



Perfect as  
an appetiser  
or a light  
lunch

## Winning five stars for your BME care

**What you'll need:** *Review* of how your current – and new – *menu of services* is rated for BME communities and how you can raise them to *Raymond Blanc* standards, via a Race Equality Impact Assessment (REIA).

**What you do:** Use an REIA to spot when your service leaves a group with an *empty plate*. Think where you went wrong and *cook up* some solutions. 'We have assessed about 40 of our services,' says Claudette Webster, Assistant Director, Access and Inclusion at Manchester PCT, which, alongside Wandsworth TPCT, leads the way in developing REIAs. 'We offer managers a three hour training session and toolkit and give them four weeks to complete the assessment.'

'Common themes have emerged – the need for standard referral processes that include information about access needs i.e. recording a person's language spoken, and need for an interpreter; more basic cultural awareness training of staff; improved publicity for services so they reach out into communities, as well as the thorny issues of needing to improve data collection and monitoring.'

**The insider:** 'Ask who resides in your area,' adds Ms Webster. 'Think about how a person would find out about the service if their first language was not English, focus on the right publicity, Are your staff culturally aware of different groups the service should reach – do they need training? Does the setting suit faith needs – can Muslim women, for example, access the service?'

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## Greek/Turkish: Mezes

**What you do:** *Tzatziki:* Mix 1 peeled and thinly sliced cucumber into 300ml of Greek yoghurt with 4 crushed garlic cloves, a squeeze of lemon, 1 tbsp of olive oil and 1 tsp of finely chopped mint. Season. *Broad beans and fennel:* Boil 300g of fresh broad beans for 2 minutes (4 if frozen). Drain. Heat 2 tbsp of olive oil in a pan and gently fry 1 onion and a bulb of fennel (both finely chopped) for 10 minutes. Add the broad beans, then stir in 6 rashers of sliced bacon or pancetta. Simmer for 10 – 15 minutes, adding water if it dries out. Squeeze in ½ a lemon and 2 tbsp of dill. Season. *Aubergine and walnuts:* Bake aubergine for 1 hour at 200C. Peel off the skin, mash with a fork, and stir in 2 tbsp of olive oil, 3 crushed garlic cloves, 3 tbsp of red wine vinegar, 1 bunch of chopped parsley, and two handfuls of chopped walnuts. Season.

**The insider:** For the broad bean mix it is possible to use frozen or tinned broad beans.

**Did you know?** A traditional Mediterranean diet is believed to be one of the healthiest in the world

## July

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**Religious festivals:** 23 BIRTHDAY OF HAILE SELASSIE