



## South Asian restaurant tips

A WORKSHOP is being held for south Asian restaurants to learn new tips to survive.

The culinary workshop on August 14 in Newcastle will see around 250 industry workers attend.

Chefs and restaurant owners are set to share advice on new recipes, promotion ideas and handling challenges like the shortage of chefs.

Curry Life Magazine's Culinary Workshop will be at the Newcastle Gateshead Marriott Hotel.

Syed Belal Ahmed, editor of Curry Life Magazine, said: "The curry restaurant and takeaway industry has become increasingly competitive so we wanted to help operators to learn new skills, techniques and gain the knowledge to take their businesses to a higher level."

## Prisoner faces new terror rap

A MAN jailed for terror offences is being investigated by police over claims that he tried to radicalise his cell mate.

Rajib Khan, 38, was jailed in February for five years for praising Daesh (the Islamic State group) and trying to recruit extremists to travel to Syria.

Prison bosses at the privately-run Altcourse jail in Liverpool were alerted after his fellow inmate's family became worried at their relative's behaviour.

Officers searched the pair's cell over claims beheading videos had been shown on a smuggled mobile phone. The handset was recovered and is now being examined by police.

Khan has been moved into a single cell at the G4S-run prison.

A spokesman for HMP Altcourse said: "Our team seized a mobile phone from this prisoner and it was passed to the police."

## Britain puts up £100m for polio

BRITAIN has vowed to spend an extra £100 million to wipe out polio.

The fund will be used to help immunise up to 45 million children against the disease each year until 2020.

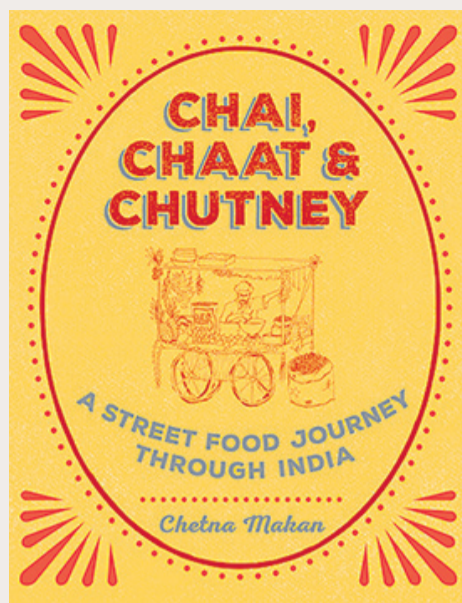
Globally, the wild polio virus still exists in Afghanistan, Nigeria and Pakistan.

Polio was eliminated in the UK in the 1980s and there are currently more than 100,000 British survivors of the disease.

The UK's new funding is expected to vaccinate the equivalent of 80 children every minute, saving 65,000 children from paralysis each year.

The money will come via the UK's £12bn budget for foreign aid, through the Department for International Development (DfID).

DfID secretary Priti Patel said: "Polio has no place in the 21st century."



## Win Chetna Makan's book!

TASTY sweet and savoury treats are the theme of Chetna Makan's new book, *Chai, Chaat & Chutney: A Street Food Journey Through India*, out now.

This is Makan's second book since appearing in the BBC's *The Great British Bake Off* three years ago, when her creations were distinctive for their use of Indian flavours.

For her new book, Makan travels to Delhi, Mumbai, Kolkata and Chennai, trying out everything from pani puri to tamarind stuffed chillis.

Eastern Eye readers have a chance to win a copy of the new book. To be in with a chance, answer this question: **Which year did Chetan Makan appear in the Great British Bake Off?**

Send your answers by August 18 to Daksha.ganatra@amg.biz and put 'reader offer' in the subject line, or by post to Eastern Eye, 1 Silex Street, London, SE1 0DW.

Five winners will be picked at random. Please provide your full name, address and a daytime telephone number.

## Woman's train horror

A WOMAN has described the moment her hand became stuck in the doors of a train and was dragged along the platform.

Neelan Malik, 60, was going shopping when she got on the Oxford to London Paddington service as it prepared to leave Hayes and Harlington station.

A court was told her hand got trapped as the doors closed and the train accelerated.

"I couldn't pull it out for a long time. It was dragging me along the platform and the train started to move", she told Blackfriars crown court last week.

"Everyone in the compartment was looking at me through the window. It was increasing speed as it was pulling me along. Then my hand came

out the door and I banged on the floor on the platform."

Malik was treated for bruises on her arm, back and head, and has undergone physiotherapy since the incident in 2015.

Train driver Stephen Murdoch, 45, is accused of putting her at risk by not checking the train was clear before setting off.

It is said he failed to do basic safety checks, and did not look to see Malik in the on-board train camera.

Prosecutor Adam Pearson told the jury Murdoch is an experienced driver, familiar with a "driver-only" service, who should have seen Malik if he was doing his job properly.

Murdoch denies endangering the safety of railway passengers. The trial continues.

# Beat-ing eating disorders

## 'HAVING A FIRST MALE AMBASSADOR IS PROGRESS'

by NADEEM BADSHAH

HEALTH experts have praised the appointment of the first Asian male ambassador to highlight eating disorders and have called for families to educate themselves better.

Priyesh Vyas, who received treatment for bulimia, will work with the Beat charity and plans to deliver talks in schools.

Doctors welcomed the 24-year-old's new role and called for parents to learn about conditions related to food, such as anorexia, and to be more supportive.

Professor Dinesh Bhugra, president of the World Psychiatry Association, told *Eastern Eye*: "The major issue is trying not to be critical of people experiencing difficulties.

"It's less common in men so it's less recognised and diagnosed. People have to realise that it is an illness that is treatable. The earlier treatment is sought, the better the outcome.

"University students are more at risk as they have left home and have not formed good relationships yet to talk to others, so universities need to be [educating] about this illness.

"Asians living here are pressured to be thin, while they are forced by their family to eat more. This cultural conflict may lead to them not being diagnosed and delay seeking treatment."

Over 725,000 people in the UK are affected by eating disorders with 10-15 per cent of people estimated to be male.

About 1,200 men were treated last year and the number receiving outpatient treatment in England grew twice as fast as that for women.

Dr Sandeep Ranote is a consultant in child and adolescent psychiatry in Manchester.

He said: "We are working in partnership with Beat who will be delivering

the schools awareness programme so that we are truly delivering a service from "prevention to prescription".

"Beat have their first male Asian ambassador; that I believe is progress.

"Additional government investment has recognised the need for improved services in this area and the importance of early intervention. This has resulted in 70 NHS specialist eating disorder services for

young people in 2017, all being developed with a standardised training programme so we

have the same services accessible wherever you are." Beat ambassador Vyas had an eating disorder between the ages of 15 and 18.

He said: "For people from my own ethnic background, I know how difficult it is.

"You don't really want to talk about having an eating disorder, especially for males. Asian males are put up as this strong figure, and nothing can be wrong with them."

The Beat charity say eating problems can be treated with medication or counselling and a full recovery is possible.

Dr Kailash Chand is a former GP and the current vice-president of the British Medical Association.

He said: "We know that males with eating disorders has risen in recent years, which could be a sign that awareness is increasing and males are beginning to seek help. However, we have a long way to go as a whole system in making this easier for males.

"Mental illness is something that males do generally find harder to talk about and to seek help for, often due to societal and cultural views of males. This can be particularly challenging in Asian communities where there is still so much stigma around mental illness.

"We need to educate our communities more about mental illness and good emotional health, and its importance in overall health and wellbeing. Strong role models sharing their stories are very powerful."

■ For help, call the Beat charity on 0808 801 0677 or visit www.b-eat.co.uk



WEIGHTY ISSUE: There is a stigma in the Asian community about men having eating disorders; (below) Dinesh Bhugra, and (inset) Priyesh Vyas

