



nari kallyan shangho

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newsletter

Nari Kallyan Shangho

is a Health and Welfare Project for South Asian women and children 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

Since last year, NKS has been promoting capacity building and volunteering among South Asian women. In this issue we will introduce some of the women who are volunteering at NKS and how this is helping them in their personal development.

The volunteers at NKS are not only improving their own skills, but are making a difference in their communities by giving time to serve people.

A BIG THANKS TO ALL VOLUNTEERS

Inside This Issue

| | |
|---|---|
| Your Health.....2 <i>Information about heart attack</i> | Photo Gallery.....9 <i>NKS Work At A Glance</i> |
| Services In Edinburgh.....3 <i>Employment and support allowance by Samra Ahmed Rezig</i> | South Asian Youth speak out.....10 <i>Eating disorder among young people by Maryam Ahmed</i> |
| Information4 <i>Pre-budget report of the Chancellor of exchequer by Samra Ahmed</i> | Beauty Corner.....11 <i>Benefits of Haldi (turmeric)</i> |
| From Our Elder.....5 <i>Bangladeshi Women's Group at NKS</i> | Looking forward with NKS.....12 <i>Groups at NKS NKS Services NKS Board of Directors NKS News/Events NKS Resource Library and Drop-in Facility NKS Staff and Management Committee News Your Contacts at NKS</i> |
| What's been happening at NKS.....6 <i>Volunteers at NKS</i> | |
| Kid's Corner.....7 <i>Course participants and volunteers in the NKS Nursery</i> | |
| Food for Thought.....8 <i>Zero oil recipes— Kandhari Aloo and Handi Channa</i> | |



Maryam Ahmed

I am doing voluntary work as an Administrative Assistant at NKS. Currently I am studying Accounting and Finance at Heriot Watt University. My role at NKS is to help and assist the admin worker. My aim is to gain as much knowledge as I can about the business side and get as much advice and guidance, as this will help me in my future career. By working with different people; it has improved my confidence in working with different groups of people. It has also improved my communication skills, team skills and built more confidence in me. NKS has helped me work professionally and expand my professionalism skills. I am guided and get advised by professional and skilful people. I will surely listen to their advice and hope it will help me in the future. I have enjoyed every minute of working here and hope to learn a lot. I would like to thank NKS for all the support and guidance.



Navneet kaur

I am working as an Administrative Assistant at NKS, on a voluntary basis. I am very grateful for the opportunity, as being part of NKS has helped me gain experience of working in the office. While working at NKS, I gained; high level communication skills, IT skills, ability to work on my own as well as a member of the team, ability to face challenges, achieving targets and working in a very busy office environment. I feel the experience that I have gained at NKS has prepared me as a good office worker to bring competitive advantage to any company. I am really delighted to work for NKS because this organisation is working for women's cause and for ethnic minorities in Edinburgh. I would like to thank team members for guiding and supporting me. My special thanks to Naina Minhas, for taking time out to guide and support me in my learning.

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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.



INFORMATION ABOUT HEART ATTACK

*NKS received this information through email.
We would like to share this information with everyone*

Let's say it's 6.15pm and you are driving home (alone of course) an unusually hard day on the job. You are really stressed and upset

Suddenly, you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw.

Unfortunately, you don't know if you are able to make it.

What to do???

How to survive a heart attack when alone?

Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

What to do?

ANSWER

Do not panic, but start coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, the cough must be deep and pro-

longed, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keeps the blood on the heart which also helps it regain normal rhythm. In this, way, heart attack victims can get to a hospital.

Tell as many people as possible about this.

It could save their lives!!!

Don't ever think that you are not prone to heart attack as your age is less than 25 or 30 years. Now a days due to the change in the life style, heart attack is found among people of all age groups.

(Article published on No. 240 of Journal of General Hospital, Rochester)



Services in Edinburgh

Employment and support allowance

Your guide to employment and support allowance

From 27 October 2008 Employment and Support Allowance replaces Incapacity Benefit and Income Support paid on incapacity grounds for new customers. The principle of Employment and Support Allowance is that everyone should have the opportunity to work and that people with an illness or disability should get the support they need to engage in appropriate work, if they are able.

Working for a better life

In Great Britain, over 2.6 million people depend on incapacity benefits, and yet nine out of ten new customers say that they want to return to work.

There is a body of evidence that people are better off in work – not only financially, but in terms of their health and well-being, their self-esteem and the future prospects for themselves and their family.

Key facts

The key things you need to know about Employment and Support Allowance.

Advisers and customer representatives

Employment and Support Allowance is designed to enable your customers to

achieve their full potential through work. The Department for Work and Pensions wants to help you understand what the introduction of Employment and Support Allowance will mean for our shared customers so that you can help us to support them.

Healthcare professionals

Employment and Support Allowance will not mean big changes to the way healthcare professionals deal with patients or the paperwork they need to complete. The Department for Work and Pensions already asks healthcare professionals to fill in forms to provide us with information about patients, and some of the forms are changing.

Employment and Support Allowance information for customers

People who want to claim Employment and Support Allowance can find information on the Jobcentre Plus website.

Employment and support allowance information for customers can be found at job centre plus website, or by contacting your local job - centre in your area.

Pre budget report of Chancellor of Exchequer (Alistair Darling)

In this Months edition I will enlighten you of the 2008 Pre budget report BY Chancellor Alistair Darling and hope this information will benefit you of the coming changes.

This Pre-Budget Report describes the next steps the Government is taking to support the economy, business and households through these difficult times and to maintain macroeconomic stability in the long-term:

ensures financial stability, with further action to meet the global economic challenges;

- * supports business, through an immediate support package for business adversely affected by global economic conditions, and reforms that continue to promote the long-term competitiveness of the UK;

- * helps people and ensures fairness, by providing support for low and middle income households now when they need it, helping homeowners, tackling child poverty, supporting employment, and delivering security for all in retirement;

- * improves public services, locking in investment alongside public service reform, while ensuring the economy is supported in the short term and public finances remain sound in the medium term; and

- * delivers on the environmental goals, such as climate change and the need for greater energy efficiency, while supporting low carbon growth.

Child Poverty

The Government remains firmly committed to eradicating child poverty and since 1997 has made substantial progress. The Pre-Budget Report sets out the steps the Government will be taking, including:

- * bringing forward its commitment to increase the child element of the child tax credit by £25 above indexation in April 2010 to April 2009. The child element will therefore increase by £75 above indexation to £2,235;

- * bringing forward its commitment to increase Child Benefit from £18.80 to £20pw for the first child, and from £12.55 to £13.20pw for subsequent children to January 2009; and

- * setting out that the Prime Ministers announcement to legislate on the commitment to eradicate child poverty by 2020 will be taken forward through a child poverty bill in 2009.

Supporting people in later life

The Government is committed to uprating the basic State Pension by RPI or 2.5%, whichever is higher. In April 2009 the level of a full State Pension will rise in line with prices to £95.25 a week. In addition, the Government announces that it will make a payment in the New Year of £60 for each pensioner, equivalent to bringing forward uprating of the basic State Pension from April to January. A £60 payment will also be made to 2.5m individuals who are in receipt of certain other benefits.

The Government today also announces an above-indexation in-

crease in Pension Credit's minimum income guarantee to 130.00 for single pensioners and £198.45 for couples in 2009-10

HELPING PEOPLE FAIRLY

The Government has already taken action to help people through the current global economic difficulties. To provide additional support for low- and middle-income taxpayers, the Government will:

- * make permanent the £600 increase in the income tax personal allowance announced in May 2008 with a further increase of £130, meaning basic rate taxpayers pay £145 less tax a year in 2009-10;

- * bring forward April's increase in Child Benefit to January, worth an additional £22 on average to families and bring forward its commitment to increase the child element of the Child Tax Credit by £25 above indexation in April 2010 to April 2009; and

- * pay £60 to all pensioners in the New Year, which is equivalent to bringing forward the April increase in the Basic State Pension for a single pensioner to January.

The Government is committed to supporting households facing financial difficulties. A new Lending Panel will improve monitoring of lending to households and businesses. Individuals can also expect:

help through mortgage rescue and support for Mortgage Interest Schemes for eligible homeowners in difficulty;

- * A commitment from major mortgage lenders on the Panel is not to initiate repossession action within at least three months of an owner occupier going into arrears; and

- * Free and impartial debt advice through increased Government funding.

- * To ensure that those facing redundancy and seeking employment are helped back into work as quickly as possible the Government announces:

- * an additional £1.3bn to continue delivering effective support for the unemployed to find a new job;

- * a National Employment Partnership bringing together the Government and major employers to tackle rising unemployment; and refocusing Train to Gain to provide support in pre-redundancy situations, expanding the Rapid Response Scheme to target small and large scale redundancies and extending local employment partnerships to focus on the short term unemployed.

Further details on these and other measures are set out below: Personal tax and National Insurance Contributions

This Pre-Budget Report makes permanent the £600 increase in the personal allowance and the £1,200 reduction in the basic rate limit announced in May, and announces further reforms to personal tax. These changes will provide additional help for low to middle income families next year. In April 2009, the Government will increase the personal allowance by £130 above indexation. This is on top of the £600 increase for 2008-09. It means 22 million basic rate taxpayers under 65 will pay £145 less tax in real terms in 2009-10.

From Our Elders

BANGLADESHI OLDER WOMEN'S GROUP



OLDER BANGLADESHI WOMEN'S GROUP AT NKS

In October 2008, NKS managed to secure three-year funding from the Health and Social Care Department of the City Council to develop work with older South Asian women in Edinburgh.

NKS has been running older women's group at NKS once a week every Friday for the last ten years. Initially the group was funded by the Big Lottery. For the last three years the project has been fundraising to keep the group services going. Enormous amount of hard work went into sustaining the services in terms of financial support to the group.

The Health and Social Care grant has enabled the project to develop quality services for those older South Asian women who expressed the need to attend 'women only' lunch club. This need exists among older South Asian women due to cultural boundaries where single, divorced and widowed women will prefer attending groups that are run only for women.

Besides running older women's group every

Friday, NKS identified a huge gap for older Bangladeshi women. The 'women only' services is one of the pressing need of Bangladeshi women.

NKS has taken initiative to develop this service. Besides financial support from Health and Social Care, grant award has been secured from the Comic Relief as well to provide group work services to older women. This has further made it possible to start a group for Bangladeshi women at NKS.

The older Bangladeshi women have shown great enthusiasm and interest in being part of the group. The group is running every Monday and is attended by 12/15 women every week. Two care assistants and a regular volunteer are working hard to develop a lunch provision for them. Some of the women gave feed back:

" I have never been to any group before. This is amazing, I look forward to coming to the group every week".

" I felt isolated at home. Now I meet my friends every Monday".

" Exercise and massage are good. Thanks to NKS for all this. This is the group where I feel most comfortable".

Dalbir from MEHIS is providing a regular exercise session in the group and a qualified massager is providing one to one massage to women.



What's been happening at NKS?

VOLUNTEERS AT NKS GROUPS



Sushmita Weibe

Sushmita Weibe is a user as well as volunteer in the Saturday group at NKS. Sushmita has been attending the group for the last few years and is extremely committed to develop the group and group activities. She is one of the driving force in making the group independent and valuable platform for women. Besides the group work, Sushmita is actively involved in contributing articles for NKS Newsletter. She has also shown keen interest in working with Bangladeshi older women.



Iffat Aziz

I am working as a volunteer in the Wednesday group. NKS has become a part of my life as it is providing me with the best of knowledge which we can't get by sitting at home. The health promotion courses are very beneficial to me. NKS has helped me to get out of Depression by providing me the opportunity to work at NKS. I like the friendly environment of NKS and it gives me a true picture of my cultural background.



Betty

Betty from the Ageing Well project has been volunteering in the Friday older women's group at NKS for last four to five years. She does gentle exercise session with older women. She is one of the most loved and respected members of the group. She enjoys coming to NKS. She also participated in a fancy dress show organised by NKS. Every year we look forward to receiving new year cards from Betty designed by her.

I am one of the volunteers at NKS. I am a PHD student from Edinburgh University. I am interested in gaining an insight into South Asians perspective of health in general and diabetes in particular. I have been attending the Wednesday NKS group and I am really enjoying my time here. Not only am I getting interesting data for my work but I am also forming valuable and rewarding relationship with the group members.



Tania Porquedd



Jabeen Munir

I am working as a volunteer in Wednesday group. I enjoy coming to NKS as there is so much to learn. I used to be very shy and quiet in the beginning, but now I have become open minded and chat more with everyone. I have made many friends. Coming to NKS has raised my confidence that further encouraged me to be a part of the management committee. Every Wednesday I help Rohina to co-ordinate and facilitate the group and I enjoy every bit of the group.

My name is Farzia Sharmin Chowdhury. I have come from Bangladesh recently. I do not know much about Scotland. I have started coming to NKS to meet other women and make friends. I am also working as a volunteer at NKS helping to run Bangladeshi women's group. Coming to NKS and working as a volunteer is helping me to gain work experience and find out more about Edinburgh as well as South Asian communities settled here. I really enjoy working at NKS and look forward to coming every week.



Volunteers in the NKS Nursery



Fauzia Ahmed

I have been working as a volunteer at NKS for the last two years. I am also one of the participants in the Childcare course that is facilitated by NKS in conjunction with BC college. Working as a volunteer has given me an opportunity, to apply, what I have learnt through course, in practice. Working at NKS is an exciting experience and I would like to thank all staff for making me feel welcome and as part of staff team.

I work as a volunteer at NKS Nursery every Tuesday. I am also doing a childcare course at NKS. Besides working in the Nursery, I have also volunteered as a group worker in the Wednesday group. I enjoy coming to NKS and learning new things. NKS has always supported me in my personal development.



Nasish Raza



Sobia Shahzad

I am doing voluntary work at NKS. I work in the Nursery. My daughter also attends the NKS Nursery. I am attending SVQ3 modules in childcare at NKS. The project has always helped and still supporting me in my personal development. When first I came from Pakistan, NKS was the first women's project I was introduced to. I started attending groups here and made many friends. I feel very comfortable at NKS. The atmosphere is very supportive and friendly. I have learnt a lot from NKS. NKS covers most aspects of my life and needs — childcare, culture/religion, education and healthcare. All this has helped raise my confidence and communication skills. I feel, I am ready to be more independent now.



Humaira Abdullah

I have been working in NKS Nursery for the last four years— in paid as well as unpaid capacity. Currently, I am working As a volunteer. I am doing childcare course at college and working as a volunteer which is helping me to put in practice all that I learn in the course. Working in the Nursery does not only give me a fun time with children, helping them to achieve their fullest potential, but also it gives me a chance to experience different challenging situations. I find the whole experience very enjoyable.

I work as a volunteer in NKS Nursery once a week. I am also doing a childcare course. Besides, I am also a user of NKS services. I attend young mothers group every Thursday. I enjoy coming to NKS and volunteering. It makes me feel as part of staff team.



Kishwer Rashid



Asifa Mohammed

I am volunteering in the NKS Nursery for the last three months. I am learning a lot by coming to NKS and getting involved. I like the lunch procedure for children here which is so different from other nurseries. The food is heated up before it is served to children. Staff here are nice and friendly and make us feel very comfortable. I am fortunate to be learning from very experienced staff here. It has increased my confidence and communication skills a great deal.

Hala Soliman is working as a volunteer in NKS Nursery. She is new to the city and is interested in contributing to Edinburgh communities by getting involved in community projects.



FOOD FOR THOUGHT

ZERO OIL RECIPES

Khandari Aloo (Potatoes)

Ingredients: Serves 8

Add the juice of red fresh pomegranate to make it more delicious.

| | |
|-------------|-------------------------|
| 1/2 | baby potatoes. |
| 1/2 | cup tomato puree. |
| 10-12 | cashew nuts. |
| 1 big spoon | Khas Khas (Poppy seeds) |

Soak all the ingredients in 1/4 cup of hot milk.

Make a paste of one big onion.

| | |
|-------------|--|
| 1 1/2 | tea spoon of salt (according to taste). |
| 1 | tea spoon of red chilli. |
| 1 teaspoon | kasoori Methi (fenugreek) |
| 2 cups | pomegranate seeds |
| 1 | piece of ginger (cut it in the shape of of a matchstick to decorate) |
| 1 spoon | spinach to decorate |
| 1 teaspoon | kasoori fenugreek |
| 1/2 cup | yoghurt |
| 1 tea spoon | corn flour |

Method

1. Boil baby potatoes.. Peel and keep them separate.
2. Make a paste of the grated cashew nuts and khas khas with the milk.
3. Keep aside 3-4 pomegranate seeds for decoration. Make 1 cup of pomegranate juice. Grind rest of the pomegranate seeds without water and sieve to make 1 cup of pomegranate juice.
4. Cook onion paste in a pan till water dries out.
1. Mix tomato puree, cashew nuts khas khas paste and 1 cup of pomegranate juice in a bowl
2. Add boiled potatoes, salt and red chilli powder.
3. Add pomegranate juice.
4. Add kasoori Methi (fenugreek)
5. Now add the corn flour in the yoghurt.
6. Add potatoes in it.
7. Boil the gravy. Cook it on low heat for 7-8 mins.
8. Put pomegranate seeds, ginger and spinach to decorate

Handi chana (Chickpeas)

Ingredients:

| | |
|---------------|-------------------------------------|
| 2 cups | chickpeas |
| 2 | black cardamom |
| 3-4 | cloves |
| 1 | big onion (chopped in small pieces) |
| 1 tea spoon | garlic paste |
| 1 tea spoon | ginger paste |
| 1-2 tea spoon | salt |
| 3 tea spoon | channa masala |
| 1/2 tea spoon | red chilli powder |
| 4 tea spoon | coriander powder |
| 1/2 tea spoon | garam masala |
| 4 tea spoon | coriander powder |
| 2 tea spoon | tamarind pulp |

To decorate

- | | |
|-----|-----------------------------------|
| 1 | tomato (chopped in 8 pieces) |
| 1-2 | green chilli (chopped in 2 parts) |
| | small amount of ginger |

1. Dip the chic peas in the water whole night.
2. Take them out of water next day. Put 4 cups of fresh water in the pressure cooker. Add the clove, paste of chopped onion, garlic and ginger in it. Wait for the first whistle and keep it on low heat for 15-20 minutes .wait for the pressure to go down and open the cooker.
3. Put it down from the heat. Wait for the pressure to go down. Add salt, coriander powder, channa masala, cumin seeds powder, garam masala, red chilli, tamarind pulp. Mash them a little bit.
4. Keep the pressure cooker on the heat and wait for 1 whistle.
5. Serve hot with the small hair of the ginger, tomato and green chilli.



Photo Gallery.....



NKS NURSERY CHILDREN



BANGLADESHI WOMEN'S GROUP



FRIDAY, OLDER WOMEN'S GROUP



ESL CLASS AT NKS



HEALTH SESSION ON WEDNESDAY



YOUNG MOTHERS GROUP AT NKS



NKS AGM IN NOV. '08



SATURDAY GROUP AT NKS



NKS Young Awaz Girls Group

What is an eating disorder?

An Eating Disorder is when a person eats or refuses to eat in order to satisfy a spiritual need and not a physical need. Eating disorders are classified as Anorexia and Bulimia. Anorexia causes severe weight loss and bulimia combines overeating with vomiting.

Who is affected?

Most eating disorders, Anorexia and Bulimia are usually diagnosed in women though there are men who suffer from eating disorders is well. Approximately 90% of Anorexia diagnoses across the world are women. Like with gender, anorexia is also present across all race and religion.

The health effects of eating disorders.

People with Anorexia and Bulimia have the risk of starving themselves and thus the health risks are of the same kind to starvation. Severe weight loss, dry hair, a loss of hair and nails, Anemia, a loss of muscles mass, a loss of menstrual periods, joint pains/problems and osteoporosis are all associated with Anorexia and Bulimia. People who suffer from eating disorder also damage their heart and kidneys; if they aren't treated then it may eventually cause death.

Signs and Symptoms of Anorexia and Bulimia

The signs and symptoms of Anorexia and Bulimia are very similar. It is often de

duced due to an individual's behaviors regarding food, weight and eating. Some of the common warning signs of Anorexia and Bulimia include counting calories, skipping meals, pushing food around the plate rather than eating it, avoid eating, exercising excessively and dramatic weight loss. As a result of severe dieting many Anorexia and Bulimia have little energy, sleep often, become sick often and weigh them self in order to monitor further weight loss or weight gain.

Is there a cure for an eating disorder?

There is no single cure for Anorexia and Bulimia, but there are varieties of treatment options. The first things treated in case of anorexia and Bulimia are; any physical health issues. Often treatments will include counseling/therapy, family counseling/therapy, cognitive behavior therapy (to change food, eating and exercise behaviors), the use of support groups or group therapy, and nutritional counseling and planning. Rarely is medication used to treat anorexia unless it is prescribed to treat an associated condition such as depression.



Benefits Of Haldi

While many of us are aware of the numerous benefits of this deep, exotic yellow spice, Many of us use it in our daily cooking, e.g daal and subzi. Turmeric, a member of the ginger family, has been used for healing by Ayurvedic means. Turmeric has anti-inflammatory properties, and is an excellent antiseptic. In addition, it is great for the skin. So before investing in an expensive beauty product, take a look in your kitchen.

The turmeric you get in packets is not the pure form, which is why it is best that you try and find someone who supplies pure turmeric powder, or use the root and make your own paste.

Here are just a few of the various benefits of turmeric:

Plagued with pigmentation? Turmeric can help even out your skin tone and colour. Simply apply a little turmeric mixed with cucumber juice or lemon to the affected area. Leave on for fifteen minutes or more, and wash off. Do this everyday, and gradually you will notice your skin colour returning to normal.

Drink a quarter glass turmeric juice every night, with milk. The best way to have this is to take a ½ inch piece of turmeric and boil it with half a glass of milk. Once the milk has turned yellow, remove from fire, let it cool slightly, and sip this. This will cure numerous ailments. Women especially should drink this every night, as it strengthens bones and reduces the risk of developing osteoporosis.

Turmeric is a wonderful body scrub, which is why Indian brides apply a turmeric and gram flour (besan) mix to their entire body. It leaves your skin soft,

smooth and glowing. Of course, a single application will not really make that much of a difference. Do this regularly, and watch your skin change for the better - much better.

If you are planning a pregnancy, apply a mixture of turmeric and malai or turmeric and curd to your stomach and waist before going for a bath. Leave it on for fifteen minutes, and wash off. If desired, you could even apply this mixture after bathing. After you have washed off the soap, apply the malai and haldi mixture, leave it on for five minutes, and wash off only with water. Gently, wipe your stomach with the towel. The sooner you start this routine, the more supple and elastic your skin will become, and after giving birth, you will not be left with unsightly stretch marks.

Turmeric is an excellent anti-oxidant, which essentially means that it stabilizes unstable oxygen molecules. These are known as free radicals, and are what cause damage to cells, leading to ageing and various other diseases such as cancer.

Turmeric fights the bacteria that cause diarrhoea; so the next time your stomach starts 'running', reach for some haldi. German health authorities have officially declared turmeric herbal tea to be a cure for loose stools.

All around the world you can now avail of turmeric in the form of teas, capsules, tinctures, lotions, ointments and powder. However, here, you have access to turmeric in its purest form, so make the most use of it

Looking forward with NKS...



Groups at NKS

ENGLISH AS A SECOND LANGUAGE (ESL) CLASSES:

- Women only ESL classes run at NKS, thanks to Stevenson 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 10.00 am till 12 noon. 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.

AEROBICS CLASSES:

- These classes (in conjunction with Khush Dil Healthy Heart Project) run on Thursdays from 11.00 am till 12 noon at NKS.

OLDER WOMEN'S GROUP:

- This group runs on Fridays from 11.00 am until 1.00 pm at NKS. Activities include: gentle exercise (thanks to the Ageing Well Project), complementary therapies, lunch club, discussion/health sessions, outings, social functions etc.

YOUNG AWAZ GIRLS GROUP:

- This group runs on Fridays from 1.30 pm until 3.30 pm at NKS. Activities include: health sessions, exercise/fitness, sewing, arts and crafts, 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.

tion, outings, social functions etc.

Please check the three monthly programme of activities for full 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

If you, or anyone that you know needs support from NKS, please contact us and our staff will be happy to offer advice and support.

NKS Board of Directors

Rohini Sharma Joshi ~ Director (Chairperson)
Saroj Lal ~ Director (Vice-Chairperson)
Anne Munro ~ Director (Treasurer)
Mrs. Vohra ~ Director (Assist. Treasurer)
Nighat Anwar ~ Company Secretary
Jabeen Munir ~ Director
Ann Wigglesworth ~ Director
Iffat Aziz ~ Director
Nila Joshi ~ Director
Indumati Pandaya ~ Director
Fulmaya Lama ~ Director
Shaheen Ahmed ~ Director
Saleha Karim ~ Director
Fahmida Rehman ~ member
Roza Dean ~ Director

NKS News/Events

Older Bangladeshi Women's Group at NKS: The project has been successful in receiving funds from the Health and Social Care Department and the Comic Relief to work with older South Asian women. This has enabled the project to start a new Older Women's Group at NKS for Bangladeshi women. Although the group already has 18 members, we would welcome any older Bangladeshi woman to join the group.

Management Committee training: NKS is holding a management committee training with support from Evoc and would like to thank them for their support.

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

New Board of Directors at NKS: The project wholeheartedly welcome the following new members of the management committee and look forward to working with them:

- Iffat Aziz, Fulmaya Lama, Shaheen Ahmed, Saleha Karim, Fahmida Rehman
- Roza Dean

Shamsad Rahim one of the senior members of staff at NKS has had a major stomach operation in December 2008. She is on sick leave from work. Although she is weak physically, she is recovering. At NKS we all wish her a speedy recovery and good health in future.

Nasima Zaman - Administrative worker at NKS has passed her driving test and is driving around everywhere. She is not complaining about the bad weather anymore.

Your Contacts at NKS

Naina Minhas ~ Manager
Nasima Zaman ~ Administrative Assistant
Rohina Hussain ~ Community Health Worker
Shamsad Rahim ~ Community Health Worker
Samra Ahmed ~ Family Support Worker
Asma A Kassim ~ Childcare Manager
Amina Rahman ~ Childcare Worker
Irum Rizwan Ashfaq ~ Childcare Worker
Samina Elahi ~ Sewing Tutor
Shumona Azad - Group Worker
Lutfu Dewan - Group worker
Urfol Sonu ~ In Charge of Cleaning
Mayam Ahmed ~ Volunteer (office)
Navneet Kaur ~ Volunteer (office)
Many other volunteers mentioned in the Newsletter.