

Paigaam

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Paigaam is going online only



Paigaam is to move to a digital-only future, owners IMWS have announced, thus ensuring Paigaam's last paper edition is the August 2023 issue.

Paigaam will continue to be made available on all official IMWS channels, including the IMWS web site and social media.

Paigaam has always been a pioneering newspaper with a track record of innovation. It has a proud heritage as one of Britain's first truly independent

national quality, ethnic media titles.

It is envisaged, the move will capitalise on Paigaam's position as one of the UK's principal ethnic media publications, having been founded in 1993.

IMWS Chair, Rafik Dabhad said: "The newspaper and magazine industry is changing, and that change is being driven by readers.

"They're showing us that the future is digital. This decision preserves the

Paigaam brand and allows us to continue to invest in high-quality editorial content that is attracting more readers to our online platforms.

"Paigaam has always been a pioneering magazine with a track record of innovation. It has a proud heritage as one of Britain's first truly independent magazines.

"IMWS has invested in Paigaam because we believe in quality journalism, and this move secures the future of these vitally important editorial values."

Paigaam to go online

Paigaam Chair, Aziz Daji said by moving Paigaam online, it means that journalists can spend more time working on the most popular digital platforms.

However, he insists Paigaam is committed to keep reporting the news as it happens. In addition, the lower costs associated with an online-only format creates opportunities for businesses in the locality.

“Closing our print edition will allow us to focus our resource more on what our audience is telling us they want – breaking news and engaging content whilst retaining a strong presence in our communities.

“We’re excited to have the chance to continue to serve the people of Batley and Dewsbury with local journalism that holds power to account and stands up for our communities.

“We’d like to thank our loyal readers and founders who have been with us on this journey – and we’re sure they will continue to support us during this transition.”

Mr Daji believes the unique editorial proposition of Paigaam is perfectly suited to the digital landscape.

“Following this decisive move to digital, we will be focused and uncompromised, but with all the authority and trust of an established magazine – a truly unique proposition.

“We now have a clear and secure future path for advertisers to capitalise on a growing, smart, affluent and digitally savvy audience.

“In an internet and social media age, our readers prefer to obtain all their across social media outlets such as Facebook and Twitter.

“We would also like to issue a heartfelt thank you to all of our advertisers, our readers and all Paigaam team members for their continued support to Paigaam over the years. We hope, if you do not already read Paigaam online, that you will do so in the future – for it is within the digital arena that Paigaam will continue to live and serve the community.”

Established in 1992 as activities at IMWS increased, the IMWS committee felt a need to better communicate with its membership and share its activities with the wider community. Therefore, they planned to release a newsletter in the summer of 1993, but with the eagerness and excitement of some of its members, the circulation of Paigaam began in February 1993.

As none of the committee members had any knowledge in relation to publishing a newsletter, they sought advice from a group who were publishing a community newspaper in Blackburn. A visit to their premises in Blackburn was very beneficial

as a deal was agreed between the two parties to publish three issues of Paigaam at a cost of £500 for 500 copies each month.

In February 1993 the first issue of Paigaam was published and this was celebrated by organising an inaugural even attended by dignitaries including the leader and the Chief Executive of Kirklees Council, chief of Police, local school teachers, and IMWS members.

Three issues later, the committee decided to continue with the publication and has continued ever since reaching its 365th issue this month.

Things have changed since those early days when ‘paste up’ copies will have been used for typesetting. Technology has moved drastically in the past quarter of a century. Nowadays design software has broadened the scope of the publication’s appearance whilst social media has widened the content parameters.

The Paigaam team would like to thank our readers and advertisers without whom this milestone would never have been reached.

We hope to maintain your support in the years to come so that Paigaam can grow and become your voice, share your views and capture your events to be and remain as a voice for the community.



End of an era for Cllr Shabir Pandor

Cllr Shabir Pandor has declined to comment on the reasons for his departure as leader of Kirklees Council or in relation to his plans for the future, other than confirm he would remain a councillor for Batley West and represent his ward and constituents as he has for the last 21 years.

Under Cllr Shabir Pandor's leadership, the Council has benefitted from the Trans Pennine Route upgrade totalling £3bn, £1 billion of that funding will be invested in Kirklees securing better rail network from Batley, Dewsbury, Ravensthorpe, Mirfield and Huddersfield.

He also worked closely with the Mid Yorkshire Hospitals Trust, to develop a new 'state-of-the-art' surgical treatment and diagnostic hub at Dewsbury and District Hospital.

He oversaw the completion of the Spen Valley Sports Centre. Working in partnership with the Police he secured a brand-new police station at the old Dewsbury College site in Dewsbury. This is on top of the brand-new Health Innovation Centre that is being developed at Huddersfield University which will not only benefit everyone in Kirklees but will attract and benefit other towns.

Such was his contribution, the Mayor of West Yorkshire thanked Mr Pandor for his leadership during his tenure as leader of the Council. Mayor Tracy Brabin, said Cllr Shabir Pandor, who recently resigned as leader of the council, has been a champion in relation to economic growth and inclusivity.

Mrs Brabin said: "I would like to thank Shabir Pandor for his support over the last two years that I have been mayor and for his role in helping secure devolution to the region. He has been a champion for Kirklees and West Yorkshire including through his leadership on inclusivity and economic growth. And he led the

council during a difficult time through the pandemic and economic crisis caused by the government."

Cllr Pandor told Paigaam: "I am really proud that we managed to ensure that children's services were not taken into a trust. We were in special measure but managed to partner with Leeds Council and now we are well and truly on a journey to excellence.

"One of the big highlights for me as leader was after 20 years, we took overall control of the council and then increased our majority by 3 more this year."

Cllr Pandor spoke of his many achievements and how under his leadership from 2018 there has been a budget for investment which "put the ambition back into Kirklees Council so that residents can believe they have a council that delivers," despite the fact that austerity and changes to the way the Government funds Kirklees and other local authorities had caused immense damage.

He spoke of investment in public parks, highways, street scene, playgrounds and events such as Huddersfield Carnival, the mela, Kirklees Year of Music and the Huddersfield Food & Drink Festival. "This underpinned our diversity strategy so everyone felt they had a stake in Kirklees," he said.

"Under my leadership our towns and villages that have a clear focus with each having capital investment plans. Multi million-pound Investment is planned in Huddersfield, Dewsbury, Batley, Cleckheaton, Holmfirth and Heckmondwike that will transform these places for future. We were also one of the first councils to declare a climate emergency and become net zero by 2023 and formed a climate commission."

Cllr Shabir Pandor said austerity and

changes to the way the Government funded Kirklees and other local authorities had caused immense damage: "We need a fair funding formula from Government," he said. "If we had the same funding formula as in 2010, we would have a surplus. He said that since 2010 the council has lost £200m per year totalling £2.2bn to date.

"The Covid 19 pandemic was a massive challenge, not just for Kirklees but internationally. That's where my leadership came into its own. As soon as lockdown started, my workload doubled but we worked well across parties with pop up clinics, track and trace and community champions reaching out to the community and helping keep people safe."

Despite the cost-of-living crisis, Cllr Pandor said the Council upped their game with the roll out of the Bread and Butter Thing and helping food banks. Cllr Pandor added: "Five years is a long time, and there were two years before that as deputy leader. It's only right we have a fresh approach because we have a massive crisis all across local government, not just in Kirklees. We have to balance the books and we have to carry on our ambition."

Tory leader Cllr David Hall raised questions about Cllr Loonat's status in the Labour party and demanded details about her suspension and who was aware of it.

Cllr Shabir Pandor did confirm that as soon as he was made aware he informed the Labour Party who suspended Cllr Fazila Lonat.

However, sources have told Paigaam that Cllr Shabir Pandor was told not to comment publicly or inform his Labour Group due to the legal due process after he contacted the Labour Party on the 28th of February, 2023, when he said he became aware of the situation surrounding Mrs Loonat, who has since resigned as a councillor.



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Mount Pleasant FC's Football Gala: A Triumph of Community Spirit

Batley and Dewsbury witnessed an momentous occasion as Mount Pleasant FC proudly hosted its first-ever Football Gala for the local madressahs at Hyrstlands Park, Batley. Against a backdrop of clear blue skies and the joyous sounds of children and families, the event attracted an astonishing turnout from the local and wider community, leaving the club deeply grateful for their overwhelming support.

The centrepiece of the gala was an exhilarating footie competition that spanned across age groups, from under 7s to under 12s, featuring an impressive roster of 75 teams representing the local madressahs. The quality of football displayed throughout the tournament was truly exceptional, showcasing the skills and talents of our local madressah students, who don't always have the opportunity to play in a formal league setting.

Spectators were captivated by the level of play and demonstrated commendable behaviour and discipline while providing unwavering support to the participating children.

Once the competitive games played in a friendly spirit had concluded, the deserving winners basked in their well-earned glory, while the runners-up and all other participants were duly rewarded with their own coveted medals.

The paramount objective for the club was to ensure a fun-filled experience for the children, and the gala successfully

achieved just that. Parents and guardians expressed their immense satisfaction, cherishing the fact that such a remarkable event took place in their own community. Furthermore, the presence of elders from the local community thoroughly enjoying the football matches and engaging with a diverse array of stalls set up by local businesses was truly heartening.

The bustling stalls area proved to be a hit among families, who indulged in an assortment of delectable treats such as Pani Puri, sweets, desserts, karak chai, fruit, sweetcorn, ice cream, and a range of other enticing products available for purchase. One particular highlight that brought immense joy to both children and adults was the central stall, where they enthusiastically participated in painting on a canvas, showcasing their artistic skills and creativity.

Not to be forgotten is the success of the gala's sizzling BBQ, which saw the dedicated team tirelessly flipping burgers and grilling chicken and of course not forgetting the chips from the early morning hours until 6pm. Their unselfish commitment and seamless teamwork led to a resounding triumph, with the entire stock of mouthwatering delicacies completely sold out.

The club extends its heartfelt appreciation to all the volunteers, sponsors, stall holders, the council and the local madressahs for their participation and support, as their collective efforts

played a crucial role in the gala's success. A special mention is reserved for IMWS, whose generosity in providing access to their car park, tables, chairs and staff proved invaluable in ensuring the smooth management of the event.

The club would also like to express sincere gratitude to the individuals who generously provided gazebos and equipment, essential components that contributed to the gala's seamless execution.

In conclusion, Mount Pleasant FC's Football Gala stands as a testament to the power of community spirit and collaboration. Without the tremendous support of all involved, this remarkable event would not have come to fruition. As the club reflects on the triumphs of the day, it eagerly anticipates future development opportunities at Hyrstlands Park to unite the community not only through the beautiful game of football, but by making it a community hub.

Furthermore the club would like to add that it functions only due to volunteering throughout the season. With the increased demand for participation and a growing girls group we appeal to the community to join us and help the club as a coach or volunteer. Training and support will be provided. Anyone interested should contact mpfcjunior@gmail.com. Mount Pleasant FC would like to thank you all for your duas and continued support.





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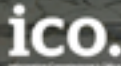
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Diabetes

Diabetes is a condition that causes a person's blood sugar level to become too high.

There are 2 main types of diabetes. Type 1 diabetes is a lifelong condition where the body's immune system attacks and destroys the cells that produce insulin.

Type 2 diabetes is where the body does not produce enough insulin, or the body's cells do not react to insulin properly. In the UK, over 90% of all adults with diabetes have type 2.

1. Non-diabetic hyperglycaemia (pre-diabetes)

Many people have blood sugar levels above the normal range, but not high enough to be diagnosed as having diabetes. This is known as non-diabetic hyperglycaemia, or pre-diabetes.

People with non-diabetic hyperglycaemia are at greater risk of developing type 2 diabetes, but the risk can be reduced through lifestyle changes.

If you have non-diabetic hyperglycaemia, you may be eligible for the NHS Diabetes Prevention Programme. The programme helps people make lasting lifestyle changes and has been shown to help prevent type 2 diabetes.

People with non-diabetic hyperglycaemia are also recommended to have a blood test every year to monitor their blood sugar levels.

It's very important for diabetes to be diagnosed as early as possible because it's likely to get worse if left untreated and can cause long-term health problems.

2. When to see a GP

Visit your GP as soon as possible if you experience the main symptoms of diabetes, which include:

- feeling very thirsty
- peeing more frequently than usual, particularly at night
- feeling very tired
- weight loss and loss of muscle bulk

blurred vision

Type 1 diabetes can develop quickly over weeks or even days. Weight loss is common in people with type 1 diabetes when it first develops and before it's treated, but it's less common in people with type 2 diabetes.

Many people have type 2 diabetes for years without realising because the early symptoms tend to be general, or there are no symptoms at all.

3. Causes of diabetes

The amount of sugar in the blood is controlled by a hormone called insulin, which is produced by the pancreas (a gland behind the stomach).

When food is digested and enters your bloodstream, insulin moves glucose out of the blood and into cells, where it's broken down to produce energy.

However, if you have diabetes, your body is unable to break down glucose into energy. This is because there's either not enough insulin to move the glucose, or the insulin produced does not work properly.

There are no lifestyle changes you can make to lower your risk of type 1 diabetes.

You can reduce the risk of type 2 diabetes through healthy eating, regular exercise and achieving a healthy body weight.

You may be more at risk of type 2 diabetes if you:

- are living with overweight or obesity
- do not have a healthy diet
- have a family history of type 2 diabetes
- are of Asian, Black African or African Caribbean origin
- take certain medicines such as steroids for a long time
- have high blood pressure
- have had gestational diabetes during pregnancy

4. Living with diabetes

If you're diagnosed with diabetes, you'll need to eat healthily, take regular exercise and have regular checks including blood tests. Try to quit smoking if

you smoke. People diagnosed with type 1 diabetes also require regular insulin injections for the rest of their life.

Type 2 diabetes can get worse over time and people living with type 2 diabetes often need medicine, usually in the form of tablets or injections.

However, some people can put their type 2 diabetes into remission by losing weight, where their blood sugar is reduced below the diabetes range. Some people are able to do this through a low-calorie diet, but this is not suitable for everyone, so it's important to get medical advice first.

5. Diabetic eye screening

Everyone with diabetes aged 12 years old or over should be invited to have their eyes screened regularly.

If you have diabetes, your eyes are at risk from diabetic retinopathy, a condition that can lead to sight loss if it's not treated.

Screening, which includes a 30-minute check to examine the back of the eyes, is a way of diagnosing diabetic retinopathy and detecting the condition early where possible so it can be treated more effectively. In many people, this can stop it affecting their vision or reduce the chance of it getting worse.

It's important to see a doctor if you notice any problems with your eyesight. Do not wait for your next screening appointment.

6. Diabetic foot problems

Diabetes can damage the nerves in your feet and cause a loss of feeling. It can also reduce the blood supply to your feet. This means you may not notice if your foot is sore or injured, and foot injuries do not heal as well. This can lead to ulcers and infections, and sometimes amputations can be needed in serious cases. Adults with diabetes should have their feet checked every year by a healthcare professional.

It's important to see a healthcare professional as soon as possible if you notice any problems with your feet.



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Milen Care is a well established charity based in Batley, providing care services for Asian elders and adults over 18 with a disability in North Kirklees.

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Competition

Paigaam has teamed up with Huddersfield Town to offer a family ticket for 4 people a tour of the John Smiths stadium

Answer the following question: Who is the new owner of Huddersfield Town?

Please send the answer by e-mail to info@imws.org.uk with the subject title: Huddersfield Town competition by the 14th of August. The winner will be informed via mobile or e-mail. Please include your mobile number in the e-mail, upon entering the competition.

Good Luck!

IMWS family fun day

The Indian Muslim Welfare Society held its first annual fun day since the pandemic, at the Al-Hikmah Centre and it was a roaring success. Over 400 people attended, with a range of stalls and activities on offer.

The event brought together people from all backgrounds, and it was a great opportunity to celebrate the diversity of the local community.

Despite an outpouring of rain, visitors had an opportunity to run the rule over a plethora of stalls selling cakes, toys, perfumes, clothes and much more.

The event was a great opportunity for local businesses and organisations to showcase their services and products. It was also an opportunity for people to learn more about IMWS. Staff from the Centre were on hand to answer questions and

provide information about the Centre's services and activities.

One of the most popular stalls was manned by local paralegal, Zoniya Iqbal, of XYZ Solicitors, who raised money for Multiple Sclerosis sufferers, whilst also informing visitors of her intention to partake in a sky diving challenge, in order to raise money for charity.

IMWS Chair, Rafik Dabhad thanked all who attended and helped and told Paigaam it was "a warm fun filled day which is always pleasing especially for the children and also gives mums a day off.

"A big thank you to all who attended, please continue to support us as ultimately we do it for pleasing our creator and for you the whole community.

"We want the centre to really be utilised

by the local community and used by people of all faiths, which is what we want to highlight with this family fun day, we would love to see as many people using it as possible.

"The community was really excited about the day, there was been a real buzz about the project ever since we bought the building and people are really excited to see it completed."

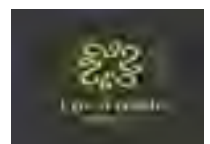
The event was a huge success, and IMWS is already looking forward to next year's fun day. The organisation is committed to bringing the community together and creating opportunities for people to connect and build relationships. The fun day was a great example of this, and it is a testament to the Centre's commitment to promoting social cohesion and community integration.



The Arcade Group Dewsbury is looking for a HeritageLink Worker to work with the community during the refurbishment of Dewsbury Arcade. The worker will implement the activity plan agreed with the National Lottery Heritage Fund. Helping people to learn about their heritage when the Arcade re-opens. What the shops were and what they should be now. Involving students, residents and future Arcade tenants. Attracting people back to the town centre and organising events.

The post will be advertised on Indeed.com during August (closing date 25th Aug). Search for Dewsbury Arcade Heritage Link Worker. For project and contact information see www.arcade-dewsbury.org.

Job Title: Dewsbury Arcade Heritage Link Worker
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No babies born in Dewsbury Hospital in over a year

Apart from home births, no babies have been born in Dewsbury Hospital and the whole of Kirklees for over a year.

The birth facility at both Dewsbury and District Hospital is currently closed. Dewsbury's Bronte Birth Centre closed its doors in May 2022 due to staff shortages.

Therefore, pregnant women who reside in Kirklees have to travel to Calderdale Royal Hospital in Halifax or Pinderfields Hospital in Wakefield in order to give birth in hospital as Huddersfield's Birth Centre's services were suspended in March 2020 as a "temporary response to Covid pressures."

The site is yet to re-open due to ongoing staffing issues.

Managers at Calderdale and Huddersfield

NHS Foundation Trust (CHFT), which runs HRI, and the Mid-Yorkshire Hospitals NHS Trust (MYHT), which runs Dewsbury, blame a national midwifery recruitment crisis for the on-going closures.

The crisis in maternity staffing levels and recruitment was revealed at a meeting of Kirklees Council's Health and Adult Social Care Scrutiny Panel.

Simon Riley-Fuller, associate director of nursing at CHFT, said there was a national shortage of midwives and retention and recruitment was a problem and it was an ongoing challenge to maintain safe staffing levels.

Anne-Marie Henshaw, director of midwifery and women's health at MYHT, said the closures would not be permanent.

However, she could give no timescales for when the centres might re-open.

She told the panel there were "vacancy gaps" which had been exacerbated by higher levels of sickness than we have experienced previously" and levels of longer-term sick leave.

That, combined with midwives also going on maternity leave, had led to the "temporary suspension" at Dewsbury.

She said: "There's no corporate or strategic intent to not open these birth centres when workforcing improves."

Since the pandemic there were fewer student midwives being trained and numbers wouldn't return to the levels needed until 2024. Both trusts were now looking at international staff.

Denmark looking at law banning burning of the Quran

Denmark's foreign minister Lars Lokke Rasmussen said that his government will seek to make it illegal to desecrate the Quran or other religious holy books in front of foreign embassies in the country.

In an interview with Danish public broadcaster DR, he said that the burning of holy scriptures "only serves the purpose of creating division in a world that actually needs unity".

"That is why we have decided in the government that we will look at how, in very special situations, we can put an end to mockery of other countries, which is in direct conflict with Danish interests and the safety of the Danes," he said.

A number of public Quran desecrations

by a handful of anti-Islam activists in Denmark and Sweden have sparked angry demonstrations in Muslim countries.

Rasmussen said Prime Minister Mette Frederiksen is determined to find "a legal tool" to prohibit such acts without compromising freedom of expression, but he acknowledged that would not be easy.

"There must be room for religious criticism, and we have no thoughts of reintroducing a blasphemy clause," he told DR.

"But when you stand up in front of a foreign embassy and burn a Koran or burn the Torah scroll in front of the Israeli embassy, it serves no other purpose than to mock."

The desecration of the Quran in Denmark has resulted in the nation being viewed in many places around the world "as a country that facilitates insult and denigration of the cultures, religions, and traditions of other countries".

The government repeated its condemnation of such desecrations, say they are "deeply offensive and reckless acts committed by few individuals" and "do not represent the values the Danish society is built on".

In Sweden, the government has said they are analysing the legal situation regarding desecration of the Quran and other holy books, given the animosity such acts are stirring up against Sweden.

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Write a multiplication equation to find the number of grapes.

 $\square \times \square = \square$	 $\square \times \square = \square$
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Yorkshire CCC fined £400,000 and docked 48 points

Yorkshire County Cricket has been hit with points deductions and fined £400,000 over the racism scandal that former player Azeem Rafiq told the world about.

Yorkshire has been docked 48 points with immediate effect from their County Championship total. In addition, a further four from their tally in the T20 Blast have also been deducted.

A Cricket Discipline Commission panel said £300,000 of the fine imposed will be suspended for two years.

Yorkshire, who had admitted a number of charges following the conclusion of an England and Wales Cricket Board (ECB) investigation, said they accepted the sanctions, in a statement.

It added: "We are disappointed to

receive the points deductions which affects players and staff at the club, who were not responsible for the situation.

"They have worked tirelessly on and off the field to rebuild Yorkshire into an inclusive and welcoming club that reflects the communities it serves. Greater clarity over our situation will allow us all now to look ahead.

The first charge Yorkshire admitted related to how they mishandled an independent investigation into the allegations of racism and bullying made by Rafiq, who played for the county between 2008 and 2014 and again between 2016 and 2018.

The second concerned a mass deletion of emails and documents, discovered in November 2021. Additional charges centering around the club's failure to

take action over complaints of racism raised in 2017 and 2018 and to address the constant use of discriminatory language at Yorkshire over a long period.

Richard Gould, chief executive of the England and Wales Cricket Board, said:

"These were serious charges relating to racism over a prolonged period. There can be no place for racism in our game, and the penalties announced by the Cricket Discipline Commission mark the end of a thorough disciplinary process.

"No one should have to experience what Azeem Rafiq went through in cricket, and we once again thank him for his courage in speaking out."

The ECB said the club had made improvements since the scandal broke, to "set the club on a path to a much brighter and more inclusive future".

Srebrenica genocide commemorated

Events were held last month throughout the UK to commemorate the single largest act of genocide on European soil since World War Two.

The flags of both the UN and the Netherlands were flying from the enclave.

At the ICTY, Egyptian Judge Fouad Riad, said in relation to Srebrenica: "Scenes of unimaginable savagery: thousands of men executed and buried in mass graves, hundreds of men buried alive, men and women mutilated and slaughtered, children killed before their mothers' eyes, a grandfather forced to eat the liver of his own grandson.

These are truly scenes from hell, written on the darkest pages of human history."

Former UN Secretary-General Kofi Annan said only three years ago that the "tragedy of Srebrenica will haunt" the history of the organisation.

Last year the Dutch Government offered its 'deepest apologies' for its role in failing to protect the town's Muslim population.

During the Bosnian conflict, there was a narrative in the UK, that if secular, blonde-haired, blue-eyed Muslims could be ethnically cleansed in Europe, then what fate would await non-white Muslim communities in Britain, if similar violence broke out?

In July 1995, Bosnian Serb soldiers accompanied by their allies, under the command of General Ratko Mladic overran the United Nations (UN) declared "safe

area" of Srebrenica. Despite the presence of Dutch peacekeepers they slaughtered over 8,000 Bosnian Muslim men and boys.

In 2017 the International Criminal Tribunal for the former Yugoslavia (ICTY) convicted Mladic of genocide and crimes against humanity and sentenced him to life imprisonment.

In 2001 the ICTY had also found another senior Bosnian Serb army officer, Radislav Krstic, guilty for his role in "aiding and abetting" genocide.

The BBC reported that the judge sentenced his attackers to life sentences. He was quoted as saying: "This was a crime of exceptional gravity. You planned a revenge attack by the way of retribution of war crimes."

IMWS Recieve prestigious award at Royal Armouries

The Indian Muslim Welfare Society has been given an award recognising the charity's dedication, commitment and service to humanity.

The award was presented to IMWS Chair Rafik Dabhad and dedicated Charity worker, Munir Daji by Islamic Relief's deputy Director, Zia Salik at a ceremony at the Royal Armouries in Leeds.

The award recognises the significant work of IMWS, despite the unprecedented impact of the pandemic and financial strains of the UK economy, IMWS continues to support millions of people in struggling communities across the UK and the globe, continuing to alleviate poverty, empower communities, and respond to disasters.

IMWS Chair, Rafik Dabhad dedicated the award to every IMWS member.

"We are pleased to be recognised by a prominent institution like Islamic Relief, the world's biggest Western Muslim aid and development agency for our contribution to supporting those in need around the world.

"This award is a recognition of the selfless efforts and dedication of our hardworking staff, partners within the UK and beyond as the immense trust that our donors and supporters place in IMWS by giving their donations to support our campaigns is a testament to their generosity.

"We are thoroughly honoured to be given such an award. Whilst it has been a challenging couple of years during the pandemic, our teams have pulled together and ensured our work reaches more people than ever.

This award is dedicated to ever member

of the IMWS family."

The IMWS delegation also consisted of Masum bhai Karolia and Hafez Mahmood Patel.



NHS must do more to stamp out racism

Racism is a stain on the NHS and the health service has a moral, ethical and legal duty to do more to stamp it out, the outgoing president of the Royal College of Psychiatrists has warned.

Tackling it is key to recruiting and retaining psychiatrists and other health practitioners, Dr Adrian James said at the college's international congress in Liverpool.

Problems linked to racism include pay gaps, disparities in disciplinary processes and a "glass ceiling" for doctors from minority ethnic backgrounds who want to progress into management positions, he said. Last month, the NHS Race and Health Observatory – formed in 2021 to examine

disparities in health and social care based on race – said better anti-racism policies could boost the NHS workforce.

The organisation called for "better care, training and anti-racist policies" to enhance staff numbers in the NHS, and said this would "improve patient experience and save millions of pounds spent annually on addressing racism claims brought by staff, clinicians and patients".

The Royal College of Psychiatrists has launched a new campaign calling on mental health employers across the UK to take a number of practical steps in areas of leadership, accountability and access to opportunities, to tackle racism in the workplace.

In his farewell speech after three years in the role, Dr James said "Institutional racism is rife in society and the NHS is not immune: "We see its pernicious effects on colleagues who are leaving the NHS in droves.

"It can be seen in the unfair ethnic pay gaps, in the disparities in disciplinary processes and in the glass ceiling that stops doctors from minoritised ethnic backgrounds securing management positions.

"Tackling racism in the workplace is key to recruiting and retaining psychiatrists and other health practitioners. Let me be clear: there is absolutely no place for racism in today's society."

ચાલો આજે કંઈક સાઈં જાણીએ

-રફીક અહમદ કલાસ

ચાલો આજે આપણે એક પતિ-પત્નીના ઝઘડાની વાત અને પછી તેના પરિણામ વિશે જાણીએ:

ફરીદ અને તેની પત્ની સમીરા એક સાંજે બેસીને ચા નો સ્વાદ માણી રહ્યાં હતાં. લોકોની નજરમા આ એક આદર્શ કપલ (જોડું) હતું. બન્ને વચ્ચે પ્રેમ અને સારા સંબંધો હતા. પરંતુ ૫-૬ વર્ષની શાદી દરમિયાન તેમને એવું લાગી રહ્યું હતું કે, તેમના પ્રેમમાં જાણે કંઈક અભાવ છે. એકબીજા સાથે વીતાવવાનો સમય ઓછો થવા લાગ્યો છે અને ફરિયાદો પણ વધવા લાગી છે. ક્યારેક નાના મોટા ઝઘડા પણ થતા હતા. પત્નીએ પતિથી કહ્યું મારે તમને ઘણી વાતો કરવી છે. આપણાં વચ્ચે સમયનો અભાવ જોવા મળે છે. જેથી મારી સલાહ છે કે, આપણે બન્ને એક વ્યક્તિગત (પર્સનલ) ડાયરી રાખીએ અને એક વર્ષ સુધી જે કંઈ ફરિયાદ, સારી વાત કે બનાવ વગેરે હોઈ તેની નોંધ કરતા રહીએ. એક વર્ષ પછી આ બન્ને ડાયરીઓને આપણે સાથે મળીને વાંચવી, જેથી ખબર પડે કે આપણાં વચ્ચે શું ખામીઓ, શું સારી વાતો છે તેની જાણ થઈ શકે, માહિતી મળી શકે. અને આપણે તેને સુધારી પણ શકીએ.

બન્ને એકબીજાથી સહમત થયા. બે ડાયરીઓ લાવી લખવા માંડ્યું. ઝડપથી વર્ષ પસાર થઈ ગયું. એક દિવસે બન્ને સાથે બેઠાં હતાં અને બન્નેની ડાયરી વાંચવાનું નક્કી કર્યું. પતિ પ્રથમ પત્નીની ડાયરી વાંચે છે. પહેલેથી પાના ફેરવતો જાય છે અને દરેક પાનું નાની મોટી ફરિયાદોથી ભરેલું હોય છે, જેમ કે, આજે હોટલમાં જમવા જવાનું વચન આપ્યું પણ સાંજે ભૂલી ગયા. આજે મને બહાર ફરવા ન લઈ ગયા. આજે મારી બર્થ ડે હતી પરંતુ તે બપોર વીતી ગયા પછી યાદ આવી. આજે મારા પીયરવાળા આવ્યા તો એમની સાથે બેસીને સારી રીતે વાતો ન કરી. આજે મને મારી પસંદગીની ફીલ્મ જોવા ન લઈ ગયા. વગેરે વગેરે. પતિને પોતાની ભૂલ સમજાઈ ગઈ. એની આંખોમાં આંસુ આવી ગયા. પૈસા કમાવાની દોડમાં પત્ની માટે સમય કાઢી ન શક્યો. વગેરે ભૂલો તેને સમજાવા લાગી. અને એણે પત્નીથી માફી માંગી. હવેથી સમય કાઢી પત્નીની લાગણી સમજી બધું કરવાનું વચન આપ્યું.

હવે વારો પતિની પોતાની ડાયરી વાંચવાનો આવ્યો. ખૂબજ ઉત્સુકતાથી પત્ની પતિની ડાયરી ખોલે છે. પરંતુ તે ચોંકીને જૂએ છે કે, પહોં પાનું કોરું છે. પછી બીજું પાનું, પછી ત્રીજું પાનું આમ બધાં પાના કોરા જોવા મળે છે. મોઢું બગાડી પત્ની કહે છે, મને ખબર જ હતી કે આટલું નાનું કામ પણ તમે કરી શકશો નહીં. મેં આખું વર્ષ મહેનત કરી તમારી ખામીઓ ડાયરીમાં લખતી રહી, જેથી તમે તેને સુધારી શકો. પરંતુ તમે એ તરફ જરા પણ ધ્યાન ન આપ્યું. પતિ હળવેથી મુસ્કુરાઈને કહે છે, મેં બધું જ છેલ્લા પાના ઉપર લખી દીધું છે.

તરતજ પત્ની છેલ્લું પાનું ખોલે છે. જેમાં લખ્યું હોય છે, “આમ તો તારામાં નાની મોટી ઘણી ખામીઓ છે. પરંતુ તેં મારા અને મારા

પરિવાર માટે જે ત્યાગ અને બલિદાન આપ્યું છે, તેની સામે તારી કમી મને ખૂબજ નાની લાગે છે. ખામીઓ-કમીઓ દરેક માણસમાં હોય છે અને તે તારામાં પણ હશે, પરંતુ તારો પ્રેમ, તારું બલિદાન, સમર્પણ અને સંવેદનતાની સામે તારી કમી કશંજ ન કહેવાય.”

મારી અનેક ભૂલો છતાં પણ જીવનની દરેક પળમાં તું મારા પડછાયાની જેમ મારો સાથ નિભાવે છે અને પોતાના જ પડછાયામાં ભૂલો શોધવા કોણ મૂર્ખ પ્રયત્ન કરશે. પત્નીની આંખમાં હર્સના આંસુ ઇલકાય છે. અને બન્ને એકબીજાને ભેટી પડે છે. અને બન્ને ડાયરીઓને કચરાપેટીમાં ફેંકે છે. ફરીથી એનું લગ્ન જીવન પહેલા જેવું ખુશખુશાલ બની જાય છે.

દોસ્તો! ઉંમર વધવા લાગી હોય, જવાની ઘટવા લાગી હોય ત્યારે એકબીજામાં ખામીઓ શોધવાને બદલે એકબીજાનો પ્રેમ, બલિદાન, ત્યાગ ઉપર ધ્યાન આપવામાં આવે અને શાંતચિત્તે મનનથી વિચાર કરવામાં આવે કે કેવીરીતે એકબીજા સાથે મેળથી રહી, સાથી બનીને રહી, એકબીજાના સુખદુઃખમાં ભાગીદાર બનીને રહી આગળ વધવું એજ અગત્યનું છે.

પેટ્રોલ ડીઝલની કિંમત હવે ફોન કે અન્ય રીતે જાણી શકાશે.

આપણે જાણીએ છીએ કે, પેટ્રોલ પંપ ઉપર પેટ્રોલ અને ડીઝલના ભાવોમાં આંતરરાષ્ટ્રીય કુડ ઓઈલની કિંમત મુજબ ચઢાવ ઉતાર જોવા મળે છે. જેમાં ખાસ કરીને જ્યારે મારકેટમાં કુડ ઓઈલના ભાવ વધે કે તરતજ પેટ્રોલ ડીઝલના ભાવ પંપ ઉપર વધારી દેવામાં આવે છે. અને જ્યારે ઓઈલના ભાવમાં ઘટાડો થાય ત્યારે પંપ માલિકો પેટ્રોલના ભાવ ઓછા કરતા નથી. ઉપરાંત જુદા જુદા પેટ્રોલ પંપ ઉપર પેટ્રોલ ડીઝલની કિંમત તે પેટ્રોલ પંપના બોર્ડ ઉપર જ જોવા મળે છે. જેથી ઈંધણની કિંમત ગ્રાહકોને અપટુડેટ રીતે મળે તે માટે સરકારે સ્ક્રીમ દાખલ કરી છે. જે અંતર્ગત પંપોએ તેમની કિંમત વિવિધ રીતે બતાવવી પડશે. એવું કોમ્પીટિશન એન્ડ માર્કેટ ઓથોરિટી મારફત જાહેરાત થઈ છે.

જેથી નવી સ્ક્રીમ મુજબ પેટ્રોલ-ડીઝલના ભાવો ફોન ઉપર અને સેટનાવ ઉપર પણ દર્શાવવામાં આવશે જેથી ગ્રાહકો બીજા પંપો સાથે કિંમતની સરખામણી કરી શકશે. વળી આ પદ્ધતિથી કોમ્પીટિશનમાં પણ વધારો થશે.

જર્મની ખાતે સિરીયન રેફ્યુજી બન્યા પ્રથમ મેયર

રવ્યાન અલ્શોબ્લે (ઉંમર ૨૯વર્ષ) ૨૦૧૫માં દરિયાઈ માર્ગે સિરીયામાં થયેલ સિવિલ યુદ્ધ વખતે રેફ્યુજી (શરણાર્થી) તરીકે જર્મની આવ્યા હતા. તેમણે સિરીયામાં બેન્કીંગ અને ફાયનાન્સમાં ઉચ્ચ શિક્ષણ મેળવ્યું હતું અને ડિગ્રી પ્રાપ્ત કરી હતી. જર્મનીના નાના ટાઉનમાં રહી અહીં પણ એમણે વધુ અભ્યાસ કર્યો હતો અને જર્મન નાગરીકતા મેળવી હતી. જુન માસમાં જર્મનીના એક નાના ટાઉન ઓસ્ટેલેશનમાં તેમણે મેયરપદની ચૂંટણી લડી બે જર્મન ઉમેદવારને હરાવી ૫૫.૪ ટકા મતો મેળવી વિજય હાંસિલ કર્યો હતો. આમ જર્મનીમાં શરણાર્થી તરીકે આવેલ મેયર બનનાર તેઓ પ્રથમ વ્યક્તિ બન્યા છે.

પયગામનું ભવિષ્ય

પયગામના જુન માસના અંકમાં અમે પયગામના ભવિષ્ય અંગે કેટલીક માહિતી પૂરી પાડી હતી. જે અનુસાર પયગામને ચાલુ રાખવાના અનેક પ્રયત્નો, પ્રકાશનની વિવિધ પદ્ધતિ અને નાણાકીય પરિસ્થિતિ ઉપર દર માસે વિસ્તારથી ચર્ચાઓ અને બીજી માહિતી મેળવવામાં આવી રહી છે. ત્રણ માસ ઉપર નક્કી કરવામાં આવેલ પ્લાન મુજબ ધ્યાન આપી ઓગષ્ટ-૨૩નો અંક પણ પ્રિન્ટિંગવર્કન સહિત ઓનલાઈન રૂપે બહાર પાડવાનું નક્કી થયું હતું. અને હવે આવતા ૩ મહિના સુધી (સપ્ટેમ્બર થી નવેમ્બર) ફક્ત ઓન લાઈન ડીજીટલ કોપી થોડા ઓછા પાના સાથે પ્રગટ કરવામાં આવશે. અને આ મહિનાઓ દરમિયાન પયગામ કમિટી લોકોનો અભિપ્રાય, સજેશનો અને તેની જાળવણી ઉપર કામગીરી કરશે.

વાંચકોને ઓનલાઈન પયગામનો અંક સરળતાથી મળે અને વાંચી શકે તે માટે ટેકનીકલ અને મીડિયા અનુભવીઓ સાથે વાતચીત કરી રહ્યા છે. અમે આ તકે તમારા સહકારની આશા રાખીએ છીએ. છેલ્લા કેટલાક વર્ષોથી અમારી વેબસાઈટ (Imws.org.uk) સોશિયલ મીડિયા ઉપર વિવિધ ગૃપો અને વ્યક્તિગત રીતે જેમ ડીજીટલ ઓન લાઈન કોપી મોકલી રહ્યા છે કે પ્રગટ કરી રહ્યા છીએ તે ચાલુ જ રાખવામાં આવશે. અને વધુ લોકો ઓનલાઈનથી જોડાય પયગામ અંક મેળવી તેની કાળજી લેવામાં આવશે. તમે પણ તમારી વિગત (ફોન નંબર- ઈમેઈલ) વગેરે આપી શકો છો જેથી તમને પણ કોપી ડાયરેક્ટ મળી શકે. અમારા મોટી ઉંમરના વડીલો અને જેઓ સોશિયલ મીડિયા વગેરેના અનુભવી નથી અને પ્રિન્ટ કોપી વાંચવાનો રસ ધરાવે છે તેઓ ફોટોકોપી કરેલ પયગામનો અંક અલ હિકમાહની ઓફિસેથી મેળવી શકશે.

લગભગ ૩૧ વર્ષથી નિયમિત રીતે પ્રગટ થતા પયગામને પ્રિન્ટવર્કનથી બંધ કરવું એ આપણાં દરેકના માટે એક દુઃખદ ઘટના છે. પરંતુ આજના આધુનિક અને સોશિયલ મીડિયાના જમાનામાં તેની સાથે કદમ મિલાવી અમારે પણ ના છૂટકે આગળ વધવું પડે છે. વળી નાણાકીય ખોટ એટલી મોટી છે કે, જેને સહન કરવું હવે તદ્દન અશક્ય છે. વેપારીઓ હવે તેમની એડવર્ટ મૂકતા બંધ થયા છે. દર માસે ૧૫૦૦ પાઉન્ડથી વધુની ખોટને પહોંચીવળાય એમ નથી. જેથી અમારે પણ દરેક વિચાર કરી આગળ વધવું પડે છે.

આશા છે આપ સૌનો સહકાર અમને મળતો રહેશે અને પયગામ કમિટીના નિર્ણયનો તમે પણ સ્વીકાર કરશો.

એનએચએસ ને વડા પ્રધાન રિશી સુનાક તરફથી મોટી મદદની જાહેરાત

બુધવાર તારીખ ૧૨મી જુલાઈના રોજ લંડનની વેસ્ટમિનસ્ટર એબી ખાતે નેશનલ હેલ્થ સર્વિસ (NHS)ના ૭૫માં વર્ષની ઉજવણીના એક પ્રસંગમાં ખ્રિસ્તી, મુસ્લિમ, હિંદુ અને શીખ સમુદાયના ધર્મગૂરૂ સહિત હેલ્થ કેરના કર્મચારીઓ, લેબર પાર્ટીના સાંસદો ડ્યુક એન્ડ ડેચેસ ઓફ એડિનબરો અને બીજા મહાનુભાવોએ હાજરી આપી હતી. આ પ્રસંગે એનએચએસના કર્મચારીઓની કામગીરીને બિરદાવવામાં આવી હતી. ઉપરાંત એનએચએસની સ્થાપનાથી

આજદિન સુધીની તેની કામગીરી અને પ્રણાલિકા ઉપર ચર્ચાઓ થઈ હતી. આ પ્રસંગે બોલતા બ્રિટનના વડા પ્રધાન રિશી સુનાકે કહ્યું હતું કે, છેલ્લા કેટલાક વર્ષથી બ્રિટનની હેલ્થ કેર તેના કપરા સંજોગોમાંથી પસાર થઈ રહી છે. છતાં બ્રિટનના તમામ લોકોની સંભાળ રાખી રહી છે. આગામી વર્ષોમાં એનએચએસના ગૌરવને જાળવી રાખવા અને તેને સહાય આપવા પ્રતિબદ્ધ રહેવું પડશે.

૫મી જુલાઈ ૧૯૪૮ના રોજ એનએચએસની શરૂઆત થઈ હતી. અને તે સમયે જાહેરાત કરવામાં આવી હતી કે, આ હેલ્થની સેવામાં દરેક વ્યક્તિને મફત સારવાર પૂરી પાડવામાં આવશે. અનેક યઠાવ ઉતાર વચ્ચે હેલ્થ સર્વિસ યુ.કે. વાસીઓને મેડિકલ સુવિધા પૂરી પાડી રહી છે.

એનએચએસની અપાતી સુવિધાથી બ્રિટનની પ્રજા આજે સંતુષ્ટ નથી અને કેટલાક માની રહ્યા છે કે આવતા વર્ષોમાં એની સેવા કદાચ વધુ ખરાબ હશે. ઘણાં લોકો માને છે કે તે વધુ પડતા કામના દબાણ હેઠળ છે. વર્ષે ૧૦૬૪૨થી વધુ કર્મચારીઓ નોકરી છોડી રહ્યા છે. સારવારની ડીમાન્ડ વધતાં અને વધી રહેલ ખર્ચને પહોંચીવળવા એના સામે એક મોટો પડકાર છે.

આ પ્રસંગના કેટલાક દિવસ અગાઉ રિશી સુનાકે એનએચએસને સુધારવા ૧૫વર્ષની એક યોજનાની જાહેરાત કરી હતી. જે હેઠળ આવતા વર્ષોમાં ૬૦૬૪૨ ડોક્ટરો, એક લાખ ૭૦૬૪૨ નર્સ અને ૭૧૬૪૨ બીજા હેલ્થ સ્ટાફની તબક્કાવાર ભરતીની જાહેરાત કરી હતી. ઉપરાંત આવી તાલિમ લઈ રહેલ વિદ્યાર્થીઓની સંખ્યામાં અને ટ્રેનિંગ ક્લાસમાં વધુ ભરતી કરી હેલ્થ સર્વિસનું વિસ્તાર કરવામાં આવશે. આ માટે આવતા પાંચ વર્ષમાં સરકાર તરફથી ૨૪બિલિયન પાઉન્ડની વધારાની મદદ પૂરી પાડવાની જાહેરાત પણ કરી હતી.

ભૂલી ગયો

બ્રેડ ચાખીને તું સૂકો રોટલો ભૂલી ગયો
ચૂસ્તો તો કેરીનો તું ગોટલો ભૂલી ગયો.
પોચા પોચા બેડ પર આરામ લઈને તું હવે
તૂટેલો કાથીનો પેલો ખાટલો ભૂલી ગયો.
સ્નાન કરવાનું મળ્યું ટબ-બાથમાં બેસી અહીં
એટલે તું ચોકડીનો પાટલો ભૂલી ગયો.
ફાનસ નથી સળગાવવી પડતી અહીં તેથી જ તો
ધાસતેલ લેવા જવાનો ખાટલો ભૂલી ગયો.
સૂટ પહેરીને ફરે છે કેટલો ઊંચો અહીં
પહેરીને ફરતો હતો બૂટ ફાટલો ભૂલી ગયો.
તું રમે છે આજ તો બીન્ગો કસીનોમાં રમત
કોડીઓ રમતો હતો તે ઓટલો ભૂલી ગયો.
ઈંગ્લેન્ડમાં મેમના બોબહેર જોઈને “સૂફી”
તું હવે તો બોલવાનું ચોટલો ભૂલી ગયો.

-મહૂમ સૂફી મનબુરી.



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



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