

Nari Kallyan Shangho Newsletter

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Nari Kallyan Shangho

is a Health and Welfare Project for South Asian women and families living in Edinburgh. NKS provides a common platform for South Asian women to act together to improve the quality of their lives. At NKS, we firmly believe that...

...a happy woman is a happy family.

Editorial ~ Naina Minhas

NKS has not escaped the austerity measures unscathed. In fact, NKS has seen the worst side of it with the local authority withdrawing NKS' grant award. This has had a negative impact for NKS, as the staff team is finding themselves turning people from the local communities away who come looking for support from the organisation. NKS has tried signposting them to other agencies, but through feedback it has emerged that the isolated grass root families are not empowered or confident enough to approach other agencies and these agencies are not equipped financially to deal with the issues presented by them. They come back looking for support to access services that NKS is not in a position to provide.

The inequality gaps are increasing. Grass root families who were not accessing services or required support are getting further isolated as their needs are not a priority any more. It's quite clear that there is less funding available and that cuts are inevitable, but are the strategies applied suitable? We strongly believe that preventative services are almost disappearing as funders prefer to fund only the most urgent and acute needs. The needs of ethnic minorities definitely don't fall into that category. Not prioritising preventative services is going to be very expensive in the long run. This requires the urgent attention of all stakeholders.

On a positive note NKS is trying its best to serve the communities and has been successful in receiving funding from the Climate Challenge Fund and Peoples Community Fund. We are monitoring the limited funds available very closely to be effective and efficient. Losing out on a big chunk of core funding has shaken the very foundations of the organisation. At the moment, NKS is trying to save those foundations. Seeking alternative funding is also becoming harder and harder as every organisation is doing the same.

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For any further information, comments, or suggestions regarding any issues raised in this newsletter, or if you would like to contribute work to be included in future newsletters, please contact NKS at the address indicated.

Disclaimer: The views expressed in any of the articles in this newsletter belong to the author, and are not necessarily the views of Nari Kallyan Shangho.

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Foods That Are Good For You

The Wednesday Women's Group had a health session in February 2016 on healthy eating. The group discussed the importance of eating the right amount of calories for how active you are, so that you balance the energy you consume with the energy you use. If you eat or drink too much, you'll put on weight. If you eat and drink too little, you'll lose weight. You should try to eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs. The group looked at the recommended daily calories allowed for men (around 2,500 calories a day) and women (around 2,000 calories a day). Most adults are eating more calories than they need, and should eat fewer. Some of the advice that the group looked at was: what foods contain what nutrients; why we should eat more fruits and vegetables; omega-3; cutting down on sugar and fat in our diet; reading food labels; drinking plenty of water and being more active. It was a very good session.

Food Nutrition

A two day training on Food Nutrition was organised for some of NKS staff thanks to Edinburgh Community Food. It was a really fun and interesting training and our tutor, Christopher Mantle, Senior Food and health Development Worker, was really good. There was a test at the end of the training and thankfully all of the staff passed. The training covered the following areas:

- **Base meals on starchy carbohydrates** ~ This should make up just over one third of the food you eat and include potatoes, bread, rice, pasta and cereals. Wholegrain varieties (or potatoes with their skins on) are better as they contain more fibre, and can help you feel full for longer. At least one starchy food should be eaten with each main meal. Gram for gram the carbohydrate they contain provides fewer than half the calories of fat. Be careful not to use too much fat when cooking or serving these types of foods.
- **Eat lots of fruit and vegetables** ~ It's recommended that we eat at least five portions of a variety of fruit and vegetables every day. A 150ml glass of unsweetened 100% fruit juice or smoothie can count as one portion, and vegetables cooked into dishes also count. However, it is still better to eat the fruit itself rather than juicing it. You could add fruit to your breakfast cereal, or swap your snack for a piece of fresh fruit.
- **Eat more fish (including a portion of oily fish)** ~ Fish is a good source of protein and contains many vitamins and minerals. Aim to eat at least two portions of fish a week, including at least one portion of oily fish. Oily fish contains omega-3 fats, which may help to prevent heart disease.
- **Cut down on saturated fat in your diet** ~ There are two main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease. The average man should have no more than 30g saturated fat a day. The average woman should have no more than 20g saturated fat a day, and children should have less than adults. The advice is to cut down on your saturated fat intake, and choose foods that contain unsaturated fats instead, such as vegetable oils, oily fish and avocados.
- **Cut down on sugar in your diet** ~ Regularly consuming foods

and drinks high in sugar increases your risk of obesity and tooth decay. Sugary foods and drinks, including alcoholic drinks, are often high in energy, and if eaten/drunk too often, can contribute to weight gain. Many packaged foods and drinks contain surprisingly high amounts of free sugars. Free sugars are any sugars added to foods or drinks, or found naturally in honey, syrups and unsweetened fruit juices. Cut down on these.

- **Eat less salt** ~ Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke. Adults should eat no more than 6g a day. Even if you don't add salt to your food, you may still be eating too much. About three-quarters of the salt we eat is already in the food we buy, such as breakfast cereals, soups, breads and sauces.
- **Food labels can help** ~ Use them to check how much sugar and salt foods contain.
- **Get active and be a healthy weight** ~ Eating a healthy, balanced diet plays an essential role in maintaining a healthy weight, which is an important part of overall good health. Being overweight or obese can lead to health conditions such as type 2 diabetes, certain cancers, heart disease and stroke. Being active doesn't take much for example, try getting off the bus one stop early and walking.
- **Don't get thirsty** ~ We need to drink at least 6-8 glasses every day to stop us getting dehydrated. This is in addition to the fluid we get from the food we eat. All non-alcoholic drinks count, but water and lower-fat milk are healthier choices. Try to avoid sugary soft and fizzy drinks that are high in added sugars and calories. Even sugar-free soft drinks aren't that good as our bodies are tricked in to thinking that we are still consuming sugar.
- **Don't skip breakfast** ~ Research shows that eating breakfast can help people control their weight. A healthy breakfast is an important part of a balanced diet, and provides some of the vitamins and minerals we need for good health.

Learn to take better care of yourself by really paying attention to what you are eating and how much you are eating.

Heart Health Session (LTHCSG)

The Long Term Health Conditions Support Group (LTHCSG) met in March 2016 to have a health session about heart health. Chest Heart and Stroke Scotland came and gave a very informative talk on the subject and covered the following areas:

- **How the heart works** ~ Everything you need to know about the most important muscle in the human body.
- **Risk factors** ~ such as smoking, a poor diet and other factors, increase your risk of heart disease.
- **Preventing heart disease** ~ Information on healthy eating, staying active and other factors that can help keep your heart healthy.
- **Tests** ~ Information about the different tests used to find out how your heart is doing or to diagnose a condition.
- **Living with a heart condition and treatments** ~ Information on the lifestyle changes you may have to make if you have a heart condition and what treatments are available.

The talk also covered where to get more information, help and advice and was much appreciated by the group.

Services in Edinburgh...

Benefit Changes

From April 2016

- The new National Living Wage will be £7.20 an hour for the over 25s.
- Employment Allowance rises from £2,000 to £3,000. The Employment Allowance gives businesses and charities a cut in the employer National Insurance they pay.
- The level of earnings at which a household's Universal Credit award starts to be withdrawn for every extra pound earned (Income threshold reduction) will be reduced from £6,420 to £3,850.
- Universal Credit work allowances will be reduced to £4,764 for those without housing costs, £2,304 for those with housing costs, and removed altogether for non-disabled claimants without children.
- The amount by which a tax credit claimant's income can increase in-year compared to their previous year's income before their award is adjusted (the income rise disregard) will be reduced to £2,500.
- Support for Mortgage Interest (SMI) waiting period will return to the pre-recession length of 39 weeks, but the capital limit will be maintained at the higher level of £200,000.
- Introduction of single-tier pension.
- Removal of Assessed Income Period in Pension Credit awards. Households on Pension Credit will now need to report all changes in their circumstances that will affect their benefit as they happen. Pensioners aged 75 and over who have an indefinite assessed income period in place will be exempt unless the assessed income period would end under current rules.
- Under the Social Services and Well-being (Wales) Act 2014, which comes into force from April 2016, carers of any age who provide unpaid care and support to a relative, friend or neighbour who needs care and support – will no longer need to be providing 'a substantial amount of care on a regular basis' to be able to have an assessment. The local authority will have a duty under the Act to undertake a carer's assessment where it appears they have needs for support.
- The government will introduce income-contingent loans of up to £10,000, planned to be available from 2016-17, for under-30s to undertake a postgraduate taught masters course.
- The government will abolish employer National Insurance contributions up to the upper earnings limit for apprentices aged under 25.

From May 2016

- The benefit cap will apply in Northern Ireland from 31 May 2016.
- Housing Benefit family premium will be withdrawn for new claims from 1 May 2016.

From June 2016

- PIP introduced in Northern Ireland from 20 June 2016.

From autumn 2016

- The Government will introduce exemptions for recipients of Guardians Allowance, Carer's Allowance and the carers element of Universal Credit from the household benefit cap.

From September 2016

- Reduction in support available as part of Disabled Students Allowance.
- New maintenance loan support will replace student grants. Cash support for new students will increase by £766 to £8,200 a year. Loans will be paid back only when graduates earn above £21,000 a year.
- The government will lift the age cap on new loans to postgraduates from 2016-17 so they are available to all those under 60.

Cinema Exhibitors' Association (CEA) Card

Like any other place cinemas have to make reasonable adjustments for disabled cinema goers. The UK Cinema Association (UKCA) Cinema Exhibitors' Association (CEA) Card was started back in 2004 after its development was overseen by the Disability Working Group consisting of several national disability charities.

If you are eligible (and aged 8 and over) then the card allows you to get a complimentary ticket when you go to the cinema. Currently, you are eligible if you receive one of the following benefits: Disability Living Allowance; Attendance Allowance; Blind Persons Registration; Personal Independence Payment (PIP) or Armed Forces Independence Payment.

There are three ways that you can apply for the CEA card:

- 1) **Full online application** ~ Everything has to be done online including filling out the application form, uploading scans of all relevant documents and payment. Having an email address is very important as you will be given instructions on how to pay.
- 2) **Part online and part postal** ~ You can complete the application form online, print it out and send it in with copies of your photo ID, proof of eligibility and payment. You will be given instruction on how to pay.
- 3) **Full postal application** ~ You can select this option from the website and print off a blank application form. Simply fill this in and send it in together with your photo ID, proof of eligibility and a cheque or postal order for the correct amount.

Proof of your eligibility should include evidence such as a copy of an awards letter, which must include your: full name; address and qualifying allowance e.g. PIP. Make sure that you use your correct postcode otherwise your application could be delayed. You will need to send in a passport size ID photo of yourself which will be added on to the CEA card. It's helpful to provide an email address as this speeds up the application process. A personalised cardholder account will automatically be set up regardless of how you apply.

Currently the card costs £6.00 to have it made. Postage is included and, once payment has been received, your card will be posted out to you. Replacement cards cost the same and you have to reapply. Instructions on how to pay are above but you can pay by cheque, postal order and debit/credit card. Check the website to see which is the correct method for your application.

You can check the following website for up-to-date information on any of the above. The address is: <https://www.ceacard.co.uk>. Through the website you can check to see which cinemas participate in this scheme, look up frequently asked questions and contact them too.

Happy viewing!

Volunteers and Students...

Shamshad Akbar



Shamshad Akbar.

I have been coming to NKS for a long time now. I attend the Wednesday Women's Group when I get the chance.

Usually I cook in the NKS kitchen for this group with my friend, Iffat Aziz. The group decides in advance what they would like to eat and we follow this menu and cook healthy food for them. I really enjoy

cooking because it feels really good to cook for others and to share my knowledge with them. I'm thankful to NKS for giving me this opportunity.

I had to do the REHIS Elementary Food Hygiene course to be able to be in the NKS kitchen. It was a really interesting and very helpful course. We have to follow the NKS House Rules when cooking to make sure that we cook safely. We know what we are to cook each week and we have to quickly plan how we are going to cook everything within the given time.

Iffat Aziz



Iffat Aziz.

I have been coming to NKS for over 15 years. I have been part of the Wednesday Women's Group for a long time and have enjoyed taking part in all of the activities.

I started off volunteering in the kitchen to help cook food for the Wednesday Group. Now I am one of the cooks for this group and I enjoy cooking. It's very rewarding.

I have had the opportunity to participate in several training courses over the years including REHIS Elementary Food Hygiene, Group Leader Training, basic first aid and Scottish Asian Heritage. These course and my certificates give me a sense of achievement. I appreciate the opportunities that NKS has given me.

It's Good To Volunteer!

There are different volunteering opportunities available at NKS. You can volunteer in the office where you can help the staff with administrative tasks. You can volunteer with the community health staff who run groups and activities. You can also volunteer in our

nursery or with the After School/Homework Club. Volunteering is a very good way to get the experience that you need to access the labour market. It is also very rewarding. Contact NKS on 0131 221 1915 if you are interested in volunteering with the project. A PVG check will need to be done with Disclosure Scotland.

Salma Khan



Salma Khan.

I've been in Edinburgh now for 28 years. I am married and have children. I have used NKS' services for about 15 years now.

I had heard about the trainings that other women had done at NKS, which had helped them to find work afterwards, and decided that it was time for me to do something too.

I like children and would like to work with them. I put my name forward to do SVQ level 2 in Childcare at NKS with Borders College. This will start at a later date but in the meantime I needed to get experience in a nursery setting. So, after getting my PVG check done I started volunteering in the NKS nursery from January 2016 to gain some experience before I start my course. I enjoy interacting with the children, looking after them and helping them to learn through play. I am looking forward to starting my course in March 2016. I will have an update on how I'm doing in the next issue.

Neena Agarwal



Neena Agarwal.

I was the manager at Milan Senior Welfare Council for a very long time. Since retiring from there I have been making myself useful wherever needed.

I decided to volunteer with NKS just after the New Year. I have been volunteering with the Friday Older Women's Group and the Wednesday Women's Group too.

I have a lot of knowledge and experience of working with older people and I am more than happy to share these with NKS. I am also learning a lot about how NKS operates and runs the various different groups and the activities. The staff has made me feel very welcomed and the organisation is a very busy place and there's always something to keep me busy.

Gentle Seated Exercises

The Friday Older Women's Group regularly takes part in chair-based gentle exercise which they enjoy as part of their session. The staff sets up the chairs in a circle in the middle of the meeting room ready for when they come. They follow their instructor. Doing the gentle seated exercises described below will help to improve your mobility and prevent falls, and can even be done at home. These exercises are gentle and easy to follow. Please check with your GP before you start just to be on the safe side.

For these exercises, choose a chair that is stable, solid and won't move about. You should be able to sit with your feet flat on the floor and knees bent at right angles. Avoid chairs with arms, as this will restrict your movement. Wear loose, comfortable clothing and keep some water handy.

Build up slowly and aim to gradually increase the repetitions of each exercise over time. Try to do these exercises at least twice a week and combine them with the other routines to help improve strength, balance and co-ordination.

Chest stretch ~ this is good for posture. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side. Gently push your chest forwards and up until you feel a stretch across your chest. Hold for five to 10 seconds and repeat five times.

Upper body twist ~ this will develop and maintain flexibility in the upper back. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for five seconds. Repeat on the right side. Do five on each side.

Hip marching ~ this will strengthen hips and thighs and improve flexibility. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control. Repeat this with the opposite leg. Do five lifts with each leg.

Ankle stretch ~ this will improve ankle flexibility and lower the risk of developing a blood clot. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor. With your leg straight and raised, point your toes away from you. Point your toes back towards you. Try two sets of five stretches with each foot.

Arm raises ~ this builds shoulder strength. Sit upright with your arms by your sides. With palms forwards, raise both arms out and to the side and up as far as is comfortable. Return to the starting position. Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat five times.

Neck rotation ~ this is good for improving neck mobility and flexibility. Sit upright with your shoulders down. Look straight ahead. Slowly turn your head towards your left shoulder as far as is comfortable. Hold for five seconds and return to the starting position. Repeat on the right. Do three rotations on each side.

Neck stretch ~ this is good for loosening tight neck muscles. Sitting upright, look straight ahead and hold your left shoulder down with your right hand. Slowly tilt your head to the right while holding your shoulder down. Repeat on the opposite side. Hold each stretch for five seconds and repeat three times on each side.

Sewing



Mrs Rani and Mrs Pathak busy sewing.

The Friday Older Women's Group put their vast knowledge and experience of sewing to some good use during February 2016 when they had mend

and repair sessions where they fixed things that they would have simply thrown away. They were happy that they could get some more use out of these things.

Basket Weaving



Mrs Chowdhury making a basket.

NKS users had a go at learning how to do basket weaving last year. They welcomed the opportunity to do something creative with their hands. It proved so popular that more sessions were held again this year in January 2016 with all of the groups.

Here is Mrs Chowdhury from the Monday Older Bangladeshi Women's Group busy concentrating on her basket. The finished baskets looked lovely and the women learnt something new and improved their existing skills.

Friday Older Women's Group ~ Focus Group

The Friday Older Women's Group had a focus group session in April 2016 in regards to July to September 2016. The group discussed: what activities that they would like to do; what they would like to eat each week and were also informed about what other activities that NKS had planned as part of the health work, Climate Challenge Initiative and the Peoples Community Fund.

Services for Older Women at NKS

NKS runs a lunch club on Mondays for older Bangladeshi women between 10.30 am and 1.30 pm and also runs a lunch club on Fridays between 10.30 am and 1.30 pm for older Indian and Pakistani women. Activities include gentle exercise, health talks, outings and arts and craft. The women get a chance to socialise too and enjoy a healthy lunch.

If you would like to join, or know someone who would like to join, please contact NKS on 0131 221 1915 for further information.



What's been happening at NKS?

NKS In Service Day

NKS staff had their annual in service day in January 2016 where they got together and discussed the procedures, rules and regulations of the organisation. It was also a good opportunity to share information and update each other on what work NKS and everyone was involved in.

Making Gift Boxes ~ January 2016



The women choosing their designs.

Some of the NKS users went to the Link Up Support Group to learn how to make gift boxes. They got a warm welcome and soon got busy making them.

They had some tea and biscuits and enjoyed the company. They took back what they had learnt and showed other NKS users how to make gift boxes.

Wallet Making ~ January 2016



The groups were busy making wallets.

As part of the work for the Peoples Community Fund (PCF) the Link Up Support Group came to NKS and joined NKS users to have a go at making wallets out of leftover material.

The groups enjoyed the activity and helped each other to make the wallets. Afterwards they enjoyed a hot lunch and had a chance to find out a bit more about each other.

Candle & Soap Making Training ~ February 2016



Soap Making Training in Progress.

Also as part of the work for the PCF NKS organised trainings for women on candle making and soap making. Sharon Everleigh came along to NKS and did the trainings. She spoke about the different fragrances and colours that could be used. They really enjoyed the trainings and, as some of them are group leaders, they will take back what they have learnt to their groups and have a go with their women.

First Aid Training ~ March 2016



The Thursday Young Mothers Group.

NKS users had sessions on first aid thanks to the Red Cross.

These sessions are held annually to give women up-to-date information about first aid. The

women found the sessions to be very helpful as they provide guidance on what action to take when every day accidents and injuries occur. This will be especially helpful when there are young children and elderly relatives in the house.

Work for Forestry Commission Scotland

After the winter break the work for the Forestry Commission Scotland project continued when the walking groups restarted in February 2016. The women went for brisk walks and then stopped to take part in environmental talks. They also did some environmental art in the woods such as decorating leaves and piling up stones in the stream and in the woods. In March 2016 they went for brisk walks and then stopped to do arts and crafts. They did some colouring therapy which involved them in colouring in drawings and making greeting cards. The women also took photos on their mobile devices such as smartphones, iPhone and an iPad. The women really enjoyed this because they learnt how to get more out of their devices and enjoyed photographing their beautiful surroundings. To top it all off NKS took two coachloads of women and their children on an outing to Loch Katrine in the Trossachs. There are two nice photos on page 9. They enjoyed walking in the fresh air, the incredible scenery and some even went for a ride on the SS Sir Walter Scott steamship. It was fantastic!

Flower Arranging Training ~ April 2016



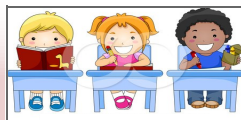
Flower arranging training with Sarit Freed.

NKS staff took part in flower arranging training where they learnt a lot about flowers and how to do different kinds of arrangements. The tutor, Sarit Freed, was really good. The training was very enjoyable, really fragrant and colourful too.

Cycling & Walking Residential ~ April 2016

Twenty NKS staff and users went to Ardgartan Argyll on the shores of Loch Long for a cycling and walking residential. Half of them did the cycling and half of them did the walking. It was a stunning location and everyone pushed themselves to the limit to complete their challenges. It was really exhausting but also an incredible experience for everyone. It was a chance to get away from it all and enjoy beautiful Scotland.

NKS organised some complementary therapies each evening to take away the exhaustion. Everyone really appreciated the residential and enjoyed it too. Some of them even wanted to come back again with their friends and family.



After School/Homework Club (ASHC)

January 2016

- The children had a New Years party.
- The children settled back into doing maths and English as normal.
- The children did Taekwondo and other physical activities.

February 2016



Two of the children decorating their cupcakes.

- The children celebrated Valentines Day and made cards.
- The children baked and decorated cupcakes, which they then ate (see left).
- The children continued with their studies.

March 2016



The children making funny poses.

- The children cycled around the playground.
- Some of the children attended the CCF celebration event with their parents.
- The children went to the Meadows to play.
- The children went to see the Dinosaurs Unleashed exhibition at Ocean Terminal (see above).

April 2016



The children listen attentively to the talk.

- The NKS nursery and the ASHC children went to the Science Festival where they saw all sorts of exhibits and got a really interesting talk (see left).
- The older children began preparations for their exams in May 2016.

Study Support Sessions in English and Maths

- Maths support still takes place four times a week at NKS. The children are really benefiting from it.
- English support is on Tuesdays, but will be moving to Fridays from June 2016 onwards. This is going very well.

It's very important to help your children with their studies. Please contact NKS on 0131 221 1915 or nks@nkshealth.co.uk if you would like more information.

NKS Nursery

January 2016

- The children played in the farm area and learnt about the different noises that the animals make.
- The children made tartan kilts out of paper and celebrated the birthday of the poet Robert Burns.
- The children made sheep with paper plates and wool.

February 2016



Incy Wincy Spider in action.

- The children made paper masks for Chinese New Year.
- The children made cards for Valentine's Day.
- The children went to the local park to play.
- The children sang an action song - Incy Wincy Spider (see left).

March 2016



The children looking at the pictures in their books.

- The children went to the local library to celebrate World Book Day (see left).
- The children made cards for their mums for Mother's Day.
- The children played with musical instruments and sang songs together.
- The children went to the museum to see the exhibits.

- The children painted rabbits and made ducks out of paper.

April 2016



One of the children playing with the map.

- The children enjoyed playing with the colourful map of the world on the wall (see left).
- The children had a session where they learnt about their emotions.
- The children made finger animals and learnt which animal made what sound.

- The children went to the library for fun activities.



Delicious Healthy Recipes

Oven Baked Onion Bhaji

Ingredients for the bhaji

mix:

5 small onions, sliced 5mm thick
5 tablespoons of gram flour
1 pinch of salt
½ teaspoon of ground cumin
½ teaspoon of ground coriander
extra virgin olive oil, as needed
1 tablespoon of tomato puree
water, as needed

Spices for the pan:

½ teaspoon of ground turmeric
½ teaspoon of ground coriander
¼ teaspoon of ground cumin
¼ teaspoon of ground ginger
¼ teaspoon of chilli powder

Method:

1. Preheat the oven to 200°C/Gas 6. Line a large baking tray with baking parchment.
2. Gently sweat the onions off in a frying pan with some oil until they turn translucent. This should take about 6-8 minutes.
3. Sprinkle in the chilli powder and mix. Add the turmeric, cumin, ginger, coriander and stir well. Remove from the heat.
4. Place the gram flour, salt, coriander, cumin into a medium bowl and mix well. Add the onion mixture and tomato puree into a bowl and mix. Add a little bit of water to get the correct consistency, it should be wet and easy to stir, but not sloppy.
5. Drizzle some oil onto the prepared tray, place 2 tablespoons of the onion mix onto the tray for each bhaji, flatten slightly with the back of the spoon. Bake on the middle shelf of the oven for 20-25 minutes, drizzle a little oil on top of the bhajis and bake for an additional 25 minutes or until golden brown.
6. Serve hot with some raita and/or ketchup and enjoy!



3. Add the ¾ to 1 cup of pasta water to the sauce and mix thoroughly. Add more water as needed to get the consistency you want. Heat up the pasta sauce.
4. Toss the cooked pasta with the pasta sauce in a bowl, add the grated Parmesan cheese and serve immediately.

This sauce is best served the day it is made, as it uses avocados which will turn a brownish colour if left unused.

Watermelon Granita

Ingredients:

4 cups of half-inch-cubed seedless watermelon
1/3 cup of sugar
2 tablespoons of lime juice

Method:

1. Put all ingredients in a blender and process until smooth.
2. Pour into a big enough plastic tub and place in the freezer.
3. Freeze for two or three hours, then begin the process of lightly scraping the top frozen layer.
4. Return the plastic tub to the freezer with the shaved ice on top; remove a couple of hours later and continue scraping.
5. Repeat the occasional scraping process until the entire mixture is shaved. Store, covered in plastic wrap, until serving.



What To Do With Stale Bread

Here are some things that you can do with stale bread:

1. **Feed the birds** ~ Stale bread can be a lifeline for birds in the winter as long as it's part of a varied diet.
2. **Pizza toast** ~ Cover bread with chopped tomatoes, herbs and grated cheese, and pop under the grill until golden brown.
3. **Summer Pudding** ~ A great British classic, Summer pudding is a wonderful combination of stale bread and fresh seasonal fruit. Try wholemeal bread for a healthier alternative with a more robust flavour.
4. **Fresh breadcrumbs** ~ Remove the bread crusts and place the bread in a food processor or blender and pulse until finely chopped. Perfect for topping gratins, macaroni cheese, casseroles, cakes and cupcakes, and for coating fish and meat. To make savoury breadcrumbs simply add herbs and salt.
5. **Stuffing** ~ Mix breadcrumbs with onions, herbs and seasoning for a simple stuffing for roast meat. You can experiment with extra ingredients such as squash, spinach, sausage, nuts and dried fruits such as cranberries.
6. **Nut roast** ~ You can use chestnuts, cashews, macadamias and mushrooms blended together, seasoned with honey and soy sauce and baked in a loaf tin.
7. **Meatloaf and meatballs** ~ Breadcrumbs are often added to mince to make it more tender and bulk it out.
8. **CROUTONS** ~ Dice your bread and fry quickly in olive oil for home-made croutons.
9. **Bread and butter pudding** ~ This is buttered slices of bread, layered and baked with a mixture of dried fruit, sugar, eggs and milk. Try spreading the bread with marmalade or lemon curd.

Creamy Avocado and Spinach Pasta

Ingredients:

10 oz spaghetti or fettuccine
1 clove garlic
1 avocado
1 cup of fresh spinach
½ cup of pecans
¼ cup of basil leaves
¼ cup of Parmesan cheese, grated, for the topping
1 tablespoon of fresh lemon juice
¾ to 1 cup of pasta water
salt and pepper to taste

Method:

1. Cook the pasta according to the instructions on the package. Keep ¾ to 1 cup of pasta water for the pasta sauce.
2. While the pasta is cooking, add the rest of the ingredients to your blender and blend until it turns into a smooth sauce.





Photo Gallery.....



NKS at North Edinburgh Arts ~ March 2016.



Story Time in NKS Nursery ~ January 2016.



Making Play dough in NKS Nursery ~ March 2016.



Easter Display in NKS Nursery.



NKS at Loch Katrine ~ March 2016.



NKS on the Way Home from Loch Katrine ~ March 2016.



Sunday Cycling Group ~ January 2016.

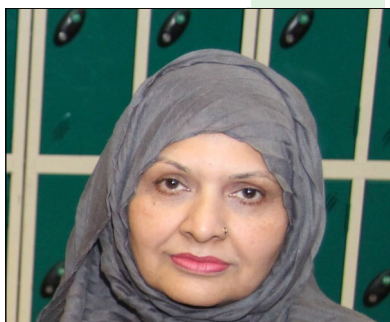


NKS at the Residential ~ April 2016.



NKS Staff.....

Rohina Hussain



Rohina Hussain.

I have been working with NKS for 27 years now as a Community Development Officer running both the Wednesday Women's Group and the Friday Older Women's Group, the latter one having a lunch club.

Every three months I have a focus group session with both of the groups and find

out what kinds of activities that they would like to do. Then I organise a range of different activities for the Wednesday Women's Group such as: health sessions; exercise; sewing; gardening and walking etc. I also organise a range of activities for the Friday Older Women's Group which includes: yoga; gentle exercise; outings and health sessions.

I visit some of the older women at home if they are not feeling well and they have not been able to come to their group. It really cheers them up to know that NKS cares about them. I provide them with help and advice on health related matters and general support.

I really enjoy working with the two groups and have also enjoyed doing the climate challenge project with them to help them to become more aware of what it means and to show them what they can do to make a difference.

Ishrat Measom



Ishrat Measom.

I have been working with NKS since 2010 and have been one of the Community Health Officers here for six years. I primarily organise and lead the Young Bangladeshi Women's Group.

The group participates in a range of different activities such as: health talks; exercise; nutritional information;

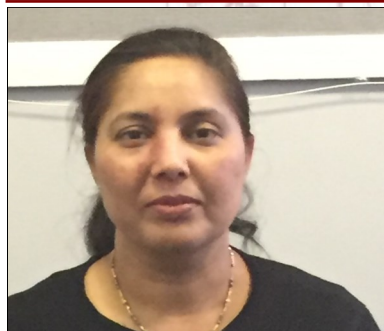
climate challenge; gardening and walking to name a few. These activities incorporate learning in a group setting. Along with running this group I help out with other activities and groups that run at NKS.

I also work with the Long Term Health Conditions Support Group (LTHCSG), which is funded by the Health and Social Care Alliance Scotland. As part of this I help Naseem Suleman to run the LTHCSG once a month and support these clients by offering them a befriending and support service through home visits to provide general support to them and their families within the comfort of their own home. Home visits are really good and I am able to find out what their problems are such as: they need support and advice on benefits; children's education and housing etc. I bring back the issues to my colleague, Naseem, who is also the Family Support Officer.

I also help elderly people and Bangladeshi families where they

need help to arrange relevant health care such as going to the doctors and hospital appointments. I generally provide support with health related matters. I find it very useful that I can speak several languages such as: Bengali (Sylheti); Hindi; Urdu and English which helps me to communicate with a range of people. I really enjoy helping the people that I help. It's quite rewarding.

Savita Kumar



Savita Kumar.

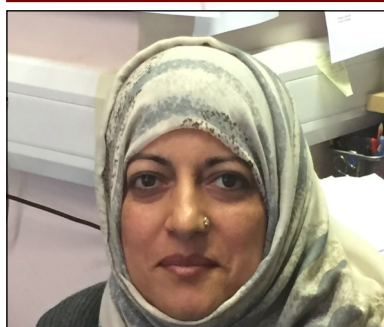
I started volunteering with NKS three years ago helping out with the Friday Older Women's Group.

Since May 2015 I have been co-ordinating the Cultural Bridging Project funded by the Peoples Community Fund. The main aim of this project is to integrate South Asian women into the local community. In

order to do this, NKS runs classes that teach women about: life-style; culture; food and language. The aim of all of this is to build up the women's confidence within the community.

On top of all this I am currently working towards a SVQ Level 3 course in Childcare, which will be for one year. I really enjoy everything that I am doing and really appreciate the opportunity to do all of this.

Rukhsana Hussain



Rukhsana Hussain.

I have worked at NKS for the past eight years as one of the Community Health Officers where I have taken up health appointments and accompanied clients to GPs, hospitals, dentists and any other health related agencies.

Recently my position has changed to NKS Nursery Manager as I am fully qualified for this position. I am authorised to countersign PVG and SSSC application forms which will allow people to work with children once their applications are processed.

I work with Shabnam Bashir, the Deputy Nursery Manager, and together we are responsible for the day to day running of the nursery and the After School/Homework Club (ASHC) and also make sure that the staff are updated on national and local guidelines by attending meetings and relevant trainings.

We work with the parents to make sure that they are aware of what is going on in the nursery and the ASHC and that they can approach NKS for help if they need it. NKS Nursery follows pre-birth to 3 years curriculum for babies, the GIRFEC approach and the Curriculum for Excellence for children aged between 3 to 5 years old. We also organise activities and outings for the children. The ASHC studies support in English and maths for Primary and High School-aged children is helping them to do well in these subjects. Other activities are also organised for the children.



Climate Challenge...



A lot of different activities have been happening at NKS in the past few months. Here are some of them below:



Monday Bangladeshi Women's Group ~ recycling old tyres and saris to make stools.



NKS users making boxes out of leftover paper.

Friday Older Women's Group ~ recycling old tyres and left over material to make stools.



NKS staff and users have been busy preparing the NKS Garden. They have also been planting seeds and potting plants for women to take away with them and grow them at home. Some of them will pass on their progress to NKS verbally and some through photos.

NKS has set up a Climate Challenge Initiative Advisory Group for the new Climate Challenge Fund funding for 2016/2017. The first meeting took place in April 2016 and the group met to discuss what needs to be done and how it was going to be done.

End of CCF Projects Celebrations ~ 19/03/2016

The CCF projects in Edinburgh got together to celebrate the end of their projects on Saturday the 19th of March 2016. The event was held at St Thomas of Aquin's RC High School and was well attended. Below is some information about the two workshops that NKS did:



Thursday Young Mothers Group ~ recycling old tyres and using rope to make tables.

Nasima Zaman and Rohina Hussain demonstrating how to make missi roti out of leftover food.

This was one of many demonstrations that were held at NKS. These were very popular with the women as they got to share lots of different ideas about how to use food that they would have otherwise thrown away.



Left ~ Ishrat Measom led the recycling material workshop. She demonstrated how to make hand held fans out of left over material.



Energy Efficiency Quiz ~ This was done again in all of the groups to see how much the women had learnt and how much they could remember.

Right ~ Naseem Suleman and Mrs Indumati Pandya (both on the right) talk about recycling old tyres and the things that can be made out of them.





Groups at NKS

English as a Second Language (ESL)

Classes:

- Women-only ESL classes run at NKS, thanks to Edinburgh College, on Mondays and Tuesdays from 12.30 pm till 2.30 pm. Interviews are conducted on Tuesdays, after the class. Please note that the ESL classes run with the school terms.

Bangladeshi Women's Support Group:

- This group runs at NKS on Tuesdays from 11.00 am till 1.00 pm. The group decides what activities they want to do. Activities include: health sessions, sewing, complementary therapies, cookery, outings, social functions etc.

Sakhi (friend) Women's Group:

- This group runs on Wednesdays between 11.00 am and 1.00 pm at NKS. The group decides what activities they want to do. Activities include: health sessions, sewing, complementary therapies, healthy cooking, outings, social functions etc.

Mother and Toddler Group:

- This group (run in conjunction with Sure Start) runs on Thursdays from 10.00 am until 12 noon at NKS. Please note that this group runs with the school terms. Activities include: health sessions, yoga, arts and crafts, sewing, healthy cooking, callanetics, outings, social functions etc.

Older Women's Group:

- One group runs on Mondays (for Bangladeshi women) and one on Fridays (for Indian and Pakistani women) from 10.30 am until 1.00 pm at NKS. Activities include: gentle exercise, complementary therapies, lunch club, discussion/health sessions, outings, social functions etc.

Saturday Women's Group:

- This group runs once a month, on Saturdays, between 1.00 pm and 5.00 pm at NKS. Activities include: health/discussion sessions, cookery, music and art appreciation, outings, social functions etc.

Please contact NKS for more details as sessions may be cancelled or venues changed.

NKS Services

- Outreach/befriending
- One to one support, advice and information
- Health education/promotion
- Group work
- Training/courses

- Research
- Seminars/conferences/information days
- Advocacy work
- Childcare (NKS Nursery - 3 months to 5 years old and NKS After School/Homework Club - 5 to 14 years of age.) The facility runs five days a week from Monday to Friday from 8.30 am till 6.00 pm. Please contact NKS for more details.

NKS Board of Directors

Rohini Sharma Joshi ~ Director (Chair)

Sugantha Ravindran ~ Director (Vice Chair)

Jack Marshall ~ Director (Treasurer)

Indumati Pandya ~ Director (Joint Treasurer)

Yasmin Ahmed ~ Director (Secretary)

Mussarat Ahmed Kaneez ~ Director (Joint Secretary)

Ann Wigglesworth ~ Director

Jabeen Munir ~ Director

Shaheen Ahmed ~ Director

Allison Conroy ~ Director

NKS News/Events

Gardening ~ The women will continue to learn more about gardening and composting by looking after the NKS Garden in the next few months.

Royal Botanic Garden Edinburgh (RBGE) ~ Cooking sessions using seasonal produce from the RBGE will be held there regularly during July/August 2016.

Recycling Leftover Food ~ NKS will be developing leftover food recipes and filming these cookery sessions.

HIV/Aids & LGBT ~ These topics will be covered in health sessions in the groups.

Quilt Making & Bag Making ~ The women will be making quilts and bags out of leftover material in the coming few months.

Walking Group ~ NKS is going to re-start the walking group soon. Walking will also take place in some of the groups too.

Outings ~ NKS will be organising outings during the summer.

Please get in touch with NKS if you'd like more information about any of these activities. Thank you.

NKS Resource Library and Drop in Facility

NKS holds books, CDs, videos and DVDs as part of its resource library. We encourage women to use these resources. You are welcome to come and browse through and borrow these from NKS. There is a drop-in facility at NKS for South Asian women and their children. You can drop in and watch Sky satellite. Also there is B4U and Sony TV Asia available and Asian newspapers and magazines.

Staff and Management Committee News

Nazish Raza ~ NKS would like to congratulate Nazish and her family on the birth of her second child - a beautiful little girl. May she have a long and healthy life. Congratulations!

Humaira Abdullah ~ Humaira left NKS at the end of January 2016 to pursue a degree in Childcare at university. NKS would like to thank her for all her hard work and would like to wish her all the best for her future.

Rukhsana Hussain and Shabnam Bashir ~ Rukhsana has been appointed as the new Nursery Manager and Shabnam has been appointed as the Deputy Nursery Manager. Together they will be responsible for managing the nursery.

Your Contacts at NKS

Naina Minhas ~ NKS Manager

Nasima Zaman ~ Administrator & Climate Challenge Sessional Worker

Khalda Y Jamil ~ Administrator

Rohina Hussain ~ Community Health Officer & Climate Challenge Sessional Worker

Ishrat Measom ~ Community Health Officer

Naseem Suleman ~ Family Support Officer & Climate Challenge Project Co-ordinator

Savita Kumar ~ Cultural Bridging Project Co-ordinator

Rukhsana Hussain ~ Nursery Manager

Shabnam Bashir ~ Deputy Nursery Manager

Sobia Shahzad ~ Childcare Practitioner

Nazish Raza ~ Childcare Practitioner

Amina Rahman ~ Senior Childcare Practitioner

Irum Ashfaq ~ Childcare Practitioner

Fauzia Ahmed ~ Childcare Practitioner (Maternity Cover)