

Pressure on GPs to see more patients

The community is demanding action from medical surgeries to ensure the proportion of appointments carried out face to face is radically improved.

Before the pandemic around 80 per cent of GP appointments were in person. However, shocking NHS figures reveal that only 54.8 per cent of consultations took place between January and July 2021. That compares with 59.2 per cent last year, 80 per cent in 2019 and 82 per cent in 2018.

Family doctors are seeing fewer patients in person than they did last year, despite the hugely successful vaccine rollout, with most adults now double jabbed, better Covid treatments and a more stable supply of PPE.

However, local people are concerned that cancer and other illnesses are being missed because of the rise of phone and video consultations.

One local resident who is registered to Mount Pleasant Medical Centre said arranging an appointment at the surgery was virtually.

“Before Covid, it was hard to get an appointment. Now it is impossible.”

He also lambasted the surgery for providing a derisory service: “The only thing most of the receptionists are good at is providing a less than satisfactory service, and that they are consistent with.

“I would suggest that Paigaam readers take a glance at the Google reviews online and read about how bad the service has been before, during Covid and at this present time. I hope this Paigaam campaign can make a difference because no one in the area should have to go through this.”

A local woman, who has asked to see a doctor on numerous occasions yet has been called a number of times by doctors instead, told Paigaam: “Virtual consultations are no replacement for checking someone’s blood pressure or listening to someone’s breathing.

“Although the GPs mean, they seem to prefer remote appointments, but this is not the same as seeing a patient in person. “If you can get through to your GP surgery on the phone, you’ll be interrogated by a receptionist and have to jump through so many hoops to get an appointment. Sometimes

they ask you to call back on a certain day at a certain time and even then, you can’t get through straight away. It is absolutely shambolic.”

The low level of face-to-face appointments comes despite official NHS guidance telling surgeries to offer in-person consultations if patients wanted them, unless there were good clinical reasons, such as Covid symptoms.

NHS England wrote to surgeries in May telling them remote consultations could continue but they should be offered “alongside a clear offer of appointments in person. Patients’ input into this choice should be sought and practices should respect preferences for face-to-face care.”

Rates have since crept up only marginally and remain almost a third lower than pre-pandemic levels. In some parts of the country, still fewer than half of appointments are face to face. However, many family doctors argue that phone or video appointments via Skype or Zoom allow them to handle more patients in a typical day.

Doctors' leaders also argue a long-standing GP recruitment crisis has made it harder to see everyone in person.

However, a study conducted by Imperial College in London has found that patients who spoke to a GP over the phone were 14 per cent more likely to take themselves to hospital and end up being admitted than those who had a face-to-face appointment.

Researchers looked at more than 116,000 people in England who had an appointment with a GP, then became so ill within the next three days that they had to be admitted to hospital.

The findings suggest doctors are more likely to miss signs of serious illness or patient deterioration when they do not see people.

The authors of the study say the rise of new appointment types should be 'carefully investigated' because of the risk of unintended consequences.

Health and Social Care Secretary Sajid Javid also urged surgeries to see as many patients as possible

He said: 'I am committed to ensuring everyone, no matter who they are or where they live, can choose to see their GP face to face.'

Prime Minister, Boris Johnson also called for GPs to offer more in-person consultations. He insists "every patient had the right to a face-to-face appointment if they wanted one."

He said: "The NHS has been clear to every GP practice that they must provide face-to-face appointments, and we fully support that.

"The public rightly may choose to want to see their GP face to face – and GP practices should be making that facility available to their patients."

Dewsbury based Curo Health Federation, who run the health care for all patients in North Kirklees was recently rated 'Inadequate' by the NHS health watchdog, Care Quality Commission (CQC).

"In particular there were gaps in systems and processes in relation to safeguarding, recruitment, premises and equipment oversight, incidents, patient safety alerts, staff induction, training and appraisals. There was limited evidence of quality improvement, including clinical audit," read the report.

The report did note, however, that patient feedback had been positive around access and care provided, and that a staff survey showed positive feedback too.

It added that Curo Health was up front about the challenges of the past year, saying: "The service had stepped-up during the pandemic to provide temporary primary care Covid-19 assessment sites to provide core GP services for Covid-19 diagnosed or suspected patients. "In addition, the provider had collaborated to support Primary Care Networks and GP practices vaccinate unregistered patients and health and care staff."

Medical director Dr Adnan Jabbar and managing director Clare Townend, said that the federation accepted the outcome of the inspection and were working hard to address the issues.

"We have had a challenging time since the start of the pandemic but have supported patients with the North Kirklees Covid Assessment Centre services and continued Extended Access to primary care services.

"The CQC report does highlight that patients are having a good experience and this is something we want to continue. We want to reassure all our patients that they can continue to access our services in the same way.

"We will continue to support the local population with access to GPs and other primary care professionals in the evenings and at weekends, for both routine and more urgent healthcare needs."

GP patient survey results

The lowest-rated GP surgeries in Kirklees have been revealed after the results of a GP Patient Survey of patients in the borough has been revealed.

Dr Mahmood & Partners

Dr Mahmood & Partners - also known as Ravensthorpe Medical Centre was rated positively by 67 per cent of the 54 patients who responded to the survey. However, 45 per cent of patients said they did not find it easy to contact the surgery over the phone

Mount Pleasant Medical Centre

The surgery was rated positively by 67 per cent of the 194 patients who responded to the GP Patient Survey, although about 44 per cent said they could not easily contact the surgery by phone. However, around 13 per cent of people were not happy with the appointments offered by the surgery.

Broughton House Surgery

Also in Batley, Broughton House Surgery was given a good rating by 68 per cent of the 51 patients surveyed. This included 33

per cent who said it was not easy to contact the surgery over the phone. A quarter of patients said they were not satisfied with the available appointments at the practice.

Blackburn Road Medical Practice

Blackburn Road Medical Practice was rated positively by 73 per cent of the 160 patients surveyed. About 61 per cent said it was not easy to contact the surgery over the phone.

Meanwhile, 22 per cent said were not satisfied with the appointments available.

Fox's Biscuits apologise after sending woman home for wearing a Hijab

Fox's Biscuits in Batley has apologised after a female employee was allegedly told: "remove your hijab or leave."

Fox's Biscuits said the incident centred around a "miscommunication" about the factory dress code and have apologised "for any upset this may have caused her."

The woman, who wishes to remain anonymous, claims a number of Muslim women told her beforehand that it was a requirement to remove her Hijab.

She said: "Loads of Muslim women were coming at me and saying you need to take it off, they will tell you to take it off, you're not allowed to wear it."

"I told my husband about this and asked him to speak to the manager, who's a practising Muslim, and he said it's ok to wear it," added the woman.

However, she was told in no uncertain terms that she had to remove her hijab.

"One of the managers who was working on the day shift and he told me you have to take it off."

"He was giving me lots of reasons such as there is machinery inside and you could choke with a hijab, and that you can't wear clothes that you've worn. He was giving me lots of different reasons but there didn't appear to be



one rule. And eventually I was asked to leave."

According to the employee, she continued to work night shifts wearing her hijab but was eventually reported to HR so her manager moved her to a cleaning job so that she was away from the machines.

The Equality Act 2010 makes it unlawful to discriminate against someone because of

religion or belief. It applies to all employers and service providers, whether they are public or private sector bodies.

When asked about the allegations, Fox's Biscuits released a statement: "Due

to food safety standards, hair clips and pins are not currently allowed in our factory.

"Hair nets are provided for all of our colleagues and our Muslim colleagues who wear the hijab have informed us that they are happy to wear these hair nets to align with food safety rules.

"We continuously review all our policies and process

and can share that we are investigating the use of disposable hoods that meet our factory standards and also the food safety standards.

"We had already placed an order for these items and have set up a working party to trial this solution with colleagues. We will actively engage with them through the trial to gather feedback and will host a technical review.

"We understand that on this occasion there may have been a miscommunication about our factory dress code with one of our temporary agency colleagues on site, owing to confusion around her allocated role that day.

We are sincerely sorry for any upset this may have caused her. We will be in touch with the individual to discuss this matter directly with them.

"We are and continue to be fully committed to a workplace that is inclusive of all members of our community.

"Which is why we have a strong and long-standing relationship with our local imams, working to support our onsite and local Muslim community."

Qasim Fires & Fireplaces

Complete Fireplace Specialist



GAZCO eREFLEX 135R ELECTRIC FIRE



THE VELLA ELECTRIC FIREPLACE (OPTION NO. 1)



MONTANA INFINITY 890 ELECTRIC FIREPLACE



PACIFIC 42 WITH LED LIGHTS



MONACO 54" IN PURE WHITE & GREY WITH LIGHTS



THE LUNA ELECTRIC FIREPLACE

- FULL BESPOKE SERVICE TO MEET YOUR REQUIREMENTS
- 18 DIFFERENT MATERIALS & FINISH
- 1 - 2 WEEK DELIVERY & FITTING SERVICE
- OPEN 7 DAYS 9AM - 5PM
- FREE OF CHARGE HOME SURVEY
- NEW REFURBISHED SHOW ROOM WITH 70 DISPLAYS

QASIM INTERNATIONAL LTD. 23-25 BRANCH ROAD, BATLEY, WEST YORKSHIRE, WF17 5RY

TEL: 01924 422096 FAX: 01924 477851 EMAIL: INFO@QASIMINTERNATIONAL.CO.UK WEB: WWW.QASIMINTERNATIONAL.CO.UK

A1 FOOD PRODUCTS

Taking Care of All Your Weddings, Parties and Engagement Requirements With:



FRESHLY MADE TANDOORI NAANS

Orders to be placed 24 Hours in advanced Minimum Order Required

Contact Nazir Maniyar

01924 458000 / 07713 637136

Also Available: Puff Pastry & Samosa Pastry

A1 Food Products, Providence Works, Henry Street, Batley Carr. (Behind The Post Office)

www.a1foodproducts.co.uk

Home Improvements

Services Provided:

- Wallpapering • Painting • Coving
- Picture rail • Dado rail installs
- Tiling • Bathroom fitting • Full property renovations

Professional service • Competitive rates.

Free quotes!

Call 07515 025533



Are you in receipt of certain benefits?

WE CAN HELP YOU CLAIM YOUR FREE GRANT!

Call Rahim on
07789 315 543
FreeEnergyECO24@yahoo.com



FOLLOW US ON FACEBOOK

FREE CENTRAL HEATING GRANTS

Boilers
Thermostats
Wall Insulation
Underfloor Insulation
Room in Roof Insulation
Electric Storage Heaters
First Time Central Heating

* No benefit required for central heating on selected areas only

GET A FREE ASSESSMENT TODAY!



SCAN ME

Give your business the boost it deserves

Paigaam

With over 25 years in publication. Distributed through 15 local masjids after Jumma Salaah. Online, email and posted out to subscribers. Paigaam is the most popular and established community publication in the region.

Why not give your business exposure to a wide and longstanding readership.

For more information contact paigaam@imws.org.uk or call us on: 01924 500 555

EST. 1993
FREE Tri-lingual Monthly Community Magazine



DISCOUNTS AVAILABLE ON BLOCK BOOKINGS
ASK FOR DETAILS



Mileusnic Chemist

FREE Prescription Collection & Delivery

FREE diabetes machines to give away - whilst stocks last

IMPROVING YOUR HEALTH

Proprietors: Mr Riyaz Patel / Mr Farooq Patel
133 Upper Commercial St, Batley WF17 5DH

01924 441434

तमारा प्रिस्क्रिप्शन मेणवी घर आंगणे दवा पदार्थासवानील महत्त सुविधा
 آپ کا نسخہ ڈاکٹر سے لینا اور آپ کے کمر پر پہنچانے کی سہولت

NOW OFFERING NHS AND PRIVATE FLU VACCINATION and MENINGITIS ACWY for HAJJ and UMRAH'

OPTI CARE

FREE EYE TEST
with spectacle purchase

OPTICIANS | OPTICAL LAB | GLASSES IN 1HR

2 FOR 1 FROM £60

Top Quality Frames Free on NHS
 Designer brands
 Contact lenses Save £££'s Free trial
 KIDS GO FREE
 1 in 5 children have an undiagnosed eye condition
 So don't delay - Register today

5 Oxford Street . Batley . WF17 7PZ . (01924) 455577



NADAT SOLICITORS
Telephone: 01924 505 071
4 Bond Street, Dewsbury, West Yorkshire WF13 1AG

Family Law

Divorce - Separation - Financial Settlements
 Children Law Matters - Domestic Violence
 Cohabitation - Pre-Nuptial Agreements & General Family Law Matters

Legal Aid may be available (subject to eligibility)

Please contact us for assistance with Powers of Attorneys, Wills, Change of Name Deeds, Commissioner for Oaths and Immigration matters (spouse visa / sponsorship / leave to remain and citizenship applications)

We may also be able to provide assistance with other legal problems

Inayat Nadat our Principal Solicitor is a Resolution Accredited Specialist and The Law Society Accredited Family Law Advanced panel member in the areas of Children (Private Law) and Domestic Abuse.

THE LAW SOCIETY ACCREDITED Family Law Advanced
 resolution first for family law
 MEMBER ONLY Mums & Dads specialist the accredited family law specialist

Rauch
German Wardrobes



Range of sliding and hinged wardrobes with free local delivery and assembly

Ravensthorpe Home Centre
440 Huddersfield Road
Dewsbury WF13 3EP
01924 466273 Open 7 days

SANATAYN
TWO YEARS ADULTS ISLAMIC COURSE FOR SISTERS (16+)

NOW ENROLLING CALL SISTER FERHANA: 07786 248873
 OR CALL THE MADRESSAH ON: 01924 609646

TAUGHT IN ENGLISH
 Subjects Covered:
 Contemporary issues
 Women's role in Islam
 Fiqh
 Tafseer
 Tajweed
 Islamic Theology

Course starting Mid October 2021

TIMES
Tuesdays & Thursdays
5:15pm to 6:45pm

VENUE
Masjid-e-Mahmoodiyah/
Anjuman-e-Zinatul Islam
Girls Madressah Hall
Taylor Street
Batley
WF17 5BA

A CERTIFICATE WILL BE ISSUED AFTER SUCCESSFUL COMPLETION OF THE COURSE.

Macmillan Coffee Morning at IMWS

The Indian Muslim Welfare Society recently hosted people from across North Kirklees and beyond as the Macmillan Coffee Morning (also known as the world's largest coffee morning), with the event billed as a 'great success.'

The event, which took place on the 21st of September at the Al-Hikmah Centre encouraged people to make and bring in cakes and savoury snacks to sell.

Those who attended did not disappoint as a number of local individuals and businesses saw the gastronomic delights that they had prepared being sold for donations to people who attended from

as far as Huddersfield and Ravensthorpe.

IMWS Charity Worker Munir Daji explained how the first Macmillan Coffee Morning to have been organised at the Al-Hikmah Centre since the Covid-19 pandemic took hold, was a very welcome and successful event.

"It was a great success," said Munir.

"Everyone knows this was the first Macmillan Coffee Morning since the beginning of Covid but to have raised £330 for the charity is a fantastic gesture.

"Macmillan is the UK's leading organisation that provides various forms of support for people living in cancer. People all over the

UK host their own Coffee Mornings and donations.

"With the help and support of people, we hosted We raised a good amount for them during such a sensitive time.

"Having a Coffee Morning is the perfect chance to catch up over a cuppa and a slice of something delicious for a great cause.

"One in two of us will face cancer, and the money you raise at your Coffee Morning will help everyone with cancer to live life as fully as they can."

The Society also once again donated £250 to Macmillan.

Locals and businesses who provided cakes and savoury snacks for donations include:

A&A Catering - Fazila Ranguni (savouries)

Aysha Seedat (Savouries)

Caters choice (Drinks chocolate)

Mullaco (Thornhill Lees) donated biscuits/chocolates and tortilla crisps.

Loonat Catering (vada)

Islamic Bakery (cake)

Mullaco (Oxford street/ donated biscuits/cakes)

Patco (sweets)

Maryams (samosas)

Papa chai (biscuits)

Ali Supermarket (sweets)

Master brothers (Batley, donated biscuits)



Worshippers tackle 3 peaks challenge for Masjid Talha project



A group of worshippers have climbed the mighty Yorkshire Three Peaks Challenge in order to raise much needed funds for the Masjid Talha new building project.

Despite the extreme exhaustion and the difficulty of the challenge, in total, 21 volunteers attempted to climb the Yorkshire 3 Peaks to raise much-needed funds.

Of the participants, 12 managed to complete all three Peaks, having started with the smallest mountain, Pen-

y-Ghent, before tackling the highest peaks of Whernside and Ingleborough.

A further eight volunteers managed two peaks and two others including one elderly man were able to complete the first peak.

The three peaks of the Yorkshire Three Peaks are arranged in a triangle, with the River Ribble and two minor B roads between them.

The Yorkshire Three Peaks includes, Pen-y-ghent, Whernside and Ingleborough. The route can be started from Horton-in-Ribblesdale,

Ribblehead or Chapel le Dale, and is a circular route finishing at the same point.

Navigation of the challenge is normally considered 'successful' when completed within 12 hours, yet the current record stands at a remarkable 2 hrs, 46 mins and 3 seconds.

The total walking distance is 39.2km (24.5 miles) which pushes you to conquer all three peaks – with a total ascent of 1,585 metres. However, It usually between 8-12 hours depending on fitness, weather conditions and number of times you stop to take in the view to complete the trek.

The 24 mile route is usually tackled in an anti-clockwise direction, meaning ascents to the summits of Pen-y-ghent, Whernside, and Ingleborough peaks in that order, although it's equally possible to complete the challenge the opposite way.

The achievement was all the more amazing given the majority of the participants were not established climbers or hikers and had little time for preparation.

Tellingly, many participants are not even local to Masjid Talha, yet they sacrificed their time and comfort to endure the arduous hike to help with fundraising.

A spokesperson for Masjid Talha told Paigaam that although the amount raised is slightly short of their target, they welcome any further donations either in person at Masjid Talha, Nowell Street, Dewsbury or online.

“Huge respect to all those who took part, May the Almighty accept their efforts and increase them in their good work.”

“We set a target to raise £10,000 for the new Masjid of which we've raised £9,578 and gift aid. Any help would be greatly appreciated.

“We are all blessed and proud to have raised the money which will go towards supporting the incredible work that is going into building the new Masjid Talha building, may the Almighty accept from everyone who has donated.”

To date online, please visit:
<https://www.totalgiving.co.uk/appeal/Mtclimb>

Kim Leadbeater MP column

Welcome to my first column for Paigaam as your MP for Batley and Spen and thank you to everybody at the IMWS for giving me the opportunity to share my thoughts with you after my first couple of months in the job.

I spent the summer trying to get around as much of Batley and Spen as I could to meet people and talk about the things they care about.

Wherever I went many of the same things came up, including potholes, safety on the roads, drugs and anti-social behaviour. Issues that I know Paigaam readers care about as much as I do. I've already raised these matters in Parliament, where I was able to make my 'maiden speech' – my first ever speech in the House of Commons.

In it I said that, "No matter where you live or what your background might be, the potholes in the roads are just as deep, the dangers posed by speeding drivers are just as terrifying and the impact of crime and anti-social behaviour is just as devastating."

I also talked about what makes this constituency special to me: "Batley & Spen has been through a lot in recent years, but time and again when others have sought to set us against each other, we have come together."

When we have been riven by violence or the politics of hatred and division, we have

shown the best of ourselves. Generosity, warmth, respect, tolerance and love. Those are the true qualities of the people I am proud to represent."

At a local level, I've seen so much positivity across the community despite the problems and frustrations we all face. I saw it at my meeting with the police, the Deputy Mayor for crime and policing, representatives from the Council and concerned residents where everybody agreed that we have to work together to address the issue of dangerous driving.

I saw it when leaders of all faiths came around the table with me to discuss common concerns regarding poverty, the lack of facilities for young people, drugs and anti-social behaviour. And I heard it in my many conversations with people in all our towns and villages, where everybody wants to see big improvements so we can all feel even more proud of where we live.

Last week I was inspired by a visit to Carlton Junior and Infant School in Batley Carr, where staff and pupils are striving to live up to the school motto of 'Dream, Aspire, Achieve – beyond excellence'.

I presented the Jo Cox Good Character Award to seven-year old Ahmed Patel and heard about how young Saffiya Mayat got a gold medal for raising money for Palestine with a bake sale. The school is committed to supporting the local community, and I look forward to working with them

and all our excellent schools across Batley and Spen.

Earlier this month it was a real pleasure to speak at the Gujarati Writer's Forum where local writer and poet Ahmad 'Gul' Lunat launched five brilliant books!

Many of you will know Ahmad as he has contributed a huge amount to the local community throughout his life, and it was a real honour to be part of this special event, which was also celebrating 50 years of the Writer's Forum. Along with some powerful speeches and delicious food there were very heart-warming tributes to Ahmad from two of his granddaughters. It was a very special evening and I felt proud to be a part of it.

At a national level a lot of my focus has been on issues around health and well-being, education and police numbers. I am very concerned about the impact of the cut to Universal Credit, with many people in Batley and Spen desperately worried about how they will make ends meet as prices go up everywhere and new taxes are imposed by the government.

As promised during the by-election I have now joined Labour Friends of Palestine. The opportunities for fact-finding visits are still severely restricted because of the pandemic, but I am talking to the excellent team at the Council for Arab British Understanding (CAABU) about making a trip as soon as conditions allow.

I wrote to the Foreign Secretary questioning why Pakistan remained on the Covid red-list while India was not, and I am delighted that at long last Pakistan has been removed from the list enabling people to make travel plans again.

Although I can't be there in person, I am looking forward to watching the debate in Parliament this week on Kashmir, a subject that was on the agenda when I met the Indian High Commissioner in London recently.

I told the High Commissioner about the honour I had of speaking at the Gujarati Writers' event in and I would like to end by including a quote from Ahmad Lunat who says in the introduction to his autobiography 'Alipore to OBE': "I want to set an example for the next generation that life is full of unpredictable changes and unexpected situations. What you need to do is face those moments with the same kind of grit and determination that I showed in my life"

Ahmad – I agree 100% and I will endeavour to do likewise during my time as the MP for Batley and Spen.

P.S. I want to be as accessible to all my constituents as I can. My website address is www.kim4batleyandspen.com and that's where you can find more details on everything I've been doing locally, nationally and internationally, sign up to my newsletter and meet the team that I now have working with me – and working for you.

Take advantage of Kumon’s Free Trial. At your local Kumon Batley StudyCentre, our aim is to help children of any age and any ability discover their full potential and achieve beyond expectations. With over 60 years of experience, the Kumon Maths and English Programmes enable students to develop into confident, independent learners with strong study skills.

Kumon is proud to be recognised as an education provider that delivers proven academic results. An independent study* revealed that Kumon students are over a year ahead of the national average, and over six months ahead of their peers in their maths learning at the end of primary school*.

We nurture our students by giving them the tools they need to enjoy learning and thrive academically, which increases their enjoyment across a wide range of subjects at school, alongside preparing them for personal and professional success later in life. We believe this opportunity to grow on both an academic and a personal level should be available to all children. **That is why we are offering a Free Trial to all new students at our study centre until 31st October 2021.**

Your child will be initially assessed so that their level of study can be precisely tailored to their ability. Kumon Instructors set work at just the right level for each child to advance in their studies, at their own pace. Your child will receive personalised, ongoing support from their Kumon Instructor, who will carefully monitor their progress. To take advantage of the Free Trial offer and find out how Kumon study can help your child to shine, contact your local Instructor, **Lina Chhina on 07502270637** or email **batley@kumoncentre.co.uk** to book a consultation. Classes run in centre on Monday and Thursday evening 4-7pm, and the centre is located at : Jo Cox House, 90 Commercial Street, Batley, WF17 5DS

* Study based in England. Further details can be found at **kumon.co.uk**

IMWS make donation to Yorkshire Air Ambulance

The Indian Muslim Welfare Society recently made a donation of £250 to the Yorkshire Air Ambulance service.

IMWS donates to a number of charities every year and this includes the Yorkshire Air Ambulance Service .

Munir Daji, IMWS Charity worker said: “IMWS is committed to supporting good causes where our members and colleagues live and work. To have been responsible for

a number of donations to the YAA is something the Society is very proud of. “We are delighted to be able to help



such a vital service as Yorkshire Air Ambulance, which is close to the hearts of many of our members.”

Rafik Dabhad, IMWS Chair, added: “We are really happy to support the Yorkshire Air Ambulance. We would like to

extend our thanks to YAA for the life-saving work they do all year round.”

Yorkshire Air Ambulance is an independent charity that currently flies around 1,200 missions a year and provides a rapid response air emergency service to 5 million people across 4 million acres of Yorkshire.

The charity has to raise £12,000 every day, which equates to £4.4 million a year, to keep both of Yorkshire’s air ambulances in the air and relies on donations from individuals and organisations to meet this demand.

Good News!

**IMWS IS
PLEASED TO
ANNOUNCE
ALL OUR
SERVICES
ARE NOW OPEN
AS PER
GOVERNMENT
GUIDELINES**

- Indoor Football
- Weddings
- Conferences
- Classes and much more!



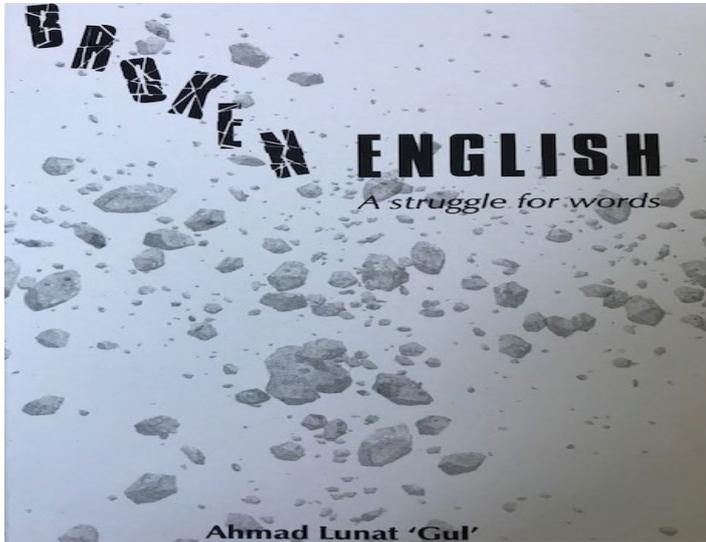
For more information & bookings please call:

01924 500555

or visit www.imws.org.uk

Al-Hikmah Centre, Track Road, Batley, WF17 7AA

Acclaimed writer Launches new books



On Friday the 10th of September 2021, Gujarati Writers' Forum, Batley (West Yorkshire) held a book launch and an International Literature Convention at PKWA Hall in the honour of Ahmad Lunat Gul of Alipore.

The celebrated Poet, Writer, Thinker and Activist launched five great new books: Alipore to OBE, Broken English, Sheriyat, Shabdo Ugadi Joyu To and Gujarati Muslim Community of Batley.

Mr Gul, who is the founder of the Gujarati Writers' Forum penned Alipore to OBE, recounting the beginning of his life in India before moving onto his life in England and in his own words, recounts various literary achievements before recounting receiving an OBE from Queen Elizabeth with an immense amount of pride and humility.

The second book entitled 'Broken English' is an

anthology of incredibly funny stories recounting how migrants who had arrived in Batley, attempted to converse with the native population by getting by in broken English, therefore unwittingly, creating a number of humorous scenarios.

The programme began with a welcoming speech by Sevak Alipori, and a brief introduction of the event.

The day also marked the Golden Jubilee function to highlight the 50 years of hard work in Batley to showcase Gujarati culture, heritage, language, and Identity. It was a great opportunity to rejoice such progress, and the celebrations were shared with profound guests from the community.

Local dignitaries who attended the event at the PKWA Centre included: Lord Bhiku Parekh, a British Political Academic and Peer, Tracy Brabin, the Mayor of West Yorkshire, MP for Batley

and Spen, Kim Leadbeater (MBE), Councillor Shabbir Pandor, the Leader of Kirklees Council; David Cooper, the Head Teacher of Batley Girls' High School; Sam Vickers, CEO Multi Academy Trust; Gary Kibble, the Head Teacher at Batley Grammar School, A K Gheewala, Chair FMO Leicestershire; Dr. A Rajpura of Batley; Yusuf Sidat and Bedar Lajpuri of Leicester, and Iqbal Padarwala from India.

Thousands across the globe were also virtually able to be a part of this special day, thanks to the efforts and hard work of Iqbal Dhoriwala of Dewsbury who managed the photography, videography, and live stream.

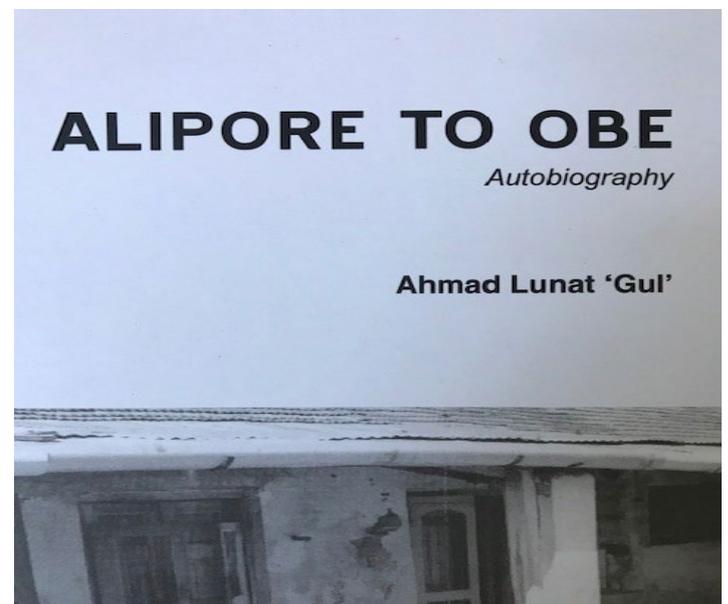
Imtiaz Patel Varediawala gracefully hosted the event, starting with a tribute to the late wife of Professor Adam Tankarvi, Amina Adam Ghodiwala. In the absence of Professor Adam, it was a delight to have his grandchildren, Yahyaa and Hudaa Bax, to

represent their grandfather with commanding and heart-warming speeches.

The granddaughters of Ahmad Lunat Gul, Rashiqa Laher and Sameeha Akudi, also expressed heartening words of appreciation, regarding the accomplishments and efforts of their grandfather. The event sewed different generations into the fabric of Gujarati culture and history, paving the way for the coming generations to continue the legacy.

The book launch served as a platform to highlight the importance of one's Gujarati culture and history. It was used to mark the significance of keeping in touch with one's identity. The event was concluded by a vote of thanks by the Vice Chair of Gujarati Writers' Forum, Shabbir Kazi.

To purchase copies of the books, please contact Ahmad bhai Lunat on 07980611808.



Afghanistan: the graveyard of empires

The United States of America is just one of many mighty countries to have been humbled and sent packing from Afghanistan.

The country has long been known as the “graveyard of empires”, evoking its reputation for thwarting the global aims and objectives of occupiers from Alexander the Great, Genghis Khan, to imperial Britain and Soviet Russia.

The US has spent over \$2 trillion in the country since it invaded in the wake of the September 11 2001 attacks,

Yet, two decades later, the Taliban are once again in power after making quick military gains, winning control of Kandahar, the biggest city after Kabul, and promising to make the cities safe.

They have now tightened their grip on power following their lightning victory that has shocked the world and taken the entire country.

Romain Malejacq, a political scientist and author of *Warlord Survival*, believes Afghanistan is “a graveyard for colonialist, or neocolonialist foreign powers that aim to rule.”

In his 2010 history of the country, anthropologist Thomas Barfield wrote that “Afghanistan got rid of foreign

occupiers by making the country so ungovernable that they wanted to leave”.

Paigaam recounts the wars that have humbled the biggest nations in the world.

British Empire 1839 – 1919

Imperial Britain viewed Afghanistan, as a vital buffer between its Indian colony and Russia.

They did not want the Russians to rule Afghanistan in order to attack South Asia. Therefore, the British made the first move by invading the country in 1839 and installing a local ruler.

However, this strategy has been labelled Britain’s “greatest imperial disaster” by a plethora of historians.

A number of rebellions forced a British retreat in 1842. However, they responded by sending a 20,000- man army to retake Kabul only to be crushed by tribal forces along the way.

Tellingly, just one sole British survivor made it to tell the story of what transpired.

Britain continued trying to incorporate Afghanistan into its empire, fighting two more wars in 1878 and 1919 before ending its ambitions and making a hasty retreat.

Russian invasion, 1979-89

Afghanistan became a cold war battleground after a communist coup in 1978. The new regime’s brutality provoked fierce local resistance, with more uprisings prompting an invasion by Soviet Union troops the following year.

With the backing of the US and Pakistan, loosely organised factions of local insurgents known as the Mujahideen waged “Jihad” against the Soviets and the Afghan communists.

The ensuing civil war was devastating for Afghanistan. Yet the Soviets’ vast resources proved to be no match against the Mujahideen, with their guerrilla tactics resulting in a painful and costly defeat.

The Russian’s came to the same conclusion that the British had reached a century earlier: the direct occupation of Afghanistan had a high cost for few benefits. After the Soviets left, Mujahideen factions turned on each other. Ultimately, this chaos gave rise to the Taliban.

US and Nato invasion, 2001-21

Within a month of the Twin Tower attacks, the US began bombing Afghanistan, rallying local warlords to rout the Taliban on the battlefield ahead of a full-scale invasion. By December 2001 the Taliban

regime had collapsed.

President George W Bush subsequently announced plans to reconstruct the country, while in 2003 his defence secretary Donald Rumsfeld declared that “major combat” was over.

However, the Taliban’s insurgency only gained momentum in the years that followed, prompting former U.S President, Barack Obama to increase the US military presence to more than 100,000 troops.

Whilst withdrawal plans were delayed, the Taliban gathered strength. This boiled over into fierce violence under President Donald Trump, who agreed to withdraw US troops from Afghanistan in a February 2020 peace deal.

President Joe Biden, mindful of domestic exhaustion at the so-called forever war, pressed ahead, announcing that the US would leave the country.

The US had not even finished withdrawing before the Taliban over-ran all the remaining pockets of resistance.

Historians and political scientists will long debate how and where the US got it so wrong.

Like other powers before – the US mistakenly believed it could conquer the country using force.

Palestinian prisoners perform daring escape from Israeli prison

Six Palestinian prisoners escaped from one of the country's most secure prisons using a rusty spoon in such a daring escape – observers have likened the unprecedented jailbreak to a fictional escape made famous by Hollywood: *The Shawshank Redemption*.

The six, including five members of Islamic Jihad and a high-profile leader from al-Aqsa Martyr's Brigade from Jenin refugee camp, had shared a cell at Gilboa prison and reportedly excavated their escape route behind a sink.

Jailbreaks by Palestinian security prisoners held in Israeli jails are almost unheard of and the profile of the prisoners led Israel's prime minister, Naftali Bennett to describe it as a "grave incident".

While initial reports suggested the men had tunnelled out, the head of the Israel prison service, said the prisoners exploited a flaw in the prison's structural design, exposing a gap behind a wall.

"From our initial investigation, it appears that there was no digging; rather, a plate that covered the space was lifted out of place," said Katy Perry.

The six prisoners are believed to have dug a hole in the floor of their cell over several

months. They are thought to have crawled through to reach the prison's outer wall, then dug a tunnel that emerged in the middle of a dirt road, just below a watchtower.

CCTV footage captured them leaving the tunnel at about 01:30 on Monday. However, the alarm was only raised at 04:00, after people in the vicinity reported seeing "suspicious figures" in fields near the prison.

Israeli media have blamed the jailbreak on a number of security blunders.

They included the publication of a blueprint of the prison on the website of the architects involved in its construction. There were also unconfirmed reports that the guard stationed in the watchtower next to the tunnel exit was asleep during the escape.

Images released after the escape showed a narrow gap in a wall that had been dug out behind a sink, allowing the men to reach the prison's drainage system.

According to reports in the Israeli media, the prisoners spent several months working on their tunnel using a spoon which they had kept hidden behind a poster in their cell.

Although the prisoners were recaptured, they have been lauded as national heroes.



Palestinian militant groups praised the breakout: "This is a great heroic act, which will cause a severe shock to the Israeli security system and will constitute a severe blow to the army and the entire system in Israel," said Daoud Shehab, a spokesperson for Islamic Jihad.

Hamas spokesperson, Fawzi Barhoum, said the escape showed "that the struggle for freedom with the occupier is continuous and extended,

inside prisons and outside to extract this right."

However, Israeli Prime Minister Naftali Bennett praised the recapture of the Palestinian prisoners.

"This event started with a major debacle," Bennett said.

"All six have been recaptured and will be returned to prison." – in an impressive, quick operation. It is now done and complete."

"This is a great heroic act, which will cause a severe shock to the Israeli security system."

Daoud Shehab

Mother HubbardsTM
Famous Fish & Chips
Since 1972

She's Here!!

Monday's 2-3pm

So close you can almost taste it.....



604 BRADFORD ROAD,
BATLEY, WF17 8HA T:01924 471555
BRADFORD | LEEDS | BATLEY | HALIFAX | WAKEFIELD



A1
CATERING

Disposable
Products

"Packaging for food"

GLASSES NOW IN STOCK

Tel: 01924 456 786. Email: sales@a1cdp.com Web: www.a1cdp.com

Providence Works, Henry Street, Batley
West Yorkshire WF17 6JJ

**NOT HAVING YOUR FIRE/BOILER SERVICED CAN BE FATAL
WHEN WAS THE LAST TIME YOU HAD YOURS CHECKED?**

BE SAFE WITH

I B GAS SERVICES

- FIRES • BOILERS • WATER HEATERS , ETC
- LANDLORD CERTIFICATES AND CONTRACT WORK NEGOTIABLE • GAS SAFETY CHECKS
- INSTALLATIONS AND PLUMBING WORK UNDERTAKEN

Contact ISHAQ on:
07890403647 or 01924 509781

safe
REGISTERED
217856

uniqueislam.co.uk

Your Online Islamic Gift Store

Specialising in infant to adults personalised clothing.



Personalised
Arabic/English Jewellery,
Mugs, Frames,
Phone Cases, Cushions,
Halal Letterbox Treats
and much more

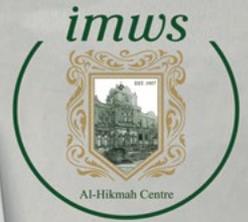


Al-Hikmah Centre
28 Track Road, Batley, West Yorkshire, WF17 7AA

**OFFICE
SPACE
TO
LET**

- SAFE SECURE OFFICE SETTING
- CLIENT CAR PARKING FACILITY
- EASY ACCESS / CONVENIENT LOCATION
- SCENIC SURROUNDINGS

CONTACT US FOR MORE DETAILS AND VIEWING



**Call: 01924 500 555
or email: info@imws.org.uk**

Maypac Ltd

- Disposable plates and cutlery
- Hygiene and cleaning products
- Protective clothing
- Disposables (toilet rolls, centre feed rolls, hand towels etc)

*FREE DELIVERY ANY AREA - SUBJECT TO MINIMUM ORDER

Telephone: 01274 305401 Mobile: 07976 207374
email: maypac@ntlworld.com

Men's Sanatayn

2 years adult Islamic course

Course run under the guidance of Hazrat Mufti Musa Badat sahib

Starting mid-September

Course comprising of:

Tafseer/ Translation of Quran

Hadeeth

Fiqh

Aqaa'id

Seerah

Tajweed

Basic Arabic

Programme for brothers

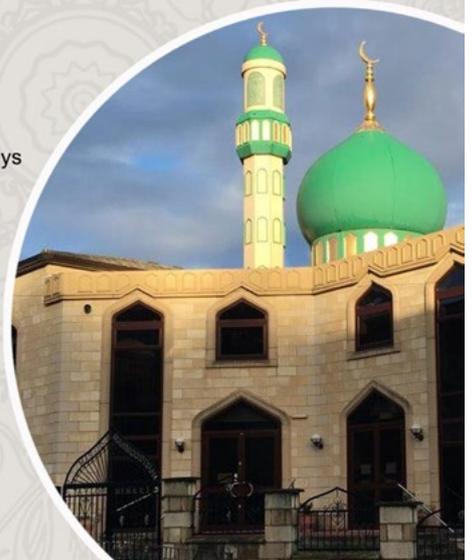
Times:

Mondays & Wednesdays
18:00 – 20:00

Venue:

Masjid-e-Mahmoodiya /
Anjuman-e-Zinatul Islam
78 Taylor Street
Batley WF17 5BA

For more information
or enrolment contact
01924 609646
07594 392620



A & I BLINDS DIRECT

A & I SOFT FURNISHING

Quality Blinds at Low Prices

Specialist in Conservatory
& Perfect Fit Brands

- * Verticals
- * Venetians
- * Pleated
- * Rollers
- * Wood Slat
- * Romans



Made to measure

For A Free Quote Call

07812 606299 or 01924 460852

Batley bard publishes two new books

A Batley based cohesion worker has achieved a remarkable milestone that many can only dream of.

50 year old Mohamed Saloo has published his first books, thirty-two years after his friends initially encouraged him to publish his poems.

Mohamed said: "As a student at Huddersfield Technical College, I used to scribble poems whilst sat with friends, often allowing them to read what I had written.

"Friends encouraged me to release a collection of poetry. But whilst I did put a collection together it never went further."

Batley Lad shares poems about buildings and people

who influenced him as he grew up his hometown.

Mohamed said: "Since 2012 I've written poems about Batley and the volunteers who make a difference.

"I thought it was fitting to release these in my first book, along with poems that reflect some challenges and incidents I've faced in my life."

The book title is taken from one of Mohamed's most popular poems, My Batley, which is featured in the book.

His second book, Loss - A voice of the grieving, explores the emotions and turmoil that manifest inside a person who is experiencing grief.

Written from a personal perspective, Mohamed said:

"Through poetry we deal with that which we struggle to say. This book explores those thoughts and feelings."

It was at a poetry reading during the Batley Festival in 2012 that Mohamed first read his poetry to an audience in the town's iconic library.

From there the journey began which has seen the poet maintain an affection for the library, which also features in the book, and has led to a number of poetry projects following the formation of Batley Poets.

Mohamed said: "The support I've had since 2012 has grown my confidence and the sense of having a right to release a poetry collection.

"I had always said I wrote

poetry, but I refused to call myself a poet, feeling that title was too mighty for my simple words.

"I suppose this held me back, but since 2012 my performances slowly grew the confidence I needed to admit I am a poet and finally reach my teenage dream.

"My wish is that readers can connect with the poems and be inspired by them.

"I would love to be the reason that inspires someone to share their poetry and hold on to their dreams."

The books are released through Batley Poets and are available at <https://mohamedsaloo.wordpress.com/books> as well as from Waterstones.

IMWS provide aid to flood victims in India

The IMWS charity committee is pleased to announce the successful completion of a charitable project in association with the Sahyog Charitable Trust in India in order to provide much needed aid to flood victims in the state of Maharashtra.

The Vesma based charity which is run by a number of

respected Ulama in Gujarat, ensured food parcels and utensils were distributed in the areas of Kokan, Mahad, Chiplun, Kolhapur and Ichalkaranji to name but a few areas.

Due to the destructive nature of the flood, many people lost their lives, loved ones and properties with many now homeless due to the destruction caused.

Therefore, the Indian Muslim Welfare sent £5,000 from the general charity fund, which is used for emergencies and passed the money onto the Ulama at the Sahyog Charitable Trust and enlisted them to help people who have been affected.

Moulana Masoom Saheb for the Sahyog Charitable Trust thanked the community for

their help and support.: "We would like to thank you all from from the bottom of our hearts, and make lots of of Duaas for those who donated and to IMWS who entrusted us to distribute money to those in need."

Dr Imtiyaz Patel, Chair of the Charity Sub Committee said: "Your kind donations have been sent to the people of Maharashtra.

Meet the Dewsbury cyclist who raised almost £200,000

A Dewsbury based businessman, charity worker and cyclist has been praised for his selflessness after it emerged he has helped raise thousands for charity.

Irfan Mohamed, who trained and graduated as an Imam in 1998 from the Institute of Islamic Education Dewsbury, is the man behind cycling clubs Team Ride and Pedlaz CC who have raised nearly £200,000 for charity after partaking in a number of bike rides across Yorkshire and beyond.

He said: "Last year, I set up

a Pedlaz CC, a community cycle group with around eight other people. Now, we have ten times that, with a community of around 70-80 people.

"The last charity bike ride we did, I only had space for forty people, but I could have booked double the amount of people on it, easily.

"To start, we set ourselves a target of raising £50,000 for the various charities and organisations that we fundraise for, but we have knocked it out of the park. We have managed to raise well over £200,000.

"This is through the

generosity of people who take part. Everyone who is part of the club is completely community-centric.

"Local organisations and businesses are also super supportive of us too. We usually have food provided for the cyclists after a long ride and this is given to us by local restaurants, so we don't have to pay for it and that little bit more can be donated."

The charities and non-profit organisations that have benefitted include Dewsbury Town Masjid, Friends of Al Aqsa, The Jo Cox Way, and Rahma Mercy.

Mr Mohamed also explained why raising money people in the Balkans through Rahma Mercy has been close to his heart for more than two decades. He said: "I initially went out to Albania around 1996, at the time when communism was breaking down. The country was annihilated by it, and I have been involved on and off with raising money for the country ever since.

"In 2019 I was deployed with the charity out there. You raise money beforehand and pay your way there. When you are in Albania, you distribute the funds you have raised yourself. It was an amazing experience."

Council develops new plot at Batley cemetery

Kirklees Council has commenced work on an extension to Batley Cemetery.

As previously reported in Paigaam, the proposed land was previously used as a glass bank and was not fit for purpose, hence the Council has invested £250,000 to make the site suitable for burial.

The site will be used for future burials, facilitating over 400 new Muslim burial plots. Aziz Daji, Chair of IMWS Burial Committee told Paigaam: "I am pleased to report that following our site

meeting with Council Officers it has been confirmed that the Council has gone through the tendering process and has awarded a contract to a builder who will commence work immediately. The work will be done in phases and the first phase should be complete by April of next year."

Mr Daji also explained how a number of consultations were held with the local community and it was agreed that because the land requires remedial treatment, it is not suitable for standard burial. Therefore, concrete vaults will be used, which will incur an extra cost of around £500 per burial.



Azeem Rafiq was a victim of racism at Yorkshire CCC

By Ismail Mulla

The game of cricket is intrinsically linked to South Asian heritage. What was once a colonial sport has been warmly embraced by Indians, Pakistanis, Bangladeshis and Sri Lankans across the globe.

A lot of those from South Asia landed here in Yorkshire, which also happens to be the home of the most successful county side in the country.

It begs the question, why does Yorkshire County Cricket Club (CCC) have such a poor record of turning out young cricketers of South Asian heritage?

Well, if you have been keeping up with the Azeem Rafiq racism allegations, you may have your answer.

Rafiq, who turned out for the county in two separate spells between 2008-2018, has been gaslit, dragged through the wringer and denied his moment in the spotlight following his

revelations of racism at the county.

Sneaking out a summary of the report into Rafiq's allegations of racism after India pulled out of the final test match against England doesn't exactly suggest the club has been acting in good faith.

In fact, Yorkshire has handled this whole process shoddily and it doesn't inspire confidence in the club's ability to clean up its act.

This comes as interest in the sport is waning as a result of the greed of those running the game. Children no longer have access to cricket on free-to-air television, aside from The Hundred, which in itself is a money grab.

I was speaking to the father of a county cricketer, who I was interviewing for a feature, a few years ago.

He lamented how kids were now distracted by iPads and

Playstations. However, he said "the only ones that I see playing cricket in the park are Asian kids".

His belief was that if the game of cricket was to continue it would carry on through the South Asian diaspora.

But take this fervent passion for granted at your peril. The iPads and Playstations are encroaching in South Asian households as well. Football is becoming the preeminent sporting pursuit for many children.

For me, cricket is intrinsically linked to my culture. My first experience of watching a live game was seeing England and India battle it out in a deciding One Day International at the Wankhede Stadium in Mumbai.

The roar that Sachin Tendulkar's arrival at the crease elicited left an indelible impression on a ten year old from Dewsbury.

What Yorkshire CCC has said with its handling of the Rafiq report is that it doesn't care about Asian fans. Nor does it want to tap into and develop what should be a rich talent pool for the club.

If the county doesn't want to alienate South Asians then it has a lot of bridge building to do. It can start with Rafiq.

If we're honest, had Rafiq not stood firm, we wouldn't have even got this far. All the allegations would have been swept under the carpet and it would have been business as usual for Yorkshire.

As former England captain Nasser Hussain said: "Rafiq with all that he has been through to put himself out, and the abuse that he has taken and been victim of, deserved to have his day."

Ismail Mulla is a business reporter at The Yorkshire Post

Workers Party candidates

On the 14th of September, the PKWA Centre in Batley, George Galloway and the Workers Party for Britain officially launched their campaign for the next local elections in May 2022.

Mr Galloway addressed an audience of over 200 people and proceeded to unveil a number of candidates to stand for the party in a number of wards throughout North Kirklees.

Candidates include community activist Aziz Daji who has over 30 years of experience in community and social work.

Mr Daji who has also worked as a senior social care manager for Kirklees Council along with Rehana Ismail, a support worker, community volunteer and Parent governor and Zahid Kahut, principal of RKS solicitors, Sport Coach and former professional boxer.

The event was chaired by the well-known actor and community activist Yusuf Sultan.

George Galloway then delivered a rousing speech about his campaign during the Batley and Spennings by-election, inappropriate sexualisation of our children in schools whilst also denouncing Labour Leader, Kier Starmer

on his lack of leadership. Mr Galloway said: “We intend to fight hard and fight to win in at least 4 council seats in Batley, Heckmondwike and Dewsbury.”

“Given the arithmetic on Kirklees Council, 4 seats for us would change everything. There would be an end to New Labour misrule in Kirklees,” the ex-MP added.

The event also saw the launch of a newly formed community organisation called Kirklees Community Action Group, with the aim of supporting communities to tackle common issues and concerns such as crime and anti-social behaviour amongst many others.

The group will work for unity of all communities to tackle common problems and will adopt a non-party political approach to serve the community.

“We fully support the non-party approach of this new Action Group. We want an end to the premature exposure of children to sexual matters. Let children be children.

“We support the family-values approach of KCAG. We believe those values unite the majority in all communities in Kirklees and could be rolled out as a campaign across the country,” said Mr Galloway.

Pursuing a career in working in schools and colleges?

At the adult learning centre we deliver:

**Fully accredited TQUK (RQF) Courses in Award/certificate Level 2
Supporting Teaching & Learning in partnership with Craven College**

We also support learners to secure placements, apply for interviews and look for paid work.

**If you are interested please ring Centre Manager Sahila Butt
07735874071**

Alternatively, pop into the Al-Hikmah Centre for an informal chat

Kids Corner

Solve any puzzle and send it in to WIN a PRIZE!!!

Winners



1st Prize sponsored by Pizza GOGO
Pick up ONLY

1) Faatima Daji Batley



2) Umaimah Aswat Batley

2nd Prize sponsored by Chickanos
Pick up ONLY



3) Jumaimah Patel Dewsbury

3rd Prize sponsored by Islamic Bakery
Pick up ONLY

Please collect your prizes from the Al-Hikmah Centre.

Islamic Empire

J I L R K M E D I C I N E M E K A
G R W T Y U R M P R P D O X Y I C
W L M V D H P A A R C C P F G U L
J G Z X E D P Q N B O A E T Q Z E
A A H S R Y N A V I N P D V J P W
S F G M U N L E R S D C H L D R E
Z V O Z T R T A I G G P Q E E S O
S G V V C F T O F H I T W N T A F
A E T X E I N R M G Q L R I V Q X
M T H T T A Q E D H M H L A H C I
D V V K I B P M I U N O H A D H Y
L F K K H G E P R I T V S D C E C
O W F L C O Y I H I X C U A K X F
F P U Y R X N R A P H V R B I P H
K P Q C A E M E M G T S T K C C P
O H Z F M C E C N E D I V E A M D
E U Z U S E I R A S N A V A R A C

Evidence	Expansion	Architecture	Calligraphy
Dinar	Dirham	Caravansaries	Mosaic
Medicine	Trade	Empire	Prophet

What will be the Task of Nabi Isa A.S when he descends to the earth from the heavens before Qiyaamah?	
Every human being has two angels accompanying him all the time. What are their names?	
Value of Salah in Masjidul Aqsa	
Value of Salah in Masjidun Nabawi	
What are the names of the angels who will question a person in the grave?	
What causes inconvenience to the angels?	

Terms and conditions apply

Name and town of winning entries will be published.
Age limit 13.

Please send this page with your name, address, postcode, age and telephone number before 20th October 2021 to:

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

Full Name: _____

Address: _____

Postcode: _____

Date: _____

Age: _____

Tel. No: _____

Brain Teasers

Riddle 1: David's parents have three sons: Snap, Crackle, and what's the name of the third son?

Riddle 2: I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?

Riddle 3: What can you hold in your left hand but not in your right?

Riddle 4: What is black when it's clean and white when it's dirty?

Riddle 5: What gets bigger when more is taken away?

Riddle 6: I'm light as a feather, yet the strongest person can't hold me for five minutes. What am I?

Riddle 7: I'm found in socks, scarves and mittens; and often in the paws of playful kittens. What am I?

Riddle 8: Where does today come before yesterday?

Adab in The Classroom

E G G Z B K F O P B Z N I G L
 L C X A Z E M O R Q D D U C Q
 G U F G S Q H B Q D X E W R W
 Q H R I B B X A I W B M L E X
 B A D A N J F C V A W I E S J
 C L A S S R O O M I S M F P C
 T T T Y J Z J R U T O A M E V
 A I N N I A F P E U U U Q C O
 S U L X A L M N H X E F R T F
 X D A Q K K R J L U F Z H Q X
 L M O L I Y C N O W L E Y E L
 X V Q O A K H N Z U U W Q B V
 R A Y E G L M D A S V K T H J
 M P R Q S A G E T K A H O Z N
 I Y Q S W W I R Z X R F T S K

ADAB
 BEHAVIOUR
 CLASSROOM
 GOOD

LISTEN
 RESPECT
 SIT
 WALK

Answers

1. Answer: David
 2. Answer: Your shadow
 3. Answer: Your right elbow
 4. Answer: A chalkboard
 5. Answer: A hole
 6. Answer: Your breath
 7. Answer: Yarn
 8. Answer: The dictionary



Legal Column

Judges won't let Children be used as pawns in divorce proceedings

Concerns that children may be used as pawns in divorce proceedings are often expressed by one side or the other. However, a High Court case showed that family judges are aware of such risks and at minimising them.

The case concerned a very rich couple who enjoyed an extraordinarily high standard of living during their marriage. The bitter divorce was heightened when the husband made the deeply wounding discovery that he was not the biological father of the wife's son.

To his credit, however, he continued to view the boy as his own and treated him in exactly the same way as before.

Following financial remedy proceedings, the husband was ordered to pay the wife a total of £64 million. He had since tried in various legitimate attempts to vary or set aside the order and none

of that sum had yet been paid. In the meantime, he had continued to meet very substantial financial commitments to the wife, including the payment of £120,000 a month in maintenance.

The husband applied to the Court for permission to take the boy abroad with him, wishing to travel with him all over the world.

The wife, however, wanted their contact to be restricted to England and Wales until such time as the husband paid or put on deposit the lump sum he had been ordered to pay her.

She feared that, if allowed to take the boy overseas, the husband would use him as leverage to negotiate a reduced financial settlement.

Ruling on the matter, the Court well understood the wife's fears and completely sympathised with her.

She felt deeply insecure whilst the divorce proceedings were in motion and pointed out that the husband had the means to charter a private plane to

anywhere in the world at any time. He responded that he had no intention whatsoever of retaining the boy abroad.

The Court noted that the husband could be dominating and controlling. He was likely to harbour some resentment against the wife and, if he failed to return the boy to her following a trip abroad, the consequences would be devastating.

He would, however, have a great deal to lose from taking such a course and the risk of him doing so, whilst more than hypothetical, was small.

The husband was granted permission to travel with the boy to three named European countries where he owned property.

As a condition of doing so, however, he was required to deposit with the Court shares worth £4 million, or their value, and to provide an additional bond or surety of a further £5 million. He was ordered to return the boy to his mother at the end of each overseas trip and was warned that his security would probably be held forfeit if he failed to do so.

Islam and Health

From an Islamic perspective health is viewed as one of the greatest blessings that the Almighty has bestowed on mankind.

In fact, the greatest blessing after belief is health, as narrated in an authentic Hadith where the Prophet (peace be upon him) mounted the pulpit, then wept and asked for forgiveness and health, for after being granted certainty, one is given nothing better than health.” [Tirmidhi]

Muslims must take care of their spiritual, emotional and physical health. Our bodies should not be abused or neglected but maintained in good order. Diet and nutrition play a big part in maintaining the best possible health, so does a lifestyle incorporating exercise.

This blessing can only be achieved through taking good care of your health and taking every measure to maintain and enhance it. Every Muslim should make an effort to protect their health

Here are some Ahadith relating to health that you can read and reflect on:

- **Take advantage of the good health before illnesses afflict you.**

- **Our bodies are a trust from Allah and we are accountable for how we look after our health. [Tirmidhi]**

- **The body has a right over you [Saheeh Al Bukhari]**

- **There is no disease that (the Almighty) has created, except that He also has created its treatment. [Saheeh Al Bukhari]**

Open Invitation to join the IMWS Health Committee

Improving health and well-being is one of the key objectives of the IMWS. For many years, the IMWS has been working in partnership with statutory and voluntary agencies locally and nationally to help improve health and reduce health inequalities.

During the Covid pandemic, online meetings have been arranged with a panel of healthcare experts as well as facilitating the Covid Vaccination service for the local community which received excellent feedback both locally and nationally.

The IMWS Health Committee comprises of a group of volunteers including healthcare workers who meet for 1 hour once a month.

Some of our past activities have included health publications in Paigaam, setting up the IMWS Health website, Health MOT checks, First Aid Courses, Health Awareness Days and Islamic Medical Ethics Seminars.

The committee is chaired by Mr Mohammed Laher, who has been a former Chair of the IMWS and has many years of experience working within the IMWS. Other members have included GP's, hospital doctors, Alim's, engineers and lay members.

You don't have to be a healthcare worker to join the committee and we would like to encourage both brothers and sisters to participate. We would like to invite you to join the Health Committee and make this group stronger.

**To find out more, please contact Mohammed Laher on:
07702962740**

Female Day Care Assistant

Hours: 16 hours per week

Rate of pay: £9.60 per hour

Days of work: Monday and Tuesday

Milen Care is a voluntary organisation based in Batley providing Day Care services for vulnerable adults over 18 years of age. We have a permanent vacancy for a Day Care Assistant. The post holder will be required to provide support and care to our female day care users.

The normal hours of work will be between 8.45am to 4.45 pm with some occasional evening work when required. You must have or be willing to work towards NVQ in Health and Social Care and have at least 6 months working experience in a caring capacity. Language skills required in either Punjabi, Urdu or Gujarati.

Closing Date: Monday 8th November 2021

You can apply online via the Milen Care website: www.milen.org.uk or telephone 01924 470774 for an application pack. Milen Care is committed to safeguarding and promoting welfare of adults and expects all staff and volunteers to share this commitment. All appointments are made subject to an enhanced Disclosure and Barring Service (DBS) check. We are an equal opportunity employer and want our staff profile to reflect the community we serve.

Milen is a registered Charity No: 1128282



IMWS Muslim Burial Services



The IMWS Burial Services are continuing as normal. Our services are open to everyone, free of charge, regardless of whether they are members or not.

We are fully supported by our local area Masjids and our senior Ulema. We appreciate the support of our community and will strive to improve our services to meet the needs of our community.

We welcome all volunteers. If you would like to help please contact us directly.

Burial contact numbers

Hanif Mayet

07927 495961

Ebrahim Chopdat

07980 381197

Aziz Daji

07735 626 256

Munir Daji

07739 142 988

During office hours burial van keys can be collected from the main office. Out of hours can be collected from Ebrahim Chopdat.

Kirklees Council Burial fee is £2207 Donations towards the running costs of the funeral van is most appreciated.



For more information please contact our office on:

01924 500 555

Al-Hikmah Centre, Track Road, Batley, WF17 7AA.

www.imws.org.uk | info@imws.org.uk

Covid travel rules scrapped

The UK's Covid-19 travel rules have been simplified, with the traffic light system and mandatory PCR tests scrapped for many.

From 4 October, instead of green, amber and red lists of countries with differing rules on quarantine and testing for each, there will only be a single list of places which require hotel quarantine on return to England.

Every other country not on this revised red list will have much simpler border controls, with fully vaccinated travellers returning from the rest of the world no longer having to take a pre-departure test and able to take a cheaper lateral flow test on their second day back in England.

Grant Shapps, the transport secretary, announced the revised system in a series of tweets, arguing the success of Britain's vaccination programme meant the stringent rules could be relaxed without risking importing new variants.

"Today's changes mean a simpler, more straightforward system," he wrote.

"One with less testing and lower costs, allowing more people to travel, see loved ones or conduct business around the world while providing a boost for the travel industry.

"Public health has always been at the heart of our international travel policy and

with more than eight in 10 adults vaccinated in the UK, we are now able to introduce a proportionate updated structure that reflects the new landscape."

The changes will be brought in in time to apply for Britons returning from half-term breaks overseas.

From 4 October, people returning from a red list country will still have to undergo 10 days' mandatory government-run hotel quarantine as present, as well as pay for two PCR Covid tests during this time.

But if you are returning from another other country, on the "rest of world" list which is a merging of the old green and amber lists, and are double-jabbed, you can escape much of the current restrictions.

Travellers will no longer have to take a Covid test in the days leading up to flying back home, and the standard test required on your second day back will be switched to the cheaper and quicker lateral flow version from later in October.

The UK is also expanding the number of countries it will recognise vaccinations from, with 17 new territories added to this list, including Japan and Singapore.

However, those who are not vaccinated and returning from a red listed country, stricter travel rules will remain.

The pre-departure test before flying home will still be

required, as will 10 days of self-isolation at home.

During this period travellers will also have to pay for PCR tests on the second and eighth day of their self-isolation, although they will still have the option of "test to release": paying for an extra test on the fifth day which if negative will allow them to end isolation early.

The widely expected relaxation of travel restrictions has come after months of lobbying by the tourism industry, which has yet to bounce back to its pre-pandemic levels.

In addition to these changes, eight countries have September, including Turkey, the Maldives, Egypt, Sri Lanka and Kenya.

Pakistan has also been removed from the red list by the UK Government.

The decision comes as a relief to many people whose plans for travelling to the UK had been on hold since April 9 when travel for passengers from Pakistan (and other countries added to the red list) was curtailed, unless they were British or Irish nationals or had residency rights.

However, the UK's decision to retain Pakistan on the red list in August even as it moved India to the amber list in its 'quarantine traffic light system' elicited strong condemnation, including from Pakistan-origin MPs in Britain.

Several alleged racial discrimination, saying that politics rather than data was the primary consideration behind the move.

Pakistan's political leadership too was justifiably outraged by the decision.

After all, India's infection rate at the time was far higher than that in Pakistan.

In addition, The US will lift Covid-19 travel restrictions to allow fully vaccinated passengers from the UK and EU to travel into the country from November, the Biden administration has announced.

The move will mark the end of a travel ban imposed by Donald Trump more than 18 months ago in the early stages of the pandemic, and comes after intense lobbying from Brussels and London.

Travel firms said they expect a huge surge in bookings from customers reassured their autumn and winter plans can go ahead more cheaply and simply.

The chief executive of Airlines UK, Tim Alderslade, said it was a "positive step which moves us much closer to the reopening of UK aviation and provides greater reassurance to passengers desperate to travel."

He added: "It will provide a real shot in the arm for a sector that until now has not been allowed to trade properly."

ચાલો આજે કંઈક સાઈં જાણીએ

-રફીક અહમદ કભાસ

ભલું કરનારનું ભલુંજ થાય !

એક પરિવાર જેમાં પતિ-પત્ની બન્ને ડોક્ટર હતા. શહેરમાં તેમની સેવાભાવિ અને સફળ સર્જન તરીકેની ખ્યાતિ હતી. એમના નર્સિંગ હોમમાં હંમેશાં ભરતી જ રહેતી. એક રાતની વાત છે. ડો. સુધા પોતાના ક્લીનિકથી થાક્યા-પાક્યા ઘરે આવ્યા. ઘરનું કામકાજ પતાવી સુવા ગયા. દિવસભરના થાકના કારણે ઘસઘસાટ ઊંઘમાં પડ્યા. પરંતુ મધ્યરાત્રીએ મોબાઈલમાં વારંવાર રીંગ વાગી. જાગીને જોયું તો પોતાના નર્સિંગહોમથી નર્સનો ફોન હતો. એણે ફોન ઉઠાવ્યો, નર્સે કહ્યું ડોક્ટર જલ્દી આવો, એક દર્દીના પેટમાં ભયાનક દુઃખાવો ઉપડ્યો છે. ડો. સુધા ઉઠ્યા, કમનસીબે આજે ડોક્ટર સાહેબ પણ ન હતા. નાની દીકરીને ઘોડિયામાં સૂતેલી જોઈ એકવાર થયું હું જઈશ અને આ જાગશે તો એને દૂધ કોણ પીવડાવશે? પણ પાછો પેલી પીડાતિ સ્ત્રીનો વિચાર આવ્યો. ડોક્ટરે તરતજ હાથ ધોયા અને એક બોટલ દૂધ ભરીને દીકરી પાસે મૂકી દીધી. નાનકડી દીકરીને એકલી મૂકીને જતાં તેમનો જીવ નહોતો ચાલતો. પરંતુ ત્યાંજ ફરીથી ફોન આવ્યો. જલ્દી આવો.

ડો. સુધાએ એકવાર દીકરીના માથે હાથ ફેરવી ફટાફટ ગાડી દોડાવી નર્સિંગ હોમ તરફ. ત્યાં આવીને જોયું તો પેલી સ્ત્રી જીવન-મરણ વચ્ચે ઝોલા ખાઈ રહી હતી. તરતજ ડો. સુધાનો જાદુઈ હાથ કામે લાગી ગયો. બાઈ પ્રેગનન્ટ હતી. કેટલાક કલાકના સફળ ઓપરેશન બાદ મા દીકરી બન્નેને હેમખેમ બચાવી લીધા. બાઈના સ્વજનોએ ગળગળા થઈ ખૂબજ આભાર માન્યો. અને કહ્યું ભગવાન તમારું ભલું કરે. ડોક્ટરે થેન્ક્યુ કહી જરૂરી સુચના આપી ગાડી ફૂલ સ્પીડે દોડાવી ઘરે આવી. દીકરી પાસે આવી જોયું તો તે નિરાંતે સૂતી હતી. ડોક્ટરનો જીવ હેઠે બેઠો. પરંતુ ત્યાંજ બાજુમાં ખુલ્લી પડેલ બેગ પર નજર પડી. કપડા વેરાયેલા હતા, તિજોરી તૂટેલી હતી. અને એક પોટલું પડેલું હતું. ડોક્ટરે તરતજ પોટલું ખોલ્યું તો એ દાગીનાની પોટલી હતી. ડો. સુધા સૂતેલી દીકરી પાસે દોડ્યા અને તેને હેમખેમ જોઈ ડોક્ટરની નજર દૂધની બોટલ ઉપર પડી. દૂધ બોટલમાંથી લગભગ ખાલી થઈ ગયેલું હતું. ડોક્ટરને થયું આ બધું શું? ચોર ચોરી કરવા આવ્યો, કશુંજ લીધા વગર ચાલ્યો ગયો. ત્યાંજ દીકરીની બાજુમાં એક ચિઠ્ઠી પડેલી જોઈ. જે ખોલી તો એમાં બે પાંચ વાક્યો લખ્યા હતા.

“હું આવ્યો હતો ચોરી કરવા પરંતુ ઘોડિયામાં સૂતેલી દીકરી રડતી હતી. એટલે મેં એને બોટલમાંથી દૂધ પીવડાવ્યું. દાગીના, સામાન બાંધ્યો અને અચાનક મારી મરી ગયેલી દીકરીની યાદ આવી, ને મારા મને કહ્યું, આ જીવતી દીકરીને દૂધ પીવડાવ્યું હવે દીકરીના ઘરે ચોરી કેમ કરાય? હું ચોરી કરી ના શક્યો. બસ !

દીકરીને સંભાળજો.” આટલું વાંચતા ડોક્ટરની આંખોમાં આંસૂ આવી ગયા. થોડીકવાર સુધી ડો. હાલી જ ન શક્યા. એમણે ભીની આંખે દીકરીને ઉચકી લીધી, ને બોલ્યા પ્રભુ કોકની દીકરીને અડધી રાતે બચાવી તો તમે ચડતી સવારે મારી દીકરીને બચાવી લીધી. પ્રભુ મને માફ કરજો.

એક વાર ઊંઘ છોડી, દીકરી છોડી, હું ક્લીનિક ગઈ અને ઓપરેશન કરી મેં એ પ્રેગનન્ટ સ્ત્રીને અને તેની બાળકીને બચાવ્યા અને એજ સમયે મારા ઘરમાં ચોરી, ડકૈતી. પરંતુ ભગવાન તમે મહાન છો. મેં કોઈ દીકરીને બચાવી પણ તમે તો મારું ઘન, દાગીના અને મારી દીકરીનું જીવન, મારું આખું ઘર બચાવ્યું. ડોક્ટર ભાવાવેશ થઈ હાથ જોડી ઘૂંટણીએ પડી ગયા અને તેના ભગવાન, (તેના અલ્લાહ)નો શુક અદા કર્યો. મિત્રો એટલું નક્કી કરજો કે, કોઈ ભલાઈનું કામ આવે ત્યારે પાછા ના પડીએ. જો ડો. સુધા અડધી રાત્રે ગયા ન હોત અને ચોર આવ્યો હોત તો ડોક્ટરનું શું થાત? ડોક્ટર સલામત રહ્યા એક ભલાઈના પ્રતાપે. યાદ રહે ! ભલું કરનારનું ભલુંજ થાય !

બાબરી મસ્જિદ શહીદીમાં ભાગ લેનાર મોહંમદ અમીર નું મૃત્યુ

૧૯૮૨માં ભારત ખાતે અયોધ્યામાં આવેલ બાબરી મસ્જિદને સંઘના કારસેવકોએ શહીદ કરી હતી. પરિણામે પૂરા ભારતમા હુલ્લડો ફાટી નીકળ્યા હતા અને હજારો માણસો શહીદ થયા હતા. આ મસ્જિદ તોડવામાં રાષ્ટ્રીય સ્વયંસેવક સંઘ (RSS) ના લોકો અને કારસેવકોનો સમાવેશ હતો. જેમાં મૂખ્ય ભૂમિકા ભજવનાર પાણીપતના રહેવાસી રાજપુત કુટુંબના બલબીર સિંગ પણ સામેલ હતા. તેઓ આરએસએસ અને શિવસેનાના આગળ પડતા કાર્યકર હતા અને આ સંગઠનની આઈડ્યોલોજીથી પ્રભાવિત હતા. જ્યારે તેઓ મસ્જિદ શહીદીની પ્રવૃત્તિમાં ભાગ લઈ પોતાના ગામ પહોંચ્યા ત્યારે ગામવાસીઓએ તેમનું ભવ્ય સ્વાગત કર્યું હતું. પરંતુ ગાંધીવાદીને અનુસરનારા અને શાંતિ, અહિંસામાં માનનારા તેમના પિતા તેમના આ કામથી નારાજ હતા. તેમણે બલબીર સિંગને ઘરની બહાર કાઢી મૂક્યા હતા. બલબીર સિંગને પોતે કરેલ કામથી પસ્તાવો થયો. ૧૯૮૩માં તેઓ સખત બીમાર પડ્યા અને તેમનું લઘ્ય પરિવર્તન થયું.

તેમને સાથ આપનારા યોગેન્દ્ર પાલ જેઓએ ઈસ્લામ ધર્મ અંગીકાર કરી લીધો હતો તેઓ બલબીર સિંગને મુઝફ્ફરનગર ખાતે મૌલાના કલીમ સિદ્દીકી પાસે લઈ ગયા. જ્યાં તેમણે ઈસ્લામ સ્વીકાર કર્યો અને પોતાના કૃત્યોની માફી માંગી. મૌલાનાએ તેમનું નામ મોહંમદ અમીર રાખ્યું અને તેમને પોતાના મદ્રેસામાં રાખી ઈસ્લામનું શિક્ષણ આપ્યું. ન્યુ મુસ્લિમ મહંમદ અમીરને પોતે કરેલ કામોનો ખૂબજ પસ્તાવો હતો. જેથી તેમણે મસ્જિદો બાંધવાનું શરૂ કર્યું અને તેમાં પોતાની જિંદગીને હોમી દીધી. હરિયાણા ખાતે પ્રથમ મસ્જિદ, મસ્જિદ મદીનાનું તામિરી કામ કરાવ્યું અને પછી તો લગભગ ૨૬ વર્ષની અંદર ૮૧ જેટલી મસ્જિદો કમ્પલીટ કરી અને ૫૮ મસ્જિદોનું કામ હાલમાં થઈ રહ્યું છે. તેમણે ઈસ્લામી સ્કૂલ સ્થાપી દાવાનું કામ પણ શરૂ કર્યું હતું. જુલાઈ મહિનામાં હાફિઝબાબા નગર, હૈદરાબાદ ખાતે ભાડેના એક ઘરમાં તેમનું મૃત્યુ થયું હતું.

કુદરતી ફળોનો ચમત્કાર

-મહંમદ યુસુફ સુફી લાજપુરી, બાટલી.

ગયા અંકમાં આપણે “ તંદુરસ્તી અને મનદુરસ્તી ” અંગે ચર્ચા કરી રહ્યા હતા. આ અંકમાં આપણે તન અને મનને સુરક્ષિત રાખવા તથા આરોગ્યની રક્ષા માટે ખાસ ફળોના વિષે ચર્ચા કરીએ.

જન્મતનું ફળ અંજીર

કુરઆન મજીદમાં અંજીરનો ઉલ્લેખ ઝયતુનની સાથે સુરએ તીનના આરંભમાં કરવામાં આવ્યો છે. આ બન્ને ઉત્તમ ફળોના કસમ લીધા છે.

જન્મતનું કોઈ ફળ આ ધરતી પર હોય શકતું હોય તો તે અંજીર છે. અંજીરમાં એક એવો ઉમદા મેવો જોવા મળે છે જે અનેક ફાયદા ધરાવે છે. વધુ મધુર અને જલ્દી પચી જનાર છે.

હાકિઝ ઈબ્ને કય્યિમ રહ. લખે છે કે, હિજાઝ મક્કા મુકર્મહાહ અને મદીના મુનવ્વરાહમાં અંજીર થતાં નથી. આ વિભાગનું ફળ સામાન્ય રીતે ખજૂર છે. છતાં કુરઆન કરીમમાં એના કસમ લીધા છે. જેથી સ્પષ્ટ થાય છે કે, અંજીરના ઘણાં ફાયદાઓ છે.

અંજીરની ગણના ઊંચી જાતના મેવામાં થાય છે. શરીરને પુષ્ટ કરે છે. એમાં ફીસીન (Ficin) નામનું એક અગત્યનું એન્ઝાઈમ છે, જે જઠરના રોગો માટે બહુ ગુણકારી છે. પચાસ ટકાથી વધુ બિનહાનિકારક એવી કુદરતી ખાંડ પણ છે.

ઈમામ ઝહબી રહ. નોંધે છે કે, બીજા ફળોની સરખામણીમાં અંજીર ઉત્તમ ખાદ્ય તત્વો ધરાવે છે. એ આંતરડાને નરમ બનાવે છે. અને એની પ્રક્રિયાને નિયમિત કરે છે.

અંજીર મુત્રપિંડ કે કિડની સ્વચ્છ કરે છે. પેશાબ લાવે છે. પેશાબ અટકી અટકીને આવતો હોય કે પેશાબ કરતા તકલીફ થતી હોય તો અંજીરથી ફાયદો થાય છે.

બવાસીરને લઈને ગુંદામાંની ફૂલેલી નસોને અંજીર સમતોલ કરે છે. પાચનકાર્યને નિયમિત કરે છે. ખોરાક હજમ થવામાં મદદ કરે છે. બવાસીરનો દર્દી રોજ નિયમિત રીતે અંજીર ખાય તો થોડા વખતમાં મસા ખરી જાય છે અને દર્દમાં રાહત થાય છે.

અંજીર પિત્તાશયની બળતરા અને દર્દને દૂર કરે છે. થોડા મહિના સેવન કરવાથી ગુરદાની પથરી નીકળી જાય છે.

કાયમી કબજીયાતના દર્દીએ નરણે કોઠે અંજીર ખાવું અથવા રાત્રે થોડા દૂધમાં એકાદ અંજીર બોળી સવારે નરમ થયેલ અંજીર દૂધ સહિત ખાઈ જવું, એથી કબજીયાતની જુની બીમારી મટી જાય છે. (હકીમના મત પ્રમાણે રાત્રે દૂધમાં અંજીર બોળવું હોય ત્યારે સુકું અંજીર હોવું જોઈએ.)

ઘડપણમાં શારીરિક નિર્બળતાને લઈને વારંવાર થાક લાગે છે. અને બેચેની પણ થાય છે. અંજીર ખાવાથી લાભ થાય છે.

ગુરદાના દર્દમાં અંજીરનું સેવન કરવાથી ગુરદામાં રહેલી ખરાબી દૂર થાય છે. બ્લડ પ્રેશરમાં દર્દી માટે અંજીરનું સેવન બહુ જ ગુણકારી છે. વળી શરીરની વધારાની ચરબી ધીરે ધીરે દૂર કરીને શરીરનું જાડાપણું ઘટાડે છે.

લોહી ઓછું હોવાના કારણે જેમના હાથ પગ સુન મારી જતાં હોય છે તેમણે અંજીર ખાવાથી ફાયદો થાય છે. જેમને ભૂખ ન લાગતી હોય તેમણે અંજીર ખાવાથી ફાયદો થાય છે.

અંજીર ઓરતોમાં માસિકને પણ નિયમિત કરે છે. અંજીર શરીરમાં રહેલા ઝહર (પોઈઝન)ની અસરોને નાબુદ કરે છે. અંજીર પેટમાં ઘેરાયેલી હવાને દૂર કરે છે. આંતરડામાં ભરાય રહેલો કચરો બહાર કાઢે છે. શરીરે થતી ફોલ્લીઓ (ફોડીઓ) કે ચાંદા જેવી ઉપાધિમાં અંજીરનું ખાવું ગુણકારી છે.

અંજીર પગના અંગુઠા, આંગળાં અને ઘૂંટીમાં થતાં દર્દમાં લાભદાયી છે.

પ્રખ્યાત અને અનુભવી ડોક્ટરોની સલાહ સુચનના આધારિત તંદુરસ્તી અને રોગમુક્તિ પુસ્તકમાં લખ્યું છે કે, અંજીરમાં કબજિયાત દૂર કરવાના ગુણ વધુ પ્રમાણમાં છે. અને પેશાબને લગતી ફરિયાદો પણ દૂર કરે છે. લીવર, જઠર અને આંતરડાને કાર્યક્ષમ રાખે છે. છાતી અને ફેફસાં માટે પણ ફાયદાકારક હોવાથી કફ અને સુકી ખાંસી પણ દૂર કરે છે.

અંતમાં હકીમ જાલીનુસ અંજીર વિષે કહે છે કે, અંજીર સાથે બદામ અને અખરોટ ખાય લેવાથી માણસ ખતરનાક ઝેર અને ભયાનક પેટની બીમારીઓથી બચેલો રહી શકે છે.

નોંધ: તબીબોના આદરેલા પ્રયોગો અનુસાર અંજીરના વધુમાં વધુ ત્રણ-ચાર ફળો ખાવા એથી વધુ એક વખતમાં ખાવા નહીં. વધુ પ્રણાણમાં ખાવાથી રેચક (જુલાબ)કરે એવું પણ બની શકે. જેથી આ કાળજી રાખવી જરૂરી છે.

(જીવન ઉપયોગી ફળફળાદી માંથી લેખક માનવંત જનાબ ઈબ્રાહીમ અનવર સાહેબના આભાર સહિત)

ઉપરોક્ત બતાવેલ રોગના કમમાં કોઈ પણ વ્યક્તિ આવતા હોય તો અંજીરનો ઉપયોગ અવશ્ય કરે. ખરેખર આ તો કુદરતી ફળનો ચમત્કાર છે. આજના ફાસ્ટફૂડના જમાનામાં ફળોનું સેવન ઘણું જ જરૂરી છે. જેમાં કુદરતી ફાયદાઓ અને અનેરક રોગોના નિવારણ છે. ડોક્ટરો પણ આપણને ફળો ખાવા માટે વારંવાર સલાહ આપતા રહે છે. વિવિધ ફળોમાં વિવિધ પ્રકારના વિટામીનો, ખનીજો અને બીજા અન્ય પદાર્થો છે જે તંદુરસ્તી માટે ગુણકારી છે. જેથી ફળોનું સેવન નિયમિત રીતે કરવાથી તંદુરસ્તીમાં અવશ્ય ફાયદો જ છે.

હળવી પળોમાં...

ઈન્સાનકે ગૂરૂર કી ઓકાત બસ ઈત્લી સી હે
કે ન તો પહેલી બાર ખુદ નહા સકતા હે ઓર ન હી
આખરી બાર.

અચ્છે તો સભી હોતે હે બસ
પહેચાન બૂરે વક્તમેં હોતી હે.

આપ ફરિશ્તે બન જાએ
તબ ભી આપકો બૂરા કહેને વાલે લોગ મૌજુદ હોંગે.

બાટલી ખાતે સાહિત્ય સમારંભ

અહમદ ગુલ ના પુસ્તકોનું વિમોચન:

ગુજરાતી રાઈટર્સ ફોરમ બાટલી, વેસ્ટ યોર્કશાયર, યુ.કે.ના ઉપક્રમે પુસ્તકોનો લોકાર્પણ સમારોહ અત્રેના પકવા સેન્ટરના હોલમાં યોજાઈ ગયો. જેમાં પાંચ પુસ્તકોનું વિમોચન કરવામાં આવ્યું હતું. સ્થાનિક લેખક અહમદ લુણત ‘ગુલ’ના પુસ્તકોમાં ‘આલીપોરથી ઓ બી ઈ’ અંગ્રેજી આત્મકથા, ‘બ્રોકન ઈંગ્લિશ’ જેમાં બ્રિટનમાં પ્રથમ સ્થાયી થયેલા એશિયન સમાજની અંગ્રેજી ભાષાની મુશ્કેલીઓ, ‘ગુજરાતી મુસ્લિમ કોમ્યુનિટી ઓફ બાટલી’ જેમાં સામાજિક વિકાસની પ્રક્રિયા, સ્થિતિ અને પડકારો, ‘બેદાર’ લાજપુરી સંપાદિત ‘શેરિયત’ ગઝલકાર અહમદ ગુલના ચૂંટેલા શેરોનો આસ્વાદ અને પ્રો. ડો. હસન લુણત ‘વિતાન’ સંપાદિત ‘શબ્દો ઉઘાડી જોયું તો...’ કવિ અહમદ ગુલના ચૂંટેલાં અઘાંદસ કાવ્યોનો આસ્વાદ પુસ્તકોનો સમાવેશ થાય છે. આમ એક સાથે પાંચ પુસ્તકોનું વિમોચન એ ઐતિહાસિક ઘટના બની રહે છે.

મુખ્ય મહેમાન પદે બ્રિટિશ પાર્લામેન્ટના લોર્ડ ભીખું પારેખ બિરાજમાન હતા. બાટલી નગરના આંગણે યોજાયેલા આ સમારંભમાં ‘સેવક’ આલીપોરીના આવકાર પ્રવચન પછી સંસ્થાના પ્રમુખ અહમદ ગુલે પચાસ વર્ષ પૂર્વે યોજાયેલા પ્રથમ મુશાયરાની સ્મૃતિઓ તાજી કરી હતી. એમની લેખન-સર્જન પ્રવૃત્તિઓ અને પુસ્તકોના લોકાર્પણ બદલ આનંદ વ્યક્ત કર્યો હતો. યુવાનો માટે વારસા સમાન લેખાવ્યું હતું.

સમગ્ર કાર્યક્રમના સંચાલનનું સુકાન હળવી શૈલીમાં સુંદર રીતે ઈસ્તિયાઝ પટેલ વરેડીયાવાલાએ સંભાળ્યું હતું. જાણીતા સાહિત્યકાર અદમ ટંકારવીના પત્ની અમીનાબેનના ઈન્તેકાલની નોંધ લઈ શોકાંજલિ આપવામાં આવી હતી.

મુખ્ય મહેમાન પદેથી લોર્ડ ભીખું પારેખે અહમદ ગુલને વિવિધ સાહિત્યિક પ્રવૃત્તિઓ કરવા બદલ અભિનંદન પાઠવ્યા હતા. એમના ગઝલ, કાવ્ય, વાર્તા, પ્રવાસ, સંશોધન ઈતિહાસ, આત્મકથા સાહિત્ય સર્જનની સરાહના કરી હતી.

અતિથિ વિશેષ પદે ટ્રેસી બાર્બાન મેયર ઓફ વેસ્ટ યોર્કશાયર, કીમ લીડબીટર એમ.પી. બાટલી એન્ડ સ્પેન, કાઉન્સિલર શબ્બીર પાંડોર, લીડર ઓફ ધ કર્કલીઝ કાઉન્સિલ, ડેવિડ કુપર, હેડ ટીચર બાટલી ગર્લ્સ હાઈસ્કૂલ, અબ્દુલ કરીમ ધીવાલા ચેરમેન એફ એમ ઓ લેસ્ટરશાયર, સામ વિકર્સ સીઈઓ મલ્ટી અકાદમી બાટલી અને બેદાર લાજપુરી પ્રમુખ ગુજરાતી લિટરરી ગ્રૂપ લેસ્ટર હતા. ઉપરાંત અહમદ ગુલની નવાસીઓ રશિકા લહેર, સમીહા આકૂડી તેમજ અદમ ટંકારવીના નવાસા હુદા બક્ષ, યહ્યા બક્ષ અને ડો. રાજપુરા, ઈકબાલ ધોરીવાલા અને યુસુફ સીદાતે પુસ્તક પરિચય અને પ્રતિભાવ વ્યક્ત કર્યો હતો. પ્રસંગિક વક્તવ્યોમાં વિવિધ વક્તાઓએ અંગ્રેજી અને ગુજરાતીમાં આપેલા પ્રવચનમાં સાહિત્યિક પ્રવૃત્તિઓ, ભાષા, સામાજિક વિકાસ,

સાંસ્કૃતિક વારસાનું જતન, યુવા વિકાસ, શિક્ષણ, સર્જનાત્મકતા, સમાજ સામે ઊભેલા પડકારો અને આઈડેન્ટિટી કાઈસીસની ચર્ચા કરી હતી.

શબ્બીર કાઝીએ લાક્ષણિક શૈલીમાં આભાર વિધિ કરી હતી. સ્વાદિષ્ટ ભોજન સાથે સમારંભ સમાપ્તિની ઘોષણા થઈ હતી. વિમોચન થયેલા અહમદભાઈ ગુલના પાંચ પુસ્તકો હાજરજનોને ભેટ આપવામાં આવ્યા હતા. સફળતાપૂર્વક યોજાયેલા આ સમારંભની ચોતરફ પ્રશંસા થઈ રહી છે.

પુસ્તકો મેળવવા ફોન નંબર: ૦૭૯૮૦૬૧૧૮૦૮ ઉપર સંપર્ક સાધો.

સોસાયટી તરફથી લોકલ ચેરિટીઓને દાન

ઈન્ડિયન મુસ્લિમ વેલ્ફેર સોસાયટી, બાટલી દર વર્ષે લોકલ ચેરિટી સાથે સંબંધો ધરાવી તેમને મદદ કરતી રહે છે. ચાલુ વર્ષે પણ સોસાયટીએ યોર્કશાયર એમ્બ્યુલન્સ સર્વિસ અને મેકમિલન કેન્સર રીસર્ચ ચેરિટીઓને વ્યક્તિગત રૂ૫૦ પાઉન્ડની મદદ કરી હતી.

ઉપરાંત મેકમિલન કેન્સર રીસર્ચ કોફી મોર્નિંગનું આયોજન પણ અલ-હિકમાહ સેન્ટર બાટલી ખાતે મંગળવાર તારીખ ૨૧ સપ્ટેમ્બરના સવારે થયું હતું. જેમાં વિવિધ પ્રકારના કેક, નાસ્તાઓ અને અન્ય ખાદ્ય સામગ્રીનું વેચાણ કરવામાં આવ્યું હતું અને ભેગી થયેલ રકમ મેકમિલન કેન્સર રીસર્ચ ને અર્પણ કરવામાં આવી હતી. આ પ્રોગ્રામમાં સહાય કરનાર સ્થાનિક વેપારીઓ અને ભાગ લેનાર દરેકનો તથા આ પ્રોજેક્ટમાં મદદ કરનારા ભાઈઓ અને બહેનોનો આભાર માનીએ છીએ.

નેઅમત છે....

ઉગે છે ખેતરોમાં તે કપાસ, નેઅમત છે બને છે આપણો અંતિમ લિબાસ, નેઅમત છે જે આવે-જાય છે, જીવન ધબકતું રાખે છે ગણતરીના જે મળ્યા છે તે શ્વાસ, નેઅમત છે ઉઘડતી કળીઓ, મુલાયમ આ શબનમી ફૂલો આ છમ્મલીલું લહેરાય ધાસ, નેઅમત છે આ રાતરાણી, આ ચંપો, આ મોગરો ને ગુલાબ ભરે હવાઓમાં મીઠી સુવાસ, નેઅમત છે આ પર્વતો, આ નદીઓ, આ ખીણ ટેકરીઓ નિશાનીઓ છે બધે આસપાસ, નેઅમત છે સમંદરો, આ સરોવર, વરસતા આ વાદળ બુઝાવી રહ્યા છે ધરતીની ખ્યાસ, નેઅમત છે આ સૂર્ય, ચંદ્ર, સિતારા, હજાર નક્ષત્રો પુનમની રાતનો શીતળ ઉજાસ, નેઅમત છે રહીમ છે, છે એ રહેમાન, આપણો માલિક મહેક આપણે એના છે દાસ, નેઅમત છે

-મહેક ટંકારવી, બોલ્લન.

ઈન્ડિયન મુસ્લિમ વેલ્ફેર સોસાયટી, મહારાષ્ટ્રના પૂર પીડિતોની વ્હારે

બે મહિના અગાઉ મહારાષ્ટ્ર ખાતે કોકણ વિભાગમાં ભયંકર પૂર આવ્યા હતા. જેમાં કોકણના અનેક શહેરો અને ગામોમાં પાણી ફરી વળતા મોટા નુકસાન સાથે ગામો અને અનેક શહેરો ઘોવાયા હતા. અસંખ્ય લોકો ઘરવિહોણા થયા હતાં. તેમને રાહત પહોંચાડવા માટે અનેક ચેરિટી સંસ્થાઓ આગળ આવી હતી. આપણી ઈન્ડિયન મુસ્લિમ વેલ્ફેર સોસાયટીએ પણ એ માટેના પ્રયત્નો આદર્યા હતા. ગુજરાત ખાતે આપણાં વિભાગના કેટલાક ઉલ્માએ કિરામ જેમણે આપણાં કોવિડ-૧૯ના પ્રોજેક્ટમાં આપણને મદદ કરી હતી તેમના સાથે મળી આપણે એ પ્રોજેક્ટને સારી રીતે અંજામ આપ્યો હતો. તેઓ સાથે સંપર્ક સાધી તેમની સંસ્થા સહયોગ ચેરિટેબલ ટ્રસ્ટ, વેસ્મા જેમાં નવસારી અને આજુબાજુના ઉલ્માઓ અને અન્ય કાર્યકર્તાઓ સેવા આપે છે તેમની સાથે મળી આ પૂર પીડિતોને મદદ કરવામાં આવી હતી.

ઉપરોક્ત સંસ્થા અનેક બીજી ચેરિટીઓ જેમાં ઈન્ટરનેશનલ ચેરિટીઓનો પણ સમાવેશ છે તેમના સાથે મળીને કામ કરે છે. આપણાં ચેરિટીના જનરલ ફંડમાંથી પાંચ હજાર પાઉન્ડ બેન્ક મારફત મોકલવામાં આવ્યા હતા. ઉપરોક્ત સંસ્થાના ઉલ્માઓની હાજરીમાં ફંડ પારસલ, વાસણો વગેરેનું વિતરણ કરવામાં આવ્યું હતું. આ વિભાગના એવા ગામો હતા જેમાં જોઈએ તેટલી મદદ પહોંચી ન હતી, તેવા ગામોમાં આ સંસ્થાએ મદદ પહોંચાડી હતી. (કોલ્હાપૂર, ઈચલકરન્જી વગેરે) આ પ્રોજેક્ટના ફોટા, વિડિયો વગેરે અમે સોશયલ મીડિયા ઉપર મૂક્યા હતા. આમ આપણી સોસાયટી તરફથી ઈમરજન્સી માટે રાખેલ જનરલ ફંડના નાંણાનો ઉપયોગ કરવામાં આવે છે અને તે માટે તાત્કાલિક મદદ પૂરી પાડવામાં આવે છે. ફંડમાં મદદ કરનાર આપણાં તમામ સભ્યો અને ગુજરાતની સંસ્થાઓના કાર્યકર્તાઓનો સોસાયટી આભાર માને છે.

સોશયલ મિડીયા ઉપર કોરોનાની ખોટી માહિતી ફેલાવવામાં ભારત નંબર-૧

હાલમાં કરવામાં આવેલ એક અભ્યાસ મુજબ કોવિડ-૧૯ અંગે સોશયલ મિડીયા ઉપર ભારતે સૌથી વધુ ખોટી માહિતી ફેલાવી હતી. કોરોના અંગે ખોટી માહિતી ફેલાવવા બાબતે વિશ્વના ૧૩૮ દેશોમાં એક સંશોધન કરવામાં આવ્યું હતું. આ સર્વેને “ પ્રિવેલન્સ એન્ડ સોર્સ એનાલિસિસ ઓફ કોવિડ-૧૯ મિસ ઈન્ફોરમેશન ઈન ૧૩૮ કન્ટ્રીઝ” નામ આપવામાં આવ્યું હતું. સેજના લાયબ્રેરી એસોસીએશન ઓફ ઈન્ટરનેશનલ ફેડરેશન અને ઈન્સ્ટીટ્યુસન્સ જર્નલમાં આ રિપોર્ટ પ્રકાશિત કરવામાં આવ્યો છે.

૧૩૮ દેશોમાં ખોટી માહિતીના ૯૬૫૭ ભાગોનું વિશ્લેષણ કરવામાં આવ્યું હતું. ખોટી માહિતીના સ્ત્રોતને સમજવા ૯૪ સંસ્થાઓ ધ્વારા તેની તથ્યતાની તપાસ કરવામાં આવી હતી. આ અભ્યાસમાં જાણવા મળ્યું હતું કે, ૧૩૮ દેશોમાં ભારત તરફથી ૧૮.૦૭ ટકા સૌથી વધુ ખોટી માહિતી સોશયલ મિડીયા ઉપર ફેલાવવામાં આવી હતી. એવું પણ માનવામાં આવે છે કે, આ દેશમાં ઈન્ટરનેટનો સૌથી વધુ વપરાશ અને તેના ઉંચા ભાવ અને લોકોમાં ઈન્ટરનેટ માધ્યમમાં સાક્ષરતાનો અભાવના કારણે પણ આવું બન્યું છે. આ પછી અમેરિકા ૯.૭૪ ટકા, બ્રાઝિલ ૮.૫૭

ટકા, સ્પેન ૮.૦૩ ટકા સાથે બીજા ત્રીજા અને ચોથા નંબરે છે. વિશ્વ આરોગ્ય સંગઠને ચેતવણી આપી હતી, કે, કોરોના અંગે વિવિધ દેશોમાં જૂઠી માહિતી ફેલાવવામાં આવે છે. જે લોકોના જીવનને જોખમમાં મૂકી શકે છે. જેથી કોરોનાના સત્તાવાર હેવાલો ઉપર જ વિશ્વાસ રાખવા લોકોને વિનંતી કરી હતી.

ભારતે કેનેડા-બ્રિટનના નાગરિકો માટે ઈ-વિઝા કેન્સલ કરી

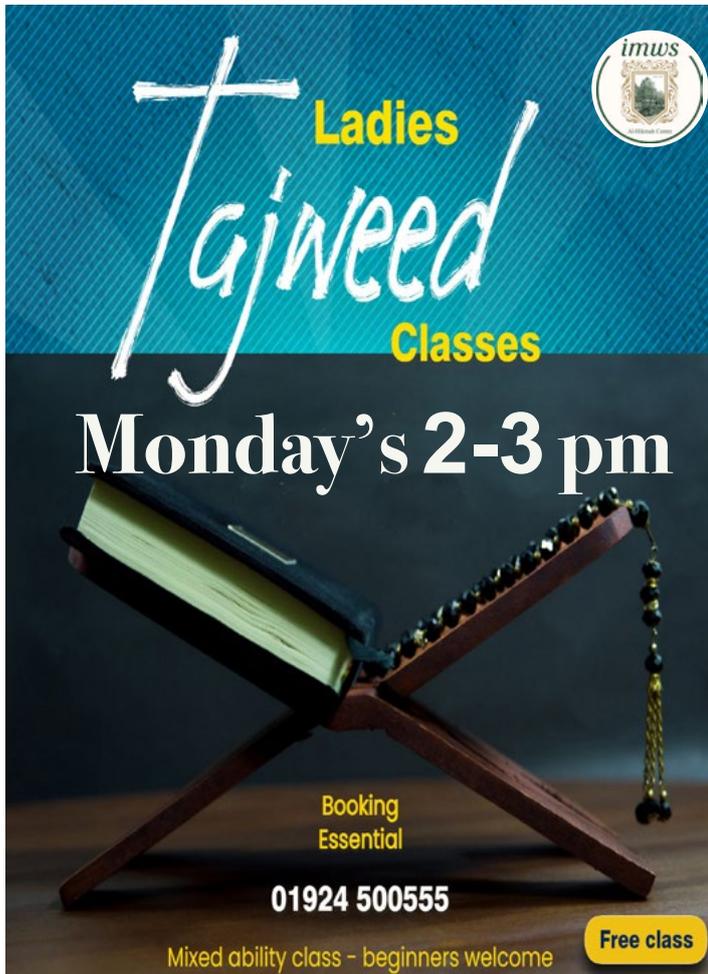
કોરોના મહામારીના કારણે ઘણાં દેશોએ બીજા દેશોના નાગરિકોના આગમન ઉપર પ્રતિબંધ મૂક્યો હતો. હવે ભારતે કેનેડા અને યુનાઈટેડ કીંગડમ (યુ.કે.) ના નાગરિકોને આપવામાં આવતી ઈ-વિઝાની સુવિધા પાછી ખેંચી લીધી છે. ગૃહ મંત્રાલય તરફથી પૃષ્ઠિ થઈ છે કે, કોવિડ-૧૯ પછી યુ.કે. અને કેનેડાએ ભારતના નાગરિકોને તેમના દેશોમાં પ્રવેશ માટે ઘણાં નિયંત્રણો લાઘા હતા અને સરકારની વિનંતી છતાં મુસાફરોએ અસુવિધાનો સામનો કરવો પડી રહ્યો છે. ભારતે કેનેડા અને બ્રિટનના નાગરિકો માટે ઈ-વિઝા આ વર્ષે ઓગષ્ટ માસથી પાછી ખેંચી લીધી હતી. હવે તેઓએ ભારતીય એમ્બસીમાં સ્ટીકર વિઝા માટે અરજી કરવાની રહેશે. પ્રવાસી વિઝા પહેલેથી જ સસ્પેન્ડ કરવામાં આવેલ હતી અને ભારતની વિઝીટ લેનારા લોકો માટે હવે નિયમિત સ્ટીકર વિઝા માટે અરજી કરવી પડશે. અગાઉ આ ઈ-વિઝા ચીન અને અફઘાનિસ્તાનના નાગરિકો માટે પણ કેન્સલ કરી દેવામાં આવી હતી.

ભારતીય ગોદી મીડિયા દરેક બાબતને સાંપ્રદાયિક રીતે ઘિતરે છે. ખાસ કરીને મુસ્લિમોને

(મુખ્ય ન્યાયાધીશ રમણાનું નિવેદન)

ભારતની કેન્દ્ર સરકારે દિલ્હીની હાઈકોર્ટને નિઝામુદ્દીન મરકઝ જે ગયા વર્ષથી કોરોના ફેલાવનાર સેન્ટર તરીકે બદનામ કરી બંધ કરવામાં આવ્યું હતું તેને ફરીથી જાહેર જનતા માટે ખોલવાનો ઈન્કાર કર્યો છે. જેની સામે સુપ્રિમ કોર્ટના મુખ્ય જજ (ન્યાયાધીશ) એન.વી, રામનાએ આ કેસની સુનાવણી દરમ્યાન કહ્યું હતું કે, એક ખાસ વર્ગ મારફત આ વાતને કોમી ઍંગલ આપવામાં આવ્યું હતું અને એમાં બીજા કોઈ પણ ધર્મ અપવાદ નથી. મુખ્ય સવાલ એ છે કે, માર્ચ-૨૦ માં દિલ્હી નિઝામુદ્દીનમાં યોજાયેલ ધાર્મિક ઈસ્તેમાને શું કામ બદનામ કરવો જોઈએ. રાજકારણ અને મીડિયા મારફત આને બદનામ કરવામાં આવ્યા હતા. મરકઝનું દુર્ભાગ્ય એ હતું કે, તેનું સંમેલન (ઈઝતેમો) યોજાયો ત્યારે જ આ રોગચાળો ખરાબ રીતે ફેલાયો હતો.

મુસ્લિમ સિવાય અન્ય કોમોના ધાર્મિક મેળાવડા જેમાં કુંભ મેળાનો પણ સમાવેશ છે, તેણે પણ કોરોના ફેલાવવામાં ભાગ ભજવ્યો હતો અને કોરોનાની ભારતમાં બીજી લહેરમાં તેનું પરિણામ આપણે જોયું હતું. સોફ્ટ ટાર્ગેટ તરીકે તબ્લીગી જમાતને લક્ષ્ય બનાવવામાં આવ્યું હતું, ખોટા પ્રચાર કરવામાં આવ્યા હતા. જેમાં ભારતના તમામ સમાચાર પત્રો, ટી.વી. ચેનલો, મીડિયા સામેલ હતા. પરંતુ મરકઝની નિર્દોષતા સાબિત થતાં એજ આક્રમક મીડિયાઓએ મૌન ધારણ કર્યું હતું. તેમના મોઢા ઉપર તાળા લાગી ગયા હતા. જસ્ટીસ રમણાએ મીડિયાતંત્રોની આકરી ટીકા કરી ઝાટકણી કાઢી હતી. યાદ રહે અગાઉ અનેક હાઈકોર્ટે આ કેસમાં મરકઝને નિર્દોષ જાહેર કર્યા હતા.



Ladies
Tajweed
Classes

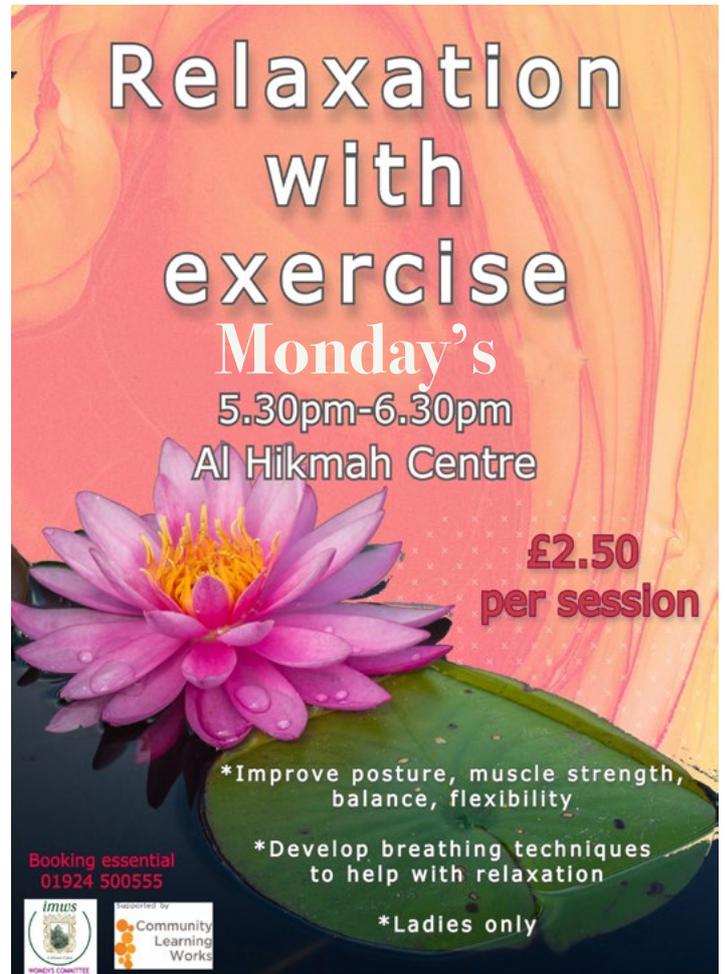
Monday's 2-3 pm

Booking
Essential

01924 500555

Mixed ability class - beginners welcome

Free class

**Relaxation
with
exercise**

Monday's
5.30pm-6.30pm
Al Hikmah Centre

**£2.50
per session**

- *Improve posture, muscle strength, balance, flexibility
- *Develop breathing techniques to help with relaxation
- *Ladies only

Booking essential
01924 500555





Men's circuit training
IMWS healthy living
initiative in North Kirklees

Tuesday 7pm - 8pm
Free
(Wedding Hall)

Friday 8pm - 9pm
Small contribution
required
(Sports Hall)

Please contact: 07890156490
to register with the instructor

Al-Hikmah Centre
28 Track Road, Batley, WF17 7AA
Tel: 01924 500555




Free Ladies aerobics
Provided by IMWS

5.15pm-6.15pm
Booking required
Please wear trainers.

Please contact: 07974647062
for more information

Al-Hikmah Centre
28 Track Road, Batley, WF17 7AA
01924 500555



Opening Soon

Prices
From: £79



SENTINEL VAULTS (Yorks) Ltd

SAFE DEPOSIT CENTRE



- RESERVATIONS NOW AVAILABLE
- SECURE YOUR VALUABLES
 - * JEWELLERY
 - * LEGAL DOCUMENTS
 - * LAST WILL AND TESTAMENT
 - * COIN, WATCH, STAMP COLLECTION
- EX-BANK BUILDING WITH SECURE UNDERGROUND VAULT
- 24/7 MONITORED ALARM AND CCTV
- BIO-METRIC ENTRY SYSTEM
- CONVENIENT AND AFFORDABLE
- INSURANCE AVAILABLE FOR UPTO £50,000
- A RANGE OF SIZES AVAILABLE TO SUIT YOUR NEEDS
- PRIVACY AND CONFIDENTIALITY GUARANTEED
- STATE OF THE ART SECURITY
- PRIVATE VIEWING ROOMS AVAILABLE

RESERVE YOUR
BOX
NOW!



LIMITED NUMBER OF
HIGH SECURITY SAFES
AVAILABLE TO RENT.
PLEASE ASK FOR
DETAILS

£ 20,000 COMPLIMENTARY INSURANCE IF YOU
RESERVE YOUR BOX BEFORE WE OPEN !

FORMER NATWEST BANK BUILDING IN
CENTRE OF TOWN, AMPLE FREE PARKING
RIGHT OUTSIDE

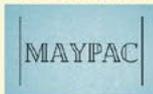
www.sentinel-vaults.com
E-mail : info@sentinel-vaults.com
Tel : (0330) 635 1 635

BRITISH PASSPORT



IN ASSOCIATION WITH

SENTINEL VAULTS (Yorks) Ltd
40 MARKET PLACE
HECKMONDWIKE
W.YORKS WF16 OHT





▶ **3.6 BILLION** ◀
CLOTHES LEFT UNWORN IN THE UK



DONATE

YOUR OLD CLOTHES

AND GIVE THEM NEW LIVES

islamic-relief.org.uk/clothes

[f](#) [🐦](#) [@](#) [👤](#) [▶](#) **IRClothes**