

MG Motors promises EV sporting roadsters will propel grand touring into the electric age



KILL:
 Dubbed the most violent and goriest film India has ever produced
 See page 25

See page 31



READY TO EXHILARATE

■ Mohammed Abbkr set alight two elderly worshippers



Paranoid schizo handed sentence

Man who set fire to elderly worshippers leaving mosques handed indefinite hospital order

A man has received an indefinite hospital order for setting fire to two elderly worshippers who had just left mosques in London and Birmingham.

Mohammed Abbkr targeted Hashi Odowa, 82, and Mohammed Rayaz, 70, in separate incidents last year. He used a lighter and petrol in a water bottle to set fire to them on February 27 and March 20 respectively.

Abbkr, diagnosed with paranoid schizophrenia, warned his first victim, "I swear in the name of Allah, in the name of God, you will know me." Despite his asylum status from Sudan in 2017, Abbkr was convicted of attempted murder of both victims after a trial at Birmingham Crown Court.

The 29-year-old, who came to the UK

from Sudan in 2017 seeking asylum and was granted leave to remain two years later, was convicted of two counts of attempted murder by majority 11-1 verdicts after a two-week trial at Birmingham Crown Court.

The Judge sentencing Abbkr, noted the similarity of the attacks and his belief that the victims were possessed. He acknowledged Abbkr's severe mental illness during the offenses. Abbkr, treated at Ashworth high security hospital, attended the proceedings via video link.

Judge Melbourne Inman KC said: "The nature of each attack was identical. You threw petrol over your victims and then set them alight - the attacks were horrific."

Continued on page 6



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HM Queen in and Duke of Edinburgh Range Rover - OU16 XVH

HISTORIC ACQUISITION

Billionaire industrialist Yohan Poonawalla snaps up late Queen's Range Rover

In a monumental acquisition, billionaire Indian industrialist and philanthropist Yohan Poonawalla, has acquired the historic Range Rover previously owned by the late Queen Elizabeth II.

The renowned collector of historic vehicles snapped up the royal car after it was advertised. The 2016 Range Rover SDV8 Autobiography LWB edition wearing a Loire blue with ivory upholstery was used during the UK state visit of former US President Barack Obama and former first lady Michelle Obama



HM Queen Elizabeth II, HRH Duke & President Obamas and Michelle Obama at Windsor Castle in 2016

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■ The Poonawallas at Hampton Court With Queen's Phantom HMQ 001 and other Maharaja cars (l-r: Tania, Yohan, Michelle and Zayan)

The 'Yohan Poonawalla Collection' comprises of cars previously owned by the who's who, including cars of erstwhile Maharajas, Nawabs, Sheikhs, Presidents and even the Pope. A plethora of Ferraris and other supercars punctuate the collection.

in 2016.

The iconic vehicle, immortalised in video footage beamed worldwide, showcased Prince Philip, the Duke of Edinburgh, behind the wheel with President Barack Obama seated beside him. In the back were Her Majesty the Queen Elizabeth II and the First Lady Michelle Obama, making for a rare and captivating spectacle.

Crafted exclusively for royal purposes, the vehicle is additionally outfitted with discreet lighting, customised fixed steps, and emergency police lighting. Queen Elizabeth II commissioned a modification to enhance the car's accessibility as well.

Commenting on the purchase Yohan Poonawalla said: "I am delighted to have acquired this remarkable piece of automotive history.

“

The fact that it still retains the same registration number OU16 XVH, as used by the late Queen, turned out to be an added bonus.

“The fact that it still retains the same registration number OU16 XVH, as used by the late Queen, turned out to be an added bonus.”

Mohammed Luqman Ali Khan, motoring historian and expert on royal cars commented: "It was a very rare

occasion when the US President, who travels in the heavily armoured Presidential state car known as 'The Beast', stepped off the Air Force One helicopter and sat in the royal Range Rover, as it was driven by the Duke in the grounds of Windsor Castle.

"Specifically designed for royalty, bespoke features on the car included a police siren, covert police emergency lighting, fixed steps on both sides and a set of grab handles were installed to facilitate easy access to the Queen".

The renowned car collector is a shareholder in Serum Institute of India - the billion-dollar vaccine company based in Pune, India. He also owns a 1979 Rolls-Royce Phantom VI Limousine which belonged to the late Queen and was used on state visits including her tour of Sweden in 1983.

His collection includes not only the latest Land Rover Defenders but also a 1951 Series 1 specimen which was owned the Maharaja of Kutch, very similar to the one the Queen drove, and now this royal Range Rover completes the collection. As India's foremost collector of royal cars, he has built up one of the world's most important collections of historically significant motorcars.

The 'Yohan Poonawalla Collection' comprises of cars previously owned by the who's who, including cars of erstwhile Maharajas, Nawabs, Sheikhs, Presidents and even the Pope. A plethora of Ferraris and other supercars punctuate the collection.

Last year he became the first Indian ever to feature in the global ranking of the 'Top 100 Classic Car Collectors of the World' published in the KEY by Europe-based Classic Car Trust (TCCT). Later in the year, he went on to win the prestigious 'Classic Car Ambassador of the Year Award' at the Historic Motoring Awards held in November at the Dorchester in London. This was on the back of his announcement as the 'Collector of the Year' at the Geneva International Motor Show Qatar (GISMQ) held in Doha in October last year.

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■ Birmingham Bulls (in red) in action against near neighbours Sandwell Kings (in orange strip)



British Kabaddi League Grand Final to be held in Birmingham

Birmingham is preparing to host the British Kabaddi League Grand Final on 18th and 19th May at Nechells Wellbeing Centre.

Kabaddi originated in India around 5,000 years ago and is the fastest-growing sport in South Asia – second only to cricket – and is now played in more than 50 countries.

The contact sport involves teams of raiders and blockers who must

score points by entering opposition's territory, tagging an opponent and making it back to their half without being tackled to the ground.

The British Kabaddi League (BKL), now in its third season, is helping to maximise the legacy benefits from the Birmingham 2022 Commonwealth Games by create an economic and sporting legacy for the region.

Birmingham Bulls - the reigning champions, who beat Glasgow Unicorns 48-18 to take the title - are looking to continue their success in this year's league tournament.

After winning all their Grand Prix 1 matches in Wolverhampton last weekend, they the Bulls are currently top of the league table.

Grand Prix 2 will be played in Coventry on 3-5 May, followed by

Grand Prix 3 in Glasgow on 11-12 May, before the top teams progress to the Grand Final in Birmingham on 18-19 May.

This year's BKL is an important milestone in the West Midlands' preparations for the hosting of the Kabaddi World Cup 2025

It will be the first time kabaddi's most prestigious tournament has been hosted outside Asia, and will

feature some of the world's best players in men's and women's competitions.

Grand Final Tickets are on sale from the venue – adults £5 and children £2.50 each – either by calling - 0121 464 4373 or collecting in person from Nechells Wellbeing Centre, Rupert Street, Nechells B7 4AR. For more information, visit: www.birmingham.gov.uk/nechellscc



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More than 150 guns taken off the streets

More than 150 guns have been taken off the streets of the West Midlands, and dozens of serious and organised criminals put behind bars in the first year of West Midlands' Major Crime Unit.

And shootings have also fallen across the region, as we keep up the pressure on gangs who cause misery to communities.

Last year, 152 guns were recovered across the West Midlands. That was an increase from 121 the previous year.

Last year, there were 92 firearms discharges, compared to 126 the previous year and 161 the year before

that. Split into proactive and reactive teams, the Major Crime Unit was brought into force as part of a major reorganisation of West Midlands Police last year.

Proactive teams gather and develop intelligence to arrest those involved in serious crime and build cases which see them put behind bars for years.

Reactive teams are ready to act whenever there's a major incident requiring specialist staff and detectives to work through vast quantities of CCTV, mobile phone data and forensic evidence.

One of the six Reactive teams alone has charged more than 50 people in the last year, including 21 for attempted murder.

The Major Crime Proactive Team also runs manhunts, which are launched when a dangerous suspect need arresting urgently. It sees officers form a 24/7 specialist unit, using a range of overt and covert tactics to bring the suspect in as quickly and safely as possible.

In the last year, they've carried out 71 manhunts. All of the suspects were found, and 44 of them were wanted for murder.

Their work has already seen the

arrest of 73 predatory sexual offenders, caught as a result of undercover work online by officers.

And more than £900,000 has been recovered through the courts, and through seizures. Half of that money will be returned to West Midlands Police to invest in making communities safer.

Det Supt Scott Griffiths, who oversees the teams, said: "We've had a really successful year of targeting serious and organised crime in the West Midlands.

"We've uncovered criminal gangs through our proactive work to seek out those who use violence and

intimidation, and when we've had major incidents that have resulted in people being seriously injured on the streets of the West Midlands, we've acted swiftly and decisively to investigate and put those responsible behind bars for years to come.

"If you've got information on those involved in serious and organised crime in the West Midlands, we're ready to listen and to act

Get in touch via 101, or via Live Chat on our website. You can also get in touch with Crimestoppers anonymously on 0800 555 111.



Birmingham man jailed for stalking and harassment

Ziaur Rahman from Birmingham subjected his victim to years of abuse and harassment.

The 31-year-old woman had ended a relationship with Rahman in 2021. Unable to move on with his life, the 33-year-old, of no fixed address, began to follow his victim's daily movements, checking up on her and questioning her every move. The victim even took out a restraining order to try to prevent any more contact.

In June 2022 things came to a head when he forced his way into her property and reigned blows on her. She took the brave step of calling the police to report the assault and the constant abuse and harassment.

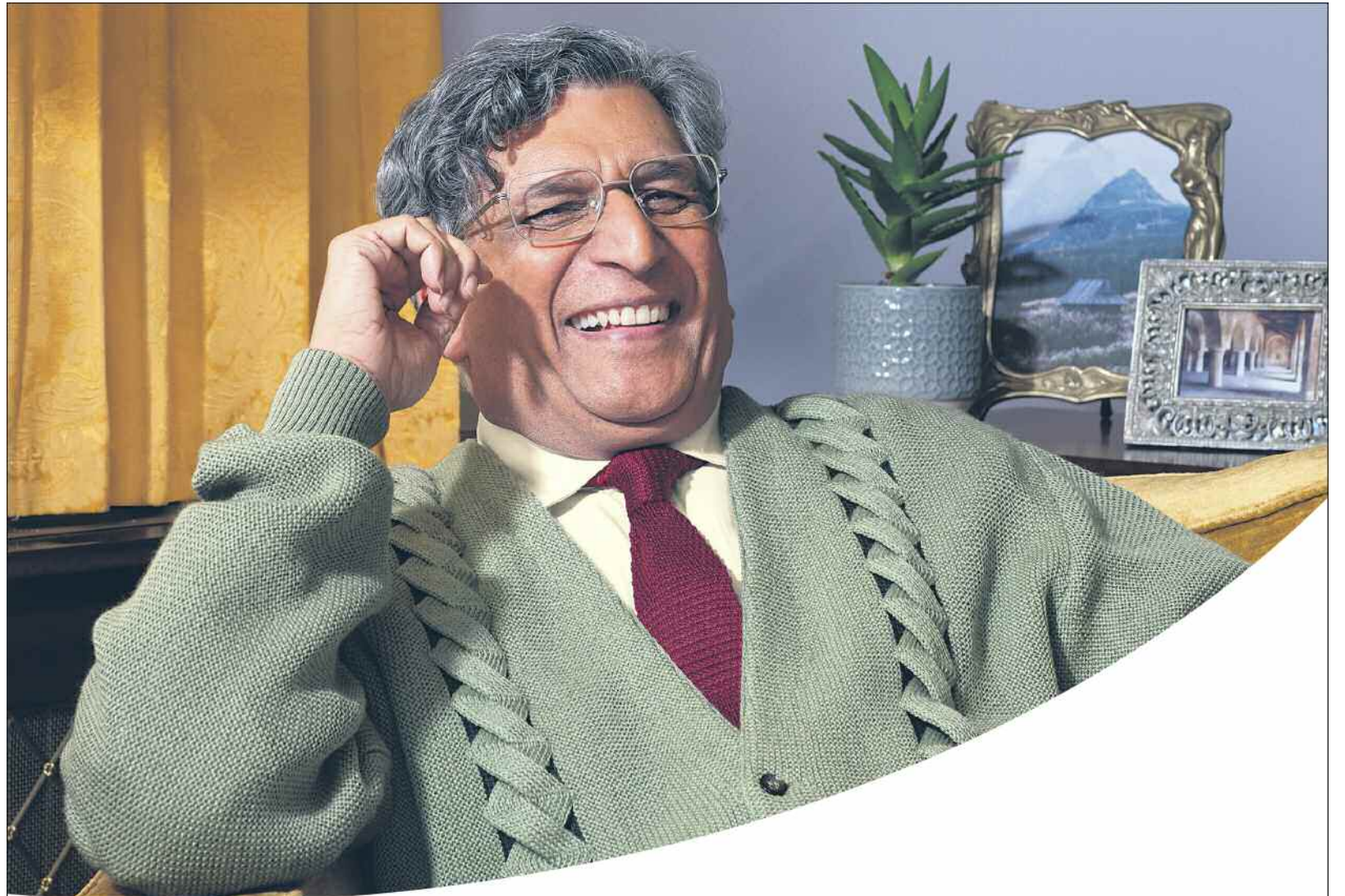
He was arrested in June 2022 and gave a no comment interview throughout his time in custody. But we were still able to charge him and he was remanded in custody as we continued to piece together the evidence.

He pleaded guilty to harassment and was sentenced to five years at Birmingham Crown Court.

Inspector Matthew Owen, from our Public Protection Unit, said: "We would like to commend the bravery of the woman who came forward to report the abuse she'd been suffering for a number of years and we hope it will encourage other victims of stalking to contact us.

"It's believed that one in five women and one in ten men experience stalking in their lifetime.

"We would encourage anyone who thinks they are being stalked to report it to police straightaway, if you are in immediate danger call 999, otherwise you can report online (some forces have dedicated online reporting forms) or by calling 101."



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Solicitors Regulation Authority launches investigation into lawyer's 'false racism' claims

A hopeful politician and criminal defence lawyer is under investigation after he instigated a viral social media pile-on.

Akhmed Yakob is facing an investigation from the Solicitors Regulation Authority after he used social media to promote a false claim of racism against a young teacher.

Mr Yakob, director of Maurice Andrews Solicitors, has been the subject of multiple complaints to

the professional body that oversees solicitors.

An investigation is under way. The probe was triggered by a video promoted by Mr Yakob to his followers on TikTok, Facebook, X, formerly Twitter, and other platforms.

The video, taken on a doorbell camera, used subtitles to suggest a 27-year-old female teacher had used a racial slur while canvassing for Labour for Dudley Council elections.

Mr Yakob later posted the name of the teacher in the video, and the school she worked at, to his followers. A resulting backlash saw the woman and her school inundated with hundreds of messages, many of them abusive, including death threats and demands for her sacking.

Labour said it had employed an external digital forensics company, which found evidence that the video had been

manipulated.

West Midlands Police later confirmed there was 'no evidence of a racist slur or racist language' in the content. In a statement, the Solicitors Regulation Authority said: "We are investigating before deciding on next steps."

It is understood that Mr Yakob has deleted the post from all his social media platforms, 'but denies being culpable for the teacher being 'outed' as a racist.

Paranoid schizo handed sentence

Man who set fire to elderly worshippers leaving mosques handed indefinite hospital order

Cover story continued

"The two victims in this case were, on any rational view, chosen at random," the judge added. "You, however, genuinely believed each of them was one of those trying to take control of you."

"I am wholly satisfied that you committed both of these offences at a time when you were suffering a severe mental illness."

CCTV footage of both attacks was shown to jurors during the trial. Prosecutor Nicholas de la Poer KC told the jury that Abbkr had attended prayers at the West Ealing Islamic Centre before following Mr Odowa from the entrance door.

Prosecutor Nicholas de la Poer KC told the jury that Abbkr had attended prayers at the West Ealing Islamic Centre before following Mr Odowa from the entrance door.

Mr de la Poer added: "There followed a conversation during which the defendant insisted that Mr Odowa knew him. Mr Odowa told the defendant that he did not.

"Having sprayed Mr Odowa with

petrol, the defendant drew out a lighter, struck the lighter, held it to Mr Odowa's neck and ignited the petrol."

Abbkr walked away from the scene and despite media appeals was only tracked down a day after attacking Mr Rayaz, who was a regular worshipper at Birmingham's Dudley Road Mosque.

"The defendant then sprayed Mr Rayaz with the petrol. Using a lighter, the defendant set fire to the petrol. Mr Rayaz was engulfed in flame."

Mr Rayaz was followed for more than five minutes after leaving the mosque's prayer hall, with CCTV footage showing Abbkr within feet of him as they passed a Caribbean food store on Dudley Road.

Abbkr was seen to take a clear

■ Mohammed Abbkr set alight two elderly worshippers



plastic bottle from a rucksack, approach Mr Rayaz, placed a hand on his shoulder and ask him if he spoke Arabic.

Mr de la Poer told the jury: "The defendant then sprayed Mr Rayaz with the petrol. Using a lighter, the defendant set fire to the petrol. Mr Rayaz was engulfed in flame."

The court was told that, as the initial

flare of the fire began to diminish, the defendant threw more petrol from his bottle on to the flames and they "grew in size and intensity once again".

In a statement issued by West Midlands, Mohammed Ayaz, the eldest son of Mr Rayaz, said: "Seeing my father on the evening of 20th March in the burnt state he was in was just an awful and unbearable thing to

see.

"No words can describe that moment the emotions which I was feeling, I felt so helpless and weak, no son or daughter should see their father or mother in that state."

The court heard that Abbkr cannot be released or transferred to a less secure unit without permission from the Ministry of Justice (MoJ).



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Lots of ways to access help from your GP Practice



The team at your local GP practice is made up of a range of health professionals, so you can see the right person for your particular health concerns

We met two health professionals, Zahida and Ruhela, who explained their roles and how the GP practices they work at are helping to improve patients' experiences.

Zahida Iqbal is a Social Prescriber at The Bridge Primary Care Network in Rochdale. "I've been a Social Prescriber – or 'Link Worker' – for four and a half years," she says.

"I support patients to take more control of their health and wellbeing, connecting them with local community services that can help with the problems they may have. For example, some people need help with finances, housing, or employment, or support with things like quitting smoking or losing weight."

We might not immediately think of these types of issues as something to go to our doctor about, but most of Zahida's referrals are from GPs, practice nurses or reception staff at the surgery. Zahida

■ Zahida Iqbal



explains how working as a team has made a wider range of services accessible to every patient.

"If you need to see a GP you will always be offered an appointment, but there may be other health professionals – like me – who can provide more appropriate support," Zahid explains.

"My appointment slots are longer than a GP's, so I have time to help patients talk through their issues in more detail. A GP can provide medical treatment, whereas my experience enables me to come at it from a social, emotional and practical angle."

Zahida also recognises the importance of health professionals getting to know each person they see, and the joint knowledge they are able to use to help every individual.

"When we take the time to understand each patient and their needs, we can help them even more. The advantage of working as part of a network and an integrated team is that we can

each use our own skills to help, so our support to the patient is as holistic as possible and can make a genuine difference."

You can call the reception team at your GP practice, or fill in an online form on your surgery's website, and you'll be asked questions that will help to make sure you're directed to a health professional who is most appropriate for what you need.

General practice teams can include physiotherapists, clinical pharmacists, mental health practitioners and paramedics, among others.

Ruhela Begum is a Wellbeing Practitioner working in Tameside, and is part of a local team of wellbeing practitioners, nurses, paramedics and mental health nurses.

Ruhela has been in her role for over a year and has spent nearly 20 years working in the local community. With such a range of team members and roles, they can work across the community, giving patients access to many different services in their neighbourhoods.

"Our role as a team is to support

■ Ruhela Begum



our local GP practices to provide patients with the best possible healthcare and access to local services.

"My day-to-day work varies from organising social groups, to helping with language translation and

interpretation for medical appointments, or providing emotional support to patients.

"Sometimes people don't put their health at the top of their priority list, and it's my job to help them do this. I've learnt a lot from the people I support, and I feel real pride, passion and gratitude for my work at the end of every day."

Ruhela has seen first-hand how changes to the team at her local GP practices have supported patients to feel more in control of their health, by offering a variety of health professionals who can help with different types of health concerns.

"We're here to help you, and we're all working together to make sure our patients get the care they need. Other members of the team feel they can approach me to get a better understanding of cultural needs for our community, for example.

"From the moment a patient calls their GP practice, the reception team is listening carefully and asking the right questions to understand what that patient needs."

General practice teams can include physiotherapists, clinical pharmacists, mental health practitioners and paramedics, among others

Your general practice team is here to help you. Visit [nhs.uk/GPservices](https://www.nhs.uk/GPservices) to find out more.

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The trailblazing contributions of Muslims living and working in the north of England is being celebrated in a new museum display in Leeds.

Leeds City Museum's spectacular Voices of Asia Gallery is hosting Muslims in the North, which runs until March 2025, and which explores the pioneering work of prominent Muslims in fields including commerce, healthcare, law and research.

Underpinned by research conducted and led by Maria Hussain, lecturer in management and organisations at the University of Leeds Business School, the display explores the inspiring stories of figures including Nazir Afzal, OBE, former chief crown prosecutor of north west England and Professor Ghazala Mir, who is chair in Health Equity and Inclusion at the University of Leeds.

Also included is Dr Mumtaz Patel, consultant nephrologist, RCP VP education and training, associate dean PG with NHS England and Mohsin and Zubair Issa, CBE, the joint owners of Leeds-based supermarket Asda and co-founders of EG Group.

Maria Hussain said: "The project's main aim is to showcase the value of cultural diversity and intercultural working within the region.

"I hope to contribute to work towards decolonising civic spaces to become more inclusive and representative of our diverse communities and most importantly, to inspire the next generation in continuing to nurture diverse cultural perspectives required to navigate an increasingly complex world."

The exhibition is part of the Cross-Disciplinary Innovation Fund, awarded by the University's Cultural Institute, which brings



The Muslims in the North display runs until March 2025

together academics with Leeds Museums and Galleries to collaborate and apply novel research methods to museum collections.

Objects on display include an Islamic headscarf, necklace and a 2022 Commonwealth Games mascot loaned by Nazir Afzal who was a

baton bearer when the games were held in Birmingham.

Adam Jaffer, Leeds Museums and Galleries' curator of world cultures, said: "This new display is an inspiring addition to the Voices of Asia Gallery and highlights just some of the unique and positive contributions Muslims have made to

life in the north of England.

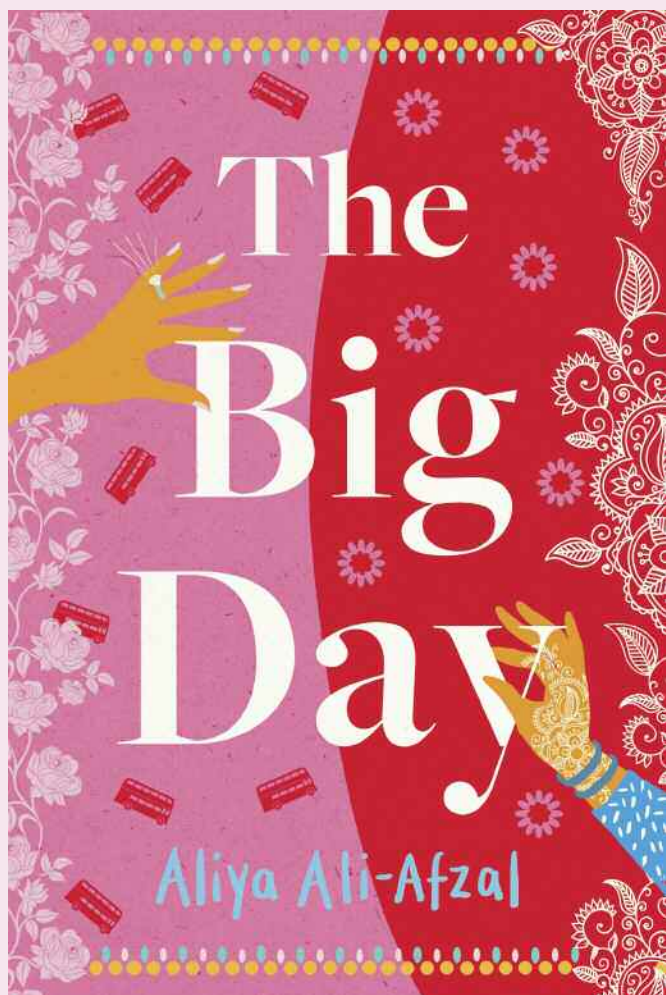
"It's fascinating to learn more about the stories and accomplishments of some of those who feature in the display, and I hope visitors will enjoy finding out about the part Muslims have played in life in the north."

The museum's Voices of Asia

Gallery takes visitors on a journey through Asian culture and Leeds's links with the world's largest continent, celebrating the sights, sounds and diversity of the Asian communities in the city.

The gallery contains some of the 6,000 Asian items in Leeds Museums and Galleries collection.

Aliya Ali-Afzal's heartwarming novel about a British-Asian mother and daughter who clash over the plans for the bride's Big Day



BOOK: 'The Big Day'

From the author of 'Would I Lie to You?', comes a funny, heartwarming novel about a British-Asian mother and daughter who clash over the plans for the bride's Big Day – a timely exploration of generational expectations and Muslim weddings.

A funny, heartwarming and page-turning novel about a British-Asian mother and daughter, who clash over the plans for the bride's Big Day.

Noor has no interest in getting married (much to the aunties' distress). Growing up she saw first-hand how divorce tears families apart... But then, she falls in love.

Soon, Noor's engaged and planning an intimate wedding that feels perfect for her and her fiancé Dan. But when Noor discovers her mother Leena also has grand plans for the Big Day, their once-close relationship starts to unravel.

Noor can't understand why Leena is determined to have an elaborate Desi celebration when their lives have been anything but traditional. And after a lifetime following other people's dreams, Noor is determined not to back down.

As Leena and Noor clash over every point on their to-do lists, it begins to look like there will be two weddings and only one bride. And when family secrets shake the women's bond further, will there even be a wedding at all?

About the Author

Aliya Ali-Afzal has a degree in Russian and German from UCL and worked as an Executive MBA Career Coach in London. While helping her clients to pursue their dream lives and careers, she decided to take her own advice and become a writer. She is studying for an MA in Creative Writing at Royal Holloway, is an alum of Curtis Brown Creative, and has had her writing longlisted for the Bath Novel Award, the Mslexia Novel Competition, the Mo Siewcharran Prize, and the Primadonna Prize. Aliya has lived in London all her life since moving there from Pakistan as a young child.

'Uplifting and joyous... A refreshing new voice in commercial fiction' - Cosmopolitan

'Compelling and heartwarming' - Happiful

'Warm, intelligent... and keeps up the tension right till the end' - Sophie Kinsella





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‘I love my culture and my heritage, but that does not necessarily mean that I don’t love being British’

Dr Sarah Hussain’s debut eco-thriller confronts and redresses traditional narratives of South Asian women during British

A debut novel by Dr Sarah Hussain is confronting traditional narratives and redresses the balance in writing about the Raj era and British colonialism in India.

‘In the foothills of the Himalayas’ is Dr Hussain’s first full-length book and follows on from her novella ‘Escaped From Syria’ and a short story collection, ‘Sit up, Stand up, Speak up’.

The novel encompasses family tragedy, environmental catastrophe and conspiracy in India through the 20th Century, but comes from a very different place compared to traditional fiction about the British Raj era.

Works like ‘The Far Pavilions’ and ‘A Passage To India’ took a British-centric approach, with Indian characters pushed to the side-lines, while women were often portrayed as powerless victims.

It is the culmination of more than seven years of post-colonial research following on from a Master’s degree that saw Sarah complete her PhD whilst also juggling the demands of being a mother of two. Throw pandemic lockdowns into the mix, and Sarah is understandably proud of the novel.

“

South Asian women were depicted as oppressed or as victims, and they were voiceless

“I love my culture and my heritage, but that does not necessarily mean that I don’t love being British. You can be proud of both,” says Dr Hussain, who teaches Humanities at the University’s International Study Centre.

“This novel was about connecting with my roots and the journey of learning about my history. It’s like building a house – you build the outside, which is the main structure, but then you have to add all the important details like plastering and decorating. For me, that meant going through draft after draft adding the finer detail.”

Sarah’s book celebrates the women who raised awareness of the damage done to India’s environment by colonialism by drawing attention to a non-violent protest, inspired by the Chipko Movement.

This saw women organising themselves to protest logging and deforestation in the 1960s and 1970s by keeping vigils over and attaching themselves to trees that had been earmarked for felling. However, there is a long history of women’s environmental activism that predates the independence era, and the novel pays homage to those unsung female activists.

“The literature I found about the British colonial era in India were very much romanticised depictions, and women were almost wholly absent from this whole narrative. South Asian women were depicted as oppressed or as victims, and they were voiceless,” Dr Hussain adds.

“I found it amazing to discover these women, who were not well-known. I wanted to create a novel that was telling the real story of what happened in the Raj era to acknowledge South Asian women and give them a fairer representation, to show we are not just victims.

An anti-colonial eco-thriller, despite being set decades in the past, Dr Hussain’s novel has an all-too-modern relevance by looking at the effects of deforestation and climate change.

“There is often an assumption that landslides and flooding are just natural disasters but flooding in the region was a result of deforestation. English traders replaced natural broad-leafed tea trees with commercial pine. When they took the broad-leafed trees away, they took away the leaf mould deposit, which means rain cannot be soaked up, resulting in landslides.

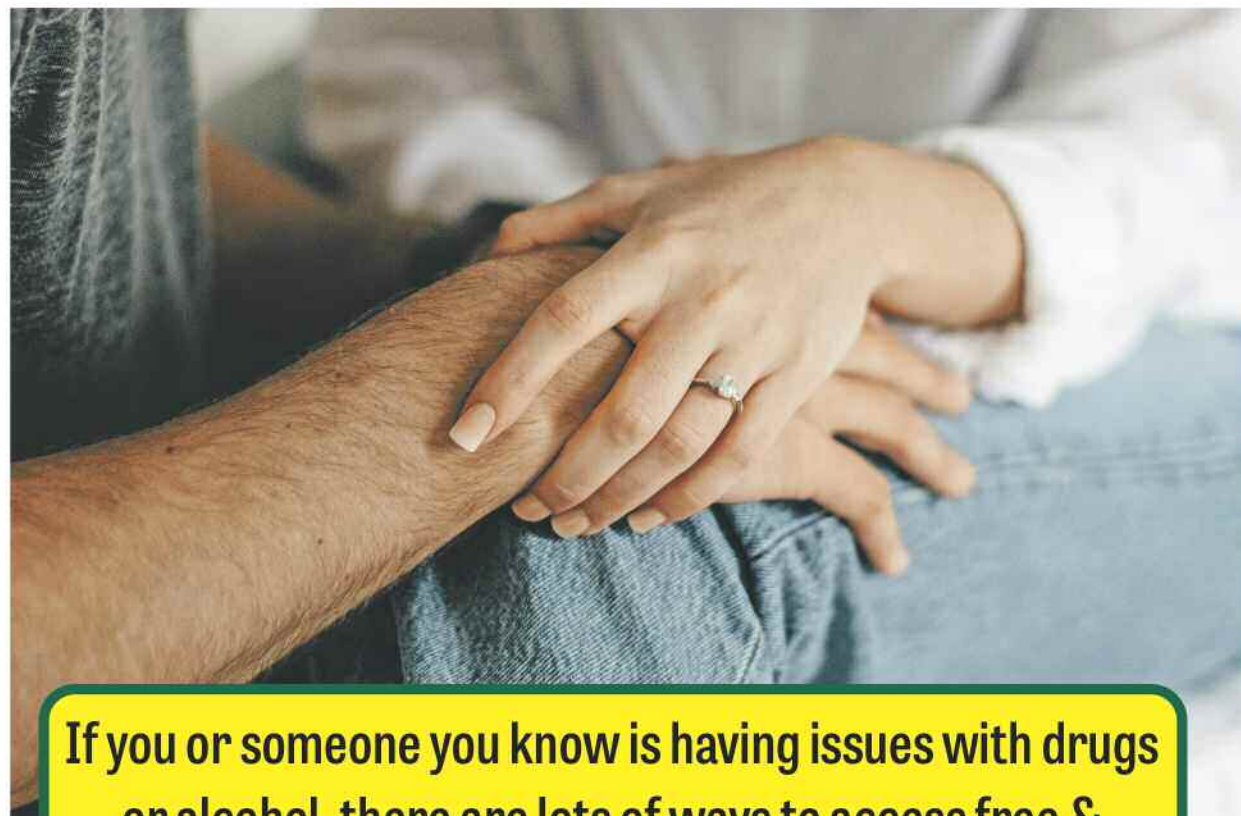
“These women were aware how their landscape was being destroyed. A lot of research focuses on the social and political aspects of imperialism, but there has not been as much research on the ecological decline in the region due to colonialism. The ecological damage affects livelihoods, and these women are aware of that.”

■ Dr Sarah Hussain



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It's never too late to tackle addiction



If you or someone you know is having issues with drugs or alcohol, there are lots of ways to access free & confidential advice and support from local experts

Drug and alcohol problems can affect anyone, with many people keeping it a secret, adding pressure to holding down a job and juggling family life. This can have a serious impact on the people around you, including those you love.

Whether you've become dependent on drugs and alcohol, or just find it difficult to control your use, it can be difficult to acknowledge and talk about what is happening.

But it's important to remember that effective, confidential, and non-judgemental help is available for anyone who feels they, or anyone they know, struggles with alcohol or drugs. Support is also available for families affected by a loved one's alcohol and drug use.

The government is investing additional funding to improve the capacity and quality of treatment. This means that there will be more help available in your local area so you can get the help you need quicker and the help you receive will be better, including from better-trained staff who can spend longer with each person.

*Aleena (name changed for privacy), 37, has lived through some

"You've got to do it for yourself, or nothing is going to change."

challenging times. Her father was killed in a road accident when she was 11 years old, triggering her to go "off the rails" as she went into a spiral drug and alcohol use.

When she became pregnant in late 2020, she reached a crisis point and approached her local drug and alcohol treatment provider for support.

"When I was pregnant, I thought enough is enough, and became determined to change my ways and surroundings. The penny had dropped," says *Aleena.

"I was a mess when I walked into drug and alcohol support services and now, I'm more confident and have my self-esteem back. I don't have cravings and I've got the willpower to carry on.

"The talking support groups are intense, but they have got to be intense to work. It opens your eyes to a lot of stuff - especially what you thought was normality.

"I told my life story over six months, from childhood to now. You're encouraged to open up to your key worker and once it is off your chest, you can put it in a box and forget about it.

"I can't thank my service provider enough. My key workers took the time to sit down with me and make me feel a lot better about myself. They are like my family and have been excellent with me and my little girl.

"You've got to do it for yourself, or nothing is going to change. Even if you're proud. I didn't want to ask for help, but you need it. Grab it with both hands and give it a go. Then stay calm and keep focused and busy. If you're bored, your mind starts wandering. You need a routine and structure."

With a fresh start, *Aleena is now raising her daughter and continues to rebuild her life. She is also still in touch with her local treatment service, who continue to offer support.

How to find help

- You can find details of treatment services on your local authority's website. FRANK also has a directory of adult and young people's alcohol and drug treatment services at talktofrank.com/help
- If you are worried about a friend or family member and they are happy for you to do so, contact FRANK, or the local drug and alcohol service on their behalf. You, or the person you are worried for can call FRANK anytime on 0300 123 6600 for confidential advice and information.
- You can talk to your GP, who can then refer you to services, but if you are not comfortable doing that you can approach your local drug and alcohol treatment service yourself without a referral or a friend or family member can, contact the local service on your behalf.

Remember that expert help is out there. Treatment is available for anyone who is dependent on drugs or alcohol. Staff in the local service will talk you through all of your personal treatment options and agree on a plan with you.

Community support alongside treatment

There are also lots of groups within the community of people in recovery that offer support, including Alcoholics Anonymous, Cocaine Anonymous, Narcotics Anonymous and UK SMART Recovery - and, for families and friends, Al-Anon and Families Anonymous.

These self-helps groups can provide a vital source of support, alongside the help provided by the local treatment service.

HM Government



Is it time to seek help?

Help is available if you are worried about alcohol or drug use. If it's time to talk visit talktofrank.com/help

You can call FRANK anytime on 0300 123 6600 for confidential advice and information



Help is at hand: Scan to reach out to the nation's drug and alcohol advisory service FRANK

A beacon of hope in the fight against devastating blood disorder in Pakistan

Thalassemia Relief

In the heart of Pakistan, where poverty intertwines with the silent killer known as Beta Thalassemia, a glimmer of hope emerges through the tireless efforts of Thalassemia Relief.

Founded by Adam Khan, this organisation is more than just a charity; it's a lifeline for those battling this devastating genetic blood disorder.

Adam Khan's journey with Thalassemia Relief began from a deeply personal place.

Having witnessed firsthand the plight of underprivileged children suffering from Beta Thalassemia, Adam was driven by a simple yet profound belief: medical support should be a fundamental right, not a luxury.

With this conviction, he embarked on a mission to ensure that every child, regardless of their socio-economic background, had access to life-saving treatment.

The statistics are staggering. Between 500,000 to 900,000 children are born with Beta Thalassemia in Pakistan each year, a significant portion of whom are unable to afford even the most basic medical care.

The Amna Jahangheer Thalassemia Centre in Kotli, Pakistan, became the focal point of Thalassemia Relief's efforts. Here, the team could address the pressing needs of patients and work towards their ultimate goal of saving lives.

Beta Thalassemia Major looms large as a leading cause of mortality in specific regions of Pakistan. Recognising this grim reality, Adam Khan and his team at Thalassemia Relief set out to raise awareness and mobilise resources to support the most vulnerable members of society.

How it all began

The journey began modestly, with Adam and a dedicated volunteer, Bilal Hasan, leading the charge.

Through grassroots efforts and community outreach, they laid the foundation for what would become a beacon of hope for countless families. As the organisation grew, so did its impact.

Adam says: "Today, Thalassemia Relief boasts over 50 patients receiving essential long-term blood transfusions and iron chelation medicines, thanks to the generosity of donors."

"But the work is far from over. Thalassemia Relief provides a comprehensive range of services, including blood transfusions, tests, medication, food, transport, medical equipment, specialist appointments, and crucial awareness programs. Every donation, no matter how big or small, directly contributes to these vital initiatives."

Registered with the Charity Commission and Fundraising Regulator, Thalassemia Relief operates with a 98.9% donation policy, ensuring that your contributions go directly towards supporting those in need. They are supported by the UK NHS Beta Thalassemia Genetic Counselor, Sobia Khan.

What's next?

Looking to the future, Thalassemia Relief envisions expanding its reach beyond Kotli, Pakistan, to other regions where poverty and lack of access to healthcare exacerbate the suffering of those with Beta Thalassemia.

Adam says: "With your continued



Thalassemia Relief operates with transparency and accountability, adhering to regulations set forth by the Charity Commission, Fundraising Regulator, Gift Aid, and HMRC.

support, this vision can become a reality.

"At Thalassemia Relief, the mission is clear: to provide free, comprehensive care to patients battling Beta Thalassemia while addressing the broader issues of poverty and inequality."

"Through a combination of medical treatment, education, and community empowerment, they strive to create a brighter, healthier future for all."

Back in December 2021, Thalassemia Relief began as a humble appeal, driven by a sense of urgency and compassion. By June 2022, it was officially registered, marking the beginning of a remarkable journey towards healing and hope.

Since then, Thalassemia Relief has treated over 300 patients, extending its reach to over 10 different parts of the country, including remote villages where access to healthcare is limited.

Awareness has been at the forefront of Thalassemia Relief's efforts from the very beginning.

Through various methods such as door-to-door campaigns, private fundraisers, and fund days, the organisation has sought to educate communities about Beta Thalassemia and the importance of early detection and treatment. These grassroots initiatives have played a crucial role in saving lives and preventing needless suffering.

Thalassemia Relief operates with transparency and accountability,

adhering to regulations set forth by the Charity Commission, Fundraising Regulator, Gift Aid, and HMRC.

Supported by NHS Thalassemia Genetic CLLRS, the organisation is committed to providing gold standard, long-term care to its registered patients, covering a wide range of services from blood examinations to iron chelation therapies.

The Amna Jahangheer Thalassemia Centre in Kotli, Azaad Kashmir, serves as the primary hub for Thalassemia Relief's operations, providing essential care to 178 long-term registered children patients.

However, the demand for their services continues to grow, with 25 patients awaiting registration. With your donations, Thalassemia Relief can extend its reach and support even more individuals in need.

Providing support

In addition to providing medical care, Thalassemia Relief is committed to creating a supportive and nurturing environment for its patients. Last year, they invested in cosmetic renovations at the centre, transforming it into a child-friendly space filled with colourful cartoons and paintings.

"These small gestures make a big difference in the lives of children battling Beta Thalassemia," Adam adds.

"The achievements of Thalassemia Relief are a testament to the dedication and hard work of its team members and volunteers."

From receiving awards for their impactful work to halving excess iron levels and reducing the need for blood transfusions, the organisation has made significant strides in improving the quality of life for those affected by Beta Thalassemia.

But Thalassemia Relief cannot do it alone. They need the support of long-term donors, business leaders, and compassionate individuals like you to continue their life-saving work. Whether it's through local collections, pledges, or spreading awareness in your community, every contribution makes a difference.

"Looking ahead, Thalassemia Relief's goals are ambitious yet achievable. They aim to register more patients, support additional centres, and expand regionally, ensuring that no child suffers needlessly from Beta

Thalassemia," says Adam.

"With your continued support, they can turn these aspirations into reality and create a brighter future for generations to come."

"In conclusion, Thalassemia Relief is not just an organisation; it's a beacon of hope for those battling Beta Thalassemia in Pakistan and beyond. Together, let's stand with them in their fight against this silent epidemic and make a difference in the lives of those who need it most."

For more information on how you can support Thalassemia Relief or to volunteer your time, visit their website at www.thalassemiarelief.org or contact them directly at info@thalassemiarelief.org or 01274 009575. Follow their journey on social media and show your support for this worthy cause.



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The ten most prolific towns and cities for searches relating to illegal vaping products

1. Croydon - with an average monthly search volume of 379 illegal vaping products per 100,000 people. 284 of these searches are for the 'Crystal Pro Max' vape, which is illegal in the UK due to the product's high 'puff' counts of 4,000 and 10,000.

2. Carlisle - with an average monthly search volume of 360 per 100,000 people. Like Croydon, the study also revealed that Carlisle most frequently searches for the 'Crystal Pro Max' vape, with accounts for 150 of the city's searches.

3. Batley - with an average monthly search volume of 311 per 100,000 residents, and 145 of these searches are for the 'Crystal Pro Max' vape. The 'R and M Tornado 9000' is another product which is frequently searched in Batley, accounting for 18 of the town's vape searches. The 'R and M Tornado 9000' is illegal in the UK, as the vape's liquid levels exceed the legal limit of 2ml per 600 puffs.

4. Bolton - with an average monthly search volume of 302 per 100,000 people. 22 of the town's searches are for the 'R and M Tornado 9000', and 12 of these searches are for the 'Crystal Prime 7000'. Due to the product's high puff count, the 'Crystal Prime 7000' is illegal in the UK when containing nicotine.

5. Washington - with an average monthly search volume of 289 per 100,000 residents. The town in Sunderland frequently searches for the 'Crystal Pro Max' vape, which accounts for 96 of Washington's illegal vape searches, and 35 searches are for the 'R and M Tornado 9000'.

6. Halifax - with an average monthly search volume of 274 per 100,000 people. 11 of these searches are for the 'Ene Legend' vape, which is commonly referred to as the 'Elux Legend'. This product is illegal in the UK due to its 10ml tank, which exceeds the legal limit of 2ml. The 'Elux Legend' also offers 3,500 puffs, making the product illegal when containing nicotine.

7. Widnes - with an average monthly search volume of 271 per 100,000 residents. Popular vape searches in the Lancashire-based town include the 'Crystal Prime 7000', which accounts for 45 of the town's searches, and the 'R and M Tornado 9000', which contributes to 29 of these searches.

8. Barnsley - with an average monthly search volume of 262 per 100,000 people. The town in South Yorkshire frequently searches for the 'Crystal Pro Max', which accounts for 117 of Barnsley's vape searches.

9. Blackburn - with an average search volume of 255 per 100,000 residents. Popular vape searches in Blackburn include the 'Crystal Pro Max', which makes up 155 of the town's searches. 11 of Blackburn's vape searches are for the 'Crystal Pro Max 4000', which is also illegal in the UK when containing nicotine.

10. Keighley - with an average monthly search volume of 253 per 100,000 people. Common searches in the town include the 'Crystal Pro Max', which accounts for 114 of the town's searches. 22 of Keighley's searches are for the 'R and M Tornado 9000', which contains more than 15 times the UK's legal liquid limit.



Illicit market

Three West Yorkshire areas among 'Top Ten' for highest demand in illegal vapes

An online vape retailer has analysed the monthly search volume for illegal vapes across the UK over the past 12 months. Terms included 'crystal pro max', 'r and m tornado', and '9000 puff vape'.

The search volume was compared to each area's population to determine the final ranking, with Batley, Halifax and Keighley listed in the illegal top ten areas.

It's illegal to sell vapes containing more than 2ml of e-liquid (equivalent to roughly 600 puffs) in the UK. However, illegal vapes containing more than 15 times the legal limit of liquid, are freely circulating across the country.

It's believed that a third of vapes currently sold in the UK are non-compliant, and this figure could rise significantly with the impending ban on disposable vapes due in 2025.

Research shows the vast majority of illegal vapes are purchased from brick-and-mortar stores, but the volume of online searches demonstrates the existence of a growing illicit market on the internet.

Guy Lawler, Managing Director of



Vapekit.co.uk, who conducted the study comments: "It's incredibly concerning to see how illegal vapes are becoming more sought after in the UK, with many consumers having no idea that the products they're buying are untested and potentially unsafe."

"Retailers have a responsibility to adhere to UK vape regulations, but still, there are rogue operators, both on the high street and online, who openly sell illegal products and make no attempt to verify

whether or not buyers are over 18.

"Enforcement by Trading Standards has been virtually non-existent in recent years, which allows these rogue retailers to continue operating with impunity."

"Vapes are meant to help people quit smoking, but the ever-growing black market is putting people's health at risk. Some of these non-compliant products even feature cartoon characters that attract younger people who should not be vaping."

"With the announcement on 6th March of the introduction of a new vape tax in 2026, and the pending ban on disposable vapes, it is feared the UK black market could grow exponentially as UK consumers find they are unable to source the products they want legally and affordably. The proposed vape tax will result in a 300% increase in cost for many vapers with those from low-income households hit the hardest."

"We strongly urge the government to prioritise public health and clamp down on black market importers and retailers as a matter of urgency."

It's illegal to sell vapes containing more than 2ml of e-liquid, equivalent to roughly 600 puffs, in the UK



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Saliha Sadiq appointed Overseas Human Rights Minister of Azad Jammu and Kashmir

In a landmark achievement, Saliha Sadiq has been bestowed with the esteemed position of Overseas Human Rights Minister of Azad Jammu and Kashmir, marking a significant milestone in her illustrious career as a British Asian Muslim woman.

The announcement was celebrated with fervour at Leeds Mumtaz, where a gathering of dignitaries convened to honour Saliha's remarkable accomplishment.

Hosted by the Leeds Hum Wattan centre, the dinner witnessed the presence of notable figures including Lord Wajid Khan from the House of Commons, Tafheen Sharif, former police commissioner and the first Muslim Mayor of Tameside, as well as Shafina Shah - Miss Pakistan and Bollywood actress.

Among the esteemed guests were Doctorate Bashir (MBE) and a multitude of influential individuals spanning across various sectors including business, healthcare, and politics. The occasion served as a testament to Saliha's unwavering dedication and trailblazing contributions to the community.

Saliha's appointment to the position of Overseas Human Rights Minister underscores her tireless advocacy for marginalised communities and commitment to promoting gender equality and inclusion.

Renowned for her work in mental health awareness, Saliha has garnered numerous accolades, including the Coronation Champion Award from King Charles, and has been recognised as an influential woman in her own right.

Throughout her journey, Saliha has remained a steadfast voice for those whose voices often go unheard, both in the UK and overseas. Her efforts have not only ushered in positive change but have also inspired countless others to take action within their own communities.

Lord Wajid Khan expressed pride in Saliha's achievements and presented her with the Influential Woman Award, while Tafheen Sharif hailed her as a true role model for all communities, expressing confidence in her ability to make a difference and empower women.

In her response, Saliha expressed deep gratitude and humility for the opportunity to serve as Overseas Human Rights Minister of Azad Jammu and Kashmir, a region close to her heart due to her familial ties. She pledged to uphold the values of justice, women's rights, independence, and empowerment, affirming her commitment to the betterment of the people of Azad Jammu and Kashmir.

Saliha Sadiq's appointment is not just a personal triumph but a beacon of hope for communities worldwide, symbolising the power of perseverance, passion, and dedication in effecting meaningful change.



Royalty at Regal House: HRH The Duke of Gloucester's esteemed visit leaves a mark of grandeur

Regal Food Products Group Plc experienced a momentous occasion on Tuesday 23rd April, as HRH The Duke of Gloucester graced their headquarters in Bradford with his presence.

With significant investments and changes to their main manufacturing site, Regal proudly waved the flag for Yorkshire manufacturing, showcasing their dedication to innovation and progress.

The visit was marked by warmth, hospitality, and a genuine celebration of Regal's rich heritage and contributions.

The Duke's arrival was met with a warm welcome from Ed Anderson CBE, The Lord-Lieutenant of West Yorkshire, setting the stage for a day filled with camaraderie and admiration.

As he was introduced to Younis Chaudhry, the Chief Executive Officer of Regal Food Group, the Duke embarked on a journey through the company's storied past and promising future.

Starting with a meet and greet with staff, the Duke gained insight into Regal's 20+ year journey and its impressive portfolio of brands.



But the highlight of the visit was undoubtedly the Duke's behind-the-scenes tour of the bakery and manufacturing facilities.

Led by Mr Chaudhry, the Duke and his entourage marvelled at the craftsmanship behind Regal's household favourites, from Madeira cakes to Cake Rusk.

A poignant moment arrived as a commemorative plaque was unveiled, immortalising the Duke's visit and its significance to

Regal Food Products Group Plc.

For Mr Chaudhry, this event was more than just a royal engagement; it was a testament to the dedication and passion of every individual within the company.

In his remarks, Chaudhry expressed gratitude for the honour bestowed upon Regal by the Duke's visit, highlighting the company's commitment not only to excellence in the food and drink industry but also to

supporting communities worldwide.

"He commented: "We were honoured to host a special visit by His Royal Highness, The Duke of Gloucester in celebration of our journey."

"It was a fantastic opportunity to showcase the work we do, not just within the food and drink industry, but the initiatives we support within communities around the world."

"We have made significant investments and changes to our main manufacturing site and we were proud to show it off and wave the flag for Yorkshire manufacturing."

"This event is a real milestone for Regal and it is one that will be remembered and celebrated for many years to come".

As the day concluded, the echoes of the Duke's visit lingered, leaving an indelible mark on Regal Food Products Group Plc and serving as a beacon of inspiration for the years to come. This event was truly a milestone, one that will be remembered and celebrated for generations within the Regal family and beyond.





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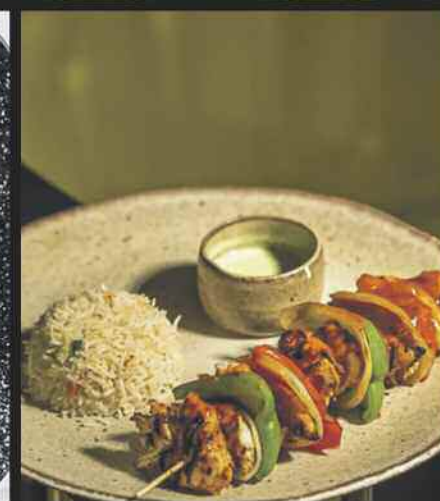
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Beauty experts reveal the dos and don'ts for pre-teen skincare routines

In recent months, there has been a growing concern over pre-teens and teenagers using an excessive amount of luxury skincare products. However, many of these trending products are age-restricted due to the potential damage they may cause to young people's skin.

In light of this ongoing discussion, experts at the beauty and wellness marketplace, Fresha, have compiled a dos and don'ts guide for pre-teen skincare routines.

A spokesperson for Fresha has commented: "People must be aware of the risks some skincare products can have on young people's skin. While pre-teens and teenagers may be easily swayed by skincare influencers on Tik Tok, it's essential to do your research before applying the products you see online."

"However, pre-teen skincare

doesn't have to be ruled out completely. It's positive that more and more youngsters are interested in taking care of their skin thanks to social media, but it's essential to recognise which products may cause more harm than good and instead stick to safer skincare routines."

Steer clear of risky products

1. Avoid using retinol

Retinol has become a popular product on social media that is widely used by beauty influencers. However, due to the product's anti-aging ingredients, it is generally only to be used by people in their mid-twenties and older.

When prescribed by a doctor or a

dermatologist, retinol can be used as an acne treatment. Other than this, it is an entirely unnecessary product to be used by pre-teens because it can have some damaging consequences on juvenile skin.

Retinol can irritate pre-teen's skin due to the product's high acid levels and can cause premature skin damage. The product also reduces the skin's natural protection against the sun, making retinol users more susceptible to UV rays and sun damage.

2. Ditch the hydroxy acid

Like retinol, hydroxy acid is typically used to prevent wrinkles and fine lines. Due to the product's anti-aging ingredients, it's generally advised not to be used by people under the age of 25. Due to the product's high acid levels, pre-teens

should avoid it altogether.

When used on adolescent skin, hydroxy acid can irritate and worsen skin conditions due to the product's removal of the top layer of skin cells. Hydroxy acid, like retinol, can also make users more susceptible to lasting sun damage, which is why pre-teens should avoid it unless prescribed as acne treatment.

Ultimately, pre-teens should steer clear of anti-aging products entirely. As well as causing potential skin damage, anti-aging products can also spark harmful and pre-mature insecurities about wrinkles and other natural effects of aging.

3. Push aside the exfoliating acids

Most exfoliating acids are too

harsh to be used on young people's skin and should be avoided in pre-teen skincare routines. The products contain high levels of acid, which are intended to remove dead skin cells but ultimately irritate pre-teens' skin. Experts have also suggested that exfoliating acids may even disrupt the natural skin barrier, causing itching, dryness, and skin swelling.

Once again, it's also risky for pre-teens to use exfoliating acids due to the increased risk of sun damage, making it a product to avoid in pre-teens' skincare routines. It's important to note that pre-teens can use milder exfoliating acids as acne treatment, but only when advised by a doctor or dermatologist.

Continued on page 22



Beauty experts reveal the dos and don'ts for pre-teen skincare routines

Continued from page 21

4. Stay away from vitamin C serums

Some benefits of vitamin C serums include reducing the appearance of wrinkles and fine lines. Because of this, vitamin C serums are an unnecessary product to be used in pre-teens' skincare routines.

Skin experts have also debated the safety of vitamin C serums for children's skin. Some claim these serums can worsen skin conditions like eczema due to the product's high acid levels. Overall, it's best to steer clear of expensive serums entirely, as the anti-aging benefits of these products will be entirely unnecessary for pre-teens.

5. Introduce a safe routine

Despite the dangers of some viral skincare products, pre-teen skincare doesn't have to be an entirely negative subject. It can be positive for pre-teens to express an interest in looking after their skin, which is why some products can be a great place to start a safe skincare routine.

6. Rely on a trustworthy moisturiser

Moisturiser is an essential part of many skincare routines and a safe product for pre-teens. A light layer of moisturiser can improve hydration and prevent dryness, so it's a great introduction to the world of skincare.

7. Experiment with pimple patches

Applying a pimple patch on a blemish can reduce redness and inflammation, making them a fun and exciting product for pre-teen skincare routines.

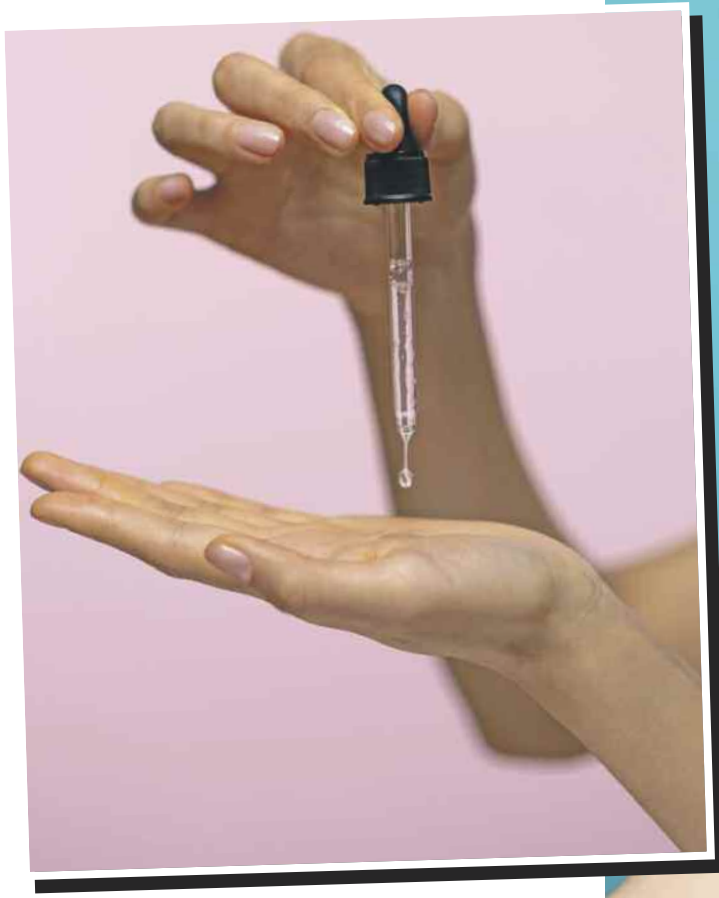
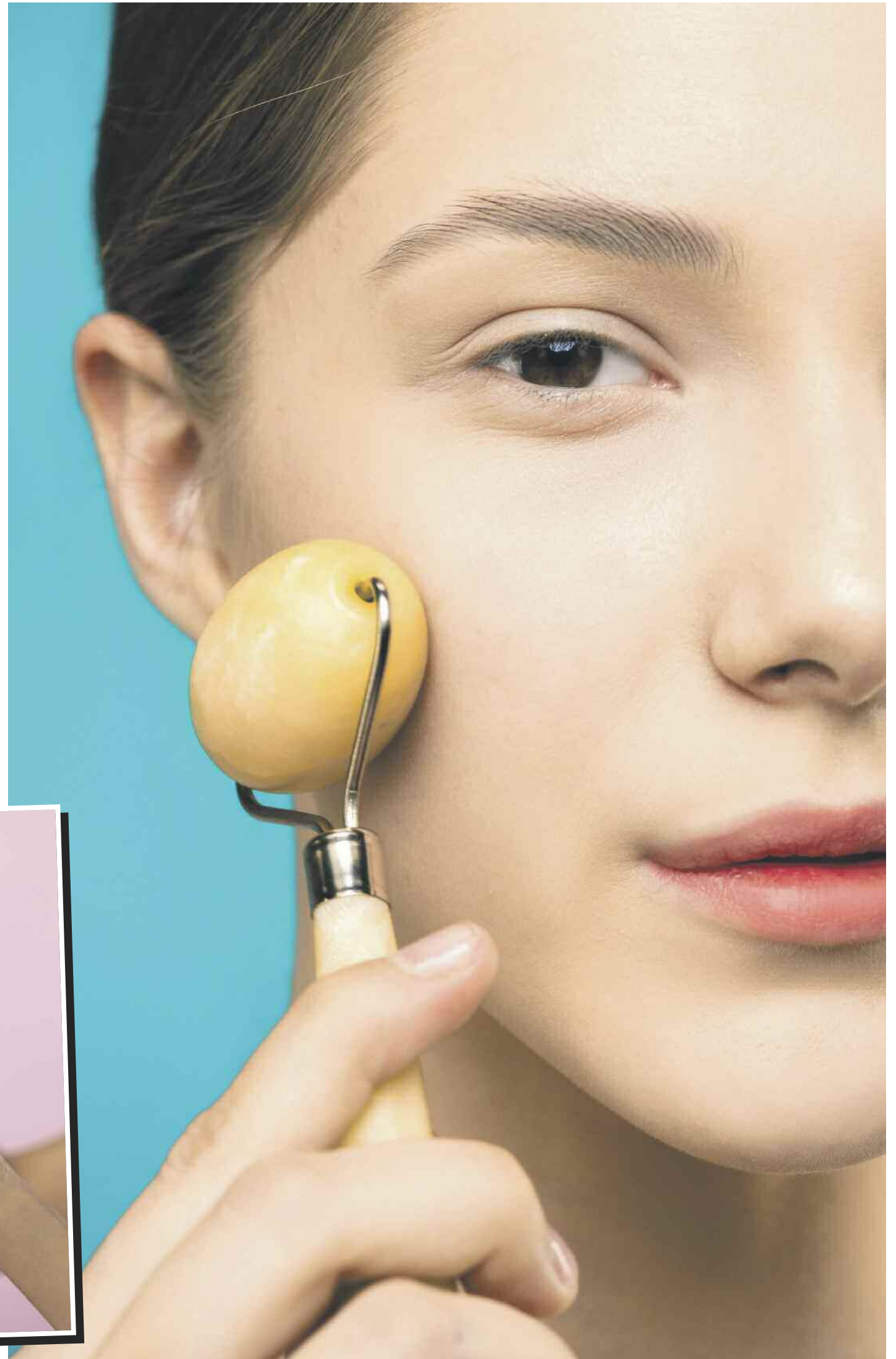
8. Never underestimate SPF

Due to the popularity of these products on TikTok, many pre-teens may already be applying SPF products in their skincare routines. #SPF currently has over 6 billion views on TikTok and has over 232,000 posts, showing its relevance on social media.

SPF products are an incredibly safe and beneficial product to incorporate into pre-teen skincare routines as they provide protection against the sun. SPF should always be the last step in any skincare routine and should be applied at least 20 minutes before going outside for maximum effect.

9. Try out a mild cleanser

Cleansing is an effective way to rid your skin of dirt and oil, making it a reliable breakout preventive. Because of this, mild cleansing products, such as gel cleansers, can be a safe and refreshing part of a pre-teen skincare routine.





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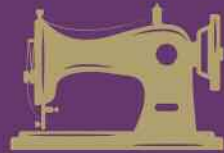


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KILL:

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Get ready to see the action-packed film **KILL** in cinemas around you! **Kill**, directed by Nikhil Nagesh Bhat and produced by Karan Johar, Apoorva Mehta for Dharma Productions, and Guneet Monga Kapoor, Achin Jain for Sikhya Entertainment, is a gripping action film poised for an adrenaline rush.

It recently debuted at the Toronto Film Festival as part of its Midnight Madness selection, introducing audiences to a captivating narrative.

The movie, featuring newcomer Lakshya in the lead role alongside Raghav Juyal and Tanya Maniktala, has garnered attention for its unique storyline and intense action sequences.

Lionsgate, a renowned Hollywood studio, has secured the North American and UK rights for theatrical release in 2024, marking a significant collaboration between Indian and Western cinema.

In the heart of the film, we meet Amrit, a fearless army commando, who embarks on a daring mission when he discovers that his beloved Tulika is trapped in an unwanted engagement. His journey takes a thrilling turn as he boards a New Delhi-bound train, only to encounter a menacing gang of knife-wielding thieves led by the merciless Fani.

As chaos ensues onboard, Amrit finds himself thrust into a life-or-death battle to protect the innocent passengers from the clutches of terror.

What begins as a routine commute transforms into a pulse-pounding spectacle of survival, as Amrit navigates through the perilous obstacles, unleashing a relentless barrage of action to thwart the sinister plans of his adversaries.

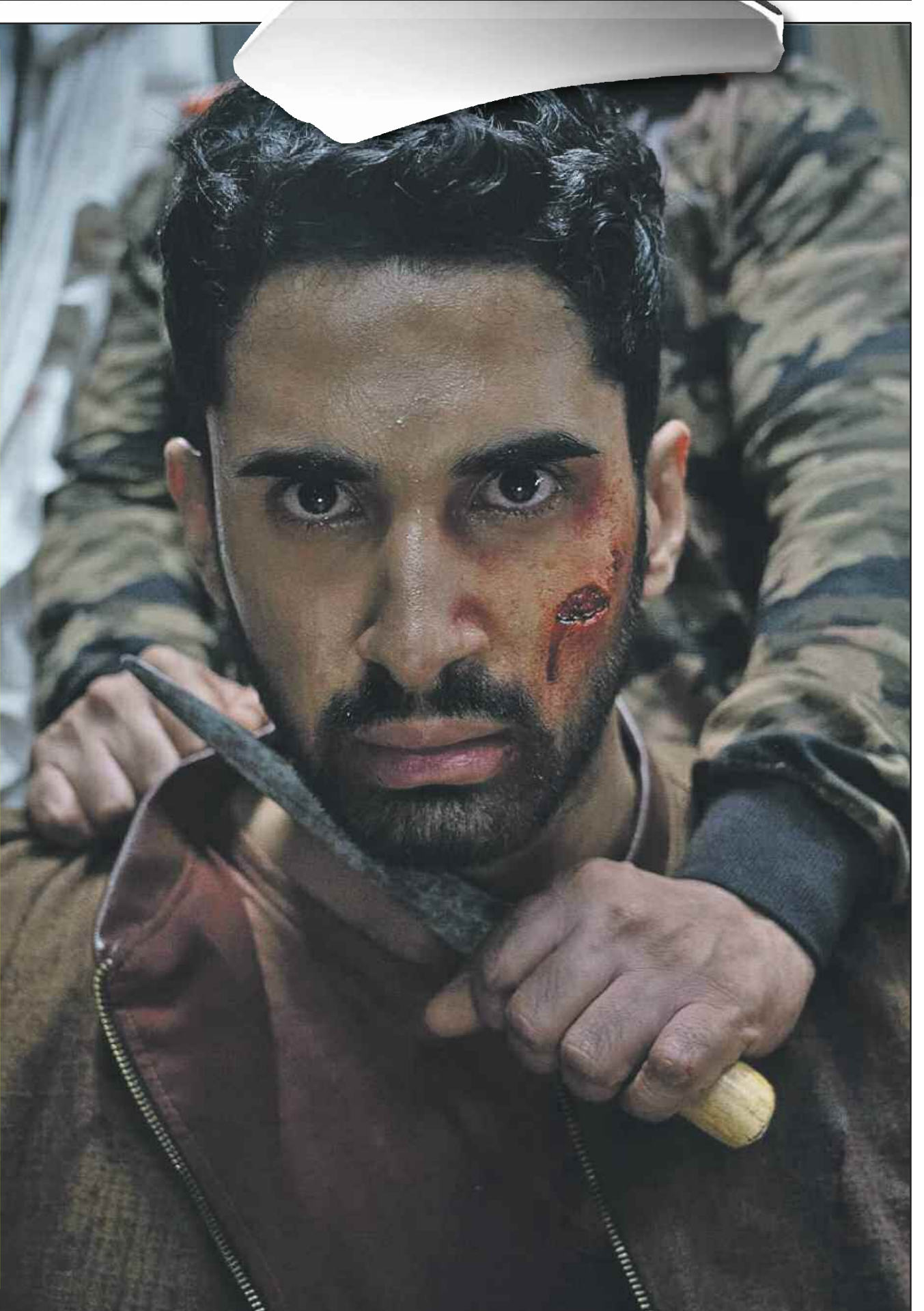
With its blend of high-octane thrills and heartfelt drama, **Kill** promises audiences an electrifying cinematic experience that transcends boundaries.

Through its groundbreaking partnership with Lionsgate, the film is set to captivate audiences on an international scale, heralding a new era of collaboration between Indian and Western cinema.

Peter Debruge from *Variety* said, "A train, two commandos and 40 thieves add up to one bloody action bonanza."

Nate Richard from *Collider* said, "Nikhil Nagesh Bhat's aggressively violent action flick is destined to become a cult classic."

Watch the film in cinemas from 5th July 2024.



Amina Khayyam Dance Company (AKDA) presents YOU&ME and BIRD, a double bill of award-winning and critically acclaimed Kathak, at The Place, London 4th June 2024

Opening with a silent scream, BIRD poses a question that crosses the mind of many women stuck in abusive relationships: "Where will I go?" "Will anyone believe me?"

High energy Kathak weaves the story to a specially commissioned live music score by Jonathan Mayer featuring Sohini Alam on vocals and Debasish Mukherjee on tabla.

Critically-acclaimed, it won the Lustrum Award at Edinburgh Festival Fringe 2023. Since Edinburgh, the piece has been scaled up and developed into a longer performance with more dancers.

YOU&ME was developed from workshops with women groups - where some shared their real-life experiences of a marriage where their partner could not express his sexuality for fear of bringing shame to the family.

Artistic Director Amina Khayyam said: "BIRD started in a workshop with a women's community group where a

participant asked "What happens to a woman when she runs away from domestic abuse?" In BIRD we explore the social stigma for women in such a situation.

"These stories are forever relevant but seem even more so in current times. The pieces tell these stories with the compassion and energy of Kathak and the power of the original live music."

BIRD is a stage sequel to AKDC's critically acclaimed digital work 'Catch The Bird Who Won't Fly' shown at the Fringe in 2021.

Amina Khayyam Dance Company (AKDC) makes touring dance theatre work using the South Asian dance Kathak as the core narrative and works in collaboration with those who are culturally least engaged, economically challenged and societally disenfranchised. The special focus is on the marginalised female voices - developing ideas for performances from the dance workshops produced with women's groups in Luton, Slough, Woking, East London and Birmingham.

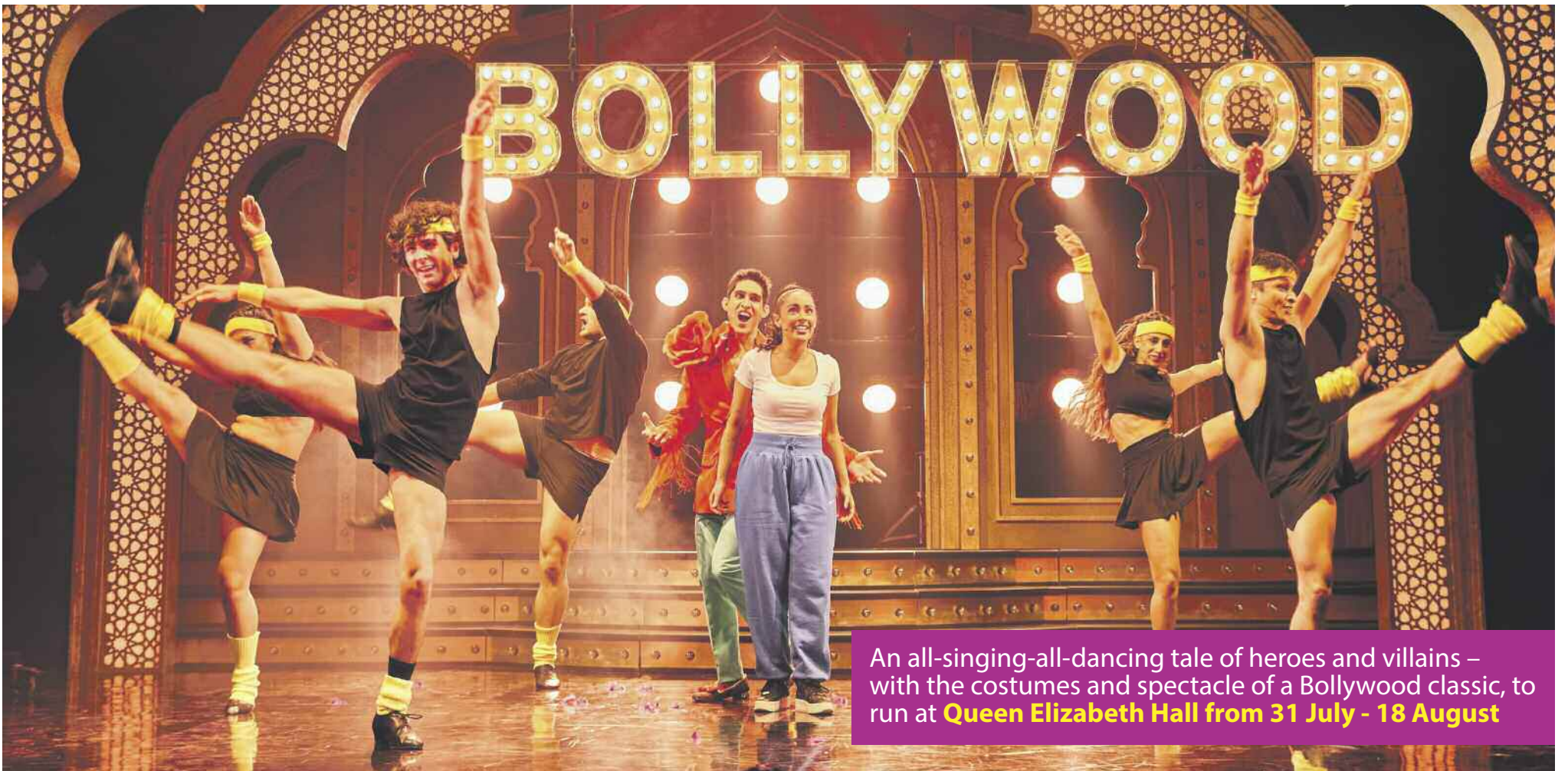
Find out more: Visit <https://aminakhayyamdance.co.uk> for further information

Kathak

explores social stigmas

Amina Khayyam Dance Company's production explores minds of women stuck in abusive relationships





An all-singing-all-dancing tale of heroes and villains – with the costumes and spectacle of a Bollywood classic, to run at **Queen Elizabeth Hall** from **31 July - 18 August**

'Frankie Goes to Bollywood'

RIFCO's most spectacular and ambitious musical to date, set for the Southbank's Queen Elizabeth Hall



Rifco Theatre Company in partnership with Watford Palace Theatre and HOME Manchester are over the moon to announce that **Frankie Goes to Bollywood**, Rifco's most spectacular and ambitious musical to date, is to transfer to The Southbank's Queen Elizabeth Hall.

The showstopper music which has just opened for its world premiere for a three-week run at Watford Palace Theatre will go on to a 10-day run at HOME Manchester, followed by a national tour which will culminate in the three-week Southbank run.

Conceived by Artistic Director of Rifco, Pravesh Kumar MBE, 'Frankie Goes to Bollywood' is a spectacular all-singing-all-dancing tale of heroes and villains, with all the costumes and the spectacle of a Bollywood feature film. It tells the tale of being British in Bollywood and explores what it takes to get to the top.

Frankie never wanted to be a star, all she's ever really wanted is a close and loving family - but after a chance encounter with an up-and-coming director, she finds herself transported to Bollywood, cast in a movie and thrust into the limelight. Might the Bollywood world provide her with the family and community she has always dreamed of?

Suddenly Frankie is immersed in the world of fame and fortune but as she climbs the sparkling staircase of stardom, each step makes her question about what she is willing to do, or be subjected to, for success.

Drawing inspiration from both traditional Bollywood music and the best of Western musical theatre, the music for Frankie Goes To Bollywood is a carefully integrated hybrid - designed to appeal to lovers of the Bollywood genre and also lovers of a good old West End extravaganza.

Bollywood as an industry generates over £2 billion a year, and globally the films have an audience of 1.3 billion. In the UK a successful Bollywood film can be expected to take as much as £4 million - so it's little wonder that the glamorous lure of Bollywood stardom appeals to many British-South Asian young people. Frankie Goes To Bollywood is inspired by the true stories of Brits in Bollywood.

Alongside a couple of very well-known British-born faces in Bollywood including

Katrina Kaif and Alia Bhatt, there are also dozens more male and female actors born in Britain who have established successful careers. Frankie Goes To Bollywood was inspired by many of their stories, by Pravesh's own experience of being a Brit in Bollywood, and by what he observed regarding British-born women's experience in the industry.

Pravesh Kumar, MBE (Writer/Director) says "Frankie is a multi-layered piece of theatre. It offers a sumptuous British spin on the glorious stories of Bollywood; a breathtakingly colourful journey of romance, sweeping songs and vibrant dance juxtaposed with an exploration of the darker undercurrent within the culture.

"This is a celebration of everything glorious and spectacular about Bollywood and Indian culture while highlighting less positive experiences women face. I wanted to highlight this issue because it's men's responsibility to shine a light on sexism and to call it out whenever and wherever they see it. I hope this show is a catalyst.

Rifco Theatre has a long tradition of working to celebrate and reflect contemporary British Asian experiences, culture, and society. Pravesh's own experience working for a decade in Bollywood, and his extensive work looking at the British South Asian experience in UK theatre and film, play a fundamental role in the development of Rifco's productions and subject matter focusing on untold stories and under-represented voices.

Pravesh continues: "Frankie Goes to Bollywood is both an ode and a call to action. An ode to the films we grew up with - movies that brought us laughter and tears and belting our lungs out in the shower.

"It's also a nudge to interrogate the culture we've grown up with, and come together to make it better, brighter, and ask important questions about the deeply ingrained sexism."

"We have been blown away by responses to the show - the pre-sales for our opening venue have been phenomenal to the point where Frankie has almost outsold presales for any other performance at Watford Palace Theatre. We are so excited to come to Southbank and continue meeting what is clearly pent-up demand for authentic South Asian theatre in the UK"

Join the conversation:

#FrankieGoesToBollywood

WHAT'S ON

in
cinemas
this
month



Civil War
Release date: 9/4/2024
Starring: Kirsten Dunst, Wagner Moura, Cailee Spaeny, Stephen McKinley Henderson, Sonoya Mizuno, Nick Offerman
Director: Alex Garland **Cert:** 15

In the near future, a team of journalists travel across the United States during a rapidly escalating civil war that has engulfed the entire nation.



Bade Miyan Chote Miyan
Release date: 10/4/2024
Starring: Akshay Kumar, Tiger Shroff, Prithviraj Sukumaran, Sonakshi Sinha, Alaya F and Manushi Chhillar
Director: Ali Abbas Zafar
Cert: 12A

When a masked enemy rises within the nation, mercilessly targeting the military by stealing the country's most dangerous weapon, Colonel Azad sends his best officer to unearth two legendary from his unit for the mission: Brooding Bade Miyan and cocky Chote Miyan.
 What follows is Bade-Chote's unmatched camaraderie and courage as the duo strive to restore justice, delivering heart-pounding action and an adrenaline-pumping cinematic experience.
 Producer Jackky Bhagnani and Director Ali Abbas Zafar have joined forces to deliver a heart-racing blend of action and adrenaline, guaranteed to captivate cinephiles worldwide.

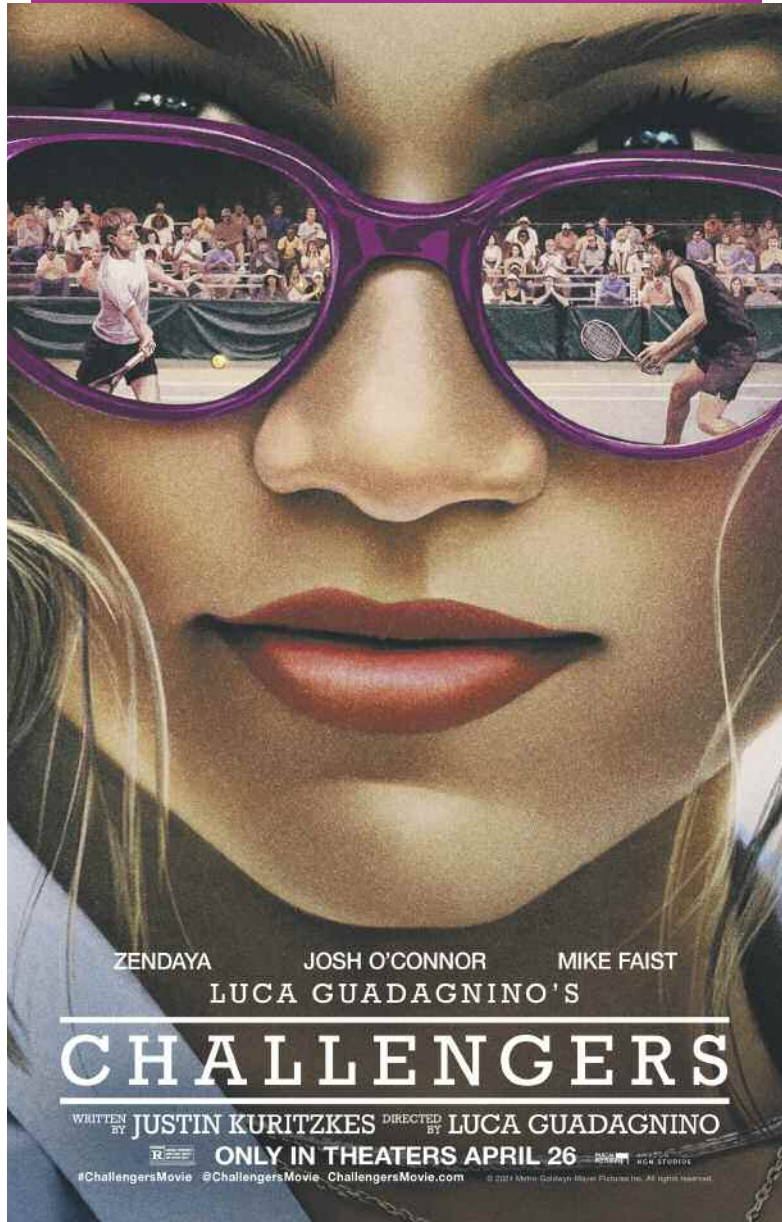
Challengers

Release date: 26/4/2024

Starring: Mike Faist, Josh O’Conner, A.J. Lister

Director: Luca Guadagnino Cert:TBC

A tennis coach helps her husband transform from a mediocre player to a champion. To end a recent losing streak, they enter at the lowest level of a tournament and find themselves facing off against a once-promising and now burnt-out former friend who used to date the wife.



The Fall Guy

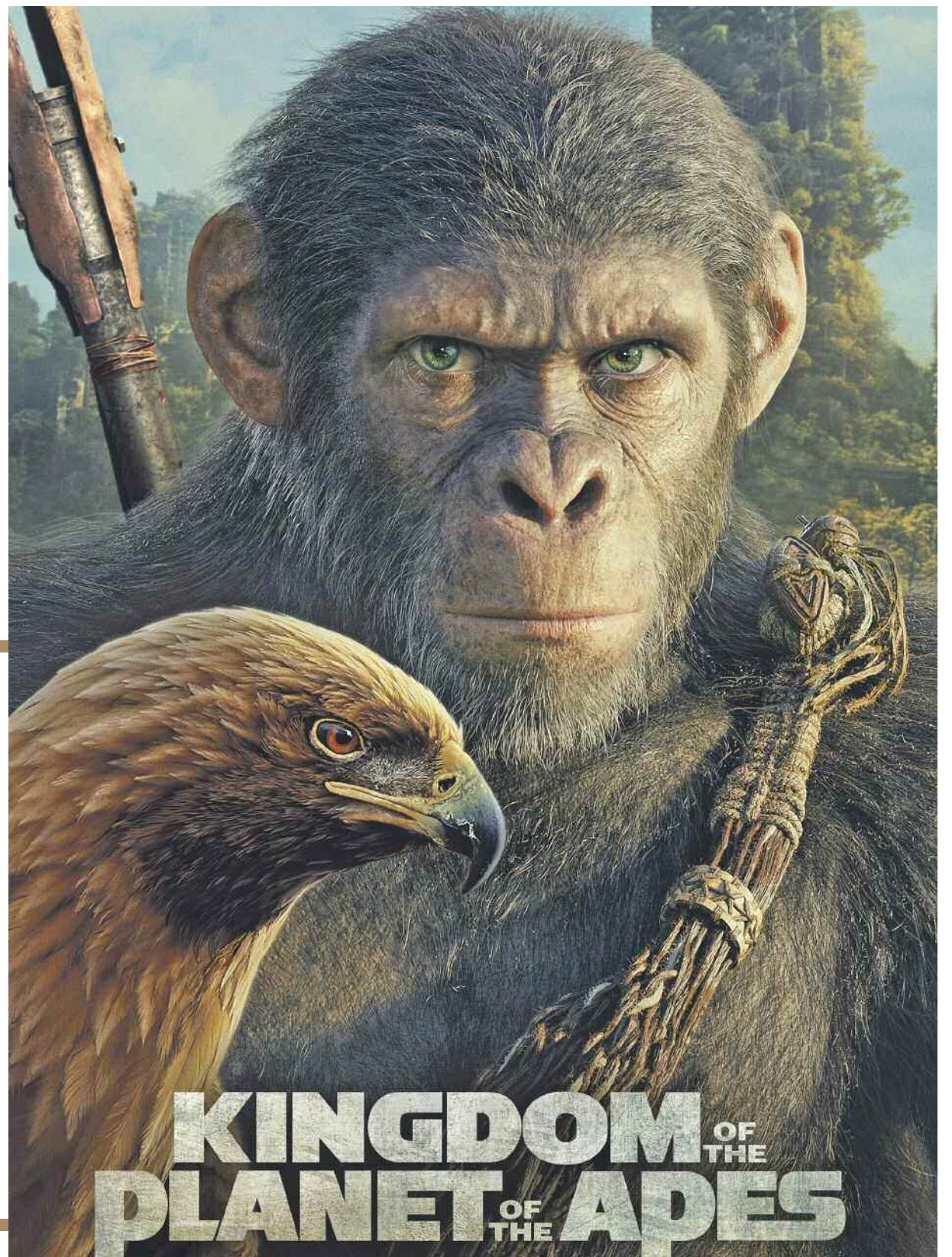
Release date: 2/5/2024

Starring: Ryan Gosling, Emily Blunt, Aaron Taylor-Johnson, Hannah Waddingham, Teresa Palmer, Stephanie Hsu, Winston Duke

Director: Luca Guadagnino

Cert:12A

Oscar® nominee Ryan Gosling (Barbie, La La Land, Drive) stars as Colt Seavers, a battle-scarred stuntman who, having left the business a year earlier to focus on both his physical and mental health, is drafted back into service when the star of a mega-budget studio movie—being directed by his ex, Jody Moreno, played by Golden Globe winner Emily Blunt (Oppenheimer, A Quiet Place films, Sicario)—goes missing.



Kingdom of the Planet of the Apes

Release date: 9/5/2024

Starring: William H. Macy, Kevin Durand, Freya Allan, Peter Macon, Owen Teague

Director: Wes Ball Cert: 12A

Director Wes Ball breathes new life into the global, epic franchise set several generations in the future following Caesar’s reign, in which apes are the dominant species living harmoniously and humans have been reduced to living in the shadows.

As a new tyrannical ape leader builds his empire, one young ape undertakes a harrowing journey that will cause him to question all that he has known about the past and to make choices that will define a future for apes and humans alike.

Nearly 300 years after the events of War for the Planet of the Apes (2017), ape civilizations have emerged from the oasis to which Caesar led his fellow apes, while humans have regressed into a feral, primitive state.

When the ape king Proximus Caesar, armed with weapons forged from lost human technologies, perverts Caesar's teachings to enslave other clans, the chimpanzee hunter Noa embarks on a harrowing journey alongside a human girl named Mae to determine the future for apes and humans alike.



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MG Motors promises EV sporting roadsters will propel grand touring into the electric age

MG Motor UK has announced that its highly-anticipated EV roadster, the Cyberster, is now available to order with the first UK deliveries planned for August this year.

Featuring signature scissor doors as envisioned by Carl Gotham and his MG London design team as well as a fully-electric fabric hood which can be opened or closed in as little as 15 seconds at speeds up to 30mph, the rear-wheel-drive Cyberster Trophy promises to be a compelling yet refined drive.

The Trophy delivers power figures of 340PS (250kW) with maximum torque confirmed at 350 lb ft (475 Nm). The 0-62mph sprint is completed in just 5.0 seconds.

The £59,995 Cyberster GT will be the marque's new flagship, and the most powerful production model in MG's 100-year history with no less

than 503PS (375kW) and 725Nm (535 lb ft) of torque. The dual-motor, all-wheel-drive GT is capable of sprinting from 0-62mph in a staggering 3.2 seconds.

Both the Trophy and GT are equipped with four drive modes – Comfort, Custom, Sport and Track – allowing drivers to explore the full potential of the Cyberster from refined, long-distance touring through to pure, performance-focused options.

The Cyberster's electrifying performance is combined with a luxurious and technologically advanced cabin which catapults the grand touring experience into the electric era, creating an environment hitherto reserved for ultra-expensive GTs replete with 6-way electrically-adjustable heated seats with memory function and electric lumbar support.

A distinctive heated steering wheel featuring 4-way adjustability as well as twin paddles to assist with kinetic regeneration, completes the perfect juxtaposition of elegance and outright sportiness of the cabin space.

Continued on page 33



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The latest iterations of the all-electric BMW i4 and the BMW 4 Series Gran Coupé are set to further cement their distinctive presence in the market with new design enhancements and the introduction of the latest digital capabilities.

Already boasting best in class driving dynamics, both the i4 and combustion-engine variants of the new BMW 4 Series Gran Coupé benefit from refined and refreshed exterior aesthetics including newly designed headlights and optional Laserlight tail lights which enhance their striking presence on the road.

Newly introduced exterior paint options and light-alloy wheel designs offer more choice and opportunity for individualisation.

Inside, both models feature the BMW Curved Display which integrates the latest version of the BMW iDrive with QuickSelect, based on BMW Operating System 8.5.

The world premiere of the BMW i4 in 2021 established purely electric mobility at the core of the BMW brand. It was the first premium model in the midsize class and brought the brand's signature design, material and build quality, individualisation and



intuitive operation together with locally emission-free mobility.

The BMW Group's technological expertise and decades of experience in the development of sporty premium cars come to the fore in the integrated application of all powertrain and chassis control systems.

With its overall concept focused on delivering compelling all-electric driving pleasure, the BMW i4 has spearheaded the BMW Group's electric offensive.

It was the company's most

successful electric vehicle in 2023, selling more than 83,000 units worldwide. And most recently, the all-electric variants of the BMW 4 Series Gran Coupé accounted for around two-thirds of its overall sales. The BMW i4 has also acted as the driving force behind the transformation of BMW M GmbH into a provider of electric mobility; the range-topping BMW i4 M50 xDrive was the highest-selling BMW M model in both 2022 and 2023.

The success of the BMW i4 in

Europe also played a major role in helping the BMW Group to lower its fleet CO2 emissions once again in 2023. The company's provisional figure of 102.1 g/km in the WLTP cycle was well below the European Union's target of 128.5 g/km. This equates to a 2.8 per cent reduction in fleet CO2 emissions compared to 2022.

The popularity of the BMW i4 also represents an endorsement of the BMW Group's "technology-open" approach in the current ramp-up phase of electric mobility. The all-

electric gran coupé was developed based on a flexible drive system architecture. Similar vehicle concepts now also enable BMW 7 Series, BMW 5 Series, BMW X1, BMW X2 and BMW X3 model variants with combustion engines, plug-in hybrid systems and all-electric drive to be offered alongside one another.

The global market launch of both models will commence in July 2024 - BMW 4 Series Gran Coupé is priced from £43,830 RRP in the UK, with the BMW i4 starting at £50,365 RRP.

Highly integrated

The new BMW i4 and the new BMW 4 Series Gran Coupé ready for July release



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Ready to EXHILARATE

MG Motors promises EV sporting roadsters will propel grand touring into the electric age

Continued from page 31

To maximise the pleasure and comfort of long distance, roof-down motoring, a specially-designed wind deflector positioned between the front seats reduces buffeting to a minimum. The Trophy and GT's 77kWh battery delivers an exemplary combination of range and performance. Maximum range (WLTP) for the Trophy is 316 miles and 276 miles for the more performance-focussed GT.

David Allison, MG Head of Product and Planning, comments: "The Cyberster is a car designed to excite, whether through its head-turning design or its scintillating performance. "Both the Trophy and GT are compelling two-seat EV sporting roadsters which promise to propel grand touring into the electric age."

The single motor Cyberster Trophy is available from £54,995 OTR and like all MG models is supported by a comprehensive 7-year, 80,000-mile warranty.

A sporting grand tourer for the electric age

Both the Cyberster Trophy and GT have undergone an extensive 18-month performance and handling development programme in the UK, directed by MG's Longbridge engineering team who also played a key role in developing the award-winning MG4 EV.

The end result is a powerful roadster with a chassis optimised for UK and continental driving that offers high-levels of refinement in the city right through to a genuinely

sporting experience on the open road.

The Cyberster is equipped with Brembo brakes as well as three-mode regenerative braking to maximise energy efficiency and extend the driving range. Trophy features a 19-inch alloy Lightning-design wheel, while the GT wears a 20-inch Jetstream-design with Pirelli P Zero tyres for optimised performance and control.

The impressive driving range for a sporting GT is underpinned by rapid DC charging up to

150kW, enabling a charge of 10% to 80% to be delivered in only 38 minutes.

An extensive suite of driver assistance features provides additional safety and actively managing traffic conditions via MG Pilot. This includes Lane Change and Lane Keep Assist, Adaptive Cruise Control, Blind Spot Detection, Active Emergency Braking with pedestrian and bicycle detection, Traffic Jam Assist, Intelligent Speed Assist and Intelligent Headlight Control.

MG's interior designers have designed a cabin to match the striking exterior. In addition to the highly distinctive and multi-functional steering wheel there are metal sports pedals, with the leather-style seats available in grey with white accents or black with red. There are five exterior colour choices, from the classic New English White to the vibrant Inca Yellow, accentuated by the contrasting black lower trim. Including roof fabric and exterior paint colours, there are 32 combinations to choose from.



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| A2SSM £1,499 ONO TEL: 07875 337 224 | ANII JAM £5,000 ONO (ANII JAM) TEL: 07946 162 099 | ASKI £70,000+ TEL: 07854 012 093 | BKIIMAR £15,000 (B KUMAR) TEL: 07985 455 057 | DSIIAUN £15,000 (D SHAUN) TEL: 07985 455 057 | F17 STX £2,999 ONO TEL: 07904 018 063 | H055AYN £8,995 ONO TEL: 07779 324 610 | JAIIMED £15,000 (J AHMED) TEL: 07985 455 057 | KU55 OOM £2,000 TEL: 07588 326 444 | MA55 UDD £4,000 TEL: 07588 326 444 | MSIIAN £7,500 (M SUSAN) TEL: 07985 455 057 | NSIIAN £7,500 (N SUSAN) TEL: 07985 455 057 | PKINGS £14,000 (P KINGS) TEL: 07985 455 057 |
| A212 JAN OFFERS OVER £5,000 TEL: 07817 615 022 | ANII SAR £2,500 (ANII SAR) TEL: 07946 162 099 | ATT4H £8,500 ONO (NO WITHHELD NO) TEL: 07786 424 251 | BSIIAUN £15,000 (B SHAUN) TEL: 07985 455 057 | DSIIANS £7,500 (D SUSAN) TEL: 07985 455 057 | F44EEM £4,500 TEL: 07825 040 037 | H0IVER £7,500 (H OLIVER) TEL: 07985 455 057 | JAV333D £8,995 TEL: 07779 324 610 | KVIJAY £10,000 (K VIJAY) TEL: 07985 455 057 | MA55 UMM £2,800 TEL: 07588 326 444 | MSIIAMMAD £10,000 (MOHAMMAD) TEL: 07867 886 786 | NSIIAUN £1,500 ONO (N SHAUN) TEL: 07946 162 099 | PKINGS £7,500 (P KINGS) TEL: 07985 455 057 |
| AAII LAM £1,500 (AAII LAM) TEL: 07946 162 099 | ANII SER £5,000 (ANII SER) TEL: 07946 162 099 | AVIIJAY £10,000 (A VIJAY) TEL: 07971 732 789 | BSII5MLA £15,000 (B SISMILA) TEL: 07971 732 789 | DVIIJAY £10,000 (D VIJAY) TEL: 07985 455 057 | F44TMA £7,500 TEL: 07825 040 037 | HII RAA £4,500 TEL: 07825 040 037 | JAV333D £5,500 TEL: 07867 861 193 | KYIISAF £15,400 (K YUSUF) TEL: 07985 455 057 | M ALIIS OFFERS TEL: 07871 334 567 | MUII SAH £1,500 (M AHMAD) TEL: 07946 162 099 | NSIIAUN £10,000 (N SHAUN) TEL: 07985 455 057 | PKINGS £7,500 (P KINGS) TEL: 07985 455 057 |
| AAIIMD £15,000 (A AHMAD) TEL: 07985 455 057 | AN54AR N £1,500 ONO (ANSAAR) TEL: 07946 162 099 | ANS55OM £10,000 (AWESOME) TEL: 07985 455 057 | BUS5TED £5,000 ONO (BUSTED) TEL: 07985 455 057 | DYIISAF £15,400 (D YUSUF) TEL: 07985 455 057 | F44TMA £7,500 TEL: 07825 040 037 | HII RAA £4,500 TEL: 07825 040 037 | JAV333D £5,500 TEL: 07867 861 193 | KYIISAF £15,400 (K YUSUF) TEL: 07985 455 057 | M ALIIS OFFERS TEL: 07871 334 567 | MUII SAH £1,500 (M AHMAD) TEL: 07946 162 099 | NSIIAUN £10,000 (N SHAUN) TEL: 07985 455 057 | PKINGS £7,500 (P KINGS) TEL: 07985 455 057 |
| AAIYAA £20,000 (AAIYAA) TEL: 07985 455 057 | AN55AR K £1,000 TEL: 07983 480 777 | AYIINUS £9,500 (A YUNUS) TEL: 07985 455 057 | BVIIJAY £10,000 (B VIJAY) TEL: 07985 455 057 | DYIISUF £15,000 (D YUSUF) TEL: 07985 455 057 | F44TMA £7,500 TEL: 07825 040 037 | HII RAA £4,500 TEL: 07825 040 037 | JAV333D £5,500 TEL: 07867 861 193 | KYIISAF £15,400 (K YUSUF) TEL: 07985 455 057 | M ALIIS OFFERS TEL: 07871 334 567 | MUII SAH £1,500 (M AHMAD) TEL: 07946 162 099 | NSIIAUN £10,000 (N SHAUN) TEL: 07985 455 057 | PKINGS £7,500 (P KINGS) TEL: 07985 455 057 |
| AAI2JAN £15,000 (ARJAN) TEL: 07731 464002 | ANJ33M £4,995 TEL: 07867 861 193 | ASISAF £15,400 (A YUSUF) TEL: 07985 455 057 | BYIISAF £15,400 (B YUSUF) TEL: 07985 455 057 | DYIISUF £15,000 (D YUSUF) TEL: 07985 455 057 | F44TMA £7,500 TEL: 07825 040 037 | HII RAA £4,500 TEL: 07825 040 037 | JAV333D £5,500 TEL: 07867 861 193 | KYIISAF £15,400 (K YUSUF) TEL: 07985 455 057 | M ALIIS OFFERS TEL: 07871 334 567 | MUII SAH £1,500 (M AHMAD) TEL: 07946 162 099 | NSIIAUN £10,000 (N SHAUN) TEL: 07985 455 057 | PKINGS £7,500 (P KINGS) TEL: 07985 455 057 |
| AA5IZAA OFFERS TEL: 07977 612 479 | ANW444R £10,000 ONO (ANWAAR) TEL: 07946 162 099 | AYIISUF £15,000 (A YUSUF) TEL: 07985 455 057 | BYIISUF £15,000 (B YUSUF) TEL: 07985 455 057 | DYIISUF £15,000 (D YUSUF) TEL: 07985 455 057 | F44TMA £7,500 TEL: 07825 040 037 | HII RAA £4,500 TEL: 07825 040 037 | JAV333D £5,500 TEL: 07867 861 193 | KYIISAF £15,400 (K YUSUF) TEL: 07985 455 057 | M ALIIS OFFERS TEL: 07871 334 567 | MUII SAH £1,500 (M AHMAD) TEL: 07946 162 099 | NSIIAUN £10,000 (N SHAUN) TEL: 07985 455 057 | PKINGS £7,500 (P KINGS) TEL: 07985 455 057 |
| AA55HAK £8,995 ONO TEL: 07779 324 610 | ANW444R £10,000 ONO (ANWAAR) TEL: 07946 162 099 | AYIISUF £15,000 (A YUSUF) TEL: 07985 455 057 | BYIISUF £15,000 (B YUSUF) TEL: 07985 455 057 | DYIISUF £15,000 (D YUSUF) TEL: 07985 455 057 | F44TMA £7,500 TEL: 07825 040 037 | HII RAA £4,500 TEL: 07825 040 037 | JAV333D £5,500 TEL: 07867 861 193 | KYIISAF £15,400 (K YUSUF) TEL: 07985 455 057 | M ALIIS OFFERS TEL: 07871 334 567 | MUII SAH £1,500 (M AHMAD) TEL: 07946 162 099 | NSIIAUN £10,000 (N SHAUN) TEL: 07985 455 057 | PKINGS £7,500 (P KINGS) TEL: 07985 455 057 |
| AA55RII OFFERS TEL: 07983 326 444 | ASII AHS £3,000 (A SHAH) TEL: 07815 114 201 | BO55 KHN OFFERS TEL: 07973 165 474 | CI4 SSE £7,500 (CLASSY) TEL: 07815 114 201 | EA55TAL OFFERS T: 07740 784 983 privateplates@hotmail.co.uk | FAH44D £9,995 TEL: 07530 612 171 | HA13 ZAH OFFERS OVER £5,000 TEL: 07973 165 474 | JAV333D £5,500 TEL: 07867 861 193 | KYIISAF £15,000 (J SHAUN) TEL: 07985 455 057 | LII KJY £2,000 TEL: 07786 615 234 | MDIIEEP £3,500 TEL: 07588 326 444 | MSIIAUN £14,000 (M DAWOOD) TEL: 07946 162 099 | PKINGS £7,500 (P KINGS) TEL: 07985 455 057 |
| AAI5 £15,000 TEL: 07733 244 444 | ASII AKS £1,500 (ASII AKS) TEL: 07946 162 099 | BO55 BO £5,000 (BO) TEL: 07740 784 983 privateplates@hotmail.co.uk | C SKY W £999 ONO TEL: 07427 677 989 | EA55TAL OFFERS T: 07740 784 983 privateplates@hotmail.co.uk | FAH44D £9,995 TEL: 07530 612 171 | HA13 ZAH OFFERS OVER £5,000 TEL: 07973 165 474 | JAV333D £5,500 TEL: 07867 861 193 | KYIISAF £15,000 (J SHAUN) TEL: 07985 455 057 | LII KJY £2,000 TEL: 07786 615 234 | MDIIEEP £3,500 TEL: 07588 326 444 | MSIIAUN £14,000 (M DAWOOD) TEL: 07946 162 099 | PKINGS £7,500 (P KINGS) TEL: 07985 455 057 |
| AAIIS £10,000 TEL: 07733 244 444 | ASII GER £2,000 (ASII GER) TEL: 07946 162 099 | BI11 NAA OFFERS TEL: 07575 472 855 | CAI5HA £9,000 (A CAI5HA) TEL: 07985 455 057 | EA55TAL OFFERS T: 07740 784 983 privateplates@hotmail.co.uk | FAH44D £9,995 TEL: 07530 612 171 | HA13 ZAH OFFERS OVER £5,000 TEL: 07973 165 474 | JAV333D £5,500 TEL: 07867 861 193 | KYIISAF £15,000 (J SHAUN) TEL: 07985 455 057 | LII KJY £2,000 TEL: 07786 615 234 | MDIIEEP £3,500 TEL: 07588 326 444 | MSIIAUN £14,000 (M DAWOOD) TEL: 07946 162 099 | PKINGS £7,500 (P KINGS) TEL: 07985 455 057 |
| AAZIS OFFERS TEL: 07977 612 479 | ASIIOKB £9,500 (ASHOK B) TEL: 07985 455 057 | B15 NAD EREAASONABLE OFFERS TEL: 07834 016 393 | CAIIMAD £10,000 (C AHMAD) TEL: 07985 455 057 | EA55TAL OFFERS T: 07740 784 983 privateplates@hotmail.co.uk | FAH44D £9,995 TEL: 07530 612 171 | HA13 ZAH OFFERS OVER £5,000 TEL: 07973 165 474 | J | | | | | |

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|---|---|--|---|---|---|---|
| SH04 BEK £1,995 ONO TEL: 07764 656 667 | SHA2D £25,000 TEL: 07867 861 193 | TAIHAS £3,000 ONO (TALHA) TEL: 07946 162 099 | TVIJAY £10,000 (T VIJAY) TEL: 07985 455 057 | VY55 HAL £3,500 TEL: 07588 326 444 | WDNEEP £7,000 (W DILEEP) TEL: 07985 455 057 | XX 56XY XX £8,000 ONO TEL: 07908 472 121 |
| SHIOAEB £2,000 ONO TEL: 07754 852 402 no withheld numbers | SOII BYA £2,000 ONO TEL: 01274 414141 MON - FRI: 9-5.30 | TAIIMAD £10,000 (T AHMAD) TEL: 07985 455 057 | TYIISAF £15,400 (T YUSAF) TEL: 07985 455 057 | VY55 HNU £3,500 TEL: 07588 326 444 | WGIPTA £6,995 (W GUPTA) TEL: 07985 455 057 | XYIISAF £15,400 (X YUSAF) TEL: 07985 455 057 |
| SHIOABY £4,000 ONO TEL: 07828 695 464 | SPIIRTY £15,000 (SPORTY) TEL: 07985 455 057 | TAIYRS £1,500 (TAHYRS) TEL: 07867 886 786 | TYIISUF £15,000 (T YUSUF) TEL: 07985 455 057 | WOIVER £6,500 (W OLIVER) TEL: 07985 455 057 | WKIIMAR £15,000 (W KUMAR) TEL: 07985 455 057 | YIINES £OFFERS (YOUNAS) TEL: 07834 016 393 |
| SHIOKET £OFFERS T: 07754 852 402 no withheld numbers | STIIGGG £20,000 ONO TEL: 07786 510 000 | TAI3BYS £1,600 ONO TEL: 07557 387 547 | UAIIMAD £10,000 (U AHMAD) TEL: 07985 455 057 | W2I JAS £1,200 ONO TEL: 07925 757 677 | WMILES £7,500 (W MILES) TEL: 07985 455 057 | YSIILMA £4,000 ONO (SALMA) TEL: 07969 598 969 |
| SHIOKUT £OFFERS T: 07754 852 402 no withheld numbers | SUR87IT £1,500 (SUR8JIT) TEL: 07985 589 631 | TA55LYM £4,995 ONO TEL: 07779 324 610 | UDIIEEP £7,000 (U DILEEP) TEL: 07985 455 057 | W33DDY £5,000 ONO TEL: 07779 994 695 | WSIISAN £7,500 (W SUSAN) TEL: 07985 455 057 | Y55ANA £OFFERS TEL: 07835 316 786 |
| SHII AED £1,000 ONO TEL: 01274 414141 MON - FRI: 9-5.30 | SYIISAF £15,400 (S YUSAF) TEL: 07985 455 057 | TA55TEE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk | UKIIRD £OFFERS TEL: 07522 199 997 | W33DY K £5,000 ONO TEL: 07779 994 695 | WYIISAF £15,400 (W YUSUF) TEL: 07985 455 057 | Y9 ALT £30,000 TEL: 07525 817 453 |
| SHII AFS £1,500 ONO TEL: 01274 414141 MON - FRI: 9-5.30 | SYIISUF £15,000 (S YUSUF) TEL: 07985 455 057 | TA55TYE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk | UMM444R £4,995 TEL: 07707 747 776 | W33NTD £1,800 (WANTED) TEL: 01202 877 038 | WYIISUF £15,000 (W YUSUF) TEL: 07985 455 057 | YAIIMAD £10,000 (Y AHMAD) TEL: 07985 455 057 |
| SHIIAHZ £5,000 TEL: 07921 576 971 | TOYSR £15,000 ONO TEL: 07973 787 934 | TAG7 ETS £8,000 ONO TEL: 07908 472 121 | UYIISAF £15,400 (U YUSAF) TEL: 07985 455 057 | W4JLD £1,995 TEL: 07954 389 874 | X3 SINGS £3,500 (SINGHS) TEL: 07833 333 870 | YAIYAA £15,000 (YAYYAA) TEL: 07985 455 057 |
| SHII ANY £2,000 ONO TEL: 01274 414141 MON - FRI: 9-5.30 | TIUUCS £OFFERS TEL: 07581 169 231 | TAHIR £100,000 (TAHIR) TEL: 07403 302 725 | VOIRAS £2,000 (VOHRA) TEL: 07867 886 786 | W4KY R £10,000 TEL: 07786 615 234 | X 7BY X £OFFERS TEL: 07767 778 798 | YEIICOM £45,000 (YELL COM) TEL: 07985 455 057 |
| SHIIKEL £4,999 ONO (SHAKEL) TEL: 07863 845 709 | TI4 REK £OFFERS (TARIO) TEL: 07508 066 661 | TBIATT £7,000 (T BHATT) TEL: 07985 455 057 | VOIIVER £6,500 (V OLIVER) TEL: 07985 455 057 | W4LYT £2,000 TEL: 07854 435 656 | XAL IIX £15,000 TEL: 07733 244 444 | YDIIEEP £7,000 (Y DILEEP) TEL: 07985 455 057 |
| SHII OBY £1,000 ONO TEL: 01274 414141 MON - FRI: 9-5.30 | TI9 ARX £OFFERS (TIGER X) TEL: 07837 780 981 | TDIIEEP £7,000 (T DILEEP) TEL: 07985 455 057 | V 4RFN £1,000 TEL: 07967 193 033 | WAIIEEM £15,000 (WAHEEM) TEL: 07985 455 057 | X BAIG £50,000 TEL: 07947 979 777 | YKIIMAR £15,000 (Y KUMAR) TEL: 07985 455 057 |
| SHIIPER £15,000 (SHIPER) TEL: 07985 455 057 | TILI 786 £1,500 ONO TEL: 07974 179 156 | TERIK VALUED AT OVER £60K TEL: 07739 413 695 | V 44MJD £850 ONO TEL: 07803 012 253 | WAIISHA £9,000 (W AISHA) TEL: 07985 455 057 | X K04SER £OFFERS TEL: 07811 146 312 | YUIONES £OFFERS T: 07754 852 402 no withheld numbers |
| SHIYLA £1,000,000 TEL: 07969 914 041 | T44 RKK £2,200 ONO TEL: 07926 095 168 | TJIIJGE £15,500 (T JUDGE) TEL: 07985 455 057 | VAIIMAD £10,000 (V AHMAD) TEL: 07985 455 057 | WAIITAD £10,000 (WANTED) TEL: 07778 881 126 | X KIIN X £2,700 TEL: 07786 087 155 | YVIJAY £10,000 (Y VIJAY) TEL: 07985 455 057 |
| SHI2ADH £3,000 ONO TEL: 07870 983 553 | T444BYS £995 ONO TEL: 07886 506 431 | TKIINGS £14,000 (T KIINGS) TEL: 07985 455 057 | VBIATT £7,000 (V BHATT) TEL: 07985 455 057 | WAIH30K £2,500 (WAHEED K) TEL: 07973 199 979 | XKIIMAR £15,000 (X KUMAR) TEL: 07985 455 057 | Y44SCR £2,500 ONO TEL: 07828 159 318 |
| SHI2ANH £3,000 ONO TEL: 07870 983 553 | T8WHD £15,000 (TAWHEED) TEL: 07842 955 147 | TMILES £7,500 (T MILES) TEL: 07985 455 057 | VDIIEEP £7,000 (V DILEEP) TEL: 07985 455 057 | RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057 | XMILES £7,500 (X MILES) TEL: 07985 455 057 | |
| SHI3 MLA £5,000 (SHIMMLA) TEL: 07973 165 474 | T9RYK £OFFERS TEL: 07863 289 625 | TRII HAD £2,500 ONO TEL: 01274 414141 MON - FRI: 9-5.30 | VSISAN £7,500 (V SUSAN) TEL: 07985 455 057 | WAJ33D £2,995 TEL: 07793 628 670 | XSIKAS £4,500 (X SHAKS) TEL: 07985 455 057 | |
| SH54ZHD £5,725 TEL: 07802 183 450 | TAIIATS £1,500 (TALLAT) TEL: 07867 886 786 | TSIISAN £7,500 (T SUSAN) TEL: 07985 455 057 | VYIISAF £15,400 (V YUSAF) TEL: 07985 455 057 | WASIIF £10,000 TEL: 07867 861 193 | XXIO MAR £OFFERS TEL: 07928 473 771 | |

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|--|---|---|
| 5 NAS £30,000 TEL: 07540 176 854 | CHIEFS £20,000 ONO TEL: 07786 615 234 | PIINEM £2,995 ONO (PUNEM) TEL: 07305 700 800 |
| ATT4H £8,500 ONO TEL: 07786 424 251 | K7 PPA £3,995 ONO TEL: 07890 201 854 | UK I IORD £OFFERS TEL: 07522 199 997 |
| H4 SSB £12,995 ONO TEL: 07440 766 843 | L99HOR £OFFERS TEL: 07850 706 930 | YA55EEM £75,000 ONO TEL: 07887 837 553 |
| J4 MEL £15,000 ONO TEL: 07870 496 535 | NOO2HAT £2,000 ONO (NUZHAT) TEL: 07813 011 702 | |

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|--|--|--|---|--|---|--|
| AB4DLA £OFFERS TEL: 07522 173 297 | AWAI55 £OFFERS TEL: 07522 173 297 | F9TMA £OFFERS TEL: 07522 173 297 | K4HN.V £OFFERS TEL: 07522 173 297 | M44YAT £OFFERS TEL: 07522 173 297 | S4FTR £OFFERS TEL: 07522 173 297 | SHIFYK £OFFERS TEL: 07522 173 297 |
| AL2GGY £OFFERS TEL: 07522 173 297 | AMIIAS.X £OFFERS TEL: 07522 173 297 | FAIIZAM £OFFERS TEL: 07522 173 297 | K4UR.X £OFFERS TEL: 07522 173 297 | MAI4RYA £OFFERS TEL: 07522 173 297 | S4JAD £OFFERS TEL: 07522 173 297 | SIDOFYN £OFFERS TEL: 07522 173 297 |
| AAI2OMA £OFFERS TEL: 07522 173 297 | AY55HAS £OFFERS TEL: 07522 173 297 | FI2ANA £OFFERS TEL: 07522 173 297 | K44HNY £OFFERS TEL: 07522 173 297 | MAI4RYM £OFFERS TEL: 07522 173 297 | S4TPL £OFFERS TEL: 07522 173 297 | T4RAK £OFFERS TEL: 07522 173 297 |
| AAI3EZA £OFFERS TEL: 07522 173 297 | BIG ACN £OFFERS TEL: 07522 173 297 | FI2LAT £OFFERS TEL: 07522 173 297 | KE55AR.B £OFFERS TEL: 07522 173 297 | MAQ4DAS £OFFERS TEL: 07522 173 297 | S50QAAN £OFFERS TEL: 07522 173 297 | T4SDK £OFFERS TEL: 07522 173 297 |
| AA55HAD £OFFERS TEL: 07522 173 297 | BAO.5HAN £OFFERS TEL: 07522 173 297 | FI7RAN £OFFERS TEL: 07522 173 297 | KA55YM.A £OFFERS TEL: 07522 173 297 | MEIIZAN £OFFERS TEL: 07522 173 297 | SAI4HYL £OFFERS TEL: 07522 173 297 | T5PAN £OFFERS TEL: 07522 173 297 |
| ABIIDLA £OFFERS TEL: 07522 173 297 | BDS.7HUG £OFFERS TEL: 07522 173 297 | HIGFSA £OFFERS TEL: 07522 173 297 | KE55AR.J £OFFERS TEL: 07522 173 297 | MUIIAMO £OFFERS TEL: 07522 173 297 | SHO2ZEB £OFFERS TEL: 07522 173 297 | TIGYUB £OFFERS TEL: 07522 173 297 |
| AI3BYD £OFFERS TEL: 07522 173 297 | BIG KNY £OFFERS TEL: 07522 173 297 | HIBSNS £OFFERS TEL: 07522 173 297 | KE55AR.X £OFFERS TEL: 07522 173 297 | NAI3ELZ £OFFERS TEL: 07522 173 297 | SHIIEZD £OFFERS TEL: 07522 173 297 | TI7LAT £OFFERS TEL: 07522 173 297 |
| ADI4AAM £OFFERS TEL: 07522 173 297 | CHI4RCO £OFFERS TEL: 07522 173 297 | HAIIRUN £OFFERS TEL: 07522 173 297 | KHO9KAR £OFFERS TEL: 07522 173 297 | NAV330A £OFFERS TEL: 07522 173 297 | SHIIFEK £OFFERS TEL: 07522 173 297 | TA5IWAR £OFFERS TEL: 07522 173 297 |
| ALIIMAH £OFFERS TEL: 07522 173 297 | CHI4TAS £OFFERS TEL: 07522 173 297 | HAI3EBB £OFFERS TEL: 07522 173 297 | KIOMHL £OFFERS TEL: 07522 173 297 | P44POO £OFFERS TEL: 07522 173 297 | SHIIKOR £OFFERS TEL: 07522 173 297 | TA54DAK £OFFERS TEL: 07522 173 297 |
| ANIAMS £OFFERS TEL: 07522 173 297 | CH JAT £OFFERS TEL: 07522 173 297 | JAI3ARZ £OFFERS TEL: 07522 173 297 | KISHVR £OFFERS TEL: 07522 173 297 | RI4SYT £OFFERS TEL: 07522 173 297 | SHIIMEM £OFFERS TEL: 07522 173 297 | TA54WAR £OFFERS TEL: 07522 173 297 |
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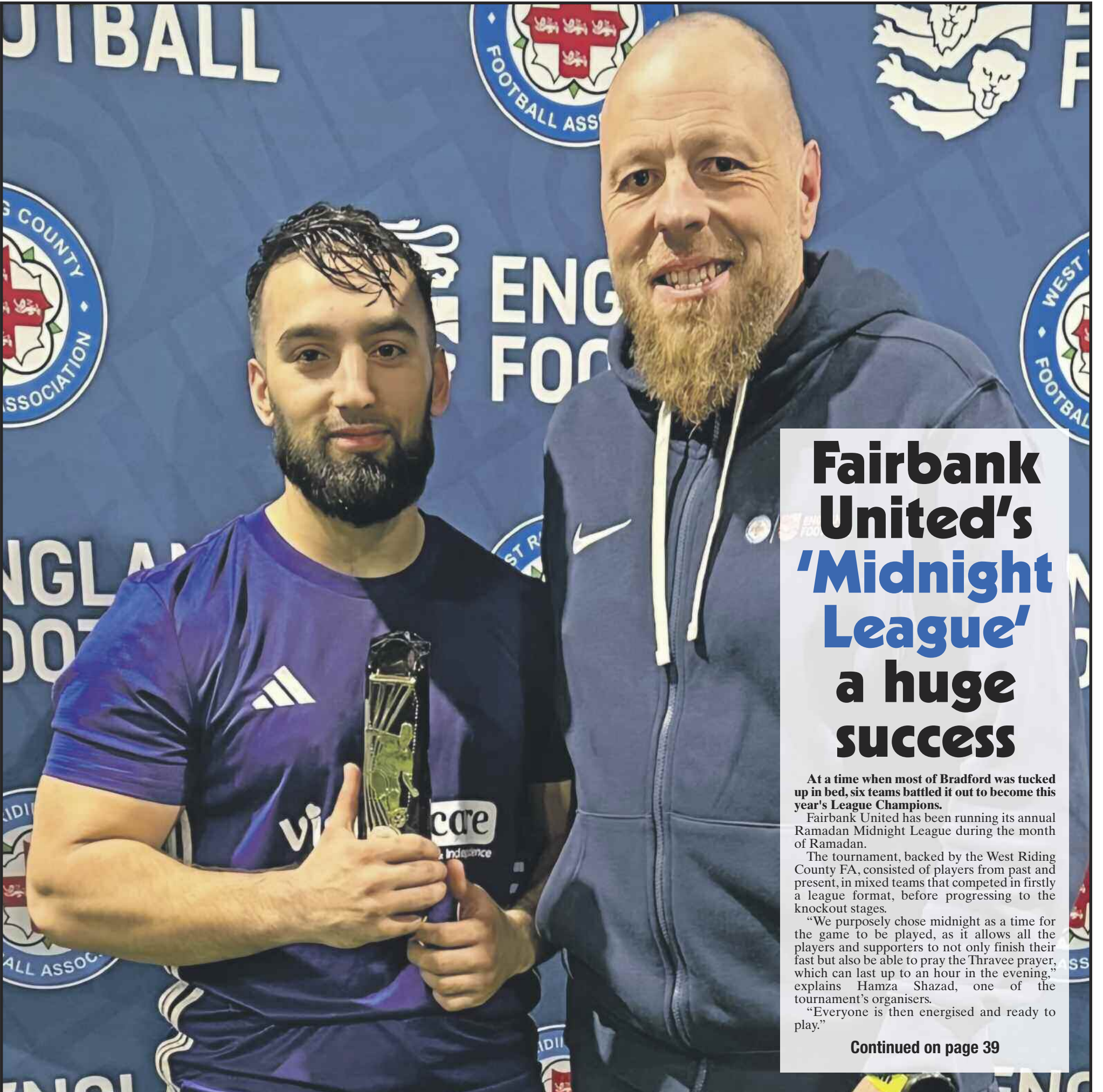
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Fairbank United's 'Midnight League' a huge success

At a time when most of Bradford was tucked up in bed, six teams battled it out to become this year's League Champions.

Fairbank United has been running its annual Ramadan Midnight League during the month of Ramadan.

The tournament, backed by the West Riding County FA, consisted of players from past and present, in mixed teams that competed in firstly a league format, before progressing to the knockout stages.

"We purposely chose midnight as a time for the game to be played, as it allows all the players and supporters to not only finish their fast but also be able to pray the Thravee prayer, which can last up to an hour in the evening," explains Hamza Shazad, one of the tournament's organisers.

"Everyone is then energised and ready to play."

Continued on page 39



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INSPIRING

Tariq's London Marathon, Scafell Pike, Mount Snowdon & Ben Nevis all in three months

Back page story continued

Established in 1994, it was a first in Pakistan as a comprehensive care facility dedicated to the diagnosis and treatment of cancer and provides cutting-edge cancer care to thousands annually, regardless of their financial means, relying heavily on charitable donations to sustain its lifesaving work.

Tariq's dedication to this cause resonates deeply with the mission of the Shaukat Khanum Cancer Hospital, founded by the legendary philanthropist and former cricketer, Imran Khan.

Tariq's life is a testament to resilience and adventure, with endeavours ranging from conquering the K2 Base Camp to navigating the challenging terrains of Gilgit Baltistan.

Now, his participation in the National Three Peaks Challenge further underscores his commitment to pushing boundaries for a cause greater than himself.

On Saturday 27th April Tariq and his team climbed Scafell Pike – Englands highest peak towering at 3209 feet high, in the heart of the Lake District is England's tallest mountain.

Next Tariq will lead a team of climbers up Mount Snowdon followed by Ben Nevis.

"Tariq's journey, from the rugged peaks of Pakistan to the bustling streets of London, epitomises the spirit of selflessness and determination," expressed a spokesperson for IKCA.

"His actions not only raise vital funds but also shine a light on the plight of cancer patients worldwide. We are immensely grateful for his steadfast support."

In a world often overshadowed by adversity, Tariq's unwavering dedication reminds us that every step forward brings us closer to a future where cancer is no longer a threat.



"Join us in our next climb"

"As part of our commitment to IKCA, we're readying ourselves to scale Mount Snowdon in May, and Ben Nevis in June," says Tariq.

"I'd like to warmly welcome anyone in partaking these challenges with us. All fundraising monies will go towards cancer treatment and care in Pakistan via the IKCA."

For over two decades, Tariq has

stood as a beacon of hope, inspiring others to join the fight against cancer. His message is simple yet profound: "Take the leap and make a difference. Your efforts can truly change lives."

If anyone anyone like to join these challenges, please contact Tariq Pervez on 07973165474. very step forward brings us closer to a future where cancer is no longer a threat.

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Fairbank United's 'Midnight League' a huge success

Continued from page 37

Yaser Mohammed, a fellow key member of the organising committee, described the competition's origins: Someone from the West Riding County FA suggested the idea, but many at the club thought it was a ludicrous idea initially.

"But the more we discussed it, the more we realised how popular the idea was amongst the club members. During Ramadan many Muslims also give to charity, so we also added that dimension, and it's gone from strength to strength!"

The first semi-final saw Gamefight defeat Adams Foodservice, while VisionCare came through their semi-finals with a win on Penalties.

Cha Cha Chai secured the

Conference Trophy, a playoff between the bottom two teams, as they beat the Bata All-Stars.

The final, which concluded the nights football at 1:30 am, saw Visioncare secure the title, with their striker Usman Hussain securing the top goalscorer trophy.

"I played for the club as a 10-year-old, and don't really play the game anymore, but I love how the tournament brings us all together. The trophy has got away from us this year, but we'll be back next year to reclaim it," said Kashif Khan, last year's winning captain.

The tournament managed to raise £7702 for charity. This year Fairbank United has worked with Green Crescent Aid UK, who will deliver food packs for those caught up in the war in Gaza, and was sponsored by Steelis Workwear.

The first two weeks of the competition were played out at the Speedball Centre, which suddenly closed two days before the finals were due to be played.

Thankfully the 5 Alive 5 a side centre in Fairweather Green learnt of the situation and opened up specially so the event could be successfully concluded.

"The competition is really a side issue for our true intentions, which was to raise as much money for those in need.

"Our heart goes out to the innocent people caught up in the war. We hope the money raised will benefit the families and help alleviate some of the suffering.

"On behalf of the club, I'd like to thank the sponsors, referees and everyone who donated to this worthwhile cause," said winning manager, and club captain Bilal Saleem.





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Tariq's London Marathon, Scafell Pike, Mount Snowdon & Ben Nevis all in three months

In an awe-inspiring display of determination and compassion, a man from Bradford, has captured hearts and minds by completing the iconic London Marathon 2024 in an impressive time of 4 hours and 55 minutes.

But Tariq Parvez's his achievement is not just about crossing the finish line; it's about the journey he embarked upon to support the noble cause of the Imran Khan Cancer Appeal (IKCA) – the UK face of Pakistan's Shaukat Khanum Hospital, which offers free cancer treatment to patients who can't afford it.

Continued on page 38



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