

# It's all about you



Sarah Goad with, from left, Liverpool FC doctor Zafar Iqbal, Shahid Azeem, Shahzad Ahmad and Asif Rangoonwala. (Ref: WK120603\_4)



Shahid Azeem presents a gift to Kirin Hussain. Pictures: Allstair Wilson. (Ref: WK120603\_31)



WABF outreach manager Sangeeta Patel. (Ref: WK120603\_10)

# Slump? Now's the time to seize the day

by Beth Duffell

NOW is the time for entrepreneurs to realise their vision and start making money, according to businessman Asif Rangoonwala, the man who made his millions by selling bunsto KFC.

He was one of the speakers at the Woking Asian Business Forum on Thursday February 16 as the community gathered to be inspired by those who have achieved a great deal in their careers.

The forum, set up five years ago, has seen many impressive speakers over the years, from McLaren's Indy Lall to David Nusbaum, chief executive of WWF-UK and Baroness Sayeeda Warsi.

Opening the forum, Shahid Azeem, chairman and managing director of Guildford-based Arcom IT, updated everyone on the forum's work, including the 125 homes project in Pakistan and the education mentor work being carried out in schools through the Mosaic charity.

Guest speaker Dr Zafar Iqbal, the first team doctor at Liverpool FC, was the first to address the forum at the HG Wells conference and events centre in Woking. He gave a lively and thought-provoking speech, focusing on healthy eating and lifestyle.

Offering facts and figures in a visual presentation, which included an Olympic rings graphic made up of iced doughnuts, Dr Iqbal revealed the background to his career, including his role as a GP at Enfield PCT, his move into sports medicine following a knee injury and working as a team doctor for Leyton Orient FC and then Tottenham Hotspur.

Speaking of his passion for football and medicine, Dr Iqbal, also an ambassador for Sporting Equals, told the forum: "I may not know how to make money, but there are some experiences you can't put a price on."

He focused on the importance of physical activity and gave tips on the amount of time to spending exercising to reduce the risk of obesity, arthritis and respiratory problems.

He said one in four UK adults are obese and £1billion a year is spent treating it with wider costs of £10billion.

Mr Rangoonwala who followed Dr Iqbal, said the Liverpool medic's speech would be hard to match. Mr Rangoonwala is the founder of Eurobuns Ltd, a UK company that makes 140,000 buns an hour. A man who does not stop, he clearly is the one to talk to about setting up your own business. He is also chairman of the Rangoonwala Foundation, set up by his late father, which offers social development initiatives like medical centres and libraries.

His dream is to build the sport of powerboating. He already runs the World Championship for Powerboat P1. He spoke about making powerboat racing a more affordable pursuit.

Offering some wise words to his listeners about the world of business, he said: "Anything you want to do, do it yourself. Don't depend on people. People will let you down. They don't think like you, they don't work like you. They never will. Machines are always good. Machines you can fix. People you can't fix."

"This is a social depression. But it is a good opportunity for a lot of people to become really rich."

"If you have it in you to be an entrepreneur, then take a risk."

Dame Sarah Goad, the Lord Lieutenant of Surrey, gave the vote of thanks and praised the distinguished speakers and the contribution made by members of the community to making Woking "such a rich and vibrant place".

Speaking about the forum, Mr Azeem added: "Apart from the health, mentoring, business advice and social inclusion, what we also do really well is these networking events. We have really inspiring and high-profile speakers."

"Dr Zafar Iqbal is the first team doctor for one of the top football clubs in the world and he was the son of a bus driver. We run these events to break down some of these barriers and we have come a long way in five years."

Guests tucked into a three-course meal, provided by Lahore Masala of Woking. For more information on the forum visit [www.wabf.org.uk](http://www.wabf.org.uk).



Raja Mohammed Ilyas and Wendy Varcoe in conversation. (Ref: WK120603\_15)



Asif Rangoonwala delivers his speech. (Ref: WK120603\_32)



James Cox of Access Self Storage with Kevin Patrick of KP Products. (Ref: WK120603\_8)



Emma Patel and Helen Haversham of Barlow Robbins with Paul Nathanson. (Ref: WK120603\_11)



Better red... Liverpool FC club doctor Zafar Iqbal on the podium. (Ref: WK120603\_27)



David Graham-Smith, Jim McAllister and Roger Hawksworth. (Ref: WK120603\_6)



Dame Sarah Goad. (Ref: WK120603\_37)



Chaz Brooks and Pauline Hedges of Eastly England. (Ref: WK120603\_7)



Plenty to discuss on the night. (Ref: WK120603\_17)



Networking and the swapping of good ideas. (Ref: WK120603\_19)



Shahid Azeem warms to his show. (Ref: WK120603\_20)



Fine dining and conversation. (Ref: WK120603\_11)