

Friday	23/09/2005	Young Awaz Bollywood Dancing	1.30 pm - 3.30 pm	NKS
Saturday	24/09/2005	Saturday Group	1.00 pm - 5.00 pm	NKS
Tuesday	27/09/2005	Bangladeshi Women's Group To Be Decided	11.00 am - 1.00 pm	NKS
Monday	26/09/2005	ESL - Class	12.30 pm-2.30 pm	NKS
Tuesday	27/09/2005	ESL - Class	12.30 pm-2.30 pm	NKS
Wednesday	28/09/2005	Sakhi Group Healthy cooking	11.00 am-1.00 pm	NKS
Thursday	29/09/2005	Young Mother's Group (Sure-Start)	10.00 am - 12 noon	NKS
Thursday	29/09/2005	Aerobics	11.00 am-12 noon	NKS
Thursday	29/09/2005	Sewing	12.30 pm - 2.30 pm	NKS
Friday	30/09/2005	Friday Group Complementary Therapy/Exercise	11.00 am - 1.00 pm	NKS
Friday	30/09/2005	Young Awaz Bollywood Dancing	1.30 pm - 3.30 pm	NKS



## nari kalyan shangho

### Childcare Facility

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.



nari kalyan shangho  
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Registered Charity Number: SC000697  
Registered Company Number: SC226920



## nari kalyan shangho

### Programme of Activities

July 2005

Day	Date	Group/ Session	Time	Venue
Friday	01/07/2005	Friday Group Complementary Therapy/Exercise	11.00 am - 1.00 pm	NKS
Friday	01/07/2005	Young Awaz Health Session	1.30 pm - 3.30 pm	NKS
Monday	04/07/2005	Visit to London Projects by Tutors and Bangladeshi Trainees	Overnight Stay	Meet at Waverly Train Station
Thursday	07/07/2005	Aerobics	11.00 am - 12.00 pm	NKS
Thursday	07/07/2005	Sewing	12.30 pm - 2.30 pm	NKS
Friday	08/07/2005	Friday Group Complementary Therapy/Exercise	11.00 am - 1.00 pm	NKS
Friday	08/07/2005	Young Awaz Bowling	1.30 pm - 3.30 pm	NKS
Tuesday	12/07/2005	Bangladeshi Women's Group Cooking Session	11.00 am - 1.00 pm	NKS
Wednesday	13/07/2005	Sakhi Group Strawberry Picking	11.00 am - 1.00 pm	NKS
Thursday	14/07/2005	Aerobics	11.00 am-12.00 pm	NKS
Friday	15/07/2005	Friday Group Complementary Therapy/Exercise	11.00 am-1.00 pm	NKS
Friday	15/07/2005	Young Awaz Picnic at Arthur Seat	1.30 pm - 3.30 pm	NKS
Tuesday	19/07/2005	Bangladeshi Women's Group Cooking Session	11.00 am - 1.00 pm	NKS
Wednesday	20/07/2005	Sakhi Group Health session - Blood Pressure	11.00 am - 1.00 pm	NKS
Thursday	21/07/2005	Aerobics	11.00 am - 12.00 pm	NKS
Friday	22/07/2005	Friday Group Complementary Therapy/Exercise	11.00 am-1.00 pm	NKS
Friday	22/07/2005	Young Awaz Cookery	1.30 pm-3.30 pm	NKS
Tuesday	26/07/2005	Bangladeshi Women's Group To Be Decided	11.00 am - 1.00 pm	NKS
Wednesday	27/07/2005	Sakhi Group Sewing	11.00 am - 1.00 pm	NKS
Thursday	28/07/2005	Aerobics	11.00 am - 12.00 pm	NKS
Thursday	28/07/2005	Sewing	12.30 pm - 2.30 pm	NKS
Friday	29/07/2005	Friday Group Complementary Therapy/Exercise	11.00 am - 1.00 pm	NKS
Friday	29/07/2005	Young Awaz Cookery	1.30 pm - 3.30 pm	NKS
Saturday	30/07/2005	Day Outing to Manchester Mela	All Day	Meet Outside NKS

August 2005

Please note that the Saturday Group will meet during the Festival. Group members will be informed before the session.

Day	Date	Group/ Session	Time	Venue
Monday	01/08/2005	Public Holiday - NKS will be closed		
Tuesday	02/08/2005	Bangladeshi Women's Group Facial	11.00 am - 1.00 pm	NKS
Wednesday	03/08/2005	Sakhi Group Sewing Class	11.00 am - 1.00 pm	NKS
Thursday	04/08/2005	Aerobics	11.00 am - 12.00 pm	NKS
Thursday	04/08/2005	Sewing	12.30 pm - 2.30 pm	NKS
Friday	05/08/2005	Friday Group Complementary Therapy/Exercise	11.00 am-1.00 pm	NKS
Friday	05/08/2005	Young Awaz Cooking Class	1.30 pm - 3.30 pm	NKS
Tuesday	09/08/2005	Bangladeshi Women's Group Health Session	11.00 am - 1.00 pm	NKS
Wednesday	10/08/2005	Sakhi Group Health Screening	11.00 am - 1.00 pm	NKS
Thursday	11/08/2005	Aerobics	11.00 am - 12.00 pm	NKS
Thursday	11/08/2005	Sewing	12.30 pm - 2.30 pm	NKS
Friday	12/08/2005	Friday Group Complementary Therapy/Exercise	11.00 am - 1.00 pm	NKS
Friday	12/08/2005	Young Awaz Sewing Class	1.30 pm - 3.30 pm	NKS
Tuesday	16/08/2005	Bangladeshi Women's Group Health Session	11.00 am - 1.00 pm	NKS
Wednesday	17/08/2005	Sakhi Group Health Screening	11.00 am - 1.00 pm	NKS
Thursday	18/08/2005	Aerobics	11.00 am - 12.00 pm	NKS
Thursday	18/08/2005	Sewing	12.30 pm - 2.30 pm	NKS
Friday	19/08/2005	Friday Group Complementary Therapy/Exercise	11.00 am - 1.00 pm	NKS
Friday	19/08/2005	Young Awaz Sewing Class	1.30 pm - 3.30 pm	NKS
Monday	22/08/2005	ESL Registration	12.30 pm-2.30 pm	NKS
Tuesday	23/08/2005	Bangladeshi Women's Group Sewing	11.00 am - 1.00 pm	NKS
Wednesday	24/08/2005	Sakhi Group Health Screening	11.00 am - 1.00 pm	NKS
Thursday	25/08/2005	Young Mother's Group (Sure-Start)	10.00 am - 12 noon	NKS
Thursday	25/08/2005	Aerobics	11.00 am-12 noon	NKS
Thursday	25/08/2005	Sewing	12.30 pm - 2.30 pm	NKS
Friday	26/08/2005	Friday Group Complementary Therapy/Exercise	11.00 am - 1.00 pm	NKS
Friday	26/08/2005	Young Awaz Sewing Class	1.30 pm - 3.30 pm	NKS
Monday	29/08/2005	ESL Class	12.30 pm-2.30 pm	NKS
Tuesday	30/08/2005	Bangladeshi Women's Group Sewing	11.00 am - 1.00 pm	NKS
Tuesday	30/08/2005	ESL Class	12.30 pm-2.30 pm	NKS

Day	Date	Group/ Session	Time	Venue
Wednesday	31/08/2005	Sakhi Group Health Session	11.00 am - 1.00 pm	NKS
<u>September 2005</u>				
Thursday	01/09/2005	Young Mother's Group (Sure-Start)	10.00 am - 12 noon	NKS
Thursday	01/09/2005	Aerobics	11.00 am-12 noon	NKS
Thursday	01/09/2005	Sewing	12.30 pm - 2.30 pm	NKS
Friday	02/09/2005	Friday Group Complementary Therapy/Exercise	11.00 am - 1.00 pm	NKS
Friday	02/09/2005	Young Awaz Bollywood Dancing	1.30 pm - 3.30 pm	NKS
Monday	05/09/2005	ESL Class	12.30 pm-2.30 pm	NKS
Tuesday	06/09/2005	Bangladeshi Women's Group To Be Decided	11.00 am - 1.00 pm	NKS
Tuesday	06/09/2005	ESL Class	12.30 pm-2.30 pm	NKS
Wednesday	07/09/2005	Sakhi Group Fire Safety	11.00 am-1.00 pm	NKS
Thursday	08/09/2005	Young Mother's Group (Sure-Start)	10.00 am - 12 noon	NKS
Thursday	08/09/2005	Aerobics	11.00 am - 12 noon	NKS
Thursday	08/09/2005	Sewing	12.30 pm - 2.30 pm	NKS
Friday	09/09/2005	Friday Group Complementary Therapy/Exercise	11.00 am - 1.00 pm	NKS
Friday	09/09/2005	Young Awaz Bollywood Dancing	1.30 pm - 3.30 pm	NKS
Monday	12/09/2005	ESL - Class	12.30 pm-2.30 pm	NKS
Tuesday	13/09/2005	Bangladeshi Women's Group To Be Decided	11.00 am - 1.00 pm	NKS
Tuesday	13/09/2005	ESL - Class	12.30 pm-2.30 pm	NKS
Wednesday	14/09/2005	Sakhi Group Healthy Cooking	11.00 am-1.00 pm	NKS
Thursday	15/09/2005	Young Mother's Group (Sure-Start)	10.00 am - 12 noon	NKS
Thursday	15/09/2005	Aerobics	11.00 am-12 noon	NKS
Thursday	15/09/2005	Sewing	12.30 pm - 2.30 pm	NKS
Friday	16/09/2005	Friday Group Complementary Therapy/Exercise	11.00 am - 1.00 pm	NKS
Friday	16/09/2005	Young Awaz Bollywood Dancing	1.30 pm - 3.30 pm	NKS
Monday	19/09/2005	ESL - Class	12.30 pm-2.30 pm	NKS
Tuesday	20/09/2005	Bangladeshi Women's Group To Be Decided	11.00 am - 1.00 pm	NKS
Tuesday	20/09/2005	ESL - Class	12.30 pm-2.30 pm	NKS
Wednesday	21/09/2005	Sakhi Group Healthy Cooking	11.00 am-1.00 pm	NKS
Thursday	22/09/2005	Young Mother's Group (Sure-Start)	10.00 am - 12 noon	NKS
Thursday	22/09/2005	Aerobics	11.00 am-12 noon	NKS
Thursday	22/09/2005	Sewing	12.30 pm - 2.30 pm	NKS
Friday	23/09/2005	Friday Group Complementary Therapy/Exercise	11.00 am - 1.00 pm	NKS