

the situations victims had suffered. There was a 60-year-old woman who had lost a laptop computer which had been a family present for her 60th birthday, loaded with family photographs.

Another was a mother of a newborn baby who had got up in the night for feeding and could well have confronted the burglars.

One victim had since moved house, never again feeling safe

operation is to be sentenced later at a different court.

Six of those sentenced on Monday had pleaded guilty to conspiracy to burgle. Their involvement ranged from being involved in two raids to 13. Some were drivers who did not enter the properties.

Before the court were Jamie Egan, 20, of Hallwicks Road, Luton, who was sentenced to 42 months youth custody and Charles Bunyan, 19, of Ches-

ford Road, Luton, pleaded guilty to handling property stolen from one burglary.

He was given a 40-week sentence suspended for 12 months with a three-month curfew and £1,000 in costs, compensation and a fine.

The burglaries were in Luton, Markyate, Harpenden, Stanbridge, Hockliffe, Baldock, Shillington, Turvey, Carlton, Heath and Reach, Filtwick and Maulden.

# Big date at the Palace as proud Ashuk receives deserved MBE

by Bev Creagh

AWARD-WINNING Luton community worker Ashuk Ahmed has visited Buckingham Palace to receive an extra special accolade – an MBE.

The father-of-four was recognised for his outstanding services to young people.

He collected the honour from the Prince Of Wales, who offered personal congratulations after hearing that one of his projects – Diverse FM, Luton's first full-time community radio station – was supported by The Prince's Trust.

Ashuk, of Austin Road, Luton, is the force behind a number of nationally recognised Luton-based initiatives to bring young people together.

He was instrumental in setting up the Mitalae Youth Association Summer School as well as a youth exchange programme with Bangladesh. Ashuk made the occasion a



HONOUR: Ashuk Ahmed

family affair, taking his wife Luthia, son Nasim, niece Moniha and brother Zuneid to the palace with him.

He said: "It was really good. The ceremony took place in a fabulous room with the most beautiful artwork.

"The whole process was fascinating – all the protocols. We

were told what was to happen and how we should address Prince Charles – either as Sir or Your Royal Highness.

"First you have to bow, he gives you the award, shakes hands and has a little chat.

"Then you walk away backwards. I had the opportunity to talk to him about some of the projects I'm involved with.

"When I mentioned Diverse FM was initially set up with a grant from The Prince's Trust M Power millennium awards, he congratulated me and thanked me for developing such a successful project with the trust's support."

The youth exchange programme, which Ashuk has been running since 1991, gives young people from disadvantaged and different cultural backgrounds the opportunity to travel to Bangladesh to work on educational activities and projects.

The aim of the appeal is to make a positive change to the lives of disadvantaged children and young

It's not too late to donate, so get more information about Children In Need log on to [www.bbc.co.uk/pudsey](http://www.bbc.co.uk/pudsey)

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