



# 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.*

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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.**

### Editorial ~ Naina Minhas

Welcome to another issue of the NKS newsletter that brings exciting information about the organisation and other issues relevant to women and their families.

Nari Kallyan Shangho is going through a period of change at the management level that has helped the organisation to gain EFQM, committed to Excellence award by Quality Scotland. The process has helped NKS to improve its day to day operations and quality of services by involving users through feedback and volunteering.

At services level, a new project – integration through information has begun at NKS which is funded by the heritage lottery fund. The project aims to involve users in educational activities that help them to gain information about the culture and history, of Scotland. The project has exciting plans over a period of two years and it is hoped that by gaining information about the place where they live, women will have raised confidence to integrate with local population.

If you would like to be part of the project and learn more about Scottish heritage, please get in touch. We will keep you updated about the heritage project through newsletter and NKS website.



**Sarah Boyack, MSP  
addressing audience  
Women Empowered Award  
Ceremony, 2010**



**NKS AGM, November 2010**

**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.**



## Daily Health Tips

### Everyday Heart Health Tips

If you're not convinced about the need to develop an exercise program for your life, you can at least try following some of these tips in your everyday routine. Take advantage of any opportunity for exercise. Try some today.

- ◆ Take the stairs instead of an elevator or escalator at school or the mall. Just start with one flight. Soon, you'll be ready for two.
- ◆ Park your car at the far end of the parking lot. The short walk to and from the store or school helps your heart.
- ◆ If you ride a bus or subway, get off a stop before your destination. Walk the rest of the way.
- ◆ If you can, spend a few minutes of your lunch break taking a stroll around the campus grounds. It should help you stay awake after lunch.
- ◆ Think of housework as an extra chance to exercise. Vacuuming briskly can be a real workout.
- ◆ Mowing the lawn, pulling weeds, and raking leaves are chores that can be done yourself as a chance to exercise.
- ◆ If you have a dog, think of the dog as an exercise machine with fur. A brisk walk with the dog is good for both of your hearts. Make it a part of your daily routine.
- ◆ If you have a family, schedule an after-dinner walk. Make it quality time.

### Tips for Healthy Skin

To remain healthy, your skin needs a regular and well-balanced supply of nutrients. You may not need any supplements, provided you look after your skin and you are generally healthy. Try to eat at least five portions of fresh vegetables or fruits every day, this should be quite easy if you have three pieces of fruit as desserts or snacks, plus a salad or vegetable dish with two meals.

#### ⇒ **DRINK PLENTY OF WATER**

In our society, where many of us have central heating and lead active lives, one of the commonest causes of tired-looking skin is dehydration, both on the surface and throughout the body. Aim to re-hydrate your body by drinking two to three litres (four to five pints) of water a day.

This should ideally be taken as plain or lightly flavoured, unsweetened water and not tea, coffee or other caffeine-containing or sugary drinks.

#### ⇒ **CUT DOWN ON TEA AND COFFEE**

Women who drink a lot of tea, coffee, hot chocolate and cola-type drinks are more likely to have tired-looking skin and to suffer from conditions such as greasy skin and spots. This is because these drinks contain caffeine, which prevents your body from making good use of the vitamins and minerals from your food. Try to drink no more than three cups of coffee, tea or other caffeine containing drinks a day.

#### ⇒ **SPECIFIC NUTRIENTS FOR GOOD SKIN**

Vitamins A and C and the mineral zinc are all strongly linked with good skin. They are considered part of a healthy balanced diet, and there is usually no need to take them in supplement form. Both vitamins should be provided from your regular intake of fresh fruits and vegetables. Foods rich in Vitamin A

include carrots, spinach, watercress, broccoli, yellow-fleshed sweet potato and melons such as cantaloupe. Good sources of Vitamin C are peppers, green leafy vegetables, strawberries, kiwi fruit, oranges and grapefruit

Zinc is excellent for problem skin. It helps reduce the inflammatory processes within the body and aids healing. The body is more efficient at absorbing the zinc from foods such as beans and other pulses, shellfish and fish, wholegrain foods, nuts and dairy foods, rather than from tablets. If you feel your diet does not include some of these foods most days, you may wish to take a daily 15 mg supplement. Do not exceed this dose as high zinc levels make your body more susceptible to bacterial and viral infections.

Another nutrient that seems to be perfect "skin food" is biotin, a member of the vitamin B complex (although it is also known as vitamin H). It is mainly synthesized by bacteria in your gut, but is also found in some foods. Women who are on long-term antibiotics, which adversely affect the bacteria within the gut, or who suffer from any sort of gut mal-absorption condition such as Cohn's disease or severe irritable bowel syndrome, could be rather low in biotin. A deficiency of this vitamin causes, dermatitis (inflammation of the skin), loss of hair and brittle nails.

#### ⇒ **SUPPLEMENT YOUR DIET WITH ACIDOPHILUS AND BIFIDUS**

If you eat a small pot of 'live' yogurt containing bifidus and acidophilus bacteria everyday. These will help to rebalance the bacteria in your gut, and will particularly help those of you who take antibiotics to control skin problems. Many women who have been taking antibiotics for anything from a few weeks to years. In doing so, their bodies suffer from side effects such as thrush and irritable bowels. The antibiotics kill the bacteria that exist within the healthy gut, which under normal circumstances produce anti-inflammatory substances, anti-cancer substances, vitamin K and energy. A good balance of bacteria needs to be re-established in order to protect the skin against inflammation and the body against other problems. The yogurt can be eaten on its own, flavoured with chopped or pureed fruit, poured on to fruit or cereal, or swirled into soup or casseroles.



**Women Empowered Award Ceremony,  
2010**

# Services in Edinburgh

By - Samra Rezig Ahmed

## **Benefit Fraud**

Committing benefit fraud can lead you to being fined or facing a prison sentence. In all cases you will have to pay back the money you were not entitled to. Find out more about benefit fraud investigation and where to get advice from if you are being investigated for benefit fraud.

If you deliberately fail to report a change in your personal circumstances or are dishonest about information supporting your benefit claim, you are treated as committing benefit fraud. If you are suspected of committing benefit fraud you will be contacted by the Department for Work and Pensions or your local authority. You may be visited by Fraud Investigation Officers or be asked to attend an interview to discuss your claim. Your benefit may be suspended while the matter is looked into. If this happens, you should receive a letter explaining what will happen next.

## **Changes that affect your benefit**

If you get benefits and your circumstances change, tell your local benefits office as soon as possible. Reporting changes quickly, means you'll get any increase or new benefit faster. For some changes your payments may be reduced. Find out how a change in your circumstances can affect your benefit claim.

## **Changes you need to report**

You must report any change in your circumstances to your local benefit office as soon as it happens, whether or not you think the change is directly related to your benefits.

Some examples of the changes you need to report include:

- getting married, entering into a civil partnership or moving in with a partner
- moving house
- getting a new job
- getting a pay rise
- inheriting or money coming in unexpectedly
- taking in a lodger
- no longer being sick or ill
- travelling or moving abroad

The new proposals form part of the Fraud and Error Strategy, which aims to reduce the £5.2 billion of taxpayers' money lost through fraud and error in benefits and tax credits each year.

Once Fraud Investigation Officers have collected facts about your case a decision will be made on whether or not to take further action.

If there's evidence that you're committing benefit fraud, any of the following may happen.

- ⇒ you may be prosecuted
- ⇒ you may be asked to pay a penalty as an alternative to prosecution
- ⇒ your benefit may be reduced or withdrawn
- ⇒ you will be asked to repay the overpaid benefit

## **Loss of benefits**

Important changes to the rules around loss of benefit entitlement following a benefit fraud offence come into effect from 1st April 2010.

- If you commit a first offence resulting in a conviction, administrative penalty or caution, it will be subject to a 'One Strike' Sanction. This means you may lose your right to continue receiving benefit payments for a four-week period.
- You will be notified if the 'One Strike' sanction is applied to your benefits.
- If you are convicted of two separate benefit fraud offences within five years, you may find your entitlement to certain benefits withdrawn for an even longer period.
- This is known as the 'Two Strikes' sanction, and you'll be notified if it's applied to your benefits.

## **Sanctionable benefits**

Benefits which can be withdrawn or reduced are called sanctionable benefits. These include but are not limited to:

- ◇ Employment and support allowance
- ◇ Housing benefit
- ◇ Incapacity benefit
- ◇ Income support
- ◇ Jobseeker's allowance
- ◇ Pension credit

To report and fraudulent activity

## **National Benefit Fraud Hotline**

**0800 85440 or 0800 678 3722 for welsh speakers**

**Text phone users call 0800 328 0512**



# Women Empowered Award...

## Winners of Second Women Empowered Award 2010



### Lifetime Achievement Award

Mrs. Saroj Lal served as a director of the Lothian Racial Equalities Council for a number of years. She has also been a teacher teaching in various schools in Edinburgh. She has helped develop a range of services for BME communities in Edinburgh as a director of the Lothian Racial Equalities Council. She has been one of the founder members of the Hindu Mandir in Edinburgh. Mrs. Lal has advocated and supported to set up BME older people's lunch clubs in Edinburgh. Mrs. Lal has also supported NKS by serving on its committee as a chair and vice-chair at different times.

### Young Achiever's Award

Harleen Nottay, 19 years of age has been born and brought up in Edinburgh. She is currently studying Business Management. Harleen is a trained classical dancer who is teaching Bollywood dance at various venues in Edinburgh. She has been learning to dance since the age of four. Harleen has performed at various charity events to help raise funds. Harleen has participated in a number of fashion shows and her biggest achievement to date is being a finalist among 14 contestants in Britain's Next Top Model. Harleen is a very promising aspiring young model who has made a name for herself in the mainstream.



### Mentor of the Year Award

Nila Joshi works for the Edinburgh City Libraries. Nila has been a volunteer with LinkNet and has mentored seven BME mentees who have either obtained employment or gone into further education. Besides, she has been fully involved in the organisational development of LinkNet. She has made valuable contributions to the success of some of important events of the organisation.

### Humanitarian Award

Huma Awan, a graduate from the Edinburgh University and a mother is a community activist. She started working as a community worker when she was on placement at NKS. She soon developed interest in community work and race equality work. She started a youth group at NKS and got involved in a number of confidence building sessions and events for girls. She helped organise a fashion show at NKS. Later she joined CBP and promoted many issues for Asian women. One important issue that she helped raise awareness of is about forced marriages. She worked hard in her own time to take part in theatre etc. She helped BBC to produce a documentary on the issue in Scotland. Huma continues to work on a voluntary basis helping women to find direction for themselves. Through her work she has provided lifeline to so many women who would have nowhere to turn to.





# Women Empowered Award..

## Winners of second Women Empowered Award 2010



### Art and Culture Award

Dr. Bashabi Fraser – of Indian origin, is a poet, editor, children’s writer, translator and academic based in Edinburgh. Through her writing she has acted as a cultural ambassador between the west and sub-continent. She has taught creative writing for the prestigious Atvon Foundation and the Open University. She takes writing to schools, libraries and community groups by working with the British Council, the BBC, Pushkin Prizes, Arts Councils and poetry society. She is also a trained Indian Classical dancer.

### Young Achiever's Award

Aisha is a 19 year old studying Islamic History at the Edinburgh University. She is using her knowledge and skills to give information to women in her community. She teaches women in classes organised in Edinburgh. She has helped organise seminars in Almaghrib in Scotland Her mother teaches about Islam and she helps her mother in organising classes, outings etc. for women. Currently, she is also helping out at the educational facilities at Sainsbury's – giving English and Maths tuition to children. Aisha is the eldest child at home and is a role model to her siblings.



### Personal Achievements Award

Irum Shahid works in a toy library in Edinburgh. Irum was a crèche worker in 1999. She began her studies in childcare at the same time. Irum continued her studies and work in the face of all hurdles faced by her due to her circumstances at home where her child was ill and in hospital. She obtained her HNC in childcare. During her years of contact with the Sick Kids hospital Irum developed interest in health issues and services for families. She became a member of SNIPS- Special Needs Information Point. Here she was able to share her experiences with health professionals. Irum was the only ethnic minority person here. Irum has also been involved with the Sure Start project where she was involved in providing health information to young Asian mums. She is generally a very generous person giving her time to others to help and support.

### Entrepreneur of the year Award

Tahera Sharif of Pakistani origin and a mother of 3 children launched her business venture - 1st Pvt. 4D Ultrasound Clinic Sound in Scotland. She was inspired and came up with the idea when she had her own children. Over the last 4 years she has worked very hard to develop the business and increased her staff team from 2 employees to 18 employees at present. Tahera has never been afraid to work hard and she has put her heart and soul in making the business a great success.





# FOOD FOR THOUGHT

## HEALTHY COOKING RECIPES

### *Spicy Tandoori Chicken*

#### Ingredients:

1kg. Chicken wings  
 1 tsp. Ginger  
 1 tsp. Garlic  
 1 tsp. Garam masala  
 1 tsp. Tandoori masala  
 Freshly squeezed juice of half a lemon  
 500 gms. Natural yoghurt  
 1/2 tsp. Chilli powder  
 2 tbsp. Oil  
 Salt according to taste

#### Method:

1. Mix all ingredients together and marinate for an hour.
2. Then put all the ingredients in a pan and cook on a high heat until the water is absorbed.
3. Garnish with green chillies, coriander or spring onions and serve with roast potatoes.

### *Salmon Curry*

#### Ingredients:

2 salmon steaks  
 3/4 bulb garlic  
 1/4 tsp. Salt  
 1 tsp. Ground coriander  
 1 tsp. Turmeric  
 1/2 tsp. Garam masala  
 2 green chillies  
 1/2 tsp. Ajwain  
 3 plum tomatoes  
 1/2 tsp. Chilli powder  
 1/2 tsp. Paprika  
 Fresh coriander  
 1 medium onion  
 2 tbsps Chapatti, flour and lemon juice

### *Salmon Curry contd...*

#### Method:

Put two tablespoons of oil in a pan, then add the chopped onion and salt, cooking until the onion is soft and medium brown. Add the masala to the pan and cook for a further five minutes, stirring frequently to ensure the masala doesn't burn. Add the fish to the pan and add a little water if required, cover and cook on a medium heat for approx. 5 minutes. Garnish with coriander to serve.

### *Dhokla*

#### Ingredients:

2 cups besan (gram flour)  
 1 cup suji (semolina)  
 1 cup yoghurt (Add more if desired)  
 1/4 inches fresh ginger  
 2-3 chillies  
 1-2 cloves garlic  
 Pinch of haldi and salt to taste  
 1 tsp. Eno or baking powder

#### Method:

1. Mix all ingredients. Just before steaming mix eno powder or baking powder. Pour all the mixture onto a plate.
2. Fill a deep pan with water, bring to the boil, put a baked bean tin opened at both ends in the middle and put the slate on the tin. Cover the pan with a lid and steam the mixture for just under ten minutes.

# NKS NURSERY

The nursery at Nari Kallyan Shangho has a goal of providing preparation for mainstream education by providing a diverse range of activities which the children can enjoy. Some of the activities provided in the last few months are as follows:

On the twenty-first of December 2010, the NKS nursery had a Christmas party for the children. They went to Monkey Business, the ball pool place at Fountain park. Needless to say, it was a blast, the kids enjoyed themselves, presents were handed out, songs were sung and Saint Nick himself made an appearance.

On the 27th of January 2011, the nursery organised a health visitor to discuss healthy eating, exercise, sleep and some other relevant topics. Learning these things early in life will be very useful for staying healthy through life as obesity is becoming more common in the British population. This was followed by a healthy cooking day on the third of December. Not only did the children learn how important healthy eating is but they got a taste of some healthy meals which will make it possible for them to eat healthily in later life.

As part of the John Muir Award the nursery went on a visit to Holyrood Park and learned about the life cycles of frogs and butterflies on the day of February the tenth 2011. They also learned about Scotland two thousand years ago. They saw clothes from the time and dressed in them. They also saw a pot from the time and learned about antique crockery. On February the fifteenth, the nursery went on a visit to a museum to learn about transport, an issue which is of growing importance in today's society.

The NKS has – and will continue to have – a diverse range of activities for children development and integration into mainstream society and education.



# What happened at NKS

## **Presentation of the John Muir Awards**

The John Muir Award presentation was held on the 20<sup>th</sup> of January at Nari Kallyan Shangho. Seven women along with their children completed and gained the award. The awards were presented by the Holy rood Rangers and achievements were celebrated with home cooked lunch.

NKS Nursery parents and children and mothers and toddlers group at NKS participated in the John Muir Family award. This was organised in partnership with the Holy rood Rangers.

## **Healthy cookery at NKS**

NKS successfully secured a grant of £3950.00 from community food and health (Scotland) to promote low fat healthy cookery among South Asian women. The grant award enabled the project to organise cookery sessions for women to demonstrate different ways of low fat Asian cookery. In total 17 sessions have already take place in various groups and women have shown keen interest in learning healthier ways of Asian cooking. The recipes demonstrated have also been put together and printed in the form of a calendar.

## **NKS calendar, 2011**

A number of NKS users came up with a suggestion to produce a calendar for the year 2011. The women also volunteered to support in producing the calendar by participating actively in various ways. It was agreed to showcase Asian culture through dresses and Asian cookery by printing recipes as part of 2011 calendar. A number of women contributed by giving recipes for healthy Asian cookery and many women participated through a photo shoot show casing cultural attire of South Asian countries. The calendars produced have been widely distributed in Edinburgh.

## **Asian women of achievements awards – 24<sup>th</sup> November 2010**

After the success of the first Asian women of achievement awards in 2009, NKS successfully organised second Asian women's achievements awards on 24 November 2010. The event was to celebrate women's role in Scottish society and recognize their contributions to their local communities.

The event was well attended by Asian and wider communities. Sarah Boyck, MSP, was the main speaker who commended women's achievements and the work of Nari Kallyan Shangho.

NKS would like to thank Awards For All and various sponsors who provided financial support to make the event a success.

## **Open Day – Heritage project at NKS**

Nari Kallyan Shangho successfully obtained funds to launch a project raising awareness of South Asian women about Scottish culture, history and art heritage.

An open day was organised on 5th March jointly with the WEA and Adult Learning project in Edinburgh to provide a taster sessions of activities to come over a period of next two years. Several workshops were organised around Scottish culture, history and art. The day was well attended by about a hundred women and children. There was a huge positive feedback with regards to the sessions and the activities provided. The women showed great enthusiasm to learn about the place where they live and have given a number of suggestions for the future activities.



# PHOTO GALLERY



Second Women Empowered Awards Ceremony '10



Women at the Paisley Museum, Glasgow



NKS staff and volunteers with the NKS Chair



Farewell for Lesley from Western General Hosp.



Heritage project open day, 5th March



Bangladeshi women's group



Ceilidh on the 5th of March



Public Participation training at NKS



## *NKS Volunteers & Students*

### *James McGinley Work Experience at NKS 2011*

My name is James McGinley and I am from Boroughmuir High School. In the fourth year of everybody in Scotland's higher education, you enrol in a work experience programme. Currently I am in my fourth year now, it was my turn. When applying for job placements through the designated website I chose NKS without fully looking at what it detailed. Later when I found out I had received the placement I became nervous as I was not sure what to expect.

Upon entering NKS I was warmly greeted by Naina Minhas (the head of NKS). She immediately gave me a small tour and introduced to the staff that were greatly welcoming to me. When I entered the office on the very first grim Monday morning I thought that this was just a regular office job. I was deceived! The staff were full of joy and would constantly have banter with one another, which made this office different. All office staff greeted me and were extremely polite to me. The office was not just a place where work gets done, but an environment of fun and almost family between workers.

After the induction I was set various tasks through the days I was with NKS. My first task was to track incoming and outgoing mail. Logging in the mail was good practice and nosily reading through some mail 'accidentally' was fun. Entailing the mail, I also learned how to use a Franking Machine to stamp letters. However I feel that I have not yet mastered the frank machine. The task which I feel benefited me the most was answering phone calls and taking messages. Being who I am, not the most confident person in the world, this built up my confidence to talk to people whom I have not met. After a while this task also became quite fun as I began to feel like an actual secretary. After the very first day I realised how hard it was to run even a small office. With constant phone calls coming in on the 3, yes 3 different phone lines, visitors coming in, the mail and groups that run, it seemed hard to keep on top of it all. Thankfully after the hard work I received a free lunch from the NKS staff workers, which was seriously tasty.

The next few days we had to arrange sales of the new calendar. The calendar had been launched to raise funds for NKS, the calendar included simple, but delicious traditional recipes and of course, dates. My duty was to write the letter to which was going to be sent to the MSP's. Knowing that this letter was going to be sent out with every single calendar I was once again, nervous! With the support from Nasima she helped me with any queries I had and guided me with the task. Working with the people at NKS has been a great experience and I feel it has made me a more confident person. The staff were all friendly and fun and helped me with any problems I had. I'm glad that I chose this placement on the database as it turned out to be very good and certainly very enjoyable.



### *Robert Joffe Work Experience at NKS 2011*

In fourth year, all students at Craigmount High School do work experience for five days instead of going to school during this time. For this I got a placement from NKS, because it had offered to take in work experience students. When I called NKS and looked at their website I became a little nervous as I didn't know what sort of work I would be doing. I visited them a few days before the placement began and it got rid of my worries. The staff were friendly, helpful, kind and understood my nerves as NKS regularly takes in work experience students. It was explained to me that I would be doing administrative work and that the same situation had appeared for others before me.



## *NKS Volunteers & Students*

Contd....

On Monday – my first day , I got myself acquainted with the staff, the building and the computer system. My first piece of work was to find articles written by the previous week’s work experience students. After much searching I managed to find one of the articles but the other remained elusive (so far, nobody at NKS has found this article).

It was on Tuesday that I transferred some articles from word documents and onto the newsletter. This may sound easy but I must warn you that you have to get the right size for the writing, copy and paste from the right part and repetitively deal with questions from the computer. I also learned to use the franking machine (although I have not been able to figure out where it got its name from). I used it to stamp around thirty letters, an experience I enjoyed as it was easy, repetitive and not very labour intensive. On the way home I posted the letters.

On Wednesday, I felt that I was truly beginning to fit in at NKS – a remarkable achievement given that I have no South Asian relatives, I have never been to South Asia, I speak no South Asian languages and I am not a woman – and even ate some of the foreign food at lunch, although the sauce was far too hot for my puny taste buds. This reminds of the time at school when I had a small taste of the world’s second hottest sauce which had a scoville rating of a few hundred thousand. I’ll spare you the details of this incident, because once you know them, you can’t *unknow* them.

On Thursday, I counted the money from the Monday and Friday groups. I had constructed an amazingly systematic system for doing so which included that used of a large number of post-its. I put as much of it in bags as I could before my working day ended. I managed to finish that the next day. I really enjoyed lunch that day. We had rice and chicken and none of it was too hot for me.

On Friday, I wrote this and said goodbye to the workers at NKS. I think that NKS has done a great deal of good in teaching me what work in an office is like. The people at NKS have been kind, helpful and considerate. I can’t thank them enough for making this an amazing week. I have really enjoyed my time at NKS and it’s going to be difficult going back to school as the teachers are nowhere near as happy as my colleagues and we can’t constantly banter in class. I wish the best to everybody at NKS and I hope the organisation does well in the future.

### **Rabia Younus ( Volunteer)**

I am Rabia Younus and I am experienced computer professional with Master degree in computers. I moved to UK with family 4 years back and since then was busy looking after family. Now my kids have started school, I wanted to socialise and at the sametime put my knowledge to good use, that is when I came to NKS.I started as volunteer doing computer related tasks like creating Annual reports, Newsletter and also resolving computer related issues in NKS.I am immensely happy to say that I am enjoying every bit of my work and I would especially like to thank Naina Minhas ,Manager of NKS for recognising my skills and putting me into good use and I am greatly enjoying my work and recently I have also been paid for few hours of work ,the staffs at NKS are very kind and loving .It is a great opportunity for someone like me who had no familiarity in Edinburgh. Now I have a good lot of friends now from Asian community and we enjoy the groups on Thrusdays.I am also a part of the new project called Scottish Heritage project and would be assisting in computer related activities like maintaining NKS website. Looking forward for a great year ahead and thanks once again to all the staff at NKS for the support and affection.

# 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 11.00 am till 1.00 pm. The group decides what activities they want to do. Activities include: health sessions, sewing, complementary therapies, cookery, outings, social functions etc.

### SAKHI (FRIEND) WOMEN'S GROUP:

This group runs on Wednesdays between 11:00 am and 1:00 pm at NKS. The group decides what activities they want to do. Activities include: health sessions, sewing, complementary therapies, healthy cooking, outings, social functions etc.

### MOTHER AND TODDLER GROUP:

This group (run in conjunction with Sure Start) runs on Thursdays from 11:00 am until 1:00 pm 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 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, music and art appreciation, 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

**Indu Pandaya - Director** (Chairperson)  
**Ann Wigglesworth** ~ Director (Vice-Chairperson)  
**Jabeen Munir** ~ Director (Company Secretary)  
**Jack Marshall** - Director (Treasurer)  
**Shaheen Ahmed** ~ Director  
**Jane Jones** ~ Director  
**Razia Dean** ~ Director  
**Iffat Aziz** ~ Director  
**Sugantha Ravindran** ~ Director  
**Allison Conroy** ~ Director  
**Sheema Hamid** ~ Director

## NKS News/Events

Nari Kallyan Shangho is holding an event - A Taste of Scotland on the 19th of May from 5.00pm - 9.00pm at the Gillis Centre, White House Loan. If you would like to attend the event, please phone NKS for more information.

On the 18th of June NKS is holding a fundraising day at the NKS premises. There will be food stalls, clothes stall and bouncy castle for children. Entry will be £1.00

## NKS Resource Library and

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

**Shamsad Rahim** a Bangladeshi worker at NKS for the last 20 years was ill and passed away on the 23rd of Nov. 2010. All at NKS are saddened by this loss and will miss her.

**Sadia and Rabia** are new workers recruited at NKS to develop work around heritage of Scotland raising awareness and the culture, history of the place. NKS would like to welcome both workers.

**Ishrat Meason** is a new Bangladeshi worker at NKS. NKS would like to welcome Ishrat as part of the team and wish her all the best.

**Mrs. Indumati Pandaya** is a new chair of Nari Kallyan Shangho. We look forward to working with her at NKS.

**Rohini Sharma Joshi** NKS chair for the last 3 years stepped down as a chair in the year 2010. We would like to thank her for the support she has offered NKS as a chair. She made a valuable contribution to the development for the project.

## Your Contacts at NKS

**Naina Minhas** ~ NKS Manager  
**Nasima Zaman** ~ Administrative Worker  
**Rabia Younus** ~ Administrative Worker  
**Rohina Hussain** ~ Community and Health Worker  
**Ishrat Meason** ~ Community and Health Worker  
**Samra Ahmed** ~ Family Support Worker  
**Asma Kassim** ~ Childcare Manager  
**Amina Rahman** ~ Childcare Worker  
**Nazish** ~ Childcare Worker  
**Sadia** - Heritage project worker  
**Urful** ~ In Charge of Cleaning  
**Maqsuda** ~ Group Worker  
**Lufta Dewan** ~ Group Worker