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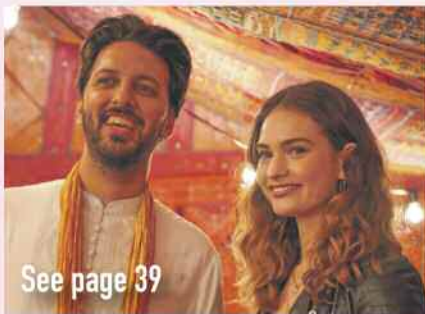
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## WHAT'S LOVE GOT TO DO WITH IT?

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## THE MATRIX RESURRECTIONS

Returning to the  
world of two  
realities... See pages 40 & 41



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Nasser said: *"I have always loved helping people and with my experience in the financial and immigration industry I decided to start a company where I can provide more than one service under one roof like a one stop shop. Over the years it has come to my attention that many people struggle with getting the right mortgage and immigration advice in particular people from the asian communities where language can sometimes be a barrier. Me and my team have worked extremely hard to set up a hub in the heart of Leeds where we provide regulated advice for both Mortgages and Immigration and we can also assist with other services. We provide our services both face to face or via telephone as we have clients nationally. All our mortgage advisers are CeMAP qualified and our immigration advisers are qualified and regulated by the OISC."*

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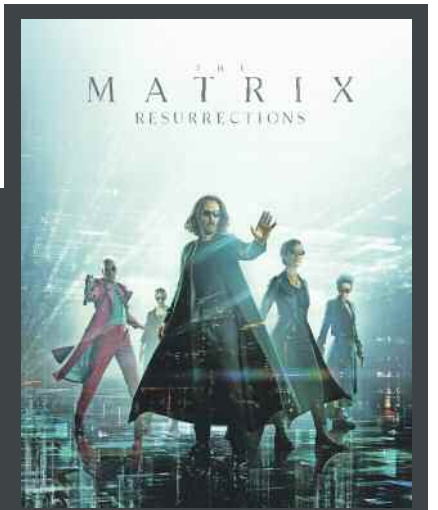
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## WHAT'S LOVE GOT TO DO WITH IT?

Jemima Khan and Shekar Kapur's new rom-com ready for release

## THE MATRIX RESURRECTIONS

Returning to the world of two realities... See pages 40 & 41



# 'She's in heaven now with baby'

■ Gibran and Asiya had only just been married for over a year

A Leeds man who lost his wife within four-months from point of being diagnosed with an aggressive brain tumour, is determined to help find better treatments and cure for this terribly destructive and fatal cancer.

Gibran and Asiya were living happily together, working from home during the pandemic and planning their future.

Continued on pages 8 & 9

Husband shares heart-wrenching story of losing his pregnant wife to aggressive brain tumour

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Rishi Sunak meets young pupils from Wibsey Primary School at YHA Grinton Lodge

# Primary school students meet Chancellor

## Bradford children get a surprise visit from Rishi Sunak during their school trip in the Yorkshire Dales

The work of the £2.5million Generation Green project was put under the spotlight recently when Rishi Sunak visited YHA Grinton Lodge in his Richmond (Yorks) constituency recently and met with students from a Bradford school.

Launched earlier this year following a £2,543,602 Green Recovery Challenge Fund, the 16-month project aims to reach 100,000 young people, connecting them to nature through new jobs, training, volunteering roles, residentials and outdoor learning experiences.

Seeing the project in action for himself, Mr Sunak met with a group of Year 5 and 6 pupils from Wibsey Primary School who were enjoying a Generation Green-funded two-night residential at the youth hostel in the Yorkshire Dales.

As part of the residential, pupils took part in activities organised by the Yorkshire Dales National Park Authority (YDNPA), one of the 15 not-for-profit outdoor education providers delivering Generation Green.

Karen Yates, Acting Headteacher at Wibsey Primary School, said: "For many of the children who stayed at YHA Grinton Lodge, it was their first time on a residential and also their first time in the countryside.

"It was a wonderful experience for them, helping them understanding the environment and

how to look after and treasure our countryside.

"The Generation Green project is so important, and we hope it continues so more children can experience being outside in our amazing landscape."

Mr Sunak said: "It was great to meet the children getting a taste of Dales life learning about the environment and the way the countryside works. The Government is pleased to be funding this excellent programme."

Led by YHA (England & Wales), Generation Green is the first project to be delivered by Access Unlimited, a coalition of 15 not-for-profit outdoor education providers including YHA, Scouts, Girlguiding, Field Studies Council, The Outward Bound Trust and 10 National Park authorities in England.

James Blake, Chief Executive of YHA (England & Wales) who met with Mr Sunak along with representatives from Access Unlimited partner YDNPA,



Rishi Sunak meets with Up Skill, Down Dale Generation Green volunteers Lydia Gill and Laura Day

■ Chancellor Rishi Sunak meets young people from Wibsey Primary School at YHA Grinton Lodge



commented: "It was an excellent opportunity to showcase the work of Generation Green and all the partners involved at YHA Grinton Lodge. Spending time with Mr Sunak gave us the opportunity to impress on him the importance of young people spending time in the outdoors and connecting with nature.

"This is more important than ever in the wake of the pandemic where hundreds of thousands of young people missed out on the opportunity to have a school residential. For some of those children, it would be their first time in the countryside. We cannot overlook these young people.

"The Generation Green project aims to reach 100,000 young people and connect them to nature and create employment opportunities for them as well as instil a lifelong love and appreciation for the outside environment. Already, the Access Unlimited coalition has reached thousands of young people and we want to reach many more by continuing to work together."

As part of the visit Mr Sunak also met Up Skill, Down Dale Generation Green volunteers from his Richmond constituency. Up Skill, Down Dale is just one of the programmes Yorkshire Dales National Park Authority (YDNPA) offers as part of the Generation Green project.



■ Rishi Sunak meets YHA's CEO James Blake and Chair Margaret Hart

The programme is aimed at young people, aged 14 to 30, who would like to 'make their mark on the Park' and develop their knowledge and confidence by getting involved in skilled volunteer placements.

Kevin Frea, Member Champion for Promoting Understanding at the Yorkshire Dales National Park Authority said: "It was great for Lydia and Laura - two of our Up Skill, Down Dale Generation Green volunteers - to meet Mr Sunak and to talk so passionately

about their work.

"The programme is already off to a strong start with young volunteers making a difference across the National Park Authority, for example in our Wildlife, Woodlands, Access, and Education teams. And in addition to her Generation Green project work Laura has joined the steering group of the National Park Management Plan, giving her a say on the work programme of dozens of organisations operating in the National Park."




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For details of Generation Green funded activities available for young people, please visit <https://www.yha.org.uk/generationgreen>

# Warsi appointed vice president role

**Baroness Sayeeda Warsi has been appointed a Vice President of the Yorkshire Society, joining a number of famous and prominent people already holding this honorary position.**

Now a familiar and popular face on our TV screens, she is also a lawyer, a businesswoman, a campaigner and a government minister – the first Muslim to serve in a British cabinet.

In 2007 Sayeeda Warsi was made a life peer as Baroness Warsi of Dewsbury and became then the youngest member of the House of Lords.

More than anything though, Baroness Warsi is a proud Yorkshire woman and one of the most passionate supporters and advocates of God's own Country.

Born in Dewsbury, West Yorkshire, one of five girls born to immigrants of Pakistani origin, Sayeeda studied law at Leeds University, going on to work for the Crown Prosecution Service before setting up her own

legal practice and developing a career in politics.

Talking about her recent appointment, Baroness Warsi said: "I am so happy to be asked and to accept this honorary position."

"I've known about The Yorkshire Society for some time and how it puts into practice the idea that ordinary people – especially Yorkshire people – can achieve extraordinary things when they work together. It is a pleasure and a privilege to be a Vice President."

Speaking for the Society, Philip Bell, CEO, commented: "Fantastic to have Baroness Warsi involved."

"She is a great example of what you can achieve with Yorkshire grit and determination. We're all looking forward to working with her."

A keen cook, an addict of home improvement programmes and a cricket fan, Sayeeda has consistently been voted one of the 500 most influential Muslims in the world. She now lives in Wakefield with her husband Iftikhar and their children.



## Officers investigating the murder of Rishmeet Singh make a third arrest

**A third person has been arrested as part of the investigation into the murder of 16-year-old Rishmeet Singh in Southall.**

A 17-year-old male was arrested on suspicion of murder on Wednesday, 8 December. He remains in custody at a north London police station.

Detectives launched a murder investigation after police were called to Raleigh Road, Southall on Wednesday, 24th November after reports of a stabbing.

Officers attended along with paramedics from the London Ambulance Service and found Rishmeet with stab wounds.

Despite the efforts of the emergency services, he died at the scene a short time later.

A 19-year-old man arrested was arrested on suspicion of murder on Tuesday, 30 November. He was bailed to a date in late December.

A 17-year-old boy was charged with murder on Thursday, 2 December. He appeared at the Old Bailey and is awaiting his next court appearance.

■ Rishmeet Singh was fatally stabbed



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# Campaign shines light on the incredible life-saving work of South Asian frontline workers

# #WeAreTheNHS

■ Orthoptic Casualty Lead Rahilah Bukhari works with the University Hospitals Coventry and Warwickshire NHS Trust

Every winter, countless people across the country fall sick and miss out on festive fun; from presents under the tree to spending time with loved ones. Luckily for them, a dedicated NHS workforce is always at hand to provide care and support, especially for those unable to spend the holidays at home.

Now in its fourth consecutive year, the 'We are the NHS' campaign is back to champion the extraordinary work of nurses, allied health professionals and healthcare support workers - and inspire a new generation to embark on a career in the health service.

The 'We are the NHS' campaign features real NHS workers, who are proud to showcase what it is about their role they love the most, and the opportunities available from a career in the NHS.

One such role is that of Orthoptic Casualty Lead Rahilah Bukhari from University Hospitals Coventry and Warwickshire NHS Trust, who works hard to provide exceptional eye care, which includes attending eye casualty, completing all necessary investigations, and liaising with the Senior Eye Casualty Doctor to determine the treatment and clinical outcome for the patient.

"Christmas is an exhilarating time of the year for both children and adults, but it is also a time when eye injuries can occur.

"Every year, eye teams everywhere treat eye injuries caused by Christmas trees and decorations, fireworks, toys and bottle corks amongst other things.

"Luckily, for those who find themselves in the eye casualty department, a dedicated NHS eye workforce is at hand to provide sight-saving care and support."

Recruitment for the NHS has never been more vital. Covid-19

increased interest in the incredibly rewarding careers available within the NHS with 5.1 million people accessing the NHS careers website during the pandemic; a 41% increase compared to the same period in 2019.

The 'We are the NHS' campaign shines a light on some of the most in-demand roles in the NHS; all varied, exciting and challenging in equal measure. Nurses, allied health professionals and healthcare support workers touch the lives of thousands, providing expertise, care and compassion when it matters most.

at home with their loved ones," says Urwa.

"But you really are making such a huge difference being there for them during these times."

Despite how busy things get in the ward, Urwa and her team still manage to inject some festive fun into their schedules.

"I don't celebrate Christmas myself, but I do get excited when it comes to Secret Santa! It's always such a great laugh between our team," she says lightheartedly.

Registered Nurse Varsha Carim, from Guy's and St Thomas NHS Trust appreciates the diversity of the NHS, particularly around the festive period.

"I enjoy communicating with people from different cultures and learning about what this special time means to them," says Varsha.

"It's fascinating to see the different ways people celebrate and make the extra effort to ensure all patients feel comfortable. There is so much diversity in the NHS and being multilingual helps me provide patients with the holistic care they deserve."

From eye casualty to healthcare support, there are many fulfilling roles available within the NHS that allow you to make a real difference.

"There are so many different careers that you can take with the NHS," adds Rahilah.

"There are face to face roles but also crucial background roles. If you're looking for work-life balance, you can find that with the NHS. Most importantly, there is ample opportunity to progress both personally and professionally - the NHS offers it all."

To learn more about the campaign, search #WeAreTheNHS or visit NHS Careers to discover the range of roles available.



■ Urwa Mogul doesn't celebrate Christmas, but says she still feels the spirit of the season

Healthcare Support Worker Urwa Mogul, from Royal Papworth Hospital NHS Trust, says that working over the holidays can get busy but working as part of a supporting team helps her to manage things.

"It can be hard looking after patients in the ward, especially when you know all they want to do is be

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# 'She's in heaven now with baby'

**"Prior to my wife's diagnosis, neither of us had any knowledge of brain tumours, apart from simply knowing that they existed and were considered rare."**

## Cover story continued

They'd only been married for over a year, so as young couples do - were looking forward to things like buying their first home, starting a family and creating a bucket list of places they wanted to eventually travel to.

Just before Christmas 2020 Asiya noticed that the left side of her body wasn't functioning as well as normal and felt weak.

Doctors told her that she had a trapped nerve in her back, which was causing the left sided weakness, and that it would go with time.

During this time Asiya had private chiropractor appointments to see whether they would help recovery. However, following numerous appointments it did not improve, and the movement on her left side deteriorated to the point that she could not move her limbs and extremities.

In January 2021 Asiya then went back to a different doctor who said that her symptoms did not appear related to a trapped nerve at all, and arranged for her to be referred to the Neurogly Team at Leeds General Infirmary who suspected a possible brain swelling.

Asiya was diagnosed with an incurable brain tumour known as a Glioblastoma Multiforme or GBM.

## Husband shares heart-wrenching story of losing his pregnant wife to aggressive brain tumour

She was also five to six weeks pregnant.

### Battle with GBM

"In the first few days of my wife's stay at hospital we found out that my wife was around six-weeks pregnant with our first child, which we were extremely excited about," says Gibran.

"When the neurologist discussed the results of the MRI scan and told her that she had a brain tumour, our lives were turned completely upside down - it was like the start to a never ending nightmare.

"Prior to my wife's diagnosis, neither of us had any knowledge of brain tumours, apart from simply knowing that they existed and were considered rare.

"Although we were reassured at this point that due to my wife being young, and them not knowing the grade of the tumour yet, that the outcome may be better than what we've read on the internet. We were also told that each case was different."

However, neurosurgeons told the couple that Asiya's tumour appeared unusual as it was 'scattered', and that it was inoperable due to its location being deep inside the right temporal lobe.

"My wife was given a couple of options, to take high-strength corticosteroids for two weeks to see whether it reduced the size of the concerned area and brought back her movement on the left side.

"The other option was to have a biopsy which would involve drilling through the skull to obtain a piece of the tumour for analysis. The risks about this procedure was that if the drill/needle hit one of the key areas of the brain, it could cause loss of sight, speech, hearing etc or even trigger a stroke."

The couple chose the high strength drugs option, and Asiya was released from hospital and returned home with her bag of prescription drugs, a wheel chair and a walking stick. Gibran became her full time carer while she was home due to her loss of

movement.

### Pregnancy

With no improvement to Asiya's movement, she was called into hospital for further investigations.

A biopsy was performed, and Asiya was diagnosed with Grade 4 Glioblastoma Multiforme. It was not curable. She was also given the news of her shocking life expectancy - six-months without treatment, and two-years with.

Treatment consisted of intensive chemotherapy and radiotherapy which both can cause issues/birth defects to a baby, so the couple had to make a decisions whether to continue with the pregnancy or not.

"We were truly devastated and heart-broken," Gibran says.

"We had to make a decision on our baby, as treatment would differ depending on whether we continued with the pregnancy or terminated.

"Optimal treatment could only be provided if my wife was to terminate the pregnancy.

"From the beginning I always knew

that I wanted my wife to have optimal treatment although this was a very difficult decision.

"However this decision was understandably even more difficult for my wife being the mother carrying our baby inside her, and her genuinely kind, caring and selfless nature. I reassured my wife that I would support and respect any decision that she made.

"We explored all possible avenues by speaking to specialists, like the Obstetrician, regarding the risks of the treatment to the baby, possibility of freezing her eggs and so much more.

"After a week or so Asiya said to me that she's made a decision and wanted to continue with the pregnancy.

"She could not bear to think of losing the baby and said she had strong faith in God, she felt that this was part of God's test for us."

### Treatment

"At our next meeting with the neuro-oncologist and consultants we informed them of our decision, which they fully supported," Gibran tells.

"The treatment would consist of radiotherapy only as chemotherapy posed too many risks to the baby. However chemotherapy would be given if needed, after the baby was delivered.

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## “My beautiful wife, Asiya, passed away at the young age of 33-years-old along with our five-month old baby, Noah, following a short battle with an aggressive and incurable brain tumour”



“Radiotherapy still came with risks too, however it was our only hope to manage the tumour.

“We attended a number of hospital appointments for MRI scans to assist with the planning and for specialist equipment to be made.

“In addition, a custom shield was designed and constructed by the hospital's engineering team to cover Asiya's abdominal area in order to protect the baby from the radio waves, which would be bouncing around the treatment room.

“Once planning was complete, we were given a start date of Wednesday 21st April 2021 for the six-week course of radiotherapy.”

But the night before treatment began, Asiya began to experience excruciating headaches. Rushed to A&E she was given many different pain relief medications.

“A CT scan was carried out to try and determine the cause of the pain,” says Gibran.

“We stayed in A&E that night and while Asiya slept through due the effects of the morphine, I sat watching over her crying and praying to God for the pain to go away. It broke my heart to see her like that.”

But the CT scan results were

devastating - a large area of swelling around the tumour which was causing pressure on the skull and subsequently resulting in the excruciating headaches. Given Asiya's condition they had to put a hold on the planned treatment.

The oncologist told the couple that Asiya's life expectancy now was only a few weeks.

### Nothing would ever stop us from giving up

“After we both broke down in tears and comforted each other, we still had hope.

“Anyone who knew Asiya will know how incredibly tenacious and positive she was, and Asiya was still determined to fight this,” says Gibran.

“Nothing would ever stop her, or us, from giving up. We still had hope that she would be the less than five percent of people who live beyond the statistical prognosis period.”

Over the next couple of days Asiya was showing improvement to the point that the neuro-oncologist agreed that she was fit

enough for her first radiotherapy session.

On Friday afternoon she had her first radiotherapy session, which she handled with such grace and courage even though she felt extremely anxious about it.

However, following a traumatic evening on Saturday when the excruciating headaches presented themselves again, Asiya passed away in her sleep during the early hours of Sunday 25th April 2021 while Gibran lay next to her in another hospital bed.

## Determined to raise awareness

“Sharing our battle with Glioblastoma Multiforme (GBM) has been extremely difficult and has taken me a very long time due to the emotions and memories it brings back with such vividness.

But my hope and intention is to illustrate that unfortunately this can happen to anyone, how unpredictable, unforgiving and uncontrollable brain tumours can be, and inspire you to support ways to help find better treatments and ultimately a cure

for this terribly destructive and fatal cancer.

All donations made on my Just Giving page 'Asiya's Eternal Charity' will go directly to Yorkshire Brain Tumour Charity to fund much-needed research and support others who have been affected by brain tumours.

I have chosen Yorkshire Brain Tumour Charity as they have been an incredible support for me and charity close to Asiya's heart. In addition, the neurosurgeon who carried out Asiya's biopsy works with them when it come's

to research so there's a real personal connection.

Asiya may not be with us in this world anymore however her memory, greatness and love will always live on in the hearts of those who knew and loved her.

Not a single second of the day goes by when I'm not thinking of her I will do everything I can to try and help find a cure for this sooner rather than later so that others don't have to suffer like we did, I know that is exactly what you would've done.

I promised Asiya that I would carry on, and although most of the time it feels impossible, I will not break that promise.”

**You can donate to Gibran's fundraising page. Go to [www.justgiving.com](http://www.justgiving.com) and search for 'Asiya's Eternal Charity'**

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# New COVID drug 'effective against all mutations' of Omicron variant

**British pharmaceutical giant GlaxoSmithKline says it has developed a coronavirus drug that is effective against all mutations of the Omicron variant.**

GSK said its treatment, Xevudy (or sotrovimab), an antibody-based Covid-19 therapy, works against all 37 identified mutations to date in Omicron's spike protein.

The drug works by binding to the spike protein on the outside of the COVID-19 virus, which in turn prevents the virus from attaching to and entering human cells, so it cannot replicate in the body.

GSK and its US partner Vir Biotechnology said pre-clinical data showed sotrovimab worked against key mutations of the Omicron variant.

The development comes amid growing concerns as to the rate of spread of coronavirus, which is said to be "more transmissible than previous strains of the virus.

Sotrovimab is designed to latch on to the spike protein on the surface of the coronavirus, but

Omicron has been found to have an unusually high number of mutations on that protein.

Dr Hal Barron, chief scientific officer at GSK, said: "From the outset of our collaboration with Vir we hypothesised that sotrovimab would have a high barrier to resistance and thus could deliver best-in-class potential for the early treatment of patients with Covid-19.

"These pre-clinical data demonstrate the potential for our monoclonal antibody to be effective against the latest variant, Omicron, plus all other variants of concern defined to date by the WHO, and we look forward to discussing these results with regulatory authorities around the world."

It was authorised by the Medicines and Healthcare products Regulatory Agency (MHRA) for people with mild to moderate Covid-19 and at least one risk factor for

developing severe illness.

These include obesity, being 60 or over, diabetes or heart disease.

In the earlier trial, one dose of sotrovimab reduced the risk of hospitalisation and death by 79% in high-risk adults.

The British government has ordered about 100,000 doses of the drug.



Sotrovimab has been approved by UK regulators

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# Celebrating safely during the festive period

How to safely prepare and feel confident that you're protecting yourself and your loved ones

Seeing friends and family during this busy time can increase the chance of spreading the virus so let's try to:

- Keep fresh air indoors by opening windows and meeting outdoors
- Wear Face coverings worn indoors
- Test before going to a crowded event/ meeting Friends and Family/ visiting vulnerable people
- Get Vaccinated - the best way to protect yourself and others is to get fully vaccinated.

[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

**W**ith many people now fully vaccinated, we've all sought some light relief from the pandemic, but we must remember that Covid-19 hasn't gone away.

The new Omicron variant means that there is still a threat from Covid-19.

Observing safe behaviours such as regular hand washing, mask wearing, social distancing and regular testing will be key to ensuring we keep ourselves, families and friends safe by preventing the spread of the virus.

With the festive period just days away, many of our families and friends will be wanting to enjoy this special time together.

For all of us to enjoy gatherings safely we should take precaution when planning social events, going to places of worship or work and visiting elderly relatives.

A big factor to consider, alongside how many of the people you plan to mingle with are jabbed, is how enclosed and poorly ventilated the place where you're meeting is.

Face coverings have now become compulsory in most public indoor venues, such as cinemas, theatres and places of worship. There will be exemptions in venues where it is not practical to wear one, such as when you are eating, drinking or exercising.

From Monday 13th December, those who can work from home should do so, and anyone who cannot work from home should continue to go in to work. If you cannot work from home, take a Lateral Flow Device (LFD) test before going into your workplace. Report your result and if positive you must stay home, self-isolate immediately and take a confirmatory PCR test.

If you've recently had a booster shot in the last few weeks there's a good chance you will be virus-free and non-contagious. Although current vaccines are not an ideal match for Omicron, experts are hopeful the shots will still help prevent serious illness and save many lives this winter.

From Wednesday 15 December, the NHS Covid Pass on the NHS App becomes mandatory for entry into nightclubs and settings where large crowds gather. This includes unseated indoor events with 500 or more attendees, unseated outdoor events with 4,000 or more attendees, and any event with 10,000 or more attendees. People will be able to demonstrate proof of two vaccine doses via the NHS Covid-19 app. Proof of a negative lateral flow test will also be accepted.

## "I live with my mother who has a few health issues," Nazim Ali

"My job as a careers advisor in a busy Bradford school, means I'm in combined spaces quite a lot of the time, and exposed to lots of people.

"Since last year, we changed our practices so that we could keep our mother, who has underlying health conditions safe from Covid-19.

"Carrying out regular lateral flow tests, and following Covid-safe guidelines as part of my job, meant that I've been able to protect my family.

"We also practice all the guidelines, including good ventilation inside our home, wearing face masks whenever going out.

"When mum became ill with blood clots, we found that educating our extended family members and



## Stay safe this Christmas

## Produced in partnership with UK Government

explaining that she wouldn't be visiting their homes, nor mingling with large groups of people really helped.

"So now, we have restricted the number of people who visit our home to just a handful of people. It's the only way we can ensure we're doing everything we can to keep mum safe."

**Mother of three, and grandmother to seven, Rana Yasmeen Ansari says that despite all the adults in her family fully vaccinated with Covid jabs they try to keep everyone as safe as possible.**

"Everyone in my family is either working, or still in education, so we remain really vigilant on hygiene, and ventilating our rooms numerous times a day.

"Whenever we do meet up indoors, we always keep windows open, and will continue to do this during the winter months."

Rana also practices opening a few windows around the house for around 15-minutes four or five times a day. "I'm doing this even now when the weather is colder. I know by doing this, I'm reducing the risk of infection from flu or Covid-19 particles in the air. I usually open the windows before I start my Namaaz (prayers), and then close them just after.

"My youngest grandson, who is still at school, comes home and goes straight upstairs to wash his hands and face and change his clothes before he comes and gives me a kiss and cuddle. And, he also carries out the lateral flow tests given to him by his school.

"If I have to take a taxi anywhere, I always carry hand sanitiser, and always wear a face covering.

"Thankfully, all my family has been safe from Covid-19, and we're being even more cautious now that winter is here."



**Abu Bakr store manager Asad Hussain says keeping their staff and customers safe has always been a top priority.**

"We are still practicing stringent hygiene measures, keeping our risk assessment up to date, and following Covid-safe guidelines since the beginning of the pandemic.

"Staff are still being monitored daily for any symptoms, including temperature checks. If they do have any symptoms, they'd be sent home until they

have a negative PCR test result, after which they can return to work.

"Customers are being asked to wear a face covering, which we have found most are compliant to.

"Our retail sites are often busy, so we restrict the number of people inside the store at any one time to ensure social distancing."



**You can free Lateral Flow Device (LFD) test at local pharmacies. Find out where you can get yours on [www.gov.uk](http://www.gov.uk) and 'participating pharmacies for LFD'**

## TOP TIPS

**Close contact with others increases your chances of catching COVID-19, in order to reduce the risks here's some key advice to help you and others:**

### Take a test before meeting others

- Remember to take a Covid Lateral Flow Device (LFD) test before meeting up with friends and family this festive season. If your LFD is positive you must self-isolate and take a PCR test.

- You are at higher risk of catching or passing on Covid-19 in crowded and enclosed spaces, where there are more people who might be infectious and where there is limited fresh air.

- Take a rapid lateral flow test if you are expecting there to

be a period of higher risk that day. This includes spending time in crowded, enclosed, and busy spaces or before visiting people that are more at risk of severe illness if they get Covid-19.

- For those arriving in England from overseas, proof of a negative PCR or LFD test is required on entry. After arrival you must take a PCR test on day two after arrival and self isolate until you've received a negative test result.

### Let in the fresh air when meeting indoors

Letting in fresh air can help reduce the spread of Covid - opening doors and windows even for 10 minutes when you are meeting indoors can help you and your loved ones stay safe.

### Wear a face covering crowded and enclosed areas

- Wearing a face covering can help reduce the spread of the virus so it's a good idea to wear one when you are in crowded or enclosed areas where you meet people you do not normally meet.

- To protect yourself and others, face coverings must be worn in shops and on public transport.

### Advice for Businesses

- Keep your employees and customers safe this Christmas. Make sure your risk assessment has been updated for winter and keep your workplace well ventilated.
- Businesses, including transport operators, should ask their employees and customers to wear face coverings.
- Businesses are also encouraged to continue encouraging customers to check in using the NHS Covid-19 app. If there is an outbreak, swift action can then be taken to limit the spread of the virus.

## Working from home

- Work from home if you can.
- Office workers who can work from home should do so from Monday 13th Dec. Anyone who cannot work from home should continue to go in to work.
- If you cannot work from home, take a Lateral Flow test before going into your workplace.
- Report your result and if positive you must stay home, self-isolate immediately and take a confirmatory PCR test.

Protect yourselves and loved ones by following the guidance this Christmas. Stay safe and learn more at [gov.uk/coronavirus](http://gov.uk/coronavirus)

**All together** >

# Move over Santa, Batman's in town!

Batman has just been on his tour of the UK in an eye-catching mobile Batman inspired van, in an alternative to Santa's grotto this Christmas.

Starting in Gotham, a small village in the East Midlands, that - despite the name - is a far-cry from DC's Caped Crusader's home town, the van begun it's travels.

Batman was greeted by children from Gotham Primary School who were given special gifts as the first lucky fans to meet Batman.

Following this, the touring van visited

Nottingham, Birmingham and Manchester and Leeds.

Santa and Batman have a surprising amount of similarities with both living reclusive lifestyles, being spotted on rooftops and knowing who's been naughty or nice.

The touring Batman themed van was instantly recognisable with the iconic Bat-Symbol emblazoned on the side. Inside Batman's festive display, were Christmas decorations to fit the Dark Knight himself, including black Christmas trees.



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# MOOD FOOD

## The way to a man's – and woman's – heart really IS through their stomach

Research of 2,000 adults revealed more than half believe the age-old phrase 'the way to a man's heart is through his stomach' does ring true.

And when asked if this applies to themselves, 57 per cent of women and 62 per cent of men agreed.

Almost three in five admitted their mood can be improved with good food and more than a third said some of their most treasured memories are around eating.

A further 27 per cent class themselves as a 'foodie' while 24 per cent feel they are a 'feeder'.

Similarly, people claim feeding

others brings them happiness, while others do it because of a maternal or paternal instinct, or as they like to share their culinary creations.

The study was commissioned by brioche experts St Pierre and also found cooking from scratch, knowing how to make something without a recipe and not getting stressed in the kitchen are among the things that impress people about others.

A fifth also like it if someone knows the best spots for food in different cities, while a quarter are impressed if a host always has food on offer for guests.

On the flip side, those polled have tried to impress others with their great cooking skills (44 per cent), by creating a meal out of leftovers (34 per cent) and discussing food with a passion (14 per cent).

Paul Baker, founder of St Pierre said: "The study shows just how important food is to moods, relationships and memories.

"Foods often bring back nostalgic experiences such as eating with family or friends, trying new cuisines for the first time, going on a first date or being on holiday or in a different city.

"It's great to see how passionate the nation is about food and that the way to a person's heart really is through their stomach.

"Often the best pick-me-up is a simple home-cooked meal or baked treat and we can all relate to that – it's how we make everyday magnifique."

The study also found almost half believe sharing food brings people together and one in four said bonding over meals is key to their family dynamic.

And people typically have three conversations a day about food.

Reflecting their love for edibles, 31 per cent have been bought a food themed gift, while 37 per cent have been the giver of a such a present.

The study via OnePoll also found it's important to 62 per cent that a potential partner likes food.

If meeting up with a friend, relative or date 44 per cent said it's likely to involve eating and 35 per cent claim food is central to gatherings with their family.

A quarter struggle to understand people who don't get excited by food, 37 per cent confessed that fussy eaters annoy them and 39 per cent admit that they're always thinking about their next meal.

Paul added: "We've always maintained that great food is a joy to be shared and the results of this research show that we're not alone in our thinking.

"Whenever you ask someone about their favourite food, the reason for their answer is almost always linked to a treasured memory – and that's a beautiful thing."

Almost three in five admitted their mood can be improved with good food and more than a third said some of their most treasured memories are around eating.

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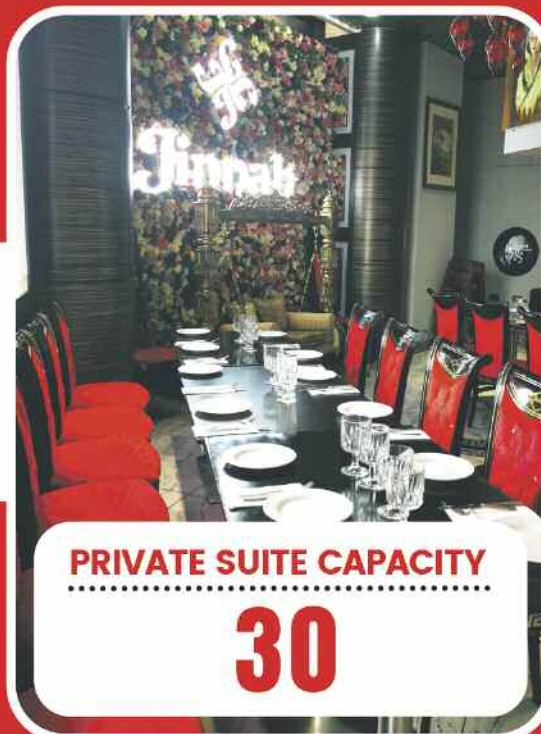
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# Thirst for Knowledge

## Nadiya Hussain launches appeal to help generations of girls the chance to build a better future

Author and TV chef Nadiya Hussain MBE has launched a new appeal, 'Thirst for Knowledge'. She's hoping to help bring clean water, decent toilets and good hygiene to schools worldwide, giving generations of girls the chance to build a better future.

Nadiya, an ambassador for WaterAid, the international charity behind the scheme, is adding her support to the campaign alongside the launch of her latest exciting ventures – her new BBC2 television series and book, both called Nadiya's Fast Flavours.

Through its appeal, WaterAid will help bring clean water, decent toilets and good hygiene to communities in Nepal and around the world, transforming tens of thousands of lives.

The UK government will match public donations made between 16 November 2021 and 15 February 2022 up to £2 million, helping bring these vital facilities to 28,000 people and 30 schools in the Bardiya district of Nepal.

The Thirst for Knowledge appeal will help school children like Puja who lives in Lahan, south-eastern Nepal, almost 100 miles east of Kathmandu. Nepal's extreme landscapes, earthquakes and changing climate all contribute to making it difficult to reach people with vital facilities.

The water in Puja's school is yellow and dirty, and there's only one toilet block, which, the headteacher says is in a 'critical' condition, meaning most children relieve themselves in the fields. Many girls skip school when on their period due to the lack of facilities.

Puja, 12-years-old, explains the problems she faces at school: "There is water at the school, but it contains iron and stinks.

"I have fallen ill by drinking the water and [that] causes us to miss classes. I can't fulfil my aims if I don't

**"I have fallen ill by drinking the water and [that] causes us to miss classes. I can't fulfil my aims if I don't study."**

■ Puja, 12, right, with her friend Kiran, 15, holding their books outside their school in Lahan, Nepal (Picture credit: Sailendra Kharel)



study. Life is not possible without water, since we need water to do everything like drink, cook, clean, wash, sanitation, and personal hygiene."

Women and girls are responsible for collecting water in four out of five households with water off the premises, putting their safety at risk and leaving little time to go to school or earn a living.

Globally, 31% of schools have no basic water supply, and just over a third do not have decent toilets. In Nepal, the lack of facilities contributes to the fact that more than one in three adolescent girls leave school after finishing primary education.

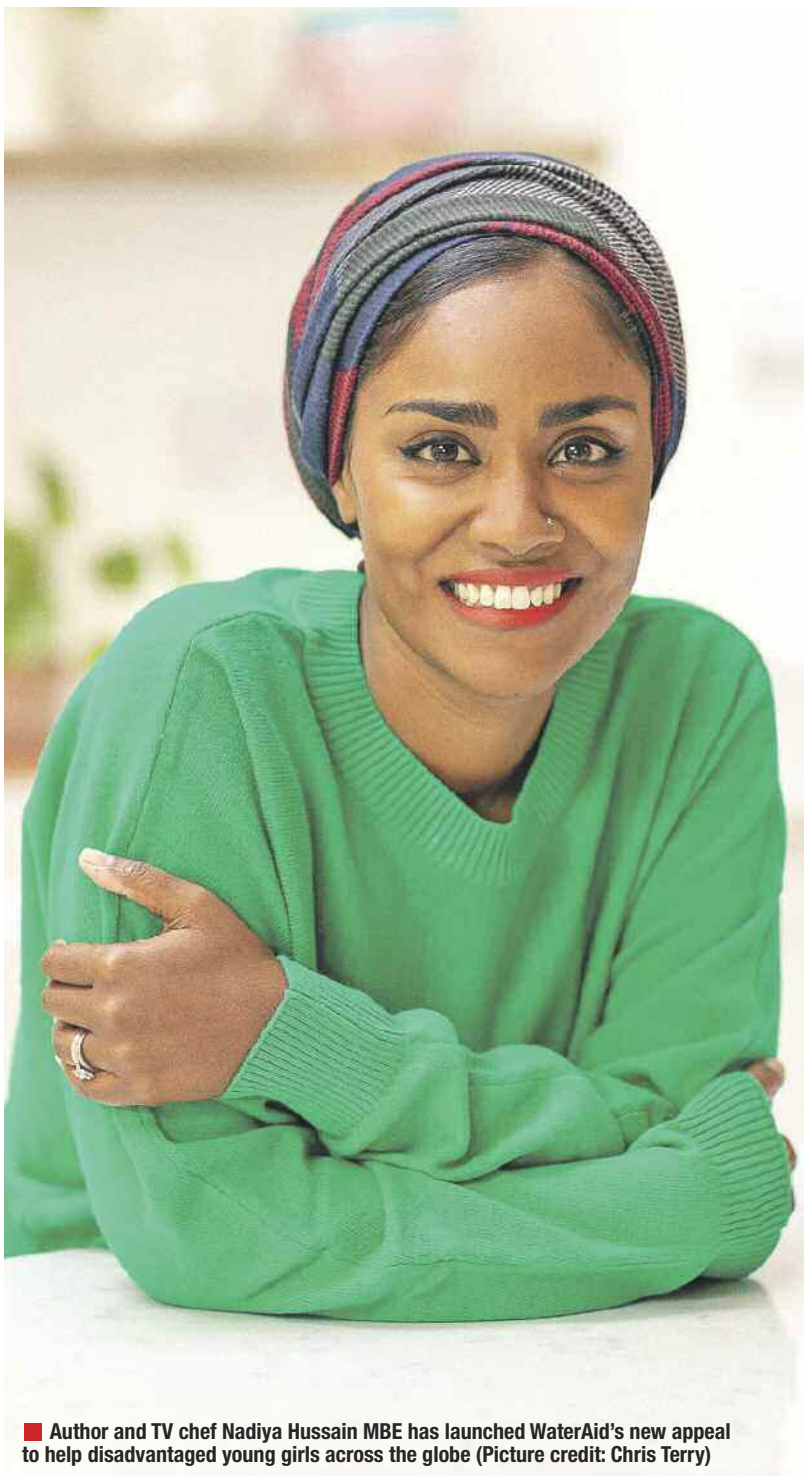
Nadiya Hussain has seen the reality of life without clean water when visiting Bangladesh. She said: "Every mother wants to provide their children with the best start in life, yet millions of parents around the world have no choice but to send their kids to a school with no clean water or toilets. Not only does this compromise their children's health; it has a particularly detrimental

impact on girls and traps whole communities in poverty. Without these basic facilities, another generation of girls and young women are being left behind.

"The good news is that water can be an incredible catalyst for lasting change.

"With clean water, toilets and soap in schools, girls can complete their education and grow up on an equal footing, with the chance to earn a higher income and build better futures for themselves and their families. That's why I'm so proud to support WaterAid's Thirst for Knowledge appeal; together we can help transform lives for good."

WaterAid's appeal will help construct new, sustainable school water systems, decent toilets, and drinking water stations with handwashing facilities, enabling children to easily wash, drink and go to the toilet without missing lessons. Provision will be made for girls to manage their periods safely and hygienically, so they no longer worry about missing out on their education or fetching water.



■ Author and TV chef Nadiya Hussain MBE has launched WaterAid's new appeal to help disadvantaged young girls across the globe (Picture credit: Chris Terry)



■ Puja, 12, (Picture credit: Sailendra Kharel)



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# Writer Jaspreet Kaur and radio presenter Nadia Ali share their mental health tips

Author Jaspreet Kaur and BBC presenter Nadia Ali share their mood boosting tips in a new video out today in support of the Every Mind Matters mental health campaign.

The government campaign champions the little things we can all do to look after our mental wellbeing to help us lead happier, healthier lives and cope with life's challenges.

Nadia and Jaspreet joined the campaign after a government survey revealed last month that the mental health of South Asians in England has been especially knocked back by the pandemic.

Those affected were also more likely to feel worried or anxious than the wider public.

Author Jaspreet Kaur, who writes about mental health in her ground-breaking book *Brown Girl Like Me*, says: "Many people in South Asian communities have found it hard to cope during the pandemic, which is why I wanted to share some of the things that have helped me."

"As a writer, I found comfort in journaling every day – getting my worries down on the page helped me get them out of my head."

At the heart of the campaign is the free, NHS-approved Mind

Plan. By answering five simple questions online, you can generate a personalised mental health plan with practical tips to help you destress, sleep better and feel more in control. So far, over 3.4 million Mind Plans have been created. Simply search 'Every Mind Matters' to create a plan tailored to your lifestyle.

Nadia Ali who presents the Sunday evening show on BBC Asian Network says: "During lockdown, I went on family walks and prepared some traditional meals with my grandparents over Skype."

"I learned some new skills, which was a great boost psychologically. New hobbies and small changes can make a big difference to your life, and they don't have to cost a penny."

Professor of Mental Health & Diversity at the Institute of Psychiatry in London Dinesh Bhugra also lent his support to the campaign. He says: "Depending on how you answer the questions, the Mind Plan might advise you to do a workout, cut down on alcohol, or try meditation. The website also features helpful videos and

organisations to contact if you need further help."



**Many people in South Asian communities have found it hard to cope during the pandemic**

Author Jaspreet Kaur

Find out more by visiting [www.nhs.co.uk/every-mind-matters](http://www.nhs.co.uk/every-mind-matters)



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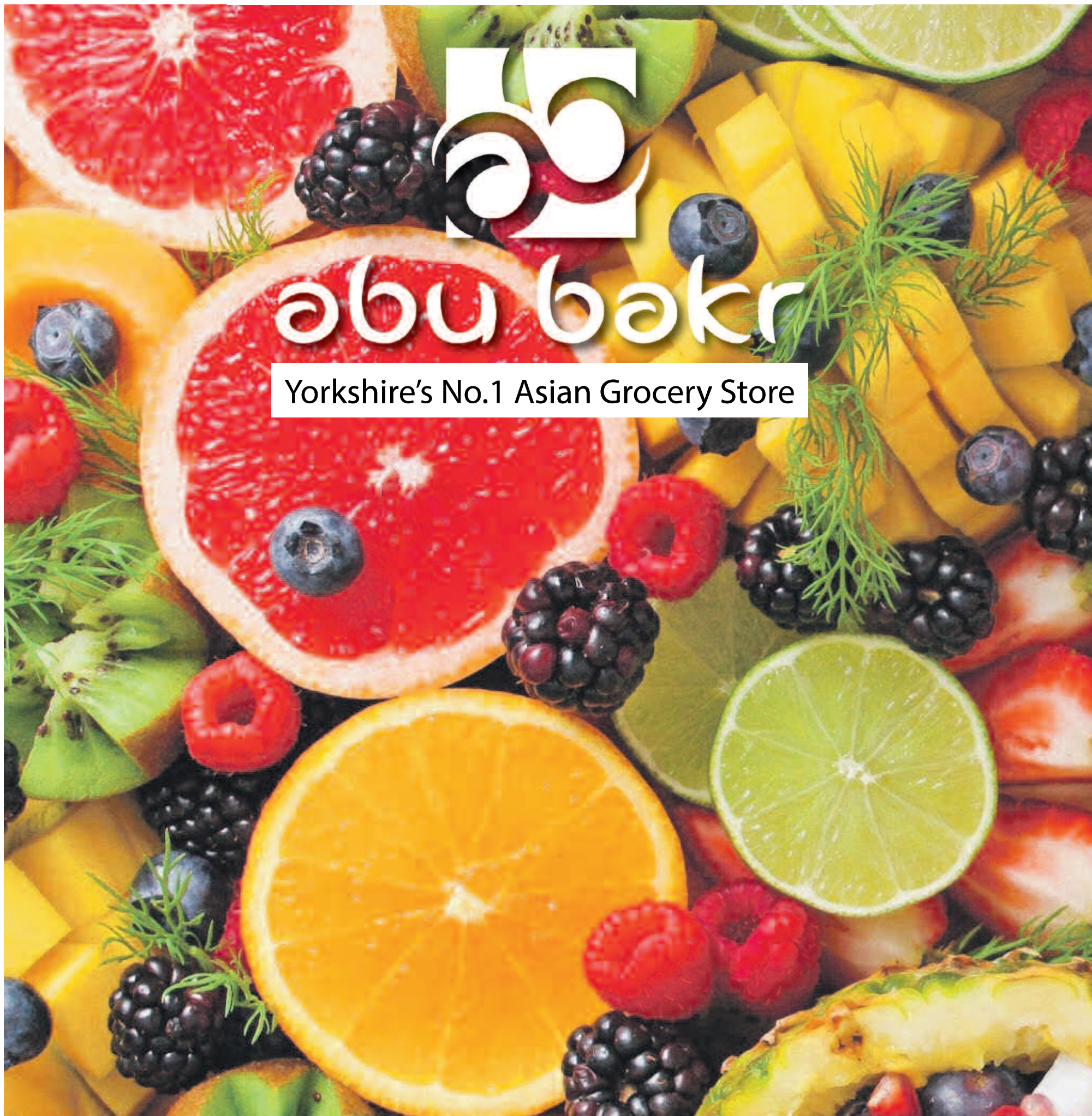
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# Co-founder of neo-Nazi terrorist group jailed



A Wiltshire man has been jailed for eight years following his conviction earlier this week for being a member of a banned extreme right-wing neo-Nazi group.

Ben Raymond, 32, from Swindon, was found guilty following a four-week trial. He was handed an eight year sentence with an additional two year extended licence period.

The guilty verdicts were returned on the charge of Raymond being a member of the proscribed group National Action and two charges of possessing terrorism material.

Raymond was the co-founder of the proscribed group National Action which was formed in 2013 and in December 2016 it became the first right-wing organisation to be banned by the government since World War II.

At the time of the group's formation, Raymond was an undergraduate studying politics. During the trial, the group was described as "unapologetically racist, anti-Semitic and aggressive" as well as "secretive and paranoid".

They used encrypted apps and messaging platforms with high levels of security to share information and Raymond would routinely wrap his phone in tin foil to block out the signal. He was described as the public face of the group; giving media interviews and setting out their ethnic cleansing agenda. He was also the point of contact with other neo-Nazi groups in Eastern Europe, Norway and the US.

Detectives from Counter Terrorism Policing West Midlands Counter Terrorism Unit (CTP WM CTU) led the investigation into Raymond which followed a number of trials in recent years convicting several individuals imprisoned for National Action membership as well as other offences.

Head of CTP WM CTU, Detective Chief Superintendent Kenny Bell said: "My detectives have been successful in bringing members of this group to justice over the last few years, many of whom have received lengthy jail sentences.

"Extremists use this kind of ideology to create discord, distrust and fear among our communities and we strive to counter this. I would encourage people to report hate crime to us and it will be taken seriously."



## Nearly half of sixth form and college students feel 'pressure' to go to university

**Research polling youngsters in further education found just shy of two-fifths would even feel like a 'failure' if they didn't progress to uni to study.**

Nearly half of sixth form and college students feel the 'pressure' to go to university; and a third don't feel they have a choice on whether they progress to higher education if they want to be deemed successful.

More than a third don't think their parents would be completely supportive if they were to choose an apprenticeship over university studies.

The research, commissioned by IBM, found 47 per cent aren't aware of the option to pursue a degree apprenticeship - completing a degree and working simultaneously - instead of going to university.

And just one in 10 could confidently name companies which could offer them apprenticeship opportunities to further their knowledge while earning a salary.

Jenny Taylor, IBM's UK foundation leader, said: "It can be hard to know what you want to do when you're young, or even when you're older - your passions can change, and it might mean you want to change careers altogether."

"Young people either fail to receive the correct information on the routes available to them, or are presented with so much that it can become overwhelming."

"There are different ways to get into the same career path - it just depends on what's right for you

and this does not always mean university."

The research also surveyed 698 graduates and found 65 per cent admit to having regrets about going to university.

More than a fifth don't feel they 'got ahead' of their peers by doing a degree, and 23 per cent chose a subject unrelated to the career they are now in.

A third regret their higher education studies because of how much it cost, and 17 per cent have qualms because they didn't enjoy their experience.

### The study also found as many as 45 per cent of sixth form and college students have no idea what they want to pursue as a career

It also emerged nearly a fifth of graduates don't think their parents would have been supportive if they opted for the apprenticeship route over a university degree.

Additional research of 1000 parents of children currently in education also found nearly four in 10 wouldn't be completely supportive if their offspring opted

for an apprenticeship over university.

In fact, 57 per cent of mums and dads weren't aware of the option of a degree apprenticeship, and seven in 10 confessed they can't confidently name five companies that would offer apprenticeships.

More than a quarter of parents don't think you'll be paid as much without a degree.

And 35 per cent believe it is an expectation to go to university.

It also emerged that following graduation and getting onto the career ladder, 44 per cent of

job application.

A third said you won't get paid as much when you enter the world of work without a degree, and 16 per cent even think you won't learn how to be independent unless you study at university.

The study also found as many as 45 per cent of sixth form and college students have no idea what they want to pursue as a career.

And of those who have thoughts on the profession they want to pursue, one in six aren't sure what route to take in order to achieve their goals.

Half are under the impression their chosen career path requires a university degree, yet 44 per cent don't know of the career prospects available through apprenticeships.

Jenny Taylor of IBM added: "Apprenticeships have proven incredibly effective for companies trying to bridge the skills gap and equip the future workforce with the right skills in a world of digital innovation."

"The landscape of work has fundamentally changed even in the last few years.

"Apprentices gain the relevant qualifications that equip them for the jobs of the future that require new skills; a huge opportunity for those who may prefer vocational training to traditional education alone.

"As technological progress accelerates and university costs continue to rise, it is time to banish the apprenticeship stigma, and present the workforce of tomorrow with more than one option for their future."



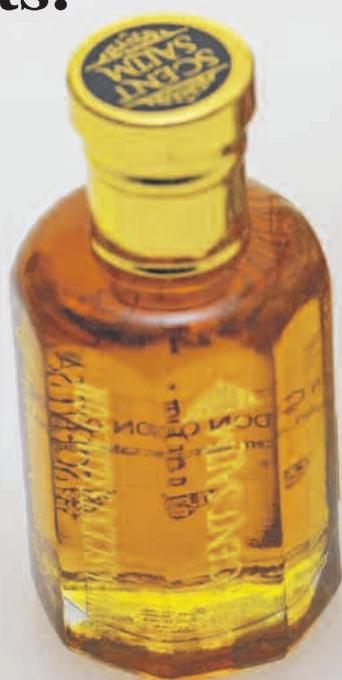
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Regal Food Products Group are delighted to announce Mind in Bradford as their charity of the year for 2022.

Mind in Bradford is the local mental health charity for people in Bradford, Airedale, Wharfedale and Craven. The charity helps people of all ages who are struggling with their mental health and offers support over the phone, online and face-to-face.

Regal Foods will support the charity with a series of fundraising events throughout next year, as well as partnering up to benefit the work the mental health charity provides.

## Regal Foods announce Mind in Bradford as charity of the year

Alec Gladok, Marketing Manager adds: "As a Bradford company who employ many from the local community, it's important we play our part in raising awareness around mental health. We look forward to working with Mind in Bradford next year"

Lydia Gray, Fundraising & Development Officer: "We are so pleased to have been chosen as Regal Foods' Charity of the Year. Regal Foods is a very well-respected local business who are passionate about local people and local places, and share our vision of

a Bradford which is supported, connected and empowered, where no-one has to face a mental health problem alone. We are so grateful to have their support and look forward to seeing what our partnership will bring in the next year."

Regal Foods have welcomed the partnership with a donation of £500 towards the charity's 'Sponsor a Bauble' campaign, as well as the donation of products that will be handed out to those who need the support of Mind in Bradford this Christmas.

## Time for change MPs demand action during Islamophobia Awareness Month

Afzal Khan MP has demanded the Government take action to tackle Islamophobia during a debate in Parliament.

The debate tabled by Mr Khan, marked this year's Islamophobia Awareness Month.

In attendance were Members of Parliament from across the political spectrum, with contributions from Naz Shah MP, Jim Shannon MP, Kirsten Oswald MP, Wera Hobhouse MP, Paul Bristow MP and James Daly MP.

Islamophobia is a pervasive hatred in our society which manifests in violent hate crimes, targeted discrimination, and loss of opportunity for many Muslims. Islamophobia Awareness Month is held every

November and is now in its ninth year.

Year after year, British Muslims are victims of the highest proportion of religiously motivated hate crime. This trend shows no sign of abating under the Conservative Government.

Home Office statistics show over 45% of religiously motivated hate crime in England and Wales were targeted against Muslims this past year. Even in recent weeks, there have been attacks or planned attacks on mosques in Manchester, East London and Scotland.

Islamophobia is particularly prevalent online, and during the pandemic, hate crime monitoring charity, Tell Mama, recorded a 40% spike in online Islamophobia

connected to far-right propaganda blaming Muslims for spreading coronavirus.

Chair of the Labour Muslim Network, Afzal Khan MP, and Chair of the Labour Party, Anneliese Dodds MP, wrote to the Conservative Party expressing concern over the spike in hate crime following the terror incident in Liverpool.

Afzal Khan MP said: "As a Muslim, I am often subjected to Islamophobic abuse – whether it is through offensive messages online holding me accountable for 'grooming gangs' or conflating Islam to terrorism.

"As Muslims we are targeted because of faith, our practices, and the way we dress. Our places of worship are threatened, and our young people fear Islamophobic bullying in schools and on the streets.

"Yet, to many Muslims it feels like this Government simply doesn't care.

"The theme of this year's Islamophobia Awareness Month is 'Time for Change', and it is high time the Government changed its ways – first and foremost the Government must adopt the widely-accepted definition of Islamophobia.

After all, as political representatives it is our responsibility to safeguard all communities, no matter their race or religion".

Anneliese Dodds MP, Shadow

Secretary of State for Women and Equalities, said: "45% of all hate crimes last year were targeted at Muslims.

"This Islamophobia Awareness Month, it's Time for Change and that starts at the top. The Labour Party has adopted the APPG on British Muslims definition of Islamophobia. It's time the Conservatives followed suit".

Zara Mohammed, Secretary General of the Muslim Council of Britain, commented: "Over the years we have had tepid responses to the growing threat of Islamophobia. At worst it is normalised in our media and public discourse, at best, there is a grudging acknowledgment that this form of hatred exists.

"The victims here are real people. Visibly Muslim women, in particular, must contend with the anxiety of being verbally abused or physically attacked, for example.

"For meaningful change to occur, we must see a commitment to action from our political leadership.

"The Conservatives, as the party of Government, must take the first step by adopting the APPG on British Muslim's definition of Islamophobia, the most widely endorsed definition to date. Furthermore, they must make good on recommendations from the Singh investigation and engage a cross-section of Muslim-led

organisations on the issue going forth."

Wera Hobhouse MP, the Liberal Democrat Women and Equalities Spokesperson said, "Islamophobia is rising alongside media distortions about Muslims, rising far-right anti-Muslim sentiments and a lack of knowledge and understanding about Muslims and Islam.

"Far too many people's lives are blighted by discrimination, hatred and abuse. It is unacceptable that, in the 21st Century, people are still victimised simply because of their faith.

"Thank you to my colleague Afzal Khan for calling this important debate. I am delighted to show my support for Afzal and Islamophobia Awareness Month."

Kirsten Oswald, the SNP Women and Equalities Spokesperson said, "There is no place for Islamophobia, and it must be challenged wherever and whenever it emerges.

"Islamophobia Awareness Month is an important time to reflect on the realities of lived experience, and our collective responsibility in combatting prejudice and hatred.

"I am committed, along with my SNP colleagues, to working hard to combat Islamophobia, and to working with others to do so".



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# Asian Express *Your National and Local Business Round-up*

## Business news

# Curry awards celebrates restaurateurs and announces winners

The UK's favourite curry restaurants, as nominated for by the British Public, were announced at the trailblazing and foremost celebration of the industry, British Curry Awards in association with Just Eat, as it returned for its 17th year after the pandemic challenges.

The finest curry restaurateurs from across the UK descended on the Capital in the hope of being recognised as the best restaurant in their region and honoured with a jewel in the crown of the UK curry restaurant industry award sector at the prestigious ceremony that took place on Monday 29th

November at Battersea Evolution.

Fondly known as the 'Curry Oscars', British Curry Awards once again welcomed in person prominent personalities from the worlds of politics, sport, showbiz and entertainment alongside celebrity chefs and curry restaurant owners and their staff from across the country.

In attendance were: Cricketer, Azeem Rafiq; Love Island contestant, Priya Gopaldas, model, Danielle Mason; former The Apprentice winner, Sian Gabbidon; TV presenters, Melinda Messenger, Lizzie Cundy, Faye Barker, Hayley Sparkes

and Hayley Palmer; radio presenter, James Whale; television GP, Dr Amir Khan; filmmaker, actor and presenter, Mistah Islah; music artists, Patti Boulaye and Mr Fabulous; President of Restaurant Association, Robert Walton MBE; MP's, Chris Grayling, Foysoil Choudhury; RuPaul's Drag Race UK's Baga Chipz; and Reality TV personality, Robbie McMahon among others.

The ceremony was hosted by actor and comedian, Omid Djalili. Bollywood star, Abhishek Bachchan, joined virtually to present the award for the Best Restaurant West Midlands category.

As the foremost and pioneering celebration of the UK curry industry's achievements and the best restaurants across all regions, with awards deemed the most prized badge of honour across the entire industry for winning restaurants, British Curry Awards has established itself as a national institution.

A nationwide nominations process to honour the nation's top curry houses is led by the local patrons of curry houses on the streets of Britain, annually invited to nominate their favourite Asian restaurants and takeaways.

The process of public nominations creates an authentic list of the nation's favourite Asian eateries, based on the opinions of the public, leading to a rigorous vetting process by an independent panel of judges.

Continued on page 28



# BUSINESS

## YOUR LOCAL & BUSINESS ROUND-UP

### Wrongfully Entering Judgment Has Consequences

**T**he recently reported case of Total Extraction Ltd v Aircentric Ltd highlights that the courts will not tolerate any abuse of its procedures.

In that case Total Extraction issued a claim through the Court's Money Claim Online (MCOL) system for an alleged debt owed by Aircentric. Before the time for Aircentric to acknowledge the claim had expired, Total Extraction applied for and obtained judgment on a purported admission by Aircentric that it owed all the monies claimed. In fact, there had been no admission by Aircentric who continued to contest the claim. Aircentric only discovered the position when it tried to file its Acknowledgment of Service.

Subsequently, Aircentric was successful in having the judgment set aside. In addition to setting aside the judgment Aircentric also pursued a counterclaim against Total Extraction claiming that it was liable under the Tort of Abuse of Process for the losses it had suffered as a consequence of judgment being wrongly entered against it. Aircentric claimed that the erroneous judgment had caused it nearly £42,000 of damages arising from lost contracts and the inability to procure parts and supplies caused by the withdrawal of credit.

In defence of the counterclaim, Total Extraction claimed that it had

applied for judgment by mistake.

However, the Judge did not accept this explanation and said that Total Extractions' explanation that it had selected the "admission" option by mistake was "inherently implausible" given that the function in the MCOL service warned against the option of selecting judgment by admission, stating that the user should only do so if they had a copy in writing of the admission which they could produce to the Court if requested. The Judge found that Total Extraction had intentionally applied for judgment and that there had been no mistake on its part.

The Judge said that although Aircentric could apply to have judgment set aside when it had been wrongly entered and recover the costs of such an application, that would not provide Aircentric with a real remedy for the damage which it had suffered as a result of Total Extractions' unscrupulous actions. The Judge therefore found Total Extraction liable for Aircentric's counterclaim with the amount of that claim to be decided at a later stage.

This case should act as a cautionary tale to court users that abusing the court process comes with real consequences.

If you are involved in any contractual dispute then Blacks Solicitors can assist. Please contact Luke Patel on 0113 227 9316 or by email at "L.Patel@LawBlacks.com".



Please contact Luke Patel  
on 0113 227 9316  
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SOLICITORS

### Curry awards celebrates restaurateurs and announces winners

Continued from page 27

This year's ceremony had particular significance, given the challenges faced by the industry over the past 18 months of the pandemic, and acknowledged the industry's spirit and resilience through difficult business and personal circumstances. The industry has seen many leaders, pioneers, restaurateurs and staff tragically lose their lives to Covid. This year's ceremony paid tribute to those that have passed away.

Nevertheless, the entrepreneurial spirit and strong will of the UK curry community continues to work tirelessly to serve customers and diners across the UK with the nation's favourite dish.

British Curry Awards Founder, Enam Ali MBE, is the UK's leading spokesperson for the curry industry and has been promoting it globally for the past 45 years. Speaking at the event, he said, "What a year we have had - full of highs and lows as we have come out of the pandemic and had to try and rebuild our businesses after lockdowns. The support of our customers has been incredible but the challenges are still significant."

"At the British Curry Awards we have always stood up for the causes that matter to the industry. We are all now benefitting from the so-called vindaloo visa which has helped address the chef shortage problem. We will always fight your corner."

"This year we have received many reports that restaurants that had got high, four or five stars 'scores on the doors' in the past



from local environmental health officers have been getting marked down to only one or two stars.

"It seems from the reports we are getting that, often, restaurants are being marked down for fairly minor, technical infringements. Even though these can often be quickly rectified they are having to wait up to six months to be reassessed. This is unfair and is putting many already struggling businesses as they come out of the pandemic on the verge of closure."

"What we are asking for is the government to require local authorities to have a much faster appeal and recertification process, so that those marked down can be reassessed in 4-6 weeks, not 4-6 months. Otherwise we will not be able to play our part in the recovery of our high streets, as this inflexible process will prove the straw that breaks the

camel's back."

Andrew Kenny, UK Managing Director, Just Eat says, "It's a great honour to once again be sponsoring the British Curry Awards. After an incredibly challenging 18 months, there's never been a better time to recognise the resilient and hard-working individuals within the restaurant and takeaway sector."

"Despite the many obstacles faced, from shortages in the supply chain to difficulty in recruiting skilled workers, restaurants have risen to the occasion and delivered customers a taste of normality when they needed it the most. We want to ensure that takeaway restaurants - especially in this sector which contributes so much to British culture - don't just survive, but thrive, in today's challenging economic climate."

#### British Curry Awards 2021 Winners

**Best Restaurant Scotland:**

Dishoom, Edinburgh

**Best Restaurant North East:**

Mumtaz Restaurant, Bradford

**Best Restaurant North West:**

Asha's, Manchester

**Best Restaurant East Midlands:**

Montaz Newmarket, Newmarket

**Best Restaurant West Midlands:**

Pushkar Restaurant, Birmingham

**Best Restaurant Wales:**

Purple Poppadom, Cardiff

**Best Restaurant South East:**

Chez Mumtaz, St Albans

**Best Restaurant South West:**

Prithvi Restaurant, Cheltenham

**Best Restaurant London**

**Central & City:**

Benares, Mayfair

**Best Restaurant London -**

**Outer & Suburbs:**

Shampan Bromley, Bromley

**Best Newcomer:**

Mathura Restaurant, London

**Best Delivery**

Maliks Express Kitchen,

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**Most Innovative**

**Restaurant Concept:**

Khai Khai Indian Restaurant,

Newcastle Upon Tyne

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# HOW TO: Balance revision and fun over the festive period

The festive period and school Christmas holidays can, understandably, be one of the most difficult times of year to get focused and be productive with revision.

But with exams fast approaching, it is important to devote some important time to preparing for the upcoming exam season and calendar year.

By planning ahead and utilising your time in the holidays effectively, there is no reason that you cannot have a great winter break and be productive in keeping on top of your academics!

Here, the in-home and online tutoring company, Tutor Doctor, have provided their top tips on how to make the most of the holidays while not sacrificing having fun.

# HOW TO: Balance revision and fun over the festive period

## Prioritise and designate specific study days

Decide which revision content is most important and what you do not want to miss from the holidays! Mark these out in your calendar and revision plans to help you stick to your schedule. Remember, time away from the books is as important as revision itself!

## Work little and often

Set yourself bite-sized tasks to break up the workload to help manage your time more effectively. Doing a little bit consistently and frequently is far more stress relieving and manageable than taking on too much at once. By studying and managing your workload with this method, it will allow you to spend more time with friends and family and take part in festivities.

## Get the family involved

There is no reason for revision to be a solo activity! And with the holidays being an opportunity for the whole family to spend valuable time together, why not get them involved? Involving your whole family in your revision will keep you from feeling isolated and relieve any stresses you might be feeling while you should, of course, be enjoying the holidays! Make a game out of studying, test each other with flash cards, or discuss your ideas to help you visualise what you're learning.

## Take care of yourself

Perhaps the most important tip for studying throughout the festive period is to take care of yourself. The cold weather and stress of revising over the holidays can often lead to burning out. Remember to relax and do what makes you happy throughout the festive period, whether it is getting out of the house, exercising, playing games, or simply just spending time with friends and family. While keeping on top of your workload is vital, and this is certainly an important time of year for it, self-care and time off helps your productivity, wellbeing and motivation.

## Reward yourself!

Sticking to your revision schedule and ensuring the tasks on your checklist are completed is rewarding in itself. But putting incentives in place to make the most of your free time will put you in a good routine and keep you feeling rewarded and motivated throughout the holidays. Considering the time of year, why not festively theme your rewards?

## Food myths and facts explained

An expert has revealed once and for all whether carrots truly help you see in the dark, if an apple a day actually keeps the doctor away, and if oysters make you frisky.

Nutritionist, Lily Soutter, also clarifies if it really takes seven years to digest chewing gum, whether you can swim after eating and if fish is good for the brain.

She confirms that while carrots contain lots of vitamin A which helps maintain healthy vision, they don't help you see any better in the dark.

Similarly, enjoying an apple a day won't in itself reduce your chances of needing to visit a GP, and chewing gum doesn't take seven years to leave your system.

Neither chocolate nor oysters are aphrodisiacs – possibly to the disappointment of 18 per cent

Yogurt makers Onken have teamed-up with Lily Soutter to separate the fact from the fiction about food, after it commissioned a study which found half of the 2,000 adults polled are 'confused'.

and 19 per cent respectively who are wrongly under the impression they are.

Yogurt makers Onken have teamed-up with Lily Soutter to separate the fact from the fiction about food, after it commissioned a study which found half of the 2,000 adults polled are 'confused'.

The study also found that swimming right after eating is wrongly believed by 34 per cent of adults to be something you shouldn't do.

In fact, it's exercising to high intensity immediately after eating that's best avoided as it can give you a stitch.

Almost half believe fish is good for the brain – and they're right, as long as they're eating oily fish – because essential omega 3 fatty acids in oily fish contribute to normal brain function.

It also emerged four in 10 said their first point of call for information on eating well would be the internet and 15 per cent would turn to their mum or dad.

Others would rely on experts like a nutritionist (14 per cent) or their GP (12 per cent).

Carried out through OnePoll, the research also found half of adults admit they don't pay enough attention to what foods their body actually needs.

## FOOD FACTS AND FICTION

Carrots help you see in the dark - **FICTION**

Fish is good for the brain - **FACT**

An apple a day keeps the doctor away - **FICTION**

Eating celery burns more calories than you gain from eating it - **FICTION**

Chocolate is an aphrodisiac - **FICTION**

Drinking fruit juice is as healthy as eating whole fruit - **FICTION**

It takes seven years to digest chewing gum - **FICTION**

Oysters are an aphrodisiac - **FICTION**

You shouldn't swim for an hour after eating - **FICTION**

Fruit should be eaten on an empty stomach - **FICTION**

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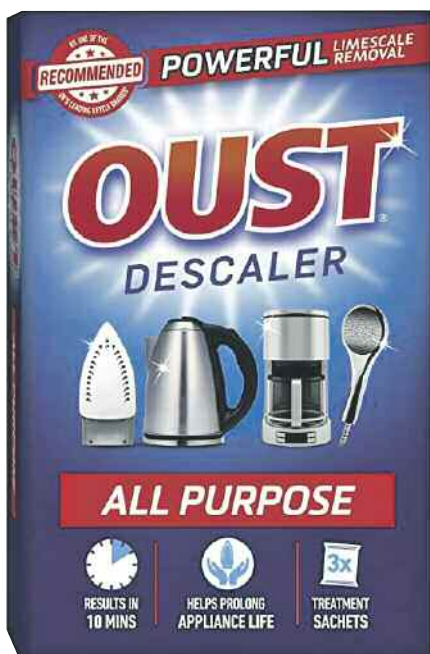


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# 6 top tips to get your home sparkling clean

Cleaning can be an exhausting undertaking if you're disorganised and don't have the right supplies. However, with a little bit of preparation, you can make it less time-intensive and more enjoyable. Here are some great products that'll make the job just that little bit easier.



## 1. Get Rid of Limescale

There is no doubt that your household appliances will be working in overdrive during the winter months with more cups of tea, steaming hot showers, the washing machine chugging away on thicker knits and more dishes in the dishwasher with family in town.

Unfortunately, these appliances all have two things in common - they require hot water and use hard water from taps and pipes.

Guess what? Limescale mainly occurs when hard water has evaporated. It results in expensive repair costs and reduces the efficiency of appliances, increasing the amount of energy they need. To prevent this occurring, try using Oust All Purpose Descaler.

Oust's powerful limescale removal formula eliminates up to 100% limescale and delivers results in just 10 minutes! Using it on your appliances every three months can extend their life.

## 2. Clear Your Gutters and Your Garden

It is a good idea to clean out any debris from your gutters. When the temperature drops below zero, the water in the gutters will freeze the leaves caught in there, preventing drainage. This problem can cause severe water damage to your roof, or worse, leaking into the house, ruining walls and ceilings.

Sweeping up foliage from your garden is really important because when left to freeze and unfreeze, fallen leaves will turn to mush, a breeding ground for mould, which will discolour your garden paths!

Use Jeyes Patio Cleaner throughout the colder months to prevent the regrowth of algae, mildew, mould and dirt on paths, patios, decking, fencing, brick and block. No scrubbing required!





### 3. Change Up Your Colour Palette

It has been proven that using a deep, rich colour palette (reddish hues mainly) psychologically makes your home feel cosier. The warmth of the colours creates a cocoon effect inside the house that works perfectly in the winter months as it makes you feel like you're cut off from the harsh elements outside.

While it would be too expensive to change the colour of your walls every winter, you can still change up your soft furnishings. For example, you could dye old pillowcases using Dylon Dyes Machine Washing Pods in rosewood red.

All you have to do is unwrap the pod and pop it into the washing machine drum with the item and watch the magic happen!

### 4. De-odorise The Fridge

The fridge is one of the most important areas to focus on when cleaning your kitchen. Scrub stains and dirt spots on the exterior of the fridge using a damp cloth sprinkled with baking soda.

Housing both raw and cooked foods, it's essential for this appliance to be kept clean and hygienic to reduce the risk of food poisoning.

To clean the inside of your fridge, take out all your food and remove the shelves. Then wash the interior with warm water and dishwashing soap. We would suggest doing this every three to four months.

Ensure you maintain an odour-free fridge all year round by using a product such as Croc Odour, which is fragrance free and designed to help neutralise and absorb odours, preventing cross contamination of food flavours whilst protecting the taste of food.



### 5. Prepare The Loo

The toilet can be one of the grubbier parts of the home and is prone to attracting an immense build-up of bacteria.

Make sure your toilet remains sparkling and germ-free with a 'Regime Clean' approach. This includes daily use of a rim block such as Bloo's Winter Limited Edition Rim Block, which will keep your toilet smelling minty fresh. With every flush, the rim block foams and fizzes, keeping the toilet hygienically clean, and lasts up to 240 flushes.

Follow this with the use of a toilet cleaning gel to tackle any limescale build up in your basin. Ideally this should be used twice a week for deep cleaning and the ultimate shine.

### 6. Outsource The Job

If you're too busy with preparing for the festive season and are short on time, look into outsourcing the task to a company such as Airtasker, the trusted online community marketplace that connects people who need work done with people who want to work.

Cleaning is one of the most in-demand jobs on the platform so you'll be spoilt for help. Simply post your task on Airtasker and choose from rated, verified and reviewed people ready to work straight away and wash away your worries.



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Earlier this year, UK's chief medical officers recommended vaccinating all 12 to 15-year-olds with a first dose of Pfizer-BioNTech Covid-19 vaccine, to protect their physical and mental health and education.

The flu vaccine programme for schools has also been extended from all primary school children plus Year 7 of secondary, to now include all secondary school pupils up to and including Year 11.

Over the last month or so, most parents across the country would have received letters in their book bags inviting eligible children to get their vaccines in school.

The aim is to immunise as many children as possible ahead of winter, as scientists are predicting it may be a bad flu season as well as a surge in Covid-19 cases, which some schools are already experiencing.

To help keep parents informed, we have teamed up with leading paediatrician, Dr Annapoorna Sharma to answer some commonly asked questions.



# Top paediatrician answers your questions on Covid-19 and flu vaccines for children

## Q. Is the Covid vaccine safe for children?

The Covid-19 (Pfizer-BioNTech) vaccine has now been tested in children in clinical trials in the USA, UK and Israel, and is shown to be safe and effective for young people. The Covid vaccine has now been available for over a year. Since this summer, tens of millions of young people around the world in countries like the USA, New Zealand, Canada, Spain and Israel, have also had vaccine protection for their physical and mental health, helping to keep their lives on track.

## Q. If Covid-19 mostly affects older people, why do young people need the vaccine?

Currently, the highest rise in Covid cases in the UK is in children who are unvaccinated. Although children and young people are less likely to be hospitalised with severe Covid-19, they can still get sick from the virus, and may have to miss school or suffer from long Covid symptoms.

The vaccine protects children by reducing the likelihood of catching Covid-19, and reducing the severity of the virus, if they do get infected. It also reduces their role in transmitting the virus, a child who is vaccinated is less likely to spread the virus. If enough children are vaccinated, they help provide a wall of safety for everyone around them. They may also stop new variants emerging because the virus doesn't have a chance to take hold.

Right now, some schools are experiencing a rise in Covid-19 cases, and we all know too well the impact of school closures or contact isolation on young peoples' lives.

## Q. Why is it important that children get the flu vaccine?

Having the flu vaccine will help protect your child from what can be a very nasty illness for children. Children under the age of 5 have the highest rate of hospital admission for flu. Vaccinating your child also reduces the chance of others in your family, who could be at greater risk from severe flu, such as grandparents or those with long term, getting flu from your child.

## Q. What kind of Covid-19 and flu vaccines are given to children and young people?

At present, young people aged 12-15 years are being offered just one dose of the Pfizer-BioNTech vaccine. This is the only Covid-19 vaccine approved for this age group at present.

Young people with existing health conditions at greater risk of developing severe Covid-19 and those who live with someone with an immune disorder are offered two doses of Covid-19 vaccine eight weeks apart. Those with suppressed immune disorders may need a course of three injections. Your child's GP or hospital consultant can advise on what's best for your child.

With the flu vaccine, most children are offered a nasal spray vaccine. Children aged 2 or 3 years (before September 2021) can get the flu vaccine at their GP surgery, while primary and secondary school aged children from reception to year 11 will be offered the vaccine in school. Children with long term health conditions are eligible for the flu vaccine from 6 months to 17 years of age. Some children can't have the



**Dr Annapoorna Sharma answers your questions**

nasal spray vaccine, and they will be offered an injection instead.

The virus that causes Covid-19 and the virus that causes the flu are two completely different viruses, therefore two different vaccines are needed. Both vaccines can be given at the same appointment, alongside other vaccines for school children such as HPV, DTP MenACWY vaccines.

## Q. How do children get the flu and Covid-19 vaccine?

Most children and young people will be offered both vaccines with their class in school. Parents and guardians will get a letter from the

school immunisation service provider with detailed information about both vaccines, including consent requirements.

For the Covid-19 vaccine only, young people 12+ can also get an appointment at a walk-in clinic or their GP and be vaccinated the same time as the rest of their family, if they want. An appointment can be booked online at [nhs.uk/covidvaccine](https://nhs.uk/covidvaccine)

For two and three-year-olds (provided they were this age on the 31 August 2021), you should receive an invitation for your child to have their flu vaccine at their GP surgery before the winter. You can also contact the surgery directly to make an appointment.

## Q. Will my children be offered the vaccine at school without my knowledge?

Parents will be asked to provide consent either online or by signing a paper form before their children are vaccinated in school. Separate consent must be given for the flu and Covid-19 vaccines. Leaflets will be handed out with further information on the vaccines, helping you make the best decision for your family. It's best to discuss getting vaccinated with your children and reach a decision together.

In secondary schools, some young people will be mature enough to provide their own consent. Healthcare professionals from the school's immunisation team will speak to the young person and make every effort to contact the parent. These professionals have expertise in vaccinating young people and will be responsible for assessing whether

they have enough understanding to self-consent (this is called 'Gillick competence'). This is a well-established process which you may be familiar with from other school-based vaccination programmes.

Vaccines programmes have been safely run in schools for a long time and have made a huge contribution to public health.

## Q. Does the flu vaccine contain pig products? Is there an alternative option if so?

Yes. This is a common question for some South Asian and Muslim families who may be vegetarian, vegan or halal. For those aged two to 17, the flu vaccine is usually given as a pain-free nasal spray which contains pork gelatine. If you or your child wish to avoid this for any reason, you can request for your child to have an alternative porcine-gelatine free flu vaccine which is administered as an injection in the arm. The Covid-19 vaccine does not contain any animal products. All major religious groups, including Muslims groups, have said it is permissible and advocate its uptake.

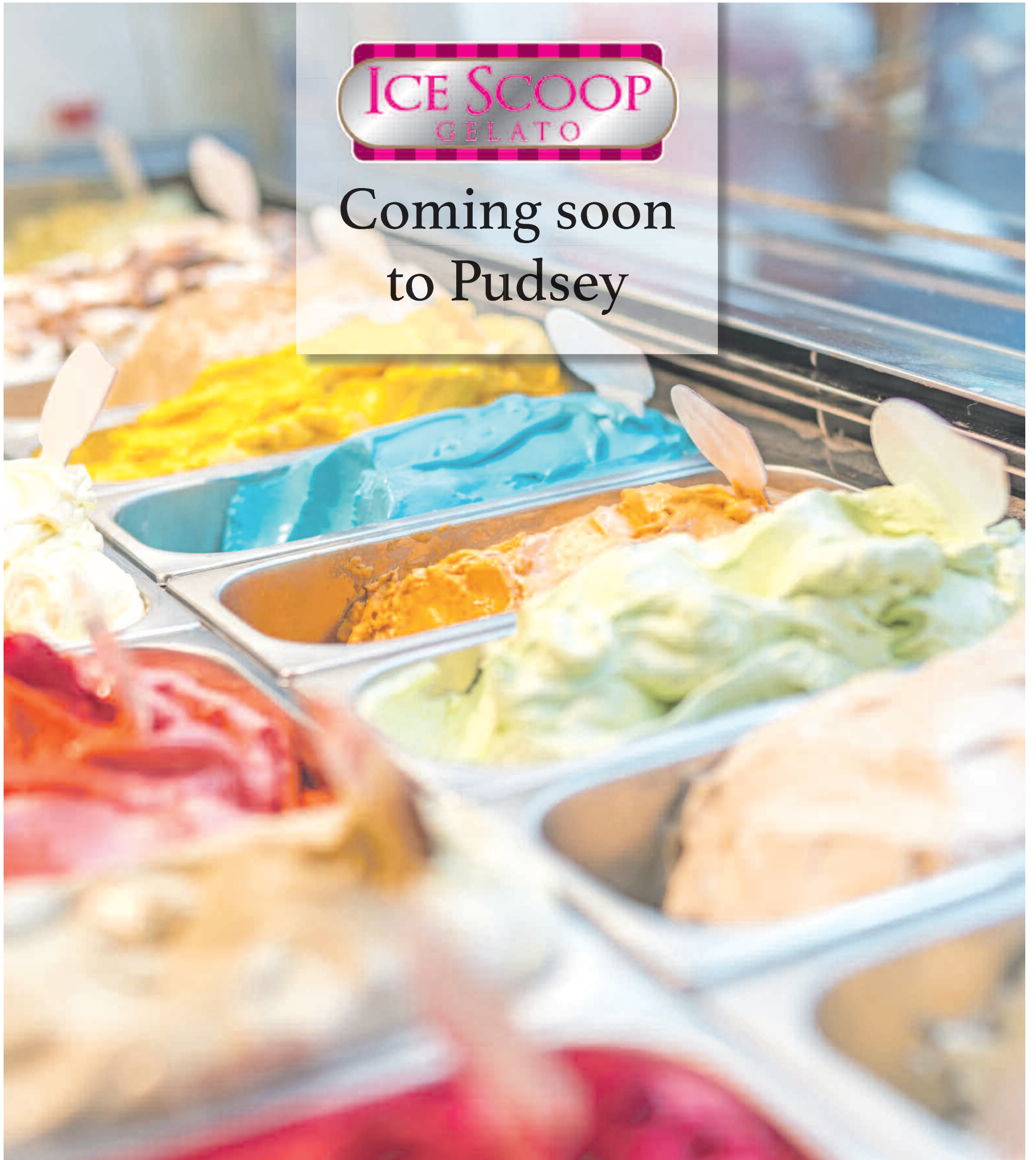
Vaccination is the most powerful tool in our medical kit for keeping us all healthy. Of course it's right to ask questions and find out all you can.

For more information on the Covid vaccine for children, visit: [www.gov.uk/government/publications/covid-19-vaccination-resources-for-children-and-young-people](https://www.gov.uk/government/publications/covid-19-vaccination-resources-for-children-and-young-people) or [nhs.uk/covidvaccine](https://nhs.uk/covidvaccine) to find your nearest centre.

For more information on the flu vaccine for children, visit: <https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>



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# G L I T

## Entertainment

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## What's love got to do with it?

### Jemima Khan and Shekar Kapur's new rom-com ready for release

With a dazzling cast, we get a first-look of director Shekar Kapur (Elizabeth) and writer Jemima Khan's new cross-cultural British rom-com 'What's love Got To Do With It?'

Set to release in cinemas worldwide 2022, 'What's love Got To Do With It?' stars Lily James, Shazad Latif, Emma Thompson, Sajal Aly, Shabana Azmi, Asim Chaudhry, Mim Shaikh, Jeff Mirza, Iman Boujelouah, Mariam Haque and Sindhu Vee.

British-Pakistani record producer, DJ, songwriter, and musician Naughty Boy has brought his production and writing skills to the film, collaborating on new, original, recordings. Rahat Fateh Ali Khan has also recorded two songs for the soundtrack and will appear in the film itself.

The film is produced by Jemima Khan (The Clinton Affair, The Case Against Adnan Syed, We Steal Secrets: The Story of Wikileaks)

and her Instinct Productions with producer Nicky Kentish Barnes, alongside Working Title Films' Eric Fellner and Tim Bevan.

#### Movie Synopsis

The movie poses the question on how does one find lasting love in today's world?

For documentary filmmaker Zoe (Lily James), swiping right to find Mr Right has only delivered bad dates and funny anecdotes, much to her opinionated mother

Cath's (Emma Thompson) dismay.

For her childhood friend and neighbour Kazim (Shazad Latif), the answer is to follow his parents' example and opt for an assisted marriage with a bright and beautiful bride from Pakistan.

As Zoe films his hopeful journey from London to Lahore to marry a stranger, chosen by his parents, she begins to wonder if she might have something to learn from a different approach to finding love.

# Returning to the world of two realities...



## THE MATRIX RESURRECTIONS

From visionary filmmaker Lana Wachowski comes “The Matrix Resurrections,” the long-awaited next chapter in the groundbreaking franchise that redefined a genre.

The new film reunites original stars Keanu Reeves and Carrie-Anne Moss in the iconic roles they made famous, Neo and Trinity.

In “The Matrix Resurrections,” return to a world of two realities: one, everyday life; the other, what lies behind it.

To find out if his reality is a physical or mental construct, to truly know himself, Mr. Anderson will have to choose to follow the white rabbit once more. And if Thomas... Neo... has learned anything, it's that choice, while an illusion, is still the only way out of - or into the Matrix. Of course, Neo already knows what he has to do. But what he doesn't yet know is the Matrix is stronger, more secure and more dangerous than ever before.

Reeves reprises the dual roles of Thomas Anderson/Neo, the man once saved from the Matrix to become the saviour of humankind, who will once again have to choose which path to follow.

Moss portrays the iconic warrior Trinity - a suburban wife and mother of three with a penchant for super-powered motorcycles?

Yahya Abdul-Mateen II (“Candyman,” the “Aquaman” franchise) plays the wise and worldly Morpheus who, as always, serves as a guide to Neo while also fulfilling his own greater purpose on a very singular journey of self-discovery.

Jessica Henwick (TV’s “Iron Fist,” “Star Wars: Episode VII – The Force Awakens”) plays the hacker Bugs, the proverbial white rabbit on a mission to discover the one who sacrificed himself for humankind—and willing to take any risk necessary in search of the legend she idolises.



## Salman Khan and Aayush Sharma starrer set for release



There's been an overwhelming response on the trailer, the makers of 'Antim: The Final Truth', and the filmmakers decided to bring the release date forward for international audiences.

Headlining the cast, is none other than Salman Khan in a never-seen-before avatar playing a Sikh policeman for the first time. His character is ruthless and unforgivingly bent on rooting out the gangsters and sprinkled with catchy dialogues.

The film also sees Aayush as a gangster, with various shades to his character, making us simultaneously root both for and against him.

Salman and Aayush have both worked upon their physical appearances to come into character. They may be on opposing ends in the film, but the chemistry between the two is exceptional, something that the audience will look forward to



watching on the big screen.

The response from the audiences has been beyond phenomenal, making the film track at the top spot on IMDB. Audiences are eagerly awaiting to witness the biggest face-off between Salman Khan and Aayush on the big screen.

Directed by Mahesh Manjrekar and produced by

Salman Khan Films, the movie revolves around the face-off between a Sikh police officer (Khan) and a gangster (Sharma), and like the original, it explores the hard conditions faced by farmers that pushes some of them towards crime.





And Jada Pinkett Smith (“Angel Has Fallen,” TV’s “Gotham”) returns as Niobe, the fierce General who once fought for the survival of Zion and who now sees to the welfare of her people with a familiar fire in her eyes, despite a sense of disbelief and suspicion upon Neo’s return.

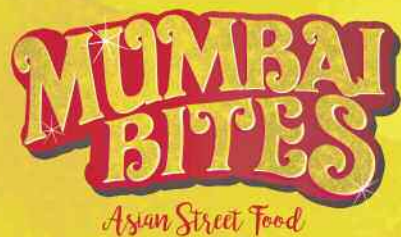
Lana Wachowski directed from a screenplay by Wachowski & David Mitchell & Aleksandar Hemon, based on characters created by The Wachowskis. The film was produced by James McTeigue, Lana Wachowski and Grant Hill. The executive producers were Garrett Grant, Terry Needham, Michael Salven, Karin Wachowski, Jesse Ehrman and Bruce Berman.

Jonathan Groff (“Hamilton,” TV’s “Mindhunter”), plays Thomas Anderson’s business partner Smith, a slick, confident corporate type with insouciant charm, a disarming smile and an eye on the bottom line—everything Mr. Anderson is not.

Neil Patrick Harris (“Gone Girl”) plays The Analyst, Thomas’ therapist who works closely with his patient to understand the meaning behind his dreams and to distinguish them from reality.

Priyanka Chopra Jonas (TV’s “Quantico”) plays Sati, a young woman with a wisdom that belies her years and an ability to see the truth, no matter how murky the waters.

Wachowski’s creative team behind the scenes included “Sense8” collaborators: directors of photography Daniele Massaccesi and John Toll, production designers Hugh Bateup and Peter Walpole, editor Joseph Jett Sally, costume designer Lindsay Pugh, visual effects supervisor Dan Glass, and composers Johnny Klimek and Tom Tykwer.



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# Endurance test



## BMW i7 undergoes driving dynamics ice and snow testing at the polar circle

Ahead of next year's launch of the BMW i7 – the world's first all-electric luxury saloon – BMW is conducting winter testing of the forthcoming new model at the Polar Circle.

The BMW i7 is undergoing driving dynamics evaluation at the BMW Group winter test centre in Arjeplog, Sweden. Situated just a short distance from the Arctic Circle, the environment of surrounding frozen surfaces and snow-covered roads present the perfect conditions for the manufacturer's test engineers to fine-tune the performance of all drive and suspension systems.

The demanding test environment ensures that the BMW i7 will elevate the driving dynamics and comfort that are synonymous

with the brand to a new high in the luxury class, yet all the while complementing optimum performance and refinement with zero local emissions.

Suspension components, together with steering, braking and vehicle stability systems, that are being developed for the future generation of the BMW 7 Series will be honed to perfection in the extreme climate. Specifically, springs, dampers and various regulating systems will be subject to performance-orientated tuning to ensure maximum driver feedback and enjoyment to match the several different drive modes.

Continued on page 44

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# Endurance test

## BMW i7 undergoes driving dynamics ice and snow testing at the polar circle

Continued from page 43

Amongst the extremely challenging winter conditions, Lapland's frozen lakes with their low road friction coefficient provide the opportunity for meticulous development of the steering, Dynamic Stability Control system (DSC) and the accurately regulated interaction between friction brake and deceleration by means of energy recuperation.

The intensive winter testing programme also focuses on the components of the all-electric drive system.

The BMW i7's electric drive,

high-voltage battery, power electronics and charging technology all originate from the fifth generation of BMW eDrive technology, which already provides exceptional sustainable driving pleasure in the BMW iX. Above all, it is the motor, the battery and the temperature control system of the BMW i7 that prove their advanced technology and durability in the extreme sub-zero temperatures common to the north of Sweden.

With the BMW i7, the brand's current model offensive in the luxury segment, plus its drive to introduce electrified vehicles in an increasing

amount of vehicle sectors, is being continued in a particularly progressive way. For the first time, it is possible to experience a luxury saloon that is characterised by uncompromised elegance and refinement in conjunction with a purely electric drive system.

The BMW i7 is based on the same vehicle concept as all further model variants of the BMW 7 Series. This integrated development also guarantees locally emission-free driving with the characteristic combination of both sporty and comfort-oriented handling and the space of a BMW luxury saloon.



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# Still using your mobile whilst driving?

## New strengthened legislation for using your phone whilst at the wheel

Road safety and breakdown organisation GEM Motoring Assist has welcomed the government announcement that the law on the use of a mobile phone while driving is to be strengthened from 2022.

Under the revised legislation, drivers who use hand-held phones in any way while at the wheel will face a fine of £200 and six points on their licence.

Making calls or texting on a hand-held mobile while driving is already against the law, however scrolling through music playlists, playing games or taking photographs have up until now not been included - and drivers have been able to

exploit the legal loophole because these activities fell outside the scope of 'interactive communication'.

GEM warned it is now vital for more roads policing officers to be available to ensure the new law would be effective.

"The update to this law is welcome, because any activity involving a mobile phone while driving is a potentially fatal distraction," they say.

"The good news is that if police will no longer be required to prove that a call was being made or a message being sent at the time of an alleged offence, then it will open up the possibilities of remote detection - just as cameras already do with speeding.

"But along with all road safety groups, what we would really like are more police patrols out there looking for the drivers who continue to flout the rules, even with this strengthened deterrent. Action needs to be taken against anyone who is prepared to risk their own life - or someone else's - by selfishly using a hand-held phone while driving."

Specific mobile phone driving laws were introduced in December 2003 which saw motorists handed a £60 fine for an offence before rising to £100 in 2013. Fines increased to £200 and penalty points endorsements doubled in 2017, to act as a further deterrent.



On February 6th 1967, Ferrari pulled off one of the most spectacular feats in its entire history when it took the top three places at the 24 Hours of Daytona in the first round of that year's International World Sports Car Championship.

The three cars that shot past the chequered flag in that legendary side-by-side finish on Ford's home turf - in first place a 330 P3/4, in second a 330 P4 and in third a 412 P - represented the pinnacle of development of the Ferrari 330 P3, a model that chief engineer Mauro Forghieri had significantly improved in each of the three racing car fundamentals: engine, chassis and aerodynamics.

The 330 P3/4 perfectly encapsulated the spirit of the sports prototypes of the 1960s, a decade now considered the golden era of closed wheel racing and an enduring reference point for generations of engineers and designers.

The name of the new Icona evokes that legendary 1-2-3 finish and pays homage to the Ferrari sports prototypes that helped earn the marque its unparalleled motor sport status.

The Daytona SP3, presented today at the Mugello Circuit during the 2021 Ferrari Finali Mondiali, is a limited edition that joins the Icona series which debuted in 2018 with the Ferrari Monza SP1 and

SP2.

The Daytona SP3's design is a harmonious interplay of contrasts, sublimely sculptural, voluptuous surfaces alternating with the kind of sharper lines that revealed the burgeoning importance of aerodynamics in the design of racers such as the 330 P4, 350 Can-Am and 512 S.

The bold choice of a 'Targa' body with a removable hard top was also inspired by the sports prototype world: consequently, the Daytona SP3 not only delivers exhilarating driving pleasure but also usable performance.

From a technical perspective, the Daytona SP3 takes its inspiration from the sophisticated engineering

solutions already adopted in racing the 1960s: today as back then, maximum performance was achieved by working on the aforementioned three fundamental areas.

The Daytona SP3 sports a naturally-aspirated V12, mid-rear-mounted in typical racing car style. Undisputedly the most iconic of all Maranello's engines, this power unit delivers 840 cv - making it the most powerful engine ever built by Ferrari - along with 697 Nm of torque and maximum revs of 9500 rpm.

The chassis is built entirely from composite materials using Formula 1 technologies that have not been seen in a road car since the

LaFerrari, Maranello's last supercar. The seat is an integral part of the chassis to reduce weight and guarantee the driver a driving position similar to that of a competition car.

Just like the cars that inspired it, the aerodynamic research and design focused on achieving maximum efficiency purely using passive aero solutions.

Due to the clever integration of technical innovations, the car can accelerate from zero to 100km/h in 2.85s and from zero to 200km/h in just 7.4s: exhilarating performance, an extreme set-up, and the intoxicating V12 soundtrack deliver completely unparalleled driving pleasure.



# New 'Icona'

**New Daytona SP3 inspired by the legendary victories of Maranello's Sports Prototypes**









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# Darren Gough appointed MD of Cricket at YCCC

**Yorkshire County Cricket Club has appointed Darren Gough as Managing Director of Yorkshire Cricket on an interim basis, initially until the conclusion of the 2022 season.**

Given recent events, the Board has moved to appoint Darren to ensure immediate continuity and stability.

Working with the Club, one of Darren's immediate priorities will be overseeing the recruitment of a new coaching team.

Darren Gough said: "Yorkshire County Cricket Club has been part of my life since my earliest days in cricket when I made my debut in 1989, and I spent 15 happy years at the Club. Like many, I have followed how the Club handled the recent racism allegations with sadness and anger.

"I want to play my part in rebuilding cricket in Yorkshire and I am looking forward to working with the exceptionally talented group of players here.

"I am also aware of my wider responsibility to listen to everyone and ensure that every person who is associated with this club feels welcome,

instilling values we want associated with the White Rose: honesty, straight talking, hard work, integrity and excellence.

**“I share Lord Patel's vision for Yorkshire County Cricket Club, and the collective determination to face the issues head on with a series of positive actions. Change will not happen overnight, but I am certain that we can make Headingley roar again.**

"I share Lord Patel's vision for Yorkshire County Cricket Club, and the collective determination to face the issues head on with a series of positive actions. Change will not happen

overnight, but I am certain that we can make Headingley roar again".

Professor The Lord Patel of Bradford OBE, Chair of Yorkshire County Cricket Club, said: "We are delighted to welcome Darren back to the Club, and are very happy that he has taken the job.

"As a former Captain of the Club, Darren's impact on the Yorkshire and England teams was considerable as a player. His infectious enthusiasm and will to win will be so important as we aim to be the best on and off the pitch.

"As we start on this journey with Darren, we want to engage everyone at the Club and involve as many people as possible in shaping our direction. We have a considerable job ahead of us, but we are ready to embrace the opportunity together and build a brighter future for Yorkshire County Cricket Club".

## Darren Gough Biography

**In his domestic career, Darren played county cricket for Yorkshire for 15 years, a leader and talisman for the team.** He was a member of the 2001 squad that won the 2001 County Championship and, after captaining Essex, he returned to captain Yorkshire in 2007 and 2008 before retiring at the end of the 2008 season.

Regarded as one of England's greatest fast bowlers, and once described as the 'heartbeat of England's cricket team,' Darren is England's twelfth most successful wicket taker in Test Match history. He made history as England's first cricketer to take over 200 (235) wickets in One Day Internationals and is the only

Englishman in a century to get a hat-trick in a Test Match against Australia in Australia, in 1998.

Darren holds an ECB Level 3 International coaching qualification and has held coaching positions with the ECB as Consultancy Bowling Coach to England in 2017 and 2019.

He is Ambassador to the Sir Stanley Matthews Coaching Foundation and was a catalyst in developing and implementing a grassroots cricket coaching program in Yorkshire, to provide young people with the skills and the opportunity to obtain their ECB Level 1 Coaching qualification to coach young

children in their communities.

Darren has been talkSPORT's Lead Cricket Commentator for England's biggest International Test Matches from 2018-2021, as well as hosting the 'Drive Time' show.





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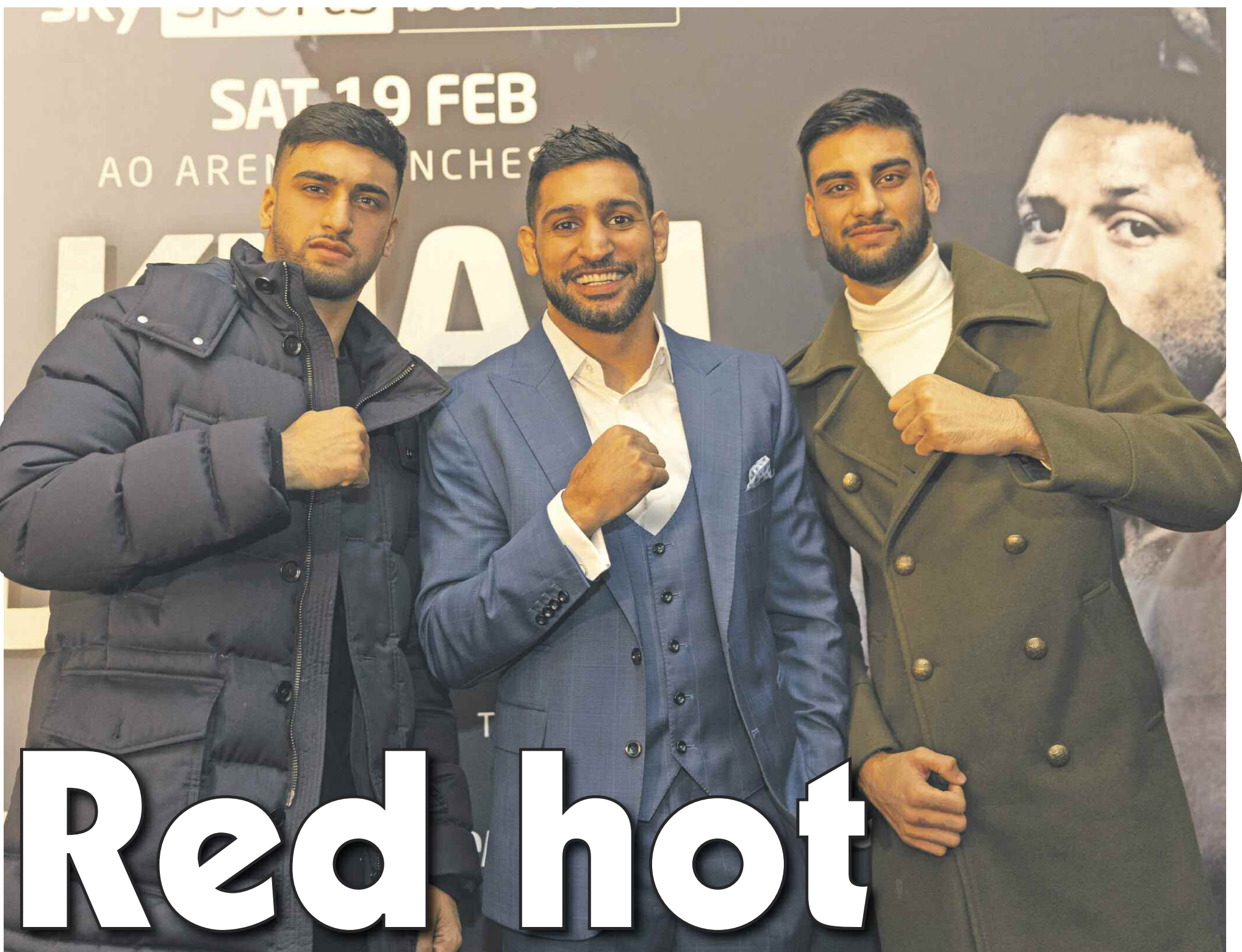


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## Azim Bros set for star showing on epic Khan-Brook card

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As youngsters, both were heavily influenced to start boxing by watching their idol Khan - who broke down racial barriers to become Britain's first Asian boxing superstar when he won the Olympic silver medal in 2004 at just 17 and going on to become a two-time World Champion - and they can't believe they are now going to be featuring on his undercard.

The gifted brothers, who won 16 National titles between them in the amateur code, hope to inspire the next generation of talented young Asian boxers coming through in the sport.

Adam said: "I am absolutely ecstatic to be part of the huge Boxxer event on the 19th February 2022 at the AO Arena Manchester.

"I remember watching Amir Khan as a mesmerised six-year-old, I cannot believe 13 years later I would be fighting on Amir Khan's undercard. It's a dream come true. I hope that we can have the same effect that Amir had on us and get more youngsters into boxing."

Hassan added: "It's a privilege to be on the Amir Khan vs Kell Brook undercard.

"I became a boxing fan because of Amir Khan and I cannot comprehend the excitement of now fighting on the undercard. Thank you to First Access, Sky Sports and

“

*I remember watching Amir Khan as a mesmerised six-year-old, I cannot believe 13 years later I would be fighting on Amir Khan's undercard. It's a dream come true.*

Boxxer for making my dream come true."

Boxxer Founder and CEO Ben Shalom, said, "I'm really excited to have both brothers Adam and Hassan on another big show. I love working with them and their potential is endless.

"The Azims lit up Wembley last month and they'll bring their brand of excitement to Manchester in front of an audience that will love them. This is another massive platform for them to showcase their talent in front of a sold out crowd and live viewers on Sky Box Office."

Adam Smith, Head of Boxing Development at Sky Sports, said: "I'm excited to see Adam and Hassan Azim back in action as the

talented duo display their dazzling skills on the Amir Khan vs Kell Brook bill.

"We were given a tantalising glimpse of Adam and Hassan's speed and power when they both produced whirlwind victories on Sky Sports last month. Adam has already been described as a future superstar by trainer Shane McGuigan, who says he is one of the hottest prospects in British boxing.

"I know Amir Khan is a big fan of both brothers - and has backed them to emulate his achievements by winning world titles. They've got a long way to go, but Adam and Hassan should deliver more fireworks on 19th February!"



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**Red hot boxing brothers Adam 'The Assassin' and Hassan 'The Hitman' Azim have been added to the blockbuster sold out to Boxer Khan vs. Brook card on Saturday 19th February at the AO Arena Manchester, live on Sky Box Office.**

The new young stars of British boxing both delivered excitement and knockouts last month with Adam (2-0, 2 KO's) flooring Stu Greener twice en route to a sensational second round stoppage with a backflip to celebrate, whilst older sibling Hassan (1-0, 1 KO) stamped his pro debut with a stunning first round and one punch KO of Ivan Njegac.

Cruiserweight talent and social media uber influencer Viddal Riley (4-0, 2 KO's) who was announced earlier, to feature on this iconic event in his long awaited British debut. More big names and fights will be added to the card in the coming days.

Adam and Hassan will get to showcase their skill and punch power to kick off a massive 2022 in their careers that will see their stock and profile rocket on the Khan v Brook card that completely sold out in a mind blowing 600 seconds - making it the fastest selling British boxing event in recent memory.

They will join unbeaten

**Continued on page 50**

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