

"a happy woman is a happy family"

Nari Kallyan Shangho Newsletter

Summer/Autumn Edition, October 2013, Volume 13 Issue 2

Nari Kallyan Shangho

is a Health and Welfare Project for South Asian women and families 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.

Editorial ~ Naina Minhas, NKS Manager

NKS is working hard to cater for the needs of South Asian women and their families by filling in the gaps in the service provision for them. Currently, NKS is running several new projects that are proving to be highly effective in working towards the primary aim of combating isolation and deprivation in the communities. These are:

- Self-management of long-term health conditions – a three year project, has begun this year providing one to one support to seventeen families in the first year. The project is funded by the Health Alliance, Scotland.
- Intergenerational project funded by the Change Fund – this is to increase communication between two generations to exchange skills (traditional/cultural and information/technology). The NKS older women's groups and the After School/Homework Club are participating in the project.
- NKS has also been successful in obtaining a contributory grant towards a healthier lifestyle programme for women. The grant will be used to train volunteers in various skills required to increase their health status.
- A railway project is under way for the After School/Homework Club participants to increase their knowledge about British/Scottish Rail and transport safety issues for children.
- Climate Challenge educational sessions are hoped to raise awareness about reducing carbon foot prints among families.
- The heritage educational sessions providing information about Scottish/Asia links are well received by women.

All of the above are enabling NKS to enhance community skills and contribute towards the thriving communities in Scotland. NKS is proud to be a part of the women's journeys to a better lifestyle and being able to contribute by developing services.

Inside This Issue.....

Page Name and Articles	Page No.
Your Health	2
Have a Healthy Diet in Pregnancy	
Services in Edinburgh	3
Guardianship (continued on page 4)	
Volunteers and Students	4
Mariah Zulfiqar / Matthew Warner	
From Our Elders	5
Three Questions & Answers / Outing to Dementia Services Development Centre	
What's Been Happening at NKS?	6
Outings / Training / Changing Cultures Report Launch	
Kid's Corner	7
After School/Homework Club / NKS Nursery Refurbishment	
NKS Fundraising Day ~ 28/09/2013	8
What Happened on the Day and Photographs	
NKS Fundraising Day ~ 28/09/2013 (continued)	9
What Happened on the Day and Photographs Continued	
Photo Gallery	10
Changing Cultures Report Launch / Activities at NKS	
Young Voices	11
Aishah Jamil / Tamanna Israt Jahan / Mohsin Jamil / Waisake Lomani	
Looking Forward with NKS	12
Information About What NKS Does / NKS and Committee Contacts / Latest News	

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.

Have a Healthy Diet in Pregnancy ~ By Tamanna Israt Jahan

A healthy diet is an important part of a healthy life-style at any time, but is especially vital if you're pregnant or planning a pregnancy. Eating healthily during pregnancy will help your baby to develop and grow, and will keep you fit and well. Pregnant women must ensure that they take the required amounts of nutrients and calories for the growing baby and themselves. They must pay attention to the food that they take and this can happen only if you have a proper diet plan during pregnancy. A diet plan for pregnant women is a road map to guide the mother in nourishing herself in the best way that will benefit her growing baby along with herself.

During pregnancy many women have no desire to eat food usually in the first trimester due to morning sickness. In this case you should try your best to follow a healthy diet plan to provide essential nutrients to your baby. Cravings for certain foods make it very difficult but you should try to avoid eating fast food or oily and spicy food during pregnancy. Add plenty of fruits, vegetables, whole grains and foods that are rich in calcium and protein for your healthy pregnancy. During your nine months of pregnancy you need to be very careful about what you eat everyday. One small mistake can be harmful for your baby. Therefore, try to avoid outside food, soft ice cream and blue cheese etc. Also, be very careful that your food is cooked thoroughly. Your pregnancy could also be a good time to cook more at home. That way you know exactly what has gone in to the dish and you know that it's been cooked thoroughly. Your food will be fresh and will be rich in vitamins, minerals, fibres, proteins, etc.



Eating Well When You're Pregnant

Food Groups

- Every pregnant woman must eat several servings of various foods for a healthy diet.
- She needs to eat six to nine servings of grains everyday to get iron, fibre, protein, vitamins and above all energy.
- Eat five servings of vegetables and fruits especially green leafy vegetables that are the nutritional powerhouses for

calcium, iron, foliate, potassium, vitamin A and C and other vital nutrients.

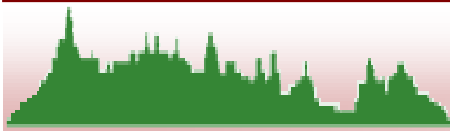
- Brain development is another factor for which Omega-3 fatty acids are needed. These Omegas can be found in walnuts, canola oil, salmon and soy beans. You can also take fish oil supplements.
- Though water is not a nutrient, it is very important for the functioning of the body as it prevents swelling. It also reduces the risk of constipation. So, drink about eight glasses of water or any non-caffeinated or non-alcoholic fluids to hydrate you and supply nutrients throughout the body.
- Eat four servings of dairy products for vitamins A and D, calcium and protein.
- For your skin to synthesize vitamin D, try to get out in the sun for at least 15 minutes every day, or take vitamin D supplements if it is winter.



Preparing Food Safely

- Wash fruit, vegetables and salads to remove all traces of soil, which may contain toxoplasma, a parasite that can cause toxoplasmosis – toxoplasmosis can harm your unborn baby.
- Wash all surfaces and utensils, and your hands after preparing raw meat – this will help to avoid toxoplasmosis.
- Make sure that raw foods are stored separately from ready-to-eat foods, otherwise there's a risk of contamination – this is to avoid other types of food poisoning from meat (such as salmonella, campylobacter and E.coli).
- Use a separate chopping board for raw meat.
- Heat ready meals until they're piping hot all the way through –this is especially important for meals containing poultry.
- You also need to make sure that some foods, such as eggs, poultry, burgers, sausages and whole cuts of meat like lamb, beef and pork are cooked very thoroughly.

If you would like to find out more information you can look online and there are also lots of books available to read too.



Services in Edinburgh

Guardianship ~ Researched by Naseem Suleman, NKS Family Support Worker

What are guardianship and intervention orders?

Guardianship and intervention orders provide legal authority for someone to make decisions and act on behalf of a person with **impaired capacity**, in order to safeguard and promote their interests. The powers granted under an order may relate to the person's money, property, personal welfare and health.

An intervention order is appropriate where there is a need for a 'one-off' decision or action. A guardianship order gives authority to act and make certain decisions over the long term. An application can be made for a **financial and/or welfare order** depending on the needs of the individual.

The application, which must be accompanied by certain reports, is made to the sheriff court. The sheriff decides if the adult needs a guardian and if the person who wishes to be the guardian is suitable. Once granted the order is registered with the Office of the Public Guardian (Scotland) and can then be put into operation.

Who can apply for an order?

Anyone with an interest in the adult, normally a family member, but possibly a friend, can apply to the sheriff court to become a welfare and/or financial guardian or intervener. Usually the person who wishes to act for the adult makes the application and nominates themselves.

Only one person is allowed to be nominated to be an intervener, but more than one person can apply to have joint guardianship. Joint guardianship is often advisable as it enables tasks to be shared, and provides cover should one person become temporarily unavailable. Some families find it helpful to have one person dealing with welfare matters and the other with financial affairs. Alternatively, a substitute guardian may be nominated at the time of making the application. This would be to ensure continuity in the event of the guardian being unable to continue for any reason. (It is also possible to apply for someone else to become a joint or substitute guardian later on.)

The sheriff will normally only appoint relatives of the adult as joint guardians, i.e. their parents, spouse, partner, children or siblings. However, the sheriff can appoint a non-relative as a joint guardian if this is the best solution in the circumstances, but you would need to make a special case.

It is possible for someone else, such as the local authority, to make the application to the court and nominate the person who wishes to be the guardian or intervener.

Guardianship - powers that can be applied for

An application for guardianship must specify the 'powers' that you want as these, if approved by the sheriff, will be stated on the guardianship order. The term 'power' is used to describe the area or areas of decision-making for which you need authority. The Act allows wide flexibility, to enable

'powers' requested to be tailored to meet the needs of the adult. Only powers that are needed now and in the foreseeable future should be requested. An application for an order may be for financial powers, welfare powers or for both.

The Act makes general provision for the following powers to be specified in an order.

Financial powers

Power to manage the property or financial affairs of the adult, or the parts of them specified in the order.

Power to authorise the adult to carry out some transactions or categories of transactions as the guardian may specify (this is in line with the principle that incapacity is not 'all or nothing' and the adult may be able to deal with certain areas of decision-making).

Welfare powers

Power to deal with all aspects of the personal welfare of the adult, or with such aspects as may be specified in the order.

(A guardian is allowed to act as the adult's legal representative in relation to any matter within the scope of the powers granted in the guardianship order (unless the sheriff directs otherwise).

A guardian or intervener cannot have powers to:

Consent to marriage on behalf of an adult or to make a will;

Consent to specific treatments regulated under the Adults with Incapacity Act; or consent on behalf of the adult to certain medical treatments covered under the Mental Health (Care and Treatment) Act 2003;

Place an adult in a hospital for the treatment of mental disorder against his or her will. If the adult resists treatment for mental disorder then an application will need to be made by a mental health officer for an order under the Mental Health (Care and Treatment) (Scotland) Act 2003;

Sell property without the Public Guardian's permission in principle and with regard to cost.

Guide to applying for an order

Using a solicitor

Before engaging a solicitor, you should ask whether **legal aid** is available.

You may be eligible to receive initial help from a solicitor using the type of legal aid known as Advice and Assistance. Your own means are not taken into account, but your solicitor will decide on eligibility by looking at the means of the adult. You may be required to pay a contribution towards your solicitor's bill.

If you then wish to seek an order from the court, you may (continued on page 4)

Volunteers and Students...

(continued from page 3)

be eligible for civil legal aid. Your solicitor can help you apply to the Scottish Legal Aid Board (SLAB) for civil legal aid. The Board looks at the merits of the case, and the means of the adult. Where the adult's assets are above the eligibility level, and this is because they mainly constitute compensation to meet current and future care costs, SLAB is able to take this into account.

Making the application yourself

If you make the application yourself there will be various fees to pay for the medical certificates, lodging the application, etc. Again, these can be met out of the adult's estate if you apply for them to be covered by the order. You won't however, be able to apply for legal aid, as this is intended only to meet the costs of a solicitor.

The process for making an application for an intervention order and guardianship are very much the same in terms of the application to be made to the sheriff court, the reports required and fees. The time it takes will depend on how straight forward the application is.

Your completed application should be lodged with the adult's local sheriff clerk who will be able to advise you on the steps you can expect as your case progresses through the court process. However, please note that the sheriff clerk cannot provide you with legal advice or assist you in drafting your application. The address of the relevant sheriff clerk can be found in the telephone book, or on the Scottish Court Service website at www.scotcourts.gov.uk.

Some useful contacts:

Office of the Public Guardian (Scotland)

Hadrian House
Callendar Business Park
Callendar Road
Falkirk FK1 1XR
Enquiry line: 01324 678300
www.publicguardian-scotland.gov.uk

Mental Welfare Commission for Scotland

Thistle House
91 Haymarket Terrace
Edinburgh EH12 5HE
0131 313 8777
Helpline: 0800 389 6809
www.mwscot.org.uk

Care Commission

Headquarters
Compass House
11 Riverside Drive
Dundee DD1 4NY

Scottish Legal Aid Board

44 Drumsheugh Gardens
Edinburgh EH3 7SW
0131 226 7061
Legal Aid Helpline: 0845 122 8686
www.slab.org.uk

Alzheimer Scotland - Action on Dementia

22 Drumsheugh Gardens
Edinburgh EH3 7RN
Office: 0131 243 1453
Freephone 24hr Dementia Helpline 0808 808 3000
www.alzscot.org

Citizens Advice Bureau

You will find the address of your nearest CAB in your phone book or at www.cas.org.uk

01382 207100

www.carecommission.com

Law Society of Scotland

26 Drumsheugh Gardens
Edinburgh EH3 7YR
0131 226 7411
Client Relations Helpline:
0845 113 0018
[http://www.lawscot.org.uk/
Public_Information/](http://www.lawscot.org.uk/Public_Information/)

Caesar & Howie Solicitors

107 Almondvale South
Livingston
West Lothian
EH54 6QT
0131 603 0845
www.caesar-howie.co.uk

NKS hopes that this article and information is useful.

Mariah Zulficar



My name is Mariah Zulficar and I started volunteering at NKS a few months ago. I had finished my diploma in accountancy last year and was looking to work somewhere to get some experience. NKS gave me the opportunity to work with them as a volunteer to get sufficient experience for a professional job. I have learnt a lot during my time at NKS. I have learnt how to work in an office and as part of a team. I have managed to do quite a lot of work on Excel which helped me to polish up my skills working with computers. I have updated all of the clients' details for the Family Support Work. I wrote some healthy recipes and an article on South Asian women's health for the NKS newsletter. I have also been helping the NKS nursery to sort out their paper work. I also got the chance to show some volunteers how to use computers and how to use Word and Excel. I have learnt how to communicate with people from different ethnic backgrounds. I really enjoy volunteering at NKS and I hope that it will help me in the future to get a professional job. It will help me to work in any office with full confidence.

Matthew Warner



For my S4 work experience I went from Gracemount High School to work as an administrative assistant at NKS (Nari Kallyan Shangho). Some of the tasks that were given to me have mainly been on the computer, creating tables and charts on Excel and making posters for the nursery on human rights. I didn't know much about this so it was good to go and research this topic on the internet.

Working is so much better than school, but it comes with a bigger responsibility. Also, the hours are great. I don't have to get up too early and I'm not home late either. The only downside is the hassle of getting to and from here as the traffic is pretty bad in the morning due to the rush hour.

I'm looking forward to getting a job when I'm older. I'm going to sit my exams then get the best job possible or go to college or university. People my age are very lucky that we get to see and experience what it's like to work as others in the past generations never got this chance and were just expected to go out and find a job themselves with no experience.

NKS asked some of the older women that come to NKS a few questions. Below are their responses.

Question 1: What was it like being a mother when your children were young?

"It was very easy as we had help. But it was difficult with the second child as we had just moved."

"I was a nice mother. I was helpless because of some of the problems in my life."

"I was so happy to have them. I spoilt them. They were my life. I loved them too much. They loved me too, they still do."

"It was ok. You have to work very hard. There were no facilities for children. I was alone. I had a little girl and there was no help available. In India you can get help but here you have to do it yourself."

"All of the family was staying together in a joint family. Everybody was looking after the children."

"Horrible!!! It was twice the work, housework and baby work!"

Question 2: What was the hardest part of being a mother?

"We didn't have enough money to pamper our second child."

"When kids don't understand their parents."

"It was hard when they were ill. I was really worried."

"To be awake at night to feed my baby. It was very cold in the winter. It was hard. I had no help."

"It was hard to see if they were healthy and fully educated."

"It was hard to work 24/7 and to worry about the children."

Question 3: What advice would you give to mothers these days?

"Don't go to work until your child goes to school. Spend time with them in their early years."

"Keep yourself happy!"

"They shouldn't shout at their kids. Ask them nicely. They should lay down rules. Love them and discipline them."

"They should be patient, caring, hard working and family orientated."

"Look after them, love them, give them your time and make sure they don't go the wrong way."

"Some love their kids and some don't. Take care of your children and help them with homework. Be responsible. Teach them manners as they represent their parents."

Outing to Dementia Services Development Centre at the University of Stirling ~ 19th of September 2013



NKS staff organised an outing for some of the users and their carers to visit the Dementia Services Development Centre (DSDC) at the University of Stirling. The women travelled by coach and were slightly late due to the terrible weather. It

rained heavily most of the day. However, this did not spoil the outing though.

The women were given a guided tour of the design and technology demonstration suite and the entire centre. The centre was like a show house and they got to see the different rooms. There were separate rooms for Dementia and Alzheimer's patients.



The women listened to a presentation and saw a video about how the DSDC was established. They were able to ask questions afterwards. They gained knowledge and understanding about Dementia and the issues involved

from this visit. It was very enlightening and very informative.

After the visit to the DSDC the women went to Glasgow for lunch. They went to one of the restaurants and had a really good lunch. They really enjoyed the outing and the opportunity to go out of Edinburgh and the chance to socialise with each other in a setting other than at NKS premises.



Services for Older Women at NKS

NKS runs a lunch club on Mondays for older Bangladeshi women between 10.30 am and 1.30 pm and also runs a lunch club on Fridays between 10.30 am and 1.30 pm for older Indian and Pakistani women. Activities include gentle exercise, health talks, outings and arts and craft. The women get a chance to socialise too and enjoy a healthy lunch. If you would like to join, or know someone who would like to join, please contact NKS on 0131 221 1915 for further information.



What's been happening at NKS?

Preston Pans Tapestry



The Preston Pans Tapestry celebrates the enduring triumph of youthful hope and ambition. NKS is working in collaboration with the Preston Pans Tapestry and four different groups of women have been given a panel each to use their artistic tapestry skills to do South Asian tapestry work

which will link their work to the Heritage Project. The finished panels will be exhibited in various public places for people to view around the UK.

We also arranged a visit in June 2013 to Preston Pans for women to view the 104 metres long tapestry on display which tells the story of Bonnie Prince Charlie's 25 year long journey from France then through the Scottish Highlands to victory at Preston Pans in 1745.

Staff Training with Living Memory Association (LMA)



NKS has trained staff with the help of LMA to conduct interviews with ten women from each community (Bangladeshi, Pakistani and Indian) in order to link the history and cultures of three countries with the Scottish culture. After the interviews are done they will be published in a booklet for

readers to read. It should be an interesting read!

Outing to M&Ds Theme Park



NKS arranged an outing in July 2013 to the M&Ds theme park for the After School/Homework Club, nursery and young mothers group. Everyone thoroughly enjoyed themselves and all of the rides. The children

especially enjoyed the dodgem cars!

Everyone enjoyed sharing their food and the atmosphere of the day. Young and old were able to have some fun together.

The outing was a chance to get away and



enjoy the summer. The weather played a huge part in the success of the outing as it was a beautiful sunny day.

NKS Changing Cultures Report Launch

NKS staff conducted interviews with 120 women last year, which was funded by NHS Lothian. The interviews were done to improve health and equalities for the South Asian community in the Lothians. Out of the 120 women 15 were chosen to give in-depth interviews where their identity would not be revealed. The outcome and full report of the interviews was launched on 3rd of July 2013 at Edinburgh University. Guests from various agencies were present at the launch alongside some high profile guests. There are some photos of the launch on page 9.

Winter Garden Celebrate Event



NKS was cordially invited to the Winter Garden Celebrate event held at the famous Winter Gardens of Glasgow on the 30th of April 2013. Coming together with Creative Scotland, Heritage Lottery Fund and SportScotland which will support communities and projects to celebrate the 2014 Com-

monwealth Games, the NKS staff were delighted to share the day with the media, MSPs, other community groups and performers.

Outing to The Risk Factory

The Risk Factory had organised events during October 2013 to raise awareness of the dangers of fire in the home for elderly people and their carers.

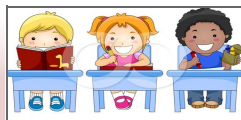
NKS staff organised an outing for some of the NKS older women and their carers to attend one of the events on Thursday 17th of October 2013. Taxis were organised to drop the women off at The Risk Factory in the morning and pick them up after the event. The Risk Factory staff had organised tea and coffee for the event which was really nice.

The Fire Safety Officers showed a video about how easy it was for a fire to start in the home and explained to the women how they could prevent this from happening. It was a very interesting few hours that could save lives.

The women really enjoyed the event and felt that some of their husbands and other family members would also benefit from attending one of these events as it was really important to be aware of fire safety in the home.

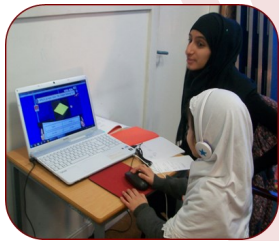
It's Good to Volunteer!

There are seventeen volunteers at NKS at the moment. They are involved in the different areas of work at the project and all of them are to be highly commended for their valuable contribution. Volunteering is a very good way to get the experience that you need to access the labour market. It is also very rewarding. Contact NKS on 0131 221 1915 if you are interested in volunteering with the project.



NKS After School/Homework Club

The NKS After School/Homework Club (ASHC) has been running successfully since February 2013. Currently, there are 12 to 15 children attending and they range from 5-14 years of age. The ASHC provides a platform for children from different ethnic backgrounds, ages and genders to come together and work as a team.



The ASHC gives the children the opportunity to learn strategies to work in a team. The different age range of the children in the group allows the development of leadership qualities in them, which is one of the demands of the current global job market. Moreover, they enjoy helping the younger children to do their homework. This allows them to gain confidence about their skills and also raises their self-esteem. These strategies provide a platform for future generations to be a part of the responsible community.



Xbox and taekwondo along with a computer-based educational programme to help with their learning.



The ASHC strives to provide fun opportunities to children to relax and enjoy themselves in a friendly environment. A number of social, educational and physical activities have taken place. The children enjoy taking part in different activities, such as arts and crafts, cooking, reading, physical activities,

During each session the children are provided with a range of healthy snacks to promote healthy eating. Every child is encouraged to drink water and milk. The parents are quite pleased that their children love to drink water and milk at NKS rather than fizzy juice. This is a positive thing.



The long awaited trip to M&Ds Theme Park was the most exciting trip during summer not only for the NKS Nursery and ASHC children but also for their parents. The children had fun with their parents and friends. The parents also got the chance to get to know each other a bit more. The weather was very nice by the time we got there and this made the trip even better.



Just before the summer holidays, the children participated in the "Digital Art Workshop", organised at Cockenzie House. The children were shown how to transfer their art work on to computer and were taught different skills like layering and formatting. Afterwards they printed it out.

The children have had fun and got involved in different activities like a game of tug-of-war, digital photography and exploring life in ponds. Some of the children adopted a few tadpoles from

the pond and looked after them at home. This allowed them to learn about the life cycle of frogs. One child's tadpole grew into a frog and was released back into the pond.



Taekwondo is one of the children's favourite activities and they are all very enthusiastic about this sport. They practice very hard towards getting their grades. The children took part in an International tournament on the 11th of August 2013 in Glasgow. Two children won silver medals and one child won a bronze one. Well done to all of them! Their taekwondo master was quite proud to present the children at this tournament. They are practicing during weekends as well as at Meadow Bank Sports Club to get the spirit of tournaments.

All of these fun activities, opportunities and the educational programme have had a very positive impact on the children's academic progress at school. One of the children received individual attention and assistance from the ASHC staff to prepare her for her test and she managed to secure the top position in her year and was presented with the Best Student of the Year Award at her school.

The children have been given ownership of the ASHC in order to provide them with a role of responsibility in society. They were given the choice to choose an activity for their leisure time. They chose to buy an Xbox and a few games for it. When playing the Xbox the children have to be responsible, take turns and to work in teams.

The ASHC is a place where the children can learn, have fun and relax in a safe and secure environment. The parents are happy in the knowledge that their children are safe here rather than spending their time aimlessly out on streets or in front of the TV or a computer.

If you would like your child to be part of a great team please contact the NKS ASHC on (0131) 221 1915 or e-mail at: nks@nkshealth.co.uk or nks_nursery@hotmail.co.uk.

NKS Nursery Refurbishment



The NKS Nursery was refurbished recently. It is now fresh, bright and more colourful. It is also more spacious now as the section in the middle has been removed.



NKS has bought new toys for the children to play with. There is a lovely little sofa for them to sit on and a little play house that they can use for imaginative play.

There is a lovely little red bookcase for all of the books that the children can look at and play with. Please contact NKS on 0131 221 1915 if you would like more information about the nursery.

NKS Fundraising Day ~ 28 September 2013

What Happened On The Day

The NKS Fundraising Day was held on Saturday the 28th of September 2013 at NKS premises. Thankfully the weather was very nice, which meant that more people were able to come and help us to raise funds.

A few members of NKS staff went to Glasgow and around Edinburgh to ask for donations for the fundraising day. They did very well!



On the fundraising day the NKS staff set up three gazebos outside in the car park for the food stalls. The gazebos were very useful and looked good too.

There was a lot of really delicious food served on the day. There was: vegetable *turka* (savoury) rice; chicken curry; *halva* (semolina), *channa* (chick peas) and *puris* (breads); freshly made *daal* (lentils) *puris*; *paturas* (nans); spring rolls; samosas; chips and a variety of cakes. There was also juice, crisps and sweets.



ple that came to support NKS.

As it was such a nice day, tables and chairs were set up outside for people to sit, eat and soak up the atmosphere. The sunny weather made all the difference.



There were two stalls that were selling loose material, ready made clothes and jewellery.

The clothes were very colourful and the jewellery looked very

tempting!

The women really enjoyed looking at and buying things from these stalls. For some of them the timing was just right as Eid was not far away.



These kinds of stalls are always very popular as us Asian women do love clothes and jewellery!

Again it was really good that it was a very nice day as these stalls were outside.

Complementary therapy was provided in the form of massage and women were able to book their place for a short massage in the newly refurbished nursery. A fully trained massage therapist was organised to provide the women with a small taste of relaxation. Massage is a wonderful way to unwind and reduce your stress levels. A beautician was organised for women to have their threading done too. This is a quick and easy way to get rid of unwanted facial hair. It is always very popular and women took advantage of this service.

For the younger children there was a bouncy castle to jump about on. They had a lot of fun on this! Mind you they had lots of energy for this! Some older (continued on page 9)



NKS Fundraising Day ~ 28 September 2013

(continued from page 8)

children (and adults!) would have loved to have had a go on the bouncy castle too!

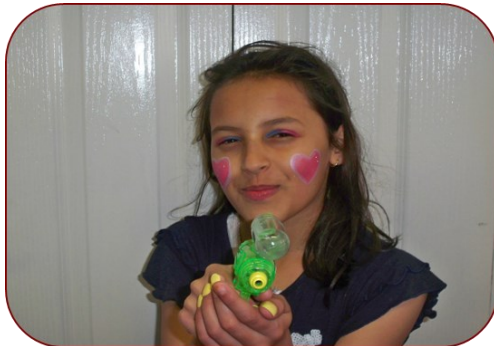
There was also face painting for children of all ages. There were fairies, pirates and wild animals running about everywhere!

It was a fun day for everyone.

It was good for people to get out of the house and come along to support NKS, the project that supports them.



Some of the children bought toy water pistols and had water fights. They did have a lot of fun even though most of them got soaking wet!



The NKS Management Committee would like to thank all NKS staff and volunteers who gave up their time on Saturday and helped to make the fundraising day a success.

A total of £1056.55 was raised from the event.

The NKS Management Committee and staff would like to thank the following businesses and individuals for their kind and generous donations:

Achcha Food Store
200 Morrison Street
Edinburgh EH3 8EB

Bellevue Cash & Carry
30 McDonald Place
Edinburgh EH7 4NH

Bharosa Couture & Boutique
17-19 Spittal Street
Edinburgh EH3 9DY



Boksh Wholesale & Distribution
10 Bonnington Road
Lane
Edinburgh EH6 5BJ

Kasbah Takeaway
24 Marchmont Road
Edinburgh EH9 1HZ

Kebab Mahal
7 Nicolson Square
Edinburgh EH8 9BH

Laiba Boutique
48 Elm Row
Edinburgh EH7 4AH

Okara Clothing
150 Albert Drive
Glasgow G41 2NG

Rajah's Food Store
33 Albert Street
Edinburgh EH7 5LH

Ramzan's Costume Jewellery
173 Albert Drive
Glasgow G41 2NE

Rehman's Halal Meat
253 Gorgie Road
Edinburgh EH11 1TX

Razwan Wholesalers Ltd
7/2 Norton Park
Edinburgh EH7 5RS

Shamsad Akbar
NKS User
Edinburgh

Sicilian Pastry Shop
14-16 Albert Street
Edinburgh EH7 5LG

Singhaar
181 Albert Drive
Glasgow G41 2ND

United Wholesale (Scotland) Ltd
110 Easter Queenslie Road
Glasgow G33 4UL

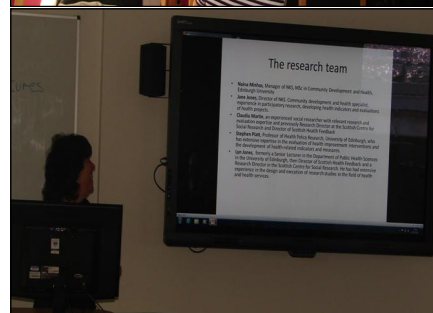
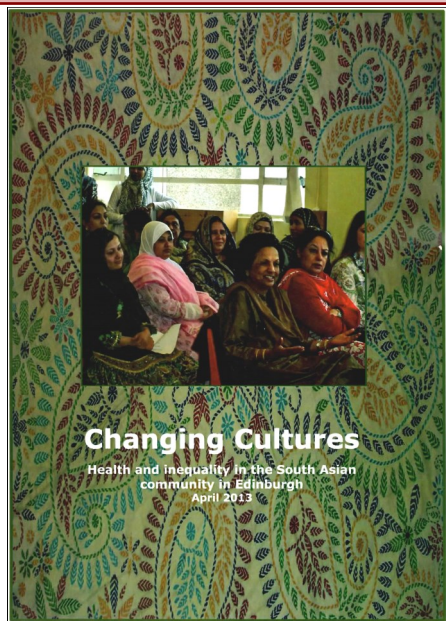
Thank you!





Photo Gallery.....

Launch of Changing Cultures Report ~ 3rd of July 2013



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NKS Users at Dementia Seminar ~ 03/07/2013



NKS Users at Dementia Seminar ~ 03/07/2013



Debt Management Session



Foot Care Session



Healthy Heart ~ Healthy Eating Session



NKS Nursery Going on an Outing



The ESL Class in Action at NKS



The Saturday Group



After School/Homework Club Outing



After School/Homework Club in Preston Pans



Outing to the Beach in North Berwick



Tapestry Work (inset) ~ Wednesday Group



Young Voices.....

Aishah Jamil



As part of volunteering at NKS I was given the opportunity to attend the City of Edinburgh Council's Eid Party at the City Chambers on the 23rd of August 2013. The Eid Party was hosted by the Right Honourable Donald Wilson, the Lord Provost of the City of Edinburgh. There were lots of

different organisations there such as Pakistan Society Edinburgh and Milan Senior Welfare Organisation. Also, there were a lot of people that I knew. It was good to see them.

At first there was a speech by the Lord Provost himself, then a reading from the Quran by an Imam and lastly a couple of poems by a Pakistani poet. The highlight of my evening was speaking to the Lord Provost and being able to have my picture taken with him. It was a great experience for me as I was able to network with other organisations as well as represent NKS. It felt really good to represent NKS.

I also met other young people like myself and made a few new friends. My attendance at the Eid Party gave me an insight into what it would be like to work for a community organisation. After finishing school next year I hope to either study Community Education or Social Work at University. In the future I hope to be given more opportunities to represent NKS.

Tamanna Israt Jahan



I came to Edinburgh a few months ago and I knew that I would have to live in a different culture with different people. It's not a big problem for me. It's actually very interesting and great fun. My main concern was that I had to stay at home and do nothing except household chores which was a bit boring for me. I wanted to volunteer somewhere where I could meet people from my own community and where I

could continue to develop my administrative skills. NKS was the perfect choice. I chose NKS because the project works for the well-being of South Asian women and their families. I had heard about NKS from my family and friends. I already had some administrative experience so I was very keen to volunteer at NKS and gain more experience. I was taken on as a volunteer after a short interview.

The NKS staff team welcomed me from the first day and they have all been very friendly. They made me feel very comfortable. I have been working here for four months now. The kind of jobs that I usually do are: updating databases, setting up the Wednesday group users' e-mail accounts, printing out pictures for the nursery and collating information about other ethnic minority organisation in Edinburgh to make up a list. What I enjoyed the most was making up a leaflet for the nursery mobile crèche. Everybody appreciated my work. Sometimes I was asked to count and

prepare money to be banked and analyse the petty cash sheets. I like to do this because I am comfortable with dealing with numbers. Apart from that sometimes I am asked to help the nursery staff as well.

The atmosphere at NKS is really good and the staff team work together as a family. They are very helpful and friendly. I have met so many people since I came here and some of them have become my friends. I believe that volunteering is a great way to meet new people especially if you are new to an area. It also gives you the opportunity to practice the skills used in the workplace, such as team work, communication, problem solving, project planning, task management and organisation. I have learnt a lot at NKS and I am still learning. This will help me in my career.

Mohsin Jamil ~ Aged 10



It's fun to garden with my daddy because we get to spend time together. We always get a chance to talk and like to talk about what we are going to make for dinner. Sometimes I talk about what I want to do when I grow up. I would like to design cars. My daddy tells me

that he really enjoyed biology when he was at school. He was good at it. He wanted to be a doctor just like his uncle.

I get time to ride my bike while my daddy cuts the grass and does the weeding. I like to plant flowers with my daddy. I was really pleased with my sunflowers. We have two apple trees in our front garden. The apples are very nice. We have other fruit trees and roses in our back garden.

I really like it when my daddy picks me up from school. We go shopping and talk all the way home. We both really enjoy our time together.

(Rabbit update from the last newsletter - my four rabbits have become more than forty! My Daadiji (granny) tells me that they are really cute and that she likes to watch them play!)

Waisake Lomani



My name is Waisake Lomani. I'm 15 years old and I go to St Augustine's RC High School. For my S4 work experience I worked as an Administrative Assistant at Nari Kallyan Shangho (NKS). When I came to the office on Monday I was really nervous and scared but when I walked in to the office they introduced me to everyone and everyone there was really nice and friendly. Some of the tasks that were given to me were

mainly on the computer. There was one task where I had to calculate numbers and dates and it was a bit tricky but I got help from one of the staff. I learnt new things on the computer. The hours were good because I didn't have to wake up that early and I didn't get home that late. I'm looking forward to getting a job but first I'm going to sit my exams and hope that I pass them. Then I'll try to get in to University and eventually find a job.



Groups at NKS

English as a Second Language (ESL)

Classes:

- Women only ESL classes run at NKS, thanks to Edinburgh 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.

Older Women's Group:

- One group runs on Mondays (for Bangladeshi women) and one on Fridays (for Indian and Pakistani women) from 10.30 am until 1.00 pm at NKS. Activities include: gentle exercise, complementary therapies, lunch club, discussion/health sessions, 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 appreciation, outings, social functions etc.

Please contact NKS for more 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 (NKS Nursery - 3 months to 5 years old and NKS After School/Homework Club - 5 to 14 years of age.) The facility runs five days a week from Monday to Friday from 8.30 am till 6.00 pm. Please contact NKS for more details.

NKS Board of Directors

Rohini Sharma Joshi ~ Director (Chair)
Sugantha Ravindran ~ Director (Vice Chair)
Jack Marshall ~ Director (Treasurer)
Indumati Pandaya ~ Director (Joint Treasurer)
Yasmin Ahmed ~ Director (Secretary)
Mussarat Ahmed Kaneez ~ Director (Joint Secretary)
Ann Wigglesworth ~ Director
Razia Dean ~ Director
Iffat Aziz ~ Director
Sandra Abu-Shaaban ~ Director
Sabira Dhami ~ Director
Shabnam Bashir ~ Director
Jane Jones ~ Director
Jabeen Munir ~ Director
Shaheen Ahmed ~ Director
Allison Conroy ~ Director
Kamrun Nahar Malik ~ Director

NKS News/Events

Intergeneration Project ~ NKS has organised sessions for the older and younger generations at NKS to spend some time together and learn from one another.

Climate Challenge Workshops ~ NKS is holding a series of workshops on this subject with the different groups that run at NKS.

Scottish Heritage Workshops ~ These are taking place in all of the different groups that run at NKS. They have been very well received by everyone so far.

Scottish Heritage Reminiscence Project ~ NKS is in the process of interviewing some of its users who have been here since the 1950s. NKS will be producing a booklet at the end of this process. It should be a very interesting read!

New Office for NKS ~ A new office is being prepared at the moment for some of the staff at NKS. This will be for the NKS Manager, Administrators and the Family Support Officer.

NKS Annual General Meeting (AGM) ~ The NKS AGM will take place on Monday the 25th of November 2013 from 10.30 am until 1.00 pm at NKS premises. Please let NKS know if you would like to attend.

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

Asma A Kassim ~ NKS Nursery Manager

Asma has taken a career break for one year. She is enjoying time with her family and coming to NKS as a user.

Humaira Abdullah ~ NKS Nursery Manager

~ NKS welcomes Humaira as the new nursery manager while Asma is away. Humaira is already very busy with the nursery.

Nasima Zaman ~ Administrator ~ NKS wishes Nasima good luck as she has gone back to college part-time to do her SVQ Level 3 in Childcare while still working at NKS.

Kamrun Nahar Malik ~ Director ~ NKS would like to express its deepest condolences to Mrs Malik and her whole family on the sad loss of her husband.

Rohini Sharma Joshi ~ NKS Chair ~ NKS would like to congratulate her on the recent wedding of her daughter and best wishes to the happy couple.

Jabeen Munir ~ Director ~ NKS would like to congratulate her on the recent wedding of her son and best wishes to the happy couple.

Yasmin Ahmed ~ Director ~ NKS would like to congratulate her on the recent wedding of her daughter and best wishes to the happy couple.

Your Contacts at NKS

Naina Minhas ~ NKS Manager
Nasima Zaman ~ Administrator
Khalda Y Jamil ~ Administrator
Rohina Hussain ~ Community Health Officer
Ishrat Measom ~ Community Health Officer
Naseem Suleman ~ Family Support Officer
Rukhsana Hussain ~ Community Officer
Nargis Lalee ~ Heritage Lottery Officer
Humaira Abdullah ~ Nursery Manager
Sobia Shahzad ~ Nursery Supervisor
Nazish Raza ~ Nursery Supervisor
Amina Rahman ~ Childcare Assistant