meals programme through SAF to

children living in poverty who attend the Wadoodia Muhallah School in Karachi.

Despite its international success, Regal remains a family-run business at its core. The journey began with Regal's CEO Younis Chaudhry 20-years ago, and the board of directors is still made up of the family.

Regal Foods' story is one of resilience, innovation, and an unwavering commitment to its hometown. While its products may be found in far-reaching corners of the world, its heart remains firmly in Bradford.



# From humble beginnings to a global multimillion-pound food group

## The man

**In 2001 the journey of Regal Foods started from very from humble beginnings.**

Established by a family within the heart of the Bradford community, Regal Foods started producing one bakery product, namely puff pastry fingers, and with one small van they delivered to small convenience stores in and around the area to cater for the south Asian consumer.

As the years rolled by, Regal focused on building its portfolio of bakery products, and with its fleet of vehicles growing at a rapid speed, so did the taste for Regal Foods.

And through the hard work of Younis Chaudhry and his family, in 2004 Regal House was born – a new facility that would be the home to Regal foods.

Supermarket success soon followed with listings hitting the world food aisle in Asda, Tesco, Morrisons and Sainsbury's.

CEO of Regal Food Products Group Plc, Younis Chaudhry MBE, was recognised in the New Year Honours 2024, for his services to business and to the community of Bradford





# The Business

**Providing employment opportunities and employing over 350 people from the Leeds and Bradford community, Regal now hosts an impressive portfolio of brands and sites across the region.**

The Regal Group now own and run Love Handmade Cakes – a Leeds-based bakery supplying food services and wholesalers with cakes, traybakes, muffins and many bakery treats.

Just Desserts Yorkshire – based in Shipley, baking premium handcrafted gateaux, cheesecakes and tarts for farm shops, garden centres, delis, restaurants and food halls.

Yorkshire Baking Company, located behind Regal House, bake a selection of traditional sponge cakes for Morrisons, Asda, Tesco and Sainsbury and sits on the mainstream cake aisle alongside other household names.

Both Regal Bakery and Yorkshire Baking Company are officially listed by The Grocer as one of top 20 UK cake brands in terms of growth and market share.

Despite its global success, the Regal family still run the company and oversee its day-to-day operations across its sites. The family have never forgotten their roots of Bradford and where it all started, and the community remains an important factor in the business.

Regal not only financially supports and donates thousands of products to its joint-run food bank (Bradford Community Kitchen), but supports many charitable causes and grass roots sporting clubs monthly. They say “our community is at the heart of everything we do”.

From humble beginnings in Bradford with one bakery product and one van, Regal is now a multi-million-pound global food group.

# The Team

**A structure was needed for the quickly growing company and so Younis Chaudhry, the founder of Regal became CEO, which was followed by other family members who now sit on the board of Regal – to this day the business is family owned and one to be very proud of.**

Fast forward 20+ years and Regal now manufacture over 400 bakery and snacking products which are distributed to over 3,000 retail and foodservice outlets around the UK, these included all major retailers, wholesalers, and convenience stores.

In 2022 Regal Foods was awarded a Queen’s Award for Enterprise for International Trade in recognition of its services to overseas where it distributes to over 50 countries around the world.





# Regal Food Products Group

**2001**

**REGAL FOODS IS  
FOUNDED IN THE HEART  
OF BRADFORD,  
WEST YORKSHIRE.**

The Regal brand is established as a partnership and work on creating its first set of bakery products started.



**2001**

**HUMBLE  
BEGINNINGS**

Regal started baking and began rolling out cake rusk, puffy pastry fingers and other bakery treats to convenience stores in the north of England.



**2003**

**KB FOODS**

The taste for Regal soon spread and with the aim of diversifying its product range, Regal acquired KB Foods, an established brand from the 70s.



**2005**

**ON THE  
SUPERMARKET SHELF**

In 2005 Regal saw its first major supermarket listing in Asda stores nationwide.

Later that year, other listings in Morrisons, Tesco and Sainsbury's soon followed.

**2005**

**PAKSTAR**

Regal continued to add more brands to its repertoire, Pakstar was acquired and soon after launched spices, tinned foods and kitchen cupboard essentials.



**2008**

**REGAL OVERSEAS**

The demand for Regal and its products soon became international with products distributed to 6 countries across Europe.



**2009**

**THE  
BOARD ROOM**

In 2009 the company reached new heights, Younis Chaudhry acquires the Regal Group and is appointed CEO.



**2010**

**Yorkshire Baking Company**

Regal founded its largest sub-brand to date, the Yorkshire Baking Company – **the famous Mega Loaf was born!**

**44,000  
SQ FT  
FACILITY**

**2003**

**REGAL HOUSE**

Regal moved to a new 44,000sqft facility where the brand continued to go from strength to strength.



# - A journey in bringing food to life



## 2011

### EXPANDING PRODUCT PORTFOLIO

For the next few years, Regal focused on growing its product portfolio, adding juices, sweet and savoury snacks, sauces, marinades and may more products to its range.

As the brand grew stronger, so did the fleet of vehicles delivering to independent convenience stores and supermarkets nationwide and overseas.



## TOP 10 NATIONS favourite BAKERIES

2018

### A NATION'S FAVOURITE

The Grocer ranked Regal among the top 10 nations favourite bakeries.



## 2019

### REGAL WORLDWIDE

Regal continued to make waves overseas, adding USA, Canada, along with 50 countries to its export's portfolio.

## 2021

### A MILESTONE

Regal Food Products Group celebrates 20 years of bringing food to life.



## 2022

### A ROYAL SEAL OF APPROVAL

Regal Foods are awarded a Queen's Awards for Enterprise for International Trade - The UK's highest accolade in British business.



## 2019

### REACHING NEW HEIGHTS

Regal acquires new 50,000sqft distribution centre and works on a 20,000sqft state of the art warehouse begins.

**50**  
THOUSAND  
SQUARE FOOT  
DISTRIBUTION  
CENTRE



## 2022

### JUST DESERTS YORKSHIRE

Regal Foods acquires premium desserts manufacturer, Just Desserts Yorkshire.



## 2023

### PACKAGING R US

Regal group acquire Packaging R Us - a leading manufacturer and supplier specialising in food packaging solutions.



## 2024

### LOVE HANDMADE CAKES

Regal group acquire Love Handmade Cakes - a specialist bakery, creating a range of over 100 cakes, traybakes, individual cake bars and muffins for food service wholesalers, coffee shops, distributors.



## 2024

### REGAL ACQUIRE 45,000 SQ FT WAREHOUSE

The new warehouse facility will support, boost and grow Regal's operations.



## 2024

### LOVE CHEESECAKES

Regal acquire Love Cheesecakes, a desserts business specialising in cheesecakes for wholesale, food services and the hospitality sector.

*The Regal journey continues...*





**“We take pride in serving and supporting our communities at every opportunity. Giving back isn’t just a responsibility - it’s a privilege.”**

# CHARITY:

## A commitment that never wavers

**As a leading food manufacturer and distributor, Regal Foods has embedded itself at the heart of the local community, with a commitment to making a lasting impact both in the UK and globally.**

The bakery kings continue to contribute financially to local charities and donate thousands of products to support fundraising activities. Whether through food banks, youth outreach, community engagement, or international relief efforts, the company remains steadfast in its dedication to giving back.

“Charity work is not just an extension of the business - it is a core value that drives the company’s mission,” says company spokesperson.

“At Regal Foods, charity is at the heart of everything we do.

“We take pride in serving and supporting our communities at every opportunity. Giving back isn’t just a responsibility - it’s a privilege.”

From local initiatives to international advocacy, Regal Foods exemplifies the power of businesses making a difference, proving that corporate success and community support can go hand in hand.

## Combating isolation and mental health challenges

Regal Foods recently sponsored and hosted a community lunch for women over 50 in collaboration with the Millan Centre.

Over 30 women, many facing isolation and mental health challenges, attended the event, which was held at a Bradford restaurant. The initiative aimed to create a welcoming space where attendees could relax, connect, and socialise.

## Making a global impact

The company’s commitment to charitable work extends beyond national borders.

On World Refugee Day, the company welcomed UK for United Nations High Commissioner for Refugees CEO Emma Cherniavsky and Advisory Board Member Nyra Mahmood to discuss Corporate Social Responsibility (CSR) efforts on both national and international levels. These discussions highlighted the company’s passion for making a global impact through its initiatives.





# Empowering the next generation

**Beyond food support, Regal Foods is also dedicated to inspiring young people and shaping future career paths.**

In a recent collaboration with Dixons Academies Trust, Regal employees engaged with Year 3 and Year 6 students, sharing insights into the food

and drink sector, the company's community initiatives, and their personal career journeys.

The students also participated in an interactive session, designing and decorating their own fairy cakes using various techniques.

The company has also

partnered with Bradford College to host taster days and workshops for students at primary, secondary, and college levels. These initiatives provide valuable exposure and hands-on learning experiences for young individuals exploring career opportunities.



## Championing sports and community engagement

Understanding the power of sports to inspire and uplift, Regal Foods is dedicated to supporting grassroots sports initiatives.

The company proudly sponsors the National Asian Cricket Council Women's Team and local women's football teams, reinforcing its commitment to promoting women in sports.

Additionally, Regal Foods sponsors the British Asian Rugby Association (BARA), which actively raises awareness around #TacklingTheStomaStigma in sports and supports various charitable causes.



## Supporting local communities through food initiatives

One of Regal Foods' most impactful projects is its support for Bradford Community Kitchen, which was honoured with The Queen's Award for Voluntary Service in 2023.

The company not only funds the food bank's operational needs but also donates thousands of products each month. The food bank is open to anyone in need, ensuring that vulnerable individuals and families have access to essential nourishment.

Additionally, Regal Foods operates community kitchens and a door-to-door service, extending its reach to those struggling to put food on the table.





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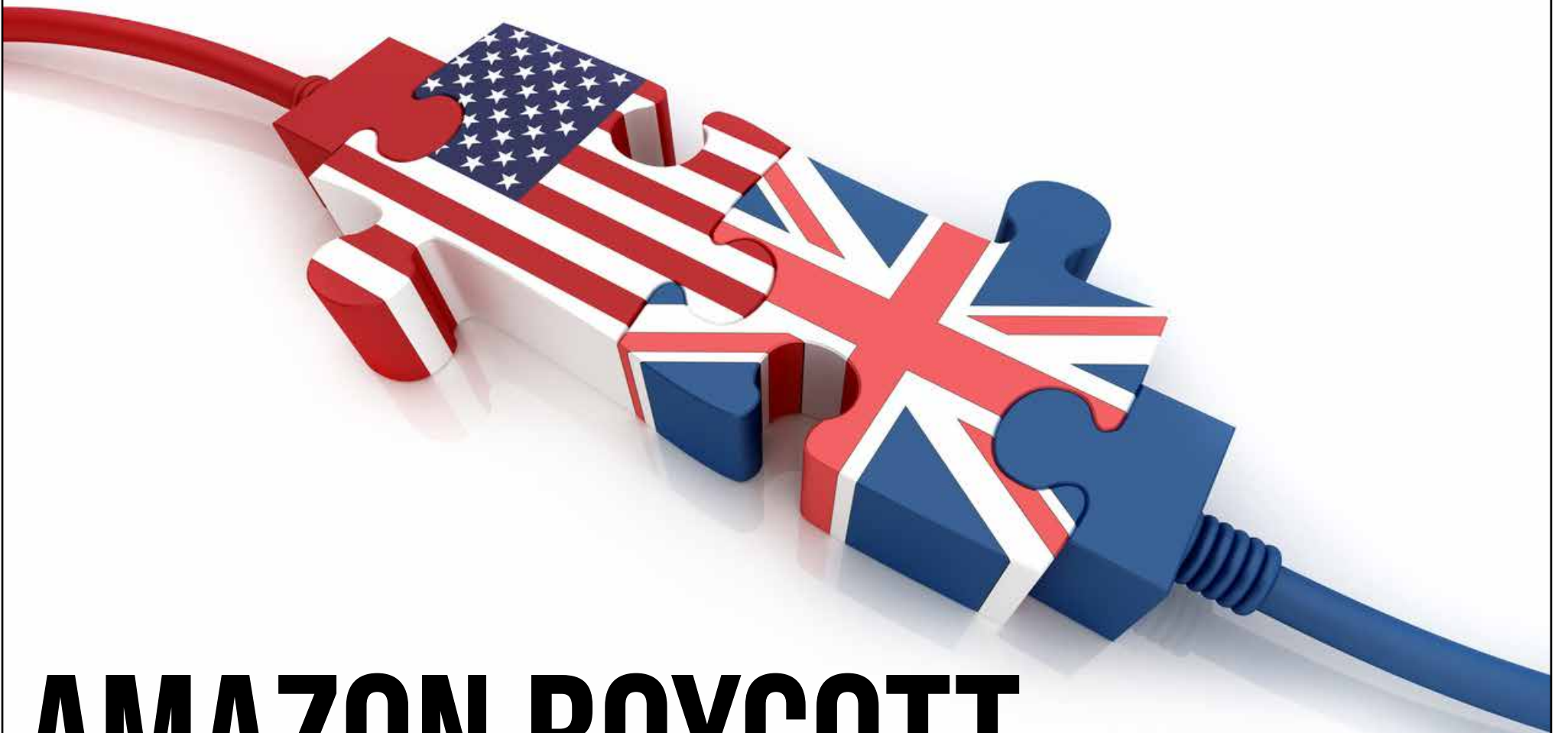
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# business **power**

A boycott of some retailers by US consumers could spread to the UK, says Parcelhero  
(Credit: Parcelhero/copyright iStock)



## **AMAZON BOYCOTT COULD SPREAD TO THE UK, COSTING UP TO £47M IN LOST SALES**

See page 34

# business power

## “Mind the GAP”

**P**eople who have been to London are likely to have seen or heard of the phrase “mind the gap”. The phrase is synonymous with the London Underground as it is the warning which has been used by Transport for London (TfL), who operate the Underground, for over 50 years to warn passengers about the gap between the platform and the underground trains. What is less well known is that TfL owns a number of registered trade marks for that phrase which it has used to sell branded merchandise with the phrase.

In 2021, TfL applied to trade mark the phrase to include goods not covered by its existing trade marks; these included eyewear, luggage and wallets. However, this application was opposed by the American clothing giant, GAP Inc, on the following grounds:

**Bad Faith** – GAP argued that TfL’s application breached a Settlement Agreement which had been entered into between the two parties in 2004 which prohibited TfL from registering “MIND THE GAP” for certain goods, including “global accessories”. The UK Intellectual Property Office (UKIPO) found that TfL had acted in bad faith by trying to register

a trade mark to goods that were specifically covered by that agreement.

**Likelihood of Confusion** – GAP claimed that if TfL was allowed to register the trade mark then there would be the likelihood of confusion between TfL’s trade mark and GAP’s earlier trade marks in the minds of the average consumer. However, although the UKIPO found that the marks were visually and aurally similar, there was no significant conceptual similarity and therefore there was unlikely to be any confusion.

**Reputation and Unfair Advantage** – GAP argued that TfL’s use of “MIND THE GAP” would exploit the reputation of its brand, which had a strong standing in the UK for clothing and accessories. However, the UKIPO found no evidence that consumers would make the link between the two marks, particularly given the distinctive meaning of “MIND THE GAP” being used by TfL as a public safety message.

**Passing Off** – GAP claimed goodwill in the “GAP” name and alleged that TfL’s use of “MIND THE GAP” would mislead the public. The UKIPO dismissed this claim, finding no evidence of misrepresentation or likelihood of consumer confusion.

The UKIPO’s decision was a partial victory for both parties. TfL was allowed to trade mark “MIND THE GAP” for most items that it had applied for but the UKIPO rejected its application for items covered by the 2004 Settlement Agreement, such as wallets, purses and cardholders.

This case highlights the complexity of trade mark disputes where historical agreements and widely recognised phrases are involved. Although TfL was, to a large degree, successful the finding against it for acting in bad faith highlights the importance of respecting contractual agreements.

If you are involved in any intellectual property, trade mark or design rights disputes or require advice and assistance with the registration of trade marks then Blacks Solicitors can assist, please contact Luke Patel by telephone on 0113 227 9316 or by email at “LPatel@LawBlacks.com”. Blacks Solicitors also operate a Trade Mark Watching Service which monitors companies’ trade marks to prevent potential infringements.



## Amazon boycott could spread to the UK, costing up to £47m in lost sales

**Amazon is one of a number of retailers being shunned by consumers over its association with the Trump administration.**

Earlier this March, 9% of US Amazon users planned to boycott it. A similar move by UK consumers could cost Amazon up to £47m in lost sales, says the international delivery expert Parcelhero.

American shoppers are increasingly using their wallets to protest against political developments. A quarter of US shoppers have abandoned their favourite stores due to their political stances, according to a recent Guardian-Harris poll, while four in ten Americans have reportedly shifted their recent spending to reflect their social views.

One of the retailers now in the crosshairs of some US consumers is the online giant Amazon. Jeff Bezos, the founder of Amazon, gave President Trump’s inaugural committee \$1m, securing a prominent seat at his inauguration.

Additionally, in the countdown to Trump’s Presidency last December, Amazon told staff it was ‘winding down outdated programs and materials’ related to representation and inclusion. It became one of a number of US retailers to ditch their diversity, equity and inclusion (DEI) policies – a move that has angered some US consumers.

Now the UK home delivery expert Parcelhero says there’s growing awareness of the political implications of using certain retailers on this side of the Pond as well.

A recent More in Common poll found that 59% of Brits have a negative view of Trump and 24% have a positive one, while a growing number are joining campaigns such as the UK’s Stop Trump Coalition to protest against his policies.

UK consumers may follow US shoppers’ example and shun retailers who are perceived to be too closely aligned with President Trump’s policies.

Parcelhero’s Head of Consumer Research, David Jinks M.I.L.T., says: “There’s no doubt that some US consumers have stopped ordering from Amazon, as well as a number of other retailers, such as Walmart and Target.

“Last week saw an “economic blackout” of Amazon, according to a newly formed activist group called The Peoples Union USA. Its founder, John Schwarz, claimed people from across the world contacted him in support, asking how they could show solidarity.

“A survey by Numerator found that 9% of US Amazon shoppers intended to participate in the week-long action. If 9% of British shoppers were to follow that example, that would mean the online giant losing up to £47m, given that its most recently declared annual turnover (2023)

was around £27bn or £519m a week. That’s assuming 9% of UK shoppers spend enough to represent 9% of Amazon’s UK turnover. That may sound a lot, but it’s small change in the context of Amazon’s worldwide revenue of \$637.959bn (£490bn) last year.

“So, just how likely are UK and European shoppers to follow American consumers’ example? Across Europe, boycotts of perceived Trump-supporting retailers and manufacturers are certainly taking place. Tesla sales fell 76% in Germany alone last month. That’s likely to be because its controversial boss, Elon Musk, has taken a prominent role in President Trump’s administration, including spearheading the cost-cutting Department of Government Efficiency (DOGE).

“However, while UK Tesla sales slumped 12.7% in January, they actually rose by 20.7% YOY in February – though largely because there’s a planned car tax rise in April. Other luxury marques gained significantly higher increases as motorists rushed to purchase cars before the new tax takes effect.

“While Tesla might be escaping the worst here, UK anti-Trump sentiment does seem to be gathering pace. For example, UK Reddit users are increasingly vocal about cancelling their Amazon and X (formerly Twitter) accounts.

“That being said, even the boycott by US users has so far failed to make a notable dent in Amazon’s figures. In fact, Amazon was quick to announce that its sales last week were actually up 5.6% despite the planned “blackout.” However, there is another reason brewing why UK shoppers could ditch Amazon and other US brands.

“Last week, the London Economic listed 50 US brands likely to be targeted by UK shoppers looking to take the “Canadian approach”. That refers to the many Canadian consumers and retailers who are now boycotting US products such as whiskey following Trump’s introduction of new tariffs on Canadian goods.

“The recent visit to the White House by UK PM Kier Starmer resulted in Trump declaring: “I think we could end up with a real trade deal... where the tariffs wouldn’t be necessary.” However, a US-UK trade deal is still far from certain. Trump could still impose new tariffs on British goods being exported to the US. Such a move would potentially encourage UK consumers to turn away from US retailers and products, following Canada’s example.

“Of course, all this will have an impact on UK-US e-commerce and parcel deliveries. Whatever the outcome, we can expect some export and courier market volatility.”



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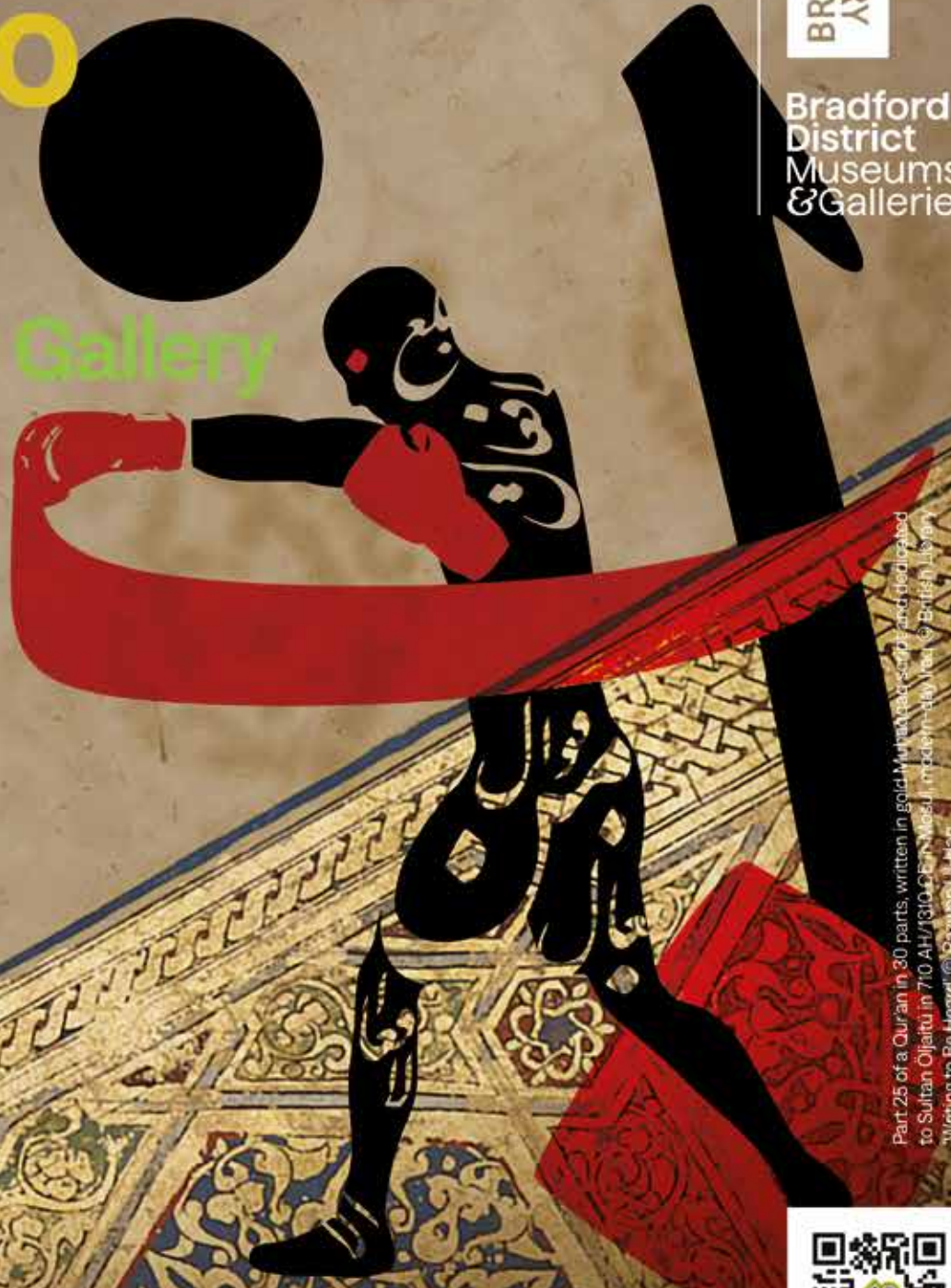
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# The sweet surprise that led to a honey revolution

What started as a simple backyard beekeeping hobby in London has blossomed into a mission to change the way people experience honey.

When Hive & Keeper founder discovered the ever-changing flavours of honey straight from the hive, she realised something was missing from supermarket shelves - real, raw, and unrepeatable honey.

Unlike mass-produced honey, which is often blended for consistency, each jar from Hive & Keeper is a time capsule of nature. "Honey is like a photograph," she explains. "It captures the exact moment it was made - the flowers in bloom, the weather, and the bees' needs at that time. A week later, it's a completely different honey."

And that's not surprising when you hear that it takes more than a million visits to flowers to make one jar of honey. It's impossible for bees to replicate that mix of flowers ever again.

Hive & Keeper's realisation of the uniqueness of each jar of honey sparked a mission: to support small-scale British beekeepers and celebrate the uniqueness of each harvest.

Every jar is labeled with the beekeeper's name, location, the date the honey was collected, and how many jars were made.

With a growing network of small-scale beekeepers across Britain, Hive & Keeper is about more than just honey - it's about sustainability, local craftsmanship, and protecting Britain's natural landscapes.

All of Hive & Keeper's beekeepers are good custodians of their bees and the woodlands, meadows, gardens and fields they keep them in; working closely with farmers, landowners, and councils to encourage pollinator-friendly environments, from wild meadows to city gardens.

Based just outside Leeds, Hive & Keeper packs its honeys in hay from nearby fields, adding an extra sensory treat when opening a box - the scent of a Yorkshire summer.

For those looking to taste honey as nature intended, Hive & Keeper is offering 10% off with the code UKBEES at [www.hiveandkeeper.com](http://www.hiveandkeeper.com).

Each jar tells a story - one that can never be repeated, only savoured.



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# Trouble falling asleep?

... Try this 89p trick that experts swear by

Falling asleep isn't always easy; we spend almost one third of our lives asleep, and yet many of us still struggle. Luckily, experts at Meditopia have revealed five hacks to can help you transition into sleep, while also improving your sleep quality.



## Swap coffee for chamomile

If you're a coffee person and are having difficulty falling asleep, you may have been drinking too much caffeine during the day.

Try not to drink more than 2 cups, especially later in the day. To keep your energy up during the day, try getting some fresh air, or doing some stretches rather than refilling your coffee cup. Caffeine can disrupt your sleep cycle, making it harder for you to fall asleep.

Chamomile tea, which can be found for as little as 89p in shops like Aldi, is a great alternative hot drink that will help you wind down and relax at bedtime. In the evening, make the switch from coffee to chamomile and see the difference in your sleep.

## Blue light and sleep


Many of us want to watch something on TV or spend some time scrolling through social media in the evening. However, research shows that devices that emit blue light aren't good for our eyes or our sleep.


A study found that individuals who use blue light filtering lenses compared to regular lenses two hours before sleep show fewer symptoms of insomnia and have better sleep quality.

In light of these findings, it's best for you not to look at your phone, computer, or television at least one hour before bed. Instead, you can try listening to the radio, or a podcast, or a sleep story.


There are lots of alternatives, but if you need to use screens, it's best to turn on the night screen mode in order to help filter the blue light.



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**Sleep environment**

Technological devices carry lots of stimuli, which can make us anxious. It's better to limit those stimuli as it gets closer to bedtime to give your mind time to relax after a long day. Try dimming the lights during the evening, putting on a chilled melody in the background, or reading a book.



**Ease your mind into sleep**

Now that you feel clean, calm, and rested, you may notice your mind wandering among thoughts, plans, hypothetical arguments, and so on. You're not alone, as that's something many of us experience. One thing that can help with this is meditation. There are lots of sleep meditations online to guide you on your way to a peaceful, rest-filled sleep. Alternatively, try listening to calming music or sleep stories. Another way to relax is by trying some low-impact stretching. Our bodies and minds are interconnected, which is why moving your body if you feel tired or anxious can be helpful. You can try moving your head gently side to side, rolling your shoulders while taking deep breaths, and stretching your hamstrings and hips by reaching for your toes in bed. Breathing exercises go hand in hand with stretching. Breathing connects your body and mind, helping you to stay present. With each breath, let go of intrusive thoughts and allow your body to get heavier on your bed.



**Sleep hygiene**

Take a warm shower, allowing your body to release the tension with the help of some hot water. Change your sheets and pyjamas. Clean fabric with a soft smell can help create a good environment for a restful sleep. Put a few drops of soothing and relaxing lavender oil on your pillow. You can massage your head, neck, hands, or shoulders with lavender oil as well, letting the smell calm you down. Open your window for a little while to allow fresh air to circulate into your room.

**Get help**

Sleeping is essential to our daily routines, and it's important to find something that helps you. Last but not least, don't hesitate to seek out professional help for your sleep struggles. You can visit your doctor or see a therapist about any difficulties you're having.

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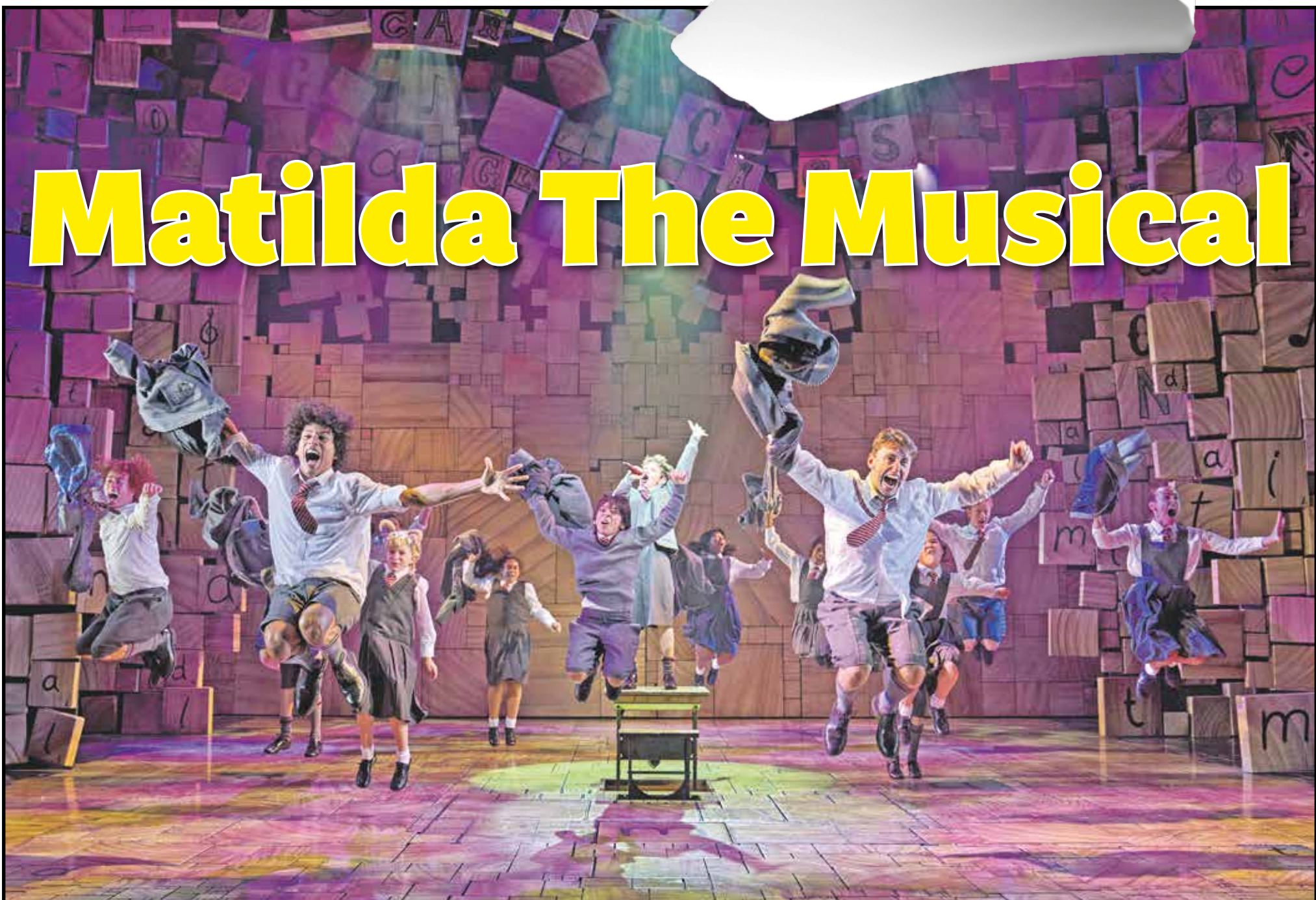
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# GILIT Entertainment

THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD



## Matilda The Musical

### New talent joins the magical world of Roald Dahl's epic story at London's Cambridge Theatre

The excitement continues to grow for Matilda The Musical at the Cambridge Theatre, as the Royal Shakespeare Company (RSC) introduces a talented new cast of young performers to join the iconic production.

The award-winning show, which has captivated audiences around the globe, is gearing up for an even more dazzling experience as it welcomes Suki Hillier, Mia Rogers, and Alexis Whitehead to take on the role of

Matilda.

Matilda The Musical, the West End phenomenon that's captured hearts worldwide, continues to be a showstopper.

With a whopping 101 international awards - including 24 for Best Musical, this powerful, anarchic tale of a clever and courageous little girl with a vivid imagination shows no signs of slowing down.

The production is currently the 15th longest-running show in the West End and has already attracted over 12 million viewers across 100 cities!

Continued on page 42



Dr Saad, played by Umar Butt, on his knees  
(Credit: Kimia Modaressi/University of Bradford)

# A Teaspoon of Shampoo

## Fake doctor who prescribed bizarre remedies inspires play

**The story of a man who falsely posed as a doctor for 30 years is the inspiration behind a new play produced by Theatre in the Mill, an arts organisation based on the University of Bradford campus.**

Muhammed Saeed treated thousands of patients from the practice he ran in Darfield Street, Manningham, Bradford, but he was not medically qualified.

He prescribed one patient suffering from a cold with shampoo to be taken twice a day. Another was prescribed a substance similar to creosote [normally used to preserve timber] to treat toothache.

'Teaspoon of Shampoo', from Theatre in the Mill, based on the University of Bradford campus, is a dramatisation based on Mr Saeed's life.

Written by Dr Shabina Aslam, Artistic Director at Theatre in the Mill, the play, performed on campus from Wednesday 5 March to Saturday 8 March, follows the recording of a true-crime podcast inspired by this true story.

It features dramatic recollections of key moments in Mr Saeed's life, known as Dr Muhammed Saad in the play. At the end of the production, the audience is asked to decide if its main character was ultimately innocent or guilty.

Mr Saeed was finally exposed in 1990 and a subsequent police investigation discovered he had taken on the medical qualifications of a Pakistan-based doctor who shared the same name.

He was jailed for five years in 1992 after being convicted of four charges of obtaining pay by false pretences and property by deception. He died in 2003.

Dr Aslam, who grew up in Bradford, was told about the story by a family member in 2020 and then researched archive newspaper coverage of the 1992 trial, initially writing a short story based on the case before the new play.

Dr Aslam said: "I could not believe that I had stumbled on such an amazing story. I spent hours researching it.

"I originally wrote it as a short story for myself, but I got it published as a 'zine and then I thought it was a really good opportunity to turn it into a piece of theatre. The play is a South Asian feminist perspective of the story.

"The play is inspired by true events. It is a dramatisation. It shows him in different ways including arrogant and falling apart. The audience is offered different views of one character. The play looks at the doctor as a fallible human being."

The production sees community collaborators from Manningham supported by practice-led research from the University of Leeds, including researcher, Dr Rob Eagle. The performances follow workshops with community and professional actors, which were held last year.

Theatre in the Mill is classed as a National Portfolio Organisation by Arts Council England, one of around 800 across the country. Its status means it is recognised as making a significant contribution to the local and national arts scene.

'Teaspoon of Shampoo' will be performed at Theatre in the Mill from Wednesday 5 March to Saturday 8 March, from 19:30 with a matinee performance from 14:30 on the final day.

# Matilda

## The Musical

**New talent joins the magical world of Roald Dahl's epic story at London's Cambridge Theatre**

Continued from page 41

Joining these new Matildas is an exciting wave of talent with Janai Bartlett, Alexander Beaumont, Kobe Champion-Norville, William Gurney, Arietta Hall, Chase King, Reuben Laming, Lexi Lancaster, and many more young stars taking on key roles such as Bruce, Lavender, Nigel, and the pupils of Crunchem Hall.

Together, they'll bring a fresh burst of energy to the stage, joining the already exceptional cast of Joseph Burrows, Joey Grady, and others.

Of course, the star power doesn't stop there - Tiffany Graves returns as the notorious Mrs. Wormwood, Kieran Hill brings the fierce Miss Trunchbull to life, Neil McDermott plays the loveable but clueless Mr. Wormwood, and Eve Norris shines as the kind-hearted Miss Honey.

This magical musical, based on Roald Dahl's beloved book, boasts a fantastic score by Tim Minchin, a brilliant script by Dennis Kelly, and visionary direction by Matthew Warchus.

The production is packed with eye-popping effects, jaw-dropping choreography, and

world-class performances that make it a must-see for theatre fans of all ages.

The show's growing list of accolades includes sweeping the Olivier Awards in 2012 with seven wins, and it has continued to take the world by storm with its global tours from Broadway to Australia, New Zealand, and beyond.

Don't miss your chance to be part of the magic! Matilda The Musical is now booking through May 2026 at the Cambridge Theatre, and tickets are flying off the shelves. To catch this show and witness the dazzling new talent bring Matilda and her friends to life, head to the official website to book your tickets now!

#MatildaTheMusical  
#MatildaTheMusicalLondon #NewMatildas  
#WestEndMagic #MatildaTheMusical2025

**For more information and tickets: [www.matildathemusical.com](http://www.matildathemusical.com)**



### About Matilda The Musical

From the Royal Shakespeare Company, Matilda The Musical premiered in 2010 and has since become one of the most iconic musicals in the world, sweeping major awards and captivating audiences from London to New York, and everywhere in between. With a stellar creative team, including composer Tim Minchin and director Matthew Warchus, this is one theatrical experience you won't want to miss!



# WHAT'S ON

in cinemas this month



## Marching Powder

**Starring:** Danny Dyer, Geoff Bell, Stephanie Leonidas, Callum MacNab, Arty Dyer, Bailey Patrick, Lex Shrapnel, Janet Kumah

**Director:** Julius Onahs

**Cert:** 18

**Genre:** Action/Comedy/Crime

**Release Date:** 7/3/2025

Marching Powder sees the long-anticipated reunion of acclaimed director Nick Love (The Business, The Sweeney, The Football Factory, The Firm, TV's Bulletproof) and long-term collaborator and national treasure Danny Dyer (TV's EastEnders, The Football Factory, The Business, Human Traffic).

This isn't your average 'rom-com'... Set in the irreverent and profane world of cult classic The Football Factory, Marching Powder is a hilarious, poignant and action-packed big screen drama that follows the story of Jack (Danny Dyer), an aging, drug-taking football hooligan who feels increasingly irrelevant in today's

society as he struggles to keep his family together.

Hooked on drugs and adrenaline; and struggling to resist the pull of his gang of fellow football fans, Jack is arrested after some violent matchday exploits and given six weeks to turn his life around, or else face a long spell in prison. Juggling his marriage, his mates, his hard-nut bully of a father-in-law and his wayward 25-year-old stepbrother, Jack tries to get his life back on-track but slowly his world starts to spiral out of control.

There's romance, there's comedy, but this ain't no 'rom-com'...this is real life, on the line.

# WHAT'S ON

in cinemas this month

## Mickey 17

**Starring:** Robert Pattinson, Naomi Ackie, Steven Yeun, Toni Collette, Mark Ruffalo

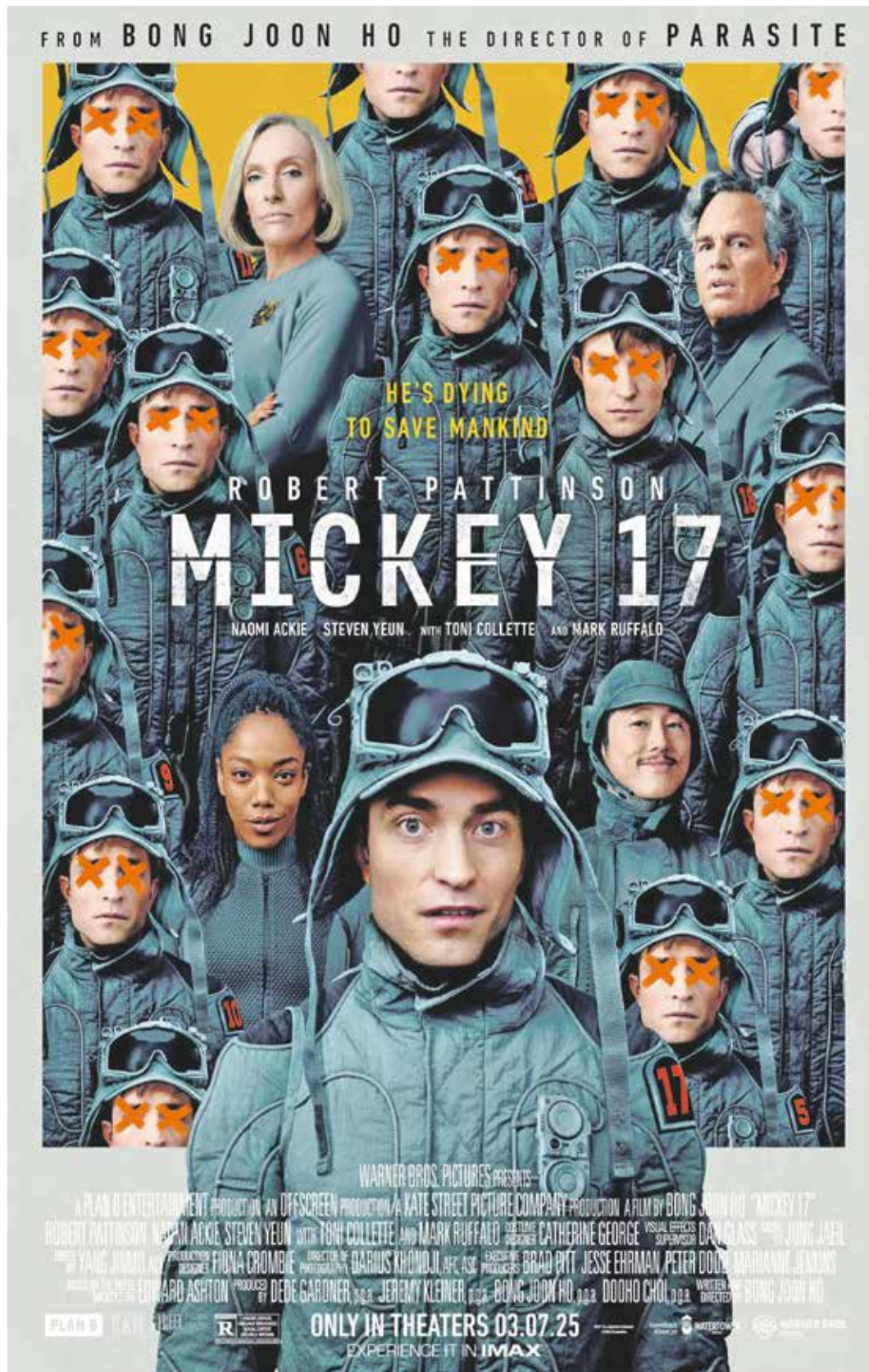
**Director:** Bong Joon-ho **Cert:** 18

**Genre:** Comedy/Fantasy/Sci-Fi

**Release Date:** 7/3/2025

From the Academy Award-winning writer/director of "Parasite," Bong Joon Ho, comes his next groundbreaking cinematic experience, "Mickey 17." The unlikely hero, Mickey Barnes (Robert Pattinson)

has found himself in the extraordinary circumstance of working for an employer who demands the ultimate commitment to the job... to die, for a living.



## One of Them Days

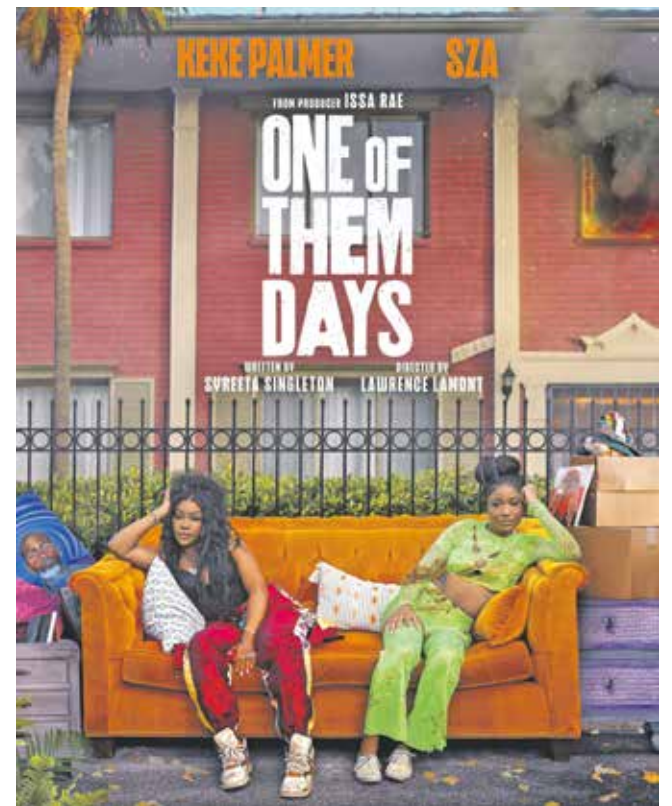
**Starring:** Keke Palmer, SZA, Maude Apatow, Janelle James, Katt Williams

**Director:** Lawrence Lamont

**Cert:** 15 **Genre:** Comedy

**Release Date:** 7/3/2025

Best friends and roommates Dreux (Keke Palmer) and Alyssa (SZA) are about to have One of Them Days. When they discover Alyssa's boyfriend has blown their rent money, the duo finds themselves going to extremes in a comical race against the clock to avoid eviction and keep their friendship intact.



## Last Breath

**Starring:** Woody Harrelson, Finn Cole, Cliff Curtis, Simu Liu

**Director:** Alex Parkinson

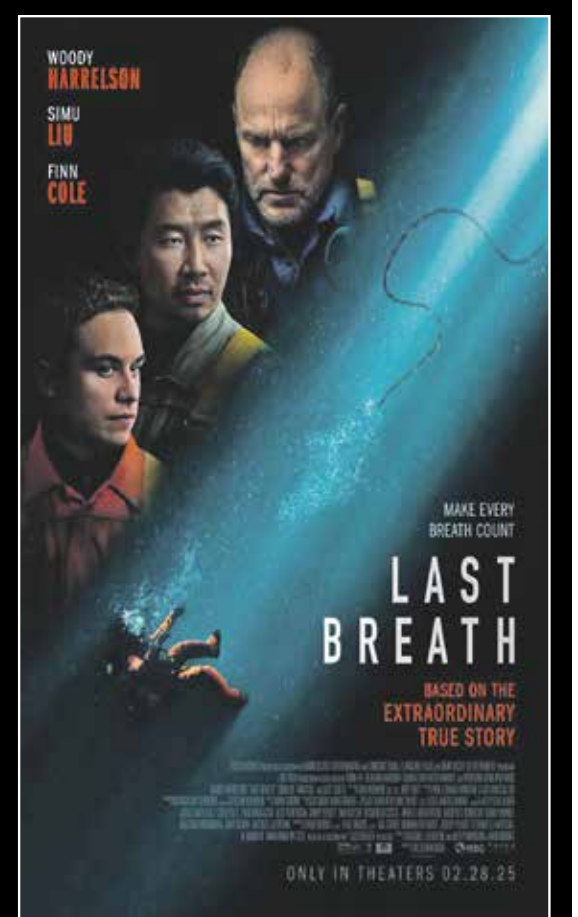
**Cert:** TBC

**Genre:** Thriller

**Release Date:**

14/3/2025

Starring, Woody Harrelson, Finn Cole, and Simu Liu, Last Breath is a tense and emotionally powerful action thriller that tells the remarkable true story of a commercial diver stranded at the bottom of the North Sea with only five minutes of oxygen and no chance of rescue. It's a story of one man's impossible fight for survival and a crew doing everything they can to bring him home alive.



## In the Lost Lands

**Starring:** Milla Jovovich, Fraser James, Sebastian Stankiewicz, Arly Jover, Amara Okereke, Simon Lööf, Deirdre Mullins

**Director:** Paul W.S. Anderson

**Cert:** 15 **Genre:** Action/Family/Fantasy

**Release Date:** 14/3/2025

A sorceress travels to the Lost Lands in search of a magical power that allows a person to transform into a werewolf.



## Black Bag

**Starring:** Cate Blanchett, Pierce Brosnan, Michael Fassbender, Tom Burke, Regé-Jean Page, Marisa Abela, Naomi Harris

**Director:** Steven Soderbergh **Cert:** TBC

**Genre:** Thriller

**Release Date:** 14/3/2025

From Director Steven Soderbergh, BLACK BAG is a gripping spy drama about legendary intelligence agents George Woodhouse and his beloved wife Kathryn. When she is suspected of betraying the nation, George faces the ultimate test – loyalty to his marriage or his country.



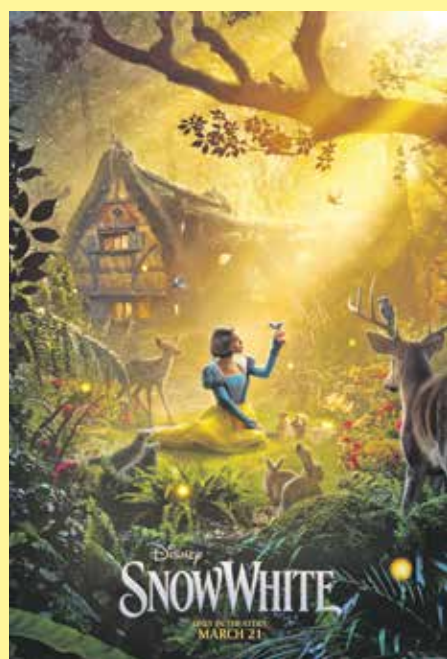
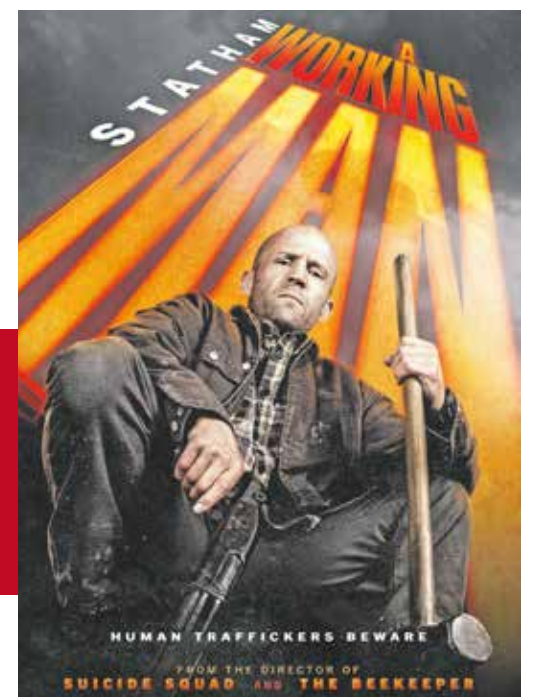
## A Working Man

**Starring:** Maximilian Osinski, Cokey Falkow, Michael Pena, Noemi Gonzalez, Arianna Rivas, Emmett J Scanlan, Eve Mauro, Jason Flemyng, Jason Statham

**Director:** David Ayer **Cert:** 15

**Genre:** Action/Thriller **Release Date:** 28/3/2025

Levon Cade left his profession behind to work construction and be a good dad to his daughter. But when a local girl vanishes, he's asked to return to the skills that made him a mythic figure in the shadowy world of counter-terrorism.



## Snow White

**Starring:** Rachel Zegler, Gal Gadot, Patrick Page, Andrew Burnap, Ansu Kabia, Colin Michael Carmichael, Lorena Andrea, Emilia Faucher, Luisa Guerreiro, Jon-Scott Clark, Dujonna Gift

**Director:** Marc Webb

**Cert:** PG **Genre:** Drama/Family

**Release Date:** 21/3/2025

“Disney’s Snow White” is a live-action musical reimagining of the classic 1937 film. The magical music adventure journeys back to the timeless story with beloved characters Bashful, Doc, Dopey, Grumpy, Happy, Sleepy, and Sneezy.

Directed by Marc Webb, and produced by Marc Platt and Jared LeBoff, with Callum McDougall serving as executive producer, “Disney’s Snow White” features all-new original songs from Benj Pasek and Justin Paul.

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**Bentley Motors has welcomed three exceptional, world-leading musical artists to its Crewe headquarters to design a one-of-a-kind Continental GTC, commissioned to honour female empowerment and collaboration.**

Celebrated organist and conductor Anna Lapwood MBE, world-renowned

virtuoso cellist and composer Tina Guo, and Sister Bliss of legendary dance music group Faithless, joined forces to create a bespoke Bentley that embodies creativity, craftsmanship, and inclusivity.

This special commission is part of Bentley's Extraordinary Women programme, an initiative dedicated to championing gender

equality, fostering inclusion, and empowering women globally.

Bentley Motors invited these exceptional artists to join the programme in recognition of their remarkable contributions to music, their influence as role models, and their dedication to challenging industry norms.

The unique Continental GTC, tailored

through Bentley's Mulliner division, represents the artistic and personal influences of each musician, blending bespoke design elements that reflect their personal journeys and shared vision.

**Continued on page 48**



# Bentley's extraordinary women unite to design a bespoke Grand Tourer

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# Bentley's extraordinary women unite to design a bespoke Grand Tourer

## Continued from page 47

The Mulliner design team played a pivotal role in bringing the vision to life, with two leading female designers at the forefront of the project. These industry leading experts ensured every detail of the Continental GTC reflected the essence of the musicians' artistry. Their expertise in bespoke luxury design continues to set new standards

in automotive personalisation, reaffirming Bentley's dedication to fostering talent across industries, including the arts, automotive, and beyond.

The result of this extraordinary collaboration will be revealed in Q4, after the car has been handcrafted by the craftspeople and artisans at Bentley's Dream Factory in Crewe, England.

Alongside this design project, Bentley hosted the next session of its 'Extraordinary Talks' series for its colleagues, where Lapwood, Guo, and Sister Bliss shared inspiring discussions on creativity, leadership, collaboration and driving change in male-dominated industries to an audience of over 100 colleagues. The talk encouraged colleagues to embrace innovation and support a more inclusive future.



# McLaren's carbon fibre heritage and DNA

...from the revolutionary MP4/1 Formula 1 car to the new W1 ultimate supercar

**With over 60 years as a leader in innovative technologies developed in Formula 1, McLaren is advantageously placed to deliver breakthrough automotive technologies that set the standards in lightweight supercar engineering.**

And it is with carbon fibre that McLaren's innovative capabilities are strongly represented. Lightweight, strong, and rigid, McLaren is now approaching half a century as a world leader in this highly technical area of materials science and continues to push the boundaries of what is possible.

Carbon fibre plays an essential part in delivering supercars with the best possible combination of attributes on road and track. Every single McLaren production car since the first, the McLaren F1, has been based on a chassis made from this composite material.

It is a technology firmly rooted in McLaren's Formula 1 heritage, and is a core part of the McLaren DNA:

### MP4/1 (1981)

The MP4/1 revolutionised Formula 1 as the first race car to use a full carbon fibre monocoque chassis. Its lightweight, rigid structure significantly improved both safety and performance. Designed by John Barnard, this pioneering chassis led to widespread carbon fibre adoption in motorsport, changing F1 car design forever.

The introduction of carbon fibre chassis cars in the sport began a modernised era in Formula 1. The superiority of carbon fibre from a

safety perspective was demonstrated in spectacular fashion at the 1981 Italian Grand Prix. McLaren driver John Watson sustained and walked away from a huge 140mph accident unharmed. It was a major moment in convincing the wider Formula 1 paddock that carbon fibre chassis technology was the future of safety in Formula 1. The performance potential of a carbon chassis was made clear only three races later, as Watson won that year's British Grand Prix by more than 40 seconds.

### McLaren F1 (1993)

Pioneering the use of carbon fibre in road cars, the F1 boasted unmatched performance because of its light weight of only 1,140kg and its immense power of 627PS from its 6.1-litre V12 engine.

The carbon fibre monocoque – engineered using at the time cutting-edge computer aided design and analysis - allowed the F1 to achieve a significant power-to-weight ratio previously unheard of in road cars, becoming an icon of supercar engineering.

It was the platform upon which not only the world's fastest road car was built, achieving a top speed of 240.1mph at the Ehra-Lessien proving ground in Germany, but it also embarked carbon fibre technology on a complete circle of track, to road, and back again, after the F1 GTR won the 1995 Le Mans 24 Hours.

### McLaren 12C (2011)

The McLaren 12C, the first road car to be produced by McLaren



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Automotive at the state-of-the-art McLaren Production Centre, introduced the MonoCell; a single-piece carbon fibre tub that provided unprecedented stiffness and lightness in a road car at the time. The development of the chassis took the McLaren carbon fibre story into the 21st century.

MonoCell was the backbone of the world's first truly mass-produced full carbon fibre tub supercar range, delivering the benefits of this type of chassis construction on a scale never seen in the automotive industry before.

Its advantages over the Aluminium designs still popular at the time ranged not only from incredible light weight of only 75kg for the tub itself, but torsional rigidity so great that the Spider variant of the 12C required no additional chassis strengthening – a no compromise solution true of all McLaren spiders created to date.

#### McLaren P1™ (2013)

Only two years on from launching the 12C, McLaren would once again revolutionise carbon fibre supercar technology with the launch of the

McLaren P1™ in 2013. This second instalment in McLaren's '1' car lineage took another step forward from its groundbreaking forebearer, the McLaren F1, through the use of a full carbon fibre body structure incorporating not only the roof and lower structures, roof snorkel, engine air intake cavity, but also the battery and power electronics housing that were integral to the P1's™ high performance hybrid powertrain, in a structure known as MonoCage.

The entire structure weighed only 90kgs – a masterpiece in supercar engineering and packaging that proved to the world that electrification needn't mean compromises on overall vehicle weight and can play an integral role in delivering performance in a true lightweight Ultimate supercar.

#### McLaren 720S (2017)

The 720S introduced the Monocage II carbon fibre structure that is still employed by the McLaren 750S today, further enhancing rigidity and reducing weight compared to its predecessor, the MonoCell.

The incredibly slim roof pillars of the Monocage II result in outstanding visibility through the windscreen, and combined with B-pillars that are positioned rearwards on the cab-forward cockpit, the Monocage II contributes to a sensation of exceptional space.

The dramatic double-skinned dihedral doors hinge forwards and upwards as they open, taking a portion of roof in the process. The carbon cell had delivered a supercar as easy to get in and out of as easy as it was to extract maximum performance from.

#### The McLaren Composites Technology Centre opens (2018)

The opening of the McLaren Composites Technology Centre (MCTC) in Sheffield, UK, in 2018 marked a £50m investment in the first standalone McLaren production facility outside Woking.

This world-class facility, formed through a partnership between McLaren Automotive, the University of Sheffield's AMRC and Sheffield City Council, aims to be a

centre-of-excellence in both composites engineering and research, but also in production of new-generation carbon fibre tubs that can directly integrate with future powertrain technologies.

The first production carbon fibre parts to be manufactured at MCTC would be for the incredible, ultra-lightweight McLaren 765LT, the car's active rear wing, rear bumper and front floor designed, engineered and manufactured at the centre.

#### McLaren Artura (2021)

The McLaren Artura introduced the McLaren Carbon Lightweight Architecture (MCLA), designed specifically to integrate a new generation of high-performance hybrid powertrains. Lighter and stronger than previous chassis, the MCLA supports the Artura's hybrid V6 powertrain, while continuing to optimise and develop further the structural advantages of using a carbon fibre monocoque.

The MCLA marks a revolutionary moment in carbon fibre monocoque technology, enhancing not only the

lightweight and rigidity benefits previously developed into the MonoCell and MonoCage II structures, but incorporating a safety cell for the battery of the hybrid system used by the Artura and integrating further crash and load-bearing functionality into the tub.

#### McLaren W1 (2024)

The McLaren W1 continues McLaren's lightweight carbon fibre DNA evolution with the arrival of the Aerocell, our most radical and technologically advanced carbon fibre tub ever designed for a road car.

Constructed using pre-preg carbon fibre, this technology – as used on the hyper exclusive, track-only Solus GT – uses composite that is pre-impregnated with a resin system that simplifies the curing process. Pressure treatment is then applied in the mould, which gives the Aerocell higher structural strength than comparable tubs.

Pound for pound, it results in a lighter tub that negates the need for additional bodywork in places on the car's exterior – a lightweight benefit explored in the design of the W1.

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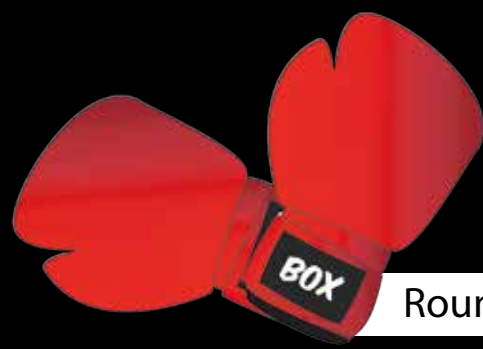
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Asian Express

# SPORT



Round up of all your local, national and international sporting news



## Sport is our Culture Bradford Park Avenue Cricket Ground celebrates community and inclusivity

**Bradford Park Avenue Cricket Ground was alive with energy on February 27th as the city came together for the highly anticipated 'Sport Is Our Culture' event.**

As part of the Bradford 2025 City of Culture celebrations, this event highlighted the vital role grassroots sports play in uniting diverse communities, with a special focus on the tireless efforts of volunteers who keep these initiatives thriving.

Hosted by the charismatic Dr. Hanif Malik OBE, the event drew an enthusiastic crowd, eager to celebrate the unifying power of sports. Dynamic speakers shared compelling insights, reinforcing how sports act as a catalyst for positive change.

Nasa Hussain, head groundsman at Bradford Park Avenue, proudly

reflected on the success of the innovative sports domes, which have welcomed over 20,000 visitors since their inception.

Funded by a £2m investment from the England Cricket Board (ECB), these state-of-the-art domes have set the stage for similar developments across the country.

West Yorkshire's Mayor and first-ever inclusivity champion, Fatimah Khan Shah, delivered an inspiring address: "Today's 'Sport Is Our Culture' event beautifully exemplifies how sports serve as a powerful conduit for unity and health within our community. Seeing so many come together to celebrate Bradford's rich cultural tapestry through sport is truly inspiring."

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Asian Express

## SPORT

Round up of all your local, national and international sporting news



# Sport is our Culture

## Bradford Park Avenue Cricket Ground celebrates community and inclusivity



### Continued from page 53

Sam Bacon, Director of Active Bradford, echoed these sentiments: "Breaking down barriers and reducing inequality through sport is at the heart of everything we do. Being among so many passionate individuals committed to real change was incredible. In Bradford, sport is more than just a game - it's the heartbeat of our culture."

One of the event's most inspiring moments came from 13-year-old Amaam Hussain, who captivated the audience with his passion for darts. With an ambitious vision, he announced plans to launch a darts academy in April, receiving overwhelming support from attendees.

An expert panel, including Moin Ashraf, Kammy Siddique, and Abdul Ravat, engaged in a thought-provoking discussion on how sports can break social barriers and foster unity.

Yaseen Mohammed, Chair of Bradford Park Avenue Cricket Ground, emphasised, "Our domes are more than just sports facilities; they are hubs of community engagement and cultural exchange."

Fozia Naseem, co-founder of Hop On Bike and Partnerships Manager

at GiveBradford, highlighted the significance of the SCAR project: "Sports create positive change, build peace, and foster mutual respect. This initiative is a testament to how we can tap into our community's vibrant energy to build a more inclusive and united future."

Dr. Ikram Butt, Executive Director of the Sport Campaign Against Racism, reinforced this message: "Our 'Sport for Peace' campaign through SCAR showcases how sports can serve as a transformative force for advocacy and change."

Closing the event on a high note, Steve Hartley underscored the impact of sports in Bradford's cultural fabric: "This event not only celebrated the role of sports in our city but also reinforced how sport continues to serve as a unifying force, shaping identities, fostering inclusivity, and strengthening communities."

With vibrant discussions, inspiring speeches, and an atmosphere of camaraderie, 'Sport Is Our Culture' proved to be a milestone event, laying the foundation for future collaborations and cultural initiatives. As Bradford delves deeper into its 2025 City of Culture celebrations, the message is clear: sport is more than just a pastime - it's the soul of the community.



## University all set to host Kabaddi World Cup fixtures

**With the start of Kabaddi World Cup less than two weeks away, the University of Wolverhampton is all set to host fixtures as part of the tournament.**

The West Midlands will be hosting the sport's leading global tournament, between 17 March – 23 March, with fixtures to take place at the University's Walsall Campus on 21 March.

The Campus will host women's group games, including England vs Hong Kong and India vs Egypt, as well as the men's quarter-finals.

The University of Wolverhampton is also the exclusive Higher Education partner for the Kabaddi World Cup.

This month's World Cup is the first time the competition will be hosted outside of Asia. The region will welcome the world's best Kabaddi players from men's and women's teams from across the five member continents of World Kabaddi, including Africa, Asia, Oceania, Pan America and Europe.

The contact sport sees teams broken down into raiders and blockers, with the aim of scoring points by entering opposition territory, tagging an opponent and making it back into their own half without being tackled to the

ground.

Looking ahead to the tournament, Professor Prashant Pillai, Pro Vice-Chancellor for Research and Knowledge Exchange at the University, said: "We're very much looking forward to welcoming colleagues from across the borough, country and from around the world to our Walsall Campus for the Kabaddi World Cup."

"The University were very specific in choosing to partner with World and British Kabaddi given the positive impact and opportunities that kabaddi can bring to communities, particularly around inclusion and creating a sense of belonging to our campus and cities, while also showcasing the power of sport on a national and international scale."

"This is further evidenced through our School of Sport which produces impactful sports research which is recognised on a global scale. The School of Sport is blessed with world leading sports facilities, expert staff and provides opportunities for students to undertake industry level placements alongside their studies – which will be the case for the World Cup in 2025 as our sports students will be assisting in the delivery of the event taking

place at our Walsall Campus.

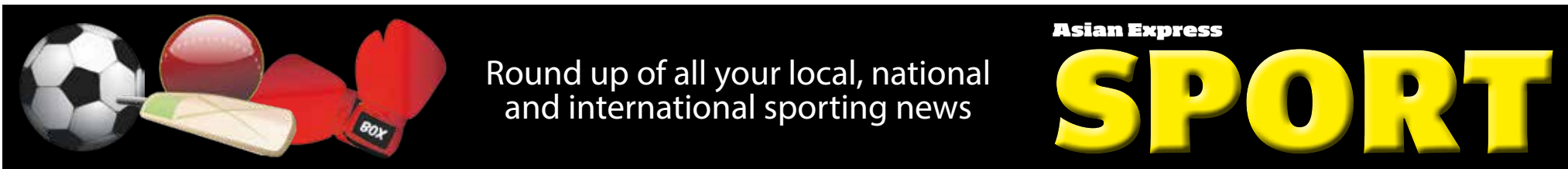
"We hope to harness the power of Kabaddi to showcase the outstanding sporting offer here at Wolverhampton that is open to anyone across the world to come and study with us, gain a degree and industry experience that will prepare them for future sporting employment."

James Dale, Head of Sport and Physical Activity at the University of Wolverhampton, said: "This is a once in a lifetime opportunity for the University and it's community to experience the first ever Kabaddi World Cup being held outside of Asia and with it comes a great sense of pride and excitement."

"It promises to be a compelling day of sport at the Walsall Campus. What's more impressive is that we will have students supporting with the delivery across several areas including organising and managing key personnel, ensuring the events run to schedule and providing holistic sports therapy services to competitors – continuing our strategy to enhance student experience through learning and real-world experiences."

Visit the Kabaddi World Cup at [www.kabaddiworldcup2025.com](http://www.kabaddiworldcup2025.com) website to buy your tickets.





'Fight or Byte' will look at if artificial intelligence could be used in boxing (Credit: KM Images)

# Fight or Byte?

## Can Artificial Intelligence transform the boxing world?

Using artificial intelligence (AI) in boxing, sharing football fans' stories through virtual reality (VR) and empowering women in climate justice conversations are among the University of Bradford's events for Bradford 2025.

The University has announced its programme of events, held on campus and in the district, over the coming months to mark Bradford's City of Culture year.

'Fight or Byte: Can AI transform

the boxing world?' sees Dr Kamran Mahroof, Programme Leader for MSc Applied AI and Data Analytics at the University of Bradford, and Tasif Khan, a Bradford-born Super Flyweight professional boxer, debate the potential role AI has in the sport.

The event, organised by the triple-crown accredited University of Bradford School of Management, will be held on Tuesday 8 April from 18:00 to 20:00 in a boxing ring at the Unique Fitness sports centre, Great Horton Road, Bradford.

A panel will look back at some of the most controversial decisions in the sport's history and debate whether AI could be used to solve these problems.

'Stories from Valley Parade', launched at Bradford City's home on Sunday 22 June, has seen academics create a digital copy of the University of Bradford Stadium, traditionally known as Valley Parade, which people can explore through VR.

The fans' stories will be attached

to different places in both a physical and digital copy of the stadium for people to view.

At the launch event, fans' stories will be brought to life by local artists and shown in the University's immersive learning space, the iGloo. People can also learn more about the work of the Plastic Surgery and Burns Research Unit (PSBRU) and take a behind-the-scenes tour of the University of Bradford Stadium.

Professor Shirley Congdon, Vice-Chancellor of the University of

Bradford, said: "We want to be at the forefront of activities for Bradford 2025, which is such a pivotal year for the city and district.

"We have already seen some brilliant events and activity on campus and across the city, and it is now exciting to share our programme, co-created with artists and organisations from the city to share the University's stories, celebrate our rich and diverse culture and help make a difference in Bradford."



# "Sixer King" to lead India

Continued from page 56

Harshit Tomar, Founder of the EaseMyTrip World Championship of Legends, shared his vision for the tournament, stating: "I've always seen this tournament as a way forward for cricket to have its future through its senior cricketers."

He further added, "It's been a fulfilment and a satisfaction to see cricket's very own superstars recreating the same magic that made them immortals. Our cricketing heroes are our sentiments, and hosting them to the best of our ability and care has always been our vision."

Adding to the excitement, Nishant Pitti, Chairman and Founder of EaseMyTrip and Chief Patron of EaseMyTrip WCL, expressed his enthusiasm for the league's impact on global cricket. "The EaseMyTrip World Championship of Legends is more than just a

## Yuvraj Singh confirms participation in EaseMyTrip WCL Season 2

tournament - it's a celebration of the sport's greatest players and their enduring legacy.

"At EaseMyTrip, we are thrilled to be part of this remarkable journey that brings together legendary cricketers, revives iconic rivalries, and offers fans a nostalgic yet highly competitive cricketing experience."

The India Champions, owned by Mr. Sumant Bahl, Mr. Salman Ahmed, and Mr. Jaspal Bahra, are set to return to Edgbaston, ready to engage in fierce battles against

**Yuvraj Singh led India to historic victory for India Champions in Inaugural Season with Suresh Raina, Robin Uthappa, Irfan and Yusuf Pathan**

top international stars from Australia, West Indies, England, Pakistan, and South Africa.

"Our journey of owning the legendary, Team India Champions, to working alongside the Legends and lifting the inaugural editions' trophy by beating arch rivals Pakistan is still like a dream come true, we are very excited about season 2 and are looking forward to repeat the history with the help of a stronger and better team this year," said Sumant Bahl, Co-owner Team India Champions.

The EaseMyTrip WCL has been hailed as a game-changing tournament that reignites the competitive spirit of retired cricket legends, bringing them back into the global spotlight.

Asian Express

# SPORT

Round up of all your local, national and international sporting news



# “Sixer King” to lead India

Yuvraj Singh confirms participation in EaseMyTrip WCL Season 2



INDIA CHAMPIONS ARE BACK TO  
**DEFEND**  
THEIR TITLE ONCE AGAIN!

Distinguished Indian cricket legend and renowned “Sixer King” Yuvraj Singh has confirmed his participation in the second season of the EaseMyTrip World Championship of Legends, scheduled to take place in July in the United Kingdom.

The esteemed all-rounder previously demonstrated exceptional leadership by guiding the Indian squad to championship victory in the tournament’s inaugural edition.

Yuvraj will be accompanied by accomplished opening batsman Shikhar Dhawan, who will be making his tournament

debut following his retirement from international cricket last year.

Talking about leading India again in the second edition of the EaseMyTrip WCL T20 tournament, which is backed by the England and Wales Cricket Board (ECB), Yuvraj Singh said: “I’m looking forward to represent our nation at the EaseMyTrip World Championship of Legends again.

“The memories of our victory in the first edition of the tournament, alongside my teammates will always remain close to my heart.”

The previous edition of the EaseMyTrip World Championship of Legends featured stunning performances from Yuvraj Singh, Suresh Raina, Robin Uthappa, Irfan and Yusuf Pathan, and many more cricketing stalwarts from India, proving that their passion for the game remains as strong as ever.

The tournament quickly became a global sensation, as Indian fans witnessed their cricketing idols delivering impactful performances on the grand stage.

Continued on page 55

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