

Monday	20/03/2005	Manicure & Pedicure			
Tuesday	21/03/2006	ESL Class	12.30 pm - 2.30 pm	NKS	
		Bangladeshi	11.00 am - 1.00 pm	NKS	
		Women's Group - Facial			
Tuesday	21/03/2005	ESL Class	12.30 pm - 2.30 pm	NKS	
Wednesday	22/03/2005	Sakhi Group	11.00 am - 1.00 pm	NKS	
		Sewing			
Thursday	23/03/2005	Young Mother's Group (Sure-Start)	10.00 am - 12 noon	NKS	
		Complementary Therapy			
Thursday	23/03/2005	Aerobics	11.00 am - 12 noon	NKS	
Friday	24/03/2005	Friday Group	11.00 am - 1.00 pm	NKS	
		Complementary Therapy/Exercise			
Friday	24/03/2005	Young Awaz	1.30 pm - 3.30 pm	NKS	
		Beauty Tips			
Monday	27/03/2005	ESL Class	12.30 pm - 2.30 pm	NKS	
Tuesday	28/03/2006	Bangladeshi	11.00 am - 1.00 pm	NKS	
		Women's Group - Discussion Group			
Tuesday	28/03/2005	ESL Class	12.30 pm - 2.30 pm	NKS	
Wednesday	29/03/2005	Sakhi Group	11.00 am - 1.00 pm	NKS	
		Sewing			
Thursday	30/03/2005	Young Mother's Group (Sure-Start)	10.00 am - 12 noon	NKS	
		Complementary Therapy			
Thursday	30/03/2005	Aerobics	11.00 am - 12 noon	NKS	
Friday	31/03/2005	Friday Group	11.00 am - 1.00 pm	NKS	
		Complementary Therapy/Exercise			
Friday	31/03/2005	Young Awaz	1.30 pm - 3.30 pm	NKS	
		Facial			



### নারী কালিয়ান শংগো Childcare Facility

Nari Kalyan Shangho (NKS) runs a childcare facility for children between 2 and 5 years of age. The childcare facility runs five days a week from Monday to Friday. There are two sessions per day: 9.00 am to 11.45 am and/or 12.15 pm to 3.00 pm. The fees are £3.00 per session, per child, or £6.00 per day, per child. Concessionary rates are available for parents on Income Support. Activities include: theme of the week, story sessions, nursery rhymes, outings, parties, arts and crafts, computer, outdoor play and Fundraising. We are also open during the school holidays.

PLEASE NOTE THAT THERE ARE NO PARKING FACILITIES AT DARROCH ANNEXE. PLEASE MAKE ALTERNATIVE ARRANGEMENTS BEFORE ATTENDING ANY OF THE SESSIONS. IF YOU ARE NOT A MEMBER OF ANY OF THE GROUPS AND WOULD LIKE TO JOIN, PLEASE CONTACT A MEMBER OF STAFF.

PLEASE NOTE THAT THIS PROGRAMME WAS CORRECT AT TIME OF GOING TO PRINT. PLEASE NOTE THAT GROUPS/ACTIVITIES COULD BE CANCELLED AT ANY TIME FOR ANY UNFORESEEN CIRCUMSTANCE. YOU ARE ADVISED TO CALL AHEAD TO MAKE SURE THAT THE SESSION IS STILL ON. NKS APOLOGISES FOR ANY INCONVENIENCE THAT MAY OCCUR IF A GROUP/ACTIVITY IS CANCELLED. THANK YOU.



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EH3 9NH  
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E-Mail: nks@nkshealth.co.uk  
Website: www.nkshealth.co.uk  
Registered Charity Number: SC000697  
Registered Company Number: SC226920



### নারী কালিয়ান শংগো

#### Programme of Activities

January 2006

Day	Date	Group/Session	Time	Venue
Monday	09/01/2006	ESL Class	12.30 pm - 2.30 pm	NKS
Tuesday	10/01/2006	ESL Class	12.30 pm - 2.30 pm	NKS
Thursday	12/01/2006	Young Mother's Group (Sure Start)	10.00 am - 12 noon	NKS
Friday	13/02/2006	Young Awaz	1.30 pm - 3.30 pm	NKS
		Complementary Therapy		
Monday	16/01/2006	ESL Class	12.30 pm - 2.30 pm	NKS
Tuesday	17/01/2006	ESL Class	12.30 pm - 2.30 pm	NKS
Tuesday	17/01/2006	Bangladeshi	11.00 am - 1.00 pm	NKS
		Women's Group - Facial		
Wednesday	18/01/2006	Sakhi Group	11.00 pm - 2.30 pm	NKS
		One Dish Eid Party		
Thursday	19/01/2006	Young Mother's Group (Sure Start)	10.00 am - 12 noon	NKS
Thursday	19/01/2006	Aerobics	11.00 am - 1.00 pm	NKS
Friday	20/01/2006	Friday Group	11.00 am - 1.00 pm	NKS
		Complementary Therapy/Exercise		
Monday	23/01/2006	ESL Class	12.30 pm - 2.30 pm	NKS
Tuesday	24/01/2006	Bangladeshi	11.00 am - 1.00 pm	NKS
		Women's Group - Health Session		
Tuesday	24/01/2006	ESL Class	12.30 pm - 2.30 pm	NKS
Wednesday	25/01/2006	Sakhi Group	11.00 am - 2.30 pm	NKS
		Sewing		
Thursday	26/01/2006	Young Mother's Group (Sure Start)	10.00 am - 12 noon	NKS
		One Dish Eid Party		
Thursday	26/01/2006	Aerobics	11.00 am - 1.00 pm	NKS
Friday	27/01/2006	Friday Group	11.00 am - 1.00 pm	NKS
		Complementary Therapy/Exercise		
Monday	30/01/2006	ESL Class	12.30 pm - 2.30 pm	NKS
Tuesday	31/01/2006	ESL Class	12.30 pm - 2.30 pm	NKS
Tuesday	31/01/2006	Bangladeshi	11.00 am - 1.00 pm	NKS
		Women's Group - Eid Party		

February 2006

Day	Date	Group/Session	Time	Venue
Wednesday	01/02/2006	Sakhi Group	11.00 am - 2.30 pm	NKS
		Sewing		
Thursday	02/02/2006	Young Mother's Group (Sure Start)	10.00 am - 12 noon	NKS

