

Independent Councillors push through Gaza motion in Kirklees

Independent Councillors in Kirklees who called on the local authority to condemn the indiscriminate attacks on Gaza by the Israeli military, saw a motion they presented pass, albeit by a single vote during an intense meeting full council meeting.

The motion submitted on behalf of councillors Darwan, Hussain, Moore, H Zaman, Bramwell, Safdar, Scott, Masood Ahmed, A Zaman, Daji, Kahut and Anwar asked the council to take "urgent action" on the conflict in the Middle East.

The Councilors called for significant and immediate aid and protection for Palestinians in Gaza who face imminent danger from hunger, disease, and military bombardment, look at a leadership change

in Israel and to give control of Gaza to be given to the Palestinian Authority.

Councillors also called for the Leader of the Council, Cllr Carole Pattison, to write to Prime Minister Keir Starmer, urging him to suspend both extant licenses for military equipment and technology, ensure Israel adheres to its obligations under international law.

The council was also urged to help ensure the Government uses every diplomatic and economic lever at its disposal to help secure an immediate and permanent ceasefire, to stop the death and destruction, and to secure the safe release of hostages on both sides whilst also providing Significant and immediate aid and protection for Palestinians in Gaza who face imminent

danger from hunger, disease, and military bombardment. Furthermore, councillors also urged the Council to stop buying products from Israeli companies, who have illegally occupied Palestinian territories, and to ensure that goods and consumables sourced from companies directly or indirectly involved in the conflict are not used.

Councillor Zahid Kahut urged the Council to take heed and implement the motion. He said: "With just half an hour left before the end of the meeting, I amended the agenda and brought it forward. Cllr Ali Arshad gave an inspired speech along with Cllr Safdar. If it wasn't for Cllr Aziz daji, calling for a vote on the motion, this would not have gone through, so it really has been a team effort."



Council must follow up on Gaza motion

Cllr Kahut has called on the council to implement the motion.

“I would like to see a concerted effort by the council to implement the judgement. The council has a duty of care to deliver that motion, regardless of any contracts or potential issues, they will have to deliver on it. We will have to look at any potential issues on a case by case basis.

“It was nice for the council to have given Mayor Tracy Brabin such an amount of time to deliver a speech.

“However, this has been a pressing matter for a long while and had we not acted quicker, especially Cllr Aziz Daji, who got up, objected and called for a vote, the motion may not have been passed. In addition, many people were not chained down by party whips or anything else, so we got there and got the motion passed, in the end. Israel has broken over 70 UN resolutions, enough is enough, this has to stop.”

Independent Heckmondwike Councillor Ali Arshad, proposed the motion with a “heartfelt call to action” as he refused to “stand by silently” whilst urging councillors to “use our voices now.”

He said: “It is easy to remember those lost when the time has passed, when the damage is done, but real remembrance through the honouring of those who are suffering before means using our voices now.

“While the suffering in Gaza is happening in real time, we don’t want to stand there in years to come and say ‘never again’ to a crisis that we watched unfold and failed to confront when we had the power to speak out.

“This isn’t just a set of words on paper, it’s a heartfelt call to action. It’s a demand

for justice and compassion. Today we have the power to make a stand and to show that our council speaks for every resident who feels deeply for those affected in Gaza.”

Batley East Councillor Aziz Daji, requested that the item be taken to a vote with this seconded by Cllr Cathy Scott (Community Alliance, Dewsbury East).

The motion was upheld with 27 votes for, 26 against and five members abstaining.

Mr Daji told Paigaam: “As an elected representative in Batley East, I need to challenge Kirklees Council to ensure that it is challenging both sides.

“As you will have seen from many protests across the vicinity, the residents of Batley East are greatly concerned about the situation in Gaza.

“We all want a ceasefire and we want it now. The killing of innocent people including many children and women needs to stop.

“This is what the motion called for,” he said. Tanisha Bramwell, Independent Cllr for Dewsbury West hailed the fact that the motion was upheld, whilst calling for all Independent Councillors to stay united.

She said: “We successfully drafted, delivered, had our motion passed in full Council on Gaza. A massive achievement for our community.

“One that we have fought for over a year. In light of this, myself and Cllr Anwar want to take this moment to stress the need for unity amongst all independents. We must come together on key issues and stand strong against the current Cabinet on every decision impacting our residents.”

Councillor Imran Safdar said Israel’s bombing campaign cannot be seen as

collateral damage, but as ethnic cleansing.

He said: “Many of us as councillors spoke up for hundreds of our residents across Yorkshire who share our concerns about the ongoing war crimes in Palestine.

“For many of us it’s taken one year of blood, sweat and tears to get a pro BDS motion carried in Council that has some substance.

“The Motion has been submitted in accordance with Council Procedure Rule 14 as to Gaza - a year on, urgent action is needed.

“This Council calls on the Leader of the Council to write to Keir Starmer, the Prime Minister to urge him to revoke licenses which allow the selling of arms and military equipment to Israel until a time the Israeli Government stops the on-going genocide in Gaza, ceases to occupy the Palestinian Territories of the West Bank and Gaza, abides by the IJC rulings and the numerous United Nations resolutions.

“We urge the Prime Minister to lobby his Israeli counterpart to immediately allow in aid to Gaza unfettered by obstructions, in a bid to halt the humanitarian crisis that is occurring within Gaza. And that the Prime Minister uses all diplomatic channels at his disposal to call for a ceasefire and the return of the Israeli hostages

“We ask that Kirklees Council where at all lawful and practical to avoid purchases of goods from Israeli companies illegally occupying the afore mentioned Palestinian Territories.

“That the council commits to conducting a thorough review of its procurement practices to ensure that goods and consumables sourced from companies directly or indirectly involved in the conflict are not used.”

Mr Saffdar also called out the hypocrisy of Western governments in relation to calling out Vladimir Putin's campaign against Ukraine whilst "turning the cheek" when it comes to Israel's crimes against the Palestinians in Gaza and the West Bank.

"He said: "On humanitarian rights, when we are supplying parts for bombers that are used to murder innocent Palestinian men, women and children, we cannot have one set of strong sanctions for one occupying, war criminal regime like the butcher Putin and then come up with a set of weak rules towards the government in Tel Aviv.

"Sanctions against Russia were implemented overnight and rightly so. The illegal invasion of Ukraine was wrong,

The illegal occupation of the West Bank and Gaza is also wrong. We must listen to the ICJ.

"Councils like ours may seem like a small organisation but we are big organisations with big budgets. We must take action. "

He also called on councillors to work hard in order to keep the trust of their constituents whilst calling on the powers that be to implement a Bosnia style international peace keeping force in Gaza.

"This two-tier approach of both main parties has resulted in a loss of trust across our democratic system and for both our local and national leaders. In Gaza today, bodies are in pieces, hearts are in pieces

and souls are in pieces.

"The reputations of our admired democracy, the democracy that I love is now in pieces. Where do we go after 17,000 infant deaths? Children dying, orphans all over the occupied territories, orphans who have cousins grieving in Bethlehem. What answers will our party leaders give in the future to those thousands of orphans and amputees?

"We as democrats must implore our government not to just call for a ceasefire but take boycott seriously. We must call for a Bosnia style international peace keeping force to protect children on both sides."



This is the devastation suffered by the people of Gaza over the last year

Benjamin Netanyahu must be arrested and International law must be upheld

Benjamin Netanyahu along with his Defence secretary Yoav Gallant must be held accountable for one of the gravest crimes of our age.

Why? Because of the sheer level of the evidence, showcased by Palestinian journalists, many of whom have been killed in the midst of the murderous mayhem around them.

The evidence in relation to war crimes and crimes against humanity has seemingly met the threshold required to ensure the ICC's chief prosecutor, an independent panel of renowned lawyers and three international judges demonstrates that the strength of the case warrants Netanyahu and Gallant's arrests.

Everyone who helped Israel plan and bomb so many Masjids, hospitals, women and children should not have the gaul to plead ignorance.

It is not just Netanyahu and Gallant who should be held to account before the likes of the Hague. Israeli leaders who have showcased their murder and theft throughout this unholy path of death and destruction are also guilty. These soldiers often posted their actions online, overwhelmed with glee and triumphalism as they did so.

In addition, western media outlets refused to frame their coverage around Israel's declarations of intent, failing to

cover them at all. Indeed, Netanyahu and Gallant would need to travel to a state that is a signatory to the ICC, which excludes the US.

However, Netanyahu may enjoy a level of immunity in foreign states because he is a head of government. However, the now sacked minister Gallant will not be able to bask in safety of such immunity.

At the very start of the bombing, Gallant insisted that Israel would impose a total siege on Gaza's population, whom he termed "human animals".

Gallant promised "Gaza won't return to what it was before." If that left room for subtlety, he declared: " Hamas won't be there. We will eliminate everything." He told Israeli soldiers that he had "released all the restraints" and "removed every restriction" on them.

One of his generals also threatened to unleash "hell" on the civilian population. Instead of reminding the Israeli's about their responsibilities and the rights of Palestinians, politicians helped facilitate it. The Biden administration offered \$12.5bn worth of aid since 7 October, and recently vetoed a ceasefire at the UN.

The White House has already come out to "fundamentally reject" the ICC's decision to issue arrest warrants. Israel has said Netanyahu would "not give in to pressure" in the war against Hamas and the Iranian "axis of terror". When the

Labour government finally suspended some arms sales to Israel in September, it left 92% intact and bent over backwards to show that Israel remained a staunch ally.

While western politicians and media outlets made themselves willing accomplices to an obvious heinous crime, those who took Israeli leaders and officials at their word were demonised, hounded, defamed and silenced. Well, let us be clear here. This crime is simply too depraved, too obscene, too colossal for the complicit not to face accountability.

Israelis have never been held accountable for anything they have been doing to Palestinians for over 70 years.

That mere fact that the judges assessed the available evidence and decided there were reasonable grounds to issue an arrest warrant, showcases the fact that very serious crimes have been taking place whilst the world has simply looked on. The fact remains - Netanyahu and Gallant must be held to account!

“Everyone who helped Israel plan and bomb so many Masjids, hospitals, women and children should not have the gaul to plead

Plans to Reopen Batley Baths as a Community Activity Centre

A local community group's plans to reopen Batley Baths, which has been closed for over 2 years has gained momentum.

Downs and Special Friends, a Support Group for families with children with Down Syndrome, Autism, Cystic Fibrosis, Tourettes and other diagnosed or undiagnosed disabilities is hoping to transform Batley Baths into a vibrant, inclusive, and multi-functional activity centre.

The proposed new centre will serve as a crucial hub for our community, offering a variety of services and activities that cater to all ages and abilities. Akhtar Kasia of Downs and Special Friends has urged the local council and relevant authorities to support this initiative and helps bring Batley Baths back to life for the benefit of the entire community.

He told Paigaam: "Batley baths is an institution for our local community. The whole idea for Batley baths, for us, is to do something for the community that people do not talk about, the special needs community which is the forgotten community.

"We are thrilled to submit our Expression of Interest and are confident that with community backing, we can restore Batley Baths to its full potential. This is not just about improving facilities for special needs individuals, but creating a space where everyone can come together, thrive, and belong."

"The idea behind it is that hopefully we will be able to revitalise the centre, where our children will be able to spend not just full days there but also evenings and weekends, where they will have something to do."

Mr Kasia believes the support from the local community is invaluable and has appealed for people to come on board either as volunteers, social media

influencers to spread the word along with donations.

"Any support is invaluable to this project. People can help by making a one-time or recurring donation to fund essential renovations and support our programmes.

"Volunteers are urged to share their time and skills with us to help manage the facility and run events. In addition, anyone who can help spread the word and help us raise awareness by sharing our story with your networks, on social media, and within the community, it would be very helpful."

By reopening Batley Baths as a multi-activity centre, the aim is to provide essential services, create job opportunities, and foster a stronger, more inclusive community. This centre will not only benefit individuals with special needs but will also serve as a communal space where everyone can come together, learn, and grow.

It is envisaged, the new activity centre will generate sustainable revenue through at least five different streams which include the introduction of state-of-the-art spa and leisure amenities, expanded swimming programmes, wellness activities, and dedicated spaces for family gatherings and community events.

Community Cafe - Operated by children with special needs, the café will provide a warm, inclusive space for the community while offering work experience and skills development.

2. Adult Day Centre – A dedicated space for children and young adults with special needs, designed to foster learning, social engagement, and skill-building.

3. Swimming Facilities – Scheduled sessions for school children and the general public, ensuring that everyone has access to swimming as an essential life skill.

4. Spa and Wellness Area – Enhanced sauna, steam rooms, and spa services to

promote relaxation and well-being.

Ways to support:

Make a Donation – Every contribution brings the organisation closer to their goal. Offer Qarz-e-Hasna – Interest-free loans to support sustainable development. Sponsor a Facility – Leave a lasting legacy by sponsoring areas like the café or gym.

Spread the Word – Share our vision with your network and inspire others to get involved.

Bank Details : Bank – Virgin Money
Sort Code : **05 00 05** Account Number : **11687601** Account Name : Downs and Special Friends Registered Charity Number **1210506**.

Downs and Special Friends supports parents, siblings and their whole families from Dewsbury, Batley, Heckmondwike, Huddersfield, Bradford and surrounding areas. Founded in 2016, the group is run by parents and caregivers of people with Special Needs. A lot of the group's activities are focused on providing a support system, information, and fun activities for the whole family. We also promote social inclusion and raise awareness through a variety of activities. To find out more, please contact Akhtar Kasia of Downs and Special Friends.

www.DownsandSpecialFriends.org

01924 922 924

info@downsandpecialfriends.org



MP submits Early Day Motion for Ukraine style Gaza visas

A Yorkshire based MP has called on the government to allow Palestinians in Gaza to come to the UK in a Ukraine style scheme like that has been offered in the past..

Labour's Rachael Maskell has submitted an Early Day Motion on the issue, attracting the support of Independent MP's including Shokat Adam, Ayoub Khan, Apsana Begum along with MPs from the Labour, Lib-Dem, Green, Plaid Cymru and SDLP parties, plus independents.

Her motion says more than 40,000 people in Gaza have died during the current conflict, with the number of injured far exceeding 100,000.

"The destruction of the Gaza's health infrastructure means that people cannot access vital medical attention," she said.

Ms Maskell believes a number of British Palestinians who would like to be united with their loved ones. She said: "There are a small number of Palestinians living in the UK whose loved ones are at imminent risk in Gaza."

Therefore, the motion "calls upon the Government to introduce a Gaza Family

Visa Scheme, based upon the Ukraine Family Scheme, to enable Palestinians from Gaza to reunite with their family members and seek temporary sanctuary in the UK until it is safe to return."

Ms Maskell said that although the world watched in horror as Russia invaded Ukraine, a number of Palestinians should be allowed in the UK, in order to showcase the UK values the lives of Palestinians along with those in Ukraine.

She continued: "We rightly enabled family members to immediately travel to the UK, and yet following the horrific assault by Hamas on 7 October 2023 which has resulted in at least 45,000 Palestinian civilians being killed, a similar scheme has not been established.

"My motion asks for a far more limited approach of family members, like my Palestinian constituent, who came to York to study at invitation of the British Council ahead of these terrible events, however has children left in Gaza.

"I am sure that no-one in York can imagine what it must be like to know that your little children could be killed at any point. A limited family visa scheme would

enable these families to be reunited and safe."

Ms Maskell added: "It is wrong to assume that little children would be Hamas supporters or pose terrorist threats, and therefore I am advocating for a secure, limited scheme to help families be together as we witness the most horrific atrocities be perpetrated against innocent civilians.

"We must recall that 70 per cent of those killed in Gaza are children and women, and for this reason my constituent should be able to see his family again, as should others."

However, York Outer Labour MP Luke Charters said he did not support the motion but did not comment further. Thirsk and Malton Conservative MP Kevin Hollinrake believes countries in the Middle East should offer such support, like Egypt and Syria.

He said: "Other countries are there, that would be more appropriate. It can't be the UK every time. We shared the responsibility with the rest of Europe with the Ukraine as neighbours. Why aren't they (Middle Eastern countries) taking similar responsibility?"



Report showcases intense Islamophobia across the UK

A report commissioned by the Runnymede Trust has revealed a notable increase in islamophobic crimes against Muslims.

The respected think-tank said explicit rhetoric portraying Muslims as a threat to British society is “divisive and derogatory.”

The report also looked at the racist riots that took place across the UK this summer, stating that there is strong anti-Muslim sentiment across Britain.

“The way politicians talk about Muslims now is so derogatory, it’s in the most brutally divisive terms,” said Shabna Begum, the chief executive of the Runnymede Trust.

According to Begum, unless nothing changes in political rhetoric and UK policy, the riots which swept across the UK after an attacker who stabbed three children to death was mistaken for a Muslim immigrant, will take place again.

She also said that there was a “real reluctance to use the term Islamophobia during that period because politicians do not want to be seen “defending Muslims” and that they are partaking “in a popularity contest and that popularity contest is measured by how far they are willing to bully and demonise Muslims”.

The report, endorsed by rights group Amnesty International Baroness Sayeeda Warsi, and the Muslim Council for Britain said over the last year, 38 percent of all religious hate crimes recorded by police were against Muslims, marking a 13 percent increase in hate crimes against Muslims.

The report also found that one in three Muslims students experience Islamophobic abuse, whilst it also found that in the NHS Muslims are referred to Prevent eight times more often than non-Muslims.

“For far too long, Muslims have been misrepresented and mistrusted, and the government’s disengagement with Muslim civil society only serves to intensify the isolation of British Muslims,” Baroness Warsi said.

“We need committed action to counter Islamophobia and to deal with the resurgence of far-right racism in Britain. That means ending the policy of disengagement, adopting a formal definition of Islamophobia and dealing with its various manifestations as described in this report,” Warsi added.

The report showcases information which identifies the intensifying patterns of Islamophobia in British society, such as within educational institutions, mental

healthcare, and policing. It also details the May 2024 election campaign.

“Another finding in the report is that in the four months to February 2024, Tell Mama, an organisation which measures anti-Muslim attacks, recorded a 335 percent increase in hate attacks against Muslims compared with the previous year. Furthermore, the report states that the majority of the attacks were against women.

It further states that Muslims are more likely to reside in the most-deprived fifth of local authority districts, with around half a million more Muslims now living in the most deprived locales than in 2011. According to the report, Israel’s war on Gaza may be linked to the spike in religious hate crimes.

Zara Mohammed, the secretary-general of the Muslim Council for Britain, praised the report and said there must now be a “robust strategy to tackle the deeply institutional and insidious nature of Islamophobia”. “We need to move beyond the prevailing framework of securitisation and misleading narratives around integration.

“I commend the Runnymede Trust for providing this critical insight and urging the need for meaningful action” she continued.

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AL Hikmah Centre,
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Local artist donates art work to the Al-Hikmah Centre

A local artist has donated a number of original artworks to the Al-Hikmah Centre.

Ann McCall, a former art teacher and Deputy Head at Batley Girls High School who went onto become the CEO at the Batley Multi Academy Trust, contacted the Indian Muslim Welfare Society to explore the possibility of donating the items.

A trip to India provided Ann with the inspiration required to create the exceptional paintings that take inspiration from exploring public spaces, analysing architectural structures, exploring the importance of colour, pattern, surface texture and the intrinsic geometry of immediate internal and/or external surroundings.

Ann, who began practicing as an artist after retiring and is now a member of Leeds Fine Artists, told Paigam: “My trip to India was really inspirational. None of my immediate family has visited India. Apart from what we know about the country on television and photographs, we didn’t know much. However, it is such a vast country and the architecture was unbelievable, very beautiful.

“I visited a number of places throughout the country and also saw the border crossing ceremony on the border with Pakistan. “My husband has seen the border crossing from the Pakistan side as he’s been to Pakistan before. My sketch pad sort of became my holiday diary. India has a certain character that makes it unique.

This ensured I was able to combine things like geometrical patterns, beautiful cities, architecture and the people.”

Ann’s paintings showcase a great deal of realism in capturing specific details, emphasising the many dominant and abstract visual elements of life in India. “My work combines realism; so the combination of stunning architecture along with the poorest of people isn’t a stereotypical caricature. “Even the poorest of people have an intrinsic sense of pride in India and you quickly get used to it and you learn how to adapt. You end up developing a relationship between the people and the country as a whole, and what it is about India that gives it its character and makes it unique.

“I value greatly the importance of drawing, and develop much of my work from sketching in situ. In recent years, I have rediscovered my love of life drawing and portraiture and I thoroughly enjoyed enjoy working alongside and in collaboration with other artists.”

Although Ann’s work is usually displayed in prestigious locations such as Leeds City Library, Cas Theatre in Doncaster along with an upcoming exhibition at Temple Newsam in Leeds, she is delighted that a number of her prestigious paintings take pride of place at the Al-Hikmah Centre.

She said: “The Al-Hikmah Centre is a lovely centre. The organisation has done a fantastic job and It’s great that IMWS has

allowed me to display my work in the main foyer and I’d like to thank Nadeem and the Chair, Mr Daji for their support and hospitality.

“The paintings have been completed using acrylics, oils and watercolours. As always, I allow the subject to dictate the shape and size, sometimes demanding an unconventional 3D solution. It was also great to receive a certificate from the Chairman and I look forward to working with the centre again. I’m sure many of my ex students, whom I taught at Batley Girls’ High School will be happy that ‘Mrs’ is enjoying life and thoroughly enjoyed her time in in India, whilst taking great inspiration from the surroundings, architecture and the people.”

Born in Manchester in 1961, Ann moved to Yorkshire to study Visual Arts. After completing her degree, she lived and worked in Paris as a freelance artist, which culminated in a solo exhibition in the UK. Following a brief period of voluntary work with young disadvantaged children, she embarked upon a career in Art education, which spanned 1985–2017.

Since 2017 Ann has dedicated her time to further developing her practice as a painter and has exhibited at numerous venues across Yorkshire. Ann’s work can also be viewed online via her web site: akmccall.wixsite.com/artists-studio

Instagram [annmccall1961](https://www.instagram.com/annmccall1961) Twitter [@AnnMcCall1961](https://twitter.com/AnnMcCall1961)



Imran Khan faces 'terrorism' charges after Islamabad protests

The Pakistani government has filed a series of charges, including one related to "terrorism", against former Prime Minister Imran Khan, his wife, Bushra Bibi, along with countless Pakistan Tehreek-e-Insaf (PTI) party workers who partook in protests against Mr Khan's detention in Islamabad.

Khan, Bibi and others have been accused of "terrorism", violations of a law that confines protests, attacks on police, abduction, interference in government affairs and defiance of Section 144, which prohibits gatherings of more than four people.

Authorities have already arrested nearly 1,000 workers from Khan's PTI party who travelled to Islamabad on Sunday to participate in the sit-in in response to their leader's "final call" to protest against the government.

Khan, the PTI's founder, has been imprisoned since August 2023 and is facing dozens of criminal cases. Bibi was also jailed for nine months this year before being released in October.

The protesters, who managed to reach central Islamabad despite roadblocks set up across the country by the government, called for Khan's release among other demands. Bibi led the protest alongside Ali Amin Gandapur, the PTI chief minister of Khyber Pakhtunkhwa province.

When protesters reached the planned site of the sit-in on Tuesday afternoon, paramilitary forces reportedly opened fire to disperse the crowd.

Later that evening, law enforcement launched a two-hour operation that cleared

the area. Both Bibi and Gandapur left for Khyber Pakhtunkhwa that same night.

The PTI issued a statement announcing the suspension of the sit-in for the "time being" and said at least eight of its supporters had been killed by authorities.

However, Information Minister Attaullah Tarar along with Planning Development Minister Ahsan Iqbal categorically rejected the assertion that law enforcement personnel used any live munitions or that any PTI worker had died.

Tarar, speaking at a news conference held in Islamabad for foreign media, said hospital authorities confirmed that they did not receive any bodies.

"The health department has issued two statements, one from Poly Clinic and another from PIMS Hospital, stating there have been no dead bodies," Tarar said, answering a query from Al Jazeera and referring to two of the largest public hospitals in Islamabad.

The casualty count remains in dispute with PTI leaders issuing contradictory statements, alleging deaths ranging from 10 to 200.

Hospital authorities have refused to share details of the injured and dead, telling Al Jazeera that they were "forbidden" from sharing information, a charge that the government denied. The government added that fake lists were circulating online.

"There was a fake list published on social media about the injured and dead, but it is incorrect. PTI is just trying to do politics on the dead and looking for bodies

here and there," Tarar told the media on Thursday. The controversy deepened when journalist Matiullah Jan, a vocal critic of Pakistan's military, was arrested.

Jan had reportedly been investigating the alleged deaths during the protest for his YouTube channel. An initial police report against him accuses him of drug trafficking, "terrorism" and assaulting police officers.

The government, led by the Pakistan Muslim League-Nawaz (PMLN), came to power in February after the PTI refused to form a government despite its candidates winning the most National Assembly seats (93). The party alleged electoral rigging by the military to undermine its mandate.

The PMLN subsequently formed a coalition government but has faced fierce resistance from the PTI, which has staged four major protests in as many months, demanding Khan's release and challenging the credibility of the election results.



Health Page

Health benefits of cutting down on sugar

Too much sugar in your diet can have a significant impact on your health, increasing your risk of serious health conditions and affecting your wellbeing too. The NHS recommends no more than 30 grams of sugar per day, which is roughly five rounded teaspoons of sugar.

By reducing how much sugar you consume you can improve your health in a host of ways. Here are some benefits of cutting back on sugar:

1. Maintain a healthy weight

Foods and drinks containing high levels of sugar (eg cakes, pastries, fizzy drinks, fruit juices) or highly processed carbohydrates have a high glycaemic index. This means they're quickly digested and consequently the feeling of fullness goes away faster. That makes it more likely that you'll eat again sooner or eat larger portions. This further increases your likelihood of putting on weight.

2. Avoid crashing energy levels

Sugary foods and drinks quickly increase the level of sugar in your blood, which gives you a burst of energy. However, this

spike in blood sugar levels also quickly drops – this is called a crash. A high-sugar diet can, therefore, cause daily crashes and erratic energy levels, leaving you feeling tired and irritable.

3. Enjoy clearer, more youthful skin

A high-sugar diet can cause hormonal imbalances that affect your skin, specifically triggering acne. High sugar levels in your body can also damage collagen in your skin through a process called glycation.

When collagen is damaged by a high-sugar diet, it can make your skin appear more aged. Reducing how much sugar you consume can, therefore, improve your skin health.

4. Reduce your risk of type 2 diabetes

Whenever you eat a meal, it's broken down by your digestive system and sugar is released into your bloodstream. In response to this increase in blood sugar levels, your pancreas produces the hormone insulin to bring your blood sugar levels back down. However, if your diet is high in sugar, your body can become less sensitive to insulin – this is called insulin

resistance and can lead to prediabetes. Insulin resistance triggers a vicious cycle where your pancreas produces even more insulin as it detects that your blood sugar levels aren't reducing as quickly and as much as they should. Eventually, the insulin-producing cells in your pancreas can wear out, causing type 2 diabetes. A diet low in sugar can help protect your pancreas and prevent insulin resistance, prediabetes and type 2 diabetes.

5. Protect your dental health

Bacteria that naturally live in your mouth feed off the food you eat. This leads to dental plaque, a slimy film of bacteria that coats your teeth.

These bacteria produce acid as a byproduct of digesting the sugar in your food. The more sugar in your diet, the more acid is produced, which can eat away at the hard outer coating of your teeth (enamel). This leads to cavities, and can also irritate your gums, leading to gingivitis and gum disease. Gum disease, in particular, is linked to an increased risk of several serious health conditions, including diabetes, heart disease, heart attack, stroke and cancer.



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'Staincliffe Junior School will continue to improve'

The Head Teacher at Staincliffe Junior School has outlined his high aspirations for the school.

Paul Dixon, who took over the headship in April 2020 during the Covid crisis following the retirement of the previous head, said the school is committed to delivering a juxtaposition of positive outcomes for children.

Sarah Hemmingway, a Year Group Leader in Maths is held in high regard along with Zuhair Daji, teaching assistant Naseem Shafi and Laura Parks, who constantly encourages children to read.

Although he recently retired, Mr Tiplady, who has taught children who went on to become architects, who helped design and build stadiums for the 2022 World Cup in Qatar, Doctors, academics and journalists, is also on hand to help out.

Such was his impact; countless children are still benefitting from his influence with one of his former students, Farida Nurgat of Nurgat tuition, credited Mr Tiplady with helping improve her confidence and teaching in such a manner, Farida now teaches students worldwide, from Dewsbury, with many going on to study at prestigious institutions such as Oxford University.

However, Mr Dixon is keen to stress, for him, it is a team game.

"It all comes down to teamwork. It is everybody from governors to parents to the kids themselves and the staff all pulling in that same direction. We are very much a family orientated school with an emphasis on helping children to understand that education is the passport to success."

Most intriguing of all, however, is the appointment of John Broadhead

as the Chair of Governors. Indeed, his background and experience along with that of former inspirational and long-serving Chair, Moin Patel, will only serve to hold the school in good stead.

Mr Broadhead attended Batley Grammar School and after joining the Ministry of Defence in 1963 took a First Class degree in Modern European History. He served in Northern Ireland, Hong Kong, the Middle East and spent most of his later career as a senior civil servant in Whitehall.

"Over the last ten years we have developed a really strong governing body which reflects all parts of the community including professional people. It's a very cohesive governing body, better than any governing body that I've been involved in. I think that gives the teachers and the head teacher a great deal of support and confidence.

"They've explained the direction they are going in and the governors are happy with it. That is team work. There is a need for enrichment and not just focus entirely with the three R's but to look outwards, to go and find things that will broaden their horizons in their education and think about how they might progress in further education or employment."

When asked about the school's Ofsted report, which was deemed as 'Good'. Dixon speaks with an endearing form of boyish enthusiasm along with a great deal of honesty. His first inspection took place just before the harrowing events that led to the suicide of head teacher, Ruth Perry. A coroner concluded that an Ofsted inspection of Caversham Primary School, in Reading, had contributed to the suicide of Mrs Perry, 53, as she waited the publication of a report downgrading her school from outstanding to the bottom category, inadequate. The coroner said the

inspection had "lacked fairness, respect and sensitivity" and was at times "rude and intimidating".

"It was my first one as a head teacher so you want it to go well. This happened before the shocking and devastating events involving Ruth Perry. There was enough noise about Ofsted and how intrusive it is and the pressurised environment it causes and the knock on affect it can have on people's careers and livelihoods," said Mr Dixon.

"If it goes wrong it can have a devastating impact. It's the head teacher who ultimately is accountable for it. If it goes south, it's the head teachers name at the end of that report. The worse thing that can happen is the school is told that you can no longer lead and manage it yourselves, so we now need somebody to come in and manage it for you and put the head teacher on gardening leave.

Dixon is proud of everything at the school, from the impressive, refurbished library to the uplifting and inspiring images and quotes across the school, whilst acknowledging the financial support given to him by the governing board. No doubt, the school will continue to improve, whilst attracting more local talent.



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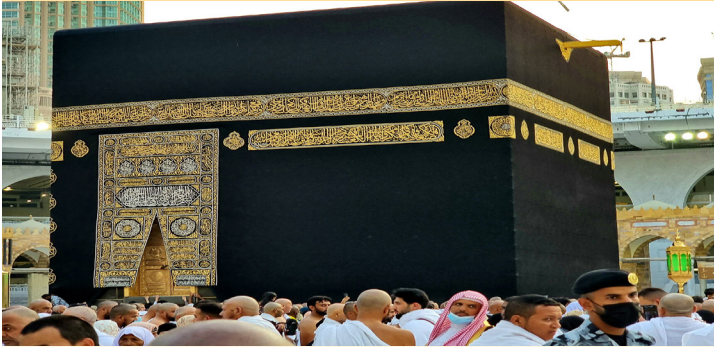
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Autumn 2024	Morning	Afternoon/Evening		
Mon	Groovy Grannies Chair based exercises -open to all females. 10.30am-11.30am Ring to check dates 07747145358 £2 per session	Ladies Quran Tajweed Class (free) 1pm-3pm Provided by IMWS FREE	Ladies Relaxation with Exercise Stretch and tone exercise class with relaxation 5.45pm-6.45pm £2 per session	
Tues	Harmony Ladies' Social Group (Free) Tea and wellbeing activities runs every 2 weeks– open to all females 9.30am-11.30am 24/9/24, 8/10/24, 22/10/24	ESOL Entry Level 3 Speaking and Listening (Free) 10am-12pm Full	Free Ladies Aerobics (Free) 5pm-6pm Provided by IMWS Starts 17/9/24	Free Men's Circuit Training (free) 7pm-8pm Provided by IMWS
Wed	ESOL Entry 1 Speaking and Listening (Free) 9.30am-12.30pm Full			
Thurs	ESOL Entry Level 2 Speaking and Listening (Free) 10am-12pm Full ESOL E3 Writing (Free) 9.30am-12.30pm Full	Sahara Social Group (free) First Thursday of every month open to all females 11am-1pm Contact Zohfina 07823668714	Ladies Lunchtime Exercise Class 12pm-1pm Term time only Ready Steady Active 07974647062 £2/session	

IMWS Community Champions: Awareness or signposting available for Diabetes, Cervical Cancer, Breast/Bowel cancer, Asthma, Falls, Vaccines etc

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Teaching Assistant/Hair styling courses at the Al Hikmah Centre (external) - 07735874071

Ladies Sewing class at the Al Hikmah Centre (external) – Wed 9am-11am 07894708917.

Girl Guides at the Al Hikmah (external) every Sunday 10:30am- 12:00pm – visit www.girlguiding.org.uk to register interest.

NHS Blood donation at the Al Hikmah Centre (external) – Register to donate blood at the Centre visit www.blood.co.uk

Macmillan Coffee Morning – open to all Tuesday 24th September 10am-12.30pm Al Hikmah Centre

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Paigaam Kids page

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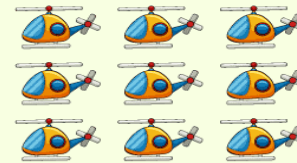
Kiddies Competition, Al-Hikmah Centre,
28 Track Road, Batley, West Yorkshire,
WF17 7AA



Complete the equations



$$4 \times \square = 8$$

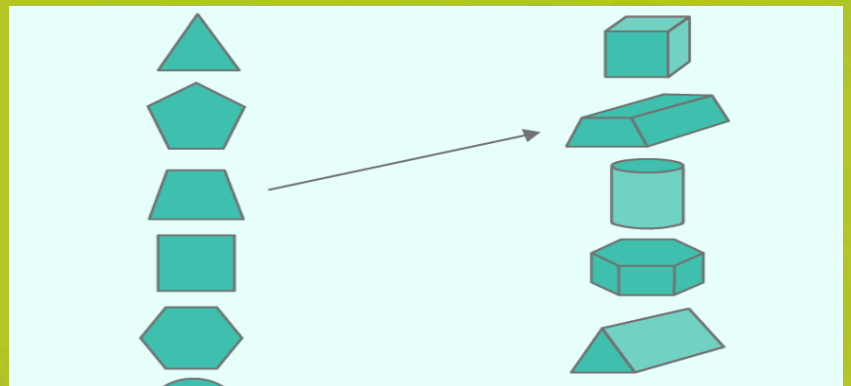


$$\square \times 3 = 9$$



$$\square \times 2 = 4$$

Match the 2d shape with the
correct 3D shapes



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દિલ્હી શહેરનું પ્રદુષણ ખતરનાક સ્તરે

શિયાળાની શરૂઆતે પ્રતિવર્ષની જેમ ભારતની રાજધાની દિલ્હી શહેરમાં પ્રદુષણ એક ખતરનાક સ્તરે ઉપર પહોંચ્યું હતું. શહેરનું પ્રદુષણ ૫૦૦ની સપાટીએ પહોંચી ગયું હતું. ૧૦૦ AQI થી નીચેના આંકડાને સંતોષકારક માનવામાં આવે છે. પરિણામે શહેરના અનેક વિભાગો રેડ જોનમાં જાહેર કરાયા હતા. આરોગ્ય અધિકારી અને હોસ્પિટલના ડોક્ટરોએ લોકોને એનલપ માસ્ક વગર ઘરની બહાર ન નીકળવાની સલાહ આપી હતી.

કેટલાક દિવસો માટે પ્રાયમરી સ્કૂલો બંધ રાખવામાં આવી હતી. સ્વસ્થ લોકો પણ શ્વાસ સંબંધિત રોગોના શિકાર બની શકે છે એવી ચેતવણી આરોગ્ય ખાતા ધ્વારા આપવામાં આવી હતી. દિલ્હીમાં ડીઝલ અને હેવી ટ્રકોના અવરજવર ઉપર નિયંત્રણો લગાવવામાં આવ્યા હતા. અમૂક બાંધકામ અને ખાણકામ પણ કામચલાઉ બંધ કરવામાં આવ્યા હતા. કોર્ટે દિલ્હી સરકારને આ પ્રદુષણ માટે ફટકાર લગાવી છે અને સ્કૂલો બંધ રાખવાનો ઓર્ડર પણ આપ્યો છે. દિલ્હીમાં પ્રદુષણ ખતરનાક સ્તરે જવાનો આ કોઈ પહેલો પ્રસંગ નથી. દર વર્ષે આ મુશ્કેલી જોવા મળે છે. પરંતુ દિલ્હી સરકાર અને કેન્દ્ર સરકાર આ અંગે રાજધાની જેવા મુખ્ય શહેરમાં પણ કોઈ નક્કર પગલા ભરતી જોવા મળતી નથી. સ્વચ્છ અભિયાનના તેમના દાવાઓ પોકળ સાબિત થતા જોવા મળે છે.

ઈઝરાઈલના વડાપ્રધાન નેતાન્યહુ સામે ધરપકડ વોરંટ

ઈન્ટરનેશનલ ક્રિમીનલ કોર્ટ (ICC) એ ઈઝરાઈલના વડાપ્રધાન બેન્જામિન નેતાન્યહુ અને તેના મિલીટરી કમાન્ડર યોવ ગોલન્ટ ઉપર ગાઝા યુદ્ધમાં વોર ક્રાઈમ્સ અગેઈન હ્યુમાનિટી માટે ધરપકડ વોરંટ બહાર પાડ્યું છે. આ કોર્ટમાં વિશ્વના ૧૨૫ દેશો પ્રતિનિધિત્વ ધરાવે છે. નેતાન્યહુએ આ વોરંટનો વિરોધ કર્યો છે અને અમેરિકાએ પણ આ વોરંટને રિજેક્ટ કર્યો છે. જ્યારે ઈફ અને બટ્ટની વચ્ચે યુરોપના દેશો જેમાં બ્રિટન, જર્મની, ફ્રાન્સ સહિત દેશોએ આ વોરંટની સરાહના કરી છે. જેનો અર્થ છે કે જો નેતાન્યહુ આવા દેશોમાં મુસાફરી કરે તો તેમની ધરપકડ થઈ શકે છે. આ નિર્ણયને હ્યુમન રાઈટ્સ ગ્રૂપે આવકાર્યો છે. આ ઉપરાંત હમાસના મિલીટરી લીડર મોહમ્દ ડેઈફ ઉપર પણ ધરપકડ વોરંટ ઈસ્યુ કર્યું છે. જેના માટે ઈઝરાઈલનો દાવો છે કે જુલાઈ-૨૪માં એક એર સ્ટ્રાઈકમાં ઈઝરાઈલે તેને ઠાર કર્યો હતો. પરંતુ પ્રી ટ્રાયલ કોર્ટે જણાવ્યું હતું કે, તેઓ (કોર્ટ)માહિતી મેળવવાનું કાર્મ ચાલુ રાખશે.

૨૩ કરોડનો પાડો “અનમોલ”

મારકેટમાં જ્યારે અવનવી વસ્તુઓ ઉપલબ્ધ થાય છે ત્યારે તેની ચર્ચા સોશીયલ મિડીયામાં ભારે ચકચાર જગાવે છે. હાલમાં ભારતના હરિયાણા રાજ્યમાં એક પ્રખ્યાત પશુ મેળામાં “અનમોલ” નામનો પાડો આકર્ષણ અને ચર્ચાનો વિષય બન્યો છે. આ અનમોલ પાડાની કિંમત ૨૩ કરોડ રૂપિયા આંકવામાં આવી છે. જે રોલ્સરોય કારના લેટેસ્ટ મોડલથી પણ વધુ છે. આ ઊંચી બ્રીડના પાડાના વીર્યનું વેચાણ કરી પાડાનો માલિક પલવિદર સિંહ લાખોની કમાણી કરે છે. તેના માલિકના જણાવ્યા મુજબ તેના ખોરાક પાછળ રોજના

૧૫૦૦ રૂપિયાથી વધુ ખર્ચાય છે. તેને આપવામાં આવતા ખોરાકમાં કાજુ, બદામ ચણા વગેરેનો સમાવેશ હોય છે.

કર્કલીસમાં કાર પાર્કિંગ ચાર્જીસ

કર્કલીસના પબ્લીક કારપાર્કમાં કાર પાર્કિંગ માટે ફી વસુલવા કાઉન્સિલની મિટિંગમાં નિર્ણય લેવામાં આવ્યો હતો. જેનો લોકો તરફથી જબરદસ્ત વિરોધ કરવામાં આવ્યો હતો. દરેક શહેરોમાં બંધ થઈ રહેલ ટૂકાનો ઉપર એની મોટી અસર પડશે એવો ભય પણ દેખાઈ રહ્યો હતો. પરિણામે એમાં હવે ફેરફાર કરી કેટલાક કારપાર્કોને મફત પાર્કિંગની સુવિધા અને બીજા કેટલાક કાર પાર્કમાં પ્રથમ બે કલાક સુધી ફી પાર્કિંગની સુવિધા આપવાનું નક્કી થયું છે. જેનાથી લોકોને કંઈક રાહત મળી શકશે.

ઉપરાંત બાટલીની ટેસ્કો સુપરમાર્કેટમાં કાર પાર્કિંગની મફત સુવિધાના સમયમાં પણ ફેરફાર કરવામાં આવ્યો છે. કહેવાય છે કે, બાટલી પ્લાઝામાં અનેક રેસ્ટોરન્ટ, ફૂડ શોપ અને ટેક અવે શોપ આવવાથી અને મોડી રાત્રી સુધી તે ખુલતા હોવાના લીધે ટેસ્કોના કારપાર્કનો દુરઉપયોગ થતો હતો અને બેદરકારીપૂર્વકનું પાર્કિંગ જોવા મળતું હતું. પરિણામે તે રોકવા નીચે મુજબ ફી પાર્કિંગનો સમય નક્કી કરવામાં આવ્યો છે.

સવારે ૬.૦૦ વાગ્યાથી સાંજે ૬.૦૦ વાગ્યા સુધી વધુમાં વધુ ૩ કલાક ફી પાર્કિંગ

સવારે ૬.૦૦ વાગ્યાથી સવારે ૧૨ વાગ્યા દરમિયાન વધુમાં વધુ ૧ કલાક ૩૦ મિનીટ ફી પાર્કિંગ

સવારે ૧૨.૦૦ વાગ્યેથી સવારે ૬.૦૦ વાગ્યા દરમિયાન ૧૫ મિનીટ ફી પાર્કિંગની સહુલત રહેશે.

લ્યો સાંભળો !

એકલતા, ઉદાસી અને તણાવ દૂર કરવા પોએટ્રી ફાર્માસી

શરીરમાં થતાં રોગોની સારવાર દવાઓ મારફત કરવામાં આવે છે. અને તે દવાઓ ડોક્ટર કે ફાર્માસીસ્ટની દુકાનમાંથી મેળવવામાં આવે છે. પરંતુ લોકોની ઉદાસી, એકલતા, ચિંતા જેવી સમસ્યાઓની સારવાર કેવી રીતે કરવી એ માટે એક નવી પ્રથા લંડન ખાતે શરૂ થઈ છે. આ બીમારીની સારવાર કવિતા અને ગીત મારફત કરવામાં આવે છે. આ વાત વિચિત્ર કે અજાયબ લાગી શકે છે. પરંતુ એમાં સચ્ચાઈ છે.

લંડન ખાતે આવી સમસ્યાઓના નિવારણ માટે પોએટ્રી (કવિતા) ફાર્માસી ખુલી છે. જેને એક રીતે કહીએ તો એક પ્રકારની લાયબ્રેરી કહી શકાય. જેમાં આવી લોકો કવિતા કે ગીતોના પુસ્તકો વાંચે છે તથા ફાર્માસીમાં આવેલ બીજા લોકો સાથે એકબીજાને કવિતા સંભળાવે છે અને તેમની સાથે સંવાદ કરે છે. જેનાથી એકલા લોકો બીજા લોકોનો સાથ અને વાતચીતનો લ્હાવો મેળવે છે. પરિણામે તેમની એકલતા કે ચિંતામાં ઘટાડો થાય છે. અને આ રીતે તેઓ પોતાની મુશ્કેલીઓથી દૂર હળવાશના વાતાવરણનો લાભ મેળવે છે. પ્રથમ આ પ્રથાનો લાભ વૃદ્ધો લઈ રહ્યા હતા. પરંતુ હવે આ ફાર્માસીમાં યુવાનો પણ સામેલ થઈ રહ્યા છે. અને પ્રતિદીન તેમની સંખ્યામાં વધારો જોવા મળી રહ્યો છે. અહીં આવતા લોકોમાં કવિતા લખવાનો શોખ પણ જાગ્યો છે. અહીં એકબીજા સાથે હળવામળવાથી તેમનું એકલાપણું અને તણાવ વગેરે દૂર થાય છે.



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