

Nari Kallyan Shangho Newsletter

Autumn/Winter Edition, December 2014, Volume 14 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 ~ Khalda Y Jamil

I hope that everyone had a very Happy Christmas and a very Happy New year! I also hope that everyone is looking forward to what 2015 may bring.

After overdoing it during the festive season most of you will have made resolutions such as eating more healthily or getting more exercise. Well it is very important to look after yourself so these are really good resolutions. Taking smaller steps will help you to achieve these goals rather than going to the extreme. Build in more fresh fruit and vegetable into your meals and start with simple exercise such taking a regular walk. These will make you feel better and will hopefully encourage you to do more.

NKS has completely refurbished the kitchen during the past few months and it is much better equipped to cook in now. NKS has permission for in-house catering and has started doing this. The NKS staff and volunteers have passed REHIS Elementary Food Hygiene training and training has also been done on the NKS House Rules for the kitchen.

Inside This Issue.....

Page Name and Articles	Page No.
Your Health	2
Chest Heart & Stroke Scotland/First Aid Training	
Services in Edinburgh	3
Working Tax Credit/Universal Credit	
Volunteers and Students	4
Kieran Chan/Gregor Whitley/Shabnam Bashir ~ SVQL 4/Rezwana Khan ~ SVQL 3	
From Our Elders...For Our Elders	5
Keep Warm and Healthy in Winter/Silver Line Scotland/Benefits of Regular Exercise	
What's Been Happening at NKS?	6
Outing/Health & Information Sessions/Consultation/NKS AGM/Charity Lunch at Naina's/Elementary Food Hygiene Training	
Kid's Corner ~ NKS After School/Homework Club (ASHC) and NKS Nursery	7
Outings & Visits/Maths & English Tuition/Parties/Activities/Fundraising	
Delicious Healthy Recipes	8
Courgette Cake/Potato and Leek Soup/Butternut Squash Soup	
Photo Gallery	9
Photographs of Groups/Events at NKS	
Young Voices	10
Socialising/Penny O'Brien ~ Edinburgh Napier University/Have a Laugh!	
Climate Challenge Initiative	11
Eid Party/Training/Information Sessions/Fuel Efficiency/Home Energy Checks/Cycling	
Looking Forward with NKS	12
Information About What NKS Does/NKS and Committee Contacts/Latest News	



Friday Older Women's Group Enjoying Lunch from NKS' Newly Refurbished Kitchen

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.

NKS Long-Term Health Conditions Support Group ~ Information Session



NKS Long-Term Health Conditions Support Group ~ Health Information Session with CHSS

Chest conditions affect the lives of thousands of people in Scotland. Living with a chest condition can be exhausting and distressing for you and your family.

Three Health Professionals came from Chest Heart and Stroke Scotland (CHSS) in October 2014 to do a health information session at NKS with the NKS Long-Term Health Conditions Support Group. Eighteen people with long-term health conditions took part in the health information session.

The Health Professionals from CHSS gave advice on the different chest conditions. These chest conditions affect everyone differently and this is why two people with the same diagnosis may not always be given the same treatment. They gave advice on the signs to look out for in a person having a stroke and the difference in someone having a heart attack. They informed those in the group what they could do to look after themselves and how to control their symptoms. They went over coping mechanisms to help them get the most out of life. They gave them practical information about day-to-day living with a chest condition.

The group viewed a presentation on the following topics:

- *Living with your Chest Condition: what you can do to help look after yourself and control your symptoms as well as practical information and coping mechanisms.*
- *Support for You: how CHSS can support you, general support in the community and advice about financial issues.*
- *Support for Family, Friends and Carers: how CHSS can support you, general support in the community and advice about financial issues.*
- *Reducing Your Risk of Chest Illness: what you can do to keep healthy.*

They found the presentation to be very informative and helpful. All the people who took part in the health information session found it very informative and useful and said that now they know what to look out for.

NKS will be covering other relevant health related topics and useful information sessions in future NKS Long-Term Health Conditions Support Group sessions as and when identified by the group members and NKS staff.

NKS Long-Term Health Conditions Support Group ~ First Aid Training



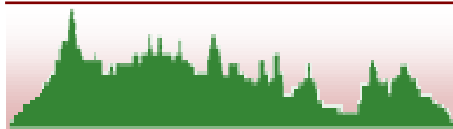
NKS Long-Term Health Conditions Support Group ~ Basic First Aid Session

Basic first aid sessions were held in some of the groups during the past few months. NKS felt that it would be really good to cover this topic with the NKS Long-Term Health Conditions Support Group too so that they would feel better equipped to deal with an emergency. Thirteen people took part in this health information session.

They were taught the following main key skills:

- An unconscious person who is not breathing: main key skills on the delivery of chest compressions.
- A person who is choking: main key skills on delivery of back blows plus on how to deal with babies who are choking.
- An unconscious person who is still breathing: Main key skills on how to place the person in the recovery position and what to do next.
- Someone who is bleeding heavily from a wound: main key skills on how and where to put pressure to stop the bleeding.
- Someone who has a burn or has been scalded: main key skills how to cool the area before taking them to hospital.
- Someone who has a broken bone: main key skills how to immobilise the affected area.
- Someone who is having a heart attack: main key skills how to ensure they sit properly before calling for an ambulance.
- Someone who is having a stroke: main key skills how to carry out the F.A.S.T. (Face, Arms, Speech and Time) test.
- Someone who is having a seizure (epileptic fit): main key skills to make them safe and prevent injury.
- Someone who is experiencing a diabetic emergency: main key skills what to give them to eat and drink.
- Someone who is having an asthma attack: main key skill how to help them to take their medication (pump).
- Someone who has eaten or drunk something harmful: Main key skill is to establish what, when and how much.
- Someone who has a head injury: main key skill how to apply a cold compress and what to use for cold compress.

After the talks and demonstrations everyone was given a copy of the *Everyday First Aid* workbook, which has easy and clear diagrams and instructions.



Services in Edinburgh

Working Tax Credit ~ By Naseem Suleman

Generally speaking, you must work at least 30 hours a week, be 25 or older and be earning less than £13,253 if you're single and childless or £18,023 jointly if you are part of a couple, childless but working at least 30 hours a week. However, if you are disabled and work or have children you may be eligible for working tax credit if you earn more than this, provided you're aged 16 or over and work at least 16 hours a week.

Just like child tax credits, working tax credit is made up of a number of different 'elements' or payments. You may be eligible for just one element or for a few different elements, depending on your family circumstances. Everyone who qualifies for working tax credit receives the basic element, worth up to £1,940 during 2014/15, depending on your income. In addition, you can receive extra elements depending on your circumstances. So for example couples and lone parents get up to an extra £1,990; people who work more than 30 hours a week up to an extra £800; and disabled workers up to £2,935 (or £4,190 if severely disabled).

Again, the elements you are entitled to are added together but your maximum award is reduced the more you earn.

You would get working tax credit if:

- 1) You are aged from 16 -24 **AND** have a child or a qualifying disability.
- 2) You are 25 or over and with or without children.

YOU MUST:

- 1) Work a certain number of hours a week:
 - a) Aged 25 to 59 – work at least 30 hours a week.
 - b) Aged 60 or over – work at least 16 hours a week.
 - c) Disabled – work 16 hours a week.
 - d) Single with 1 or more children – work 16 hours a week.
 - e) Couple with 1 or more children – work 24 hours between the two of them with one working at least 16 hours a week.
- 2) Get paid for the work you do:
 - a) The work must last at least 4 weeks and you get paid for it.
- 3) Have income below a certain level:

There is no set limit because it depends on circumstances.

 - a) Couple without children £18,000 - But it can be higher if you have children or pay for childcare.
 - b) Single person £13,100 -18,000.

Tax credits changes: One month deadline

By law you must tell HMRC within one month of the following changes happening: if you claimed as an individual but you are now married, in a civil partnership or living with someone as a couple; if you claimed as a couple but you have separated or your partner has died; if you are claiming child care costs and your costs stop or go down by £10 a week or more (and the change lasts at least four consecutive weeks); you no longer use a registered or approved childcare provider; you or your partner leave the UK permanently; go abroad for a temporary absence of more than eight weeks (or more than 12 weeks if you go abroad because you are ill or someone in your family is ill or has died); you lose your right to reside in the UK; you stop working; you are working at least 16 hours a week and your hours drop below this; you are working 30 hours or more a week and your hours drop below 30 hours or reduce to nil. (For couples with children it is your joint working hours that count towards the 30 hour total); you have been on strike for more than 10 days; a child or young person you are responsible for moves out to live with someone else or start to claim Income Support, Incapacity Benefit, Income-Based Jobseeker's Allowance, Employment and Support Allowance, child tax credit or working tax credit in their own right; a young person between 16 and 20 you are responsible for leaves full time education or approved training, starts advanced education, for example a degree course, starts training provided under a contract of employment or starts paid work

(usually for more than 24 hours a week).

Tax credits: Other changes

You don't have to tell HMRC about the following changes, but it might be in your interests to do so as you may be entitled to a higher tax credit award: a young person over 16 continues in full time education, registers with a careers service, Connexions or equivalent or joins an approved government training scheme; your income goes down; your income goes up (This may not affect your current award, but it will affect how much you get next year. If you get paid too much because you delay telling HMRC about any changes, you will be asked to pay back any tax credits overpaid.); your child care costs go up by £10 a week or more (and the change lasts at least four consecutive weeks); your usual working hours change from less than 16 hours a week to more than 16 hours a week and your usual working hours change from less than 30 hours a week to 30 or more (For couples with children, it is your joint working hours that count towards the 30 hours).

It's worth telling HMRC within three months of a change of circumstances which increases your award as usually awards can only be backdated by up to three months.

Universal Credit ~ By Naseem Suleman

Many people on benefits believe that the financial risks of moving into work are too great. For some, the gains from work, particularly if they work part-time, are small, and any gain can easily be cancelled out by costs such as transport. The Government believes that the current system is too complex and that there are insufficient incentives to encourage people on benefits to start paid work or increase their hours. The Government is aiming to: make the benefit system fairer and more affordable; reduce poverty, worthlessness and welfare dependency and to reduce levels of fraud and error. The Government is reforming the welfare system to help more people to move into and progress in work, while supporting the most vulnerable.

Universal Credit is a new way of paying benefits. It brings together several different benefits and combines them into one monthly payment which goes straight into your bank account. Under Universal Credit you'll be expected to either look for work or take action to find work.

Universal Credit will replace: Housing Benefit; Income-Based Jobseeker's Allowance; Income-Related Employment and Support Allowance; Income Support; Child Tax Credits and Working Tax Credits.

Universal Credit is made up of a 'standard allowance' and potentially five extra 'elements': child element and disabled child additions; childcare element; carer element; limited capability for work element and housing element.

Universal Credit is a new benefit that supports people who are on a low income or out of work, and helps ensure that they are better off in work than on benefits. It will be paid monthly.

Universal Credit is designed to be an online benefit so that each claimant can make a claim online and then personally manage their claim directly through an online account. The DWP state that claimants who cannot get online or use a computer will get support to complete their online claim for Universal Credit.

The Government has said that no-one will be worse-off as a result of moving onto the Universal Credit, because the Government will provide 'cash protection' when individuals switch over to the Universal Credit. So if you were moved onto the Universal Credit and it looked like you would end up worse-off, the Government has said it will provide a top-up payment to keep your income at the same level as your previous benefit. However this protection would not be permanent – if your circumstances changed your income would no longer be guaranteed.

Volunteers and Students...

Kieran Chan ~ S4 Gracemount HS



During my S4 work experience week in November 2014 at NKS I was assigned different tasks from the staff which ranged from finding or creating worksheets for the children, sorting out photos and

creating a register table template. I found that all of the tasks were easy as the workers were very kind and helpful. During my work experience I've learnt that I would prefer to work with computers as I enjoy using them. By coming to NKS I have also learnt about what I am expected to do in the working world as well as the importance of being on schedule. Overall I would like to say that coming to NKS has been a pleasure and it was a good work experience.

Gregor Whitlie ~ S4 Forrester HS



I am currently in my Fourth Year at Forrester High School and did my work experience at NKS in December 2014. Before I arrived at NKS I was very nervous and didn't know what to expect. All that changed once I arrived as the staff was welcoming and friendly. They always included me in their conversations and made me feel very welcome. I like to keep myself busy and there was lots of work for me to do. It was enjoyable helping everybody there. The work was challeng-

ing but not too hard so it was good fun to do. I always looked forward to going in the morning and I enjoyed it every day. This made my work experience very enjoyable for me. They are a great charity and I hope that they keep doing the good work that goes on there.

Shabnam Bashir ~ SVQ Level 4

I have been coming to NKS now for almost eight years. I attend the Thursday Young Mothers Group and enjoy coming and taking part in the sessions. I first came to NKS because I needed to socialise and get out of the house. Coming to NKS has had a great impact on my life. I have met a lot of new people from different cultural backgrounds and have made many good friends. NKS provides a wide variety of indoor and outdoor activities and there is something for everyone.

I was on NKS' Management Committee for a while and really enjoyed attending meetings and being a part of the decision-making process. It was really interesting to see what goes on behind the scenes and how the project is run.



For the past year I have been studying for my SVQ Level 4 in Childcare. The course was organised by NKS and is run at the project in conjunction with Borders College. As part of this I am doing my work experience at NKS Nursery. I am really enjoying my course and the work experience. I have also completed a Reflexology Course at NKS which I also really enjoyed. I don't think that I would have been able to access these courses if it wasn't for NKS.

I bring my children to NKS for English and Maths tuition to improve their confidence about these subjects. Their education is really important and it is really good that NKS has organised these tuitions at very affordable rates. I'm very grateful that NKS is here and has provided me and my family with opportunities.

Rezwana Khan ~ SVQ Level 3



I have been coming to NKS for the past seven years. I started off as a user. In 2013 I did the Group Leader training which gave me more confidence to work with the community. I also did Elementary Food Hygiene training in 2013 which has been really useful.

I wanted to work with children and to develop my skills further. Last year I did my SVQ Level 2 in Childcare and just now I am doing SVQ Level 3. I am really enjoying my course. As part of this I am volunteering in NKS Nursery to gain valuable work experience. I am also volunteering twice a month

in the Bruntsfield Community Nursery, where my child attends. I feel that I am getting good work experience between the two nurseries.

I am also working with the Bangladeshi Women's Group on Mondays. I am helping in the kitchen to cook food and also helping to serve the women. I am really enjoying what I am doing and I have learnt a lot.

Sometimes it can be quite hard to balance my home life with my studies and work experience but I know that it will be worth it in the end. I hope to get a part-time job at the end of my studies.

It's Good To Volunteer!

There are different volunteering opportunities available at NKS. You can volunteer in the office where you can help the staff with administrative tasks. You can volunteer with the community health staff who run groups and activities. You can also volunteer in our nursery or with the After School/Homework Club. 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. A PVG check will need to be done with Disclosure Scotland.

Keep Warm and Healthy in Winter

As you become older, your body responds differently to the cold and this increases the chances of health issues such as heart attack, stroke, pneumonia and problems with breathing. Some older people cannot afford to heat their homes and some live mainly in one room to save money. The cold weather just adds to the financial worries of older people. Some of them avoid heating rooms such as the bedroom, bathroom or living room because they are worried about the cost.

As you get older it takes longer to warm up which can be bad for your health. The cold thickens blood and increases blood pressure, and breathing in the cold air can increase the risk of chest infections. Ensure that you are prepared for winter with the following tips to help you look after your health:

1. Have the flu jab every year

If you are over 65 or have certain health conditions you can get the flu jab for free. The vaccine takes up to ten days to take effect, so have it early on in the winter. Contact your GP surgery for an appointment to get the flu jab.

2. Find out about the pneumonia jab

This is a one-off jab that helps protect you against pneumonia, meningitis and septicaemia. If you're over 65 and have not had one yet, then ask your GP surgery about it.

3. Wash your hands regularly

A simple way to help prevent the spread of flu and other viruses is to have good hand hygiene. Wash your hands regularly, and clean surfaces like your telephone and door handles regularly to get rid of germs.

4. Get active

Staying active is not only essential for your wellbeing and fitness, it also generates heat and helps to keep you warm. When you are indoors, try not to sit still for more than an hour.

5. Be prepared

Order repeat prescriptions in plenty of time, especially if bad weather is forecast and ask your local pharmacy if they offer a prescription pick-up and delivery service.

6. Keep in touch with people

It's not unusual to feel a bit down in winter. If you are finding it difficult to get out and see friends then make sure that you phone or Skype them for a chat. You can call Silver Line Scotland at any time or night if you want to chat. There is more information about this in the next article.

Silver Line Scotland

Silver Line Scotland is a free, national helpline that provides information, friendship and advice to older people, 24 hours a day, every day of the year.

The service is delivered in partnership by Age Scotland and The Silver Line Helpline. Their aim is to assist older people to be happy and healthy, supporting them to live independently at home for as long as possible, and helping to overcome the barriers of isolation and loneliness.

This partnership means that, via just one phone number – **0800 4 70 80 90** – older people across Scotland can access both Age Scotland's independent, confidential advice services along

with the 24/7 befriending services of The Silver Line.

From 8am to 8pm, Monday to Friday, anyone calling **0800 4 70 80 90** from a Scottish landline will come through to Age Scotland's Information and Advice team. Their paid staff and volunteers specialise in answering enquiries from older people, their carers and families. Whether your question is about community care, tax, pensions, benefits or any other issue, they will find an answer. They are also there for callers looking for a chat – this could be about what you've been doing, what's important to you or even just what you've been watching on the television.

Freephone: 0800 4 70 80 90

Textphone: 0845 226 5851 (Monday to Friday, 8am-8pm)

Free or local rate call from mobile: 0300 4 70 80 90

Telephone interpretation is also available (Monday to Friday, 8am-8pm). Ring the Silver Line Scotland and say the name of the language.

For more information about The Silver Line visit the website:

www.thesilverline.org.uk

Benefits of Regular Exercise

Keeping yourself fit and active has lots of health benefits:

1. It lowers your risk of cardiovascular disease, such as coronary heart by 20 to 30%.
2. If you are moderately active then you have a 30 to 40% lower risk of developing type 2 diabetes than those who are less active.
3. You have a 30% lower risk of developing colon cancer and a 20% lower risk of breast cancer if you do regular exercise.
4. If you are more active then this can improve muscle function, reduce bone loss, improve your balance and flexibility and have a beneficial effect on blood pressure.
5. If you exercise for three or more hours a week then this halves your risk of osteoporosis and heart attack.
6. Daily physical activity reduces your risk of depression by 20 to 30%.
7. Being physically active can help to reduce the feelings of isolation and loneliness. It can also help to increase your confidence, your well-being and you will be more in control of your own health.

It's not necessary for you to be good at sports to be more active. You could: walk more; garden; do yoga; dance or do gentle exercise. You could ask your local Leisure Centre for information on what activities are available for you.

Information for these articles has been researched by Penny O'Brien from the Age Scotland Website.

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?

Outing to St Andrews Beach

NKS staff and users took a coach load of women and children to St Andrews beach in August 2014. They really enjoyed the outing despite the windy weather. On their arrival they had a lovely picnic. The children made sandcastles with their parents and played games on the beach. Some of them collected sea shells to take back home. The outing was a really good opportunity for parents and their children to bond and socialise with each other. A lot of the women had never been to this beach before and were very happy with the beautiful scenery and landscape.

Information Sessions with Edinburgh Leisure

Aisha Chaudhary from Edinburgh Leisure came to NKS and spoke to a few of NKS' groups about their services and how the women could stay active and manage their health better. Aisha advised the women on how to find and access classes within their communities such as exercise classes and women-only swimming sessions. She also informed them about the new women-only and child swimming sessions at Craigroyston CHS. The women found out about what was available to them and the importance of improving their fitness.

Breast Cancer Health Session

A health session on breast cancer took place with 15 Bangladeshi women in October 2014 at NKS. Ishrat Measom informed them about the symptoms of breast cancer, how to check themselves and how often. She also informed them about where they could get help and gave them cards about the helpline. They discussed a few case studies and how these women were cured. Posters and photos were used to give information to the women and they were given website information too. The women found the session interesting and informative but were shy and hesitant.

Chest Heart & Stroke Scotland (CHSS)

Three people came from CHSS in October 2014 to do a session at NKS. Ten Bangladeshi women took part. They were informed about the symptoms and the indicators for heart problems and strokes. The women found the session to be very informative and very useful.

Basic First Aid Sessions

Basic first aid sessions were held in some of the groups during the past few months. The women learnt some important but simple first aid skills so that they would know what to do in case there was a problem. After the sessions the women were more knowledgeable and confident. Everyone received a copy of the *Everyday First Aid* workbook which had clear instructions and supporting diagrams.

Consultation with NHS Lothian

Fulmaya Lama, from MEHIS, came to NKS in October 2014 to do a consultation session with Bangladeshi women about how the NHS works, how to improve their service and how and where to complain. A total of 18 women took part in the consultation. The group looked at the complaints procedure and Fulmaya informed the women about what help the NHS could provide to the public. The women found the consultation session to be very helpful as they were able to give their views. Some of the women said that they cannot get an appointment when they need one. They were able to raise the issues that were of

concern to them such as they are looking for more translating and interpreting services and more Ethnic Minority doctors and nurses within the NHS service. A follow up session to this consultation will be held in early 2015 where Fulmaya will give them feedback on their concerns.

NKS Annual General Meeting (AGM)

The NKS AGM took place on Monday 24 November 2014 at NKS premises. NKS Management Committee, staff, volunteers, users and funders attended. Zarina Ahmad, from CEMVO, was the guest speaker. After the speeches from the Chair, Treasurer and Manager, Zarina was given the floor and she spoke about climate challenge. The users spoke enthusiastically about the many positive impacts from NKS' Climate Challenge Initiative. They spoke about rediscovering how to cycle, reawakening their love of gardening, becoming more environmentally friendly and improving their physical and mental health and wellbeing through being involved in this particular project. The AGM was followed by lunch and a chance for people to socialise.

Charity Lunch at Naina's

Some of the NKS Management Committee members, staff, Friday Older Women's Group members, NKS Nursery children and the ASHC children went to Naina's house in September 2014 for the fundraising lunch that she had organised in support of Macmillan Cancer Support. She cooked a lot of very tasty food. Everyone really enjoyed the food and the atmosphere. The children got some fresh air when they were taken outside to play in the little playground. It was a lovely outing for everyone away from the office. Naina held a few other fundraising lunches and raised over £600.00 for the charity. It felt really good to give something back to help others. Macmillan is such a worthwhile cause too.



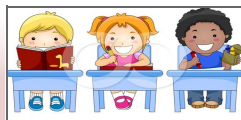
Elementary Food Hygiene Training



Some of the Trainees After their Exam

NKS organised REHIS Elementary Food Hygiene certificated training in December 2014 for NKS staff and volunteers with EVOC. It was very important for them to have done this training as it is a requirement of Environmental Health that anyone stepping into the kitchen must

have passed this training. It was a very interesting and useful course where the participants learnt a lot about food safety and hygiene. They had a multiple choice exam at the end of the day. Everyone passed with flying colours and will receive a certificate soon. Well done!



NKS After School/Homework Club

August and September 2014

- Some of the ASHC children, Umair Shahid, Urooj Ashraf, Neha Sardar and Paige Measom have been busy painting the outside area of the NKS Garden and have also been painting a mural on the side of one of the walls. They have been very creative and have had a good time doing the mural.
- Some of the ASHC children took part in the BBC show '**Glorious Gardens from Above**' when they came to film at The Grove Garden in September 2014.

October 2014



NKS ASHC Children making Herbal Oat Soap

•The NKS ASHC children went with their parents and other users from the project to the Outdoor Festival For All at Blair Castle in Cairngorms National Park. There they enjoyed the fresh air and experienced activities such as: cycling; making herbal oat soap and nettle pesto; tried the martial art of Chi Gung; Capoeira music and movement; wall climbing and archery. Everyone really enjoyed the outing.

November 2014

•The NKS ASHC children visited the Fordell Firs Scout Activity Centre in Fife. They enjoyed lots of physical adventurous activities such as: archery; wall climbing; orienteering; challenge course; and the King Swing. All of these activities were new experiences for these children. Initially they found it very challenging as due to various reasons such as financial constraints and religious and cultural reasons they have not been able to do these type of activities. The children were so happy and more confident at the end of each activity that they wanted to do more. They would like to come again and would like to do a residential such as at Lagganlia.



Umair, Abdullah, Heather, Tonde, Dawood & Amna

•Some of the NKS ASHC children participated in the Scottish Taekwondo Championship and Amna Shahzad won a silver medal and Abdullah Shahzad and Umair Shahid won bronze medals. Well done! NKS would like to thank Heather and Tonde for bringing Taekwondo to NKS.

Maths and English Tuition

Maths tuition takes place four times a week at NKS. Recently a qualified English tutor has started tutoring children on Tuesdays at NKS. NKS has organised the tutoring to help children who need more support and to give their parents the opportunity to help their children to do this. More details about the timings and costs are available from NKS.

NKS Nursery Staff & Children

August 2014

- They went to Gambado's for an outing. There the children had fun playing and everyone had pizza for lunch.
- They took part in the Eid party at the Royal Botanic Garden in Edinburgh. There is more detail on page 11.
- They went to a museum and enjoyed a puppet show whilst there.
- They went to Gorgie City Farm. The children enjoyed looking at all the animals and learnt about how they lived and what they ate.

September 2014



- They participated in a Scottish Dance workshop where they had a lot of fun.
- A dentist visited the children to tell them how important it was to brush their teeth twice a day, especially before going to bed and not to eat too many sweets.
- The children took part in the "I want to be..." fundraising event for Save The Children and raised £36.00.
- This month the NKS Story Telling Club started with parents coming in to tell a story in their own language.

October 2014

- They went to the Grove Garden where they collected different vegetables and learnt about healthy food.
- They had a Diwali party where they decorated paper lamps.
- They made cards, cakes and decorations for their Halloween party. There's a nice photo on page 9.
- They went to the library and collected leaves and flowers on the way back for their Autumn display.

November 2014

- A joint birthday party was held for three of the children. The parents brought in food, birthday cakes and party bags for the children. The children got nice presents too.
- The children made and decorated 'miss you' cards for their grandparents and posted them to them.
- They visited Fountainbridge Library and listened to stories in the story corner. They sat in a toy car and made things out of blocks.

NKS Nursery Information

NKS Nursery still has places and is open from 8.00 am until 5.45 pm from Monday to Friday. The morning session is from 8.00 am until 12.45 pm. The afternoon session is from 1.00 pm until 5.45 pm. Fees for children over 2: £10.00 per session, £17.50 per full day or £75.00 per week. Fees for children under 2: £13.00 per session, £25.00 per full day or £123.00 per week. Snack money is 30p per day. Please call NKS on 221 1915 for more information.



Delicious Healthy Recipes

Courgette Cake ~ By Naseem Sulman

Ingredients:

300g courgettes
60g sultanas
3 medium eggs - separated yolk/white
125ml sunflower oil
150g light muscovado sugar
225g self raising flour
1/2 teaspoon of bicarbonate
1/2 teaspoon of baking powder
Peel/rind of 1 lime
1/2 juice of lime

Filling:

200g fresh double cream
150g icing sugar
Juice of 1/2 lime
Zest/rind of 1 lime

Method:

Preheat oven to 180°C (gas mark 4)

1. Prepare two 20cm (8in) round cake tins with butter/oil and baking parchment.
2. Soak the sultanas in warm water to plump them up. Leave for a few minutes and then drain.
3. Clean the courgettes. Trim the ends but leave skin on. Grate (coarse not fine) and put in a sieve to let any excess moisture drain away.
4. Put oil, sugar, egg yolks and juice of lime with lime zest into a bowl and beat with whisk (or electric mixer) until creamy.
5. Mix in the grated courgettes and sultanas.
6. Combine the self raising flour and raising agents and sift in. Gently mix together.
7. In a separate bowl whip egg whites to soft peaks. Gently fold into cake mixture with a metal spoon.
8. Split the mixture between the two tins and put into the preheated oven and bake for 30 minutes until lightly browned and firm to the touch.
9. Allow to cool in the tin for a few minutes then remove to a rack to cool completely before adding the filling and icing.
10. Whip the double cream with a little of the icing sugar for sweetness until thick and sandwich the two halves together.
11. Make the icing using the icing sugar and the juice and zest of the lime. Once ready ice the outside of the cake and leave to set a little.
12. Decorate the cake with fresh fruit and leave to set completely.



3 vegetable stock cubes,
reduced salt
Medium pot of water
1/2 onion, peeled and finely chopped
Salt and pepper to taste
1 tablespoon of oil
1 tablespoon of butter
Parsley to garnish
Double cream

Method:

1. In a large pan add the oil and butter. Once melted add in the celery, onions, carrots and leeks and season with salt and pepper. Let it simmer for 15 minutes.
2. Whilst that happens prepare your stock cubes. Fill a medium sized pot with water and add the three vegetable stock cubes and let them dissolve and boil.
3. Add the potatoes to the large simmering pot and pour in the stock and let that cook for roughly 20 minutes or until the potatoes are soft.
4. Blitz with a hand blender until smooth.
5. Garnish with cream and parsley and serve with toasted baguette slices and/or shop bought garlic dough balls.



Butternut Squash Soup ~ By Shakira Rahman

Ingredients:

1 butternut squash
Thyme
Rosemary
Salt and pepper to taste
Garlic
Oil
1 celery stick, finely chopped
1 onion, finely chopped
1 carrot, finely chopped
1 tablespoon of butter
Vegetable stock
Spring onions

Method:

1. Cut the squash in half and then square both of them off at the bottom so that they will sit nicely on the baking tray.
2. Rub the squash halves with garlic then place a few in the squash. Place the two halves on to a baking tray.
3. Then drizzle the two halves with oil, season and put them in the oven till they are nicely roasted. This should be about 30/40 minutes at gas mark 7.
4. In a pan melt the butter and add some oil, then sauté the carrot, celery, onions with some seasoning.
5. Take out the squash when roasted and cooled enough to handle. Scoop out the roasted squash into the sauté vegetable pan.
6. Add in the stock and let it simmer. Blitz the soup. Plate up the soup and garnish with some double cream and spring onions.
7. Serve with buttered crusty rolls or croutons.



Potato and Leek Soup ~ by Shakira Rahman

Ingredients:

6 leeks, washed and chopped into slices
A bag of baby potatoes, washed, peeled then halved
1 stick celery, washed and cut into thin slices
1 carrot, washed, peeled then cut into small pieces



Photo Gallery.....



Some of the NKS Nursery Children at Gorgie City Farm in August 2014



Cycle Tutor Training ~ Bike Maintenance ~ August 2014



NKS Users and their Children at St Andrews Beach ~ August 2014



NKS ASHC Children at Fordell-Firs Scout Activity Centre ~ November 2014



NKS AGM ~ 24 November 2014



NKS Management Committee Members, Staff and Volunteers ~ Christmas Lunch at Mr Basrai's Restaurant in Fountain Park



Halloween Party in the NKS Nursery ~ October 2014



NKS Friday Older Women's Group ~ Christmas Party 12/12/14



Young Voices.....

Socialising ~ by Gregor Whitley

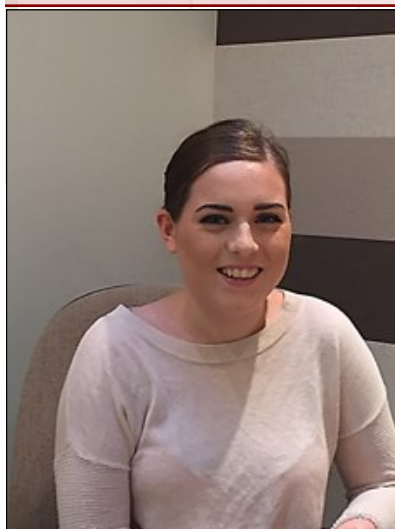
Make sure that you go out regularly and meet with your friends, even if it's at their house or your own. Make sure that you create time for them otherwise you'll be stuck and will soon get lonely doing nothing. Life isn't all about work and studying.

Going out into town or the cinema is a good idea as it's good fun for all of you if you have a large group. However these trips can be costly. So, planning ahead and putting money to one side will help.

For much cheaper or free fun you could go and play video games at their house or invite them over. You could get together and watch movies on TV or DVDs. There's nothing quite like watching a film with your friends.

You could play board games, dominos, cards or even charades. There are lots and lots of things that you can do that won't cost you a penny. If you don't have any games like these then you could make up your own games and have a good laugh. It will keep you positive and you will be a much happier person.

Penny O'Brien ~ Edinburgh Napier University



Penny at NKS for her Work Placement

I am currently a third year Psychology student at Edinburgh Napier University. I am from Inverness up in the Highlands with Nessie the Loch Ness Monster but moved to Edinburgh in 2012 to study. Being a Psychology student has given me the motivation to support and improve people's lives. The scheme I am on with Edinburgh Napier is called 'Getting Inside' which allows you to gain valuable experience and widen your knowledge on potential future

careers. I chose NKS as my placement as I feel what NKS offers to families is something I value highly. As my mother is involved in the fitness industry I have always been brought up with the importance of health. I have previously spent time volunteering in my final year of high school in a 1st year home economics class assisting in cookery lessons and teaching the values of healthy eating and living.

At NKS I was kept very busy but then it is a very busy place! The tasks that I was asked to do included: researching and typing up health information to go into NKS' newsletter; typing up other articles for the newsletter; working out how to reset equipment; updating NKS contact lists; helping to record petty cash expenditure and to balance it up and activity tasks for the NKS Nursery. I have really enjoyed my placement and was really glad that my skills came in handy.

Another reason I chose NKS as my placement with the 'Getting Inside' scheme is my passion for culture. I believe that culture makes us all unique and we can all learn from each other. During my stay in the Gambia two years ago, I lived with Gambian coun-

terparts and we all worked together to help finish and complete an education centre. I also helped out teaching in an English class and spent time in a Gambian Nursery. The Nursery was one of my favourite moments as I previously spent time at home in Inverness with a nursery where the pupils donated pens, pencils and stationery which I was able to hand over to the head teacher and nursery pupils who were overwhelmed with their Scottish friends contribution.



Me (circled) with the Village Chief (also circled), Staff and Volunteers Where the Education Centre was Being Built in Gambia



Students in the Nursery School in Bakau in Gambia Waving and Thanking their Scottish Friends for their Kind Donations

I am grateful for being accepted on to the 'Getting Inside' scheme and have enjoyed getting to know everyone at NKS.

Have a Laugh!

Knock knock!

Who's there?

Arthur!

Arthur who?

Arthur any more biscuits left?

What do you call a deer with no eyes?

No Idea!

Did you hear about the two light bulbs that got married?

The reception was brilliant!

What happens to a frog's car when it breaks down?

It gets toad away!

What did the duck say when she bought lipstick?

"Put it on my bill."



Climate Challenge Initiative...



Eid Party at the Royal Botanic Garden Edinburgh



NKS Staff, Volunteers and Users at the RBGE

In August 2014 NKS staff, nursery children, the ASHC children and users from each of the groups that run at NKS went to the Royal Botanic Garden Edinburgh (RBGE) to have an Eid party with the

RBGE staff and others involved in gardening at the allotments there. There were lots of people there and it was a really good and fun atmosphere. There was a fantastic variety of food on display for people to eat. Some of it had been made from produce grown at the RBGE. Some of the women and children got the chance to pick some fresh vegetables to go into a salad and learnt about the importance of organic food. Everyone was free to soak up the fresh air, have fun and enjoy themselves. The weather was really nice and sunny which made the Eid party even better.

Cycle Tutor Training

During August/September 2014 six Climate Challenge volunteers went through three Cycle Tutor Training sessions at NKS. The training was run by Belles On Bikes. The volunteers learnt how to: teach others to ride; be safe out on the road; bike maintenance and a lot more. They passed their test and can now teach other people how to ride. Well done to them all!

Harvest Festival at RBGE ~ September 2014

NKS entered a basket of produce grown by the Climate Challenge Initiative users in the Harvest Festival at RBGE. A total of 43 users attended the event. NKS didn't win but the users were really proud that they had grown the vegetables and flowers that were in the basket.

Glorious Gardens from Above

The BBC show 'Glorious Gardens from Above' came to film at The Grove Garden in Fountainbridge in September 2014. Some of the NKS staff, users and ASHC children were on TV! Humaira Abdullah, Umair Shahid, and Mrs Pandya spoke about the mustard seeds, radishes, lettuce, coriander and spinach that they were growing. It must have been very exciting to be on TV!

Waste Reduction Workshops

Two Waste Reduction Workshops were held at NKS thanks to Changeworks during November 2014 with 45 women attending. The women looked at how they could reduce their general waste, recycle more and reuse items that they would otherwise have thrown away.

Fife Diet Workshop

A Fife Diet Workshop was held in November 2014 with the Fife Diet Project and ELREC. Thirty people attended and look at different aspects of climate change. The event went really well.

Kitchen Canny Workshops



Bangladeshi Women in One of the Workshops

Two Kitchen Canny Workshops have taken place at NKS during November 2014 thanks to Changeworks with 45 women attending. The aim of the workshops was to help the women to reduce their food waste.

They looked at practical ways to improve their meal planning, shopping for food, portioning, storing of food and how to use any leftover food. The women found these workshops very interesting and useful.

Fuel Efficiency Sessions

Two fuel efficiency sessions have taken place in the last few months thanks to FuelGood. Each session had eight slots where people could either use their own car or the car of the FuelGood Instructor. They had to make sure that they brought their full driving licence with them. First of all they drove for about 10 minutes as they would drive normally with the Instructor noting what they did. Then the Instructor told them what changes to make to their driving style. It was very surprising for them to learn that they should drive in fifth gear even at 30 mph in and around town. This will save fuel and therefore money. They were very pleased with the advice that they were given and many are already benefiting. NKS is hoping to have more of these sessions in the future as they were very popular and really had a positive impact.

Energy Efficiency Workshops

Energy Efficiency Workshops have taken place in the groups that run at NKS during the past few months. Women have learnt more about global warming through watching videos and discussed ideas around reducing this such as: walking more; reducing car usage; recycling more and monitoring their usage of electricity and gas at home to be more energy efficient and keep their costs down.

Home Energy Checks (HEC)

Discussions about HECs took place in the past few months in the groups that run at NKS. NKS purchased 25 energy monitoring devices to carry out the HECs. These monitors have been fitted into women's homes to monitor their energy usage. They can see when more energy is used and when less is used. They are realising that saving energy means saving money as well.

Cycling Sessions

Some of the women from each of the groups that run at NKS have been learning how to cycle. They are making great progress at their own pace. They are all very determined to succeed. Some women could already cycle and some have learnt quickly. They go out regularly to cycle in small groups when they are at NKS. It is a great form of exercise and it is a very rewarding activity to do.



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

Sakhi (friend) Women's Group:

- This group runs on Wednesdays between 11.00 am and 1.00 pm at NKS. The group decides what activities they want to do. Activities include: health sessions, sewing, complementary therapies, healthy cooking, outings, social functions etc.

Mother and Toddler Group:

- This group (run in conjunction with Sure Start) runs on Thursdays from 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
Sandra Abushaaban ~ Director
Jabeen Munir ~ Director
Shaheen Ahmed ~ Director
Allison Conroy ~ Director

NKS News/Events

NKS Healthy Kitchen ~ Workshops will be running in all of the groups that run at NKS on how to cook more healthily and safely. Women will be learning how to nutritionally balance their meals and also about portion control. They will also learn how to use any leftovers.

Home Energy Checks (HECs) ~ These have been really popular with NKS users. More HECs will be carried out in the coming year.

Launch of Heritage Book ~ It is hoped that the book will be going to press in the next month or so. This has been a really fantastic project and NKS looks forward to launching the book around March/April 2015. The participants are very excited to see the finished book.

Fuel Efficiency Sessions ~ These sessions have been really popular. More sessions are planned in the coming months.

NKS Fundraiser for St. Columba's Hospice in Edinburgh ~ NKS is organising a fundraiser on Friday 27 March 2015 at 7.30 pm with a sit down dinner and entertainment. It will be at St. Thomas Of Aquin's RC HS. Please contact NKS for tickets, which will be £30.00 per person and £240.00 for a table of 8. There will be a raffle. Please come and support NKS.

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

Jane Jones ~ Jane stepped down at the NKS Annual General Meeting on 24/11/2014. NKS would like to thank her for her commitment to the project and for all her hard work. NKS wishes her all the best for the future and hopes that she stays in touch.

Energy Efficiency Training ~ Congratulations are in order to Naina Minhas, Asma A Kassim, Nasima Zaman, Rohina Hussain and Naseem Suleman for passing the City and Guilds certificated course in Energy Efficiency. They are now qualified Energy Efficiency Advisors. Well done!

Nasima Zaman ~ NKS would like to congratulate Nasima on completing SVQ Level 3 in Childcare. Well done!

NKS Staff and Volunteers ~ It's already been mentioned on page 6 but NKS would like to congratulate all of the NKS staff and volunteers who took part in and passed the REHIS Elementary Food Hygiene training. Well done!

Your Contacts at NKS

Naina Minhas ~ NKS Manager
Nasima Zaman ~ Administrator & Climate Challenge Sessional Worker
Khalda Y Jamil ~ Administrator
Asma A Kassim ~ Climate Challenge Project Co-ordinator
Rohina Hussain ~ Community Health Officer & Climate Challenge Sessional Worker
Ishrat Measom ~ Community Health Officer
Naseem Suleman ~ Family Support Officer & Climate Challenge Sessional Worker
Rukhsana Hussain ~ Community Officer
Nargis Lalee ~ Heritage Lottery Officer
Humaira Abdullah ~ Nursery Manager
Sobia Shahzad ~ Nursery Supervisor
Nazish Raza ~ Nursery Supervisor
Amina Rahman ~ Senior Nursery Practitioner