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#PuttingOthersFirst

On a sunny 15th January 2020, the Duke and Duchess of Cambridge visited MyLahore Bradford to celebrate togetherness and community spirit. It was an amazing day, and we wanted to mark the anniversary of their visit with something special...

So we cooked up a little idea, and a year later on 15th January 2021, we asked for nominations for 21 unsung local heroes. Heroes who were hidden stars in their communities, and who had gone above and beyond in the previous twelve months or so – from brave key workers to selfless stay-at-home parents.

We really wanted to recognise inspirational everyday people who had been #PuttingOthersFirst, and thank them in our own small way with £100 MyLahore Gift Cards. We received hundreds of incredible entries, and after a near-impossible selection process, we have our 21 MyLahore Community Champions 2021! We've jotted down in this little booklet snippets of stories of some of our Champions (a few wished to remain anonymous). We hope you find these heart-warming tales as beneficial and inspirational as we do.

Thank you once again, to all our Champions, to all the other hundreds of wonderful people nominated, to those who took the time to make nominations, and of course to the Duke & Duchess for inspiring this idea!

With love, MyLahore





Shaheen - Hospital Chaplain

What's been said about Shaheen:

"...she has been such a supportive person throughout the pandemic. I lost my mother in November 2020 and this is where me and my siblings got to know her through the chaplaincy service. She was there with my mum from the first day she was admitted with COVID 19, until the last breath she took."

"The love and passion she has for her work was shown clearly. We were impressed by the dedication, the enthusiasm and the commitment to quality shown. We've never met before or knew anything about her but felt like she was one of our family. She helped us through thick and thin and even when my mum met her for the first time she loved her from the heart just as her own daughter."

"Nothing we do will ever be enough to show how much we appreciated her support. Mentally and physically with tears rolling down our eyes, to holding our hands down the corridors flooded with distraught patients, she really helped us and many others from what I heard."

Akbar - Charity Volunteer

What's been said about Akbar:

"The world would be a much better place if it was full of people like Aky; he makes a difference to people's lives. He's an absolute inspiration and always sees the ability not the disability in people, which makes him a very special person."

"He gives his time for free and juggles a full time job alongside his family life. Since Covid's appearance in March Aky has hosted daily 1 hour Zoom meetings to keep the members connected. Aky has arranged talent nights, musical bingo, a cake competition, quizzes and most recently secured funding to deliver Bollywood dance sessions, virtual face painting and many physical activities to get its members moving."

"Without Aky a few of the families would have found this whole experience very isolating and have said the Zoom meetings have been a lifeline and something to look forward to each day."

"In addition to the Zoom meetings Aky has also helped put food on the table of those in need by appealing to local restaurants and supermarkets and personally delivers these alongside other volunteers."

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COMMUNITY

CHAMPION

Shazia - Head Teacher

"This amazing woman has put herself last throughout the pandemic. She

has 3 children, one in primary school, and has maintained a balance of home schooling whilst leading her own school through a global pandemic. She has supported staff, children and families when the government fell short; providing devices, food parcels and vouchers far before the government

"...she has listened and helped staff through illness, personal difficulties and

bereavement and ensuring their wellbeing whilst neglecting her own."

"She has elderly, shielding parents and has been on hand for everything

Thank you again from all at MyLahore - you inspire us!

"She has worked through weekends, holidays and throughout the summer, and in her 'spare' time volunteered with community testing. This lady is

What's been said about Shazia:

got their act together."

they need."

phenomenal."

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Raheela - Deputy Pathology Manager

What's been said about Raheela:

"She works in the private healthcare industry [which has helped to] take the strain off the NHS and look after patients for them as they deal with coronavirus patients. She is the Deputy Pathology Manager...and is also the lead for blood transfusion.... Raheela is an asset to both her workplace and family/home life, a real life super hero. Her work colleagues have nothing but praise for her hard work and dedication. During the pandemic she has supported both hospital sites with the transition of oncology & chemotherapy services."

"She is always ready for the day and even put on call last minute for work. On numerous occasions she has cancelled her annual leave days just to go in and support her work colleagues when they've really needed her. She is working most days currently and is putting herself at risk leaving 2 kids at home most days with her husband."

"After grafting hard, she tends to go and shop for her parents who are high risk and vulnerable and are self isolating and also other neighbours in the same position too. She also helps to look after her severely sick father who is disabled. She always goes above and beyond."

"When we ask her if she wants or needs anything her reply is always the same 'please remember me in your prayers'. We are so proud of her in these testing times. May God bless us all and give her strength to power on!"

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Fitnete - Trainee Midwife

What's been said about Fitnete:

"She risked her life every day that she went to hospital, to coach mothers that were having to face the birthing and labour process completely alone, without their families and without their husbands, which I'm sure you can imagine would be completely terrifying and traumatic. She refused to back down because of COVID-19, and continued to march on in her mission of guiding and comforting mothers when they are most vulnerable and in pain, ensuring that every single one of those mothers also didn't back down or give up because of the dangerous atmosphere created by the virus."

She ensured to provide company to lonely, stressed, hyperventilating birthing mothers, she guided and trained them every step of the way, she fed the mothers and babies when their bodies had given up, she helped them shower, she provided moral support, she provided breathing support, she safely and successfully delivered each baby...".

"Especially considering she is currently a trainee midwife, I completely commend her as an individual and as a professional, for putting struggling mothers in labour first, before herself. I couldn't recommend anyone else with more commitment, kindness and the most clean and honest heart. Just outstanding in all areas."

Zieda - Homemaker, Wife, Mother & Grandmother

What's been said about Zieda (from one of her daughters):

"From having a regular routine as a homemaker my mum was faced with having...4 daughters and her husband working from home permanently. That was a real challenge for her as she managed her normal routine with the added pressure of cooking and cleaning for all in the house."

"On top of that, as I, her 5th daughter, am a key worker, she was in my support bubble so looks after my children when I have work. She has done online learning with the children and had tried her best although English does not come naturally to her."

"She has also kept in contact with all her family and neighbours and cooked for the ones that have been ill and shopped for essentials for the ones that were isolating. She has been a hero and a lifesaver for many throughout this time."

Thank you again from all at MyLahore - you inspire us!

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Sehar - Carer & Trainee Teacher

What's been said about Sehar:

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"She wakes up every morning at 6am to get ready for her placement for her training at school to become a teacher - Mon-Fri. She is a full time student. On the weekend she wakes up at 5:30am to go to work & works all day weekends as a carer She does all this to help the community and never has a day off. She is someone who is dedicated to her job and to helping people."

"When she goes home after work and after her placement, she home schools her 3 siblings who are in Year 1 & 2. She has very little to no time for herself. She is always out to help others and forgets about herself. Always willing to help others no matter what."

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THANK YOU

CHAMPION

Faizah - Senior Psychological Therapist

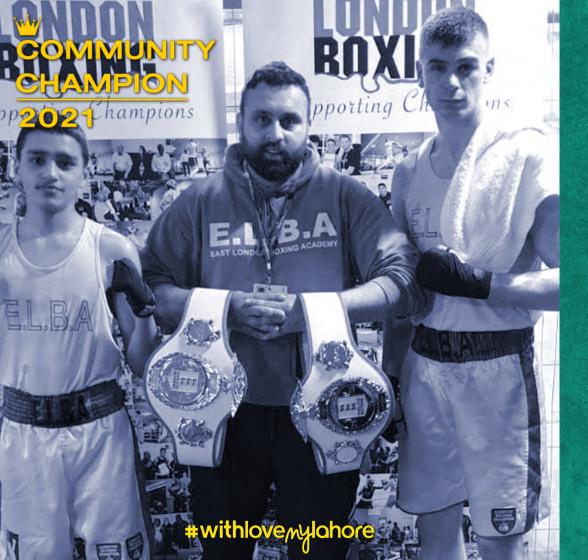
What's been said about Faizah:

"As a psychotherapist, Faizah has helped many people affected by the pandemic and those affected otherwise. She has selflessly sacrificed her own time and put aside her own emotions so that other people could lead a better life. There have been times where she herself has been in difficult situations, but when the time comes she drops everything to do her job and help others."

"The world believes that psychotherapists/psychologists are unaffected by mental health problems due to the nature of their work. Little do they know that some have lost their siblings, friends and loved ones due to covid-19; and this would affect anyone."

"[Faizah] has worked tirelessly during the pandemic as a senior psychological therapist trying to support people during this difficult time whilst also going through the pandemic herself. She's been isolated from friends and family, working 12 hours shifts some days working with clients and barely having time for her own mental health or to even cook herself a meal!"

"At a time like this we all thank doctors and nurses but forget about those that are working with the community to help them with their mental health. In addition to this, she has lost someone near and dear to her due to covid but continued to support others and putting them first. And she loves the chicken lasagne so it's a bonus!"



Umer - Head Boxing Coach

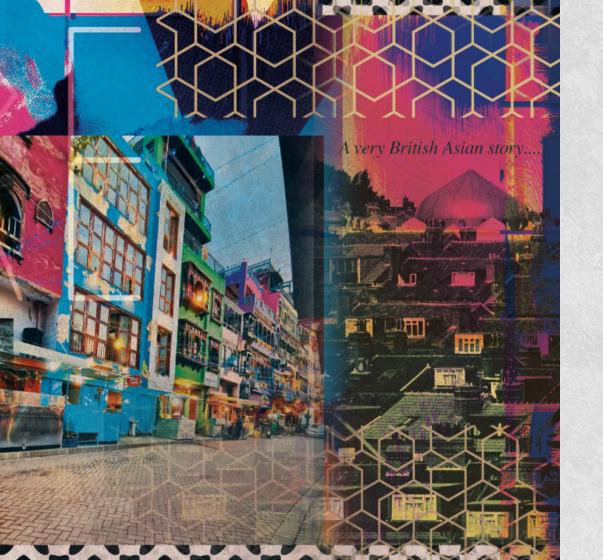
What's been said about Umer:

"He has taught us many life skills, from disciplining our emotions, to respect for others. He believed in us before we even believed in ourselves. He's created a friendly and loving environment and makes each session a laugh and enjoyable, and he's changed the lives of mine and many others by giving us something to work for and to achieve and keeping us motivated - he's more than just a coach, we're a family."

"This last year has been hard with gyms closed across the country and no government funding or support to grass roots boxing and many gyms have been closed down. This young man has held down a fulltime job and put his own money into the gym to keep it afloat, to make sure young people's dreams can come true."

"During lockdown he has set up weekly zoom meetings for the local community to stay active with boxing exercises and also mental health techniques. He also continues to run the admin for the boxing club, keeping in contact with boxers who often have no other outlet, continues to work in his full time job and looks after his young family."

"Tireless commitment to improving the physical, educational and mental well-being of young people in the area. Coach inspires club members to show self discipline, respect and commitment with his good natured no nonsense attitude. He gives up huge amounts of his personal time to focus on each individual and sees the whole person, not just as boxers but as citizens."



FLAVOURS FROM A JOURNEY

MyLahore is rooted in Yorkshire in a world of small kitchens yet huge hearts, where families tuck into everything from samosas to shepherd's pie, and karahis to cornflake tarts. It's a very British Asian story that just had to be shared!

We love to bring people together around great food and vibrant, fulfilling experiences. We're inspired to build on the pioneering migrant spirit of those that journeyed before us, and pass on something positive to those that come after us.

Our menu is famously diverse, with something for everyone, and we just love offering up tastes of adventure as well as culinary strolls down memory lane.

So in a hectic world, why not slow down and savour the moment with us, as we bring you flavours from a very colourful journey...



#PuttingOthersFirst

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