



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.

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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.

Editorial ~ By Minoo Das, Newsletter Editor

NKS would like to wish all of our readers all the best during the Festive Season. We hope that you enjoy this packed and interactive issue. Please keep sending your articles in to us and we will do our best to include them. See you in 2006! Happy New Year when it comes!

NKS Wins at The Scottish Empowerment Awards 2005!!!



Top row (left to right): Amina, Khalda, Rohina, Saroj (NKS Chairperson), Naina and Samra. Bottom row (left to right): Nasima, Nighat and Asma. Details are on page 6.

NKS Annual General Meeting



NKS Executive Committee members, staff and Councillor Lorna Shiels gathered around NKS's 18th birthday cake at the Annual General Meeting. Just look at the close up of the cake donated by the Sicilian Pastry Shop! You can read all about it on page 6.



Periods - Do I Notice Them?

* When I was younger I used to get period pains - Now I feel tired and restless - Also I don't feel free! Samina.

PMT - pre-menstrual tension + Post-menstrual tension - I get both - Part I + Part II

I have never had any problems during my period days I was always free flowing as I am now. Manjani

I feel quite "tired and emotional" before my period, so I am glad when they appear... as are the rest of my family! Anson

* What periods! I don't notice them - Neena.

Why complain - I have no choice -

"Only another woman can understand periods!"

I don't feel hungry and yet I feel fat and bloated! S.R.

When I have my periods my lifestyle changes a little bit - I can't pray and eat certain types of food -

MY MOTHER ALWAYS SAID - "LUCKY YOU GET THEM, THAT MAKES YOU A COMPLETE WOMAN!"

When I was young we had to hide any problem with periods - Not nowadays - e- Just before my periods, I so wish I was a man! - SW

* My very first period started after 3 days of agony Pain which I now have no pain when my periods start! Shahna3

Gone I don't get them - no more - A.R. When I get my periods I'm allowed to eat all the ice cream + Cadbury's milk chocolate I want! Indrani xxx

* My whole body hurts - also my head. Raz. Sometimes I don't like it when my period comes..... but I'll probably miss them when they stop!!! Khalle

I AM WAITING FOR THEM TO STOP - FINALLY - I never used to notice them but now they come with a week's notice and one week after they are over I am still feeling under the effect!!

NEWSFLASH!!!! NKS website is up and running again! Check it out and let us know your views. The newsletter is available on our website too. The address is: www.nkshealth.co.uk



In and Around Edinburgh

My Favourite Day Out in Edinburgh...

ANYWHERE IN
EDINBURGH IS
BEAUTIFUL THE
BEST CITY IN THE
WORLD!!
ہر جگہ میں ایڈنبرا
میں دنیا کی بہترین
شہر ہے۔

I love climbing
up Arthur's Seat -
a bit of the Highlands
in the middle of
the city! Roma

I love sitting in the
middle of Princess St
gardens with my
friends and family
listening to live musicians.
Nikita

Top of Arthur's Seat,
most beautiful view in
all of Edinburgh!
ہیڈنبرا کے
سے سب سے خوبصورت
دیکھنا

Arthur's Seat is my
favourite spot for
reflecting & appreciating
God's wonderful
creation!
ہیڈنبرا میری
پسندیدہ جگہ ہے
جہاں پر میں
تفکر و تعجب کے
اللہ کی تخلیق
کا شکر ادا کرتا ہوں۔

The Modern Art Gallery on Belford Rd.
is one of my favourite places - Great
location - Good Cafe - open and bright
and some very good exhibitions I M.
Amazing modern Art + sculptures.

I once went to the
Botanic Gardens,
Princes Street and
shopping with
a few friends and
our children - it was
a great as it was
a lovely sunny day.
Khaleel

I have gone to the
botanical gardens every
weather / season has
its own beauty (Autumn
& Winter beautiful &
Vibrant colour Summer/
Spring new life
emerging & blossoming!
-Shahnaaz

The drive over Forth Road -
Bridge - makes me smile and
feel happy — ALWAYS.

Arjun's Granton Seaside &
2000 یوں یوں Granton strand!

ایڈنبرا کے قدرتی مناظر سے میں بہت
پسند کرتا ہوں۔ اس لیے میں ہفت روزہ
کے دنوں میں جب وہاں جاؤں تو میں
کالمون ہیل سے شہر کا پورا view بہت
اچھا لگتا ہے۔ ساتھ ہی ایڈنبرا کے beaches
جیسے Seton sand, Silverknowes
اور Portobello beach پر بہت سی
آनंददायक چیزیں ہیں۔ Dipsea world
اور Berwick کا seabird center
بہت ہی دلچسپ ہیں۔

"ORIGINAL KHUSHI STORE"
ON 20/30 POTTEROW ST
Edinburgh. Great food,
location, Halal, PARTY'S
ALSO CATERED FOR. Night
Anwar

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in our own words...

...

লিখিত কবিতা লেখা আমাদের দেশের,
সেইসঙ্গে আমাদের চিঠি লিখতে।
যেই লিখা পিছনে আমাদের দাঁড়াইল,
তাহলেও সেসব চেষ্টা না। তখন
অন্যমনে ছুঁ কবিতা মাঝে মাঝে
চলিত কবিতা দ্বারা ওসি প্রায়ে যে
কালোচরিত্র লিখতে সেসবের মাঝে
সমস্যা সমস্যা হোলিখা দিয়ার-
চৌকির পিছনে কবিতা পড়িল।

সেইসঙ্গে প্রকৃষ্ট চন্দ্রিকা-
উঠিয়া কবিতা, এই লিখা। পরকালে
যেই কবিতা লেখিয়া লেখানো সত্যের
ইয়া কবিতা, ওই লেখা লিখা।

লিখিত উঠিয়া দাঁড়াইয়া সেসবের
সুস্বাদু লিখা সত্য কবিতা ইয়া কবিতা, লেখা,
যেই সেসব লিখা লিখা সত্যের
কবিতা কবিতা, লেখা না লিখা লিখা
লিখিত লিখা লিখা, লিখিত লিখিত
সমস্যা লিখা লিখিত লিখিত লিখিত।

এখন লিখিত কবিতা। চন্দ্রিকা
লিখিত লিখিত লিখিত লিখিত লিখিত
লিখিত লিখিত লিখিত, লিখিত লিখিত লিখিত
লিখিত লিখিত লিখিত লিখিত লিখিত
লিখিত লিখিত লিখিত লিখিত লিখিত

উপরে লিখিত লিখিত লিখিত লিখিত
লিখিত লিখিত লিখিত লিখিত লিখিত
লিখিত লিখিত লিখিত লিখিত লিখিত

THIS BORDER - BASHABI FRASER

There was a time when you and I
Chased the same butterfly
Climbed the same stolid trees
With the fearless expertise
That children take for granted
Before their faith is daunted
Do you remember how we balanced a wheel
Down dusty paths with childish zeal
Do you remember the ripples that shivered
As we ducked and dived into our river
Do you remember what we shared
Of love and meals, and all we dared
Together — without fears
Because we were one
In all those years
Before we knew that butterflies
Were free to share our separate skies
That they could cross with graceful ease
To alight on stationery trees
On either side of this strange line
That separates yours from mine
For those existence we rely
Entirely on our inward eye
This border by whose callous side
Our inert wheel lies stultified
This border that cuts like a knife
Through the waters of our life
Slicing fluid rivers with
The absurdity of a new myth
That denies centuries
Of friendship and families
This border that now decrees
One shared past with two histories
This border that now decides
The sky between us as two skies
This border born of blood split free
Makes you my friend, my enemy.

From Our Elders

Jane Kahan Gaye Wo Din...Something I Remember From Back Then...

۱۔ آج کل کے حالات دیکھ کر ہر انسان کے دل پر غم کی لہر چڑھتی ہے۔
 ۲۔ آج کل کے حالات دیکھ کر ہر انسان کے دل پر غم کی لہر چڑھتی ہے۔
 ۳۔ آج کل کے حالات دیکھ کر ہر انسان کے دل پر غم کی لہر چڑھتی ہے۔

पट जिह्वा का सफर कट गया। पुराने दिन बहुत अच्छे थे। लोग इंसान को इंसान समझते। आपस में बहुत प्यार होता। लोग रुक बरसों के दुख को अपना दुख मानते थे।

چایوں گاتیں تجھے ساتھ سویرے نا آو تیرے ~~میں~~ پھر میں
آواز میں نہ ہوں گے

मैं यह चाहता हूँ कि हम अब इस ~~देश~~ देश में रहें
और हम किसी से बिना भेद भाव के सब से प्यार से
मित्र जर सब का सम्मान जर करें
कुछ गैर ~~का~~ गैर गैर ठेके गिर गिर कुछ ~~उ~~ करकेगा।

[illegible]

جسٹا لپو کی باری وہ لڑنا ہوگا۔ گزرہ میرا زمانہ
وہ گزریوں کی شادی سے بھگدیا۔
Loneliness is not
country far away
So far now — My
نہری میں نہانا
وہ گزریہ نہانا

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What's been happening at NKS?

NKS Wins at The Scottish Empowerment Awards 2005!!!

Nari Kallyan Shangho (NKS) has won the Scottish Empowerment Award for Best Grassroot Community Project for 2005!!!

Saroj Lal (NKS Chairperson), Rashpal Nottay, Naina Minhas (Project Co-ordinator) and Rohina Hussain (Health Worker) went to Glasgow for the awards ceremony on the 18th of November 2005.

It was a thrilling moment when the category came up and they announced that NKS had won! Saroj, Rashpal, Naina and Rohina made their way on to the stage to receive the award on behalf of NKS. They were given a beautiful Glen Cairn Crystal trophy to take back with them and keep. Looks like NKS will have to make a trophy case!

It is encouraging and rewarding that the contribution made by community projects to Scottish society is being recognised in this way. We hope that in future more community projects are nominated and win.

NKS Staff Day ~ 01/12/2005

Saroj Lal (NKS Chairperson) invited all NKS staff to her house for lunch on the 1st of December 2005. She congratulated all of them for the recent Scottish Empowerment Awards 2005 win and thanked them all for their hard work. She herself cooked a variety of delicious dishes for the staff and they all really enjoyed the lunch. It was a really relaxed and homely atmosphere where everyone was able to relax and let their hair down. Everyone really appreciated the gesture and had a good time.

NKS Annual General Meeting

The Annual General Meeting (AGM) was held on Thursday the 29th of September 2005 at 11.00 am at NKS premises. More than one hundred women attended. The AGM went really well.

Councillor Lorna Shiels was the Guest of Honour at the AGM. In her speech she was very supportive of the project, which NKS really appreciates. She presented the certificates to the six Bangladeshi women who took part in the Future Bangladeshi Community Workers training recently. NKS would like to thank her for coming and presenting the certificates. It was morale boosting to have her with us.

Once the business side of the AGM was finished it was time to celebrate as NKS has turned 18 this year. The premises were decorated for the celebrations. Franchino Asatico from the Sicilian Pastry Shop in Edinburgh donated a huge cake for the celebrations. NKS would like to thank him for his generosity. All NKS staff and as many of the Management Committee that were present gathered around the cake to sing happy birthday to NKS along with the users that were present.

Everyone enjoyed the vegetarian lunch that was provided. Women got the opportunity to mingle with each other and meet Councillor Shiels. Overall it was a very successful day for NKS.

Asma A Kassim ~ Finalist for The Scottish Modern Apprenticeships Awards 2005

NKS would like to congratulate Asma A Kassim, our Childcare Facility Manager, on being one of three finalists for the Scottish Modern Apprenticeships Awards 2005 in the Contribution to Others category.



Asma receiving her finalist award certificate

Naina Minhas, NKS Co-ordinator, accompanied her to the awards ceremony in Edinburgh. Although Asma did not win on the night NKS feels that it was a great achievement for her to have reached the final stage of the awards and is very proud of her.

Charity Work For Victims of South Asian Earthquake By Three Members of NKS Staff

NKS would like to commend three members of staff - Asma A Kassim (Childcare Facility Manager), Rohina Hussain (Health Worker) and Samra Ahmed (Family Support Worker) - who have been very busy fundraising for the victims of the recent South Asian Earthquake. By the time you read this article hopefully they will already be in Pakistan helping out. They have made contacts over there and will be accompanied wherever they go. They have long term plans to keep on helping long after they come back. NKS wishes them all the best in their endeavours.

NKS Eid Party ~ 07/11/2005

NKS organised an Eid party at NKS premises on 7th of November 2005 in the evening. Approximately one hundred and fifty women and their children attended. There was good food, mithai, music and dancing on the night. Some of the users were surprised to see so many other users there. Visually it showed just about how many users use the services of the project. NKS will try a different format for the party next time by taking it back in to the groups.

NKS Diwali Party ~ 13/11/2005

The NKS Diwali party was a smaller affair in that not as many women were invited. Altogether there were approximately fifty women, including the staff, who helped out on the day. Pass the parcel was played and there was plenty of dancing - even the staff joined in! The food went down really well with everyone and there was cake for dessert. There was a clothes stall as well where women were able to buy the latest things from back home. Overall this was a very successful event.



New Website for Minority Ethnic Carers

Minority Ethnic Carers of Older People (MECOPP) the Edinburgh and Lothians organisation providing free and confidential support to Minority Ethnic carers, has launched its new multilingual website.

The site contains information in English, Chinese, Bengali, Punjabi and Urdu. All MECOPP's services are described in detail. Users can access and download many of the organisation's leaflets and publications.

The site also contains an ever-expanding list of links to health and social care organisations that will be of great use to anyone working with Minority Ethnic communities and/or carers.

As the site evolves in coming months it will include contributions from the carers MECOPP supports, allowing a part of society often excluded from involvement in the web to be heard.

Finally, visitors can sign up to receive regular updates on MECOPP's work via an email newsletter.

MECOPP's website can be found at: www.mecopp.org.uk and their address details are as follows:

MECOPP Carers Centre
23 Leith Walk
Edinburgh EH6 8LN
Tel: (0131) 467 2994

Mother and Toddler Group at NKS

The Mother and Toddler Group is being run in conjunction with: Grassmarket Nursery School, High School Yards Nursery School, Cowgate Under 5's Centre, Lauriston Medical Practice Health Visiting Service, Sure Start South Central and Nari Kallyan Shangho (NKS). In 2004 Grassmarket Nursery School approached Naina Minhas (NKS Co-ordinator) about the possibility of a venue at NKS for the group to meet. This was ideal for NKS as the NKS Young Mothers Group could join in.

The group runs on Thursdays between 10.00 am and 12 noon at NKS. Mothers come along with their children. The group is run by Rukhsana Hussain and Alison Conroy, who are there to help the group run smoothly and NKS staff is there if more help is needed. They consult the mothers about what they want to do and then organise a programme of activities accordingly. The group runs with the term time.

There are between ten to twenty mothers attending the group regularly. Activities include: sewing, complementary therapies, cooking, exercise and small outings.

The group is a chance for the women to get out of the house and have a little bit of time for themselves. In the group they are able to find mutual support as some of the issues are common to all of them. Their children are with them and they are given the chance to be around children their own age, which is a good opportunity for them to build social links and learn through play. It is a very

successful group and is getting stronger as time goes by.



Mother and Toddler Group ~ complementary therapy session



Mother and Toddler Group ~ first aid session

Useful Websites

www.web-land.net - This is a website for 3 to 7 year olds. There is a family site and kid's site. There are interactive magazines for children for which there is a cost involved after one months free trial. Check it out.

www.edinburgh.gov.uk - Click on "Children" (on left side) then click on "Wizard Websites" under "Kids". There are hundreds of really good sites here! Topics include: animals, books, film and TV, music, fun and games, searching, sport, under fives, homework, weird and wonderful and mystery. The main website is very useful in itself. Well worth checking it out.

Information on Courses

NKS is going to start SVQ3 in Childcare and Education in the near future. Places have already been taken for this course by women who have completed their National Certificate (NC) modules.

NKS is going to start NC modules in Childcare and Education for the women who missed out the first time around. If you are interested in doing this please contact us for more information on (0131) 221 1915.



FOOD FOR THOUGHT

Masala Chai

Ingredients:

Water - 2 cups
Milk - 1 cup
Tea bags - 2
Black peppercorns - 3 or 4
Cloves - 2 or 3
Crushed green cardamom - 1/4 teaspoon
Crushed brown cardamom - 1/4 teaspoon
Crushed ginger - 1/4 inch piece
Saunf (fennel) seed - 1/4 teaspoon
Sugar to taste

Method:

- 1) Heat water in a pan.
- 2) Add all above ingredients except the tea bags and milk.
- 3) Reduce heat and let the water boil for five minutes.
- 4) Now add milk and teabags.
- 5) Bring to boil and simmer for 2-3 minutes.
- 6) Strain in a cup and serve hot.

Sambhar Powder

Ingredients:

Urid dal - 1 teaspoon
Coriander seed - 2 teaspoons
Cumin seeds - 1 teaspoon
Turmeric powder - 1 teaspoon
Fenugreek seeds - 1 teaspoon
asafoetida (hing) - 1/4 teaspoon
Mustard seeds - 1 teaspoon
Black pepper - 1/4 teaspoon
Curry leaves - 5 to 7
Coconut, grated - 1 tablespoon
Red chilli powder - 1 teaspoon
Oil - 1 teaspoon

Method:

- 1) In a non stick pan or a tava roast each of these ingredients.
- 2) Grind to a fine paste in a blender and store in an air tight jar.

Auntys' Yummy Kheer ~ By Zeenat Khan

Ingredients:

Milk - 4 pints, full cream
Rice - 4 ozs
Sugar - 6 to 8 ozs or according to taste
Green cardamom seeds - 1/2 teaspoon, crushed
Kewra water - 2 to 3 tablespoons
Almonds and pistachios for garnishing

Method:

- 1) Soak the rice for at least 3 hours, until soft.
- 2) Now drain the water and crush the rice with hands.
- 3) Bring the 4 pints of milk to boil once, then put crushed rice and cardamom into the milk.
- 4) Cook for at least one hour on slow fire, stirring regularly.
- 5) Add sugar when thickened and boil for another 20 minutes to half an hour, stirring constantly.
- 6) Now remove from flame and add kewra water.
- 7) Put into a serving bowl and garnish with almonds and pistachios.

Tuna Kebabs

Ingredients:

Tuna chunks in brine - 1 tin
Slices of bread - 2
Small onion, finely chopped - 1
Green chilli, chopped - 1
Ginger, finely chopped - small piece
Garlic, crushed - 2 cloves
Salt and pepper to taste

Method:

- 1) Drain the brine from the tuna and put the fish in to a bowl.
- 2) Soak the two slices of bread in water. Then completely squeeze out the water.
- 3) Add the two slices of wet bread to the mixture.
- 4) Add all the remaining ingredients.
- 5) Knead the mixture with your hands. Please note that the mixture should look like the texture of dough.
- 6) Make small flat balls and fry them in a non stick frying pan.
- 7) Serve with salad.

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Photo Gallery.....



Bangladeshi trainees with Councillor Lorna Shiels - top row: Daina Khan, Ishrat Measom and Nargis Baksh. Bottom row: Nasima Zaman, Shumona Azad and Romana Islam



Annual General Meeting ~ 29/09/2005



Outing to Vogrie Country Park ~ Bangladeshi women and children outside their coach



Birthday party time in the NKS Nursery



Women and children at the NKS Eid Party ~ 07/11/2005



NKS Diwali Party in full swing ~ 13/11/2005



Young Awaz Girls Group ~ cutting and sewing session



Friday Older Womens' Group Outing to Loch Lomond Shores



South Asian YOUTH speak out.....

My Dream Job Would Be...

My dream job is a job that I ~~love~~, which I don't know yet! PR

My dream job is to help those who are not as fortunate as I am!

My dream job is to help the other people who need it.

My dream job is to be a chef TC

Fashion Model.

A.R.

- pro-tennis player
- Dodgeball player
- golfer
- footballer
- cricketer

I have many dreams..

... where should I start?

M15 agent

A.

Police man Save People!

I would love to have a living career
My dream job is to be a famous business tycoon.

my dream job is to be the number one choreographer and have the chance to teach people in third world countries. Do charity, charity functions, raising for a certain cause.

I wanna be a stud that is like Bill Gates,

researcher for finding alternative sources for fuel energy.

My dream job is to marry a rich millionaire, divorce him for every penny he has!

BE A SPACE MAN GO TO SPACE

NKS Young Awaz Group

nari kalyan shangha YOUNG AWAZ

Is a youth group for South Asian girls aged between 13 and 25

Activities Include:

Health Sessions

Contemporary Cookery

Sewing

Complementary Therapies

Beauty Therapy

Exercise

Socialising

Focus/Discussion Groups

One off Projects

(such as Fashions Shows and Photographic Exhibition)

If you are interested in joining, please contact NKS

on Tel/Fax: (0131) 221 1915

E-mail: nks@nkshealth.co.uk

Website: www.nkshealth.co.uk

NEWSFLASH!!!! NKS website is up and running again!

Check it out and let us know your views.

The newsletter is available on our website too.

The address is: www.nkshealth.co.uk



BEAUTY CORNER.....

One Beauty Regime I Follow Regularly...

میں نے ایک دفعہ میں اپنے میسج کو
شیم کر کے آپس ساج کر دی ہوں
I'm.

I LIKE TO KEEP MY FEET
CLEAN - I SCRUB THE SOLES AND
KEEP MY NAILS POLISHED -
I LOVE BEAUTIFUL FEET - SAV.

MY NAILS I
LIKE THEM LONG
& PAINTED IN BRIGHT
COLOURS - A.

Wherever I am, whatever
time it is - I wash my
face and moisturise it - EVERY
NIGHT - M.

Put lots of smile on your
face and it will glow & shine
always Manjari

I like to do my skin care
every day.

S. Rahim,

One beauty regime
I followed
repeatedly was one my
grandmother & grand - Aunt
practiced till the day they died
- maintaining the whole length of
their legs right to the tip of
their toes!

I don't believe in rigidity regime
therefore don't follow any
However, food & sleep have an important
role in looking good. It is also about
feeling beautiful - Laughing is the best medicine
Jasrah

A good sleep
+ lots of H2O does
it for me Sushmita

I like to cleanse, tone
my skin everyday. I
love moisturiser all over
my skin.

Night Anwar

I believe keeping
yourself healthy
and fit bring
your beauty out.
Kavishal Notay



I believe in eating
healthy & always cleanse
& moisturise Sam

HEALTHY DIET &
LOT OF FRESH
AIR!!
I drink a lot of water
and eat a lot of fruit. I
think healthy eating is
important. Rifa

HEALTHY DIET &
LOT OF FRESH
AIR!!

I swim when-
ever I can and
meditate - AR

Before I go to bed every
night I do a facial
wash & cream my face.
I never forget to brush my
teeth every night - SAMINTA

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Looking forward with NKS...



Groups at NKS

Monday:

- Women only ESL classes at NKS, thanks to Stevenson College, from 12.30 pm till 2.30 pm.

Tuesday:

- Bangladeshi Women's Support group from 10.00 am till 12 noon.
- Women only ESL classes at NKS, thanks to Stevenson College, from 12.30 pm till 2.30 pm. Please note that the ESL classes run with the school terms.

Wednesday:

- Sakhi Women's Group - 11.00 am till 1.00 pm at NKS.

Thursday:

- Young Mothers Group (Sure Start) - 10.00 am till 12 noon at NKS. Please note that this group runs with the school terms.
- Aerobic sessions - 11.00 am till 12 noon at NKS.

Friday:

- Older Women's Group - 11.00 am till 1.00 pm at NKS.
- Young Awaz - Youth Group - 1.30 pm till 3.30 pm at NKS.

Saturday:

- Saturday Women's Group - 1.00 pm till 5.00 pm at NKS (once a month).

Please check the three monthly programme of activities for full details as sessions may be cancelled or venues changed.

You can find the latest Programme of Activities on our website. The address is: www.nkshealth.co.uk

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

Saroj Lal ~ Director (Chairperson)
Jabeen Munir ~ Director (Vice-Chairperson)
Rashpal Nottay ~ Company Secretary
Anne Munro ~ Director (Treasurer)
Indra Shishodia ~ Director (Vice-Treasurer)
Megan Mackenzie ~ Member
Kamuran Malik ~ Member
Rukhsana Hussain ~ Member
Aysha Miah ~ Member
Rohini Sharma ~ Member
Mahmooda Boksh ~ Member
Assia Hussain ~ Member

NKS News/Events

Festive Holidays: NKS will be closed for the festive holidays from 26/12/2005 and will re-open on 9/01/2006. NKS would like to wish everyone all the best during the festive season. See you all in 2006!

NKS Childcare Facility - Holidays: Please note that the nursery will be closed from 26/12/2005 and will re-open on 16/01/2006.

New Programme of Activities: NKS is hoping to secure funding to carry out work in the areas of mental health and youth work. In the year 2006 NKS is looking forward to providing you with an interesting programme of activities in the groups. So, look out for the programme.

Forthcoming Changes in NKS Childcare Facility: NKS is in the final stages of fulfilling the recommendations that will allow us to take children aged one year and above in our childcare facility. This will allow more parents and their children to take up NKS services.

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Times of NKS Drop In Centre

Monday: 9.00 am till 12 noon
Tuesday: 9.00 am till 12 noon
Wednesday: 2.00 pm till 4.00 pm
Thursday: 9.00 am till 12 noon
2.00 pm till 4.00 pm

The drop in centre is for South Asian women and their children. You can drop in during these times and watch Sky Digital. Also there is B4U and Sony TV Asia available and Asian newspapers and magazines.

Sometimes the centre is busy in the mornings, so it is best to call ahead and check the times. We look forward to seeing you here soon.

Staff and Management Committee News

Bangladeshi Support Worker: NKS would like to officially welcome Nasima Zaman to the project. She recently went through the interview process and was successful in her application for this job. She will be working on a one to one basis with Bangladeshi women.

Family Support Worker: NKS would also like to officially welcome Samra Ahmed to the project. She also recently went through the interview process and was successful in her application for this job. She will be providing support and advocacy to South Asian families living in Edinburgh.

Your Contacts at NKS

Naina Minhas ~ Project Co-ordinator
Khalda Y Jamil ~ Administrative Worker
Nighat Anwar ~ Administrative Worker
Rohina Hussain ~ Health Worker and Youth Worker
Shamsad Rahim ~ Health Worker
Samra Ahmed ~ Family Support Worker
Bangladeshi Support Worker ~ Nasima Zaman
Asma A Kassim ~ Childcare Manager
Amina Rahman ~ Childcare Worker
Irum Rizwan Ashfaq ~ Childcare Worker
Samina Elahi ~ Sewing Tutor
Minoo Das ~ Newsletter Editor
S.H.A. Rumi ~ In Charge of Cleaning