



A  
fragrant  
and simple  
Iraqi dish

## Selling your menus for mental health

**What you'll need:** Commitment to ensure that people get what they need and know how to find it, be it a *sit-down service*, perhaps a *take-out* version or even *home delivery*.

**What you do:** Check out who is *getting enough* and who is missing out. *Advertise* your service and appoint *guides* to help *customers*. Westminster PCT found worryingly few Bangladeshi accessing mental health services. Meanwhile other groups – particularly African Caribbean men – had more people than expected being treated in hospital.

'There is stigma in some communities around mental health,' explains Fatumo Abdi, Community Health Development Coordinator. 'Sometimes, Bangladeshi people who are ill stay at home or, if their condition worsens, it is reported that they may go back to Bangladesh, rather than being treated by the NHS.'

'Some in the African Caribbean community distrust the mental health system so people miss out on primary care, get into trouble and may be tagged as criminals before getting treatment they need. I try to improve the flow of information about mental health and services into these communities, for example by organising mental health awareness days for community and voluntary organisations.'

**The insider:** 'We plan to recruit a number of "mental health guides" who can talk to community organisations about services,' says Ms Abdi. 'That person will also be our "guide", telling us what we need to do to organise services better.'

[brian.colman@westminster-pct.nhs.uk](mailto:brian.colman@westminster-pct.nhs.uk)

## Middle Eastern: Aubergine wrapped lamb

**What you'll need:** 2 large aubergines, 500g lean lamb mince, 2 onions, a tin of chopped tomatoes, ½ tsp paprika, ½ tsp cinnamon, ½ tsp turmeric, 1 lemon, olive oil.

**What you do:** Top and the aubergines and cut into 1 cm slices from top to bottom. Season and bake in an oil brushed pan for 25 minutes at 220C, checking they don't burn. Mix together the lamb mince, 1 very finely chopped onion, paprika and cinnamon. Season. Prepare sauce by adding 1 chopped onion to 2 tbsp of olive oil, then leave to soften before stirring in the chopped tomatoes, turmeric and a squeeze of lemon. Simmer for 20 minutes while you place 1-2 tbsp of the lamb mixture at one end of the cooked aubergine and roll. When they are all done, put them in a baking dish, smother them with the sauce and bake for an hour at 200C. *Serves 4.*

**The insider:** Serve with rice as a main, or with a little salad as a starter.

**Did you know?** Life expectancy for men in Iraq is nearly 70. In parts of Glasgow it is 54.

## September

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**Religious festivals:** 2 RAMADAN 30 ROSH HASHANA

race for health



[www.raceforhealth.org](http://www.raceforhealth.org)