

Nari Kallyan Shangho Newsletter

Winter Edition, December 2017, Volume 17 Issue 2

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.

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Editorial ~ Naina Minhas, NKS Manager



Jeremy Balfour MSP addresses NKS at the AGM.

A very happy new year to all, and we hope that you have had a great festive season.

NKS has had its Annual General Meeting (AGM) in November 2017 and are grateful to Jeremy Balfour

MSP for attending to address South Asian communities. The meeting was attended by over 100 people.

Currently, we are running some exciting projects – the main one being the NKS Volunteering Project to encourage, develop and support ethnic minority women to volunteer in Edinburgh. 21 women



NKS users at the AGM.

have registered and are getting help from the volunteering project co-ordinator to find volunteering opportunities. You can read about some of their experiences inside this issue.

NKS is also conducting a research to identify the computer literacy needs of South Asian women in Edinburgh. We hope to launch the research report on Friday the 23rd of March 2018, from 7.00 pm until 11.00 pm, at Lauriston Hall, 28 Lauriston Hall, Tollcross, Edinburgh, EH3 9DJ, where NKS will give awards to acknowledge the valuable contribution of the volunteers and celebrate our 30th anniversary. The tickets will be available from NKS soon. We look forward to meeting some of you at our event.

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.

NKS Volunteering Project ...

Samra Ahmed ~ NKS Volunteering Project
Co-ordinator



First aid training with the volunteers ~ October 2017.

NKS has provided the participants of the NKS Volunteering Project with relevant trainings, information sessions and volunteering opportunities to help them to increase their knowledge and skills. More training is planned for them in 2018. Below you can read about some of their experiences.

Tasnim Arshad



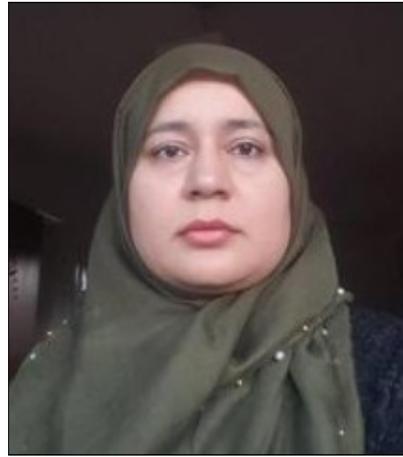
I am 48 years of age and divorced with three lovely children. I am a degree holder from Pakistan Institute. My passion is cooking and I cook different kinds of food. I love trying out recipes from around the world. I am an excellent baker and I bake delicious cakes. My kids are grown up now and I am free to learn more things in life relating to cooking or anything else.

I heard about NKS and came along to one of the groups where I learnt about various activities and the volunteering opportunities that were available. An interview was arranged with Samra Ahmed, the Volunteering Project Co-ordinator, who assessed my skills and work experience. I had not done any work since having my children because I was busy raising them and was a lone parent. I was a little petrified about the idea of going into a work environment. As I have a passion for cooking I asked if I could volunteer in the NKS kitchen where I could help the groups that run at NKS. I started off by volunteering two days a week. Since then I have taken part in some trainings with the other volunteers. These were about: confidence building; computer training; first aid and Police recruitment.

I really enjoyed the computer training because I learnt about Word and Excel and learnt how to send and receive emails, and how to attach documents. Samra organised an interview for me to volunteer with the RNIB for the position of a befriender. Unfortunately, I did not meet the requirements this time but she reassured me that I could come back and try again. So, I tried again with another organisation, the Cyrenians, to volunteer at the

Royal Edinburgh Hospital (REH). I am looking forward to attending the open day at the REH soon where I will find out more about my duties as a volunteer there. I am excited and very pleased with myself that I am doing something with my free time and bringing a positive change to my life.

Asma Bibi



I signed up for the NKS Volunteering Project in August 2017 and was invited to the Open Day where I met the NKS staff and the other volunteers. It was explained to me what I would gain as a volunteer, such as valuable work experience and a taste of the work environment. It was a great opportunity for me as I was a housewife and had never worked outside of my home before. I have al-

ways looked after my family and my home.

Recently, I joined a nursery nurse course at Saheliya and was looking for a work placement in a nursery setting. The opportunity to volunteer one day a week in the NKS Nursery was just what I needed. The NKS Nursery Manager interviewed me and I had to have a PVG check done. I brought in all of the identification needed for the PVG. I have been volunteering in the NKS Nursery one day a week since my PVG came back. I am so happy that I am training to be a nursery nurse. Along with my studies I am volunteering which helps me to practice what I am learning and to learn from others. The work that I have done at NKS will be added to my CV which will help me in the future to gain further opportunities in life.

Zajibun Nessa



I got married in Pakistan and then came to join my husband and his family in Edinburgh. I lived with my in-laws who were very supportive but I began to depend on my husband for many things. So, I started attending English classes and found it difficult between looking after the house, my children and going to college but anyhow I managed. Most of my time was spent in raising my children and that was my only priority in life. As the years went by both of my in-laws passed away, and we bought a smaller place for us and our three children. My children are in high school now and I have a lot of time to myself.

I had heard of NKS and visited the Thursday Group. That's where I found out about the volunteering project. At first I did not have the courage and confidence to see myself in a work environ-

ment.

NKS Volunteering Project ...

ment, but I knew I had to come out of my shell. I signed up for the project and began volunteering in the NKS Nursery once my PVG was done. Whilst volunteering in the nursery NKS offered me the opportunity to study for a SVQ level 3 in Social Services Children and Young People qualification with Borders College. I never thought that I would ever be studying towards a qualification. This has changed my life as I have started to meet people and make new friends.

I have gained a lot of inner strength and I understand there is more to life than just sitting at home. I love coming to NKS as the nursery children are so lovely and I look forward to seeing them. I try to do the duties that I am given with dedication and am really enjoying both the volunteering and my course. Sometimes I am working in the nursery more than two days a week.

Enkhee Zonorov



I am a single parent and have been living in the UK for thirteen years now and originally came from Mongolia. I have many skills and back in Mongolia I was a nurse for many years. I loved my job where I worked in a hospital and took care of patients. When I moved to the UK I was busy raising my child so could not work. I had no family support here and knew very little English.

My daughter is now in high school which has allowed me to go back to work. I have to improve my English and I am studying towards this. My interests are keeping fit, healthy eating and yoga. I found out about NKS through Samra Ahmed. She met with me and organised volunteering opportunities for me according to my skills. I volunteered at NKS for intermediate yoga classes, where I was thrilled to share my knowledge about yoga, and meditation classes with the group users. I also volunteered as a carer, where I took care of a disabled woman. I helped to bathe, dress and feed her and also managed her medication. My previous experience as a nurse was very helpful. I also volunteered at a café where I worked in the kitchen to prepare lunch and tea for homeless adults and young people. I enjoyed volunteering in different places as this allowed me to understand different types of jobs.

Ghazala Sardar

I am married with two children both of whom are at high school. I am a carer for my husband as he has not been well for some time now. I have always been an active person in the sense of finding out about learning opportunities and trying out many different things. When my children were younger I didn't want to try anything challenging as they were my main focus. But now they want me to do something for myself.

Up until recently I had been working in the NKS kitchen one day a week. This is how I found out about the NKS Volunteering Project and signed up for this. I was given the opportunity to volunteer in Colinton Library two days a week for a period of six weeks.



At first I was not comfortable at all working in the mainstream as it was outside of my comfort zone. Samra was convinced that I could do it and that I should try something different from working in the kitchen.

I was a little bit worried that my English was very basic. However, I had more confidence now as I had improved my English by attending the ESOL classes at

NKS. My days at the library were exciting as I got to learn many new things and met different people. It felt brilliant to work as a librarian. The staff team at the library were fantastic. They showed me how to do the job and helped me when I required it. My feedback was very good which was encouraging.

After volunteering at the library I feel that I can volunteer again in the mainstream. I have applied to the RNIB for the position of a befriender so that I can befriend a patient. I have passed the first stage interview for this and am now waiting for my PVG to be completed so that this can move forward. I am hoping to get a start date in 2018.

Taiseer Elhadi



I am originally from Sudan, where I completed my studies, and am married with two children. I came to further my studies in Pharmacy at Edinburgh College. I am a full-time student at the college and am bringing up my children at the same time.

I heard from a friend about the NKS Volunteering Project and arranged to see Samra as I wanted to know more about it.

Due to a lack of time, because of my studies and looking after my children, I was looking to do volunteering in the field of pharmacy. I would like to gain work experience in the area that I am studying. I was made aware that this could be difficult as not all pharmacies were ready to take on a volunteer and I understood this. To my amazement I found one that was willing. I was lucky enough to get this opportunity and will be starting my placement at the end of January 2018. I have undergone all the volunteer trainings at NKS premises and I am on the list for further trainings.

Farath Saleem

I am a Business Studies graduate. I have been attending the Thursday Group on a regular basis. This is where I met different Asian women who all have a goal to integrate with the local community. I have not worked for over ten years to raise my children and I felt that now was the right time to go back and find employ-

NKS Volunteering Project ...



ment. The group leader suggested that I take part in the NKS Volunteering Project. It has been very helpful.

I attended two computer training sessions. I felt that this was really important as this enhanced my knowledge of recent software packages being used. I learnt how to set up documents, email accounts and the importance of the internet. I also learnt about Word and Excel. I also

attended the first aid training which would prepare me to act quickly and with confidence to any accident and illness at work and home.

I also attended an arts and craft session with Savita Kumar, who is the NKS Cultural Bridging Officer. This session was for women to work together and to learn new skills. It was a really useful session as I am a very creative person and enjoyed learning new skills. I have also attended candle making workshops at NKS. The tutor showed us how to make candles in a professional way so that we can sell them to the public. I am now making candles for this company. I am learning the importance of meeting deadlines and quality control through this.

Samra really helped me in terms of my voluntary work. She organised an interview for me to volunteer in the office with the RNIB. I was a bit nervous for the interview as I had not worked for a long time. However, the interview went well and I will start volunteering with them after Christmas. I am looking forward to this as I feel that I will gain more administrative experience which will help to prepare me for work in the near future. I will be a hundred percent committed to work as I will have the opportunity to transfer my organisational skills and Microsoft knowledge. I will also have the opportunity to meet new people and to develop my interpersonal skills. I have really benefited from this project in terms of gaining new skills and meeting new people.

Sameena Hussein



Samra from NKS had approached my mother-in-law in one of the groups that she attended in NKS. She told her about the NKS Volunteering Project that she was co-ordinating. My mother-in-law passed on my number to Samra who then contacted me. When we met we discussed how I had not been in a job for over a year and that I used to teach in Qatar. However now, due to

having young children, I have not been able to do anything. I told her that I was interested in working with children so she suggested that I look at volunteering with Barnardo's.

We decided that I needed to choose my own hours due to my children's schedule. She applied for me but unfortunately it was not suitable due to the timings of the training. Then she suggested applying to Trust Housing Association. Samra helped me to complete the application form and also to complete the PVG. She encouraged me by telling me that if I worked well then there was an opportunity for me to get a job with them. The process has been completed and now I am just waiting for a start date.

Humera Adnan



I am from Edinburgh and married with two young girls. I studied Film, Television and Radio Production and have always held a great interest in the arts and culture. My work experience consists of working in Standard Life (both in the UK and in India), retail (Laura Ashley and Bath and Body Works) and I have quite a lot of experience in administration and IT, from years of work-

ing in these companies.

I began to volunteer with NKS in the office back in March 2017 when I worked on creating a new database for the organisation. I have enjoyed sharing my experience and learning more from working in the team at NKS. Whilst volunteering at NKS I was taken on as a participant in the NKS Volunteering Project.

During this time Samra suggested that I apply for one of the posts that were coming up at NKS, which was to do with a research project. This was a paid job and it would involve me supporting the researcher and the staff who would be interviewing South Asian women who have difficulty in digital literacy. I applied for and got the job of the Administrative Worker.

I am thoroughly enjoying this as I get to meet a lot of different people and get to contact lots of different organisations. This has helped me to build up my confidence again and, as the hours are flexible, it gives me that piece of mind that I can be with my children and I can work as well. This project has been very beneficial to me as I have taken part in several trainings at NKS such as the first aid course.

I appreciate that there is help for women who want to get back into work. I would not have known about this project if I had not been approached by Samra. I am now looking forward to further work, as required, and new challenges from the NKS office team.

Jazmine Rana

I am the mother of four children. I started to volunteer as a way of giving something back to the community and to hopefully pass on some of my experience. I am a naturally caring and gentle person and get on with all children, which is why I chose to volunteer in a nursery. I feel that my experience at home and with friend's children made this the right choice for me. I love being around children and enjoy helping them to learn new things and to develop their individual personalities and characteristics.

NKS Volunteering Project ...



I signed up for the NKS Volunteering Project so that I could get help to achieve what I wanted to do which was to get experience. NKS took me on as a volunteer in their nursery after my PVG was done. I have also been given the opportunity to study for a SVQ level 3 in Social Services Children and Young People qualification with Borders College thanks to NKS. I jumped at the

chance.

The job satisfaction that I get from teaching a child something new is reward enough for me. There is no better feeling in the world. Children are our future and need guidance from good teachers to instil good morals and values in them and to help them to make educated decisions later in life. This is what I would like to help them with. I find it also helps me to deal with some situations with my own children too. It also helps me to understand some of their decisions and behavioural traits and how to deal with any issues calmly.

Terri Grieve



I met Samra by chance as a student at Edinburgh Napier University whilst studying Animal Biology. I have been encouraged to volunteer with relevant organisations and charities in order to build up an experience base outside of university.

With her help I have had the support that I needed and the means to contact these places to gain relative experience. She contacted

Guide Dogs for the Blind for me and registered me so that I could continue to liaise with them. I will be volunteering with them in the upcoming weeks. This means that I have enough time to finish off my pending assignments and then can give my full attention to my volunteering. I am looking forward to it.

Bilkis Khatun

My husband lives in Bangladesh and I live here with my two boys. I don't have any family here. I felt very lonely and isolated living here. So, I attend one of the groups at NKS. I found it very helpful to overcome my isolation and loneliness. I can meet up with other people at NKS who share my culture. I feel that I am in touch with my culture. The staff and the other women are also very helpful and keen to listen to me and they understand my problems. That gives me a lot of strength and happiness.

I also attended some trainings and information sessions as part of the NKS Volunteering Project. I found it very helpful and the



way that we are being taught is very clear and specific. I will continue to go to future trainings and information sessions to get more knowledge and experience.

I am also planning to work as a volunteer at NKS. I have a HNC qualification in Childcare but I don't have much experience. So, I am looking for a chance to work in the NKS Nursery, or any other nursery, to gain practical

experience. I hope to use the experience to get a good job in the future. I am also interested in volunteering in any other position at NKS. I am not only looking to get experience at NKS but I happen to like the place as well.

Sana Khalid



I have been in the UK for about two and a half years now. I have the ACCA (Association of Chartered Certified Accountants) qualification. I had no work experience when I came here. I did the English as a Second Language National 5 course from Edinburgh College to improve my English. I found out about NKS last year through my aunty and joined the Thursday Group after

that.

I volunteered as a sales assistant at the Barnardo's shop in Meadowbank, Edinburgh. I have also volunteered as a befriender with Hanover (Scotland) Housing Association. To get my ideal job, I was looking for a volunteer position in an office to improve my skills and get some experience.

I found out about the NKS Volunteering Project through the group. Samra told us all about the project and where we could go to get work experience. I put my name forward for Trust Housing Association. They took me on as a volunteer after the PVG check was done. I am very happy with all of this as I am hoping to build up my confidence, meet new people and learn new skills. The work experience that I will get will help to boost my CV and also offer me more exciting opportunities in the future.

Volunteering one day a week in the NKS office has helped me to improve my office skills. I have also been able to put my computer skills to really good use by helping to solve some IT issues and to update the NKS website. I learnt how to record petty cash on to Excel and have been learning how to use Publisher to help to develop my design skills. Volunteering has been a good experience for me. It has given me back my self-esteem and raised my confidence. I've met different people and the most important thing is that the staff and users appreciate my help.

Long Term Health Conditions...



Nasima Zaman ~ LTHCs Worker

We are in our second year of our Long Term health Conditions (LTHCs) Project where we have achieved most of our goals in helping our 12-15 female group users. We have: engaged women in decisions about their care; supported self-management; given information on prevention, early diagnosis and intervention and given emotional, psychological and practical support.

A long term health condition is defined as a condition that cannot, at present be cured; but can be controlled by medication and other therapies. Examples of long term conditions are diabetes, heart disease and chronic obstructive pulmonary disease.

The need to improve the treatment and management of long term conditions is the important challenge for the NHS. It is now widely recognised that the care and support needed to live with long term conditions requires a radical re-design, where the call for a more person-centred, better co-ordinated approach to managing care for people with long term conditions has been embraced.



First aid session with the Red Cross ~ October 2017.

long term conditions. The NKS Men's Support Group is attended by approximately 12 elderly men suffering from long term health conditions. NKS organised various health sessions and activities which included some of the following: benefit surgeries; healthy lifestyle; first aid; fire safety; Care for Carers; board games; outings and health sessions addressing various illnesses, e.g. stroke, TB, bowel cancer, arthritis, kidney failure etc.

We also promoted healthy eating and provided the groups with a healthy lunch at the end of each session. The service users that are attending regularly are feeling more empowered as they take part with their carer in decisions made about their health and care needs.



Money Matters session in the NKS Men's Support Group ~ October 2017.

NKS is working in partnership with health agencies in order to give people a better co-ordinated approach in managing their health. NKS is teaching people to plan their care with people who work together to understand and plan and take control of their condition and bring positive outcomes. Our ultimate aim is to make sure that people have the knowledge, skills and confidence to manage their condition effectively in the context of their everyday life.



NKS Men's Support Group ~ November 2017.

We have also established a Carers Group which meets once a month at NKS. We encourage the group members to take part in various activities and this has increased the capacity, confidence and ability of the individual and their carer.



Arthritis health session with LTHCs Women's Support Group ~ October 2017.

Due to a huge demand NKS has now established the NKS Men's Support Group especially for men from the ethnic minority communities living in Edinburgh. This group is led by Neena Agarwal. NKS is working towards supporting self care, which in turn will improve the quality of life for men as well as women with



Information session by Care for Carers in the Carer's Group ~ October 2017.

Please contact us at NKS on 0131 221 1915 for more details.

NKS Cultural Bridging Project ...

Savita Kumar ~ Cultural Bridging Officer

The NKS Cultural Bridging Project (CBP) has been progressing well since October 2017. Meetings, activities and exchange visits were organised to take place between October and December 2017. I worked together with Samra Ahmed, the NKS Volunteering Project Co-ordinator to organise volunteering opportunities and a training programme for the participants.

As part of the CBP this year I attended one of the South West and Pentlands Voluntary Sector Forum (SWPVSF) meetings where I got the opportunity to find out about the services in the locality and how to improve partnership working across all organisations and sectors. It was arranged for a few of the volunteers to attend one of the SWPVSF meetings so that they could learn from this experience as none of them had ever been before. Some of them attended the exchange visits to other organisations too.

Training and gaining qualifications is a very important step for anyone and NKS has continued to support dedicated volunteers to become students. Three volunteers are being supported to study SVQ level 3 in Social Services Children and Young People with Borders College. Training for staff is also very important and so Samra and I attended the Human Trafficking training at the City Chambers in November 2017. It was quite eye opening.



NKS staff at the roadshow at Haymarket ~ October 2017.

NKS staff went to the Transport Charter Roadshow at Haymarket Train Station at the end of October 2017 to show our support and also to promote our organisation. The event was organised to raise awareness about hate crime and how to report it. Following on from this event talks on hate crime were delivered to NKS users by Police Scotland.



NKS and Link Up users at LUWSC doing sand art ~ October 2017.

NKS users went to Link Up Women's Support Centre (LUWSC) a few times and they came here a few times too. One of the activities organised by LUWSC was a sand art and craft session. They showed our users how to make colourful pictures of owls, flowers and patterns. It was quite a creative and fun session for all of them. LUWSC came to NKS in October 2017 for a relaxing yoga session followed by a hot lunch.



NKS users doing pilates with Care for Carers users ~ November 2017.

It's important to try to stay fit and healthy and for this reason NKS delivered a few pilates sessions at Care for Carers (CfC) with users from both organisations. They were gentle and relaxing sessions which were enjoyed by all. NKS users were shown around the CfC premises and had the opportunity to find out more about the organisation and what it had to offer them.



NKS users at NEAC making pinhole lampshades ~ November 2017.

Several sessions took place at North Edinburgh Arts Centre (NEAC) during October and November 2017 where users from both organisations explored arts and craft activities such as designing and making pinhole lampshades and silly stitching.

The other organisations that NKS worked with during October to December 2017 were: The Open Door; Whale Arts Centre and The Welcoming Association. There is more information on the other CBP activities that took place on pages nine and ten, complete with photographs.

NKS users really enjoyed going to visit other organisations. Users from the other organisations also enjoyed coming to NKS and finding out about us. They all enjoyed meeting new people and learning about different: cultures; lifestyles; food and skills. More sessions and activities have been planned for January 2018 onwards. You can read about them in the next issue.



Rukhsana Hussain ~ NKS Nursery Manager

NKS runs a multicultural childcare facility with a nursery for children from three months old up to five years of age. NKS also runs an After School Homework Club (ASHC) for children who attend primary and secondary school.

NKS Nursery

Activities in the NKS Nursery are planned according to festivals, celebrations and events as they come up. We talked about the four different seasons and what changes they all bring and how they make us feel. This term we have been very busy enjoying the Autumn season with lots of discussion on how the season has changed. We explored the autumnal colours and how the leaves fall as it gets colder and we head into winter.



The nursery children collecting autumn leaves ~ October 2017.

The children celebrated *D i w a l i* (festival of light) by throwing a party. We made colourful *Rangoli* patterns which the children enjoyed doing. They also made *diyas* (light lamps) which all turned out really well. It's great to celebrate all the different festivals to learn about other cultures and their traditions.

At the end of October 2017 we had a Halloween party where all the children dressed up. We had Halloween treats and enjoyed lots of different Halloween games. The children designed their pumpkins, and these were all displayed for everyone to see.



The nursery children learn about making Rangoli patterns ~ October 2017.

We looked at road safety and how we can keep ourselves safe outside. We undertook a traffic survey which raised the children's awareness about the importance of crossing the road safely, especially at pedestrian crossings where we must wait on the pavement until all the traffic coming from both directions has stopped - only then is it safe to cross the road.

We also looked at this year's harvest. We read stories and sang songs about it. We explored the role of the farmers and how they grow vegetables and the importance of growing enough for everyone. We also looked at countries that have a poor harvest. In the NKS Nursery Garden we harvested potatoes, lettuce and cori-

ander and made a delicious soup.

The children also enjoyed: playing in the outdoor play area every day; singing nursery rhymes; story time; playing musical instruments; dressing up; making cookies; celebrating birthdays; going to the local library; learning about animals; learning about the weather and the different seasons; circle time; making traffic lights; imaginative play; making puppets with plastic gloves and wool; painting with cars; making Christmas decorations, cards and reindeer hats; a magic show and having their Christmas Party.



NKS staff and some of the parents in the open morning ~ November 2017.

All the parents were invited to an Open Morning to discuss their child's progress and to have a look at their child's Learning Journal. We discussed how parents can access their child's Learning Journal from home to stay up to date with their child's progress. We feel that it is very important for parents to be kept informed about their child's learning. The parents really enjoyed the open morning as it was a great opportunity to find out more about the nursery and to socialise with other parents and share stories.

NKS ASHC



Some of the ASHC children doing their homework ~ December 2017.

The main purpose of the NKS ASHC is to help and support the children with their homework and to help them to improve their maths and English skills. This term the children: worked from the literacy boxes; wrote short stories and then read them out; read their story books; explored dictionaries to help them to improve their creative writing skills; collected autumn leaves and made A 4 posters with them; did paintings; made book marks for their books; watched a video on bullying then did some creative writing about what it would be like to be bullied and what they should do about it; played games once all of their work was done; sometimes enjoyed playing outdoors; went for walks along the canal and had their Christmas Party complete with nice food, fun and games too.

Please contact NKS on 0131 221 1915 for more information.



What's Been Happening at NKS?

Police Scotland ~ October 2017



Police Scotland delivering the information session at NKS.

Police Scotland delivered an information session to several organisations in Edinburgh this year. They came to NKS too. The session was about a four day course that was open to people from minority ethnic communities. The course was designed to provide an insight into being a police officer/special constable. The session was well-received even though the turnout wasn't as big this time. However, according to the police officers that delivered the session, it was a success as three people had expressed interest. Since the session took place NKS has been informed that these three people had signed up to the course which took place during November 2017.

Shakti Women's Aid ~ October 2017



Shakti staff and NKS users in the information session ~ October 2017.

Shakti Women's Aid came to NKS to deliver an information session about their organisation and their services. They gave a very informative talk about: domestic abuse; female genital mutilation; forced marriage and the rights in the UK. It was a very good session.

NKS at The Open Door ~ October 2017

NKS was invited to give a talk to the elderly users at The Open Door organisation recently. Savita Kumar, the NKS Cultural Bridging Officer, went along and spoke about Asian spices and herbs. She explained the health benefits of eating them. She also spoke about NKS and what we had to offer the local community. She reported back to NKS that the session went very well. She also informed us that the users were lovely, warm and very friendly. It was a very good outcome for both organisations.

NKS at Libertus ~ October 2017



NKS and PFAG users knitting and crocheting at Libertus.

NKS users delivered a knitting and crocheting session to the Positive Futures Activity Group (PFAG) users at Libertus in one exchange visit. The users shared their love of these activities and their knowledge during the session. It's great that this kind of knowledge is being shared and passed on.

Leather Mobiles ~ October 2017



NKS and NEAC users at NEAC with their leather mobiles ~ October 2017.

One of the creative sessions that took place at the North Edinburgh Arts Centre (NEAC) involved all of the users making leather mobiles. They first of all made their design, then they cut up the leather and finally put their mobiles together. They looked very pretty and the users had fun learning new skills.

NKS at Moray House ~ October 2017

Two members of NKS staff put up a stall at Moray House as part of the event there to give placement information to the students. Over the years NKS has regularly offered placements which have benefitted both the students and our organisation. So, we were more than happy to go along and take part. It went very well.

Smoothie Session ~ October 2017

The NKS Men's Support Group had a session on making healthy and nutritious smoothies using fresh fruits and vegetables. They experimented with different ingredients and tasted what they had made. They were given a copy of the recipes so that they could have a go at home. The recipes were really delicious and quite easy to make.



What's Been Happening at NKS?

Fire Safety Talk ~ October 2017



The fire safety talk taking place in the Friday Older Women's Group at NKS.

Fire Scotland very kindly came and delivered fire safety talks in some of the groups that run at NKS. The fire safety officer delivered a presentation where he spoke about: the dangers of fire; how to avoid and prevent them and what to do in the event of a fire. The sessions were very educational and really useful.

Diwali Party ~ October 2017



The NKS Saturday Group Diwali Party at NKS.

The NKS Saturday Group meets once a month usually at NKS. Sometimes they go out for the session such as to museums and galleries. The group decides what activities they would like to do and these are organised accordingly. They had a one dish Diwali Party at NKS where they got together to share some delicious food and have a good time catching up with each other.

CD Mosaic Plates ~ October 2017



NKS users concentrating on making their mosaic plates.

NKS and NEAC users got together and had a go at making mosaic plates. First of all they cut up CDs in to small pieces and then glued the pieces down on to ceramic side plates. They really

enjoyed being creative and designing their plates.

DLLP Focus Group ~ November 2017



DLRP focus group for Urdu speaking users at NKS.

NKS' Digital Literacy Research Project (DLRP) is well under-way. The staff has been busy: getting questionnaires filled; conducting one to one interviews and having focus group sessions. These were all done as part of stage one of the project to gauge the literacy levels of South Asian women. The work is going well.

NKS at RBGE ~ October 2017



NKS users in the kitchen at the Royal Botanic Garden Edinburgh (RBGE).

NKS users went to the RBGE to harvest, cook and then eat their seasonal produce in their wonderful kitchen. They really enjoy doing this and the RBGE staff enjoyed hosting NKS.

Making Soap ~ November 2017



NKS and WAC users learn how to make soap at the WAC.

NKS and Whale Arts Centre (WAC) users got together at WAC where our staff showed all of them how to make soap. We took our soap making materials and equipment along. The users had to learn how to use the materials correctly and then follow the instructions carefully. The finished soaps looked and smelled great!



Photo Gallery.....



The NKS Nursery children ~ October 2017.



Story and rhyme time for the NKS Nursery children ~ November 2017.



NKS Men's Support Group on an outing to Glasgow ~ October 2017.



NKS staff at the CEMVO Scotland Awards in Glasgow ~ November 2017.



Information session by VOCAL in the NKS Carers Group ~ November 2017.



The NKS Saturday Group out for Christmas Lunch ~ December 2017.



DLRP focus group with Bangladeshi women ~ November 2017.



DLRP focus group with the Thursday Group ~ December 2017.



Groups at NKS

English as a Second Language (ESOL)

Classes:

- Women-only ESOL classes run at NKS, thanks to Edinburgh College on Mondays and Tuesdays from 1.00 pm till 3.00 pm. Please note that the classes run with the college/school terms.

Bangladeshi Women's Support Group:

- This group is for both younger and older Bangladeshi women and runs at NKS on Mondays from 11.00 am till 1.00 pm.

NKS Men's Support Group:

- This group runs fortnightly at NKS on Tuesdays from 11.00 am till 1.00 pm.

NKS Carers Support Group:

- This group runs once a month on Tuesdays from 11.00 am till 1.00 pm at NKS.

NKS Women's Long Term Health Conditions Support Group:

- This group runs once a month on Tuesdays from 11.00 am till 1.00 pm at NKS.

Wednesday Women's Group:

- This group runs on Wednesdays between 11.00 am and 1.00 pm at NKS.

Mother and Toddler Group:

- This group runs on Thursdays from 11.00 am until 1.00 pm at NKS.

Friday Older Women's Group:

- This group runs on Fridays from 11.00 am until 1.00 pm at NKS.

Saturday Women's Group:

- This group runs once a month, on Saturdays, between 1.00 pm and 5.00 pm at NKS.

Please note that the group activities are organised in consultation with the group members and include activities such as: health/discussion sessions; cookery; gentle exercise; yoga; lunch club; music and art appreciation; sewing; complementary therapies; outings and social functions etc.

Please contact NKS on 0131 221 1915 for more details. Please pass on your contact details to your group leader in case any sessions may be cancelled or venues changed. Thank you.

NKS Services

- Outreach/befriending
- Family Support Service offering one to one support, advice and information
- Health education/promotion
- Group work
- Training/courses
- Research
- Seminars/conferences/information days
- Advocacy work
- Volunteering opportunities

- NKS Childcare Facility:
NKS Nursery ~ for children from 3 months to 5 years old. The NKS Nursery runs five days a week from Monday to Friday from 8.30 am till 5.30 pm.
NKS After School/Homework Club ~ for children from 5 to 14 years of age. Activities include: help with homework; maths tuition; English tuition; outings and games etc.
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

Honor Loudon ~ Director

Fozia Abdullah ~ Director

NKS News/Events

Event to Celebrate the 30th Anniversary of NKS/NKS Volunteering Project Award Ceremony/Launch of the Aspiring Communities Digital Literacy Research Project Report ~ The event will take place on Friday the 23rd of March 2018, from 7.00 pm until 11.00 pm, at Lauriston Hall, 28 Lauriston Hall, Tollcross, Edinburgh, EH3 9DJ. Please come and help us to celebrate our anniversary, see the volunteers get their certificates and hear more about the research project. Tickets will be available from NKS very soon and will be £25.00 per person. Dinner and entertainment will be included. There will be a raffle with great prizes too. Please contact us for more details. We look forward to seeing you there!

Healthy Cookery Classes ~ Healthier eating starts with cooking healthier food. For this reason NKS will be holding healthy cooking classes in a group setting.

January to March 2018 ~ Different activities have been organised to take place in the groups at NKS. Please contact us on 0131 221 1915 if you'd like to attend or know someone who might benefit from coming here. 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. We have a drop-in facility for South Asian women and their children. You can drop in and watch some TV or read a book.

Staff and Management Committee News

Rezwana Khan ~ NKS would like to congratulate Rezwana and her family on the birth of their new baby, a sweet little boy. May he have a long, healthy and happy life. We are all looking forward to meeting him very soon.

Naseem Suleman ~ NKS would like to congratulate Naseem and her family on buying a new house and moving back to Edinburgh. We hope that they have a good move and set up their new home smoothly.

Your Contacts at NKS

Naina Minhas ~ NKS Manager

Khalda Y Jamil ~ Administrator

Humera Adnan ~ Aspiring Communities Fund (ACF) Administrator

Rohina Hussain ~ Community Health Officer

Ishrat Measom ~ Community Health Officer

Naseem Suleman ~ Family Support Officer

& Long Term Health Conditions Co-ordinator

Savita Kumar ~ Cultural Bridging Project Co-ordinator

Neena Agarwal ~ Long Term Health Conditions Worker

Nasima Zaman ~ Long Term Health Conditions Worker

Nazia Majid ~ Long Term Health Conditions Worker

Samra Ahmed ~ Volunteering Project Co-ordinator

Vibha Pankaj ~ ACF Project Researcher

Sana Khalid ~ ACF Research Assistant

Tatheer Fatima ~ ACF Research Assistant

Rukhsana Hussain ~ Nursery Manager

Shabnam Bashir ~ Deputy Nursery Manager

Amina Rahman ~ Senior Childcare Practitioner

Sobia Shahzad ~ Childcare Practitioner

Fauzia Ahmed ~ Childcare Practitioner

Rezwana Khan ~ Childcare Practitioner

Kaniza Rahman ~ Childcare Practitioner

Mehvish Mahmood ~ Childcare Practitioner

Tahira Ali ~ In Charge of Cleaning