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Midlands-based street artist Mohammed Ali 'Aerosol' creates 32ft mural

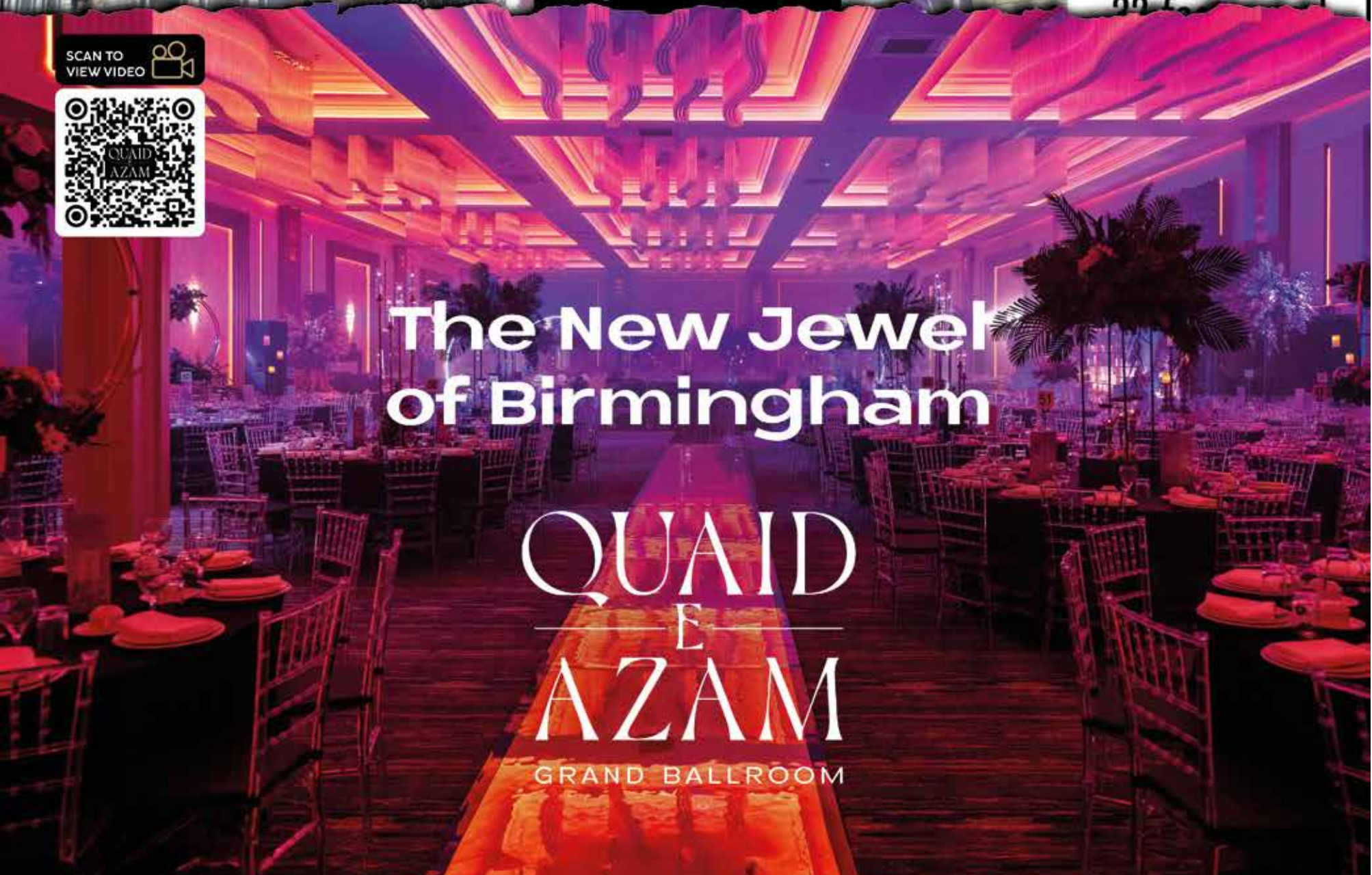
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From Birmingham to Bradford

Midlands-based street artist Mohammed Ali 'Aerosol' creates 32-foot mural for Yorkshire

If you drive into Manningham Lane, you're in for a BIG surprise! 'Neon Intermission' a 32-foot mural commissioned by Bradford community arts and culture organisation 'The Leap', and created by Birmingham-based street artist Mohammed Ali 'Aerosol', is greeting motorists and pedestrians passing the historic Connaught Rooms building.

The street art depicts a young Muslim woman taking an intermission to read whilst she leans against her car, with a part of Bradford's cityscape reflected in a wing mirror.

The mural, along with several other pieces of public art, is part of The Leap's Fuelling Futures campaign, a partnership with Mission 44, Bradford College and Bradford Council, alongside a wide range of businesses in the motor industry.

The huge dreamscape style artwork, which the artists said was partly inspired stylistically by the Blade Runner films, is thought to be the largest piece of outdoor art in Bradford.

Continued on page 4



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Statues across UK covered in baby slings in call for better paternity leave



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A major new campaign has been launched by British dads calling on Keir Starmer to increase paternity leave for new fathers and co-parents.

The campaign is seeking to improve the UK's paternity leave offer, which at just two weeks each paid £184.03 is the worst in Europe.

Campaigners put baby slings on statues across London and Edinburgh, highlighting the role many sportsmen, artists, historical figures and members of the public play as fathers and how this is often forgotten.

This comes as a poll of 4,043 adults found 76% agree that "Fathers these days want to be a bigger part of their children's lives", rising to 90% among dads and 83% among Labour voters.

With Labour committed to a review of parental leave policies in their first year in office, The Dad Shift is inviting members of the public and major national figures to sign their letter to Keir Starmer, calling on him as a fellow father to get behind the campaign.

George Gabriel, co-founder of The Dad Shift said, "We're celebrating the role these figures played as fathers as we launch this new campaign for better paternity leave. 90% of dads agree that fathers these days want to be a bigger part of their kids' lives."

"Having seen Keir Starmer stand up for his right to spend time with his children we know he gets it and are sure that a better deal for British dads and co-parents is possible."

Alex Lloyd Hunter, co-founder of The Dad Shift said, "Decent paternity leave is good for fathers, good for mothers and good for babies too. We are calling for paternity leave that is affordable for people to take, gives a substantial allowance of time, and supports equality among parents. It's past time we caught up with the rest of Europe and backed British families."

76% of the public agree "Fathers these days want to be a bigger part of their children's lives"

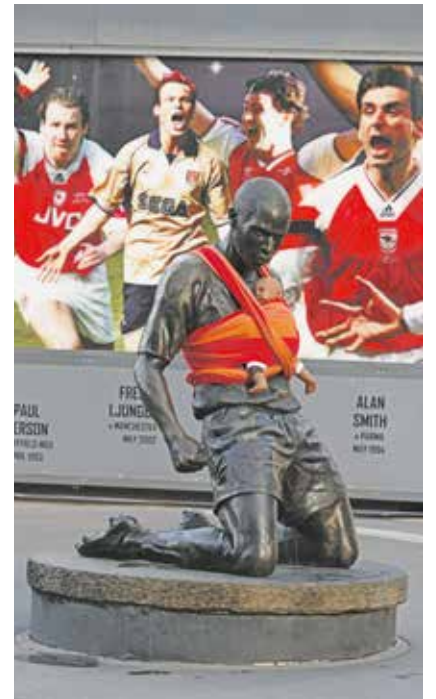
The UK's current statutory paternity offer ranks 40/43 across the entire OECD in financial terms, but a growing number of employers offer substantially more generous and appropriate leave. These include Aviva, who offer 6 months parental leave to both mums and dads.

Influential Labour MP Josh Simons said, "As the dad of two young kids, I know that parenting in Britain is exhausting and expensive. Hardworking parents have less time and money to give to their local communities and economies than they should and I want that to change. I look forward to the government's review of parental leave and hope it begins to build a fairer approach to paternity leave that strengthens families and unlocks growth."

Marvyn Harrison, co-founder of The Dad Shift and founder of Dope Black Dads said, "One in three British dads take no paternity leave at all and one in two of those who do face financial hardship as a result. We need to set dads and co-parents up for success and there's more and more evidence that doing so will help grow businesses and the economy too."

Thomas Lynch, CEO of Dads Rock Scotland said, "Scottish dads and co-parents want to play a full role in the lives of their kids from day one. We need Westminster to play its part and deliver better paternity leave. With the UK's offer the worst in Europe it's well past time."

Jeremy Davies, Deputy CEO of the Fatherhood Institute said, "There's been a



quiet revolution going on for many years in UK families, with fathers doing more hands-on caregiving than ever. But the UK's paternity offer is now the worst in Europe, and dads from all walks of life have had enough. Fathers want more time with their children, and the evidence is clear that children, mothers and the UK economy – not to mention dads themselves – would benefit as a result."



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Mr Ali spent a year creating it in his Birmingham studio in several different pieces, which have now been installed with the help of a crane.

For the artist himself, it's all about empowering and inspiring young people to dream big. He said: "My desire was to paint some messages that are about uplifting young people and the next generation, and trying to equip them with skills and the ability to alter their futures, their trajectory".

He added: "A lot of my work is around social justice and values that are about trying to uplift communities and bring people together. So the concept inspired me - using the arts on this big, bold scale on a giant building which you can't miss and you can see from afar.

"I've got a long history in Bradford, I love the city.

"For me, this is like my gift to plant into the Bradford landscape as a big bold mural that speaks to the everyday people in a very accessible way.

"For me, taking art to everyday people is really one of my missions, and the organisations I'm aligned with, I think we're totally on that same page.

"There's no better medium really of taking art into the everyday more than street art. It is such an amazing way of letting art spill out onto the streets and reach people that it wouldn't reach in a fancy gallery."

Mr Ali also hopes the mural will fuel further interest in people creating street art, and help it play a part in Bradford's upcoming year as UK City of Culture.

"Taking art into the streets like this at this important time, where the nation will be seeing what's coming out of Bradford, I think it's really timely and important to have," he said.

Mr Ali was invited by Bradford community arts organisation The Leap to paint the mural as part of its Fuelling Futures campaign in partnership with Mission 44, which is Sir Lewis Hamilton's charity. Its aim is to harness Bradford's well known car culture to raise aspirations.

Sabir Musaji from The Leap said: "A piece of art like

this can really make a difference and that's what we're about.

"This is now going to be one of three new cultural landmarks from The Leap.

"We've done the Living Wall on Leeds Road, we are also working towards an eco-park, and this.

"When people give directions, people are going to be referring to this as a landmark like 'take a left at the mural'. We've been very lucky to work with some amazing partners including Mohammed Ali."

The mural took a team of three people three days to install in its component parts, which included 16 separate wooden panels built together.

The artwork was already causing a stir just minutes after the completion of the installation.

Drivers and pedestrians stopped to admire it and take photos.

Also popping along to see it unveiled was visual artist and spoken word poet Asma Elbadawi, who is also a basketball player known for successfully campaigning to get a ban on hijabs for women partaking in the sport lifted.

She said she hoped the powerful image of a girl in a headscarf would inspire other girls and young people to follow their dreams.

"I think it's amazing. I'm dyslexic, I have my own way of communicating, mostly through art.

"Something like this, that has such a strong message that can be seen by people driving by and walking by, is pretty amazing.

"Having messages like this across different areas in Bradford, but especially here on such a busy road, is really good for people to see.

"It's powerful - it sends a message straight away to young people, and tells them to dream."

Midlands-based street artist Mohammed Ali 'Aerosol' creates 32-foot mural for Yorkshire



From Birmingham to Bradford

32ft 'Fuelling Futures' mural will inspire young people to dream big



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Local philanthropist gift brings new wellbeing garden

Leicester Hospitals Charity was pleased to officially open the Mackay Wellbeing Garden at Leicester Royal Infirmary on Monday 2 September, thanks to a generous private gift from Leicester philanthropist Richard Mackay and The Richard Mackay Charitable Trust.

The new garden, situated at the heart of the city centre, is set to provide much-needed space for respite and relaxation for the dedicated staff working in the emergency department (ED). Staff at Leicester's Hospitals continue to deliver high-quality care and during their busy shifts, the need for a break outside can help staff recharge and continue during long shifts.

The Richard Mackay Charitable Trust has donated over £300k to Leicester Hospitals Charity over the years, including £100K to the children's hospital appeal in 2021.

Richard Mackay said: "In 2022 I approached Leicester Hospitals Charity to see how I could support staff at Leicester's Hospitals. I listened to the staff and their ideas about the benefits of a garden like this on their well-being and I was immediately hooked and determined to make this possible.

"I hope the open area oasis among the mass buildings will benefit the

ED staff by allowing them to take a moment under the stars or a blue sky during busy and difficult shifts. If this space helps someone a little bit, it is doing what I hoped it would. The staff deserve this well-being garden and I'm proud to have helped make this happen."

Richard, owner of Kibworth House Hotel and Theatre, is committed to social justice, supporting 10-15 charities, including other local charities in Leicester. Richard is passionate about the welfare of healthcare workers who tirelessly serve the community. His contribution acknowledges the crucial role of staff wellbeing in delivering exceptional patient care and aims to provide a sustainable space for relaxation and mental health support.

Julie Burdett, Deputy Head of Nursing in the Emergency Department, emphasised the importance of the new Mackay Wellbeing Garden: "The outdoor garden was initially an idea put forward by the emergency staff. The Shared Decision-Making Council staff were instrumental in making this beautiful well-being garden space happen. They wanted somewhere safe for emergency staff to take time out and gather their thoughts during those busy shifts. They felt having an outdoor space, where they could go to recharge



Richard Mackay officially opening the garden

helps with their wellbeing at work and supports improvements in patient care. By spending time in this relaxing environment, staff return to clinical areas more relaxed and better rested.

"Thank you so much to Richard and the charitable trust for this generous donation, all the staff are grateful for this new space."

The Mackay Wellbeing Garden has been thoughtfully designed as a relaxing environment for hospital staff, offering a much-needed sanctuary

during the high-pressure setting of the emergency department. Staff are encouraged to take breaks, enjoy the natural surroundings, and find a moment of respite to re-energise during their busy days.

Sunita Patel, Head of Charity at Leicester Hospitals Charity said: "This beautiful garden is a testament to Richard Mackay's generosity and understanding of the critical need for staff wellbeing in healthcare settings. We are incredibly grateful

for this generous donation, which will undoubtedly have a positive impact on Leicester's Hospitals staff.

"We are proud to work closely with generous supporters like Richard that have a passion for supporting the local NHS hospitals that care for the community. The Charity team is here to support those who want to invest in projects that can make a real difference to the healthcare of everyone in Leicester, Leicestershire and Rutland."



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Birmingham has been confirmed as host city for a prestigious international conference to showcase the very latest in transport innovation and technology.

The 2027 ITS – Intelligent Transport Systems - World Congress, will take place at the NEC Birmingham (National Exhibition Centre) following a successful bid led by Transport for West Midlands (TfWM).

Thousands of delegates from all over the world will attend to demonstrate and promote the latest technology, including autonomous vehicles, electric and zero-emission vehicles, 5G technology and traffic management systems.

The successful bid was a collaboration between TfWM, which is part of the West Midlands Combined Authority (WMCA), the Department for Transport

Birmingham to host world's largest transport technology conference & exhibition

(DfT), Intelligent Transport Systems UK (ITS UK), Department for Business and Trade (DBT), Centre for Connected and Autonomous Vehicles (CCAV) and NEC Birmingham.

The 2027 host city was awarded by event organiser ERTICO – ITS Europe.

The West Midlands, through initiatives

like the Future Transport Zone, is a national leader in the field and at the cutting-edge in key areas of research and development such as autonomous vehicle development, battery technology, the emerging very light rail system and smart ticketing.

Cllr Sharon Thompson, the Deputy

Mayor of the West Midlands, said: "The West Midlands has a fantastic history of hosting big international events, from Crufts to the Commonwealth Games. I'm excited to welcome the leaders in global intelligent transport systems when they visit for what's sure to be an unforgettable conference in 2027. It will

provide a great platform for the best in transport innovation the UK has to offer.

"I'm especially eager to show off our region's cutting-edge transport developments that will soon make a real difference for everyone living and working here – from great value smart ticketing to the last mile delivery systems we're working on."

The ITS World Congress attracts thousands of international delegates and speakers, and includes seminars, exhibitions, technical visits, and outreach events. It provides a platform for the latest developments in transport technology and mobility solutions.

The 2027 event partnership was signed at a Parliamentary reception by Cllr Thompson and Joost Vantomme, chief executive of the event organiser ERTICO – ITS Europe.

Twelve men convicted of £2.4m Covid grant fraud

Twelve members of a national 'organised crime group' have been convicted of fraudulently claiming in excess of £2.5 million worth of Covid-19 support grants. It follows an investigation by Birmingham City Council.

The group, from Birmingham, Walsall and Yorkshire, used non-trading businesses and stolen identities to cash in on support packages set up during the Covid crisis, making hundreds of fraudulent claims for Covid grant, Bounce Back Loans and HMRC support payments.

Following a long-running investigation by the council's Trading Standards service, they appeared before Birmingham Crown Court over two trials – split because of the number of defendants – each of the 12 either entered guilty pleas or were convicted after trial of offences including conspiracy to defraud and money laundering.

The court heard that there were a number of support packages set up during the pandemic, including Small Business Grants, Bounce Back loans and the Eat Out to Help Out scheme. They were all designed to offer financial support to businesses and individuals who were struggling during the Covid-19 crisis that began in 2020. Fraudulent HMRC Self-Assessment and VAT claims were also submitted.

The court heard that the group saw an opportunity to take advantage of the schemes and became directors of companies that were not trading or used stolen identities to make fraudulent applications for cash. They opened multiple bank accounts and also persuaded other people to use theirs in exchange for payment before the money was laundered through multiple accounts before being transferred out of the UK jurisdiction via accounts in the Netherlands and the United Arab Emirates.

Harun Shehzad and Usaamah Bin Taariq pleaded guilty to conspiracy to defraud and money laundering before their trials.

During the course of their trial, Qirat Deas, Sameer Ali Mohammed, Tasadaaq Hussain, Imann Hussain, Sajid Hussain, Usaamah Bin Tariq, Noah Deen, Naqeeb Shakurt and Zishan Ahmed pleaded guilty to conspiracy to defraud and money laundering offences

Ummer Yousaf was convicted after trial. Al-Harris Hussain was convicted after trial for conspiracy to launder the proceeds of crime.

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Cancer survivor who retook GCSEs while recovering tells young people to persevere



'Don't give up on your dream' - that's the inspirational message from cancer survivor Kamaria Mohamed who went back to the classroom to retake her GCSEs while healing from the side effects of her medical treatment.

As thousands of young people received their GCSE results, Kamaria says, don't give up on your dream career, even if you don't get the results you need first time.

Kamaria, now aged 29, didn't get the grades she needed when she was 16, but was determined to retake her GCSEs at some point.

She retook her English and Maths GCSE to meet the entry requirements for a degree course in Psychology and Counselling.

Then, at the age of just 25, the Ward End, Birmingham resident

was diagnosed with aggressive breast cancer and started an intense course of treatment that involved chemotherapy, an operation and radio therapy. Despite this, she decided to go back to studying and this time achieved the grades she needed.

It was the support that Kamaria received from counsellors during her treatment that inspired her to pursue a career in which she could help others going through difficult times.

After gaining her Maths and English GCSE, Kamaria went on to complete the Access to Higher Education Diploma in Social Sciences and Health, achieving distinctions in all of her assignments and impressing her tutors with her resilience and enthusiasm.

Kamaria, who starts a Psychology and Counselling

degree in September, said: "I always knew that I wanted to be in a job where I could help people from all walks of life. Going through cancer treatment made me even more determined to achieve my goal.

"When I came across the pre-access course, although I was nervous, the tutor talked me through the process which put my mind at ease and gave me the confidence to pursue this route.

"My advice to young people still unsure of what they want to do in life is to keep a positive mindset and find something you have a passion for. You may not have the grades you need but you can retake and look into other routes you can pursue to get to where you want to be.

"Whatever happens, don't give up on your dream."

Richard Parker, Mayor of the

West Midlands and WMCA chair, said: "Kamaria's determination and emotional journey is truly inspirational.

"Her experience is proof that with perseverance and the right support you can achieve your dreams.

"As Mayor, I will make it easier for people to get back into learning and get the job they want - no matter how they do in their exams."

In the academic year 2022/23, the WMCA invested £55.9m in level 2 and 3 qualifications, supporting 27,301 learners in the region.

WMCA has developed a post exam guide full of useful information and advice for young people thinking about what to do next - available to download from the WMCA website: wmca.org.uk.

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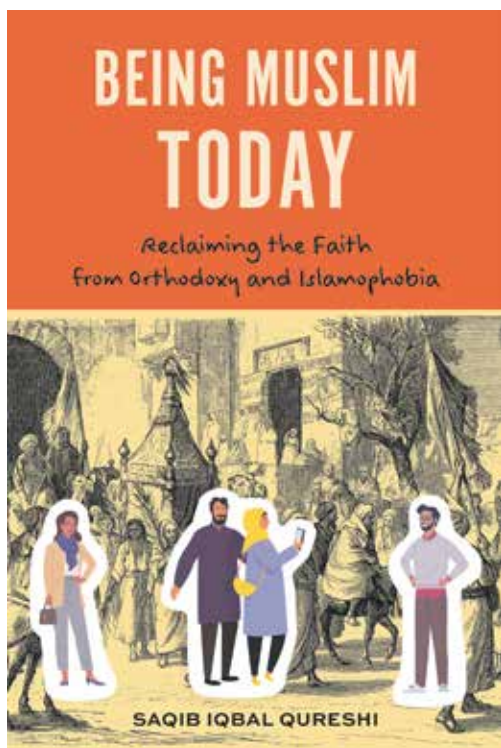
Islamophobes cultivate damaging stereotypes that present a religion that most Muslims cannot relate to.

Now, in a new book 'Being Muslim Today: Reclaiming the Faith from Orthodoxy and Islamophobia', author Dr. Saqib Iqbal Qureshi provides an honest, accurate understanding of the faith's journey throughout the last fourteen hundred years.

He simplifies complicated language and reveals the heart and soul of a growing faith tradition that claims more than two billion adherents.

Chapters include a fascinating assessment of the origins of Islam, the Prophet, and the changing sources of Islam through the ages. Qureshi also describes the twin perils of Orthodoxy and Islamophobia, both of which, he contends, ignore the few historical records to misinterpret the faith and its origins.

Qureshi confronts the stereotype of Islam as an inherently violent religion and asks the West to consider its own appetite for conflict and colonisation. Throughout, he encourages Muslims to reject pious certitude and adopt an attitude of theological humility that acknowledges the diversity of approaches and principles in the Islamic tradition.



About the author

Saqib Qureshi is a Fellow at the London School of Economics and Political Science, where he received his PhD in International Relations and Epistemology. His work has been featured in the Financial Times, the Wall Street Journal and Entrepreneur. Qureshi has produced two films and, in 1996, the BBC One documentary, Al Dawaah, the first television documentary about the Muslim community in any Western country. His previous books include The Broken Contract and Reconstructing Strategy.



“I defy anybody to read this book and not come away enlightened.” - Peter Osborne, Middle East Eye, Byline Times

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“Being at The Open University felt like home”

Anushree was pursuing her undergraduate degree while also preparing for civil service examinations back in India when the Columbia space shuttle disaster occurred. Although devastating, this event marked her initial exposure to space exploration, prompting her to contemplate the possibility of humans venturing into space for scientific research.

Today, having successfully completed her PhD in Astrobiology from The Open University, she now has a successful career in planetary science and is a member of Mars 2020 Perseverance rover's SHERLOC science and operations team.

While the Columbia space shuttle mishap was the initial spark, Anushree's curiosity about the field of space research deepened while studying for the civil service exams. It was during this time that she first encountered the term “space biology” and the idea of merging space and biology fascinated her greatly. “Despite continuing to prepare for the civil service, the idea of space exploration kept lingering in my mind”, she said.

She began dedicating time towards researching more about Space Biology and discovered that there were no such programmes in India and moving abroad would be imminent. This realisation set off a whirlwind in Anushree's mind, as she found herself caught between her family's dream of her working in the civil service and her growing fascination in a newly growing field, Astrobiology.

Coming from a small town of Basti in the northern part of India, pursuing a field that no one around her knew much about was a daunting prospect. “As an Arts student with no scientific background, pursuing Astrobiology seemed beyond my reach. I had a clear vision of what I wanted but no idea how to achieve it, and I had no guidance or resources. We didn't even have a computer at home, so I spent hours at cyber cafes searching online for different opportunities. Seeing my passion and determination, my father eventually got a computer for our home, which greatly aided my efforts and things began to fall into place.

“The journey wasn't easy, but I didn't feel the difficulties at the time because I was driven by passion and a kind of madness. When you're that immersed, you don't feel the challenges, even though they are enormous.”

Anushree's parents were also uncertain about her decision because they had no familiarity with what she was talking about. The concept

of Astrobiology was entirely beyond their understanding and experience, as no one in the family had pursued science, let alone considered space exploration. Anushree's choice of Astrobiology came as a complete surprise to them.

However, she eventually chose to follow her dream and her parents, who still found it all daunting, stood by her decision.

In 2016, while completing her Master of Science in Biotechnology, Anushree met her future PhD supervisor, Professor Karen Olsson-Francis, the Director of AstrobiologyOU and this encounter proved fortuitous as it led to an invitation to apply for a fully funded PhD position at The Open University.

Choosing to pursue a PhD was a tough decision, especially since she was also offered a significant position at NASA Goddard Space Flight Center with Mars Curiosity team, working with Dr Paul Mahaffy. Despite the allure of a prestigious opportunity, she opted for the PhD as it would add depth to her career, and she was even more sure of her decision to choose The Open University.

“The experience was great. It felt like home because I spent about four years doing research and interacting with a fantastic community.”

Anushree has nothing but praise for Prof. Karen Olsson-Francis and Dr Victoria Pearson, her supervisors at The Open University, noting that despite their stature, they remained remarkably humble and always encouraging the younger generation. “They genuinely want to see others succeed and grow. I am a product of their goodwill and unwavering support, and I am deeply grateful for that,” she said.

The Open University is ideal for anyone seeking to learn with the flexibility to study around a busy life, all while receiving robust support. It was the perfect choice for Anushree, providing the flexibility needed for the demands of a PhD and enabling her to volunteer in the field, deepening her knowledge of Astrobiology.

This exposure not only broadened her understanding of Astrobiology but also fostered collaborations and mentorships that were instrumental in her development as a scientist. She said, “The people at AstrobiologyOU were kind and created an environment

Anushree's journey into space exploration is one fuelled by passion and nurtured by The Open University community

“I never doubted my decision because The Open University has a strong legacy in space exploration, Mars studies, and planetary science. When I was working with NASA initially, many people there were also aware of The Open University's contributions to these fields. I was confident that I was heading to a good place.”

Throughout her time at the OU, Anushree found herself immersed in a supportive and intellectually stimulating environment. The AstrobiologyOU group, comprising of 50-60 researchers, offered a diverse and interdisciplinary community where she could engage with experts from various scientific disciplines. Describing her experience, she said,

that, frankly, spoiled me. When I was there, everything was so well-organised, unlike what I experienced elsewhere.”

In her second year at the OU, Anushree was faced with unprecedented challenges as the Covid-19 pandemic changed the day-to-day lives of many in the world. Despite the challenges, the faculty at AstrobiologyOU supported her in every way possible. “While the pandemic halted lab work for several months, my supervisors were understanding, supportive, and appreciative of my efforts. It was a tough period, especially for a lab-based project like mine, but their kindness and flexibility made a significant difference”, she shared.



She further shared how the faculty at The Open University went above and beyond the academic space to support her during a challenging period. “My mum contracted Covid-19 during that time, adding to the emotional strain. I found it difficult to focus on my studies, and I remember breaking down while talking to my supervisor. She listened to me without judgment or concern for my PhD progress—she was simply there for me personally.”

“Having that kind of support is invaluable. I feel incredibly fortunate to have met such compassionate individuals who made a challenging time more bearable. Without their



support, navigating through those difficulties would have been much harder.”

“Leaving was hard—I was literally crying. That is how much I enjoyed my time and how at home I felt being there.”

In hindsight, Anushree would have chosen to pursue her undergraduate studies at The Open University, placing her trust in them from the very start. “If I believe in something,

I pursue it without preconceptions, happily convinced,” she says.

She also feels that her journey is a testament for those contemplating their future with The Open University. She shared her emotion, stating, “I think the kind of journey I've lived and where I am now, coming back to be part of one of NASA's biggest missions after graduating from The Open University, says it all. It truly does. The work I'm doing now, to be honest, is something many students and people dream about. I feel incredibly blessed and fortunate to have met such good, supportive people at The Open University who have always propelled me forward.

“As I pursue my postdoctoral position with Dr Andrew Steele, at Carnegie Institute of Science, Washington DC, my supervisor spoke to mentors I worked with at The Open University, and they vouched for me based on their positive experience and belief in my abilities. That, to me, speaks volumes of the support system I have.”

Ultimately, Anushree's experience at The Open University was more than just academic—it was a transformative journey that shaped her professional trajectory and personal growth, exemplifying how a supportive academic environment can empower individuals to overcome barriers and achieve their aspirations in even the most specialised and challenging fields like Astrobiology.

The Open University has pioneered distance learning for over 50 years, delivering exceptional teaching and outstanding support to students across the world with the mission to make learning accessible to all. With dedicated tutor support and the latest in learning technology, the institution has already helped over 2 million students like Anushree realise their ambitions.

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Muslims felt excluded from health policies during COVID

Zara Mohammed, Secretary General of the Muslim Council of Britain commends the recent research British Muslims accessing palliative care during the pandemic



Dr Gemma Clarke, Senior Research Fellow in the University of Leeds' Academic Unit of Palliative Care, said: "Our study provides a unique view on the experiences of British Muslims during the pandemic. It shows the hidden work, challenges and emotional stress taken on by carers during this time.

"The findings highlight how crucial it is that people from minority backgrounds are consulted when healthcare policies are designed to avoid marginalising populations, especially during vulnerable times in their lives.

"We hope that our findings will help shape future delivery of culturally aware and inclusive healthcare."

The research project was a collaboration between the University of Leeds, University College London (UCL), Marie Curie and the Muslim Council of Britain. It was funded by Marie Curie and was led by Dr Briony Hudson from UCL.



Dr Gemma Clarke (Credit: University of Leeds)

People from diverse backgrounds must be included in the development of healthcare policies to ensure all groups' needs are met, new research into palliative care for the Muslim community has found.

The study investigated the experience of British Muslim people and their families who were accessing palliative care services during the COVID-19 pandemic.

It found that language barriers, problems using or accessing smartphones, and uncertainty about how to access information led to a sense of exclusion from COVID-19-related policies and messaging for this population.

An apparent lack of consideration of important festivals in the Muslim calendar in the implementation of policies around lockdowns only exacerbated this problem.

The researchers say that this highlights the need for people from minoritised ethnic groups to be involved in the design and delivery of health and care policies and messaging, to ensure that people from all backgrounds can access health care services, understand how to get the help they need, and advocate for their own and their family members' needs, no matter what their background.

To investigate the experiences of British Muslims accessing palliative care during the pandemic, the study team recruited three peer researchers from Pakistani Asian ethnic groups who spoke multiple languages including Urdu, Punjabi, French and English.

They were all part of the Muslim Council of Britain Research and Documentation Committee. They

conducted 11 telephone interviews between August and September 2021, with five British Muslims with palliative care needs and seven family carers.

The interviews revealed that the pandemic had exacerbated existing challenges to accessing health care services for British Muslims with palliative care needs.

Family members reported experiencing the cumulative impact of supporting people with palliative needs whilst also advocating for and supporting them to access the care they required.

The research team made several recommendations to address inequities in palliative care access, including:

- Research, services and policy should be developed in partnership with people experiencing inequity
- Healthcare providers and organisations must endeavour to understand their local context and population and consider this in the development, delivery and communication about their services.

Zara Mohammed, Secretary General of the Muslim Council of Britain, said: "As the elderly population continues to grow, British Muslims face significant challenges due to the increasing need for comprehensive palliative care - an issue made even more urgent by the devastating effects of the pandemic.

"The disproportionate impact of this issue must be addressed.

"I commend this important body of research for shedding light on the issue and offering the relevant recommendations to guide the way forward."



Dr Nuriye Kupeli (Credit: UCL)

Co-author Dr Nuriye Kupeli, Principal Research Fellow in the UCL Division of Psychiatry's Marie Curie Palliative Care Research Department, said: "Our work highlights that while families and those closest to people living with life limiting illness took on additional caring responsibilities, they faced many challenges in accessing healthcare. "By exploring and understanding the needs of people from minority backgrounds, including British Muslims, we can work in partnership to build trust, inform future service and policy development and reduce exclusion."



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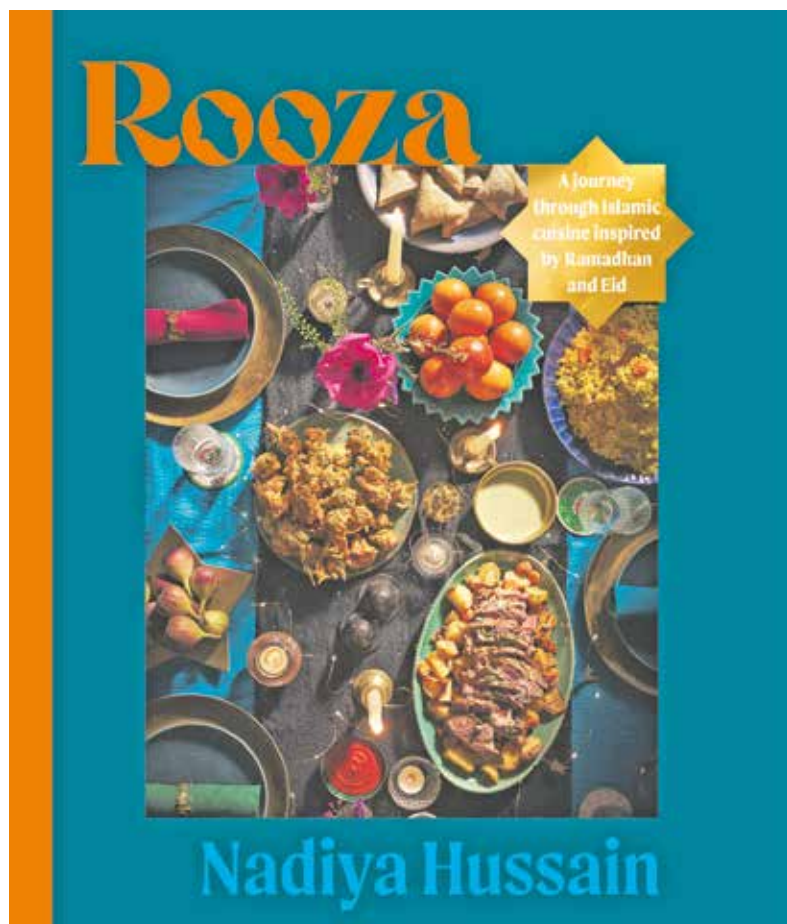
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'Rooza'

Nadiya Hussain's new book
 inspired by variety of dishes
 from across the Islamic world



During the month of Ramadhan, the long hours of daylight fasting mean that when mealtimes do arrive, food takes on new significance, as families come together to break their fast while observing the customs of the period and reflecting on their faith. Meals become an event, planned and anticipated, a chance to revisit favourites, embrace the traditional, or try new things.

Nadiya Hussain's new book 'Rooza' is a culinary tribute to the holy month, taking the reader on an exploratory journey of Muslim cuisine, and shining a light on the rituals, traditions and incredible variety of dishes from across the Islamic world.

The recipes are inspired by countries that have worshippers who observe Ramadhan, and foods that are enjoyed by them all year round and during this holy month.

With main meal and dessert inspiration for each of the 30 days, plus a selection of glorious feasting recipes ideal for the Eid festivities, this is a beautiful and timeless book to treasure, gift and return to year after year.

Nadiya Hussain said: "For me as a mum and as the head of the kitchen, what we eat during the holy month of Ramadhan is so important. It is this month that binds us as a family, intertwines us and holds us together through faith, worship, dedication and the meal we share at the end of another day.

After not having not eaten from

sunrise, what I lay on the table at sunset really matters to me. It has to be nutritious, filling and, most of all, it has to be delicious. From my table and my family, to you and yours: I hope that these recipes will bring you joy and keep you feeling excited about each meal you lay on the table."

Ione Walder, Non Fiction Publisher at Penguin Michael Joseph, said: "This is such a special, personal book from Nadiya and one we are incredibly proud to be publishing.

"It has been a joy to work together to spin her recipes into a beautiful, inspirational resource that can be used year after year by those who observe Ramadhan, while offering a journey of discovery to those who don't."





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Top 10 shortlisted

Asian Restaurant & Takeaway Awards announces regional finalists

Shortlisted restaurants and takeaways have been unveiled for the annual Asian Restaurant and Takeaway Awards (ARTA), the most prestigious celebration of Pan Asian cuisine in the UK, which this year will be taking place on Sunday 6th October at London's Royal Lancaster.

Hosted by Samantha Simmonds, BBC Journalist and Broadcaster, and Paul Martin, Magician and member of the world-famous Magic Circle, the coveted awards are in recognition of the UK's best Asian cuisine across a series of prestigious regional and national categories. ARTA rewards excellence, craft, creativity and great taste by bringing the UK's most prestigious Asian restaurants and chefs together under one roof.

ARTA will spotlight over 1,250 restaurants and takeaways across the UK that were nominated by restaurant-goers and diners from all over the country.

Nominees were chosen based on nominations by customers from across the UK, including over 900,000 customers of ARTA's strategic partner ChefOnline, Social Media and Food Hygiene Ratings, followed by a final judgement of an esteemed judging panel to crown each region's Asian excellence.

The process concludes at the Grand Finale and Gala Evening, where the ultimate winners will be announced and honoured with prestigious awards in various categories.

From the National Champion of the Champions, Regional Restaurant of the Year and National and Regional Chefs of the Year to National and Regional Takeaway of the Year and National Newcomer of The Year, ARTA will spotlight over 1,250 restaurants and takeaways across the UK that were nominated by restaurant-goers and diners

from all over the country.

The UK's curry industry contribution accounts for a fifth of the restaurants in the UK dating back to the 1800s. ARTA awards celebrate and recognise Britain's vibrant Asian restaurants and takeaways and offer solidarity and morale for the industry currently facing high energy costs, inflation, skilled staff shortages and the rising prices of raw materials.

Speaking about the Asian Restaurant & Takeaway Awards 2024, Mohammed Munim, Founder Member and CEO of ARTA, said: "Asian restaurants and takeaways have made a significant contribution to the UK economy, both historically and in recent times. They deserve recognition and rewards for their

efforts.

"These restaurants & takeaways have not only created thousands of jobs but have also boosted local economies through their presence, especially post Brexit.

To provide staunch support to the thriving Asian restaurants in Britain, ARTA acknowledges and highlights their importance in the culinary landscape. Each nominee is a worthy winner and we look forward to celebrating with them all at the award ceremony on 6th October."

ARTA 2024 is Powered by Work Permit Cloud, with ChefOnline as the Strategic Partner, Guavapay, Super Pollo, and Cobra Beer as Associate Sponsors, Madhus as Catering Partner, and Wheels to Heal as Charity Partner. ARTA 2024 is also proudly supported by Cambridge Regional College, Khorshid Rice, Squire Mile Insurance, and Lexpert Solicitors.

Asian Restaurant & Takeaway Awards (ARTA) honours some of the industry's best



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Lifesaving defibrillators provided to mosques



Islamic Relief UK, British Islamic Medical Association (BIMA) and British Heart Foundation join forces to provide lifesaving defibrillators in mosques across the UK.

Charity Islamic Relief UK is working with BIMA to continue installing lifesaving defibrillators at mosques across the country to help protect people in emergency situations. During the first phase of this campaign, 63 mosques have already received defibrillators.

Heart disease is a serious problem in the UK, according to the BHF someone is submitted to hospital due to heart attack every five minutes. Unfortunately, with out-of-hospital heart attacks, less than one in ten survive, which is why a publicly accessible defibrillator can save lives.

The rate of cardiovascular disease can be higher amongst different demographics, and unfortunately British Muslims do suffer from an increased chance of heart disease and diabetes. This is due to diet, lack of exercise and other factors. The work that BIMA is doing that Islamic Relief UK supports hopes to help this specific need amongst the community, by installing defibrillators in local mosques as they serve as community hubs amongst British Muslims.

Dr Ali Abbas Hasham, a trustee of KSIMC of London who received a defibrillator at their mosque, said: "Allow me to express our thanks and gratitude for this. We recently had a cardiac arrest at a neighbouring centre and this will inshallah allow us to protect our communities better."

In the collective effort, the organisations are also looking to raise awareness of the need to live a healthy lifestyle and how to prevent cardiovascular diseases which are high among Muslim communities.

A spokesperson said: "If the worst does happen, an immediate response with a defibrillator can significantly increase the chances of survival in the event of a cardiac arrest. That is why it is essential that UK mosques are equipped with a defibrillator along with the training on how to use it."

Zia Salik, deputy director, Islamic Relief UK adds "It's important for our community to look after one another and these defibrillators are an excellent way to do this.

"We're excited that our work with BIMA will provide people with the tools and know-how to act in emergency medical situations when time is of the essence and to help save lives.

"Our Islamic faith teaches us whoever saves a life, it is though they have saved the lives of all mankind."

"We're excited that our work with BIMA will provide people with the tools and know-how to act in emergency medical situations when time is of the essence and to help save lives."



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GP Dr Amir Khan amongst stellar line up for lit fest

Bestselling novelists, award-winning writers and a former British prime minister are among the world-class lineup at this year's Raworths Harrogate Literature Festival.

The Festival, which is sponsored by Raworths Solicitors and runs from October 10-20, is one of the biggest dates in the literary calendar.

This year's special guests include former prime minister Theresa May, celebrated author Victoria Hislop, writer and comedian Adam Kay, and GP and bestselling author Dr Amir Khan.

Theresa May was prime minister during one of the most turbulent periods of modern British politics and her latest book, 'The Abuse of Power', provides a critical examination of systemic failures and the misuse of authority within public institutions. In her talk, the former Conservative Party leader will discuss her time in government and the importance of integrity and accountability in leadership.

Historical literature fans will get the chance to hear from Victoria Hislop, whose novel, *The Figurine*, weaves a tale of history, art and love. The celebrated author will discuss the inspiration behind her new novel, the significance of cultural heritage and her passion for Greek history and culture.

Renowned historian and author Alison Weir, whose latest book, 'Mary I: Queen of Sorrows', delves into the life of Mary I England, also joins the lineup to share the monarch's personal struggles alongside her legacy in British history.

Doctor turned comedian and writer Adam Kay, author of critically acclaimed memoir *This Is Going to Hurt*, will talk about his latest book, 'Undoctored', and share candid stories from his time in healthcare.

Also taking to the Harrogate stage is the much-loved actor, comedian and writer Doon Mackichan, whose many credits include 'The Day Today', 'Two Doors Down' and the Emmy-winning 'Smack the Pony', who will discuss her feminist memoir 'My Lady Parts'.

Other Festival highlights include etiquette coach and Sunday Times bestselling author William Hanson, whose new book *Just Good Manners* celebrates the British way of doing things, and BBC journalist and broadcaster Ros Atkins, who will talk about his book *The Art of Explanation*, and his career in journalism.

Former SAS medical officer Richard Villar explores the raw, often harrowing, realities of working as a medic in conflict zones. The war surgeon volunteered to provide support in war-torn Gaza and will talk about his first-hand experiences and his forthcoming book, 'Gaza Medic: A War Surgeon's Story 2024'.

Raworths Harrogate Literature Festival, picked out as "One of the UK's best Literary Festivals" by Harper's Bazaar and "One of the

Gaza war surgeon, Richard Villar, will talk about his experiences



Top 3 Literary Festivals in the UK" by the Guardian, has established itself at the forefront of the literary scene thanks to its big name guests and relaxed and intimate setting.

The Festival, held at the Crown Hotel in the popular North Yorkshire spa town, celebrates great writing and leading thinkers, sharing stories with as wide an audience as possible and featuring a diverse programme designed to entertain, inspire, educate, challenge and amuse.

Raworths Children's Festival

(October 19-20) returns as part of this year's literature festival with GP and bestselling author Dr Amir Khan who shines a light on modern family life in his new, illustrated non-fiction children's book, 'How Families Are Made', and shows how families come in all shapes and sizes.

He is joined by award-winning children's author and illustrator Rob Biddulph, who proved to be a big hit at last year's Festival.

Rachel Tunnicliffe, Senior Partner at Raworths Solicitors, said: "This

is our 12th year of sponsoring the Raworths Harrogate Literature Festival and once again it features a brilliant lineup of exceptional authors.

"This Festival is a real celebration of great books and inspiring, life-affirming writers and we are proud to play a part in bringing such a prestigious event to our town."

Sharon Canavar, Chief Executive of Harrogate International Festivals, said: "This year's Raworths Harrogate Literature Festival includes a wonderful mix of novelists, journalists, TV

broadcasters, historians and politicians, with more exciting programme announcements coming soon.

"We are incredibly grateful to our sponsors, Raworths Solicitors, who have been our partner in this acclaimed event for over a decade, for their continued support."

Raworths Harrogate Literature Festival, The Crown Hotel, Harrogate, October 10-20. For the full programme visit the Harrogate International Festivals website at Home - Harrogate International Festivals



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TikTok Shop Crackdown

With the rising popularity of TikTok Shop, a growing number of consumers are being drawn to the convenience of purchasing products directly through the social media app.

However, social media experts from Celebian say convenience comes with a serious risk. Counterfeit products are flooding the platform, posing significant health risks and legal consequences for unsuspecting buyers.

Authorities, including Trading Standards, are set to clampdown on counterfeit goods, warning that buyers could face fines and prosecution.

Continued on page 30



How fake products could cost you thousands in fines!

Dangers of Counterfeit Products

The allure of buying trendy and affordable items through TikTok Shop has led to an increase in counterfeit goods being sold on the platform. From fake luxury handbags to counterfeit makeup, these items are often made with substandard materials and can contain harmful substances.

Recent investigations have revealed that counterfeit beauty products, such as makeup and skincare items, contain toxic ingredients that can cause severe skin reactions, including burns, rashes, and even long-term health problems.

Some counterfeit cosmetics have been found to contain hazardous substances like lead, mercury, and arsenic, which can have effects as damaging as acid on the skin. These products are often produced in unregulated facilities with no quality control, making them extremely dangerous for consumers.

Legal Risks: Fines and Prosecution by Trading Standards

As part of an effort to combat the spread of counterfeit goods, Trading Standards, the authority responsible for enforcing consumer protection laws in the UK, has launched a crackdown targeting both sellers and buyers of fake products on platforms like TikTok Shop.

Consumers purchasing counterfeit goods, knowingly or unknowingly, could face serious legal consequences.

Authorities have warned that buyers caught with counterfeit products could be subject to hefty fines of up to £5,000 and, in some cases, criminal prosecution.

Enforcement and Penalties

Trading Standards officers have the authority to conduct inspections, seize counterfeit goods, and investigate individuals or businesses suspected of selling fake products.

If an individual is found guilty of possessing or purchasing counterfeit goods, Trading Standards can impose fines. In more severe cases, criminal charges may be brought, potentially leading to higher penalties or even imprisonment.

A Strong Warning to Consumers

Celebian, a leading beauty expert, has issued a public warning: "Consumers must be vigilant when shopping on TikTok Shop. The rise of counterfeit products is alarming, and these fake items pose serious health risks.

"Moreover, with the recent clampdown, buyers need to understand that purchasing counterfeit goods can lead to legal trouble, including fines and prosecution by Trading Standards. Protect your health and your wallet by only buying from verified and trusted sellers."

Guidelines for Safe Shopping on TikTok Shop

To protect consumers from the dangers of counterfeit products and the associated legal risks, TikTok users are advised to follow these guidelines:

Purchase from Verified Sellers: Only buy products from sellers who are verified by TikTok Shop. Verified sellers are more likely to offer authentic products and have a reputation for reliability.

Research the Product and Seller: Before making a purchase, research the product and seller. Look for reviews from other buyers and check if the brand is recognised by reputable retailers or has an official website.

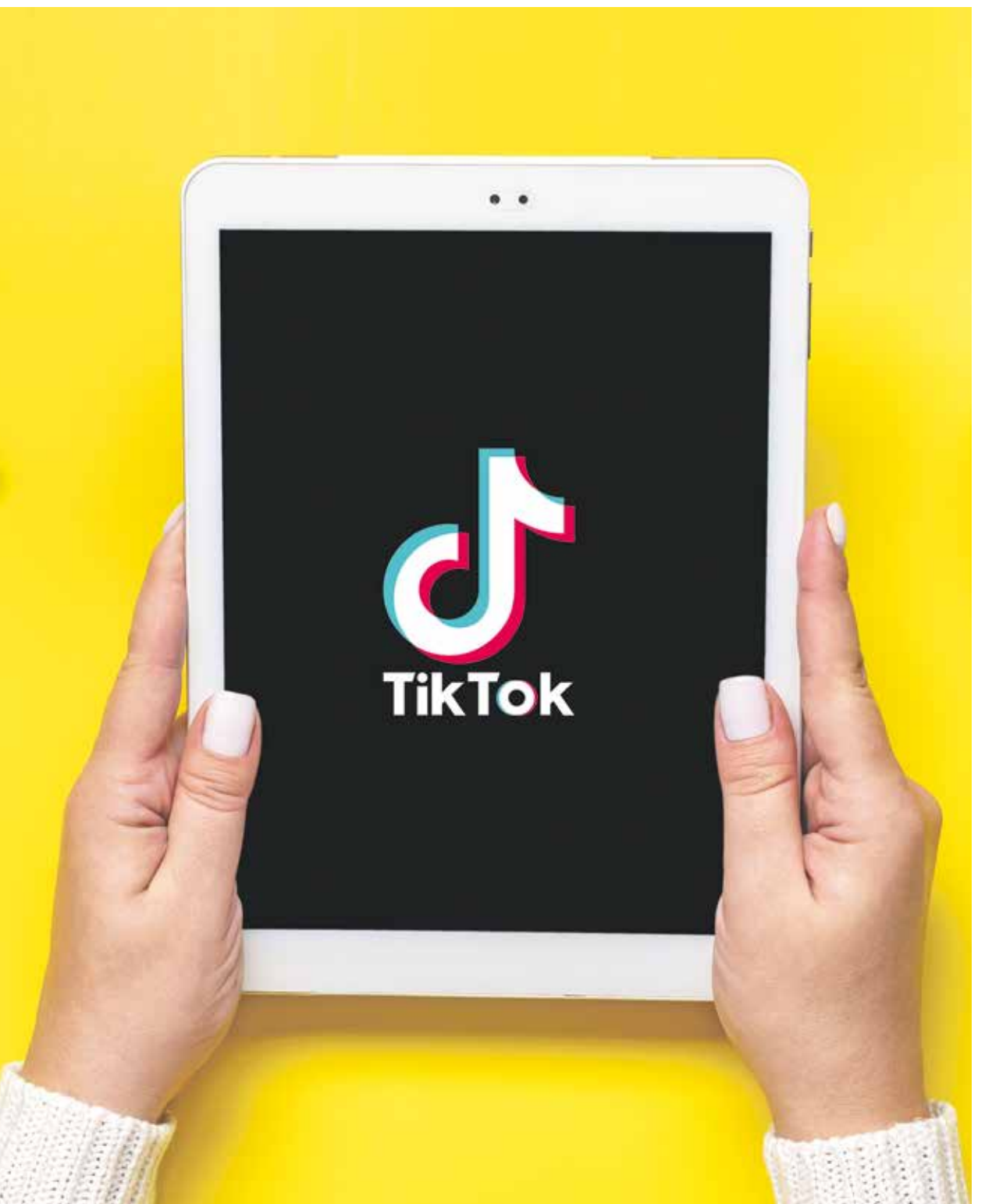
Be Wary of Low Prices: If a product is being sold at a significantly lower price than its retail value, it may be counterfeit. Remember, authentic products from well-known brands rarely have steep discounts.

Check Packaging and Labels: Authentic products typically come in high-quality packaging with clear labels and branding. Counterfeit items often have poor quality packaging, misspelt labels, or unusual logos.

Report Suspicious Sellers: If you suspect a seller is offering counterfeit products, report them to TikTok Shop's customer service immediately. Your action can help protect other consumers from falling victim to counterfeits.

TikTok Shop Crackdown

How fake products could cost you thousands in fines!



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“Listen to your body”

GP advises as she recalls her rare cancer journey with a 4kg tumour

In a startling reminder that cancer can strike anyone, London GP Kripa Shortt found herself on the other side of the stethoscope when a 4kg tumour - equivalent to a small bowling ball - was discovered in her abdomen.

In January 2022, Kripa noticed that her tummy seemed to be getting bigger. At first, she thought this was due to the aftereffects of her pregnancies and that she was getting older.

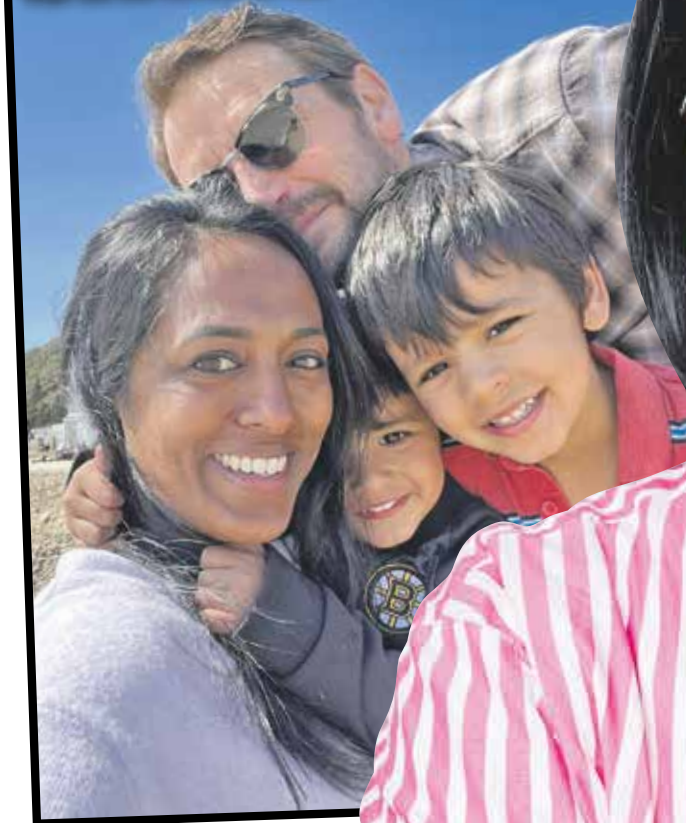
However, over the next few months, her belly continued growing bigger and bigger despite living a healthy lifestyle and exercising regularly. She noticed that she could see a strange bulge in her belly when doing sit-ups.

Towards the end of 2022, she noticed that her belly size was increasing at a much faster rate. Concerned that her body had changed so quickly, she went to get checked out.

In January last year, about a year after she had first noticed her belly getting bigger, a CT scan revealed that Kripa had retroperitoneal liposarcoma.

Retroperitoneal sarcoma cancers develop deep within the abdomen and pelvis, often with very subtle or ambiguous early symptoms. Kripa said there were no symptoms such as weight loss, change in bowel motions or vomiting.

Kripa and Ollie and their two sons



Doctor Kripa Shortt first thought her growing belly was due to aftereffects of pregnancy

“I advise everyone to trust their instincts and seek medical advice when they have concerns about a lump, new symptoms or changes in their body.”

Within less than a week of diagnosis, Kripa underwent surgery. The tumour measured 20 x 16 cm when removed and weighed 4kg. Kripa also had a hemicolectomy, which is the removal of part of her large intestine.

“As a GP, I recognise the importance of living a healthy lifestyle. I have always exercised regularly with running, weight training and yoga and eating a healthy diet,” Kripa recounts.

“Yet, I found myself battling sarcoma. Sarcoma can happen to anybody, but regardless of this, we should try our best to maintain a healthy lifestyle. I’m grateful I sought medical advice when I recognised that something was different in my body.

“I advise everyone to trust their instincts and seek medical advice when they have concerns about a lump, new symptoms or changes in their body. I am very lucky to have been diagnosed early, and my treatment enabled me to overcome the cancer. I advise everyone to be aware of their own body, and when something seems worrying, please see

their GP to get checked.”

Kripa is now cancer-free but must go for six-monthly checks to ensure the cancer hasn’t returned.

Inspired by her ordeal and eager to raise awareness of sarcoma, her husband, Ollie Shortt, ran the London Marathon for Sarcoma UK in April this year dressed as a bone. He won an award from the Guinness Book of World Records as the fastest person to run a marathon dressed as a human body part.

Richard Davidson, Chief Executive of Sarcoma UK, said: “Kripa’s experience is a powerful reminder of how crucial early diagnosis is in the fight against sarcoma. As a rare and often misunderstood cancer, sarcoma can be challenging to detect.

“Kripa’s journey underscores the importance of listening to our bodies and seeking medical attention when something doesn’t feel right. Remember, if you notice any persistent changes in your body, don’t hesitate to consult your GP. Early detection can make all the difference in the world of sarcoma.”



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1. Wearing jewellery all the time

TikTok Hack: Never take off your jewellery to keep it safe and avoid losing it.

Why It's Bad: Constant wear exposes your jewellery to water, sweat, and chemicals that can cause tarnish and weakening.

What to Do Instead: Remove your jewellery when showering, swimming, or doing chores to keep it clean and in good shape.

2. Cleaning with Toothpaste

TikTok Hack: Use toothpaste to clean your jewellery and make it shine.

Why It's Bad: Toothpaste is abrasive and can scratch metals and gemstones, especially softer ones.

What to Do Instead: Use a gentle soap with warm water and a soft brush, or a jewellery cleaning solution designed for your pieces.

3. Using Ultrasonic Cleaners on All Jewellery

TikTok Hack: Ultrasonic cleaners are great for cleaning all your jewellery.

Why It's Bad: These cleaners can damage soft stones like pearls and opals, and can loosen settings on your jewellery.

7 common jewellery cleaning hacks that do more harm than good

What to Do Instead: Check if your stones are safe for ultrasonic cleaning. If unsure, clean by hand or take it to a professional.

4. Storing Jewellery Together

TikTok Hack: Keep all your jewellery in one box to stay organised.

Why It's Bad: Storing jewellery together can

cause scratches and tangling, damaging delicate pieces.

What to Do Instead: Store each piece separately, using a jewellery box with compartments or individual pouches.

5. Showering with Jewellery

TikTok Hack: Keep your jewellery on, in the

shower to clean it.

Why It's Bad: Soap and shampoo can leave residue on your jewellery, making it look dull and dirty.

What to Do Instead: Take off your jewellery before you shower. Clean it separately with a gentle solution.

6. Polishing with Baking Soda

TikTok Hack: Use baking soda to polish your jewellery quickly.

Why It's Bad: Baking soda is abrasive and can scratch your jewellery, especially softer metals and stones.

What to Do Instead: Use mild dish soap with warm water for cleaning. For polishing, use a product made for jewellery.

7. Ignoring Loose Stones

TikTok Hack: If your jewellery looks fine, it's fine.

Why It's Bad: Stones can loosen over time and may fall out if not checked.

What to Do Instead: Regularly inspect your jewellery for loose stones. If you notice any, take them to a jeweller for repair.

We all love tips and tricks, especially when they promise to make our lives easier. But when it comes to jewellery care, not all hacks are as helpful as they seem.

Anne Walton, an expert from Milton Diamonds explains popular TikTok hacks that can actually damage your jewellery, and what to do instead.

Anne says: "It's important to be careful with the advice you follow for jewellery care. Some TikTok hacks might seem convenient, but they can cause serious damage to your precious pieces.

"Always opt for gentle, proven methods, and when in doubt, consult a professional. Keeping your jewellery beautiful and intact is worth the extra care."



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“The music just transcends”

Sitarist Jasdeep Singh Degun prepares for a landmark UK tour

Jasdeep Singh Degun at the RPS Awards 2024 (Credit: Robin Clewley)



Having been named Instrumentalist of the Year at the 2024 Royal Philharmonic Society Awards, Leeds-born sitarist and composer Jasdeep Singh Degun embarks on a 14-date tour of England and Wales this September and October.

He'd never call it a victory lap: he's clear that humility, discipline and "bowing down to the rigour of the music" is fundamental in the Indian classical tradition.

But there's a definite sense that the music of Jasdeep and his peers is now reaching a wider audience, in large part due to the phenomenal success that he has achieved over the past few years.

Continued on page 31

JAZ DHAMI:

LET'S BRING BACK THE SEASON OF LOVE

In an era where melodious love songs are few and far between, Pakistan's pop Princess Nimra Mehra and UK's finest Jaz Dhmi are bringing back the essence of romance with their latest release, 'Pagal'.

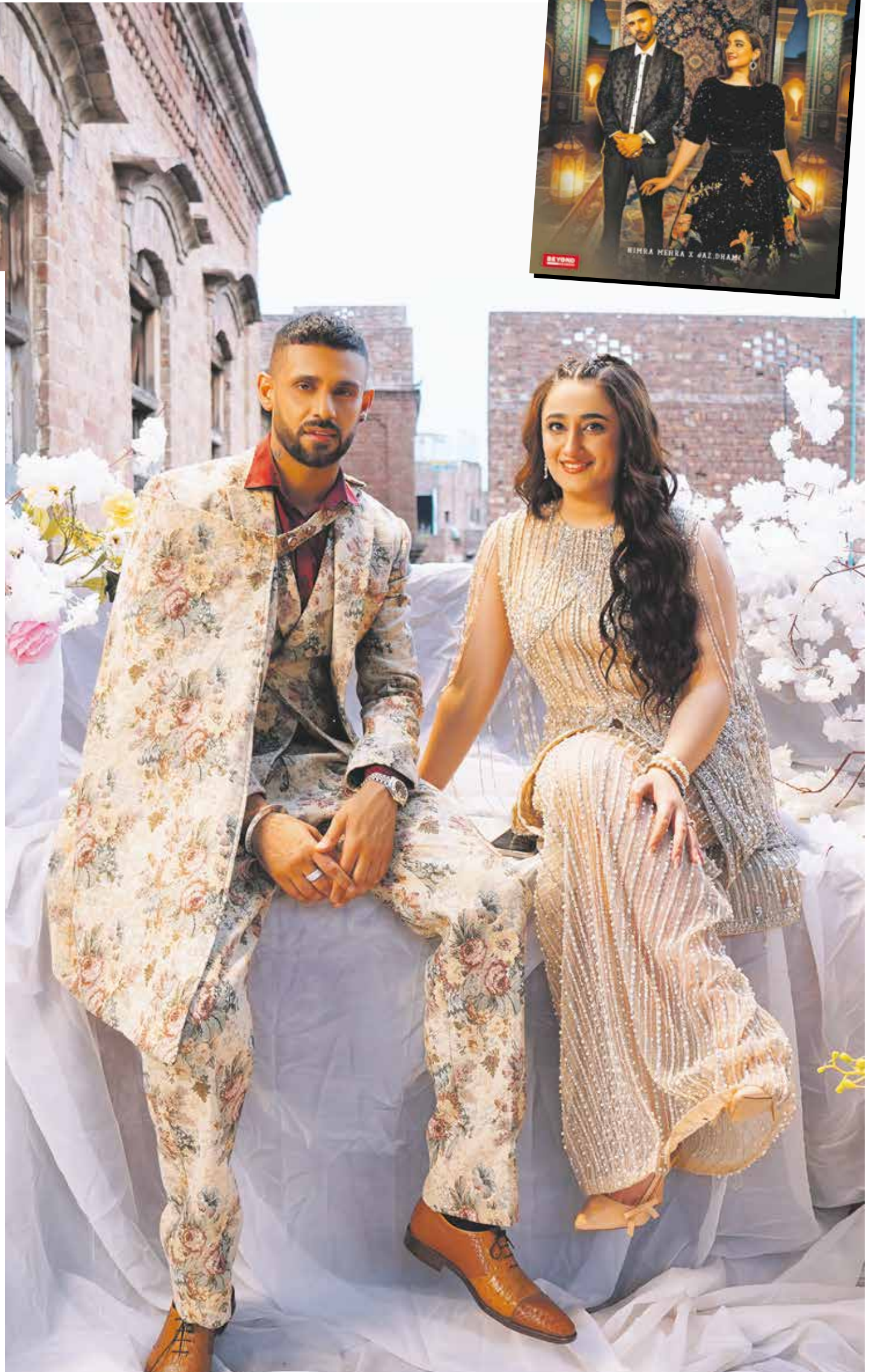
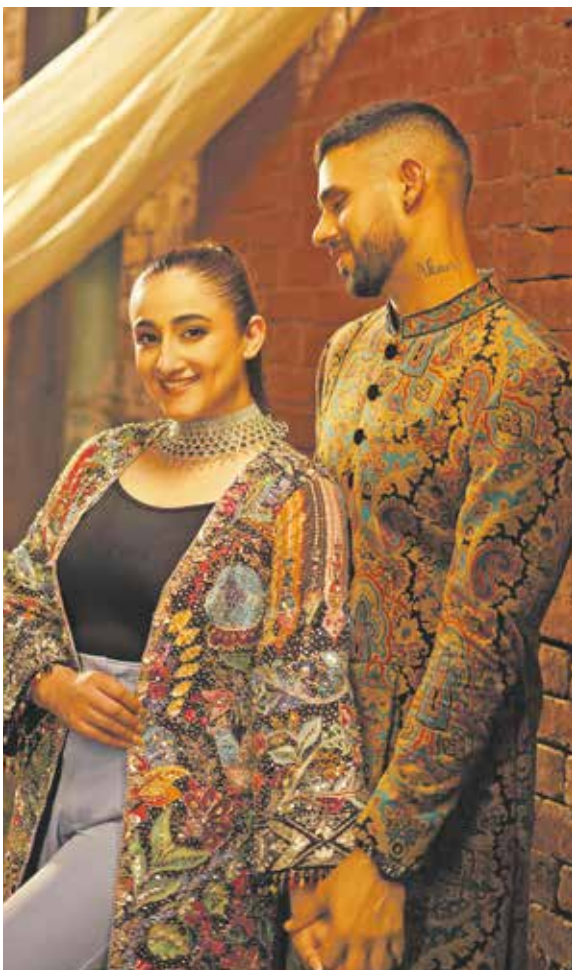
This enchanting new single is a soulful reminder of love's timeless power, offering listeners a beautiful melody carried by their soulful voices.

"Pagal" stands out as a refreshing return to the classic love song, characterized by its lush vocals, heartfelt lyrics, and beautiful music video set in the heart of Lahore that showcases the undeniable chemistry between Jaz Dhmi and Nimra Mehra.

Written and composed so perfectly by Arbaz Khan, he's set to mark this as the Punjabi love song of the Summer season.

Music video is directed by Jibran Khan of Beyond Records, who are also the musical home of Nimra Mehra.

The song is already creating waves on TikTok, so go stream, watch, listen and share on your favourite platforms :)



Jasdeep Singh Degun
(Credit Robert Leslie)

Sitarist Jasdeep Singh Degun prepares for a landmark UK tour

Continued from page 29

His debut album, 2022's *Anomaly*, was recorded with the legendary Nitin Sawhney and released by Peter Gabriel's Real World Records. It took the sitar into new territory, powered by Jasdeep's remarkable skill and lifelong immersion in the Indian classical tradition.

Later that year, as composer and co-music director on Opera North and South Asian Arts-uk's staging of Monteverdi's opera *Orpheus*, his mesmerising tapestry of Indian and European music thrilled audiences and critics alike, and was recognised with a haul of awards from across the worlds of music and the stage.

With this year's RPS laurels – for 'showing us all the beauty and boundless possibilities of the sitar' – it looks as though Jasdeep has achieved escape velocity from the confines of genre, or the 'World Music' catch-all.

"We're finally shifting the paradigm", he says, anticipating forthcoming dates including Hartlepool Folk Festival and Oxford Festival of Song – more appropriate than it might seem, as his particular school of sitar virtuosity aspires to imitate the human voice with all its nuance and emotion.

"It feels like British Asian musicians are being taken more seriously in the room: at last our music is being programmed alongside western classical repertoire, rather than hived off as something niche or novel."

Apart from two dates with the Liverpool Philharmonic where he'll be performing his astonishing sitar concerto, *Arya*, on this tour Jasdeep will return to his first love: the high-risk, entirely improvised Indian classical tradition, with his sitar accompanied only by the tabla, the Indian hand-drum.

So what can newcomers to the form expect? "It has all of the discipline and technical demands of western classical music", he says, "but you won't hear much harmony: our musical system is based on the rules of raag and taal, which are melody and rhythm. So you have to shift your focus to the complex development and embellishment of that. And it's all unfolding in the moment, often at speed – that's definitely something that's exciting to experience, and maybe akin to jazz."

The tour concludes with a concert for the Darbar Festival at London's Barbican, a rite of passage for any Indian musician. "It's a been a dream of mine since I was a child", Jasdeep says. "I've seen all my greatest idols at Darbar: Kaushiki Chakraborty, Purbayan Chatterjee, Shahid Parvez... I'm still pinching myself and I really want to do a good job.

"Maybe I need another 10 years to prepare for it", he laughs. "But really I think it's a perfect time, following on from what I've been doing over the last few years, to return to the source and consolidate myself in the Indian classical tradition."

Jasdeep Singh Degun tours England and Wales from 13 September – 25 October 2024. For more information and booking, visit jasdeepsinghdegun.com

"The music just transcends"

WHAT'S ON

in cinemas this month

Blink Twice

Starring: Adria Arjona, Channing Tatum, Kyle MacLachlan, Naomi Ackie, Haley Joel Osment, Simon Rex, Alia Shawkat, Christian Slater, Geena Davis

Director: Zoë Kravitz

Cert: 15

Genre: Mystery/Thriller

Release Date: 23/8/2024

When tech billionaire Slater King (Channing Tatum) meets cocktail waitress Frida (Naomi Ackie) at his fundraising gala, sparks fly. He invites her to join him and his friends on a dream vacation on his private island. It's paradise. Wild nights blend into sun-soaked days and everyone's having a great time. No one wants this trip to end, but as strange things start to happen, Frida begins to question her reality. There is something wrong with this place. She'll have to uncover the truth if she wants to make it out of this party alive.

With an ensemble cast including Naomi Ackie, Channing Tatum, Alia Shawkat, Simon Rex, Adria Arjona, Haley Joel Osment, Christian Slater, Kyle MacLachlan and Geena Davis, BLINK TWICE is a wild new psychological thriller directed by Zoë Kravitz.



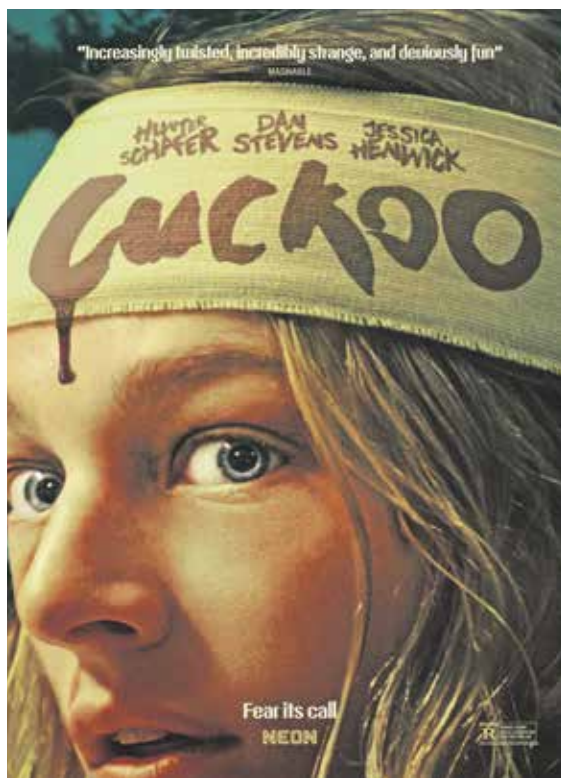
Cuckoo

Starring: Hunter Schafer, Jan Bluthardt, Zita Hanrot, Proschat Madani, Dan Stevens, Jessica Henwick

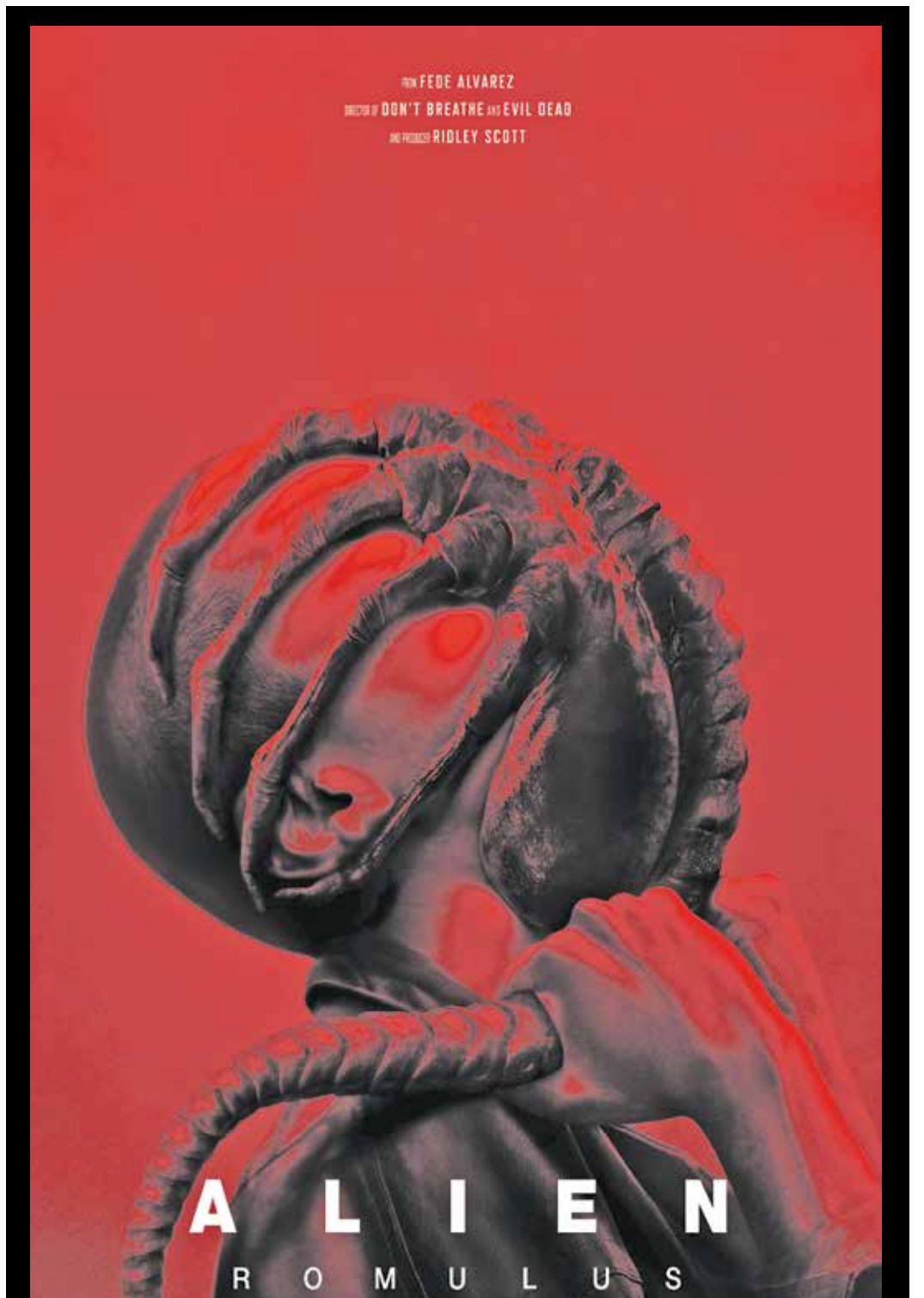
Director: Tilman Singer

Cert: 15

Genre: Horror/Thriller **Release Date:** 23/8/2024



Reluctantly, 17-year-old Gretchen leaves her American home to live with her father, who has just moved into a resort in the German Alps with his new family. Arriving at their future residence, they are greeted by Mr. König, her father's boss, who takes an inexplicable interest in Gretchen's mute half-sister Alma. Something doesn't seem right in this tranquil vacation paradise. Gretchen is plagued by strange noises and bloody visions until she discovers a shocking secret that also concerns her own family.



Alien: Romulus

Starring: Cailee Spaeny, Isabela Merced, Archie Renaux, David Jonsson, Spike Fearn

Director: Fede Alvarez

Cert: TBC **Genre:** HorrorSci-Fi

Release Date: 16/8/2024

The sci-fi/horror-thriller takes the phenomenally successful "Alien" franchise back to its roots: While scavenging the deep ends of a derelict space station, a group of young space colonizers come face to face with the most terrifying life form in the universe. The film stars Cailee Spaeny ("Priscilla"), David Jonsson ("Agatha Christie's Murder is Easy"), Archie Renaux ("Shadow and Bone"), Isabela Merced ("The Last of Us"), Spike Fearn ("Aftersun"), Aileen Wu. Fede Alvarez ("Evil Dead," "Don't Breathe") directs from a screenplay he wrote with frequent collaborator Rodo Sayagues ("Don't Breathe 2") based on characters created by Dan O'Bannon and Ronald Shusett. "Alien: Romulus" is produced by Ridley Scott ("Napoleon"), who directed the original "Alien" and produced and directed the series' entries "Prometheus" and "Alien: Covenant," Michael Pruss ("Boston Strangler"), and Walter Hill ("Alien"), with Fede Alvarez, Elizabeth Cantillon ("Charlie's Angels"), Brent O'Connor ("Bullet Train"), and Tom Moran ("Unstoppable") serving as executive producers.



Beetlejuice Beetlejuice

Starring: Michael Keaton, Winona Ryder, Jenna Ortega, Willem Dafoe, Danny DeVito, Monica Bellucci, Justin Theroux, Catherine O'Hara, Burn Gorman, Amy Nuttall, James Fisher, Arthur Conti, Gianni Calchetti, Juliana Yazbec
Director: Tim Burton
Cert: 12A
Genre: Comedy/Fantasy/Horror
Release Date: 6/9/2024

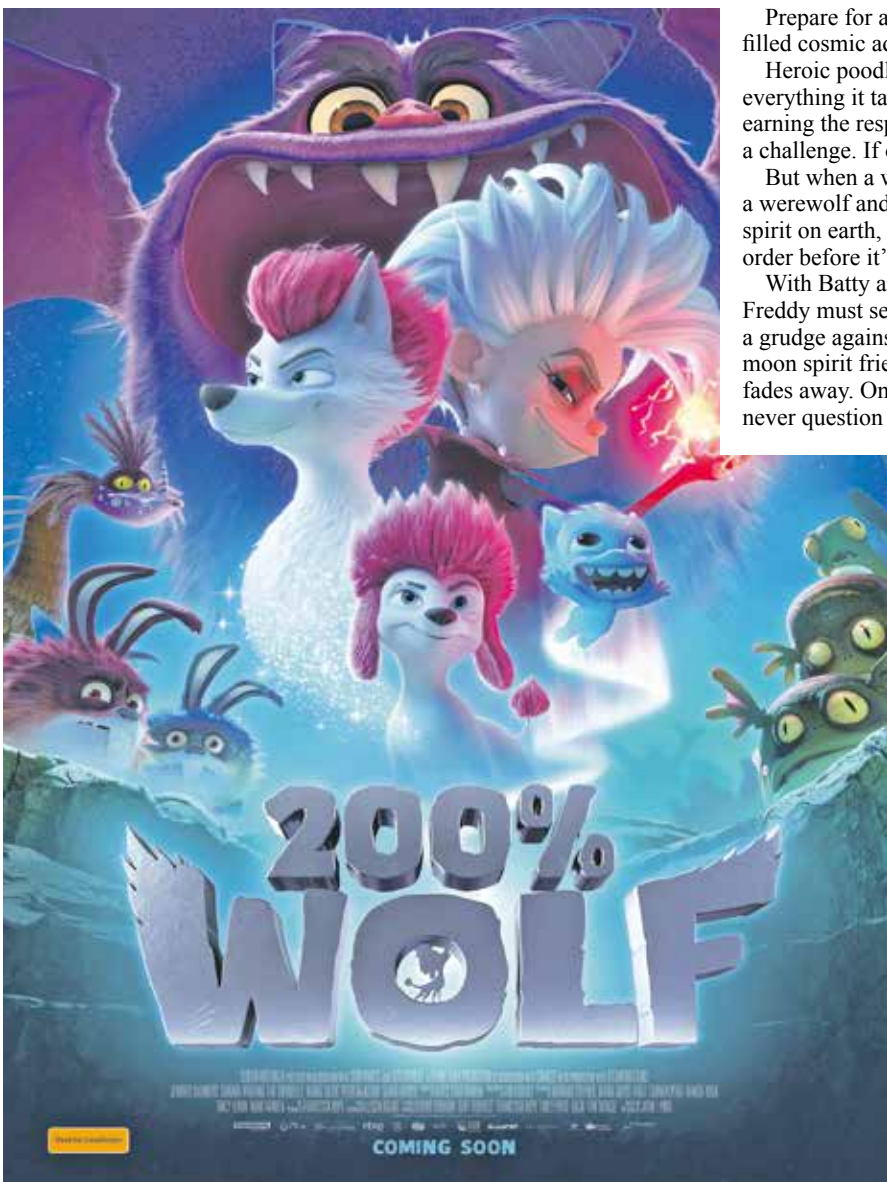
Beetlejuice is back! After an unexpected family tragedy, three generations of the Deetz family return home to Winter River.

Still haunted by Beetlejuice, Lydia's life is turned upside down when her rebellious teenage daughter, Astrid, discovers the mysterious model of the town in the attic and the portal to the Afterlife is accidentally opened.

With trouble brewing in both realms, it's only a matter of time until someone says Beetlejuice's name three times and the mischievous demon returns to unleash his very own brand of mayhem.

200% Wolf

Starring: Alex Stadermann, Akmal Saleh, Peter McAllum, Ilai Swindells, Samara Weaving
Director: Alex Stadermann
Cert: U **Genre:** Animation/Family **Release Date:** 20/9/2024

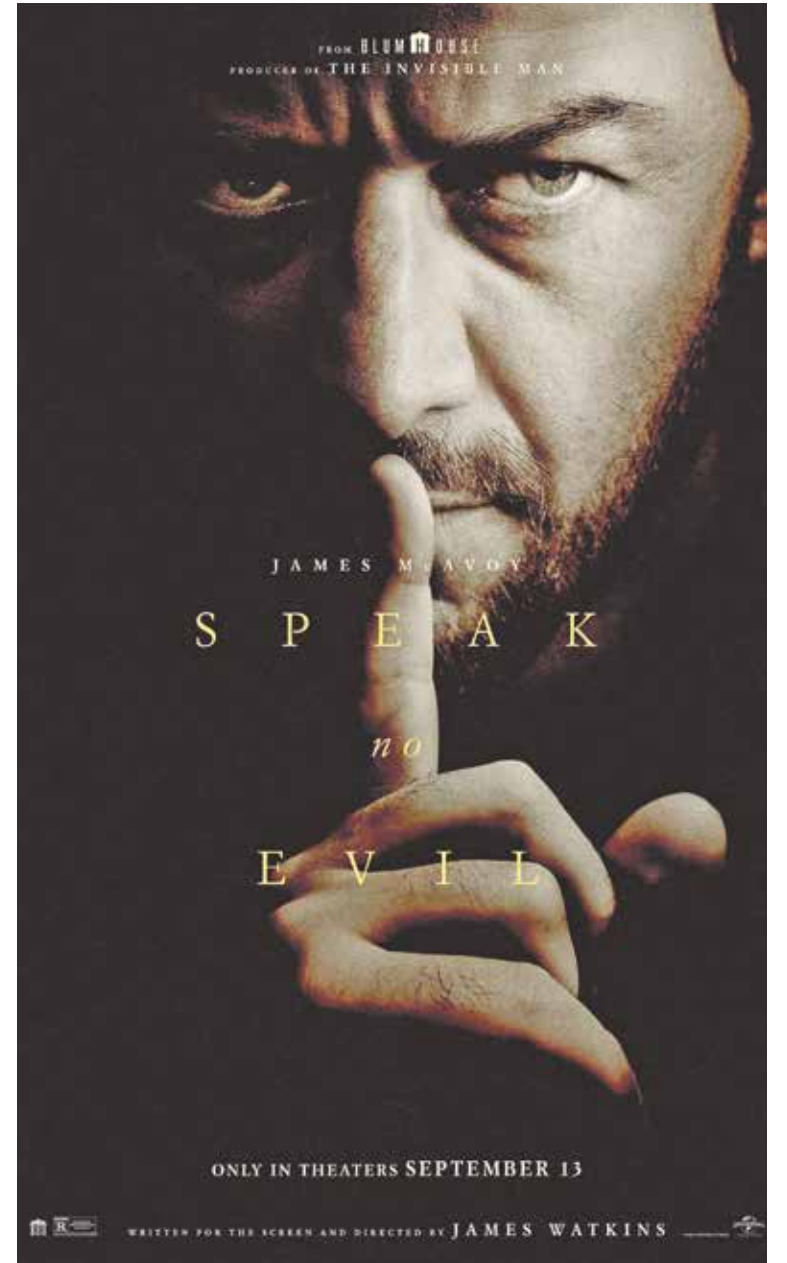


Prepare for a howling good time in this fun-filled cosmic adventure, 200% Wolf.

Heroic poodle Freddy Lupin thinks he has everything it takes to lead his werewolf pack, but earning the respect of his packmates proves to be a challenge. If only he were more... wolfish.

But when a wayward wish transforms him into a werewolf and deposits a mischievous moon spirit on earth, Freddy must restore the cosmic order before it's too late.

With Batty and his dog pals along for the ride, Freddy must seek out a dangerous sorceress with a grudge against the wolf pack, before his new moon spirit friend runs out of life energy and fades away. One thing's for sure - Freddy will never question being a poodle again.



Speak No Evil

Starring: James McAvoy, Mackenzie Davis, Scoot McNairy, Aisling Franciosi, Alix West Lefler, Daniel Hough
Director: James Watkins
Cert: 15 **Genre:** Thriller
Release Date: 12/9/2024

When an American family is invited to spend the weekend at the idyllic country estate of a charming British family they befriended on vacation, what begins as a dream holiday soon warps into a snarled psychological nightmare.

Dragonkeeper

Starring: Bill Bailey, Anthony Howell, Mayalinee Griffiths
Directors: Salvador Simó, Jianping Li
Cert: PG
Genre: Animation/Family/Fantasy
Release Date: 27/9/2024

In ancient China, dragons were once friends of humans, but our greed ended their alliance, and these magical creatures were hunted down. Years later, in a remote fortress, a young slave girl, Ping, strikes up an unlikely friendship.





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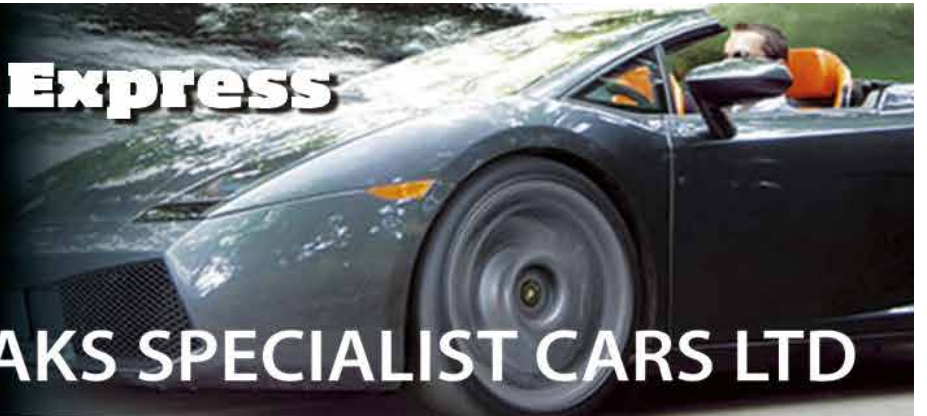
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Simply stunning

Aston Martin Vanquish
unveiled with sensational
world premiere in Venice

Aston Martin heralded the arrival of Vanquish, its new V12 flagship sports car set to redefine driving dynamism for a new generation of drivers.

Amidst the starlit backdrop of the Venice International Film Festival, Aston Martin unveiled its highly anticipated, new Vanquish with a stunning reveal moment on the waters of the Venetian Lagoon.

An intimate audience spanning the worlds of cinema, the arts, fashion and business gathered at the Marina Militare for the grand premiere and headline music performances from Grammy-nominated musician Masego, multi-award-winning Italian jazz performer Walter Ricci and international DJ James Righton.

Stars of cinema in attendance included five Academy Award winning actors.

George Clooney, alongside wife Amal, joined Benedict Cumberbatch, Michael Douglas, Kevin Costner and Adrien Brody. In the year that Aston Martin celebrates the 60th anniversary of its iconic association with the James Bond films, other talent present included Bond actor Daniel Craig, alongside fellow British stars, Joe Alwyn and Micheal Ward.

With history dating back to in 1104, the Arsenale di Venezia provided a fitting location for Aston Martin's brand, sitting at the intersection of storied hand manufacturing, culture and art.

Delivered with scarcity, Vanquish will be Aston Martin's highest performance sports car in its core product line-up, and its most exclusive, with production limited to no greater than 1,000 examples per year.

Continued on page 37

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Two of the biggest & most trusted brands in UK automotive announce major new partnership

Auto Trader and What Car? have agreed an extension to its multi-year partnership which will see the UK's most trusted and influential automotive brands come together to redefine the new car buying and selling experience.

It will enable the combined unique audience of nearly 11 million people to research, locate, and buy a brand-new car across both platforms in a single seamless journey.

And as challenges increase in the new car market, retailers and manufacturers will be able to significantly extend their reach to

a highly qualified audience at the beginning of their new car buying journey, all on a single Auto Trader contract.

As of October, What Car?'s current 'New Car Deals' configurator will be replaced with an innovative new car display and search function powered by Auto Trader, which will enable consumers to conveniently access the 20,000 in-stock brand-new cars advertised every day. Selecting one of the advertised cars will seamlessly transition the consumer onto Auto Trader's award-winning new car platform to

complete the rest of their car buying journey.

Since July 2022 Auto Trader has powered the used car listings on What Car? and its sister site, Autocar. The new extension means What Car?'s audience will now have a full view of the market, providing access to the c. 20,000 new cars advertised daily, as well as the 37,000 'nearly new' (those below 12 months old), and the 430,000 used.

Bringing together the huge scale of Auto Trader and complementing its wide-ranging car content with that of What Car?'s will help redefine

the consumer new car buying experience, removing many of the traditional pain points.

Rather than having to use multiple platforms to research, to find, and to calculate the cost of a new car, consumers will now be able to complete most of the necessary car buying jobs in one convenient and seamless journey. Buyers will continue to benefit from What Car?'s advice and reviews, alongside Auto Trader's own editorial expertise, before benefitting from the largest stock of new cars immediately available.

The partnership is equally significant for retailers and manufacturers. Whilst Auto Trader's partners already benefit from the circa 2 million monthly visits to its new car platform, and 6.5 million daily new car searches, the partnership will extend the reach of their new car stock to a highly engaged new car audience at the beginning of their journey.

As of October, retailers and brands will receive the benefits of advertising across both platforms, for the cost of a single Auto Trader contract.

Urban Automotive pays tribute to iconic 2018 Range Rover Sport with a bespoke edition

Urban Automotive has expanded its exclusive signature series, launching a striking tribute to one of its most iconic builds—the 2018 'V2' Urban-modified Range Rover Sport.

This special edition, a modern reimagining of the L494 SVR, has been crafted in the form of a bespoke, one-off Widetrack version of the latest L461 Range Rover Sport—paying homage to the vehicle that helped establish Urban as the leading expert in Range Rover customisation.

For the first time, Urban Automotive offers the Range Rover Sport package in two unique configurations to cater for individual preferences: the Urban 'Widetrack' and 'Narrowbody' range.

Both packages comprehensively remodel the Range Rover Sport with premium visual carbon fibre, delivering an aggressive yet refined appearance.

The original 2018 Range Rover Sport L494 SVR model, delivered in the instantly recognisable Estoril Blue paint and Ebony/Cirrus interior, became a defining project for Urban Automotive.

As part of the vehicle's promotional debut, it was showcased with gold Urban Vossen UV-1 wheels for a special photoshoot, capturing the attention of

automotive enthusiasts worldwide. This helped build Urban's reputation for pushing the boundaries of Range Rover modifications.

Now, Urban has reimagined this legacy by creating a one-off Widetrack edition of the latest L461 Range Rover Sport, fully custom-painted in Estoril Blue - a colour no longer offered by the factory.

To further honour the original, this special edition features a bespoke Cirrus quilted interior with updated Urban branding. Completing the tribute, Urban has added satin gold UV-1R wheels, created in collaboration with Vossen and handmade in Miami—a modern twist on the iconic UV-1 wheels from the 2018 build, merging past and present designs.

The tribute vehicle is based on Urban's ultimate Widetrack styling programme which is one of their most striking designs to date incorporating wide arches, a distinctive carbon fibre bonnet and front upper 'matrix' grille in visual carbon fibre with Urban icon branding.

The bold front design is balanced with an equally assertive rear, which includes an upper rear spoiler, a carbon fibre bumper, rear diffuser with removable skid pan in visual carbon fibre and milled billet aluminium exhaust finishers with engraved Urban logo.

A visual carbon fibre splitter and integrated DRL enhance the car's front styling while the rear is equipped with a visual carbon fibre upper rear spoiler, a rear diffuser and billet exhaust finishers.

Both styling programmes offer 23" or 24" cast or forged alloy wheel packages and an optional Milltek Sport performance exhaust.



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Simply stunning

Aston Martin Vanquish unveiled with sensational world premiere in Venice

Continued from page 35

Unique in this portfolio, Vanquish is the sole model to feature a bespoke, Aston Martin developed 12-cylinder engine. Revived for the first time since 2018, this will be the third Aston Martin generation to be christened with the famous Vanquish nameplate.

Powered by a new 5.2-litre Twin-Turbo V12 producing an astonishing 835PS and 1000Nm of torque, Vanquish achieves a new benchmark for supercar performance with immense in-gear acceleration and a top speed of 214mph – the highest top speed of an Aston Martin series production car to date.

Aston Martin's Director of Vehicle Performance, Simon Newton, said: "Vanquish brings another dimension to the revitalised Aston Martin range. The new V12 engine is a larger-than-life character, with immense torque from just above idle combined with a truly ferocious top-end. It really is an extraordinary engine. This sense of boundless propulsion had to be matched by an equal level of control and finesse; something we have achieved by further exploring the tremendous scope of the new Bilstein DTX adaptive dampers, e-diff and latest generation electronics. We've also worked closely with Pirelli, developing a bespoke tyre tailored specifically to Vanquish.

"The resulting blend of dynamic precision, epic performance and luxurious refinement is uniquely special, with a bandwidth that sets a new standard for the marques halo model and is worthy of the Vanquish name."

The original V12 edition launched in 2001 has played a prominent on-screen role in cinema, driven by James Bond in the 2002 film *Die Another Day* and making appearances in other films of the 2000s such as *Lara Croft: Tomb Raider* and *The Italian Job*. Now it steals the spotlight once again.



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786 MAK £10,000 ONO TEL: 07971 827 098	AMQ4EAR £3,000 ONO TEL: 07506 342 385	ASII NJT £1,500 ONO TEL: 07930 590 591	BEIOLD £19,000 (BEHOLD) TEL: 07720 376 861	DR SINGG OFFERS TEL: 07730 612 171	DR5ISHA £995 (DR. SHISHA / SHA) TEL: 07834 531 683	EVIIKAR £550 ONO (EVIL CAR) TEL: 07411 953 337	GYIISAF £15,000 (G YUSAF) TEL: 07985 455 057	J4UEO £2,495 TEL: 07954 389 874	KH59 LED £3,000 TEL: 07970 281 994	MAIMVD £1,500 (MAHMUD) TEL: 07867 861 193	MSIIHAWK £9,500 (MS HAWK) TEL: 07985 455 057	NLIICAS £7,000 (N LUCAS) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057
B2 GK OFFERS TEL: 07787 334 567	AMII AAD £2,000 ONO (ALI AAD) TEL: 07908 472 121	ASII NSX £15,000 ONO TEL: 07970 262 653	BHO4GUL OFFERS (BHOGUL) TEL: 07970 262 653	DR5ISHA £995 (DR. SHISHA / SHA) TEL: 07834 531 683	FI6UJR £2,500 (F1 GUJR) TEL: 07957 898 796	GVIIJAY £10,000 (G VIJAY) TEL: 07985 455 057	GYIISAF £15,000 (G YUSAF) TEL: 07985 455 057	J4UEO £2,495 TEL: 07954 389 874	KH59 LED £3,000 TEL: 07970 281 994	MAIMVD £1,500 (MAHMUD) TEL: 07867 861 193	MSIIHAWK £9,500 (MS HAWK) TEL: 07985 455 057	NLIICAS £7,000 (N LUCAS) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057
A17JEO £5,000 ONO (AMJED) TEL: 07971 732 789	AMII EEN £5,000 TEL: 01274 414141 MON - FRI: 9-5.30	ASII SHZD £10,000 ONO TEL: 07976 024 735	BH54RAT OFFERS (BHARAT) TEL: 07970 262 653	DR5ISHA £995 (DR. SHISHA / SHA) TEL: 07834 531 683	FI6UJR £2,500 (F1 GUJR) TEL: 07957 898 796	GVIIJAY £10,000 (G VIJAY) TEL: 07985 455 057	GYIISAF £15,000 (G YUSAF) TEL: 07985 455 057	J4UEO £2,495 TEL: 07954 389 874	KH59 LED £3,000 TEL: 07970 281 994	MAIMVD £1,500 (MAHMUD) TEL: 07867 861 193	MSIIHAWK £9,500 (MS HAWK) TEL: 07985 455 057	NLIICAS £7,000 (N LUCAS) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057
A2SSM £1,499 ONO TEL: 07875 337 224	AMII JAM £5,000 TEL: 01274 414141 MON - FRI: 9-5.30	ASII ASK £7,000+ TEL: 07854 012 093	BKIIMAR £15,000 (B KUMAR) TEL: 07985 455 057	DSIIAUN £15,000 (D SHAUN) TEL: 07985 455 057	FI7 STX £2,999 ONO TEL: 07904 018 063	HO55AYN £8,895 ONO TEL: 07779 324 610	JAV333D £5,500 TEL: 07779 324 610	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UDD £4,000 TEL: 07588 326 444	MSIIAUN £7,500 (M SUSAN) TEL: 07985 455 057	NSIIAUN £7,500 (N SUSAN) TEL: 07985 455 057	PKIINGS £14,000 (P KIINGS) TEL: 07985 455 057	SII ETK OFFERS (SHEIKH) TEL: 07815 114 201
A212 JAN OFFERS OVER £5,000 TEL: 07817 615 022	AMII SAR £2,500 TEL: 01274 414141 MON - FRI: 9-5.30	ASII ATT4H £8,500 ONO (NO WITHHELD No) TEL: 07786 424 251	BSIIAUN £15,000 (B SHAUN) TEL: 07985 455 057	DSIIAUN £15,000 (D SHAUN) TEL: 07985 455 057	F44EEM £4,500 TEL: 07825 040 037	HOIIVER £7,500 (H OLIVER) TEL: 07985 455 057	JAV333D £5,500 TEL: 07779 324 610	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UDD £4,000 TEL: 07588 326 444	MSIIAUN £7,500 (M SUSAN) TEL: 07985 455 057	NSIIAUN £7,500 (N SUSAN) TEL: 07985 455 057	PKIINGS £14,000 (P KIINGS) TEL: 07985 455 057	SII ETK OFFERS (SHEIKH) TEL: 07815 114 201
AAII LAM £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	AMII SER £2,500 TEL: 01274 414141 MON - FRI: 9-5.30	ASII AVI £10,000 (A VIJAY) TEL: 07971 732 789	BSIIAUN £15,000 (B SHAUN) TEL: 07985 455 057	DSIIAUN £15,000 (D SHAUN) TEL: 07985 455 057	F44EEM £4,500 TEL: 07825 040 037	HOIIVER £7,500 (H OLIVER) TEL: 07985 455 057	JAV333D £5,500 TEL: 07779 324 610	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UDD £4,000 TEL: 07588 326 444	MSIIAUN £7,500 (M SUSAN) TEL: 07985 455 057	NSIIAUN £7,500 (N SUSAN) TEL: 07985 455 057	PKIINGS £14,000 (P KIINGS) TEL: 07985 455 057	SII ETK OFFERS (SHEIKH) TEL: 07815 114 201
AAIIMAD £15,000 (A AHMAD) TEL: 07985 455 057	AMII ANS4AR N £1,500 ONO (ANS4AR) TEL: 07946 162 099	ASII AWS50M £10,000 (AW50M) TEL: 07985 254 294	BSIIAUN £15,000 (B SHAUN) TEL: 07985 455 057	DSIIAUN £15,000 (D SHAUN) TEL: 07985 455 057	F44EEM £4,500 TEL: 07825 040 037	HOIIVER £7,500 (H OLIVER) TEL: 07985 455 057	JAV333D £5,500 TEL: 07779 324 610	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UDD £4,000 TEL: 07588 326 444	MSIIAUN £7,500 (M SUSAN) TEL: 07985 455 057	NSIIAUN £7,500 (N SUSAN) TEL: 07985 455 057	PKIINGS £14,000 (P KIINGS) TEL: 07985 455 057	SII ETK OFFERS (SHEIKH) TEL: 07815 114 201
AAIYYAA £20,000 (AIIYAA) TEL: 07985 455 057	AMII ANS5AR K £1,000 TEL: 07985 480 777	ASII AYIINUS £9,500 (A YIINUS) TEL: 07985 455 057	BSIIAUN £15,000 (B SHAUN) TEL: 07985 455 057	DSIIAUN £15,000 (D SHAUN) TEL: 07985 455 057	F44EEM £4,500 TEL: 07825 040 037	HOIIVER £7,500 (H OLIVER) TEL: 07985 455 057	JAV333D £5,500 TEL: 07779 324 610	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UDD £4,000 TEL: 07588 326 444	MSIIAUN £7,500 (M SUSAN) TEL: 07985 455 057	NSIIAUN £7,500 (N SUSAN) TEL: 07985 455 057	PKIINGS £14,000 (P KIINGS) TEL: 07985 455 057	SII ETK OFFERS (SHEIKH) TEL: 07815 114 201
AAI2JAN £15,000 (A2JAN) TEL: 07731 464002	AMII ANJ33M £4,995 TEL: 07867 861 193	ASII ASISAF £15,000 (A YUSAF) TEL: 07985 455 057	BSIIAUN £15,000 (B SHAUN) TEL: 07985 455 057	DSIIAUN £15,000 (D SHAUN) TEL: 07985 455 057	F44EEM £4,500 TEL: 07825 040 037	HOIIVER £7,500 (H OLIVER) TEL: 07985 455 057	JAV333D £5,500 TEL: 07779 324 610	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UDD £4,000 TEL: 07588 326 444	MSIIAUN £7,500 (M SUSAN) TEL: 07985 455 057	NSIIAUN £7,500 (N SUSAN) TEL: 07985 455 057	PKIINGS £14,000 (P KIINGS) TEL: 07985 455 057	SII ETK OFFERS (SHEIKH) TEL: 07815 114 201
AA51ZAA OFFERS TEL: 07971 812 479	AMII ANW444R £10,000 ONO (ANW44R) TEL: 07946 162 099	ASII AYIISUF £15,000 (A YUSUF) TEL: 07985 455 057	BSIIAUN £15,000 (B SHAUN) TEL: 07985 455 057	DSIIAUN £15,000 (D SHAUN) TEL: 07985 455 057	F44EEM £4,500 TEL: 07825 040 037	HOIIVER £7,500 (H OLIVER) TEL: 07985 455 057	JAV333D £5,500 TEL: 07779 324 610	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UDD £4,000 TEL: 07588 326 444	MSIIAUN £7,500 (M SUSAN) TEL: 07985 455 057	NSIIAUN £7,500 (N SUSAN) TEL: 07985 455 057	PKIINGS £14,000 (P KIINGS) TEL: 07985 455 057	SII ETK OFFERS (SHEIKH) TEL: 07815 114 201
AA55HAK £8,895 ONO TEL: 07779 324 610	AMII ANW444R £10,000 ONO (ANW44R) TEL: 07946 162 099	ASII AYIUBS £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	BSIIAUN £15,000 (B SHAUN) TEL: 07985 455 057	DSIIAUN £15,000 (D SHAUN) TEL: 07985 455 057	F44EEM £4,500 TEL: 07825 040 037	HOIIVER £7,500 (H OLIVER) TEL: 07985 455 057	JAV333D £5,500 TEL: 07779 324 610	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UDD £4,000 TEL: 07588 326 444	MSIIAUN £7,500 (M SUSAN) TEL: 07985 455 057	NSIIAUN £7,500 (N SUSAN) TEL: 07985 455 057	PKIINGS £14,000 (P KIINGS) TEL: 07985 455 057	SII ETK OFFERS (SHEIKH) TEL: 07815 114 201
AA55R11 £8,895 ONO TEL: 07779 324 610	AMII ASII AHS £3,000 (A SHAHS) TEL: 07985 455 057	ASII BO55 KHN £2,000 TEL: 01274 414141 MON - FRI: 9-5.30	BSIIAUN £15,000 (B SHAUN) TEL: 07985 455 057	DSIIAUN £15,000 (D SHAUN) TEL: 07985 455 057	F44EEM £4,500 TEL: 07825 040 037	HOIIVER £7,500 (H OLIVER) TEL: 07985 455 057	JAV333D £5,500 TEL: 07779 324 610	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UDD £4,000 TEL: 07588 326 444	MSIIAUN £7,500 (M SUSAN) TEL: 07985 455 057	NSIIAUN £7,500 (N SUSAN) TEL: 07985 455 057	PKIINGS £14,000 (P KIINGS) TEL: 07985 455 057	SII ETK OFFERS (SHEIKH) TEL: 07815 114 201
AAALIS £15,000 TEL: 07733 244 444	AMII ASII AKS £1,500 TEL: 01274 414141 MON - FRI: 9-5.30	ASII BO55 BO £5,000 T: 07740 784 983 privatplates@hotmail.co.uk	BSIIAUN £15,000 (B SHAUN) TEL: 07985 455 057	DSIIAUN £15,000 (D SHAUN) TEL: 07985 455 057	F44EEM £4,500 TEL: 07825 040 037	HOIIVER £7,500 (H OLIVER) TEL: 07985 455 057	JAV333D £5,500 TEL: 07779 324 610	KU55 OOM £2,000 TEL: 07588 326 444	MA55 UDD £4,000 TEL: 07588 326 444	MSIIAUN £7,500 (M SUSAN) TEL: 07985 455 057	NSIIAUN £7,500 (N SUSAN) TEL: 07985 455 057	PKIINGS £14,000 (P KIINGS) TEL: 07	

SH04 BEK £1,995 ONO TEL: 07764 656 667	SHA2D £25,000 TEL: 07867 961 193	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	WDIIEEP £7,000 (W DILEEP) TEL: 07985 455 057	XX 56XY XX £8,000 ONO TEL: 07908 472 121
SHIOAEB OFFERS T: 07754 852 402 MON - FRI: 9-5-30	SOII BYA £2,000 TEL: 01274 414141 MON - FRI: 9-5-30	TAIIMAD £10,000 (T AHMAD) TEL: 07985 455 057	TYIISAF £15,400 (T YUSAF) TEL: 07985 455 057	VY55 HNU £3,500 TEL: 07588 326 444	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	SPIRTY £15,000 (SPORTY) TEL: 07985 455 057	TAIYRS £1,500 (TAHYRS) TEL: 07867 886 786	TYIISUF £15,000 (T YUSUF) TEL: 07985 455 057	WOIIVER £8,500 (W OLIVER) TEL: 07985 455 057	WKIIMAR £15,000 (W KIIMAR) 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	UAIMAD £10,000 (U AHMAD) TEL: 07985 455 057	W2I JAS £1,200 ONO TEL: 07925 757 677	WMIILES £7,500 (W MILES) TEL: 07985 455 057	YSIILMA £4,000 ONO (SALMA) TEL: 07969 598 969
SHIOKUT OFFERS T: 07754 852 402 no withheld numbers	SUR87IT £1,500 (SURBJIT) TEL: 07985 589 631	TA55LYM £4,895 ONO TEL: 07779 324 610	UDIIEEP £7,000 (U DILEEP) TEL: 07985 455 057	W33DDY £5,000 ONO TEL: 07779 994 695	WSIISAN £7,500 (W SUSAN) TEL: 07985 455 057	Y55ANA OFFERS TEL: 07835 316 786
SHII AED £1,000 TEL: 01274 414141 MON - FRI: 9-5-30	SYIISAF £15,400 (S YUSAF) TEL: 07985 455 057	TA55TEE £5,000 T: 07740 784 983 privateplates@hotmail.co.uk	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 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	YAIMAD £10,000 (Y AHMAD) TEL: 07985 455 057
SHIIAHZ £6,000 TEL: 07921 576 971	TOYSR £15,000 ONO TEL: 07973 787 934	TA67 ETS £6,000 ONO TEL: 07908 472 121	UYIISAF £15,400 (U YUSAF) TEL: 07985 455 057	W4JLD £1,995 TEL: 07854 389 874	X3 SINGS £3,500 (SINGHS) TEL: 07833 333 870	YAIYAA £15,000 (YAYYAA) TEL: 07985 455 057
SHII ANY £2,000 TEL: 01274 414141 MON - FRI: 9-5-30	TIIUCS OFFERS TEL: 07581 169 231	TAHIR £100,000 (TAHIR) TEL: 07403 302 725	VOIIRAS £2,000 (VOHRA) TEL: 07867 886 786	W4KY R £1,500 TEL: 07786 615 234	X 7BY X £1,500 TEL: 07767 778 798	YEIICOM £49,000 (YELL COM) TEL: 07985 455 057
SHIIKEL £4,999 ONO (SHAKEL) TEL: 07863 845 709	TI4 REK OFFERS (TARIC) TEL: 07508 066 661	TBIHAT £7,000 (T BHATT) TEL: 07985 455 057	VOIIVER £6,500 (V OLIVER) TEL: 07985 455 057	W4LYT £2,000 TEL: 07854 435 656	XAL IIX £15,000 TEL: 07733 244 444	YDIIEEP £7,000 (Y DILEEP) TEL: 07985 455 057
SHII OBY £1,000 TEL: 01274 414141 MON - FRI: 9-5-30	TI9 ARX OFFERS (TIGER X) TEL: 07837 780 981	TDIIEEP £7,000 (T DILEEP) TEL: 07985 455 057	V 4RFN £1,000 TEL: 07967 193 033	WAIIEEM £15,000 (WAHEEM) TEL: 07985 455 057	X BAIG £50,000 TEL: 07947 979 777	YKIIMAR £15,000 (Y KIIMAR) TEL: 07985 455 057
SHIIPER £15,000 (SHIPEP) TEL: 07965 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	TJIDGE £15,500 (T JUDGE) TEL: 07985 455 057	VAIMAD £10,000 (V AHMAD) TEL: 07985 455 057	WAIITAD £10,000 (WANTED) TEL: 07778 881 126	X KIIAN X £2,700 TEL: 07786 087 155	YVIIJAY £10,000 (Y VIJAY) TEL: 07985 455 057
SHI2ADH £3,000 ONO TEL: 07870 993 553	T444BYS £995 ONO TEL: 07986 896 431	TKINGS £14,000 (T KINGS) TEL: 07985 455 057	VBIHAT £7,000 (V BHATT) TEL: 07985 455 057	WAH330K £2,500 (W AHMED K) TEL: 07973 159 979	XKIIMAR £15,000 (X KIIMAR) TEL: 07985 455 057	Y44SCR £2,500 ONO TEL: 07828 159 318
SHI2ANH £3,000 ONO TEL: 07870 993 553	T8NHD £15,000 (TAWHED) TEL: 07842 955 147	TMIILES £7,500 (T MILES) TEL: 07985 455 057	VDIIEEP £7,000 (V DILEEP) TEL: 07985 455 057	RYIISUF £15,000 (R YUSUF) TEL: 07985 455 057	XMIILES £7,500 (X MILES) TEL: 07985 455 057	
SHI3 MLA £5,000 - (SHIMMLA) TEL: 07973 165 474	T9RYK OFFERS TEL: 07863 289 625	TRII HAD OFFERS TEL: 01274 414141 MON - FRI: 9-5-30	YSIISAN £7,500 (V SUSAN) TEL: 07985 455 057	WJ333D £2,995 TEL: 07793 628 670	XSIIAKS £4,500 (X SHAKS) TEL: 07985 455 057	
SH54ZHD £5,725 TEL: 07802 183 450	TAIATS £1,500 (TALLAT) TEL: 07867 886 786	TSIISAN £7,500 (T SUSAN) TEL: 07985 455 057	VYIISAF £15,400 (V YUSAF) TEL: 07985 455 057	WASIIF £10,000 TEL: 07867 861 193	XXIO MAR OFFERS TEL: 07928 473 771	

5 NAS £30,000 TEL: 07540 176 854	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	

A84DLA OFFERS TEL: 07522 173 297	AWA15S OFFERS TEL: 07522 173 297	F9TMA OFFERS TEL: 07522 173 297	K4HN.V OFFERS TEL: 07522 173 297	M44YAT OFFERS TEL: 07522 173 297	S4FTR OFFERS TEL: 07522 173 297	SHIFYK OFFERS TEL: 07522 173 297
AI.2GGY OFFERS TEL: 07522 173 297	AWI1AS.X OFFERS TEL: 07522 173 297	FA1IZAM OFFERS TEL: 07522 173 297	K4UR.X OFFERS TEL: 07522 173 297	MA14RYA OFFERS TEL: 07522 173 297	S4JAO OFFERS TEL: 07522 173 297	S10DFYN OFFERS TEL: 07522 173 297
AA1ZOMA OFFERS TEL: 07522 173 297	AY55HAS OFFERS TEL: 07522 173 297	FI2ANA OFFERS TEL: 07522 173 297	K44HNY OFFERS TEL: 07522 173 297	MA14RYM OFFERS TEL: 07522 173 297	S4TPL OFFERS TEL: 07522 173 297	T4RAK OFFERS TEL: 07522 173 297
AA13EZA OFFERS TEL: 07522 173 297	B19 ACN OFFERS TEL: 07522 173 297	FI2LAT OFFERS TEL: 07522 173 297	KE55AR.B OFFERS TEL: 07522 173 297	MAQ4DAS OFFERS TEL: 07522 173 297	S500AAN OFFERS TEL: 07522 173 297	T4SDK OFFERS TEL: 07522 173 297
AA55HAD OFFERS TEL: 07522 173 297	BAO.5HAN OFFERS TEL: 07522 173 297	FI7RAN OFFERS TEL: 07522 173 297	KASSYM.A OFFERS TEL: 07522 173 297	ME1IZAN OFFERS TEL: 07522 173 297	SAI4HYL OFFERS TEL: 07522 173 297	T5PAN OFFERS TEL: 07522 173 297
ABIIDLA OFFERS TEL: 07522 173 297	BD5.7HUG OFFERS TEL: 07522 173 297	H1GFSA OFFERS TEL: 07522 173 297	KE55AR.J OFFERS TEL: 07522 173 297	MUIIAMO OFFERS TEL: 07522 173 297	SHO2ZEB OFFERS TEL: 07522 173 297	T16YUB OFFERS TEL: 07522 173 297
A13BYD OFFERS TEL: 07522 173 297	B1G KNY OFFERS TEL: 07522 173 297	H18SNS OFFERS TEL: 07522 173 297	KE55AR.X OFFERS TEL: 07522 173 297	NAI3ELZ OFFERS TEL: 07522 173 297	SHIIEZD OFFERS TEL: 07522 173 297	T17LAT OFFERS TEL: 07522 173 297
AD14AAM 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	TA51WAR 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	SHIKOR OFFERS TEL: 07522 173 297	TA54DAK OFFERS TEL: 07522 173 297
AN11AMS OFFERS TEL: 07522 173 297	CH JAT OFFERS TEL: 07522 173 297	JAI3ARZ OFFERS TEL: 07522 173 297	K15HVR OFFERS TEL: 07522 173 297	RI4SYT OFFERS TEL: 07522 173 297	SHIIMEM OFFERS TEL: 07522 173 297	TA54WAR OFFERS TEL: 07522 173 297
AN11EEK OFFERS TEL: 07522 173 297	DI4TAA OFFERS TEL: 07522 173 297	JAS5 KOR OFFERS TEL: 07522 173 297	KK1.2AYN OFFERS TEL: 07522 173 297	RI7NAJ OFFERS TEL: 07522 173 297	SHIISAD OFFERS TEL: 07522 173 297	V3JEY OFFERS TEL: 07522 173 297
AN11IQUE OFFERS TEL: 07522 173 297	E13RAR OFFERS TEL: 07522 173 297	JAS.5NGH OFFERS TEL: 07522 173 297	L1GAYD OFFERS TEL: 07522 173 297	RAI3 KHN OFFERS TEL: 07522 173 297	SHI3KHE OFFERS TEL: 07522 173 297	W4SAB OFFERS TEL: 07522 173 297
A.R13MHN OFFERS TEL: 07522 173 297	ESIIMYL OFFERS TEL: 07522 173 297	JAIIBAR OFFERS TEL: 07522 173 297	L4IIORE OFFERS TEL: 07522 173 297	RAI3NWZ OFFERS TEL: 07522 173 297	SHI3KHY OFFERS TEL: 07522 173 297	WI4JYD OFFERS TEL: 07522 173 297
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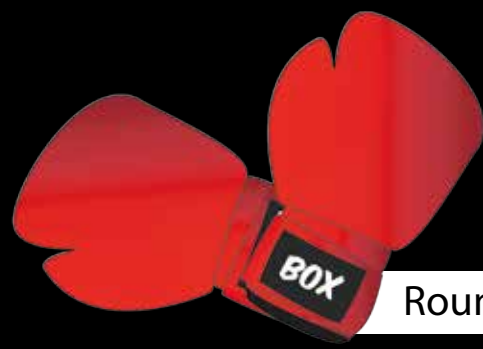
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Three peaks in less than 12 hours!

30 hikers complete charity challenge in support of Shaukat Khanum Memorial Cancer Hospital & Research Centre

A determined group of 30 trekkers successfully completed the Yorkshire Three Peaks Challenge in under 12 hours, raising critical funds for the Imran Khan Cancer Appeal (IKCA).

The event, which took place on Saturday 17th August was organised to support the Shaukat Khanum Memorial Cancer Hospital & Research Centre, a beacon of hope for cancer patients in Pakistan.

The Yorkshire Three Peaks Challenge is renowned for its difficulty, covering 24 miles and scaling three of the highest peaks in the Yorkshire Dales: Pen-y-ghent, Wharfedale, and Ingleborough.

Continued on pages 42

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



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30 hikers complete charity challenge in support of Shaukat Khanum Memorial Cancer Hospital & Research Centre

Continued from pages 41

Undergoing this challenge in less than 12 hours is an extraordinary feat, reflecting the participants' commitment and stamina.

"Completing the Yorkshire Three Peaks is an achievement in itself but doing so in under 12 hours is a remarkable testament to the dedication of these individuals," said Shafiq Rafiq, spokesperson for the Imran Khan Cancer Appeal (IKCA).

"Each step taken by these trekkers symbolises a step forward in our mission to save lives at Shaukat Khanum Hospital. Their efforts will directly contribute to providing essential cancer care to those who need it most."

The participants, hailing from various backgrounds, were united by a shared purpose: to

make a difference in the fight against cancer.

Their collective efforts have raised significant funds, which will be used to support the hospital's ongoing mission to offer free cancer treatment, cutting-edge research, and comprehensive support services to patients, regardless of their financial means.

The Imran Khan Cancer Appeal (IKCA) continues to champion the cause of cancer care in Pakistan, with events like the Yorkshire Three Peaks Challenge playing a crucial role in raising awareness and much-needed funds. The success of this event underscores the power of community and the impact of every contribution, no matter how large or small.

For more information about the Imran Khan Cancer Appeal or to make a donation, please visit www.ikca.org.uk



Bik and Micky Singh, club secretary and founder of Blues 4 All - (credit Roy Smiljanic)

Community work by football supporter group recognised with national award nomination

Continued from pages 44

Blues 4 All, led by father and son Micky and Bik Singh, has grown into a powerful force for positive change. Helping to transform and extend the fanbase of Birmingham City FC's Men and Women's teams, the group has been engaging with thousands of members from local churches, gurdwaras, mosques, mandirs, grassroots, and community organisations.

The group has been shortlisted three times at the prestigious National FSA Awards and won the Fans for Diversity Award in 2017. Boosted attendance and involvement in the women's game, particularly among local South Asian communities, and supported fans during the COVID-19 pandemic - presenting virtual watch parties, mental health-focused social events, a running club, and food parcel deliveries are all part of their outreach work.



Blues 4 All founder Micky Singh, Birmingham City FC player and Blues 4 All ambassador Clayton Donaldson and Blues 4 All club secretary Bik Singh



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Shortlisted

Winners of the AFAs will be announced during a star-studded ceremony hosted by Sky Sports News presenter Dharmesh Sheth held at Wembley Stadium on Wednesday 25th September with appearances from pioneering figures within the footballing community including BCFC's rising star Brandon Khela.

Blues 4 All founder Micky Singh said, "This nomination is a true testament to everyone who has contributed to the Blues 4 All initiative over the years.

"As we approach our tenth anniversary, it feels especially fitting that our work is recognised through a shortlist for this award.

"We look forward to the event and wish all the nominees the best of luck."

As a multicultural fan group primarily composed of members from South Asian communities, the Blues 4 All key objective remains to ensure that every child in Birmingham experiences the excitement of a Birmingham City FC match, building a lifelong connection with the club.

With senior members on the Football Supporters Association's Fans for Diversity guidance group, Blues 4 All also helps, advises and inspires other club fan groups on best practice for promoting diversity and inclusion in English football.

Their influence extends beyond the terraces, with the group actively involved in fundraising efforts for causes such as Cure Leukaemia, Love Brum, and the Birmingham City Foundation, cementing their place as true community champions.

Bik Singh, Club Secretary of Blues 4 All, said: "We're absolutely chuffed to have made the shortlist for the Fan Group Award.

"A lot of heart, energy, and soul has gone into Blues 4 All, and we're delighted that our efforts have been recognised on a national scale by the South Asian football community.

"We look forward to sharing and celebrating our collective work at Wembley."

The Asian Football Awards celebrate excellence in the industry while also providing a vital space to acknowledge community and voluntary contributions. The awards aim to honour inspiring role models who have shown remarkable dedication and effort in their respective fields.

Established to acknowledge and reward the contributions of British South Asians in the football industry, the Asian Football Awards (AFA) serve as a significant platform.

The primary objective is to showcase the diverse talents of coaches, volunteers, players, administrators, and fans within the South Asian community who share a profound love for the game.

The Asian Football Awards recognises British South Asians with heritage from the countries of India, Pakistan, Bangladesh, Sri Lanka, Afghanistan, Nepal, Bhutan, and the Maldives.



Arun Singh, Mick Singh and Bik Singh from Blues 4 All - (credit Roy Smiljanic)

Asian Express

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Shortlisted

Community work by football supporter group recognised with national award nomination

A club set up to strengthen and deepen the connection between Birmingham City FC and the South Asian community, has been shortlisted in the Fan Group category of the 2024 Asian Football Awards (AFA).

The Blues 4 All group's commitment to promoting inclusivity and diversity in football by providing access to match day experiences for underrepresented communities, coincides with the 10th anniversary of the supporter-driven initiative and a new era of investment at the Club.

Continued on page 42



Birmingham City FC player Lukas Jutkiewicz with young fan Armaan Singh at Blues 4 All event

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