

Supporting our East Timorese community to live safe, healthy and happy lives

Health and Wellbeing Board
Hayley Antipas

16th September 2025

Commissioned by:



Four actions for Cheshire East

Aim: To improve access to health and care for East Timorese people by responding to the barriers raised by the community

1.

Look at ways to make the GP (General Practice) surgery more accessible by building trust among the community members

2.

Increase understanding of the barriers the community face with services and support locally

3.

Raise awareness and remove stigma about TB prevalence among the East Timorese community leading to increased testing

4.

Increase integration with the wider community in Crewe including social determinants of health overall

Activities and outcomes supported by the steering group up to July 2025

1. Pre-pandemic activity and engagement (building on)
2. Health Needs Assessment with recommendations (Cheshire East Public Health) 2023
3. Community lunch – March 2024
4. East Timor Independence Day celebrations – May 2024
5. Partnership Workshop – October 2024
6. Community meeting – January 2025
7. Community events – May & June 2025
8. Relationship building with the community (general activity making connections)



Health and wellbeing are important, but actually getting the East Timorese community feeling part of rather than separate to the rest of Crewe is really important.

Some of the learning

The East Timorese population is not a single cohesive community - there are several community leaders

Many have managed to register at the GP surgery. But some are not sure when to access GP or other services and when to go to A&E.

The stigma of TB is that it is a condition associated with poverty

Translation at events and in clinical settings has been a barrier

The community are facing challenges with employment rights, benefits and hate crime

Independence Day celebrations were male-oriented, children and families helped to break the ice

What we have heard about challenges in the community

Understanding how a GP surgery works

Employment, bereavement leave, childcare and housing

Transport infrastructure in Crewe

Banking and budgeting support

Starting a business

Bullying in schools

Successful engagement happened when...

- A trusted council officer (community development team) instigated the gathering in partnership with East Timor community leaders
- Taking place over a weekend
- Where translation was possible
- Meeting the community at church
- Being a part of Independence Day celebrations

Many small gains

- Steering group members and wider partners have a greater understanding of the East Timorese community in Cheshire East and their needs and challenges.
- A couple has been referred to DLA languages to support with translation and interpretation for the East Timorese community – the first time in 3 years.
- The midwifery team have shifted to a ‘continuity of care’ programme which will include the East Timorese community. Fiona McCarron will share learning from this partnership with the group of 8 midwives to help educate around the health needs of the community.
- The steering group have learnt that building relationships and trust takes time and effort – long-term relationships are needed.

Next steps

- Continue meeting as a group (every 6 months) with task and finish groups for specific projects
- Engage with the East Timorese community through football events
- Connect with local schools
- Explore providing free ESOL language courses
- Improving data collection – ‘Asian – other’ isn’t good enough
- Support other organizations and services to be aware of the East Timorese community and how best to support them



If we can design services to work for the East Timorese community then they will work for everybody – an accessibility test