



The Vietnamese are famous for their salads

## Gathering together the ingredients for change

**What you'll need:** Leadership that's *on the boil* about race inequality and health. *Grill* your organisation about its commitment to change. Give peers *flavour* of your reforms.

**What you do:** Study the *mix* of ethnicities in your area. In Leicester, health leaders know that the 2011 census is likely to confirm the city as the first in Britain where most people come from BME backgrounds. Yet, there is an inverse correlation between their health needs and care received.

So *turn up the heat*: 'As leader of the local health system, we must demonstrate responsiveness to the different needs that spring from such diversity,' says Tim Rideout, Leicester City PCT Chief Executive. *Bring in a top chef*: Leicester City is among the very first PCTs to appoint an executive director of equality and human rights to its board. The new director, Richard Chester, will challenge every part of the organisation to move the equality and human rights agenda forward. 'These issues will be addressed with real authority and visibility,' says Mr Rideout. *Serve at Top Table*: Mr Rideout is taking strengthened leadership in this field to the rest of his region. He has been appointed Equality and Human Rights Lead Chief Executive for the East Midlands Strategic Health Authority.

**The insider:** You may have to *break a few eggs* but the trick is good *blending*. 'Making breakthroughs on equality and human rights is best achieved,' says Mr Rideout, 'through organisations and peers working together.'

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## South East Asian: Chilli and prawn salad

**What you'll need:** 1 tsp caster sugar, juice and zest of 2 limes, 2 chopped red chillis, handful of coriander stems, 1 tbsp fish sauce, 1 tbsp light soy sauce, 40g golden-roasted sesame seeds (plus some for garnish), 12 prawns (peeled, cleaned, and de-veined), sesame oil, 2 tbsp soy sauce, ¼ white cabbage (shredded), 4 celery stalks (cut matchstick thin), 3 finely sliced spring onions, 2 finely chopped trimmed stems of lemongrass.

**What you do:** Make the dressing a day ahead. Mix the caster sugar, water and lime juice together in a saucepan. Boil until the sugar has dissolved. Add 1 chopped red chilli and the coriander stems. Pour into a blender and whiz up until smooth. Stir in 1 tbsp of sesame oil with the fish sauce, 1tbsp soy sauce and sesame seeds. The next day fry the prawns in sesame oil with 2 tbsp soy sauce until cooked. Add to a salad of white cabbage, celery stalks, spring onions, 1 chopped red chilli, lemongrass and lime zest. Pour over the dressing and garnish with roasted sesame seeds and chilli. Serves 2-4.

**The insider:** This is a great starter, or a healthy, stimulating lunch. You can make the prawns in the advance – they don't have to be served hot.

**Did you know?** Ho Chi Minh, the former Vietnamese leader, worked in a restaurant covered by Ealing PCT, in West London

## August

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**Religious festivals:** 24 KRISHNA JANMASHTAMI

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