



A kosher treat for a Passover seder

Meze services offer healthy options

What you'll need: Large platter of health provision, catering for different ethnicities, to produce an intriguing medley.

What you do: Arrange a smorgasbord of different services, dishes ranging from fitness facilities to flamenco dancing, that marries diverse local community partners. The ABCD Community project serves the All Saints and Blakenhall areas of Wolverhampton. Both areas have large BME – chiefly south Asian – populations that experience social deprivation, exclusion and health inequity.

The Graiseley Community Healthy Living Centre was set up by the local authority to further develop the work of the ABCD project. The refurbished school premises has a gym, runs health awareness, healthy eating sessions, exercise and social classes held, for example, by the Heath Town Senior Citizens African Caribbean Group and the Ekta Centre Asian Elders Group. The centre is run by the local authority, working with Wolverhampton PCT, the voluntary sector and the acute trust. 'We commission some of the activities,' says Stephanie Harris, the PCT's Director of Workforce. 'We work with the teachers and children from Graiseley Primary School – they are encouraged to take exercise and eat healthy meals, particularly breakfast.'

The insider: 'Instead of expecting people to come to the PCT, we go to them,' says Ms Harris. It's a project that is community-driven rather than health-driven, but in which health is a catalyst.'

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Kosher: Coconut Pyramids with Charoset

What you'll need: 2 eggs, 110g sugar, 220g desiccated coconut, 2 large cooking apples, 250g chopped raisins, 2 tbsp chopped almonds, dessert wine, icing sugar.

What you do: Beat together the eggs and sugar. Once the mixture is light and fluffy, add the desiccated coconut and stir into a gluey mess. Take a spoonful out, and use your fingers to make three or four-sided pyramids, 5 cm high. Bake at 190C for 18 minutes, until brown. Cool. For the charoset, peel, finely slice, and chop the cooking apples (this must be by hand). Put into a bowl with the raisins and chopped almonds, and pour in enough dessert wine so it's not swimming, just moist. Arrange a couple of the baked pyramids on a plate, dust with icing sugar, and spoon some charoset on the side. *Serves 4-6*

The insider: Charoset is eaten during the Jewish festival Passover to signify the mortar for the bricks the Israelites bonded while they were enslaved in Ancient Egypt.

Did you know? In Haringey Teaching PCT, historically a home for Jewish people, 166 languages are now spoken

April

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
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Religious festivals: 13 BAISAKHI (VAISAKHI) 20 PESACH (PASSOVER) 23 ST GEORGE'S DAY