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See page 29

GAZA WAR SURGEON, GP DR AMIR KHAN AND FORMER PRIME MINISTER AMONGST STELLAR LINEUP AT LITERATURE FESTIVAL

See pages 2 & 3



It's never too late

An art tutor turned student says new art course will 'polish what I already know'

Starting a new term in education is daunting at any age, but for adult learners it's often a self-mission to prove that it's never too late to learn.

It's no different for adult learner, Lubna Tahir. The 40-something-year-old is due to begin an art course designed for keen learners just like Lubna, and who are from passionate about working creatively, and using creativity

as a powerful tool to enhance mental health and wellbeing.

Lubna, who is from Lahore in Pakistan, is an art tutor at No. 93 Wellbeing Centre where she runs weekly drop-in art sessions and even led art classes online during the pandemic for an art gallery.

The creative said her passion for art begins close to home: "I take my main source of inspiration from my family; I'm from four generations of an artist family. My dad, my granddad... they were all teaching art.

"So, when I moved here, I started teaching art and I've done my Master's in art too, where I looked at practicing painting from my country.

"Teaching art is in my blood, and I'm a born artist so the only thing I know is art."

After completing several different courses with Manchester Adult Education Service (MAES) over the last eight years, the Harpurhey resident believes her new venture in art therapy was almost a "rite of passage".

Continued on page 6



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Gaza war surgeon, GP Dr Amir Khan and former prime minister amongst stellar lineup at literature festival

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.

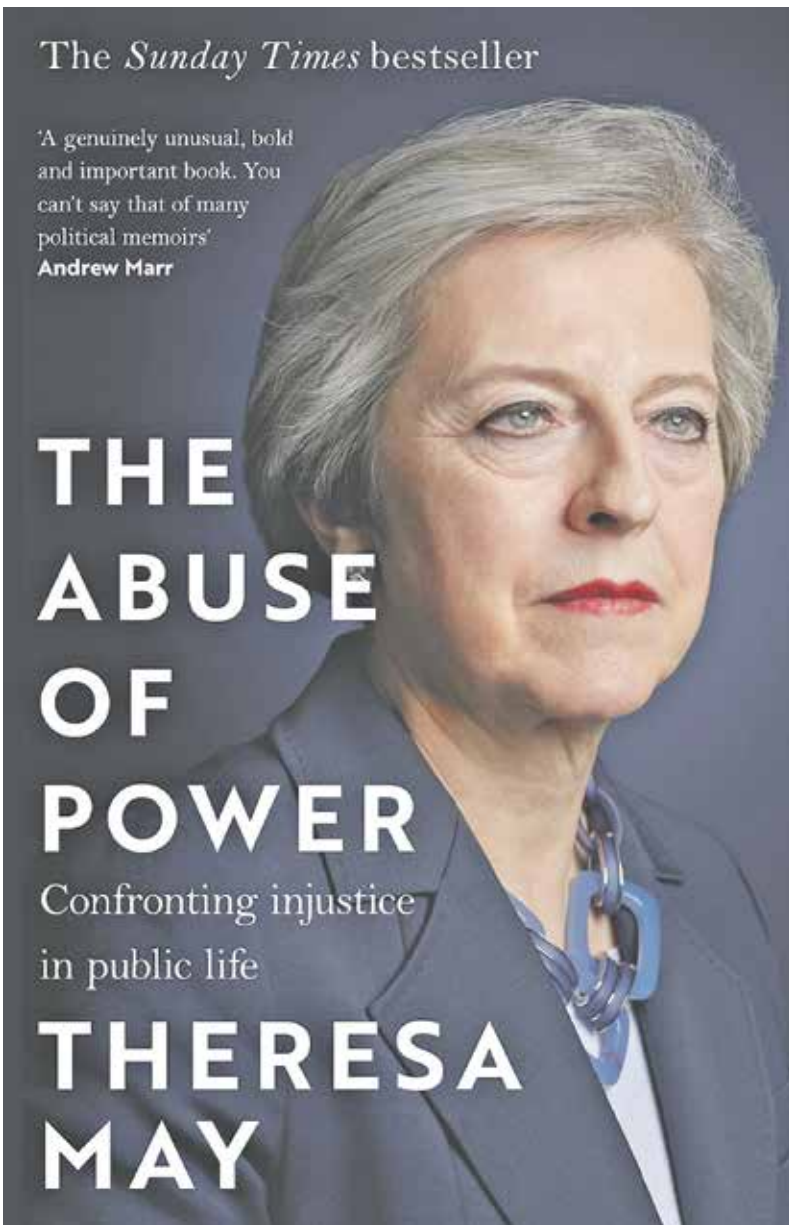
This year's special guests include former prime minister Theresa May, celebrated author Victoria Hislop, writer and comedian Adam Kay, and GP and bestselling author Dr Amir Khan.



NEWS ALERT!

UK Spouse Visa

The new Home Secretary, Yvette Cooper, has announced a pause on the proposed increase of the spousal visa salary threshold from £29,000 to £38,700 until a comprehensive review of the family visa policy is completed.



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.

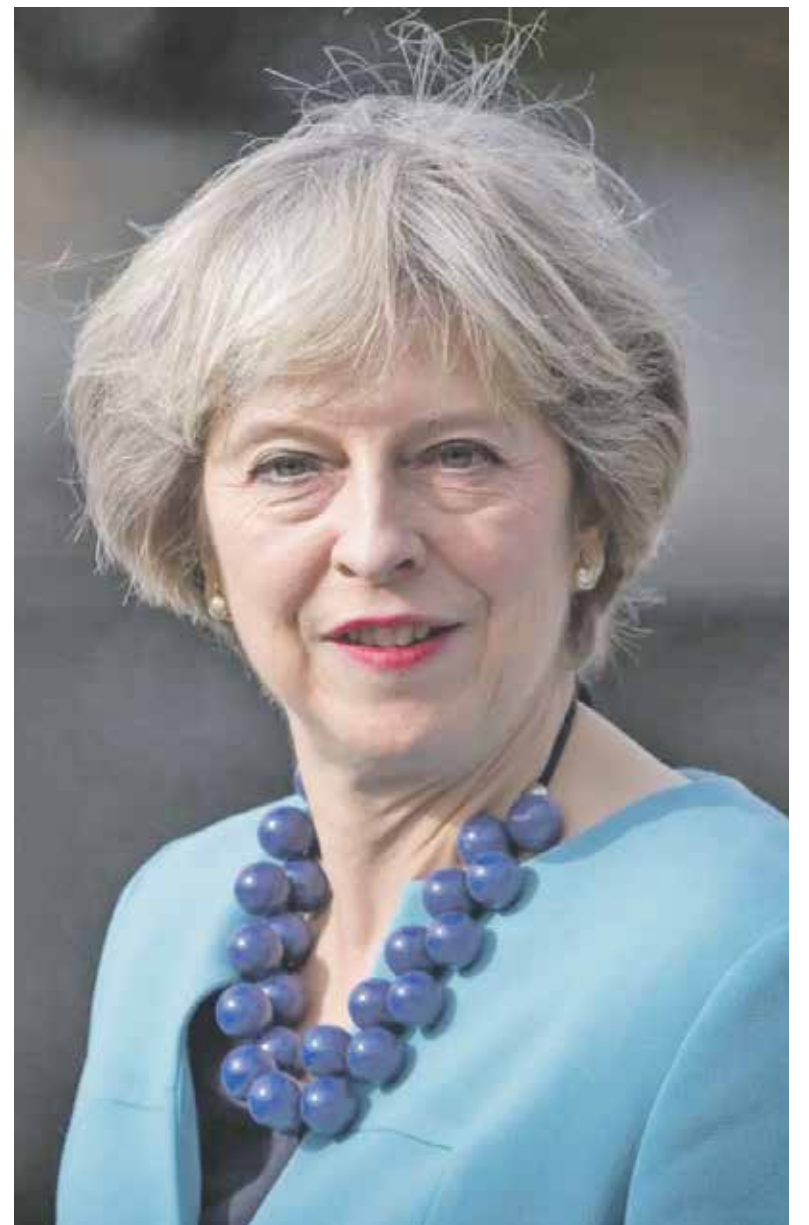
Historical literature fans will get the chance to hear from Victoria Hislop, whose novel, The Figurine, weaves a tale of history, art and love. The celebrated author will discuss the inspiration behind her new novel, the significance of cultural heritage and her passion for Greek history and culture.

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 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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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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Cover story continued

The mother-of-two has lived in Manchester since 2016 and alongside her sought-after art classes, she also regularly volunteers at Manchester Art Gallery to keep herself engaged in the arts in the city she now calls home.

She said: "I help people to start to live life again through art. I do art therapies, everything related with art and how we can heal through art."

The opportunity to give back to Manchester's art community came after Lubna decided to begin Talk English Classes in 2017 with MAES for adults who want to learn English or to sharpen their English language speaking skills.

After being introduced to Manchester Art Gallery through her Talk English course, it was her time spent there that proved to be the biggest source of inspiration for Lubna, along with the rich culture she brought with her from Pakistan.

She described it as "infusing everything" from modern, cultural British influences to create something new. Once her course is complete, Lubna hopes to use her newfound skills and confidence to be able to teach this fusion of art to her students.

She said: "Doing this [new] art course is going to polish what I already know and help me navigate my way through teaching and learning art in my lessons through the MYRIAD Spark Training Programme. I will share this with my students and make my classes something they want to keep coming back to. The way I see it is I'm serving the community with art."

Lubna's lessons are a vibrant tapestry of art techniques and forms, ranging from painting and mosaic to abstract painting, still life, landscape, acrylic, oil and watercolour painting.

She also delves into the art of designing, card-making, jewellery-making, collage, calligraphy and decoupage. These creative methods form the foundation of her teaching, and she is eager to expand her expertise in these art forms.

Lubna believes that her endless passion for the arts has been possible because of the support from her family both in Britain and Pakistan, despite her father now having passed away.

The creative talent, who is also this year's 'Be Proud' award winner, encourages others to always keep their "urge to learn" as thousands of adult learners prepare to enrol on their courses this year.

She said: "In our lives on our journey, we must learn things and explore. Even though I am a born artist and have a strong background in art, there is still so much I have not yet learnt about my craft. I feel I need to learn more about different cultures that can influence my work and my teaching. For those starting their courses this September too, it's never too late to learn."

Every year, thousands of students enrol in MAES courses in centres across the city to learn new and refined skills in Maths, English or IT and leave with hard-earned qualifications for themselves or for the betterment of their careers.

To find out more about MAES courses and enrolment and to book an appointment with an advisor please visit www.manadulted.ac.uk.



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'Being Muslim Today'

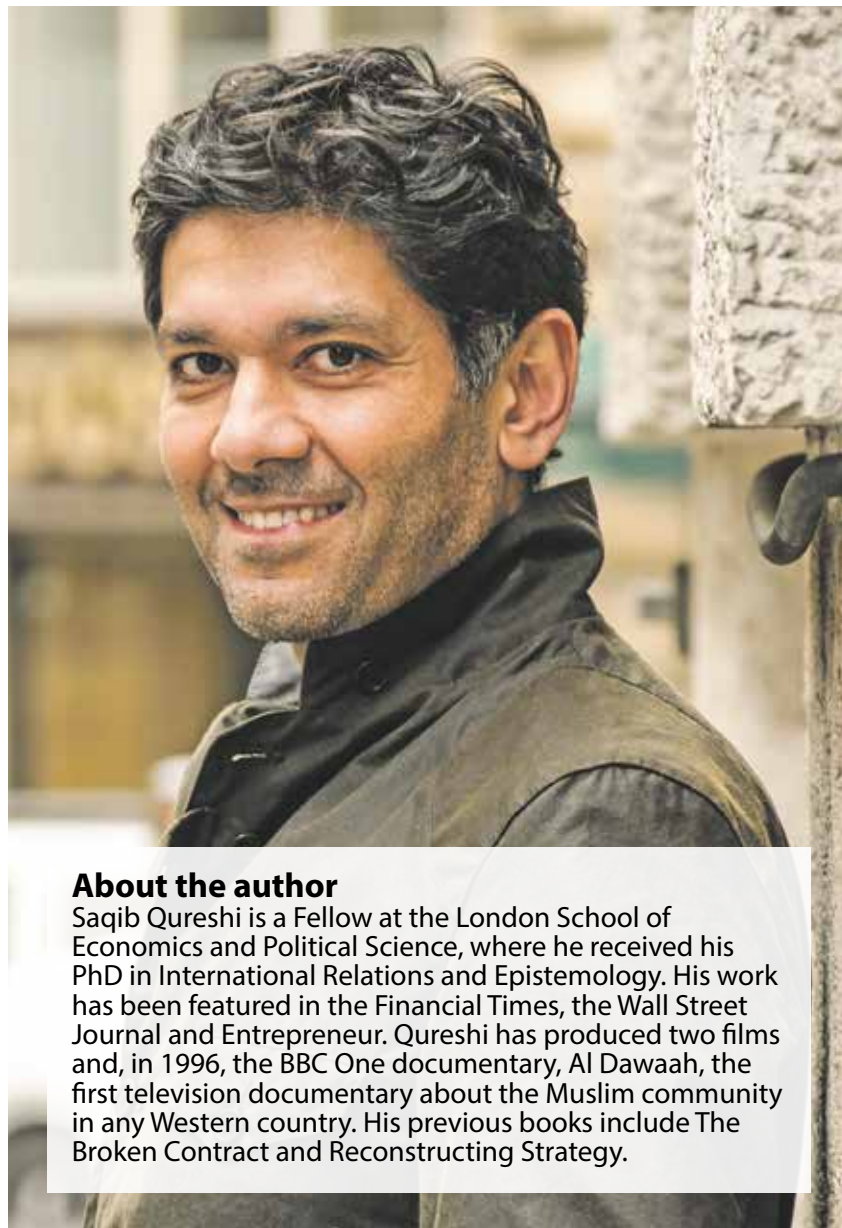
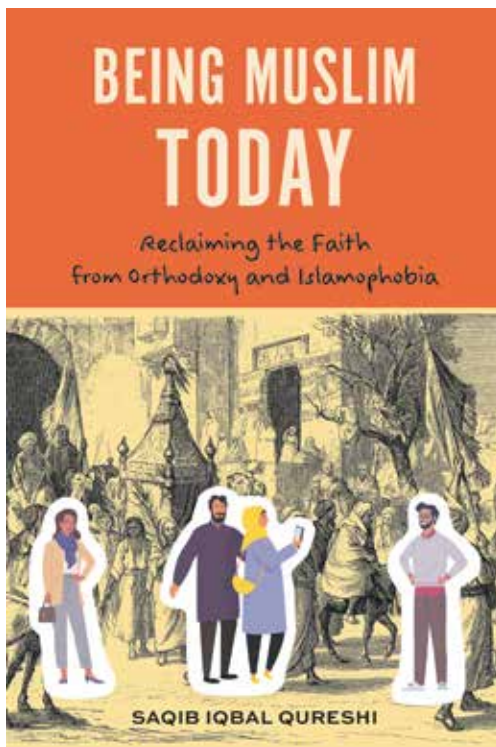
Islamophobes cultivate damaging stereotypes that present a religion that most Muslims cannot relate to.

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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A Bradford hospital consultant's new role will see him training surgeons of the future across the UK and Europe, who will be using state-of-the-art robotics.

Consultant Uro-oncologist and Urological Surgeon, Raj Singh, has become a proctor for Intuitive Surgical, the manufacturers of the revolutionary da Vinci robotic-assisted surgical systems or 'robots', which are used at Bradford Royal Infirmary, part of Bradford Teaching Hospitals NHS Foundation Trust (BTHFT).

A 'proctor' is another word for a mentor, and this will see Mr Singh, who is also the Trust's Cancer Lead, training urology 'robotic' surgeons of the future.

"It's quite an honour to be asked," said Mr Singh, who becomes the only proctor for urology in Yorkshire, proctoring prostate, bladder and kidney surgeries, and one of only a handful of Intuitive

Bradford consultant appointed as proctor for robotic-assisted surgery

Surgical proctors across the country.

The teaching will be carried out in-house at BTHFT, which was proud to pioneer robotic-assisted urological cancer surgery in Yorkshire with its first 'robot' back in 2012.

Mr Singh began his medical training in the Caribbean, in Jamaica. He graduated in 1992 and came to the UK two years later, where his first job was at BTHFT as a senior house officer.

He then spent two years at the Trust before taking up posts in Newcastle and then Preston before returning to his native Trinidad. He returned to the UK in 2006 as a British Journal of Urology International Scholar, spending three years at St Bartholomew's Hospital (Barts) and University College Hospital, London.

He rejoined BTHFT as a consultant urologist in 2012 when his journey with robotic-assisted surgery began. Bradford has now become one of the highest-volume robotic-assisted urological centres in the north of England with surgeons having conducted close to 3,000 surgical procedures. Mr Singh himself has carried out more than 1,000 surgeries using the da Vinci systems.

The Trust now has two da Vinci robotic-assisted surgical systems; the original 2012 'robot' was upgraded with the most up-to-date £1.7 million da Vinci Xi system in April 2022, before the second 'robot' was installed in January 2023. At the same time, the Trust took delivery of a 'dual console' which enables the training of new surgeons.



Prescribing nature can improve happiness and reduce anxiety

A £5.77m cross-governmental funded project has shown that expanding access to Green Social Prescribing can promote wellbeing and improve mental health.

Research led by the University of Sheffield, in partnership with Sheffield Hallam University, University of Exeter and University of Plymouth, shows Green Social Prescribing - supporting people to engage in nature-based activities - is an effective way of supporting people to improve their mental health.

More than 8,300 people with mental health needs took part in nature-based activities across England during the project. Prior to accessing nature-based activities, those participants' whose happiness, anxiety and life satisfaction was worse than the national average, found levels of life satisfaction and feeling that life was worthwhile had improved significantly.

Green Social Prescribing is the practice of supporting people with mental health needs to engage in nature-based activities

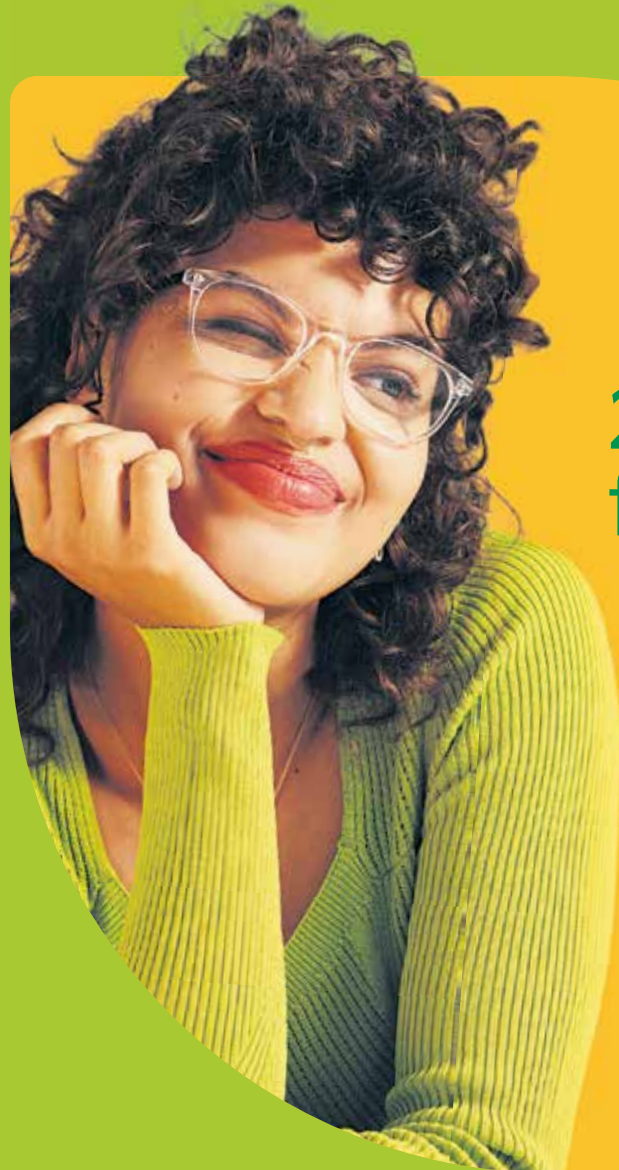
Green Social Prescribing is the practice of supporting people with mental health needs to engage in nature-based activities. Referrals will typically come from GPs, community mental health teams, or social workers, but people can also self-refer.

Social Prescribing Link Workers, and other trusted professionals, then connect people to community groups and agencies for practical and emotional support.

There are many different types of nature-based activities and therapies, including conservation, horticulture and gardening, care farming, exercise and sports, or talking therapies outdoors.

Compared to many other social prescribing initiatives the project reached a broader range of people, including children and young people aged under 18, ethnic minority populations (21 percent), and people from socio-economically deprived areas (57 percent).

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National Science and Media Museum's Pictureville Cinema reopens

Discounted offers and special screenings

Pictureville Cinema, Yorkshire's biggest independent cinema, has reopened, following a 10-month temporary closure.

The reopening on 31st August coincided with Cinema First's National Cinema Day and with it comes an incredible one-day discount, with ticket prices at just £3.

Welcoming audiences back with a diverse programme of new releases and family favourites alongside arthouse films and newly restored classics, the reopening will play its part in a day long nationwide celebration of the big screen.

Featured films on National Cinema Day include new release Kneecap (2024) about the Irish hip hop trio from Belfast; the new 4k restoration

of Terminator to mark its 40th anniversary; re-release of Japanese anime classic, My Neighbour Totoro (1988) along with a screening of Wonka (2023).

Throughout September, featured screenings include Yorkshire-filmed Starve Acre (2023) starring Matt Smith; the re-release of the original 1969 The Italian Job plus Kid's Club screenings of Roald Dahl classics including Fantastic Mr Fox (2009), James and the Giant Peach (1996) and Matilda the Musical (2022).

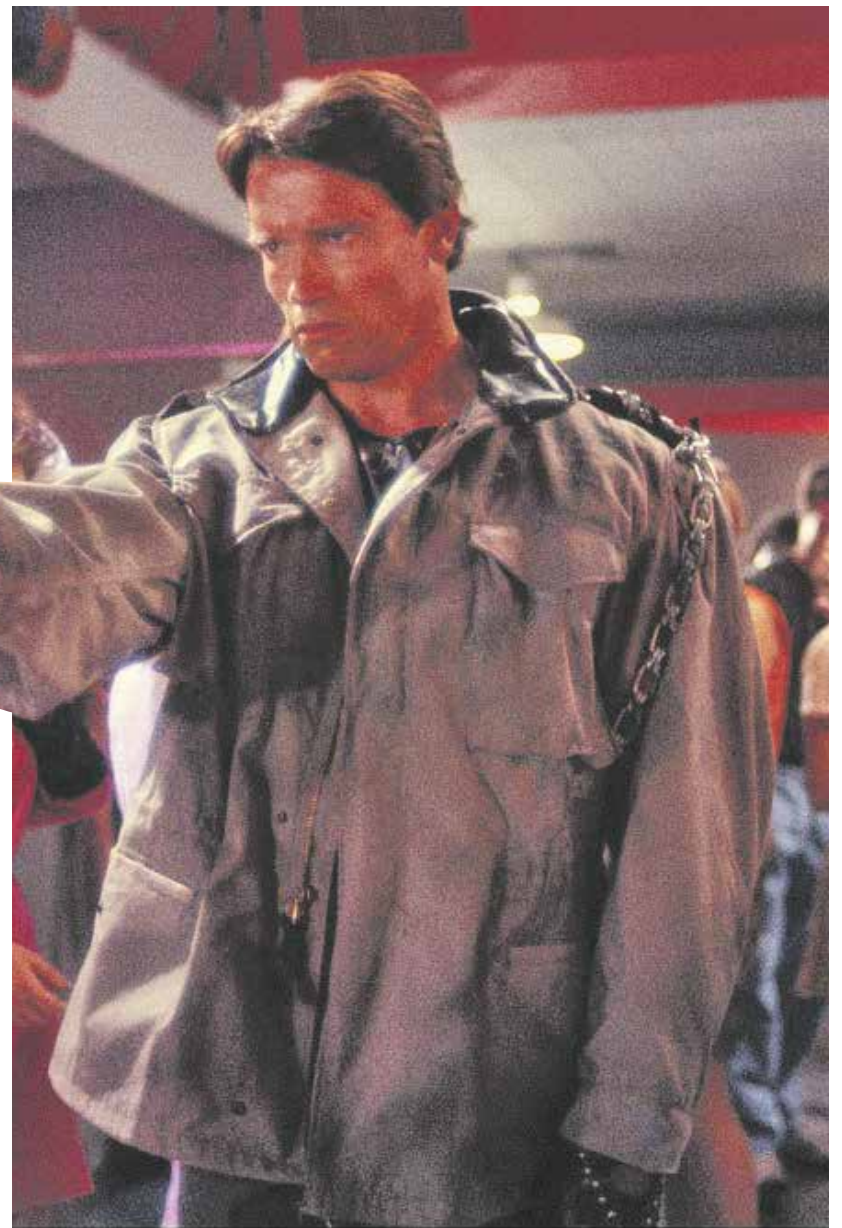
Commenting on Pictureville Cinema's reopening, Sally Folkard, Head of Screen and Cultural Engagement at the National Science and Media Museum said:

"We're really looking forward

to welcoming audiences back into Pictureville after unexpectedly having to close the cinema last year. Audiences will be able to enjoy a fantastic programme including the latest releases, new restorations plus the best of world cinema and independent classics that Pictureville is known for, all back in the beautiful auditorium."

The reopening of Pictureville Cinema follows the reopening of the museum's Cubby Broccoli screen in July. The museum's IMAX remains temporarily closed due to the museum's ongoing refurbishment.

For more information about film times and to book tickets, please visit: <https://www.scienceandmediamuseum.org.uk/cinema>



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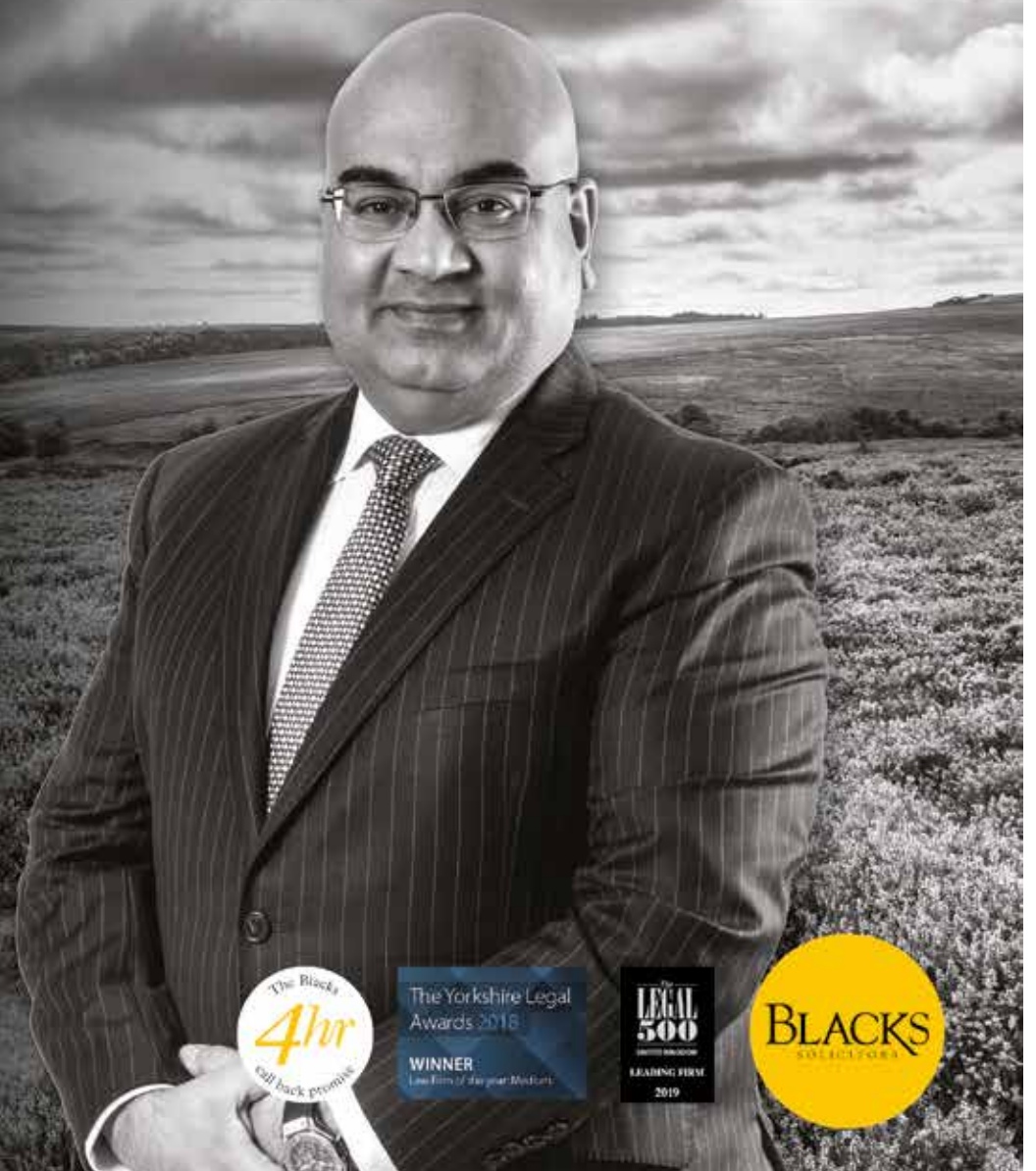
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Warnings of 'revolving door' as around 1,750 inmates set for early release



The Chief Inspector of Prisons has raised serious concerns about the potential consequences of the government's decision to release approximately 1,750 prisoners early in an effort to address overcrowding.

This early release program, intended to ease pressure on the UK's overcrowded prison system, has sparked warnings from experts, former inmates, and prison officials who fear it could result in a "revolving door" scenario, where many of these prisoners, lacking proper rehabilitation, will soon return to prison.

Normally, about 1,000 prisoners are released each week. However, this scheme, which adds 1,750 more prisoners to that number, will be followed by another wave of early releases in October, when around 2,000 more inmates will be freed.

One former inmate of HMP Parc in Wales has highlighted the danger of releasing "unstable" individuals who have not been adequately rehabilitated.

He cautioned that these prisoners, many of whom struggle with drug addiction and mental health issues, are at a higher risk of reoffending, posing a threat to public safety as they return to communities across the country.

Despite government assurances that the release is limited to non-violent offenders and those not convicted of serious crimes like sexual offences, terrorism, or certain domestic abuse cases, the sheer number of prisoners set for release has caused alarm.

Charlie Taylor, the Chief Inspector of Prisons, voiced strong concerns about the dangers of releasing so many prisoners at once, without ensuring they have received the necessary support and rehabilitation to reintegrate into society.

He emphasised that the early release, while relieving immediate pressure on overcrowded prisons, risks creating "more mayhem in communities" as these unprepared individuals are likely to reoffend.

Secretary Shabana Mahmood stating that the prison system was at risk of collapse due to overcrowding and that releasing prisoners was the only viable solution. She argued that without these releases, the criminal justice system would have faced total breakdown, with trials postponed, arrests delayed, and overall law and order undermined.



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Homeowners in West Yorkshire could save over 40% off the cost of solar panels under a new scheme from regional Mayor Tracy Brabin.

Under the "Solar Together" scheme, residents can sign up for solar panels with their neighbours and each save around £2,500 on the installation.

By signing up together, residents make it cheaper for the installer to fit the solar panels and batteries across multiple homes at once.

Under the Mayor's scheme, these savings are then passed on to the customer, as part of her plans to build a "greener" West Yorkshire.

Tracy Brabin, Mayor of West Yorkshire, said: "We've kickstarted a home energy revolution – a wave of retrofits across West Yorkshire that could see households save money on their energy bills.

"With Home Energy West Yorkshire, we're providing vital support that will make it easier, simpler, and cheaper for people to do up their home.

"Together, with partners such as Solar Together, we will build a greener West Yorkshire with warmer homes and brighter communities for all."

Mayor Brabin recently launched a new programme called Home Energy West Yorkshire, introducing low-interest loans for people to renovate their homes and reduce their energy bills.

The programme marks the first step on the road towards a "retrofit one-stop-shop" that would be a single, easy-to-use service providing support and advice to anyone seeking help with reducing their energy bills by retrofitting their homes.

The West Yorkshire Combined Authority is working in partnership with sustainable energy firm Solar Together, experts in accelerating the transition to sustainable energy, to help households make the change as simply and affordably as possible.

Marie-Louise Abretti, Solar Together UK Business Manager, added: "With energy prices continuing to fluctuate, residents of West Yorkshire are looking for opportunities to reduce their carbon emissions, save on energy bills, and increase their independence from the grid.

"The Solar Together group-buying scheme offers a straightforward way to make an informed decision and to access a competitive offer from a trusted, vetted provider."

Residents in West Yorkshire have until 13 September to register for the scheme: <https://www.solartogether.co.uk>

New solar panel scheme to help communities save money on energy bills



"With Home Energy West Yorkshire, we're providing vital support that will make it easier, simpler, and cheaper for people to do up their home."

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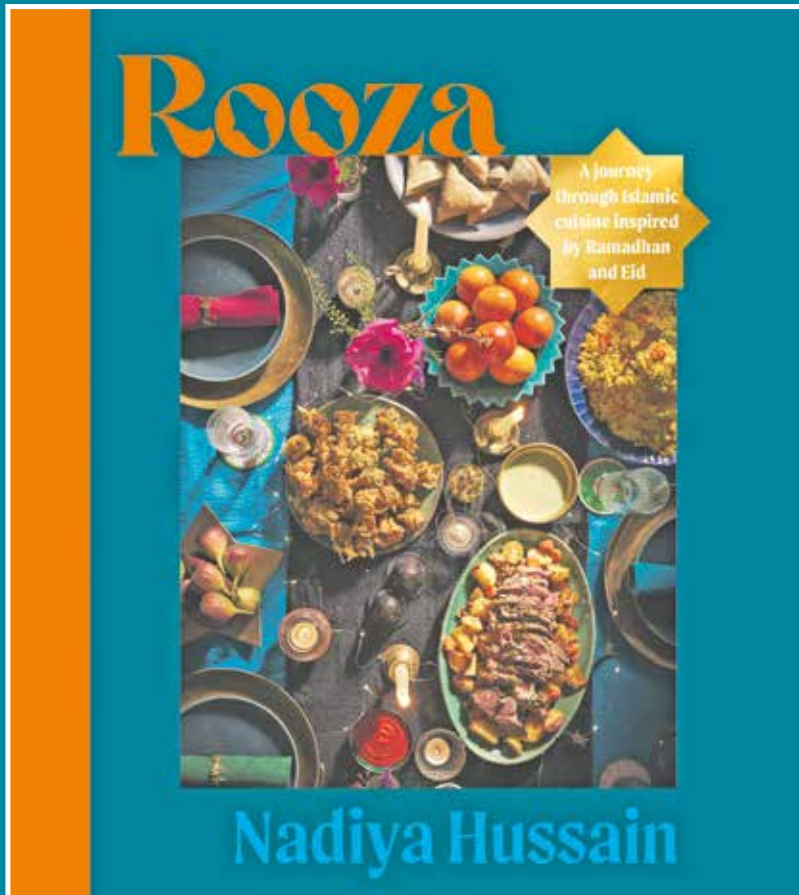
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‘Rooza’

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.”

“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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“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.

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,

“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

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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“Making its pitch available for use by the public outside of school hours is also a positive idea, and one that I’m sure will be welcomed by local residents.”

Work is under way on two new community football pitches as Leeds City Council once again shows its commitment to providing top-class sporting facilities for local residents.

The full-size grass pitches are taking shape on council-owned land at Whinmoor Grange in east Leeds, close to the Arium horticultural nursery off Thorner Lane.

Designed to Sport England standards and complemented by dedicated parking facilities and attractive landscaping, they are intended to replace a pair of existing pitches at Smeaton Approach, also in east Leeds.

The land currently occupied by the Smeaton Approach pitches has been earmarked for use as a community hub – provisionally comprising a primary school, medical centre and convenience supermarket – serving a new residential development.

Subject to planning approval, the development will deliver up to 925 homes as part of the wider East Leeds Extension housing growth programme.

This in turn would help meet local housing needs, while the council’s re-provision – in a higher quality form – of the pitches required for the scheme means the east Leeds community as a whole will not be disadvantaged by a loss of sports facilities.

The Smeaton Approach pitches will remain available for use until the Whinmoor Grange site is ready.

Councillor Salma Arif, Leeds City Council’s executive member for adult social care, active lifestyles and culture,

Councillor Salma Arif with councillor Helen Hayden



The project that’s delivering champion facilities for local footballers

said: “We want people across Leeds to lead healthy, active lives and, to support that ambition, we’re determined to provide them with access to the very best sporting facilities.

“The new football pitches at Whinmoor Grange will be an excellent example of the results being delivered by this approach and the difference we

are making to our communities.

“I was delighted to recently visit the site, meet the project team and see first-hand the progress already being made on a scheme that I’m sure will be a source of real local pride.”

Work at Whinmoor Grange is being carried out in two phases. The first, which began in July, involves the

construction of the pitches themselves.

Phase two, programmed to start in 2025, includes the creation of a 50-space car park as well as new walking and cycling infrastructure.

It is hoped that, once the pitches have been seeded and allowed to mature, the site will be ready to begin hosting matches in September next year.

The scheme has been designed by NPS Leeds and is being delivered for the council by Cleveland Land Services.

The primary school planned for Smeaton Approach would also have its own pitch, available for public use outside of school hours.

Councillor Helen Hayden, Leeds City Council’s executive member for children and families, said: “Schools play an important role in bringing communities together by giving parents and children alike an opportunity to build friendships and share experiences.

“It’s really pleasing, therefore, to see that a new primary school has been incorporated into the plans for the Smeaton Approach community hub.

“Making its pitch available for use by the public outside of school hours is also a positive idea, and one that I’m sure will be welcomed by local residents.”

Other recent boosts for Leeds’s health and fitness offer include the approval of plans for a new wellbeing hub to replace the ageing Fearnville Leisure Centre in Gipton.

Work is also expected to start next year on a project that will see land in Holbeck – once occupied by Matthew Murray High School – becoming home to three full-size artificial grass football pitches, two multi-use games areas and a two-storey building with facilities such as changing rooms and a cafe.

In addition, major improvements have recently been carried out at leisure centres in Armley, Morley, Wetherby and Rothwell.

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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."

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

"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."

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

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."



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'Don't give up on your dream'

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 radiotherapy. 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



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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."

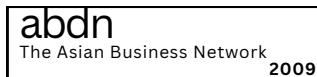
"As Mayor, I will make it easier for people to get back into learning and get the job they want - no matter how they do in their exams."

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

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.

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.

Continued on page 27



BUSINESS**YOUR LOCAL &**

Buyer Beware

In law, there is a legal maxim called “Caveat Emptor” which is a Latin phrase that translates to “let the buyer beware”. It means that an individual buys at their own risk and they should carry out their own research before they buy. This maxim was clearly illustrated in the recent case of Co Mayo Estates Limited v Hidden Gem Limited which highlights the need for buyers to conduct their own investigations of land that they intend to purchase and not to simply rely on the representations made by the seller.

In that case, Co Mayo Estates sold three plots of land to Hidden Gem at an online auction. Hidden Gem paid £26,359 for one plot and was required under the contract of sale to pay a further £6,000 deposit for each of the remaining two plots. It only paid £2,000 for each of the two plots and Co Mayo Estates sued Hidden Gem for the outstanding balance. In response, Hidden Gem sought to rescind the contract on the grounds of misrepresentation by Co Mayo Estates and it also brought a counterclaim for £33,859.

Hidden Gem claimed that the auction pack which it had been provided with contained misrepresentations as it stated that the land “clearly offers a number of opportunities for a purchaser to consider alternative uses or even development of each plot”. The pack also included two CGI images showing residential properties. However, the auction pack also specifically stated that “Buyers are deemed to rely solely on their own enquiries with regard to any development potential that may exist but are invited to utilise the computer generated image shown in these particulars as an idea to take forward pre-action application planning advice with the local authority”. Also, the CGI images were marked “Indicative CGI only (STPP)” (which is an acronym for “subject to planning permission”).

Hidden Gem claimed that Co Mayo Estates had represented that the plots had a real possibility for use for residential development when, in reality, the plots were valueless as they consisted of

ancient woodland and they were situated in an area of natural beauty which meant that there was no prospect of planning permission ever being granted.

Co Mayo Estates denied that it had made any false representation of fact and it also denied that Hidden Gem had relied on any misrepresentation which had induced it into purchasing the land.

At first instance, the County Court Judge ruled in favour of Co Mayo Estates as he found that there was no misrepresentation as there was no prospect of the land being acceptable for residential development and that Co Mayo Estates was not in a better position than Hidden Gem to know the facts of the planning position; either party could obtain those details from the Local Planning Authority. Hidden Gem appealed the decision.

The High Court dismissed the appeal as it saw no reason to overturn the Trial Judge’s finding that Co Mayo Estates was not in any better position to know the true planning position than Hidden Gem. Further, the sales particulars when read as whole, clearly indicated that the seller was not making any representations about the development potential and that the buyer was deemed to be relying solely on their own enquiries.

Finally, although the CGI images could potentially encourage unwise speculation, they were however marked “subject to planning permission”.

This case highlights the need for buyers of property to carry out their own due diligence and raise appropriate enquiries before committing to the purchase of the property and if the property is being purchased at auction, then those investigations should be undertaken before bidding for the property.

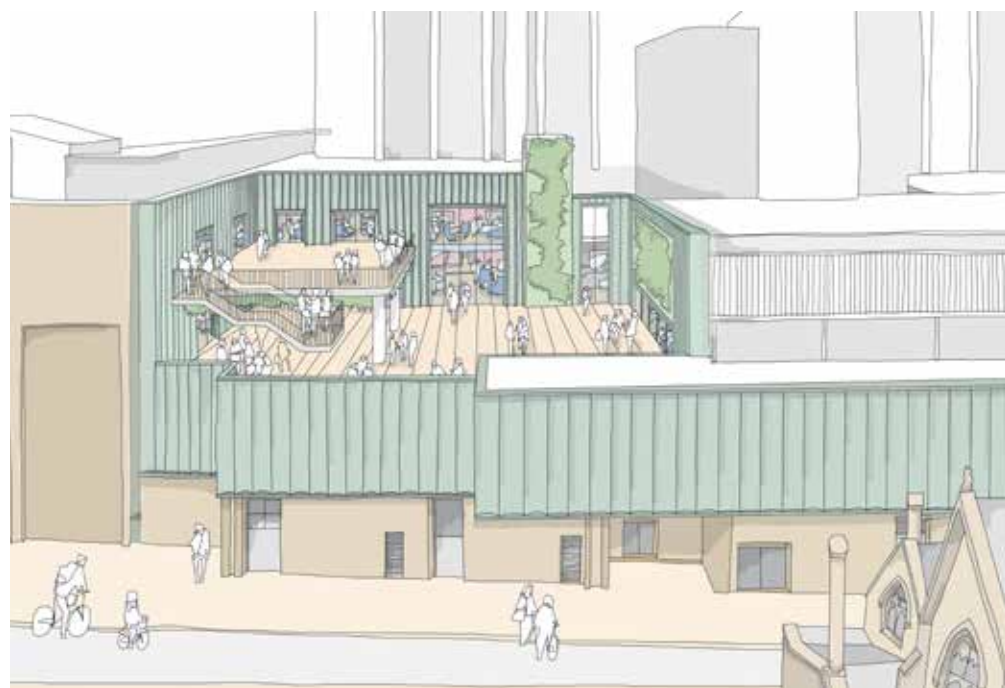
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New 6,000 sq ft roof terrace to be added, offering views over city centre



Artist impressions of the proposed roof terrace as part of a £15m expansion of Trinity Kitchen at Trinity Leeds

LEEDS: £15m expansion plans for Trinity Kitchen set to be centre’s biggest investment since opening

Trinity Leeds owner, Landsec, has submitted exciting new plans to invest £15m into the expansion of its popular Trinity Kitchen concept.

Should the application be successful, it will be Trinity’s biggest investment into the centre since it opened in 2013.

The plans will create 72,000sq ft of space, including a new terrace offering views overlooking City Square. The expansion will transform a previously un-used 15,000sq ft space above Trinity Kitchen, bringing life and value back to this part of Trinity.

More jobs will be created as a result of the investment, with more brands being brought to the centre, enhancing the guest experience.

Trinity Kitchen transformed the idea of traditional food courts when it opened in 2013, pioneering authentic indoor street food concept with an ever-evolving rotation of street food vans and permanent eateries.

It has been a huge success not just with the public but also in supporting businesses – almost 300 independent traders have showcased their food to an audience of 800,000 Trinity Kitchen

guests each year, through street food pop-ups and permanent dining.

Steven Foster, Centre Director at Trinity Leeds, said: “This investment will enhance and expand the space for the long term and build a best-in-class food and leisure destination, as we believe in its future, the current and future suppliers and operators, the new experience it will offer, and what it will bring not only to Trinity Leeds but to the city centre, the people of Leeds and the wider communities we serve.

“Trinity Kitchen pioneered a unique indoor street food concept in the UK when it first launched in 2013, and is one of the city’s greatest success stories of the last 10 years – not just for the millions of people who have enjoyed dining here, but also the social value – from the jobs created to the food businesses that have grown their brands here, generating value for them and the local economy.”

The proposed plans for the Trinity Kitchen development will be reviewed by Leeds City Council with a decision expected later this year. If approved, works are expected to start in Spring 2025.

“Trinity Kitchen pioneered a unique indoor street food concept in the UK when it first launched in 2013, and is one of the city’s greatest success stories of the last 10 years.”

BUSINESS ROUND-UP BUSINESS



Top 10 shortlisted



Asian Restaurant & Takeaway Awards announces regional finalists

Continued from page 25

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.

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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.

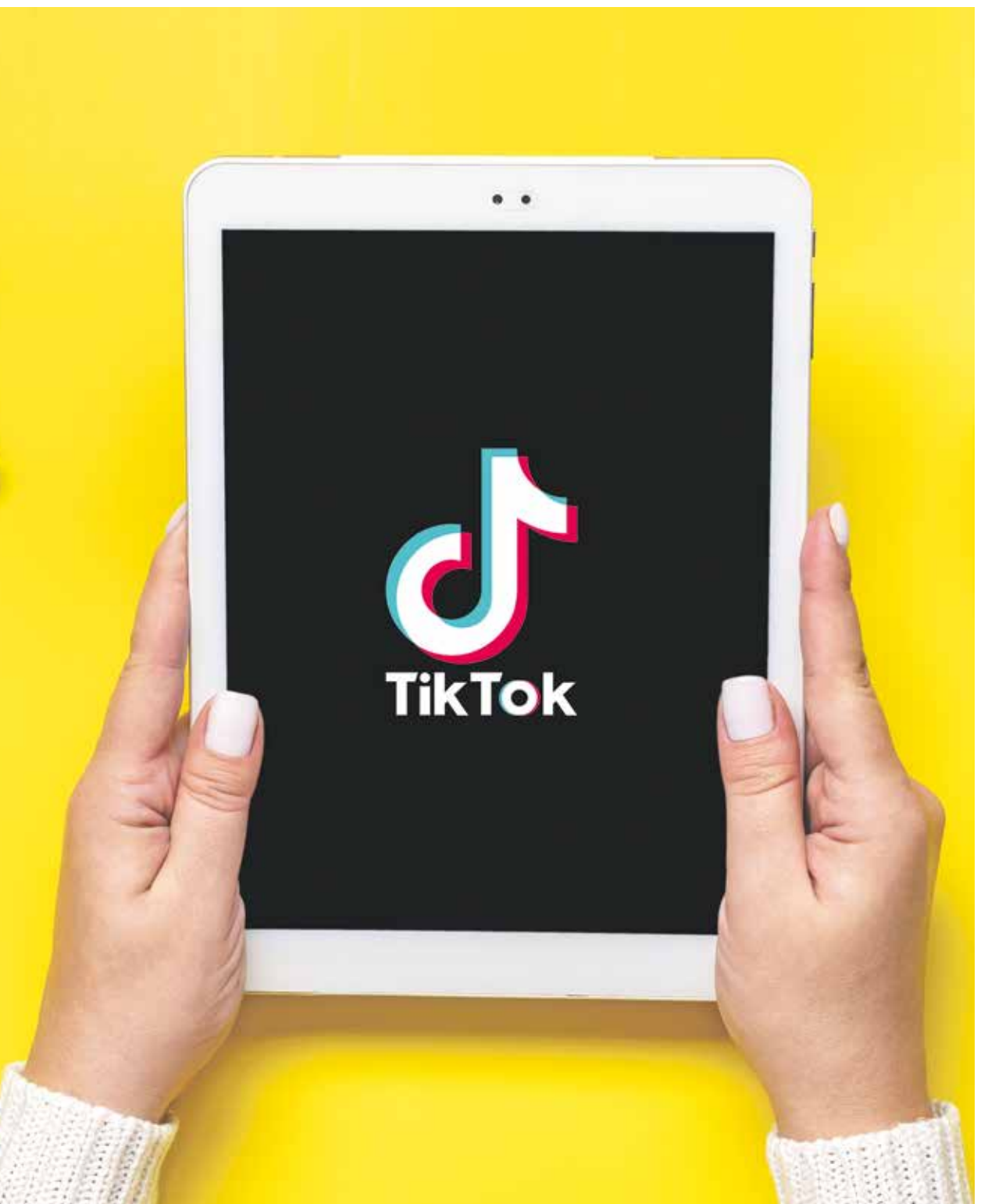
Be Wary of Low Prices: If a product is being sold at a significantly lower price than its retail value, it may be counterfeit. Remember, authentic products from well-known brands rarely have steep discounts.

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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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.

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.

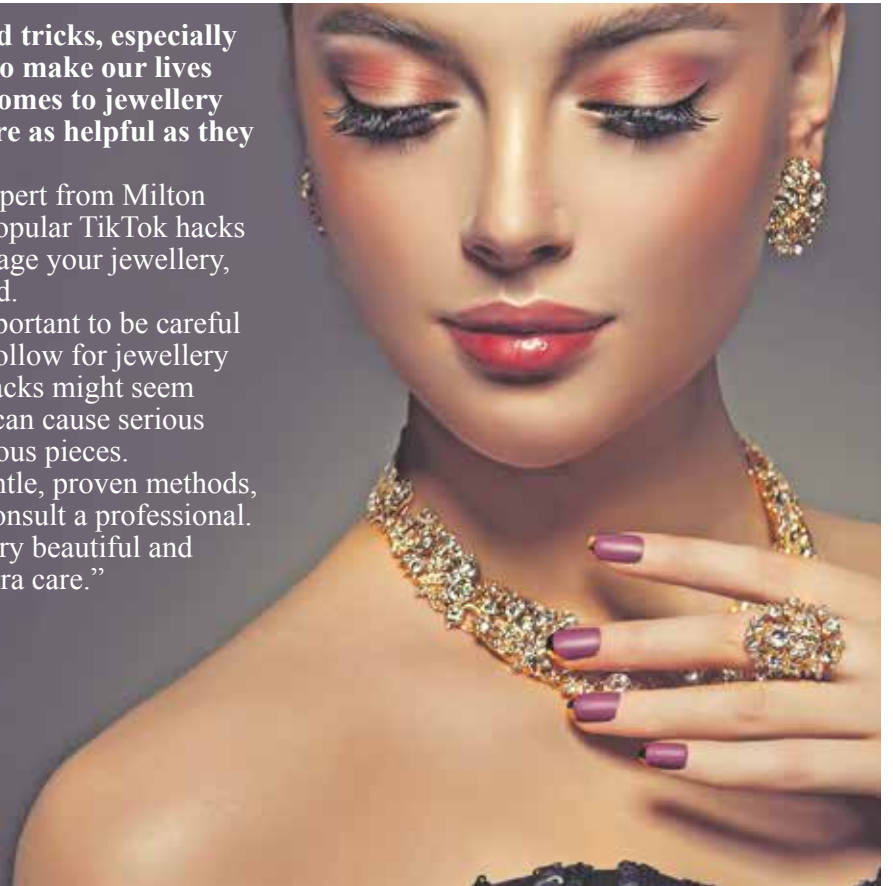
Seven common jewellery cleaning hacks that do more harm than good

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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Entertainment

THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD

“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 34

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'.

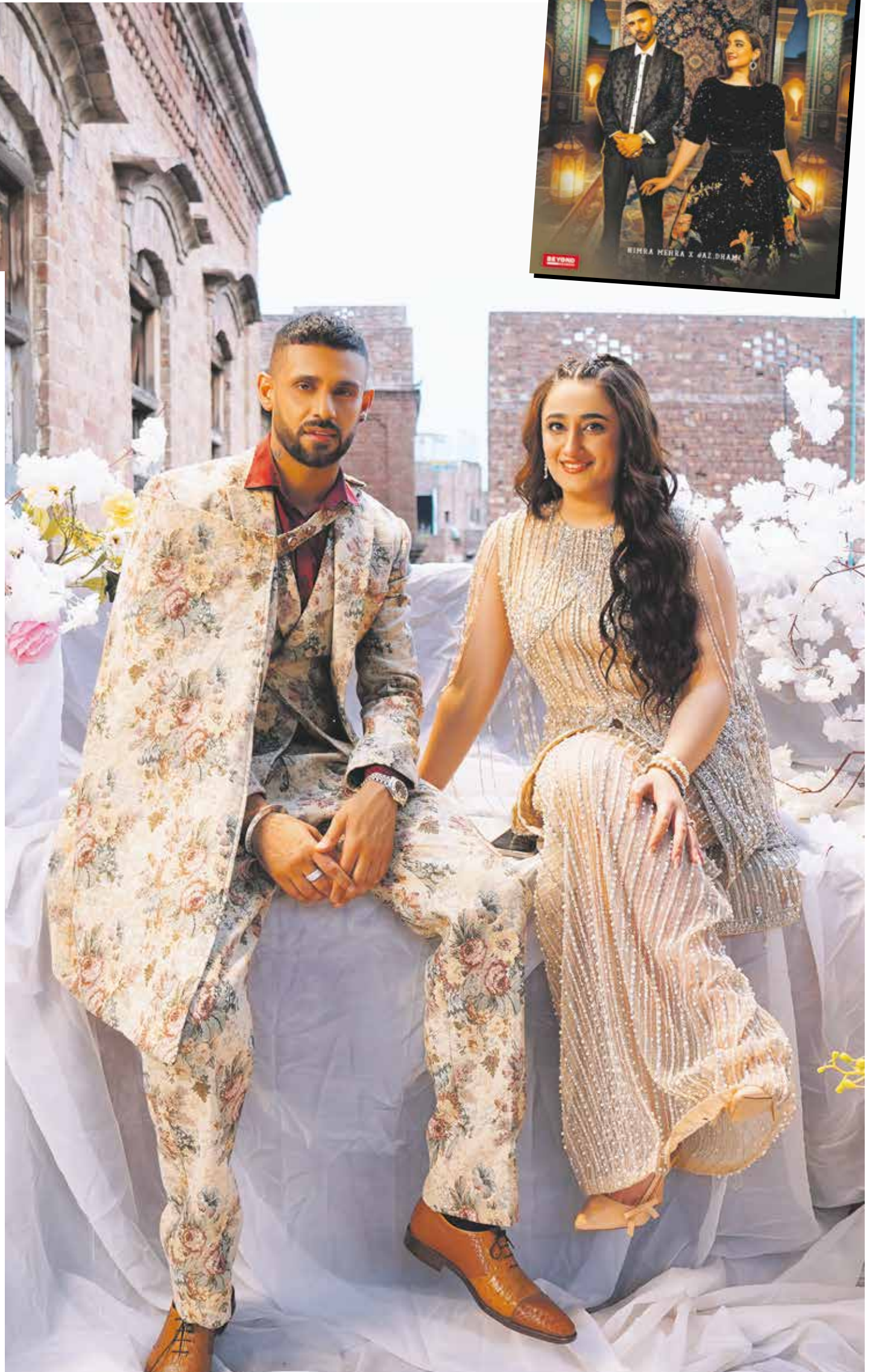
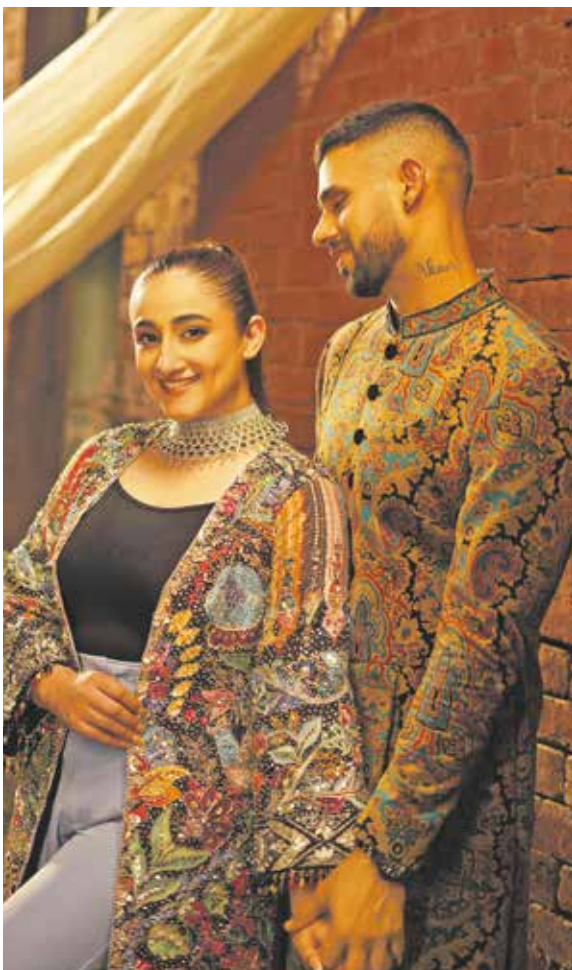
This enchanting new single is a soulful reminder of love's timeless power, offering listeners a beautiful melody carried by their soulful voices.

"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 33

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.



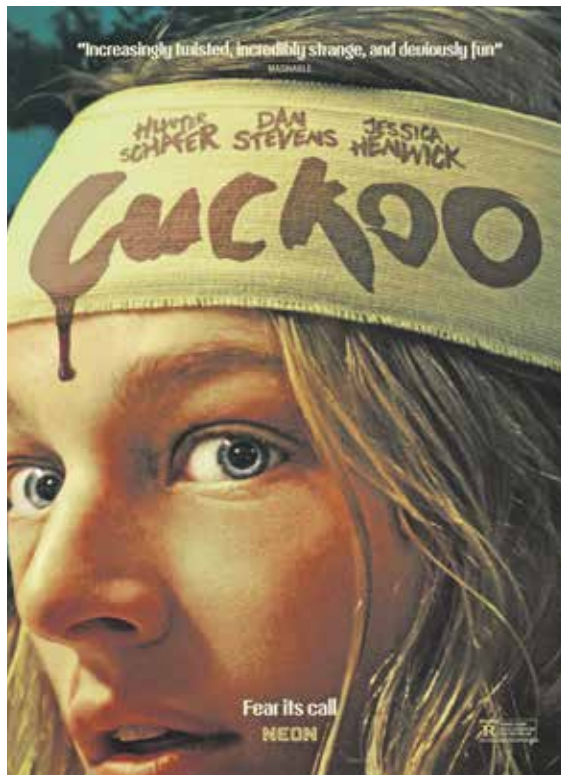
Cuckoo

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

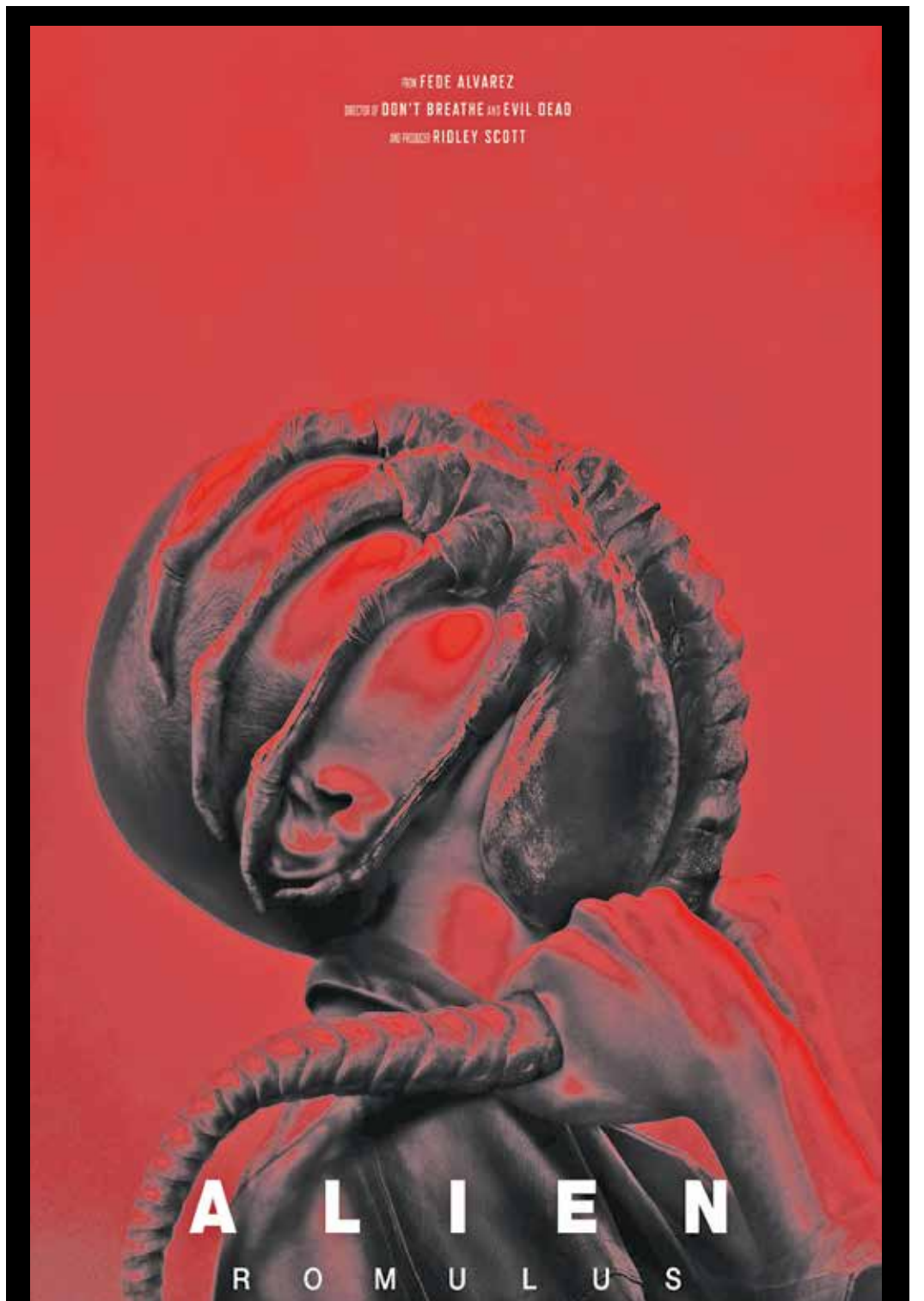
Director: Tilman Singer

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

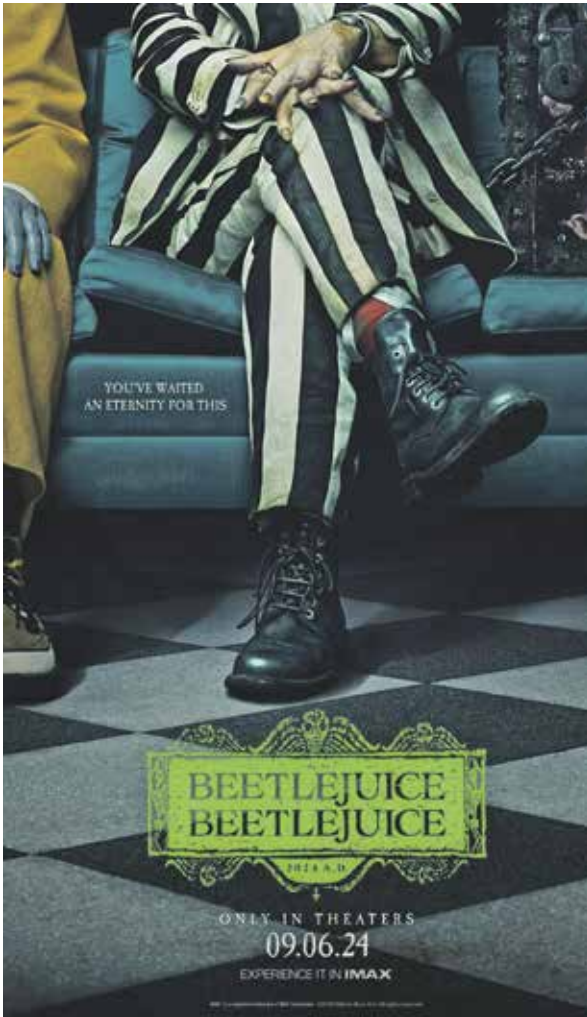
Starring: Cailee Spaeny, Isabela Merced, Archie Renaux, David Jonsson, Spike Fearn

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

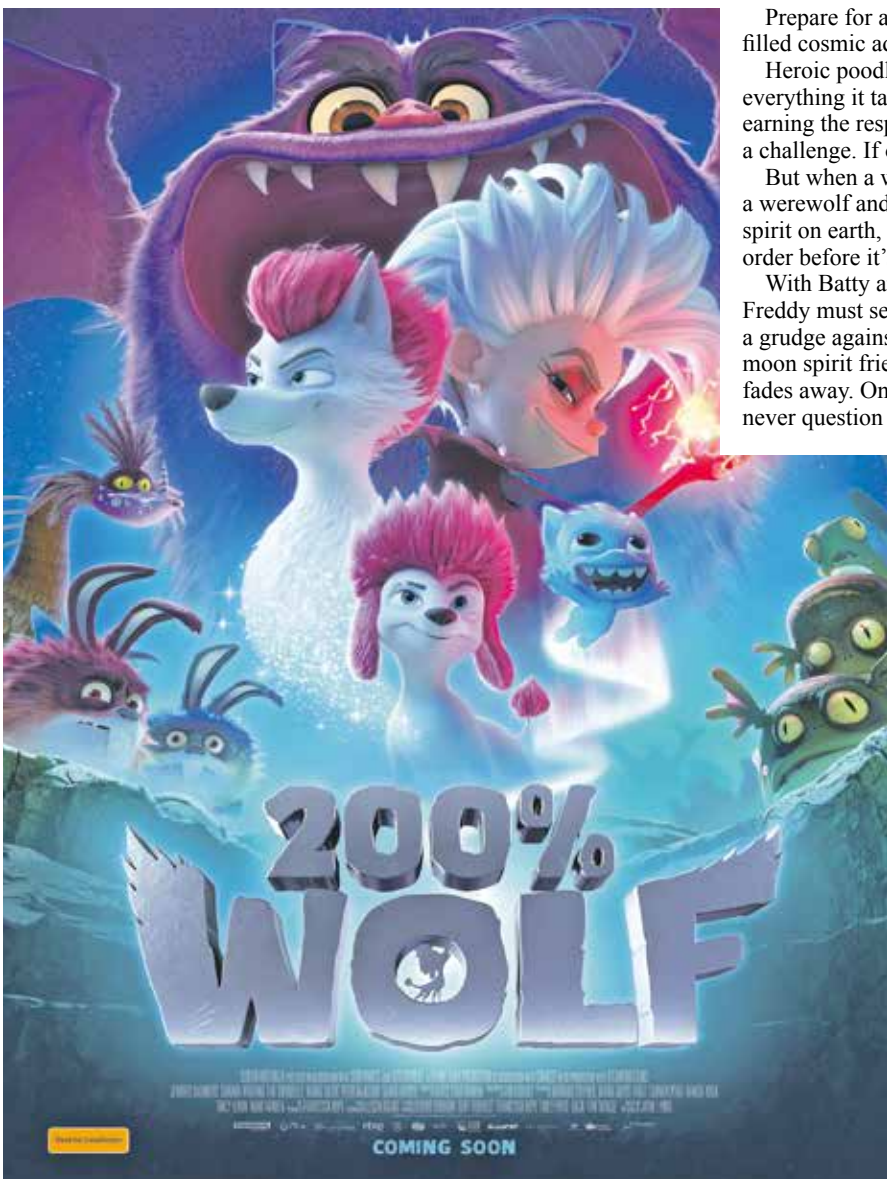
Beetlejuice is back! After an unexpected family tragedy, three generations of the Deetz family return home to Winter River.

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

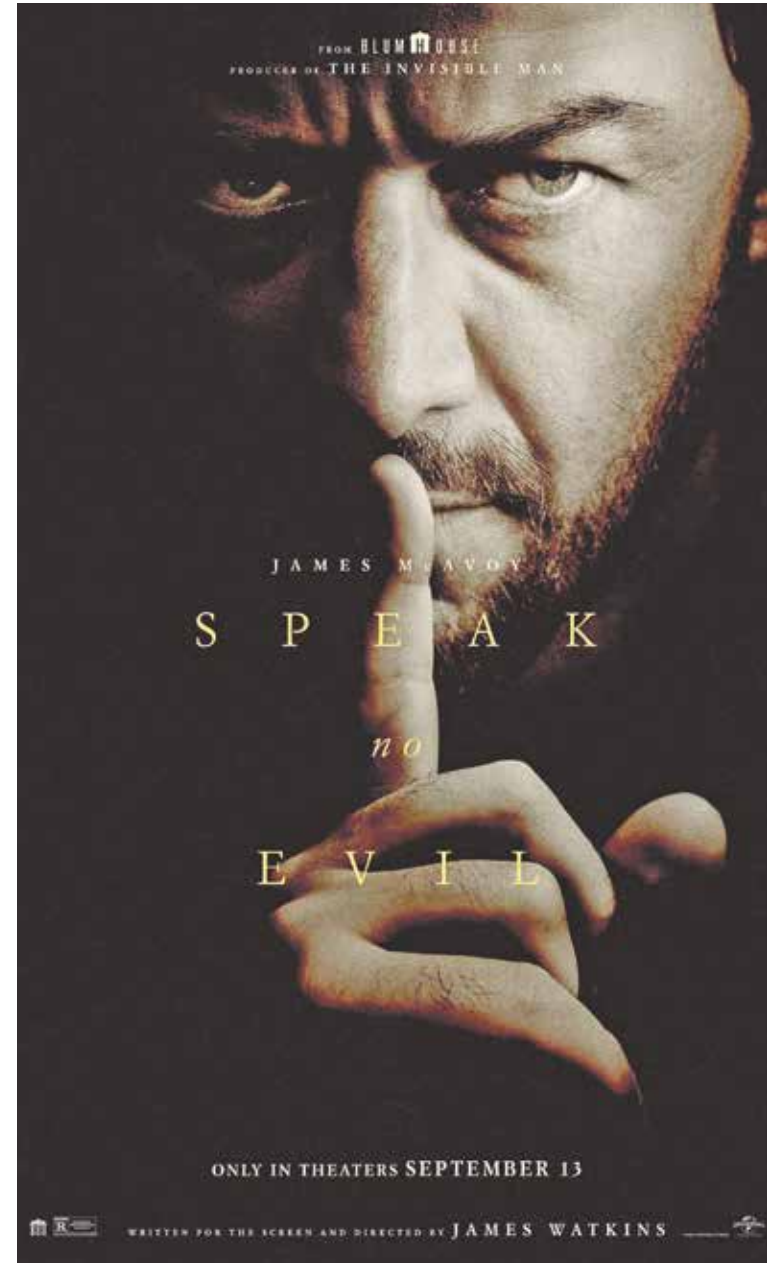


Prepare for a howling good time in this fun-filled cosmic adventure, 200% Wolf.

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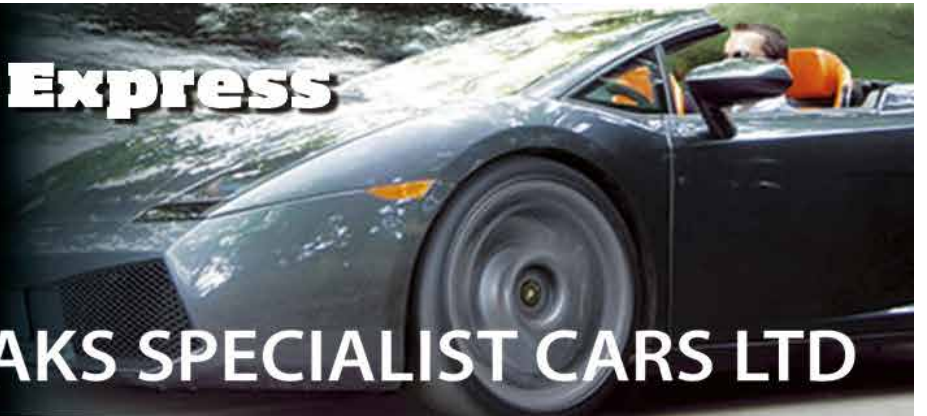
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Amidst the starlit backdrop of the Venice International Film Festival, Aston Martin unveiled its highly anticipated, new Vanquish with a stunning reveal moment on the waters of the Venetian Lagoon.

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.

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Continued on page 41

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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 39

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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£600k grant for grassroots football club

People living in South Leeds are set to benefit from fresh investment into local grassroots sports facilities thanks to a £600k grant from the Premier League, The FA and Government's Football Foundation.

This investment will enable Hamara to build a new leisure and wellbeing facility and create a new 3G Multi sports pitch.

Continued on page 46



Asian Express

SPORT

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



£600k grant for grassroots football club

Continued from page 45

These improved facilities will represent a significant improvement on the existing Old Cockburn Sports Hall, which is dated and a local carbuncle.

The site will be used by partner clubs/organisations/local schools/users of the site.

This project has also been supported by an additional £2.6m from partner organisations including Leeds City Council, Social Investment Business and Power to Change to name a few.

The Football Foundation is the Premier League, The FA and Government's charity that delivers outstanding grassroots facilities, more and better places to play, transforming lives and communities where it is needed most.

Quote from Cllr Mohammed Iqbal, Chair of Hamara: "We are proud of our Senior Management Team and Trustees vision to deliver a new centre that will enhance the experience for our increasing number of beneficiaries. We're grateful too to all funders, colleagues and partners working to design, build, and provide, what will be a highly renowned centre in South Leeds.

Robert Sullivan, Chief Executive of the Football Foundation, said: "The Football Foundation is working closely with our partners – the Premier League, The FA and Government – to transform the quality of grassroots facilities in England by delivering projects like this across the country.

"Good quality playing facilities have a transformative impact on physical and mental health and play an important role in bringing people together and strengthening local communities.

"This grant award to Hamara towards developing The Cockburn Centre is fantastic news for the local community and will help give more people access to a great place to play."

The Football Foundation's goal is to unlock the power of pitches ensuring everyone has a great place to play regardless of gender, race, disability or place.

Since its creation in 2000, the Foundation has invested more than £1 billion to improve grassroots facilities across the country – including 1,100 3G football turf pitches, 12,000 grass pitches and 1,400 changing rooms. This has attracted an additional £1.3 billion of partnership funding – totalling over £2 billion investment in grassroots football so far.



£3.2M leisure and wellbeing hub



Hamara has just announced the commencement of construction for a new £3.2m leisure and wellbeing hub, The Cockburn Centre in Hunslet Moor, Leeds.

The facility which is now closed to the public, has been funded by 14 different funders including Hamara and aims to become a national centre

of excellence for grassroots sport and wellbeing. It will integrate activity rooms, welfare and changing facilities, staff offices, as well as a flood lit multi use games area (at the rear) and indoor sports hall to accommodate community sports throughout the year.

We were joined by our Local

Ward Councillors, Cllr Mohammed Iqbal, Cllr Paul Wray and Cllr Shafaqat Ali and NU Construction Ltd Managing Director, Simon Smith and Gary Mallon, Contracts Manager alongside Project Lead, Arnie Sajid and Hamara's Director, Raheem Mohammed.

Quote from Cllr Mohammed

Iqbal, Chair of Hamara: "We are proud of our Senior Management Team and Trustees vision to deliver a new centre that will enhance the experience for our increasing number of beneficiaries. We're grateful too to all funders, colleagues and partners working to design, build, and provide, what will be a highly renowned centre

in South Leeds.

The new facility will further enhance Hamara's capacity to deliver specialised support for our beneficiaries. This is a legacy project with a key focus on community impact as we drive sport participation and community cohesion for everyone in our localities.



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

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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, Whernside, and Ingleborough.

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



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Full card

(subject to change)

- **Daniel Dubois (C) vs Anthony Joshua** (IBF heavyweight title)
- **Liam Smith vs Josh Kelly** (middleweight)
- **Tyler Denny (C) vs Hamzah Sheeraz** (European middleweight title)
- **Anthony Cacace (C) vs Josh Warrington** (IBF and IBO super-featherweight titles)
- **Joshua Buatsi vs Willy Hutchinson** (WBO interim light-heavyweight title)



Anthony Joshua warned Daniel Dubois that he would "throw this f***** chair across your face" during a heated exchange ahead of their bout for the IBF belt at Wembley

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Battle of the Brits

Anthony Joshua will face Daniel Dubois in an all-British heavyweight clash for the IBF world heavyweight title.

The British rivals have a combined 45 knockouts between them in their careers so it is set to be a blockbuster bout later this month.

Anthony Joshua is building momentum behind him once again, as he has a chance to regain one of the world titles he previously held if he defeats Dubois, who has been upgraded from IBF interim title holder to the IBF champion.

Dubois, 26, stopped Filip Hrgovic to win the interim belt in June, before being upgraded to official

champion after Oleksandr Usyk vacated the regular title. Now "Dynamite" defends the gold against Joshua, 34, who is aiming to become a three-time world champion.

Joshua, 34, whose second reign as unified champion was ended by Usyk in 2022, has already taken shots at Dubois, threatening to "put a chair across" his opponent's face in June.

Joshua vs Dubois takes place on Saturday 21st September at Wembley Stadium in London. The fight will air live on DAZN worldwide, and air live on Sky Sports Box Office.



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