

Nari Kallyan Shangho Newsletter

Summer/Autumn Edition, August 2016, Volume 16 Issue 1

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.

Inside This Issue.....

Page Name and Articles	Page No.
Your Health	2
Staff Training on Sexual Health/Sexual Health Sessions/LGBT Training for NKS Staff	
Services in Edinburgh	3
Family Support Work at NKS	
Volunteers and Students	4
Savita Kumar/Salma Khan/Nazia Majid/Kate Tweats	
From Our Elders...For Our Elders	5
Volunteering Recognition Event/Quilt Making/Walking & Harvesting	
What's Been Happening at NKS?	6
Celebration & Farewell/Events/Crocheting/Open Days	
Kid's Corner ~ NKS After School/Homework Club (ASHC) and NKS Nursery.....	7
Activities/Outings/Study Support Sessions	
Delicious Healthy Recipes	8
Potato and Courgette Dam (Dry Curry)/Potato and Potato Leaf Curry/Banana Pudding	
Photo Gallery	9
NKS Activities at a Glance	
NKS Staff	10
Samra Ahmed/Ferdousi Reza/Neena Agarwal/Amina Rahman	
Climate Challenge	11
Walking/Gardening/Composting/Open Day/Cookery/Talks & Other Work	
Looking Forward with NKS	12
Information About What NKS Does/NKS and Committee Contacts/Latest News	

Editorial ~ Naina Minhas

Like other months, NKS has been buzzing with activities for women and children and all of this despite a massive reduction in financial resources for the organisation. In the new financial year, there is a huge emphasis on raising funds for NKS to be able to sustain crucial services for South Asian communities in Edinburgh. Since the funding climate has changed and become very restricted in Scotland, NKS is reviewing its fundraising strategies.



NKS users at North Edinburgh Arts ~ August 2016.

This is the last year of two years funding for the Cultural Bridging Project. NKS is successfully liaising with a number of community projects in Edinburgh to

promote integration and community cohesion. It has emerged that there are a number of gaps that become barriers for South Asian women to be able to use services of their local mainstream community projects.

The climate challenge project is running successfully, and as part of the project two videos will be made; a video of recipes for leftover food and a video of the work done under the climate challenge programme.

NKS is also liaising with NHS Lothian and working on organising a twelve-week exercise programme for women who are diabetic. Two organisations, Eric Liddell Centre and Open Door, have been contacted to consider exchange visits for older women's groups at NKS.

In short, NKS staff is working hard to sustain much-needed services for South Asian women and their families.

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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Staff Training on Sexual Health ~ April 2016

At NKS the staff take part in trainings that are then passed on to the groups. It's important that they experience it first hand so that they know what to expect when the training is delivered to the groups. Sylvia Baikie and a colleague came from Lothian Health and delivered an interactive and fun session. It's been a very long time since some of the staff had done training on sexual health and it was good to refresh and update our knowledge.

Sexual Health Sessions ~ May 2016

Several health sessions were organised to take place in each group so that different topics could be covered properly. The sessions were on: HIV/Aids; breast screening; the menopause and contraception. The health sessions were led by professionals from Lothian Health and were really interesting and very educational.



HIV/Aids health session ~ Sylvia with NKS users.

HIV/Aids is a topic that NKS has covered in the past in the booklet entitled *Women HIV/Aids*. NKS did a lot of work back then around raising awareness of this topic. The recent health sessions looked at: what is HIV/Aids; how you can become infected; how to avoid infection; the symptoms and what treatments are available.



Breast screening health session with NKS users.

The breast screening health sessions were very important and relevant as some of the users have had or know someone who has had breast cancer. The health sessions covered: what is

breast cancer; the symptoms; how to check for it; treatments and the importance of screening.

Health sessions on the menopause were held to raise awareness amongst women on what to expect when they go through this. The sessions looked at: what is the menopause; the symptoms; hormone replacement therapy and what other medication/treatments are available to cope with the symptoms.



Health session on contraception.

Health sessions on contraception were held to raise awareness about family planning, safe sex and what types of contraception/protection were available. As a result of these sessions NKS has become a c:card point where anyone aged 16 and over can go and get free condoms and lubricants.

It was very important that NKS should pass on updated information as a lot has changed and better for the women to hear about it from health professionals who know exactly what they are talking about. NKS would like to thank all of the health professionals for coming to NKS to do these health sessions. We really appreciate it.

LGBT Training for NKS Staff ~ August 2016

Alison Wren, from the LGBT Health and Wellbeing Project, trained NKS staff about LGBT. This stands for lesbian, gay, bisexual and transgender. The training was very good and the staff learnt a lot through discussion and doing an exercise where they had to match terms with their definitions. Some of these were quite hard! The training will be delivered to NKS users soon.



Alison training the NKS staff.

Services in Edinburgh...

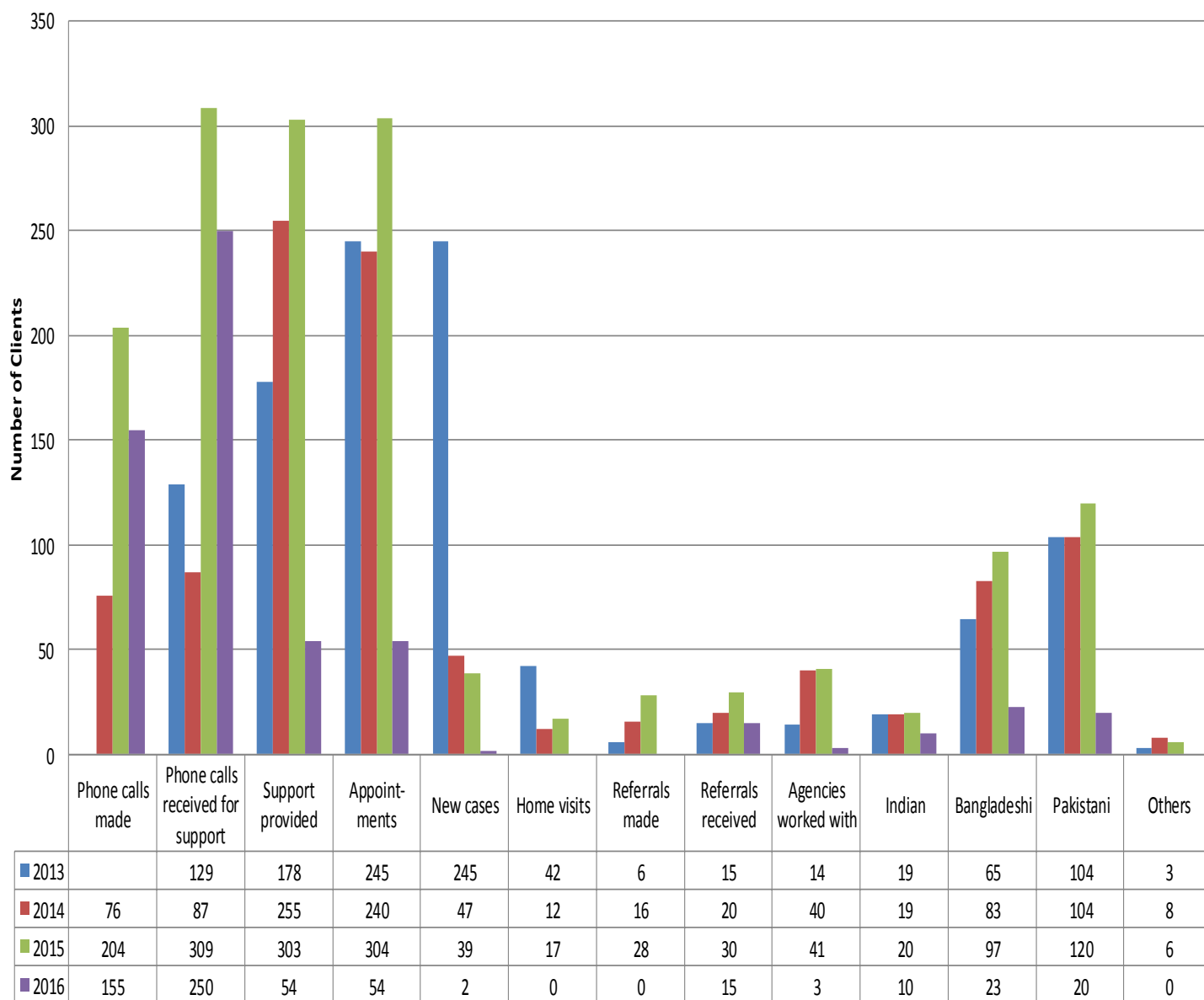
Family Support Work at NKS

The Family Support Service was set up many years ago at NKS to address the issues of inequalities and accessibility of the South Asian communities in order to improve their circumstances and the quality of their life. This was done by providing one to one advice and information to the clients in regards to their social and economic issues. This was also done by advocating on their behalf to services and organisations to get suitable and appropriate advice for them by networking with the said service provider and to link the clients to these services. Some clients have children's schooling issues as their children are left behind in their curriculum due to their language difficulties plus these clients and their families lack information about services available to them due to their own language difficulties.

South Asian clients and their families generally lack information about services as has been made clear by the fact that some families are not accessing the benefits that they are entitled too. Plus, with the changes in the law regarding benefits, it is getting very difficult for the general public to keep up with these changes. A lot of families get into debt due to their benefits having been suspended, cancelled or stopped all together. When they fall into debt they also get depressed and it is so difficult to get help for counselling due to the language barrier.

The following is the work done in the past 4 years at NKS:

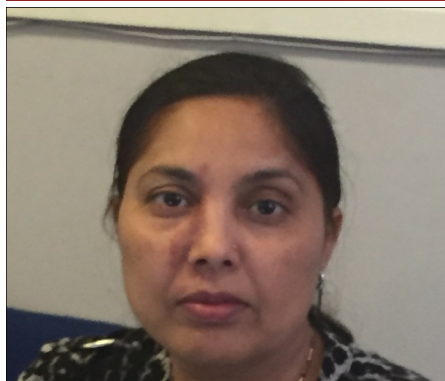
NKS Family Support Work



Here at NKS we empower women, give them training and then help them to find employment. Due to the grant having been withdrawn by the local authority, we are not able to provide women the support at the level that they need.

Volunteers and Students...

Savita Kumar ~ Student



Savita Kumar.

I am well in to my SVQ Level 3 Social Services Children and Young People course. I have learnt so much already and am still learning.

I didn't know anything about policies before I started my course. But, as part of it, I have had the chance to look over NKS' childcare poli-

cies and understand their importance and why they are necessary.

I have learnt more about children's behaviour and their physical and mental development at different stages. This has been very interesting. I enjoy interacting with the children, playing with them and helping them to learn. I'm not very good with arts and crafts but still enjoy doing this with them.

It was important for me to do the Elementary Food Hygiene course as we serve snack and lunch to the children and we need to make sure that we follow the NKS House Rules properly. I also did the Elementary Food Health course too which was really good as it made us think about the food that we eat, how we eat it and what is good for us and what is not.

I have learnt a lot about recycling at NKS and am encouraging the children to get involved in doing this as more and more it will become a normal thing for them to do as they grow up. It's important to teach them from a young age to recycle and learn about gardening. We love to go in to the NKS Garden and water the plants and play outside.

I have enjoyed the outings with the children. We have been to the: local library; museum; Meadows and Portobello beach. I would like to do SVQ Level 4 once this course is finished.

Salma Khan ~ Student



Salma Khan.

I am really enjoying the SVQ Level 2 Social Services Children and Young People course that I am doing with Borders College here at NKS.

I see my college tutor once a week to do the written parts of my course and I am working in the NKS Nursery to

gain more experience and to practice what I am learning.

I really enjoy looking after the young children in the nursery and helping them to learn new and interesting things. It's lovely to see them enjoy new experiences.

I have learnt a lot since starting my course and have learnt a lot more from the other staff in the nursery too. I would like to thank NKS for giving me this opportunity to do this course and to improve myself.

Nazia Majid - Volunteer



Nazia Majid.

I found out about NKS through one of my friends, Samra Ahmed. In April 2016 my son started attending the NKS Nursery and I also started attending the Young Mothers Group. I began volunteering at NKS and I help with the climate challenge activi-

ties and I also help the group leader for the Young Mothers Group. NKS has given me an opportunity to learn and develop new skills and face new challenges and explore different avenues. I enjoy volunteering at NKS because it has a welcoming and friendly atmosphere and I feel that I am part of a team.

Kate Tweats



Kate Tweats.

My name is Kate Tweats and I am a third year psychology student at Edinburgh Napier University. I came to NKS for one week starting on the 9th of May as part of the 'Getting Inside Scheme' that is run by the University. The Scheme allowed me to

choose an organisation from a list that I would like to work in for one week, from this list I chose NKS. NKS was my first choice because I feel that it is important to gain insight and understanding of all cultures and NKS provides an opportunity for the South Asian community and the local community to come together. While being at NKS I have been helping out with a range of activities. Firstly, I was assigned to the newsletter, this was a good opportunity as it allowed me to get to know several of people within NKS and find out what they do. Along with this I have also been helping out in the office, arranging files and helping prepare materials for the nursery. I have also had the opportunity to sit in with some of the NKS groups that run throughout the week and I have had a chance to taste the delicious food that is served at lunch time. I have enjoyed my week at NKS and getting to know some of the lovely people that work here.

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.

From Our Elders....For Our Elders

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Volunteering Recognition Event ~ June 2016



NKS users with Mrs Shamshad Akbar (centre) and Mrs Indumati Pandya (right).

NKS users were invited to attend the Volunteering Recognition Event for Scottish Ethnic Minority Older People held in Falkirk. It was organised by Trust, Hanover (Scotland) and Bield Housing Associations. It was a wonderful surprise for Mrs Akbar and Mrs Pandya when they won! Congratulations and well done!

Quilt Making ~ June/July 2016



The Friday Older Women's Group busy making their quilt.

As part of the Climate Challenge Initiative NKS users took part in making quilts. The Friday Older Women's Group took part in this too. They recycled old and left over material, cut in to squares of the same size and designed their quilt. They placed these on the table to see what the quilt would look like. They sewed the pieces together to make up the front of the quilt. Some of the quilts were completed and some of them will be completed during the winter when the users will be indoors due to the bad weather.

Walking ~ July 2016

The Friday Older Women's Group took full advantage of the good weather during the summer holidays and went for short walks during their group sessions. They were accompanied by staff and sometimes by the NKS Nursery staff and children. It was good for them to get out and about and enjoy the fresh air and the warm sunshine. It makes all the difference.



NKS users taking a rest after their walk.

Harvesting at the RBGE ~ August 2016



NKS users harvesting vegetables at the RBGE.

NKS users have had the opportunity to go to the Royal Botanic Garden Edinburgh (RBGE) during July and August 2016 to first of all harvest seasonal produce with their staff and then go to their beautiful kitchen to prepare and cook meals. These sessions were really good and the kitchen facilities were fantastic!

Harvesting in the NKS Garden ~ August 2016



NKS users and staff in the NKS Garden.

NKS users have grown vegetables, flowers and herbs in the NKS Garden.

Here, some of the Friday Older Women's Group members are harvesting tomatoes for a salad.

Gardening can be very therapeutic. Even if one cannot garden due to ill health it's still good to go out and look at what's growing in your garden.



What's been happening at NKS?

Naina's 60th Birthday Dinner ~ May 2016



NKS staff at Naina's 60th birthday dinner.

2016 has been a very special year for NKS' beloved manager, Naina, who turned a very youthful 60 in June 2016. To celebrate this and to show her our appreciation the staff took her out

for dinner to the Indian Lounge Restaurant in Edinburgh. We all had a wonderful time and really enjoyed the celebrations. Happy birthday, once again!

Local Community Get Together ~ 28 May 2016

The event was organised for local people to come and mix with NKS users, find out more about the organisation and to celebrate the end of the Cycling Scotland project. Activities included: smoothie bike; cycling; upcycling of tyres; gardening; energy efficiency; storytelling; henna hand painting; glitter tattoos; soap making workshop and a magician. It was a nice day and the event was enjoyed by everyone. There are a few very nice photos of the event on pages 9 and 11.

Making Bags ~ July 2016



Here's the group with some of the bags.

The Welcoming Association came to NKS and joined some of NKS' users to make bags out of recycled, old and unused material. They chose their material, picked their design and got busy sewing

and stitching their bags. They were all very pleased with the finished products.

Crocheting at NKS ~ July 2016



NKS users trying their hand at crocheting.

Taster sessions in crocheting took place at NKS to give the users an opportunity to have a go and try to learn this skill. Some took to it quite easily whilst others found it

more difficult to do. The aim of these sessions was to show users how they could make cute little flowers out of the smallest ball of wool rather than throwing it away.

Farewell Party for Babita Singh ~ July 2016

Babita had come from India a few years ago and only found out about NKS last year from a friend. She started attending the groups at NKS and quickly progressed to being a much valued volunteer. Sadly, she went back home with her family at the end of July 2016. NKS staff and users had a farewell party for her to show her their appreciation. She informed the NKS Manager of just how much she had enjoyed coming to the organisation and what a positive impact NKS has had on her life in the past year. NKS would like to wish her all the best for her future and hopes that she keeps in touch. There's a nice photo on page 9.

Visit to Buddhist Centre ~ July 2016



The group outside the Buddhist Centre.

NKS users and the Edinburgh Women Interfaith Group went on a day trip to visit the Samye Ling Tibetan Buddhist Centre. They met people from a different background

and a different religion. The Centre was beautiful, peaceful and had a friendly atmosphere. It was a good visit.

Young Mothers Group ~ August 2016



Save The Planet talk.

To coincide with the schools reopening after the summer holidays NKS and Royal Mile Primary School held open days for the Young Mothers Group to encourage new mothers to join in. Also, both organisations will take it in turns to host the group each term.

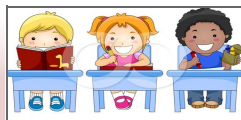


Soap making workshop.

The group members took part in the activities which included: Save The Planet talks; a soap making workshop and a

crocheting workshop.

The open days were a good opportunity for the group members to meet each other, see both venues and to find out more about what they could actually do in the group. There were nice snacks, tea, coffee, biscuits and cake for everyone to enjoy. The open days went very well.



After School/Homework Club (ASHC)

May 2016



The children at the Meadows.

- The children continued with their English and maths studies.
- The children got help with their homework.
- The children played outside on the bicycles.
- The children went to the Meadows to play on the swings and slides. They enjoyed the fresh air.

June 2016

- The children continued with their English and maths studies. For English they started using comprehension box 3.
- The children got help with their homework and did some mental maths.
- The children played musical statues and musical bumps.
- The children got to choose a song to sing and sang it.
- The children decorated and ate some cupcakes.

July 2016



The children at RBGE.

- The children went to the Royal Botanic Garden Edinburgh (RBGE) for a cookery demonstration using seasonal produce. They harvested the produce and helped to cook it. They enjoyed eating what they prepared.
- The children went to Gambados to play and had lunch at Pizza Hut.

August 2016

- The children continued with their English and maths studies.
- The children went to the cinema to see The BFG, which they all thoroughly enjoyed.
- The children went to the Fire Museum to see how fires were put out in the olden days.
- The children got back in to the routine of school and homework.

Study Support Sessions in English and Maths

- Maths support still takes place three times a week at NKS. The children are really benefiting from this support.
 - English support is on Fridays and this is going very well.
- Please contact NKS on 0131 221 1915 or nks@nkshealth.co.uk if you would like more information.

NKS Nursery

May 2016

- The children explored their emotions.
- The children made puppets out of toilet rolls and paper plates.
- The children did role play in the shop corner.
- The children sang action songs.
- The children went to the local library.
- The children went to the park for some outdoor play.
- The children planted some seeds in the NKS Garden and watered the other plants.

June 2016

- Childsmile came to teach the children how to brush their teeth with a puppet story.
- The children played with their bikes and trikes in the outdoor area.
- The children played with water and sand outside.
- The children celebrated Naina's 60th birthday with a cake.
- The children made Father's Day cards.
- The children harvested tomatoes and strawberries from the NKS Garden.
- The children paid a visit to the local mosque to find out about Ramadhan.

July 2016



The children making their cupcakes.

- The children made Eid cards.
- The children went to Portobello Beach and had lunch there.
- The children made and decorated cupcakes.
- The children made playdough and played with it.

- The children went to the park.
- The children played musical chairs and pass the parcel.
- The children did circle time.
- The children went to the local library.
- The children went to Princes Street Gardens.
- The children cycled outside.

August 2016

- The children sang action songs and did arts and crafts.
- The children went to the library and listened to stories.
- The children learnt about Raksha Bandhan.
- The children learnt about the days, dates, seasons and the weather.
- The children went to the museum.
- NKS Nursery said goodbye to some of the children as they moved on to state nursery and primary school. Good Luck to them all!



Delicious Healthy Recipes

Potato and Courgette Dahi (Dry Curry)

Ingredients:

4 medium courgettes (small cubes)
 2 medium potatoes (small cubes)
 ½ cup of peas
 1 bay leaf
 1 teaspoon of whole cumin seeds
 ½ teaspoon of turmeric
 ½ teaspoon of coriander powder
 ½ teaspoon of cumin powder
 ½ teaspoon of black pepper powder
 ½ teaspoon of chilli powder
 Salt to taste
 ½ teaspoon of sugar
 2 teaspoons of cooking oil
 Freshly chopped coriander leaves
 A little bit of ghee (optional)



Method:

1. Put the oil in to a pan and heat it up. Add the bay leaf and cumin seeds and cook for 30 seconds.
2. Add the potato and courgette cubes and cook for five minutes.
3. Add the powdered turmeric, coriander, cumin, chilli and black pepper and add some water.
4. Add the peas and cook for a further 3 minutes.
5. Then add the salt and sugar and cook for another 2 minutes.
6. Cook the vegetable until they are soft enough to eat.
7. Add the ghee if you like and the fresh chopped coriander leaves.
8. Serve with rice or chapattis.

Potato and Potato Leaf Curry

Ingredients:

500g of washed and chopped potato leaves
 300g of washed and chopped mustard leaves (spinach leaves will do instead)
 3 medium potatoes (peeled, washed and cut thin like chips)
 8 cloves of garlic (chopped)
 1 large onion (thinly chopped)
 3 or 4 sliced green chillies (add more if more heat is desired)
 1 teaspoon of whole cumin seeds
 ½ teaspoon of whole mustard seeds



3 to 4 tablespoon of cooking oil
 Salt to taste
 ½ teaspoon of fenugreek seeds (optional)

Method:

1. Put the chopped potato leaves and one table spoon of salt in to a bowl, mix and leave for 10 minutes. After 10 minutes squeeze out the salty water and wash the potato leaves.
2. Put the potato leaves in to a cooking pan and cook for about 5-8 minutes turning them all the time. This will release water from the leaves.
3. Then add the mustard leaves and cook for a further 10 minutes.
4. Then add the potatoes and cook for a further 5 minutes or until the potatoes are almost cooked. Leave the pan on a very low heat while you get the tarka ready.
5. To make the tarka put 2 tablespoons of oil in to another pan and heat it up. Put the chopped onion in and cook for 4 minutes or until it turns translucent.
6. Add the cumin seeds, mustard seeds, fenugreek seeds and the chopped garlic. Cook these for a further 2 minutes and then add the green chillies.
7. Finally, put the tarka in to the pan with the potato leaves and the potatoes. Cook for a further 2 to 3 minutes stirring all the time.
8. Serve with boiled rice.

Banana Pudding

Serves 4-6 people, preparation time is 10 minutes and cooking time is 10 minutes.

Ingredients:

100g of butter, softened, plus extra for greasing the dish
 2 ripe bananas
 100g of light muscovado sugar
 100g of self-raising flour
 2 teaspoons of ground cinnamon
 2 eggs
 2 tablespoons of milk
 Icing sugar for dusting on top



Method:

1. Put the butter in a baking dish and microwave on high for 30 seconds to one minute until melted. Cover the sides of the dish with the melted butter.
2. Mash the 1½ bananas and the melted butter together.
3. Then add the sugar, flour, cinnamon, eggs and milk. Mix together thoroughly and spread the mixture in the dish evenly.
4. Slice the remaining half of the banana over the mixture and cook in the microwave on high for 8 minutes until cooked through and risen.
5. Serve warm, dusted with icing sugar, toffee sauce or ice cream. Enjoy!

Tip: Freeze whole over ripe bananas in plastic bags for this recipe. Browner and softer bananas will give a much better flavour.



Photo Gallery.....



Local Community Get Together ~ 28/05/2016.



Local Community Get Together ~ 28/05/2016.



NKS Nursery at Portobello Beach ~ July 2016.



NKS Nursery children celebrate Naina's 60th birthday with her.



Farewell party for NKS volunteer Babita Singh ~ July 2016.



NKS Nursery children enjoying playing outdoors ~ July 2016.



Pass the parcel time in NKS Nursery ~ July 2016.

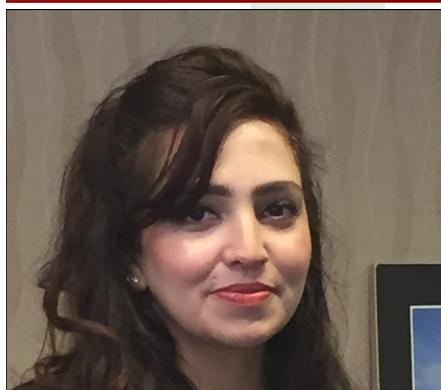


NKS users at North Edinburgh Arts ~ August 2016.



NKS Staff.....

Samra Ahmed



Samra Ahmed.

I used to work at NKS until 2011 as the Family Support Worker. I left NKS to get married and moved to Dundee. Since then I have expanded my family with two young sons and moved back to Edinburgh last year.

Since moving back I have attended the Young Mothers Group at NKS. I

was looking for something else to do now that my boys are a little bit older. I found out about the vacancies at NKS for the Climate Challenge Initiative Sessional Workers' posts and thought that I would have a go. Anyway, long story short, I got one of the posts and here I am back at NKS.

This job has really opened up my eyes as I have learnt a lot about climate change, recycling, composting and how to use left over food. I have been on several trainings to help me prepare for the work that I am doing and these have been really interesting. I am continuing to learn new and interesting things and am enjoying passing this knowledge on to the NKS users.

Ferdousi Reza



Ferdousi Reza.

I have been coming to NKS for a very long time and know the staff quite well. I have been volunteering with NKS for a number of years now doing yoga and gentle exercise with the Friday Older Women's Group and yoga with the ASHC children. I really enjoy giving something back to the community.

I was very interested in the vacancy for one of the Climate Challenge Initiative Sessional Workers' posts as I am passionate about climate change and wanted to work more intensely with the community. I applied for and got one of the posts.

Since starting, I have been very busy going through trainings so that I am well-prepared to do this job. I have learnt a lot such as how to cut and recycle glass bottles and jars in to vases and for storage. I have learnt how to recycle old unused material in to bags and quilts. These skills are being shared with the NKS users in a group setting.

I love to do gardening and it has been really fun to look after the NKS Garden with the NKS users. I water the plants every day that I am at NKS and encourage the users to come and help me. The composting sessions were very educational and informative. I have also been encouraging them to do more in their own gardens once they go home.

Currently I am putting energy monitors in users homes so that they can monitor their energy usage each time they switch something on e.g. the kettle. Readings have been taken before the monitors have gone in and will be taken one month later to see the difference. The monitors have been eye opening about energy usage.

I am really enjoying the work that I am doing and am very happy that I am making a positive contribution to education about climate change.

Neena Agarwal



Neena Agarwal.

Rohina Hussain has taken some time off from NKS and, in her place, I have been given the opportunity to run the Wednesday Women's Group until she returns in January 2017.

The women have been most welcoming and very supportive of me. I am enjoying working with this group.

I had a focus group session with them where they told me what activities they wanted to do and what they wanted to eat for lunch. I also informed them of what NKS would like the group to do as part of the funding that NKS receives. Together we came up with a three monthly programme of activities for this group for July to September 2016.

As part of running this group I have learnt a lot about climate change and cultural bridging as these have been some of the activities that have taken place. I have also been able to use my experience at Milan of working with the South Asian community. I am enjoying working at NKS and hope that I can continue to make a positive impact.

Amina Rahman



Amina Rahman.

I have been working at NKS since the organisation was formed back in 1987. I have always worked in the NKS Nursery and am a senior childcare practitioner. I have achieved SVQ Level 3 in Childcare whilst working at NKS. This was a big achievement for me.

I work in the NKS Nursery with the children. I enjoy looking after them and doing arts and crafts with them.

I also run the Monday Bangladeshi Women's Group. I encourage the women to attend the group and take part in the activities. These include: health sessions; climate challenge activities; liaising with other projects and health walks.



Climate Challenge...



Walking ~ May to August 2016

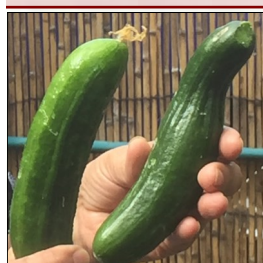


NKS users out for a walk.

NKS users have been going for walks before their groups start. This is to encourage them to walk more and take up a simple and easy form of exercise. The users enjoy their walks as

they get some fresh air too. Just make sure that you dress according to the weather and wear sensible shoes.

Gardening ~ May to August 2016



Cucumbers from the NKS Garden.

NKS users have been taking care of the NKS Garden by preparing the soil, planting seeds, weeding and watering the plants.

The cooks check what's growing in the garden and see what they can use each day in their recipes.

The users have harvested what they have grown and enjoyed these in their food at NKS.



NKS users in the NKS Garden with Andy Croft.

Special gardening sessions have been held at NKS with Andy Croft from the Royal Botanic Garden Edinburgh (RBGE). These have been well received by the users and much appreciated.

Composting ~ August 2016



Composting session with NKS users.

Composting sessions took place in the groups at NKS during August 2016. Andy Croft came from the RBGE and informed the users about composting, why we all

should be doing it and how we could do this ourselves at home. They were really informative sessions.

Open Day ~ 28 May 2016



The gardening stall at the Open Day.

As part of the Local Community Get Together the Climate Challenge Initiative also had its open day too. The activities on offer meant that there was something for every one. It was a good day and the event went well.

Cookery Sessions ~ July/August 2016



NKS users in the kitchen at RBGE in August 2016.

NKS users took part in cookery sessions using seasonal produce grown at the RBGE. They harvested, cooked and ate the food there. A few of the recipes can be found on page 8.

Save The Planet Talks ~ August 2016



Save The Planet talk ~ in August 2016.

thought provoking and very interesting.

Save The Planet talks took place at NKS during August 2016. NKS staff led the sessions with NKS users and guests from other projects. The talks were enlightening,

Other Climate Challenge Work at NKS

- ◆ The staff have gone through relevant trainings to enable them to do their job properly e.g. tackling fuel poverty etc.
- ◆ Maintenance checks were carried out in June 2016 on all of the bicycles at NKS to make sure that they were all alright.
- ◆ Confidence building workshops took place in July 2016 in all of the groups.
- ◆ Home visits have taken place to take meter readings and then fit energy monitors. Further home visits were done to take the second reading and to remove the monitors.
- ◆ Upcycling of food workshops have taken place in the groups at NKS. These have been very creative and will lead to recipes for the planned recipe book.



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

LGBT Sessions ~ Sessions to raise awareness will take place in all of the groups during September 2016 and onwards.

Upcycling of Food Sessions ~ Some of the cookery sessions will be filmed from September 2016 onwards to show how food can be upcycled to make delicious snacks rather than wasting it.

Recipe Book ~ NKS will be working on a book collecting recipes for upcycling of food. Look out for it next year.

Outing to Cupar ~ NKS users will be going for an outing to an organic farm in Cupar in September 2016.

Canal Boat Cruise ~ NKS users will be going on a cruise along the Union Canal in September 2016.

Outing to Echo House ~ NKS users will be going to Motherwell in October 2016 to see the echo house as part of the Climate Challenge Initiative.

Exercise Classes ~ NKS will be running a twelve-week exercise programme soon for women who are diabetic.

Christmas Holidays ~ NKS will be closed from Monday the 26th of December 2016 and will reopen on Monday the 9th of January 2017. Happy Christmas and Happy New Year when it comes!

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

Rohini Sharma Joshi ~ NKS would like to congratulate Rohini and her family on the birth of her twin grandsons. How wonderful!

Amina Rahman ~ NKS would like to congratulate Amina and her family on the marriage of her second eldest son. Congratulations to the happy couple too.

Rohina Hussain ~ Rohina has gone on unpaid leave for 6 months from June to December 2016 to better look after her health.

Neena Agarwal ~ Neena will be running the Wednesday Women's Group in place of Rohina whilst she is away.

Savita Kumar ~ Savita will be running the Friday Older Women's Group in place of Rohina whilst she is away.

Your Contacts at NKS

Naina Minhas ~ NKS Manager

Nasima Zaman ~ Administrator

Khalda Y Jamil ~ Administrator

Rohina Hussain ~ Community Health Officer

Ishrat Measom ~ Community Health Officer

Naseem Suleman ~ Family Support Officer

& Climate Challenge Project Co-ordinator

Ferdousi Reza ~ Climate Challenge Sessional Worker

Samra Ahmed ~ Climate Challenge Sessional Worker

Savita Kumar ~ Cultural Bridging Project Co-ordinator

Neena Agarwal ~ Group Sessional Worker

Rukhsana Hussain ~ Nursery Manager

Shabnam Bashir ~ Deputy Nursery Manager

Sobia Shahzad ~ Childcare Practitioner

Nazish Raza ~ Childcare Practitioner

Amina Rahman ~ Senior Childcare Practitioner

Fauzia Ahmed ~ Childcare Practitioner