

Dr Asim Shahmalak

HAIR TRANSPLANT SURGEON



Celebrities are changing attitudes

Dr Shahmalak was a general surgeon with the NHS for over a decade, before specialising in hair transplant surgery. He explains why men no longer have to put up with wigs, toupees or the dreaded comb-over.

Calum, and Wayne Rooney who admit to having had treatment? You don't have to look far in history to understand the importance hair has always played in the lives of men. In Homer's Iliad, the Greeks spent hours combing and oiling their hair before battling the Trojans. Samson reputedly lost his mythical strength after being shorn of his treasured mane.

MPB, a major cause of hair loss, affects an estimated 25 per cent of men by the age of 30 and two thirds by 60. So Calum, Wayne and, dare I say it, Prince William who is losing hair around his crown, are not alone. All the anecdotal evidence tells me men are getting more, not less concerned about baldness.

It is thanks to young men like Calum and Wayne that the benefits of treatment are finally becoming apparent. Wayne almost single-handedly helped transform attitudes towards male hair loss, its treatment and prevention.

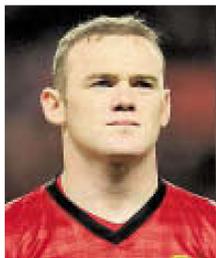
In my clinic, I've seen the number of men coming to see me for consultations increase by a

quarter since Wayne's operation. It shows attitudes are starting to change.

Of course there is nothing wrong with baldness. I know many men, friends of mine in fact, who are proud to be bald. They wear their shaven heads as a badge of masculinity. But choice is everything. And choice now exists so men don't have to suffer ill-fitting wigs, an unsightly comb-over, or simply shave it all off and go bald.

Thanks to Wayne, and Calum, many more men who would have suffered their hair loss in silence are plucking up the courage to do something about their thinning locks.

Visit crownclinic.co.uk for more information.



TRANSFORMING ATTITUDES United star Wayne Rooney and Calum Best

'The best approach for me is creating awareness about adoption so that more people will go for it'

National Adoption Week next week aims to encourage more of us to provide a family for children in care. A key focus will be on children from black and ethnic minority groups who are four times less likely to be adopted than white children. **Paul Taylor** reports

BERNARD Nwaiwu simply loves being surrounded by children. "It's just a passion. It makes us happy," says Bernard, who moved to the UK with wife Stella and their two sons six years ago.

"Both of us came from large families. My own parents had nine children - I'm the fifth - and my wife the same; there are seven in her family.

"My brothers and sisters all have large families as well, and so do my wife's sisters and brothers. In our spare time we like to take care of friends' children. We look at this from two perspectives: our Christian obligation, as well as the perspective that having children around us keeps us happy."

The couple have been approved as adopters by Families that Last - the adoption agency arm of the Manchester-based charity After Adoption - and are now at the stage of waiting to be matched with one or two children who will be adopted siblings to their own

sons Kelechi, aged 10, and Michael, nine. But while going through that process, the Nwaiwus realised that there were not nearly enough black adopters like them. And they decided to do something about it.

On Monday, at the Levenshulme Inspire community centre on Stockport Road, Levenshulme, they will be joined by social workers who will explain to all-comers what is involved in adoption.

The drop-in event - from noon to 2pm and 5pm to 7pm - has been publicised through local churches and shops, and the hope is to raise awareness about adoption among people in general but black and ethnic minorities in particular. "It is discouraging that out of 3,000 children adopted last year, just about 90 were from black and ethnic minority groups," says Bernard, aged 41.

"It is quite agonising. You see some children, eight or nine years old, still in foster care, and nobody ever bothered adopting these children. The best approach for me is creating awareness about adoption so

that more people will go for it. "Most of us take our parents for granted. It's not something you should be taking for granted. Children in foster care do not have that luxury. Although their foster carers will be taking good care of them, there is still something missing from these children's lives. They may not come out and say it openly, but they feel it."

Bernard qualified as an accountant in Nigeria before coming to the UK under the Highly Skilled Migrant Programme. He did an MSc in international development at Birmingham University, and is also completing accountancy qualifications in the UK. For now, he is working part-time as a web designer and, in the evening, as a porter at the Palace Hotel, Manchester.

But he and his wife have still found time for voluntary work, setting up and running a charity, the Child Education Development and Empowerment (CEDE) Trust Fund. The charity has done work in this country and in three African countries.



SMILES BETTER Main picture posed by models. Left - Bernard Nwaiwu of Levenshulme, has organised a drop-in event on Monday to explain about adoption

the ethnic mix of the children available for adoption.

But she adds: "There's been a large increase in the last 12 months of children awaiting adoption, and the number of adopters has never ever been able to equate to the number needing families."

Of the agency's recent adopters, 68 per cent have said they would be willing to accept a child of a

It is through the charity that the Nwaiwus have organised the event at Levenshulme Inspire, and they hope the charity can address the shortage of non-white adopters. Bernard hopes that the charity can become a major player in international development.

Those 90 black children - 3.7 per cent of black children in care - who were adopted in Britain last year, compare with 2,950 white children, or 14 per cent of white children in care.

More adopters from black and ethnic minorities are needed. But it also begs the question of trans-racial adoption. That was addressed by new government guidelines on adoption last year, saying that social workers should not delay placing a child with a suitable family of different ethnicity

It was found that black children took on average 50 per cent longer to be adopted than children from other ethnic groups. Natasha Hidderley, lead service manager for Families that Last, says the organisation has had reasonable success in recruiting adopters to reflect

different ethnicity to their own. "Since the changes led by government, all adoption agencies ask the question of prospective adopters: 'Would you consider a child whose ethnicity is different from your own?'. The adopters have to be able to promote that child's culture and identity and also to be able to confidently address the long-term needs of their child," says Hidderley.

"Even prior to the government's drive to place children of different ethnicity within families, we have successfully placed children from a black or ethnic minority community into white British families, provided those families can demonstrate that they can meet the culture and identity needs of those children."

To find out more about After Adoption contact Families that Last on 0300 456 2656, or email families.thatlast@afteradoption.org.uk

Beauty file

Helping you snooze your way to radiant skin and glossy hair

WITH the clocks having gone back, once again night-times have become longer and darker.

If you're feeling glum about the official onset of winter, why not reap the benefits with a little hibernation?

A good night's sleep is highly underrated, and can work wonders for radiant skin and glossy hair.

"Sleep is when your body does more of its repair work, and not getting enough shows up both physically and emotionally," explains sleep expert Dr Chris Idzikowski.

"An undisturbed and restful night offers an abundance of beauty benefits and can be enhanced further by deep conditioning treatments for your skin and hair."

If you're too busy for treatments, try a product that works overtime throughout the night. Here's our pick of the best sleeping beauties:

1 Aromatherapy Associates Overnight Repair Mask, £48.50 (aromatherapyassociates.com): Wake up with plumper, firmer skin as the rejuvenating rose and frankincense get to work while you grab 40 winks. Use two or three times a week and apply over a layer of face oil if your skin is extra-dry.

2 No7 Beautiful Skin Overnight Radiance Boost, £16 (Boots): Open your eyes to brighter, radiant skin with this hydrating pre-bedtime serum that simultaneously optimises skin renewal and mildly exfoliates.

3 This Works No Wrinkles Night Repair, £45 (thisworks.com): Cheat eight hours' sleep and give nightmare fine lines the elbow with this rich night serum that revitalises tired and ageing skin.

4 Charles Worthington Salon at Home Secrets Collection Moisture Seal Overnight Ultimate Hair Healer, £14.99 (Boots): Say goodnight to split ends by smoothing this nourishing Argan Oil-packed cream through your locks. You'll wake up with no residue on your pillow and dreamy, strengthened hair.

5 Mavala Repairing Night Cream, £30.25 (feelu-



nique.com): Give dry winter paws a treat with Mavala's intensive hand treatment. The cotton gloves intensify the effects of the hyaluronic acid for silky smooth hands. **Lisa Haynes**