



Nari kallyan shangho newsletter

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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.

Inside This Issue

Your Health.....2
Information about healthy Eating.

Services In Edinburgh.....3
Benefit fraud - Samra Rezig

Adult Volunteers.....4
.....

1 August Event.....5
Mini Mela - Asma

**Women Empowered Award
Winners6 - 7**

Food for Thought.....8
*Red Curry with vegetables
Asian Salad Dressing*

Photo Gallery.....9
*Women empowered Awards
Information Day*

Young Volunteers.....10

Young Volunteers at NKS

Beauty Corner.....11

Healthy Hair -Samra Rezig

**Looking forward with
NKS.....12**

*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*

Editorial ~ Naina Minhas

I hope that all of our readers and users at NKS have had a wonderful summer break. It has been an exciting and challenging time for NKS since our last edition of the newsletter.

The organisation has been the recipient of a national award from the Scottish Council for Voluntary Organisations (SCVO) in the community action category. This is an achievement that NKS is very proud of as it is the first mainstream award that we have received. It acts as recognition of the effort and hard work of all the staff here at NKS.

Further to this, NKS also held the Women Empowered Awards ceremony at the Assembly Rooms, recognizing and celebrating South Asian women's achievements in Edinburgh. The event was a great success and also helped NKS to build new partnerships.



Naina Minhas and Rohini Sharma Joshi with the representative of the sponsoring agency



The 'Women Empowered' awards event at the Assembly Rooms on 29 June'09

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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 Healthy Eating



Health session in the Bangladeshi group

Eat enough calories but not too many:

Maintain a balance between your calorie intake and calorie expenditure—that is, don't eat more food than your body uses. The average recommended daily allowance is 2,000 calories, but this depends on your age, sex, height, weight, and physical activity.

Eat a wide variety of foods:

Healthy eating is an opportunity to expand your range of choices by trying foods—especially vegetables, whole grains, or fruits—that you don't normally eat.

Keep portions moderate:

In recent years serving sizes have ballooned, particularly in restaurants. Choose a starter instead of an entrée, split a dish with a friend, and don't order supersized anything.

Eat plenty of fruits, vegetables, grains, and legumes:

Foods high in complex carbohydrates, fiber, vitamins, and minerals, low in fat, and free of cholesterol. Try to get fresh, local produce.

Drink more water:

Our bodies are about 75% water. Drinking water is a vital part of a healthy diet. Water helps flush our systems, especially the kidneys and bladder, of

waste products and toxins. Most people go through life dehydrated.

Limit sugary foods, salt, and refined-grain products:

Sugar is added to a vast array of foods. In a year, just one daily 12-ounce can of soda (160 calories) can increase your weight by 16 pounds. See the suggestions below for limiting salt intake and substituting whole grains for refined grains.

Don't be the food police:

You can enjoy your favourite sweets and fried foods in moderation, as long as they are an occasional part of an overall healthy diet. Food is a great source of pleasure, and pleasure is good for the heart – even if those french fries aren't!

Get moving:

A healthy diet improves your energy and well-being, while reducing the risk of many diseases. Adding regular physical activity and exercise will make any healthy eating plan work even better.



Older Women's group outing at NKS

One step at a time:

Establishing new food habits is much easier if you focus on and take action based on one food group or food fact at a time.



Services in Edinburgh

By: Samra Rezig Ahmed



Samra rezig Ahmed

If you feel you could benefit from the services provided by Samra, please do contact NKS on 0131 221 1915 and speak to a member of staff to book an appointment with her.

BENEFIT FRAUD

Benefits officers can help you return to work when you're unemployed by ensuring you claim all the benefits you're entitled to. They also check benefit claims to make sure public money goes to people who need it.

PROVIDING EVIDENCE TO SUPPORT YOUR CLAIM

You may be asked to support your claim with evidence of, for example, your income and capital.

You'll also need to provide your national insurance number, or apply for one if you don't have one. If you cannot remember your national insurance number, you will be asked for information (for example your date of birth and address) so your national insurance number can be found.

WHAT IS BENEFIT THEFT?

If you deliberately fail to report a change in your personal circumstances or are dishonest about information supporting your claim, you are treated as having committed benefit theft. If you're prosecuted for benefit theft you could be fined or get a prison sentence. In all cases, you will have to pay the money back.

If you are suspected of committing benefit theft, you may be visited by officers or asked to attend an interview to discuss your claim. Your benefits may be suspended while the matter is looked into. If this happens, you should receive a letter telling you so.

DETAILED CHECKS ON YOUR BENEFITS CLAIM

If serious fraud is suspected in relation to your claim, authorised officers may gather information on you and your family. This will then be compared to the information provided in your claim. In doing so, officers may contact various organisations. These may include:

- banks
- building societies
- credit providers
- credit card companies
- money transmission companies

(We will provide you with more information on benefit fraud in the next edition.)

volunteers..

‘Volunteers from the Women Empowered Award’s...’

Razia: The function was the first time N.K.S had held an awards ceremony for successful women. It was well organised with good entertainment and was very well attended. Although mainly Asians, the guests represented a good mix of cultures, and excellent and inspiring speeches were given by key members of the public such as the police and politicians. The function was enjoyed by all and the raffle prizes were excellent. In years to come, I am sure the event will be an even greater success.

Jabeen: My name is Jabeen Munir. I am a member of the management committee at NKS. I was involved in discussions and making decisions in relation to how to make the awards event successful. In my opinion, the event was extremely inspiring for other women present and informative as we came to know of other agencies in Edinburgh, through speeches from sponsors, politicians and winners. From decor, entertainment and food to the raffle prizes, the event was excellent. I hope we will get enough support to hold such events in the near future in order to inspire other South Asian women to come forward

and recognise their potential and reach goals which seem impossible to them.

Nighat: I thoroughly enjoyed the awards function; I was also a volunteer and helped with the raffle prizes. I have been doing a lot of running around in Edinburgh and Glasgow, convincing people to donate raffle prizes. The feedback from people present on the day was very positive. NKS has worked hard to put this event together in order to give recognition to those South Asian women who never make headlines but go out of their way to make positive changes to the lives of vulnerable people throughout Lothian.

Mrs. Indumati Pandya: The Women Empowered Awards was an evening to celebrate South Asian women’s achievements. The hall was filled to its capacity to honour the women’s outstanding achievements. The staff at NKS had worked extremely hard to make the event a success. I hope this is the beginning of national awards for South Asian women. I would like to congratulate Naina, Rohini and the whole NKS team on their success in putting together such a large scale event.

RECRUITMENT DAY AT NKS...

1st August was recruitment and information day at NKS.

On 1st of August NKS held a mini Mela at the NKS premises. The inspiration to hold such an event stemmed from a meeting between the fire services and NKS staff, to discuss the possibility of an open day to be held for young people and communities, to talk about job opportunities for ethnic minorities. NKS decided that if a mini mela were to take place with a variety of stalls, this would provide an opportunity to fundraise for the groups that run at NKS.

There were several stalls on the day.

Fire recruitment Stall:

Three people came along from the fire services and brought all the necessary information and application forms, which many people completed. Everyone found the information very useful that was delivered to them by the officers.

Edinburgh Library stall:

Staff were handing out information on how to apply for a library card and how books are useful for individuals of all ages.

Edinburgh Fostering agency:

The agency held a stall to improve the awareness of people who are interested in fostering or are thinking about it. They had an abundance of information on how to contact the relevant agencies and on the procedures that are followed in this area.

Food Stalls:

There were four food stalls held at the mela. The women from the Wednesday group did

very well. There were rice, curries and drinks but the speciality of the day was Halwa Purdi (a sweet and savoury dish). It did very well and was a major sell out on the day. There was also a Bengali food stall and a mango lassi stall.

Along with the food stalls there were Asian jewellery and clothes stalls.

The nursery played a major role in organising the mini mela, with the generous help of parents, children, staff and voluntary staff. The involvement of the parents and children included making posters for the event and selling food.

Kids also participated in baking cakes for the stall. All the children thoroughly enjoyed decorating the cakes and biscuits. Most of all, the kids enjoyed the bouncy castle, and the face painting and henna painting.

NKS Nursery

We have places for children at NKS Nursery. The Nursery is open from 9am till 3pm

If you would like a place for your child, phone NKS for more information. The Nursery is for babies and children aged up to 5 years.



Women Empowered Awards...

Winners of the Women Empowered Awards

PERSONAL ACHIEVEMENT AWARD



Tahira Rasul has won the Personal Achievement Award. She is a fully registered driving instructor and teaches many South Asian women who can't speak English. When Tahira came to Scotland she could not speak English at all and had

few formal qualifications. Through sheer determination and hard work she managed not only to learn how to drive but also passed her driving instructor exams. She is also now able to speak English fluently. She has reached a stage where she is now helping many other women achieve their goals.



moved to Edinburgh and worked as an arts officer for Edinburgh City Council. She has worked at the LINKnet project where she worked closely with

mentors and mentees to support a number of people from ethnic minorities in Edinburgh. In the process she helped raise the confidence of mentees & identified barriers faced by them. She was also responsible for setting up the Indian Music and Dance collective. This project was the first of its kind in Edinburgh. It enabled children and adults from a variety of communities to learn Indian art forms.

HUMANITARIAN AWARD



Bilquis Chowdhury has won the Humanitarian Award. She started serving the communities many years ago when she was in India. She is also the co-founder of Nari Kallyan Shangho. She has also been committed to supporting women in empowering them-

selves. She has recently started an organisation based in Edinburgh and Bangladesh, which helps poor people in Bangladesh. She is also involved with the LINKnet project in Edinburgh.

MENTOR AWARD

Neeru Bhatnagar has won the Mentor Award. She first worked in a women's centre in Leicester, supporting women. She then

INNOVATION AND DYNAMISM AWARD



Aisha Nadeem has won the Innovation and Dynamism Award for her outstanding contribution to supporting the elderly by providing advisory services.

She has worked as a pensions and benefits outreach worker for a project set up by the Trust, Hanover (Scotland) and BEILD Housing Association. She worked hard in order to reach the BME communities and helped the elderly to access pension benefits they were entitled to.

Women Empowered Awards...



Winners of the Women Empowered Awards

ENTREPRENEUR OF THE YEAR AWARD



Roma Pahuja has won the Entrepreneur of the Year Award. She and her husband both worked full-time in London, but moved to Edinburgh to pursue a business venture. They began with only two employees but have expanded over the

years and currently employ 35 people.

Roma has always been an equal partner in all the hard work that went into building the business. She is also actively running a hotel in the heart of the city of Edinburgh.

YOUNG ACHIEVER AWARD



Maryam Ahmed has won the Young Achiever Award. She is studying Accounting and Finance at Herriot Watt University. She has been a part of NKS for a few months as a student on placement. She has also been involved in a project initiated by the Na-

tional Museum in Edinburgh. She has also played an active part in planning, and writing articles for the youth page in the NKS newsletter.

ARTS AND CULTURE AWARD



Priya Shrikumar has won the Arts and Culture Award. She is now artistic director, chief choreographer, principal dancer and teacher of Indian classical dance and yoga at Dance Ihyami. She first came to the UK 18 years ago to pursue higher studies. She

explored the possibilities of her passion in life - Indian classical dance - and founded her Indian classical dance company, Dance Ihyami. Her legacy will be the introduction of Indian classical dance to Scotland in a sustained way.

LIFE TIME ACHIEVEMENT AWARD



Ghazala Farooq has won the Life-time Achievement award. She was the first Asian community worker in Edinburgh. She has taught Urdu at different venues in Edinburgh. She has also been involved with the Scottish Qualification Author-

ity in setting up the syllabus for Urdu qualifications. She has been awarded an MBE for her services to the Pakistani community and has been honoured by the House of Lords for her work in the Scottish Asian communities.



FOOD FOR THOUGHT

FAST AND HEALTHY COOKING RECIPES:
By: users of NKS services

Red Curry With Vegetables

Ingredients:

4 teaspoons canola oil, divided
1 14-ounce package extra-firm tofu, rinsed, patted dry and cut into 1-inch cubes
1 pound sweet potato, cut into 1-inch cubes
1 14-ounce can "lite" coconut milk
1/2 cup vegetable broth or reduced-sodium chicken broth
1-2 teaspoons red Thai curry paste
1/2 pound green beans, trimmed and cut into 1-inch pieces
1 tablespoon brown sugar
2 teaspoons lime juice
1/2 teaspoon salt
1/3 cup chopped fresh cilantro
1 lime, quartered.

Method:

1. Heat 2 teaspoons of oil in a large non stick skillet over medium to high heat. Add tofu and cook, stirring every 2 or 3 minutes, until browned, 6 to 8 minutes total. Transfer to a plate.

2. Heat the remaining 2 teaspoons of oil over medium to high heat. Add sweet potato and cook, stirring occasionally, until browned, 4 to 5 minutes. Add coconut milk, broth and curry paste to taste. Bring to a boil; reduce to a simmer and cook, covered, stirring occasionally, until the sweet potato is just tender, for about 4 minutes. Add the tofu, green beans and brown sugar; return to a simmer and cook, covered, stirring occasionally, until the green beans are tender-crisp, 2 to 4 minutes. Stir in lime juice and salt. Sprinkle with cilantro and serve with lime wedges.

Asian Salad Dressing

Ingredients:

2 tbsp vegetable oil, 2 onions finely chopped, 2 large garlic cloves crushed, 1 tsp ground coriander, 1 tsp ground cumin, 1/4 tsp ground cayenne pepper or to taste, 1/4 tsp ground cloves, 1/4 tsp ground ginger, 1/4 tsp ground turmeric, 1 litre chicken or vegetable stock, 400g can chopped tomatoes, 450g skinless chicken breast fillets cut into 5mm strips, 255g runner bean trimmed and chopped, 400g can chickpeas drained and rinsed, 2 tbsp chopped fresh coriander.

Method:

To Garnish:

4 tbsp low-fat natural yoghurt
Strings of fresh coriander.

Preparation method:

Heat the oil in a large, heavy-based saucepan or flameproof casserole over medium heat. Add the onions and fry for 3 minutes, stirring. Add the garlic and continue stirring for about another 2 minutes until the onions are softened, but not brown.

Reduce the heat slightly and stir in the spices. Continue stirring over gentle heat for a few minutes so the spices release their aroma. Take care not to let the mixtures burn. Stir in the stock and tomatoes, with their juice, increase the heat and bring to a boil. Then reduce the heat, cover and leave the soup to cook gently for 8-10 minutes until the chicken is cooked through and the beans are just tender. Taste a bean to check if it is cooked and cut a piece of chicken in half to make sure it is no longer pink in the centre. Stir in the chopped coriander and season to taste. (If freezing the soup, add the coriander after reheating). Ladle the soup into individual bowls, then add a tablespoon of yoghurt to each serving, sprinkle with a little cayenne pepper and garnish with sprigs of coriander.



Photo Gallery.....

*The women empowered event—29th June 2009
And Information Day— 1st August*





Volunteers of 29th June...

NKS Young volunteers for the Women Empowered Awards.

MARYAM AHMED



My name is Maryam Ahmed. I was a volunteer worker on 29 June 2009 at the women empowered awards. This was a really good experience. During this time I learned a lot and met a lot of new people.

I think there should be occasions like this every year so that voluntary workers are recognised.

KARANJEET SINGH



Volunteering to help at the Women Empowered Awards was a wonderful experience. It was very rewarding to be able to assist in an event that was held to recognise and celebrate

the achievements of South Asian women. It provided the opportunity to work alongside workers who are very skilled and have a wealth of experience in working with the South Asian communities. It was fascinating to learn of how many of the women had overcome great hardship in order to reach their goals. I think it is important to hold events like this so that the positive contributions made to society by such women are widely recognised.

MUHAMMAD SHAHID GHANI

My Name is Muhammad Ghani. I am a volunteer at NKS and was also actively involved in providing day to day support in organising the awards event. It was a remarkable experience as I got the opportunity to participate in managing the event at this scale. I appreciate and thank NKS for giving me a chance to learn various event co-ordinating skills. I would look forward to this annual event with great enthusiasm.

MOHSIN HUSSAIN

My name is Mohsin Hussain. I volunteered to help NKS in the lead up to the women empowered awards. I really enjoyed working with the staff as they are all very warm and friendly. They all made me feel part of their



team. I helped to organise the photographs for the short listed candidates to be put up on the screen during the announcement of all nominees and winners. I was

pleasantly surprised to see so many people from different communities at the event and all the unsung heroes of the South Asian communities. I applaud NKS for the effort they put into making the event a huge success. I urge them to hold similar events every year as there will be no shortage of volunteers to help.



Healthy hair

Good hygiene is important for healthy hair. This includes brushing hair properly and washing it with a mild shampoo. Good nutrition (a well balanced diet of fresh foods and lots of water) not only helps one to have beautiful looking hair but also improves its texture.

Wash your hair daily or every other day. The extra circulation provided by the shampoo /massage stimulates the oil glands to work more efficiently and brings natural oils into the hair. This applies to all types of hair.

Use shampoo that is pH balanced and that is designed specially for your hair type (dry, oily, etc.). Ask your hair specialist to assist you in selecting the right shampoo for your hair type. Always rinse with cool (not hot) clean water for extra shine. Allow your hair to air dry naturally whenever possible. Never brush soaking wet hair, as the hair is quite elastic at this time and can be pulled and stretched to breaking point. A wide toothed comb is best for wet hair.

Give your hair a good brushing before bed. This should be done by bending forward from the waist, head down, and brushing from back to front. Brush at least fifty to one hundred strokes. This will help remove dirt, pollutants and damaging particles from the hair in addition to stimulating circulation, which will increase natural oils for added

sheen and oxygen to the hair and scalp. Once a week massage your scalp with jojoba oil with one to two drops of rosemary oil for dry or oily hair and tea tree for hair that shows signs of dandruff. Leave this on over night and wash out the next day. Dull hair without hair damage is in most cases the result of a build-up of shampoo, conditioner, and hard-water particles. The build-up of these particles can deprive your hair of the bounce and sheen for which you bought the shampoo and conditioner in the first place. Clean your hair thoroughly to rid it of hair care products and residue. Try a shampoo specially designed to remove build-up, or you can use a solution of plain apple-cider, vinegar and water. This procedure will restore the acid mantle, which is essential to maintain a healthy scalp and clean, shiny hair. Shampoo your hair with the apple-cider solution of apple-cider, vinegar and water (half and half mixture), massage well, then rinse out. Now apply your conditioner. This should be done every two weeks. This is very important if you wash your hair consistently with hard water, which has more metal ions. When combined with soaps, these metal ions leave a residue that, when left in your hair, will make it dull and dry.

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 alongside 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.

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.

OLDER BANGLADESHI WOMEN'S GROUP:

- * This group runs on Mondays 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. Activities include: health/discussion sessions, cookery,

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.

NKS Board of Directors

Rohini Sharma Joshi ~ Director (Chair)
Saroj Lal ~ Director (Vice-Chairperson)
Nighat Anwar ~ Director (Comp Sect.)
Jabeen Munir ~ Director (Jt. Secretary)
Mrs. Vohra ~ Director (Assist. Treasurer)
Indumati Pandya ~ Director
Saleha Karim ~ Director
Fulmaya Lama ~ Director
Ann Wigglesworth ~ Director
Razia Dean ~ Director
Iffat Aziz ~ Director
Neela Joshi ~ Director
Shaheen Ahmed ~ Director

NKS News/Events

Group work: NKS groups are looking forward to increased outdoor activities to get connected with environmental issues.

Cultural activities: The women participating in NKS activities are very enthusiastically looking forward to annual events such as Eid, Diwali and Christmas celebrations.

Annual General Meeting: NKS AGM will take place in November. If you or anybody else you know who would be interested to join NKS management committee then please get in touch with us to get register your interest.

NKS Resource Library and Drop-in Facility

NKS has 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.

Staff and Management Committee News

Shamshad Rahim is back at work after six months of sick leave. She is intending to come back taking up phased return option. Currently Shamsad has returned only for 12 hours over three days a week, and is taking up health advocacy appointments. She is also running Bangladeshi women's group every Tuesday. She is hoping to return her normal hours very soon.

Rohina Hussain has reduced her hours to 12 hours a week. Rohina is mainly running two groups every week.

Rukhsana Hussain has been recruited to take up health advocacy appointments with Indian and Pakistani women in Rohina's place for 12 hours a week. She has been appointed in the interim period until the post is advertised.

Your Contacts at NKS

Naina Minhas ~ NKS manager
Nasima Zaman ~ Administrative Worker
Rohina Hussain ~ Community and Health Worker
Shamsad Rahim ~ Community and Health Worker
Samra Ahmed ~ Family Support Worker
Asma Kassim ~ Childcare Manager
Amina Rahman ~ Childcare Worker
Irum Rizwan Ashfaq ~ Childcare Worker
Samina Elahi ~ Sewing Tutor
Monti ~ In Charge of Cleaning