

# Ashuk credited as a creator of happiness

by Bev Creagh

ASHUK Ahmed of Luton's award-winning Mitalee Youth Association was named in the Independent On Sunday's 2009 Happy List.

According to the paper Ashuk, of Austin Road, is one of 100 people - including naturalist Sir David Attenborough, civil liberties campaigner Shami Chakrabarti and Olympic swimmer Rebecca Adlington - who make us a better, more caring and contented nation.

The citation reads: "In Luton, where a third of the population is from ethnic minorities, this council worker founded the 24-hour radio station Diverse FM as a platform to promote community cohesion.

"The station is part of the 20-year-old Mitalee centre, which Ahmed co-founded to keep kids off the street. It offers youths accredited broadcasting courses and the chance to run their own show."

Ashuk, who recently returned from Bangladesh with a group from the youth association, still can't believe he appears on the list alongside such illustrious company.

He said: "This is such a huge honour for me. But there



**CITATION: Ashuk Ahmed, named on the Independent On Sunday 2009 Happy List for his community work in Luton**

are many organisations in the voluntary sector in Luton working hard to make the town a better place for all to work and live in.

"For a national newspaper to recognise the achievement of Diverse FM and Mitalee

mittee members and volunteers and in particular Mick Foster, chair of Diverse FM, and Mehboob Koyes, Mitalee's youth development worker, who contribute many long voluntary hours of support."

This is the second year of the Happy List.

An Independent On Sunday spokesman said: "Last year it attracted attention all round the world for acting as a counterweight to all those Rich Lists, Power Lists and Celebrity Lists that worship the moneyed and famous.

"Instead, our list celebrates some of the people in Britain who give back, enhance the lives of others, and realise that, in an acquisitive society, there's a crying need for values other than materialism.

"What we look for in Happy List nominees are those who make the lives of strangers happier, more comfortable, or fulfilling.

"We sought people in all walks of life, from philanthropy and charity work, mental well-being, physical health, pleasure, media, culture, environment, innovation, volunteers and time-givers, community activity, and entertainment."

>> Do you know someone who would qualify for the Happy List? Let us know why - our contact details are on page 12.

## TV weathergirl Sian has Pasque funds campaign off to a tea in sunny way

WELSH weathergirl Sian Lloyd, pictured right, is fronting the Luton-based Pasque Charity's Tea At Three campaign.

The ITV presenter appeared on UKTV Food's Market Kitchen to promote the event and is hoping Bedfordshire will make every cup count for the adult and children's hospices.

Sian is a strong supporter of hospices nationwide. Her husband, Jonathan Ashman, has family living in the area and the couple are keen to get behind the Pasque appeal.

The small screen celebrity, whose autobiography *A Funny Kind Of Love* was launched earlier this year, explained: "Tea At Three is an inspiring fundraising idea and will hopefully connect with people on a personal level.

"Having a cup of tea is an established part of our society so absolutely anyone can take part and help the Pasque hospices."

She added: "Families visiting loved ones at the adult and children's hospices are made to feel safe and comfortable by the friendly staff and volunteers. They share a cup of tea in times of need - Tea At Three mirrors this warmth and support."

Tea At Three is a simple way to raise money doing what most of us enjoy already - getting together for a cuppa and a chat, whatever the weather. And whether your bag is herbal infusions, filter coffee or, like Sian, a Welsh cream tea, it's a great excuse to gather friends, col-



leagues or neighbours to catch up over a brew.

All the Pasque requires is a small donation so that each cuppa counts towards its 'tea total'.

To offer your support this June, down tools and take time for tea like Sian. You might want to get together at home, in your village hall or at your local cafe - the venue is completely up to you. And you don't have to stop at tea - you can serve whatever drinks you like, make cakes, hold a raffle or do anything that will help raise even more for hospice care.

All the money raised in June's Tea At Three events will go towards supporting adults and children with life-limiting illnesses at the Pasque adult hospice and Keech Cottage children's hospice.

>> If you would like to take part, visit [www.pasque.org/tea](http://www.pasque.org/tea), email [events@pasque.org](mailto:events@pasque.org) or call 01582 707940 for a fundraising pack.