



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 ~ Naina Minhas

Wish you all a happy and prosperous new year and we hope that you stay committed to your resolutions and successfully reach your goals in the year 2008.

We have a resolution too at NKS and are hoping to work hard to stay committed to it with the help of staff and the management committee. In the year 2008, we will strive to bring quality services/activities to you that have positive impact overall in improving women's health and welfare.

NKS will align its aims and objectives to the priorities set by the Edinburgh City Community plan and will gear its services to

help tackle inequalities in service provisions for women.

The project is planning to further promote healthier lifestyle and life skills through educational activities among women who attend different groups at NKS by developing various innovative activities. If you have any ideas or would like to get involved in promoting positive health, we would like to hear from you. NKS is a community led organisation and we welcome community involvement in furthering its aims and objectives.

In the meantime, we hope you enjoy reading the newsletter.



NKS Annual General Meeting held on the 1st of November 2007 at the project premises



Vitamin D - The Sunshine Vitamin - By Dr. Helga Rhein

We all know the recipe for good health, a balanced diet with lots of fruit and vegetable, regular exercise and not smoking, but something else is also needed for good health – **Sunshine**. Impressive evidence in recent years has linked sun exposure or the amount of vitamin D in the blood to a surprisingly large number of diseases. Vitamin D is produced in the skin when sunlight shines on it. More than 50 years ago, it was discovered that Vitamin D and bone disease are related; then rickets could be cured.

What was thought in the following years however was that people only needed a modest amount of vitamin D for their health. In view of the fact that the symptoms of rickets were eliminated at a fairly low blood level of Vitamin D, recommendations concerning daily intake was therefore based on this level.

Only in the past few years, scientists realised that higher blood levels of Vitamin D are associated with less cardiovascular disease, less diabetes mellitus and even less cancer. A number of other diseases are also thought to be linked, rheumatoid arthritis, multiple sclerosis and autism. Vitamin D receptors have been found in nearly every tissue in the body, which explains why so many illnesses are affected.

What is a sufficient blood level?

The consensus of the scientific literature is that an adequate Vitamin D level is 75 nanomol /1tr or above. However, this has not yet been taken up by our official laboratory recommendations. When a doctor in Scotland sends a patient's blood sample for a Vitamin D level, it will be reported as normal if it is 25 nanomol / 1/tr.

How do we get enough?

We only produce enough Vitamin D in our body if we let our skin be exposed to summer sunshine sufficiently. For a white skin type this is probably about a ½ hour daily, round about midday with arms and face exposed and without sunscreen lotion. If we cannot get enough sunshine onto our skin, because we are working indoors and driving around in cars or buses or because we avoid the sun for other reasons, we should probably take supplements. Unfortunately, food alone is not sufficient. Some other countries have gone down the line of fortifying foodstuffs.

Different skin types have different capabilities to produce Vitamin D. Dark skin with a lot of melanin was developed to protect

against too much strong sun in warm countries. Living in a northern country, but having dark skin means usually very low levels of vitamin D. A south Asian or African person living in Scotland would probably need 2-3 hours of sun exposure every Day to produce enough vitamin D. However if we have white skin, all of us are at risk of having low levels of vitamin D because of our lifestyle. Working indoors hardly spending any time outside and last but not least, doctors have been telling people to stay out of the sun for several years, even here in Scotland. Of course it is advisable not to get sun burnt, but I think it is also advisable in Scotland not to use too much sun tan lotion or to be aware that foundation and make-up often contain sunscreen. In this case it may be wise to take a supplement.

How much supplement is advisable has not been completely clarified and research is hopefully going to be launched soon. It is safe to take 800- 10000 international units (20-25mcg) of vitamin D (cholecalciferol) sometimes only vitamin D2 (Ergocalciferol) is available. This is also fine but a little weaker. Overdoses have happened in the past, but only after having taken several thousand international units daily for many months.

19th October 2007



Health session in the Wednesday group



Services in Edinburgh

State pensions for Britons living abroad

If you're planning to live abroad when you retire you'll still be able to claim your state pension. If you work and settle in another country before reaching state pension age, you'll also be able to get your state pension when you retire and claim it.

Claiming your state pension when you live abroad

You can claim your state pension if you live outside the U.K. However, you'll only receive the yearly index-linked increases and other benefits (for example the Christmas Bonus) if you live in the European Economic area (EEA) or Switzerland or in a country with which the UK has a social security agreement that includes state pensions.

If you live outside those areas, you won't be entitled to the yearly index-linked increases. However, if you return to live in the U.K, you'll receive a state pension with all of the indexation increases.

How The State Pension is paid if you live abroad

Your State Pension can be paid directly into a bank or building society account. You can use a bank or building society in the U.K., or the country in which you live. In most countries, the money will be automatically converted into the local currency.

Where the country does not have the facilities for the direct banking, you can receive your state pension in the form of a cheque in UK currency. This can be sent every four or 13 weeks either directly to the bank or to your home address. For small amounts of pension, under £5 per week, annual payments may be made, usually at Christmas.

If you only spend part of the year abroad

If you divide your time between the UK and abroad you'll have to choose which country you want your state pension paid into. You can't choose to have it paid in one country for part of the year, and a different country for the rest of the year.

If you decide to come back to live in the UK

In this situation, you can ask for your state pension to be paid into the UK bank account.

Depending on how long you work abroad, you can have your contributions credited to your UK state pension or you could receive two pensions- one from the UK and one from the country where you lived and worked. This will be decided when you reach state pension age, taking into account where you live.

Who to contact before you move abroad

If you're moving abroad to live, you'll need to tell:

- The Pension Service
- HM Revenue & Customs National Insurance Contributions Office
- Your Tax Office

You'll also need to give them your change of address. The pension service will usually send you a form about four months before you reach the state pension age. This form asks about any insurance and residence you may have in other countries. If you're less than four months away from state pension age and you've not received this form, it's advisable to get in touch with the international pension centre (IPC).

- If you have worked in the country you are now living in, your claim for your UK state pension should be made through the pension institution in that country
- If you have not worked in the country you are now living in, you should claim your UK state pension direct from the IPC, unless you have worked in another EEA country since leaving the UK, in which case you should make your claim through the last institution you were insured with.

In the coming addition you will find:

What happens to your state pension when one dies? Also a brief insight into Bereavement payment and bereavement allowance.

चल छैयँ छैयँ...

- बिस्मिल्लाह



रेल की छत की जब मैं बात करूँ तो आप समझ लें कि मेरा मतलब रेल के उस यात्री डिब्बे से है, जिसके अंदर टिकट लेकर जितने लोग बैठते हैं, उससे कहीं ज्यादा उसकी छत पर नजर आते हैं। शाहरुख खान और लालू यादव तो अब बता रहे हैं कि रेल की छत पर भी गाना-बजाना हो सकता है, मगर इस देश की आम आबादी तो यह उपयोग न जाने कब से जानती है, शायद रेल आने के भी पहले से। क्योंकि गाना-बजाना तो हमारे देश में रेल से भी पहले मौजूद था। रेल तो अभी सौ साल पहले ही आई है।

अभी तक आम रेलयात्री को यह डर रहता था कि रेल की छत पर बैठना गैरकानूनी है। जब शाहरुख ने मलाइका अरोड़ा खान के साथ 'चल छैयँ-छैयँ' किया तो भी यही समझा गया कि हिन्दी फिल्मों में सच जैसा तो कुछ होता नहीं है, ...तो इसका भी क्या भरोसा।

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मगर जब लालू यादव ने बिहार में रेल की छत पर महफिल जमाई तो जनता ने मान लिया कि अब तक छत का उपयोग कर उन्होंने कोई गलती नहीं की है। सही भी है, डिब्बे में जगह नहीं और पूरी की पूरी छत यूँ ही खाली जा रही है तो यह सरकारी संपत्ति का दुरुपयोग नहीं तो और क्या है? आश्चर्य होता है कि इतने रेल मंत्री आए, मगर किसी ने भी छत पर नजर नहीं डाली और अंदर ही अंदर सुधार करते रहे।

लालू यादव की यह योजना यदि सफल हो गई तो भारत का नाम रोशन हो जाएगा। अभी ऑस्ट्रेलिया बराबर आबादी भारतीय रेल में रोज पाई जाती है। उम्मीद करूँ कि छत सेवा शुरू होने पर हमारी आधी आबादी छत पर ही नजर आएगी। इससे रेल विभाग को भी फायदा होगा कि दो-दो ट्रेन एक जगह से नहीं चलाना पड़ेगी, डिब्बे नहीं बढ़ाना पड़ेंगे, हर स्टेशन पर ट्रेन रोकना नहीं पड़ेगी... क्योंकि छत पर बैठे लोग तोवहीं से छलौंग लगा देते हैं। यह भी किया जा सकता है कि लंदन दर्शन कराने वाली बसों की तरह रेल की छत पर सीट भी लगा दी जाए। मगर ऐसा सिर्फ लंबी दूरी की रेलों में ही किया जाए।

दूसरी रेलों में छत का खुला खेल फर्खवादी जैसा उपयोग ही किया जाना चाहिए। खुली छत के उपयोग से यह भी फायदा होगा कि ट्रेन के डिब्बे पटरी छोड़ेंगे तो छत के यात्री बच जाएँगे। इस वजह से मुआवजा भी नहीं देना पड़ेगा और रेल का यह दावा भी पूरा होगा किहम यात्रियों की पूरी सुरक्षा करते हैं।

रेल मंत्रालय चाहे तो रेल की छत के उपयोग से मालगाड़ी की सनातन-कमी को भी दूर कर सकता है। यदि दूर की गाड़ियों की छत को सुविधा वाली बना दें और अंदर माल रखवा दें तो एक तीर से दो शिकार हो सकते हैं। यह भी हो सकता है कि मालगाड़ी की छत को भी यात्रियों के लिए खोल दिया जाए। यात्री गाड़ियाँ तो वैसे ही मालगाड़ी जैसी ही लगती हैं ...तो अब मालगाड़ी को यात्री गाड़ी की तरह बनाने में देर नहीं होनी चाहिए। इससे रेल मंत्रालय यह भी दावा कर सकेगा कि हम माल और यात्री को एक नजर से देखते हैं, भेदभाव नहीं करते हैं।

From Our Elders

Older Women at NKS



Friday group outing - Doune Castle

The population age graph shows that there will be more older people in future and according to the City of Edinburgh council and NHS Lothian "Live Well in Later Life" plan there will be more older people living in Edinburgh from black and minority groups. The service providers are hoping to increase options and choices for older people through strategic planning. Again, some of the key challenges of the Edinburgh City Community plan aim to improve services for people. Addressing barriers to inclusion is one of the themes of social justice.

In line with all the priorities set by the Local Authority and the NHS Lothian, NKS aims to contribute by helping to work towards tackling issues for older people. In the year 2008, the project is aiming to support older women from the South Asian communities to get their voices heard in getting appropriate service provision.

NKS runs an older women's group every Friday. The group has been running for the last eight years and is extremely popular among the users. The group has a membership of over 50 older women, but NKS can only accommodate up to 20 women in one session. The project holds a waiting list of women who are really keen to be a part of the group. Thanks to the Ageing well project that provides free gentle exercise sessions in the group. From time to time other activities are provided such as massage, reflexology, aromatherapy and beauty therapy. The group is on many occasions approached by different service providers for information about the needs of older people and the problems faced by them. NKS has held a number of focus groups for various agencies including the Local Authority to get information about a range of issues faced by them.

The women enjoy coming to the group. They see it as an opportunity for them to socialise and further combat isolation. The women feel that it helps their mental health. Some of the comments coming from group members show how they value being part of the group:

" It is wonderful to be part of the group, I look forward to coming to NKS every week. The staff is so polite and helpful"

" I do not go out much, but coming to NKS gives me so much pleasure . I feel it helps to keep depression and loneliness away . The staff is really friendly"

The project has space dedicated to older people in the NKS Newsletter and has celebrated older women's achievements by recording them.

Currently, the group does not receive any grant from any source and funds are raised by the project workers on monthly basis are used to provide financial support to the group. NKS is exploring various channels to secure funds for the group to provide a range of services to older women at NKS.

NKS would seek to represent South Asian older women's voice to raise awareness of their problems and needs living in Scottish society. The women need space to collectively pursue their cultural and social needs, to combat isolation faced by them and to improve their mental health. The project is successfully providing need sensitive group work activities to older South Asian women at its premises.



Friday Older Women's Group at NKS Annual General Meeting on 1st of Nov.



What's been happening at NKS?

Open day for young girls group - Young Awaz

On the 27th of October NKS held a focus group to have discussions on ways to run the group effectively. Parents were invited along with the girls to decide on what was going to be taking place in the group in the coming weeks, and to get suggestions in how to make sessions more fun loving and enjoyable. Around 20 girls turned up for the open day with their mothers to put their views across. Young awaz girls group runs at NKS premises every Friday at 2 to 4 Pm. We cater for all south Asian girls from the age of 12-21 years.

Health issues in the community course

This two, eight week module course is certified by Moray House. The first eight week module which took place at NKS Finished last December where twelve women took part. All twelve women had to do presentations in front of an audience, presenting what their understanding of the course was. The audience were moved and impressed as different methods of mental health issues in the Asian community were brought to there attention, which normally is swept under the carpet. The second eight week module was attended and completed by five women which ended earlier this year. All five women had to write an assignment on their understanding of the course which has now been passed on to Moray House for marking. NKS also organised a trip to Birmingham for those women to visit different organisations and gather more information and knowledge of health issues in the community and how to combat it. This trip was funded by community Scotland.

Bangladeshi women's group Visit to the Fountain Bridge Library

Shamshad worked in partnership with Fountain Bridge Library where she took nine Bangladeshi women and showed them how to obtain a membership card and to gather information on various issues of their interest. They have also learnt how to look for books of their interest in Bengali with the assistance of the librarian. Advise has also been given on how to make reading more interesting for their children and to encourage them in exploring different types of books.

Administrative worker's departure ~ Nighat's farewell

Nighat Anwar our administrative worker sadly left her job in the end of October due to unforeseen circumstances. Nighat's post was temporarily occupied by munjhari up to the end of November. On 22 October, NKS staff gave Nighat a farewell party at Pizza Hut which was also attended by NKS chair person Rohini Sharma and previous admin worker Khalda Jamil.



The administrators post will be officially advertised in the near future and we hope to find a suitable worker.

Farwell Party for Nighat Anwar at Pizza Hut

Childcare modules at NKS

NKS ran SVQ2 and SVQ3 modules in childcare in partnership with B.C consultants. Ten women attended the course seven achieved their NC certificates, four moved on to complete SVQ2 while another three went on to complete SVQ3 and are looking forward to achieving their HNC in January 2008. Most of these women were unable to get admission in college. With joint efforts of NKS and Edinburgh childcare partnership these women have managed to achieve their goals.

Annual General Meeting

NKS held it's AGM on 1st of November, which was attended by approximately one hundred and fifty women. Funding issues were highlighted along side ways to keep NKS running at a restraint budget as the services are more in demand. Users also gave their views on running the groups effectively at a low budget as they didn't wanted the groups to stop running.

Health week in the nursery

NKS nursery staff organised a health week in the nursery where information on healthy eating and personal hygiene were given out to mothers and children. Children were encouraged to keep themselves clean, Wash their hands before and after meals and keeping their teeth and gums clean by brushing at least twice a day.

They have also encouraged children to eat healthy snacks and lunch by introducing healthy food prepared by the staff. A morning walk was also on the agenda every day .

Drug awareness sessions in the Wednesday group

Four sessions on legal and illegal drugs were held in partnership with the Fast Forward Project and were facilitated by Shamayla and her co-worker. The sessions took place in October and November which a vast number of women took immense interest in. The women learnt about different drugs and the difference and side effects of legal and illegal drugs.



The women felt that as they were mothers of teenaged children it is important for them to learn more about drugs. The sessions were held in the Wednesday group. It is hoped that some more sessions will be booked in other groups.

Young Awaz—Girls group at NKS



Tips on preventing and dealing with young children's tantrums



NKS Nursery

It's estimated that one in five two-year-olds has two tantrums each day, but remember that means four out of five don't discover why toddlers can act out in this way and ways to soothe them, and your frazzled nerves.

Tantrum triggers

- Frustration
- The desire for independence
- Hunger or tiredness
- Being refused something
- Wanting attention

Avoiding tantrums

With some forward thinking it's possible to cut down tantrums or make them less overwhelming.

- Set a good example – if they see you flying into a rage at the slightest provocation, it will be much harder for them to learn to control their own strong feelings.
- Give them plenty of praise – encourage good behaviour by praising them.
- Avoid trouble spots - if you know there are situations in which tantrums are likely to occur, such as going to the supermarket, keep away from them as much as possible.
- Look for signs - most children give plenty of warning that they're getting cross, so always be ready to step in and divert their attention elsewhere.

Offer control and choices— it's irritating for children to feel they don't have a say or can't make decisions, so provide choices whenever possible for example, ask them what clothes they want to wear or what they want for lunch.

Kicking and screaming

- The peak age for tantrums is two to three, but they can happen earlier. Many children continue to have to have the occasional tantrum

until they're four or five or even older, but by this age it's easier to reason with your child and talk things through.

These outbursts are often called temper tantrums, because of the obvious link with angry feelings that are out of control. There are a number of other strong emotions your child could be feeling as well.

Dealing with tantrums

If the above suggestions don't work and a tantrum kicks off, these tips can help soothe your child.

- **Keep calm** – it really makes a difference.
- **Divert their attention** – it's sometimes possible to distract a toddler before the tantrum really gets started, pretend something really interesting is happening elsewhere.
- **Ignore the behaviour** - sometimes walking away and pretending to take no notice of a tantrum can cool things down, but once a tantrum is in full flow it's best not to ignore.
- **Hold your child close** – talk quietly and calmly, occasionally however this can make matters worse.
- **Take time out** - if you feel that you're about to lose your temper too, remove your child from the situation and put her somewhere you can leave her (although for no longer than two minutes). This should only be used on children over 18 months old. Once a tantrum blows over don't go on about it. Cuddle and make up.



Children in NKS nursery



Haddock dry Steamed in foil

- 1 fillet haddock
- ¼ teaspoon coarse ground black pepper
- pinch salt
- ¼ lemon
- fresh coriander chopped
- 1 ½ tsps rapeseed oil
- foil

Method

1. Wash fillet of haddock
2. Sprinkle pepper, salt, lemon juice, chopped fresh coriander and oil on top of fillet
3. Wrap in foil and seal ends
4. place in pan on low heat and turn over after 5 minutes and check to make sure flesh is cooked through.
5. Serve with chapatti, bread, potatoes, pitta bread and salad

Microwaved Stuffed Trout

- 1 fresh trout gutted
- 1 boiled potato, mashed
- ½ small onion finely chopped
- 1 green chilli chopped
- 1 tsp chopped fresh coriander
- ¼ tsp coarse ground black pepper
- 2 strips fresh ginger
- pinch ground cumin
- 1 tsp lemon juice
- 1 tsp oil

Method

1. Wash fish under cold running water and pat dry with kitchen roll
2. Mix together all ingredients and baste the fish in this mixture.
Place on a piece of foil and grill for 5 minutes on each side. Check flesh and cook for a shorter or longer time depending on thickness of flesh

1. Wash fish inside and out and pat dry with kitchen roll
2. Fry onion in 1tsp oil until soft and stir in other ingredients except potato and cook for 1 minute

3. Add potatoes and mix through
4. Stuff fish with the mixture and use a cocktail stick to keep filling from falling out or wrap in greaseproof paper.
5. Place in microwave and cook for 2 minutes. Turn fish over and cook again for 2 minutes. Check flesh to see if cooked. Depending on the size of fish the time will need to be adjusted. Cook again if flesh needs more time.
6. Eat with salad or lightly steamed vegetables

Grilled Salmon

- 1 fillet salmon
- 2 tsps lemon juice
- ¼ tsp salt
- ¼ tsp coarse pepper
- 1 tsp oil
- ½ onion chopped
- 1 green chilli chopped
- ½ tsp crushed garlic
- ¼ tsp ginger

Method

1. Wash fish under running cold water and pat dry with kitchen roll
2. Mix together all ingredients and baste the fish in the mixture
3. Place on a piece of oil and grill for 5 minutes on each side. Check flesh and cook for a shorter or longer time depending on thickness flesh.

Baked Salmon

- 1 Fillet Salmon
 - 1 tsp yoghurt, 1 tsp lemon juice, pinch salt, 1 tsp fresh chopped coriander, pinch cumin powder, 1 tsp oil
- Method**

1. Wash salmon under cold running water and pat dry with kitchen roll
2. mix all other ingredients together and coat fish with the mixture
3. Place in a piece of foil and sprinkle with poppy seed.
4. Bake for 10-15 minutes. check flesh after 10 minutes. Serve with rice, chapatti and salad or stir fried vegetables



Photo Gallery.....



Bangladeshi Women s Group—health session



Exercise session in the Friday Group—16/02/07



Open Day - Youth Group



Thrusday group Eid party



Bangladeshi group Eid party



Childcare Course group Eid party



Wednesday Group Eid party



Youth group learning henna painting



Damages caused to your health and beauty by teen smoking

No one smokes their first fag thinking they'll be a smoker, but if you're experimenting, its easy to become hooked. Most adult smokers start in their teens and half of them will be killed by their habit. Smoking also makes you look older than you are, your skin becomes grey and lined due to the lack of intake of oxygen. Your teeth become stained and your hair starts looking dull and smelly, and worse of all what all teenagers hate, it gives you cellulite.

Female health issues caused by smoking

Things can get trickier for you later on in life as you decide to settle down, get married and have children. Having kids can be trickier for you than for non-smokers. Female smokers also reduce their fertility and increase their chances of miscarriage, you can also be at risk of cervical cancer and complications during pregnancy. Its also said that smokers babies are at risk of cot death.

Benefits of giving up smoking

You'll be saving £5.50 a day on average— enough for a daily treat as a lipstick or cappuccino for you and a friend. Save for a week and you'll have a large amount which could help you pay for a new hair cut, pair of jeans, a handbag or driving lessons . Save for a month and get yourself an ipod and take your music with you where ever you go.

Quitting also helps save the planet. Deforestation due to tobacco production accounts for nearly 5% overall deforestation in the developing world.

You'll look better as chemicals in cigarettes restricts blood flow to the skin. Smokers have more wrinkled and saggy faces by the time there're in their mid-20s.

Ways to quit smoking

Prepare yourself for a tough few days when you quit as these are the hardest to cope with for most people. Most of your withdrawal symptoms should have subsided after the first four weeks.

Drink plenty of water to flush away the toxins in your system while your quitting. Take water bottles to school, work or college.

You might be gaining weight while you're quitting so fill your bag with low calorie snacks such as apple, chips, carrot sticks, mints or chewing gum to get you through the cravings.

Get your family to back you. Your parents will be right behind you on this one. If they don't know you smoke, they might freak out at first, but give their full assistance on helping you give up.

Do your best to stay away from coffee, sugar and sweets during your quit. studies have shown that these foods can stimulate cigarette cravings.

Getting help from your GP

There are excellent local NHS stop-smoking services, especially for people who have tried several methods and who will appreciate having advice at hand whenever they need it. These NHS services are very good at tailoring treatment exactly to your lifestyle habits. With medication and the support of these services, you're four times more likely to be successful at giving up.

All GPs realise that people try and fail in quitting smoking as they do in diet, exercise and other worthwhile lifestyle changes. It's part of their job to understand that and to sympathise, while gently encouraging you to try again.



Brushing your teeth

This is not the kind of article that will immediately grab your attention. I mean it is about gums and teeth so who cares right? So you can just skip this section you've got nothing to lose- but your teeth.

A Brush up on brushing

Are you doing it right?

Let us start from the basics. What is plaque? It is a sticky form of bacteria that keeps forming inside your mouth. Though this bacteria is not harmful in itself, if it is allowed to remain on the surface of your teeth for more than 24 hours, it organises into colonies and starts producing harmful enzymes.

So the key to keeping teeth and gums healthy is plaque removal. As long as plaque gets removed every 24 hours, the build up process never gets started. The best way to remove plaque is of course, brushing teeth regularly. How often is enough? If anyone tells you that you should brush teeth after every meal, you can just let it in one ear and out the other. The worst thing you can do to teeth is to brush them twice a day. Excessive brushing erodes your teeth. Causing a breakdown of the entire periodontal structure and is a sure-fire path to a mouthful of crowns by your 40th Birthday. So if you feel your teeth are extra sensitive, for example if they tingle too much when you are sipping cold water, its time you sat up and paid attention.

Use a soft toothbrush and change it often. An old toothbrush may succeed in getting the gunk off your teeth, but if the bristles are rough – which they will be before long, you will be causing more damage than good.

Brushing- are you doing it right?

Just because your grandparent's teeth slept in a katori (bowl) next to them, does not mean losing teeth is just a matter of time. If you look after them, you can still be buried at the ripe of 110 with teeth intact. It has been known to happen. But you have to figure out if you are brushing your teeth right. Surprisingly, almost 75 percent of the population are doing it all wrong! The best way to brush teeth is to place the brush at a 45-degree angle and use short downward strokes. Use about ten strokes per section and keep brushing for at least 4-5 minutes. Don't forget

your tongue. Not only does that unsightly white coating look gross, but the tongue has bacteria catching grooves as well.

If your gums bleed while brushing, either you are doing something wrong, or you have a problem. Try being gentler on gums and give it a few days. If bleeding persists while brushing, it is time to give your dentist a call.

How do you know if your teeth are clean? After brushing, scrape your nail over the surface of your teeth. If it comes out clean, you're fine. If a white film comes out, you have not done a through job.

Floss Time

Tear off about 10 to 12 cm of dental floss and wrap it around your middle forefinger of each hand. Gently work it back and forth between two teeth till it slides past the tight spot. Be careful not to be too rough or you may slice your gum. Next, wrap the floss around your teeth and scrape it down. This removes stubborn plaque and polishes the surface. Repeat the process on each tooth till they are well and truly flossed. Rinse your mouth you could brush your teeth before or after flossing. It does not matter some people prefer flossing first and then brushing the loose ends away.

Finally, make it a point too visit your dentist at least once in six months and get your teeth cleaned professionally to keep the tartar (Plaque build-up) from accumulating.

Diet is of prime importance and yes, sugar is the bad guy. Sugar attaches plaque to teeth so if you must indulge, wash your mouth afterwards. What you should include in your diet though is plenty of calcium, Vitamin B and C Proteins.

Besides a healthy diet, eat foods that require enough chewing, teeth need exercise too! More importantly, chewing generates saliva, which restores calcium lost due to plaque.

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 apprecia-

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 ~ Director (Chairperson)
Saroj Lal ~ Director (Vice-Chairperson)
Nighat Anwar ~ Director (Company Secretary)
Jabeen Munir - Director (Joint Secretary)
Anne Munro ~ Director (Treasurer)
Mrs. Vohra ~ Director (Assist. Treasurer)
Indu Pandya ~ Director
Marium Fazil ~ Director
Rucksana Hussain ~ Director
Sajda Wahid Qadir ~ Director
Ann Wigglesworth ~ Director
Isayeeda Jamil ~ Director
Tafula Alam ~ Director
Neela Joshi ~ Director

NKS News/Events

Young Awaz Girls Group: NKS Young Awaz Girls group has recently recruited new members to the group and had an information/open day with them. The group is looking forward to new activities in the new year. The group is currently having cookery sessions and is looking forward to Bollywood dance sessions in the near future.

Training at NKS: In the year 2008 NKS is hoping to organise several training sessions for project users, staff and the management committee. The mental health training sessions have already been organised to be the new year. The project co-ordinator is looking forward to refresh her management skills by attending another management training in February.

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

Rohina Hussain—On the 11th of September all NKS staff got together and organised a welcoming party for Sobia (Ruhena's daughter-in-law) where the staff themselves catered for the food which was very much appreciated and enjoyed by our guest.

Nighat Anwar - NKS administrative worker Nighat Anwar left NKS to explore new pastures. She worked as NKS staff team for nearly two years and made many friends. She will be missed by all staff at the project.

New directors on NKS Board - This year we have some new members joining as directors at NKS. Rucksana Hussain, Sayeeda Jamil, Tafula Alam from the Bangladeshi community have joined as new members. Nighat Anwar and Sajda Wahid from the Pakistani community and Indu Pandya, Mrs. Vohra and Neela Joshi from the Indian community are new directors on NKS management Board.

Your Contacts at NKS

Naina Minhas ~ Project Co-ordinator
Nighat Anwar ~ Administrative Worker
Rohina Hussain ~ Health Worker and Youth Worker
Shamsad Rahim ~ Health Worker
Samra Ahmed ~ Family Support Worker
Nasima Zaman ~ Bangladeshi Support Worker and Youth Worker
Asma A Kassim ~ Childcare Manager
Amina Rahman ~ Childcare Worker
Irum Rizwan Ashfaq ~ Childcare Worker
Samina Elahi ~ Sewing Tutor
Urfol Sonu ~ In Charge of Cleaning