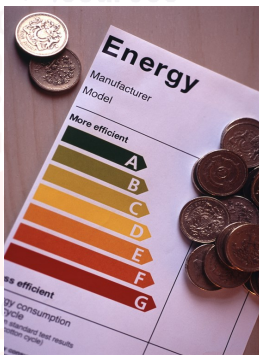


- NKS Project Users
- Belles on Bikes
- Change Works
- Home Energy Scotland
- Royal Botanic Garden Edinburgh
- The Grove Fountainbridge Community Garden

### What you can do to reduce your carbon footprint:

- Buy locally grown foods
- Grow your own fruits, vegetables and flowers
- Reduce, reuse and recycle
- Reduce packaging
- Cycle instead of driving
- Drive eco-friendly
- Insulate and draught proof your home
- Monitor energy use to see how much you can save

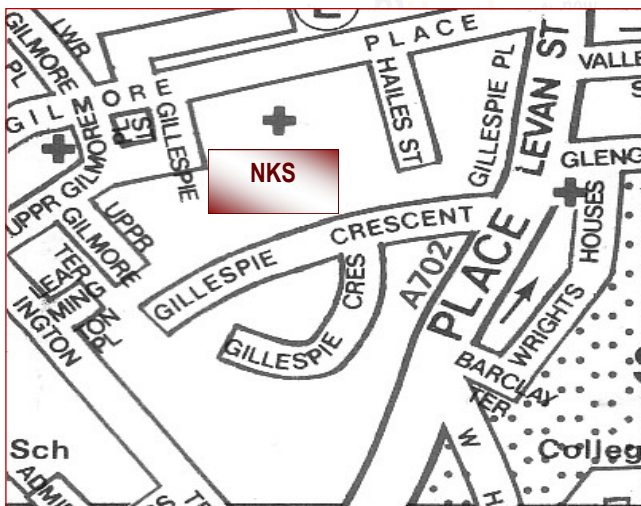


### How to Get to NKS:

**By Bus** ~ Bus numbers 10 and 27 go along Gilmore Place. Bus numbers 11, 15, 15A, 16, 23 and 36 stop near the King's Theatre. From there walk along Gilmore Place until you get to Gillespie Street. NKS is based at Darroch Annexe, which is at the end of Gillespie Street.

**By Car** ~ You can come by car but parking is very limited at NKS. There is on street paid parking. To

be environmentally friendly you are advised to come by bus and walk the rest of the way to NKS.



### NKS Climate Challenge Initiative Staff:

**Naina Minhas** ~ NKS Manager

**Asma A Kassim** ~ Climate Challenge Project Co-ordinator

**Khalda Y Jamil** ~ Administrative Worker

**Naseem Suleman** ~ Climate Challenge Sessional Worker

**Nasima Zaman** ~ Climate Challenge Sessional Worker

**Rohina Hussain** ~ Climate Challenge Sessional Worker

They can be contacted on: 0131 221 1915 or 0131 659 7837.

The email address is: [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk).

### Funded by:



Health and Welfare Project Enriching Communities  
Winner of:  
TNF Scottish Charity Awards 2009  
The Scottish Asian Business Awards 2009  
Scottish Empowerment Awards 2005  
Contribution to Others Finalist 2005

Empowering Women and Families  
Since 1987  
**NKS**  
Nari Kallyan Shangho Ltd

**EFQM**  
Committed to excellence

*"a happy woman is a happy family"*

## NKS Climate Challenge Initiative

Lowering Carbon Footprints in the South Asian Community



Nari Kallyan Shangho Ltd (NKS), Darroch Annexe,  
7 Gillespie Street, Edinburgh, EH3 9NH  
Tel: 0131 221 1915 ~ Email: [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk) ~  
[www.nkshealth.co.uk](http://www.nkshealth.co.uk)  
Charity Number SC000697  
Company Number 226920



Nari Kallyan Shangho (NKS) is a health and welfare project for South Asian (Indian, Pakistani and Bangladeshi) women and their families living in Edinburgh. NKS provides services for from pre-school children to older people. NKS has a fulltime Nursery, After School/Homework Club (ASHC), English as a Second language classes, childcare training, other relevant training and a variety of different groups run every day at the premises.



The idea for the NKS Climate Challenge Initiative (NKS CCI) project came out of the consultation that was done under the development programme from Keep Scotland Beautiful. The women that were consulted expressed a huge interest in the project. They expressed their interest in waste recycling, food growing and energy efficiency. Since the consultation some women have shown interest in learning how to ride a bicycle.



- The main aims of the NKS CCI will be:**
- To increase awareness of climate change and its global affect amongst women and their families.
  - To reduce carbon emissions through changed behaviour and lifestyles.
  - To adjust to climate change by taking informed actions from what they learn.
  - To teach women and children how to grow food and flowers.
  - To reduce food waste sent to landfill by learning how to compost and to recycle cooked food.
  - To encourage women and their families to recycle general waste to reduce their carbon footprint.
  - To empower women on a one-to-one basis, through information and advice on energy efficiency.
  - To provide training and volunteering opportunities to women in the South Asian communities to assist in addressing climate change issues.
  - To help reduce fuel consumption by forming a cycling group.
  - To encourage women to take back home the



learnt strategies and educate and engage family members to help with reducing household carbon foot prints.

**How is NKS CCI going to achieve these aims?**

- Educational workshops and outings.
- To teach women and children how to reduce, recycle and reuse things that they would normally throw out.
- To involve women and children in food growing sessions on allotments and in gardens.
- To involve women, Nursery and ASHC children in creating a community garden space at NKS premises and to maintain it.
- To involve women and children in cookery sessions where they will cook what they have grown.
- Energy efficiency awareness will be delivered.
- Encourage women to learn how to cycle and to get involved in regular cycling.



**Who will NKS CCI work with to achieve these aims?**

- South Asian Community