



A quick, healthy and hearty soup

Warming dish for parents of children with disability

What you'll need: *Fresh* thinking about the difficulty BME parents have in accessing services for children with severe disabilities; *sprinkling* of para-professionals from BME communities to guide them through the *menu* of services.

What you do: *Stir up* services to recognise that BME parents of a severely disabled child often feel themselves in a *stew*, lacking knowledge and confidence with *crusty* clinical professionals. *Fill in* with experience from South Birmingham PCT which recruits people from BME communities to train as para-professionals to support development of 'expert parents'. *Roll out* trained recruits to specialist services such as special schools, Children's Disability Centres, Sure Start programmes, Children's Centres and district nursing teams. *Turn out* the para-professionals into the community to find parents of these children with disabilities. *Serves* as template for changing lots of services. 'The parents' experience may have been of a system that treated them unfairly,' says Billy Foreman, South Birmingham PCT's Assistant Director, Health and Social Policy. 'So, to find someone from their community at their door offering wide-ranging help rebuilds trust.'

The insider: Billy Foreman *heats up* the *simmering* debate: 'We are effectively re-engineering the relationship between parents and the NHS. It is changing from one in which the parents are passive into one that works for them and for their child.'

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Chinese: Mixed seafood and egg noodle soup

What you'll need: 250g cleaned and scored squid, 15 fresh medium prawns, 800ml fish stock, 1 tbsp soy sauce, 1 tbsp sliced ginger, 1 tsp sugar, 450g egg noodles, 200g inch-diced white fleshed fish, 50g sliced shitake mushrooms, a bunch of washed boc choy, spring onion, fresh coriander.

What you do: Cut the squid into 2-3cm strips. Peel and clean the prawns. Bring the fish stock to the boil in a large pot along with the soy sauce, sliced ginger, sugar, and egg noodles. Add the prawns and the fish. Reduce heat. After 1 minute add the squid along with the shitake mushrooms, simmer for 1 minute before stirring in a bunch of washed boc choy. Cook for another 30 seconds to a minute, checking that the fish is cooked through. Garnish with spring onion and fresh coriander. *Serves 4*

The insider: Stagger when you add each fish so they are all ready at the same time.

Did you know? 247,000 Chinese people live in the UK, 1,000 served by rural Shropshire PCT (2001 Census)

January

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Religious festivals: 1 GANTAN-SAI. 5 GUR GOBINDH SINGH BIRTH-FEAST OF THE NATIVITY 7 FEAST OF THE NATIVITY 22 MAHAYANA