

BPF June Newsletter: Ramadan Mubarak From The Team At BPF

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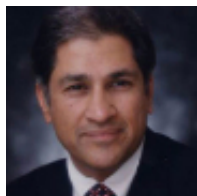
June 2015

Message from BPF Chairman:

Dear Readers,

With the start of the Islamic holy month, The British Pakistan Foundation wishes everyone a happy Ramadan. We hope this month is a blessed one for you and your family and friends.

With Warm Regards,



Asif Rangoonwala

Chairman
British Pakistan Foundation

UPDATE FROM THE BPF TEAM

Welcome to the June edition of our monthly newsletter.

In this issue, we provide you a catered list of upcoming events, a recap of our last event, *Entrepreneurship, Networking and Business Pitching*, news relevant to the British Pakistani community as well as volunteer opportunities at BPF that may be of interest to you.

We are always open to submissions to promote the work and efforts of the British Pakistani community nation-wide. Feel free to drop us a line about latest events and happenings in your local vicinity to: info@bpfuk.org.

Finally, to stay informed about the latest happenings at BPF, you can follow us on Twitter [@BPF_UK](#) or Facebook via [BritishPakistanFoundation](#). We also feature our updates via our website at www.britishpakistanfoundation.com.

IN THIS ISSUE

[Tips and Resources for Ramadan](#)
[Upcoming Events](#)
[Past Events](#)
[News & Highlights](#)
[Volunteer Opportunities at BPF](#)

TIPS AND RESOURCES FOR RAMADAN

Ramadan Timetable

Timetable for Iftar and Suhoor for people living in the UK and Ireland: [\[Click Here\]](#)

NHS Guide to Healthy Fasting during Ramadan

Check out tips, contact information, and other guiding facts about staying health during Ramadan fasts: [\[Click Here\]](#)

Managing Diabetes while Fasting

Advice and tips on managing diabetes while fasting. Developed in partnership with the Muslim Council of Britain's Diabetes Advisory Group: [\[Click Here\]](#)

UPCOMING EVENTS



Pakistani Mangoes at Taste of London 2015

17-21 June, 2015 | Regents Park

The Pakistan High Commission proudly brings you a taste of Pakistani mangoes at London's annual 'Taste of London' festival at Regent's Park.

Check out the stall Q4 for a free tasting.

Book your tickets

here: <http://tasteoflondon.seetickets.com/tour/taste-of-London>.



Ghazal Ensembles - Persian and Indian Improvisation

28 June, 2015 | Cadogan Hall, SW1X 9DQ

The spellbinding Ghazal Ensemble continues its highly influential and original Persian and Indian collaboration with a rare performance. Iran's kamancheh (spiked fiddle) master Kayhan Kalhor and India's sitar (stringed lute) virtuoso Shujaat Husain Khan have toured the world over to critical acclaim for creating this intoxicating, delicate fusion. They are joined by the superb tabla player Sandeep Das.

Book your tickets

here: <http://www.cadoganhall.com/event/ghazal-ensemble-150628/>



Southall's Big Community Iftar

3 July, 2015 | Ealing, Hammersmith & West London College - Southall Campus

Support Khadeejah Welfare Foundation, a UK registered Charity that supports survivors of domestic abuse, at their annual community iftar in Southall for a night of fundraising, stalls, henna, and children's activities

Book your tickets here:

<https://www.eventbrite.co.uk/e/southalls-big-community-iftar-tickets-17268177584>



2015 Charity Iftar on the Thames

8 July, 2015 | Tower Millennium Pier

Join Islamic Relief for the biggest Muslim Professionals Charity Iftar function on the Thames. Enjoy a luxury 3 course dinner, a charity auction, special guests and entertainment.

Online bookings only: thamesiftar.com



HaLOL Comedy Night: Eid Special

20 July, 2015 | The Comedy Store, SW1Y 4EE

Back by popular demand, HaLOL Comedy Night: Eid Special will be hosted by the great Imran Yusuf, featuring popular acts such as Nabil Abdulrashid, Tamer Kattan, Tez Ilyas, Shazia Mirza, Sol Bernstein, Pete Johansson and In Cahoots.

Showcasing the diversity of today's British comedy culture, Imran has once again brought together some of the best in British comedy today for this unique show that will challenge stereotypes and misconceptions of the role of faith, multiculturalism, and values in Britain today.

Book your tickets [here](#)

PAST EVENTS

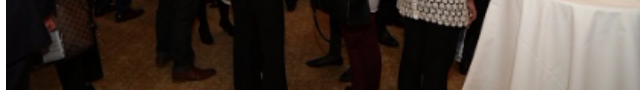
BPF Entrepreneurship, Networking and Business Pitching

04 June, 2015 | The Ritz



The British Pakistan Foundation hosted the second edition of its Business and Professionals Club networking series on 4th June, 2015 at The Ritz, London.

The event was themed at promoting entrepreneurship and business synergies among the British Pakistani community.



The event featured some of the UK's premier, award-winning business speakers who shared their success stories, and insightful tips, on how to launch and build a successful business venture.

Speakers included: Bill Morrow, CEO of Angels Den, Daniel Murray, Co-Founder Grabble, Henna Riaz, 360 Audit, Julianne Ponan, Creative Nature and Imran Khan, of Imran Khan Partners & Solicitors.

For more information about the event, to see [pictures](#) and videos of the featured speakers, [click here](#).

Pakistan Fashion Extravaganza

31 May, 2015 | Kensington Gardens Hotel

Ali Malik of Vision Events International in association with Danmirr Consultants presented Pakistan Fashion Extravaganza 2015, at the Kensington Gardens Hotel on 31st May, 2015. This event was supported by the British Pakistan Foundation.

This exclusive fashion show was hosted by Pakistani host Ayesha Sana and featured a live performance, top Pakistani and international models, and Pakistani fashion designers including: Umar Sayeed, Mehdi Collections, Neelo Allawala, Kuki Concept, Saira Rizwan, Aliya Omar, Faisal Ishtiaq Ehmar, Khazina, Sidra Khalid and Texheeb London.

Pakistan Society Dinner

03 June, 2015 | Lincoln's Inn

The Pakistan Society held it's 62nd annual dinner at the Great Hall of Lincoln's Inn in London.

The event featured keynote speeches by His Excellence Syed Ibne Abbas, Pakistan High Commissioner to the UK, General Sir Nicholas Carter, British Chief of the General Staff and Sir William Blackburne, Chairman of the Pakistan Society.

To read more about the event, [click here](#).

NEWS & HIGHLIGHTS

High Commissioner meets Pakistan Community in Slough and Reading

15 June, 2015



As a part of his ongoing outreach programme, H.E. Syed Ibne Abbas, Pakistan High Commissioner to the UK visited Slough and Reading on 12 & 14 June 2015, respectively, and met the Pakistani community living in those areas.

A large number of community members attended the gathering and shared community issues with the High Commissioner. They included Mayors, Councillors, business persons, academia and media persons.

The High Commissioner interacted with the community members individually and listened to their views about community issues and their suggestions to resolve them. He assured the community of the provision of better consular services and informed them about the steps taken in that direction during the last few months.

Read more [here](#).

BPF Chairman, Asif Rangoonwala wins Lifetime Achievement Award at English Asian Business Awards 2015

08 June, 2015



The English Asian Business Awards presented by Lloyds Banking Group took place on Monday 8th June 2015. The winners were revealed at a ceremony at the Mercure Manchester Piccadilly Hotel.

The event acknowledged and celebrated the accomplishments, determination and hard work of professionals and organisations from the Asian business community across England.

The event also featured high profile guests including: professional boxers Amir and Haroon Khan, British actor George Newton and Coronation Street star Marc Anwar.

See a complete list of winners [here](#).

British Pakistani MP Sadiq Khan Eyes London Mayorship

03 June, 2015



Sadiq Khan, the MP for Tooting, former transport minister, and shadow minister for London has announced his candidacy for the



Shadow Minister for London, has announced his candidacy for the 2016 mayor elections in London.

Read more [here](#).

VOLUNTEER OPPORTUNITIES

CALL FOR VOLUNTEERS

British Pakistan Foundation

The British Pakistan Foundation is looking for dedicated and enthusiastic volunteers to help with all ends of our operations.



If interested, please send your CV to info@bpfuk.org



Join BPF's Membership Programme [\[Click Here\]](#)

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The British Pakistan Foundation
Room F57A, First Floor
New Wing, Somerset House Strand
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