

Health and Welfare Project  
Enriching Communities

Winner of:

TNF Scottish Charity Awards 2009  
The Scottish Asian Business Awards 2009  
Scottish Empowerment Awards 2005  
Contribution to Others Finalist 2005



"a  
happy woman  
is a  
happy family"

# Nari Kallyan Shangho Newsletter

Autumn/Winter Edition, December 2015, Volume 15 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.

## NKS' Work With Families

NKS is trying to address issues of inequality and accessibility of the South Asian communities in order to improve their social and economical circumstances and quality of life. NKS does this by providing one-to-one advice and information to the South Asian families in regards to their social and economical issues by advocating on their behalf to services and organisations to get suitable and appropriate advice for them by networking with the said service providers and to link the families to these services.

NKS works to provide support in accessing services such as social work, housing, education, hospitals, doctors and health and welfare benefits. This is done by taking up appointments with families and finding out what their issues are, and then this is addressed by communicating with the agencies on their behalf via phone, letters and emails. Due to the women and their families not understanding the English language properly they lack the knowledge of information about services and also the terms and the wording used in the forms and this is evidenced by some of these families not accessing benefits that they are entitled too. We hold meetings with agencies and hold surgeries in the groups to provide the knowledge to the women and their families.

The unemployment and underemployment rate is high among South Asian communities. People find it hard to find employment because of the lack of a higher education, language problems and low self-esteem. Also separation is another huge issue as most of the South Asian women are

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For any further information, comments, or suggestions regarding any issues raised in this newsletter, or if you would like to contribute work to be included in future newsletters, please contact NKS at the address indicated.

**Disclaimer:** The views expressed in any of the articles in this newsletter belong to the author, and are not necessarily the views of Nari Kallyan Shangho.

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brought up to be dependent. Some of these women depend on the male members of the family for most of their life, so when all of a sudden they separate from their husbands they feel isolated, harassed and lost with all of the responsibility which they have to fulfil for themselves and for their children whilst having language difficulty and being unaware of the services available. These women then go into depression and are unable to deal with their day to day life. For these women welfare benefits are their main source of income. But with the new changes in the benefit system the women now lose their only source of income after a few months. NKS helps these women by putting them forward for English classes and then through training for further vocational qualifications so that they can work in a professional setting in order to live an independent life and raise their children with dignity.

Due to the new laws in welfare reforms and the introduction of new benefits which are replacing the old benefits, this has caused lots of problems for women with medical problems which are not now recognised such as depression. Also with the new laws a lot of benefits were stopped and we had to appeal against these and then go to the tribunals to get the benefits reinstated. This is a long process and very difficult for women to undergo. NKS advocates on behalf of the women and their families at appeal hearings and tribunals so that their benefits can be reinstated.

A lot of South Asian women live in extended families and then when they are separated from their husband, these women not only lose their partner but also the family as well. This leads to depression and as there is lack of understanding of this it is often overlooked. Plus for these women to find work first they have to have counselling and there isn't any Urdu, Punjabi or Bengali speaking counsellors in Edinburgh so NKS goes with families to advocate as they do not like to talk about their personal life with strangers.

Housing is another big issue for the South Asian community because of the breakdown of the extended families and due to separations. The offer of houses is not according to the needs of the community. First they have to wait a long time because of the low availability of houses and then the offers are in the areas which they cannot move to as it will isolate them from their family and friends. Plus their children are already going through the trauma of separation and then they would need to change schools, make new friends, this leads to issues with the children.

Some families have children's schooling issues as their children are left behind in their curriculum due to their family's language differences, separations of parents, and this is tak-

en up with the school guidance teachers and the head teachers. When children have health issues or learning difficulties, we take this up with doctors to get them properly assessed as sometimes teachers and guidance teachers miss these as they think the problems are due to the language. Also in South Asian families there is lack of knowledge and understanding regarding learning difficulties and autism in children. So, as most people ignore these, we first of all identify the problem that the child is having when the mother comes to us and then go with them to the doctors to get a proper diagnosis done and then give guidance as needed to the family and the school.

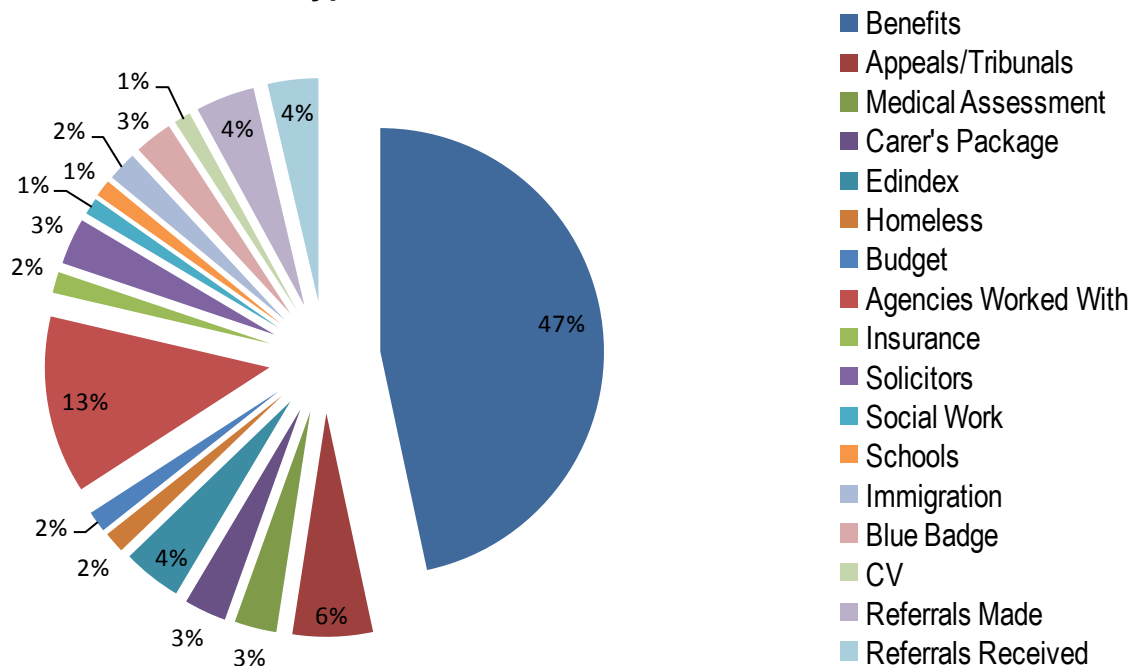
The South Asian families come to NKS with all kinds of problems, such as immigration, and we then refer them to the right agency. Sometimes NKS has to negotiate for their appliance repairs and even to sort out telephone and gas bills. Due to illness and family issues they sometimes fall into debt and then we forward them to debt advice agencies and act as their advocates whilst these problems are sorted so that it doesn't get to court or collection agencies. The families who approach us are vulnerable due to a lack of knowledge, language barrier and they are not aware of how the system works. They feel isolated, socially excluded and that no one is ready to listen to their difficulties. We assess their cases and then refer them to various appropriate agencies if and when NKS is unable to help them.

The South Asian community population has increased a lot in Edinburgh since NKS started. We refer some cases to different agencies because the workload has increased and there is only so much that NKS can do within the given hours each week. Also with the introduction and changes in the welfare laws now all new benefit claims have to be made on the telephone so this takes between 45–55 minutes and sometimes over an hour as translating has got to be done. Then the benefit forms are sent which have to be filled in by hand and these are usually between 12 pages (WORKING TAX CREDIT) to 51 pages (ESA and DISABILITY AND PERSONAL INDEPENDENCE PAYMENT) long.

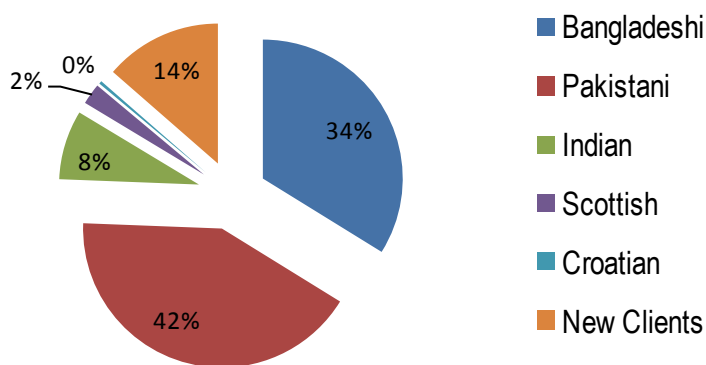
We have a long waiting list of families who have various problems but most of the time we deal with only acute issues. We are at a position whereby we get referrals from GPs, Nurses and also Job Centres because there is a need in Edinburgh for organisations like NKS which help women to become independent, self-reliant and self-confident enough to raise the next generation who will be better able to cope on their own.

*"A happy woman is a happy family."*

### Type of Work Done in 2015



### Clients Seen in 2015



### Quotes from NKS Users:

*"Accessing the Family Support Work service at NKS has been really helpful to me and my family. I feel more empowered since taking part in the Self Management project which has made me realise that I am not alone. NKS has encouraged me to better myself and I have completed childcare and reflexology courses..."*

*"NKS trained me and due to that I am able to work and earn money."*

*"NKS provides so many opportunities and activities for all age groups. The staff is very supportive and friendly and the atmosphere is very healthy as well."*

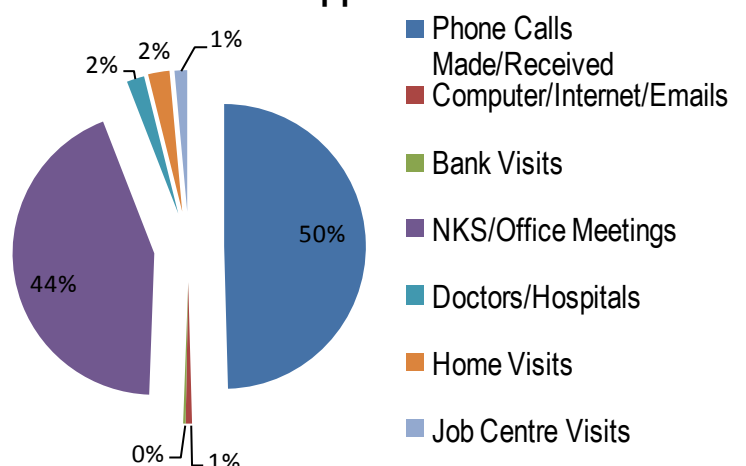
### Quotes from NKS Users:

*"NKS helps people to: gain skills to change their circumstances; helps them to understand their rights and entitlements; helps them to meet new people and make new friends and also helps them to become less anxious and more confident. I appreciate all that NKS has done to help me so far and I'm looking forward to the future."*

*"I was unable to do anything. Since I started coming to NKS my confidence has grown immensely."*

*"NKS changed my lifestyle for the better and has always been there for me during the tough times."*

### Visits made and Appointments in 2015





## NKS' Work With Children and Young People

NKS is trying to use a holistic approach to meet the needs of children from birth to 14 years old. Sharing the same culture enables NKS in the strong position to understand the needs and difficulties of children and families using our services.



NKS Nursery Staff and Parents Meeting ~ from NKS' Photo Library.

Communication and discussion between staff, parents and their child not only helps parents to share their concerns and thoughts about their child, for instance behavioural issues, teenage behaviour, learning difficulties and any other issues but also it allows us to see the whole picture and enables us to provide care and support for parents and their child.

On several occasions parents have appreciated that NKS has taken care of their child while they were going through difficult times such as: divorce; depression; work commitments and studies for personal and professional development. Moreover, parents have been given support and help with their parenting skills through counselling with the Nursery Manager and with other professionals in the Parenting Forum meetings organised around the needs of the child.



NKS' Parenting Forum meeting in September 2015.

The Parenting Forum meetings are highly appreciated by the parents. Every term an identified topic is covered in the Parenting Forum such as: Curriculum for Excellence, bilingualism and its benefits, enjoy reading with children and cultural and educational benefits which encourage lifelong learning.

We are looking forward to starting a programme for parents where they can learn how to look after children to help with their resilience and self-esteem.

On the other hand, due to a lack of understanding the Scottish culture, having language barrier, limited academic and cultural background some parents are reluctant to get involved with schools and other agencies which hinders their children's learning. In this respect, NKS plays a crucial role in raising parents' awareness by: advising and counselling them; organising different courses and parenting forum meetings for them; introducing them to the wider communities and showing them a broader picture of Scottish society to enable them to integrate in to it.

NKS strongly believes in empowering women especially women from the South Asian community by providing them with enough training and thus helping them to get vocational qualifications so that they can work in professional settings in order to raise their children with high self-esteem and confidence.

Between 2013/2015 NKS provided the following trainings in conjunction with Borders College to equip staff and volunteers:

No.	Ethnic Origin	SVQ Training Level			Outcome
		2	3	4	
1.	Pakistani	1	4	3	6 out of 8 are working and 2 are applying for jobs.
2.	Bangladeshi	2	2	0	2 out of 4 are working and 2 are applying for jobs.
3.	Arabic (Libyan, Sudanese and others)	0	1	0	Cannot apply due to parental responsibilities.

Along with all of these trainings other vocational qualifications provided to the women in the community were:

- REHIS Elementary Food Hygiene
- Trainings about Autism, Sign Language and Challenging Behaviour

In addition to the above, NKS provides a platform for the children where they can share their thoughts and concerns be-



# Information...

## NKS' Work With Children and Young People continued...

believing that the staff understands their social and cultural needs. It allows them to find the balance of what they are learning in schools and at home. Currently, based on the needs of children and concerns raised by staff, NKS is running a health and well-being programme with children where issues like low self-esteem, confidence and resilience are addressed for their positive development.



Parents sharing basic French vocabulary with the children.

Children who attended the NKS Nursery and the After School/Homework Club are not only confident but also their numeracy, literacy and problem solving skills are much developed. It was evident in the SQA results of 2015 and the prelims result at an affordable cost during this economic situation. When children from the NKS Nursery join mainstream schools they are considered to be very confident and competent students by parents and their teachers.



NKS Nursery children playing and learning about numbers.

Children at NKS are privileged because they can connect Scottish and their parents' culture feeling the connection between both cultures through different experiences that they are given opportunities to explore which they cannot normally have if they were not attending NKS due to their financial or cultural background, such as:

- Visiting Fordell Firs – The children were quite reluctant in the beginning to enjoy the different activities offered such as climbing walls and going into tunnels etc as they had never taken part in these kinds of activities.
- Exploring a working farm – The children went to Begbie Farmhouse in collaboration with RHTEC.



Some of the ASHC children at Begbie Farm.

Similarly, the children were involved in building the first Edinburgh wiki house. NKS worked in collaboration with other groups in the local community to do this.



Some of the ASHC children helping to make the wiki house.

All of the above mentioned activities demonstrate NKS' efforts to help the children to get involved in their community, not only for their social and emotional well-being, but also to help them to learn how to participate effectively in their community and to be able to get the help that they need to reach their full potential at school.

### Quotes from NKS Users:

"The NKS nursery has been a wonderful start for my child and we are very grateful for all the support."

"NKS and the nursery supported us through a difficult family situation."

"...my children benefit by attending the After School/Homework Club and the English and Maths studies support sessions at NKS."



## *Bowel Cancer Health Session for Men*

Due to the nature of the topic a health session on bowel cancer took place for men in September 2015. The group felt more comfortable listening and talking about bowel cancer this way. The group was informed about what bowel cancer is, the symptoms and the treatments available. The group was very well informed and was able to ask questions.

## *Final Bowel Cancer Health Session*



*Bowel Cancer Health Session in the Wednesday Women's Group.*

The last health session on bowel cancer took place in October 2015 in the Wednesday Women's Group. The women were given a talk by a health professional from Waverley Care who informed them about bowel cancer and the various symptoms. They were also informed about the treatments that were available. Their awareness was raised of how important it was to do the bowel cancer screening once they became over 50 and that they should not ignore the bowel cancer screening kit once they receive it in the post. They had the opportunity to ask questions after the talk and really enjoyed the session.

## *Health Session on Hearing and Sight Loss*

In October 2015 NKS' Long Term Health Conditions Support Group (LTHCSG) held a health session on hearing and sight loss. Mumtaz Unis came along from the Royal National Institute for the Blind (RNIB) and gave a very informative talk. She spoke about the causes of hearing and sight loss as well as how the loss of these very important senses affect people and their lives. She also spoke about what help was available to them. She informed the group about the audio and visual aids that were available for anyone that needed these. The topic for this health session was quite relevant for some of those that took part. They really appreciated the session.

## *Hearing and Sight Loss Screening*

In November 2015 the RNIB arranged for hearing and sight loss screening to take place in NKS' LTHCSG. This involved a series of very thorough but not too invasive tests. The results were given to those that were tested and they were advised as to what, if any, further steps were needed to be taken. The group really appreciated the testing.

## *NKS at Care4Carers for Pilates*



*The pilates session in full swing.*

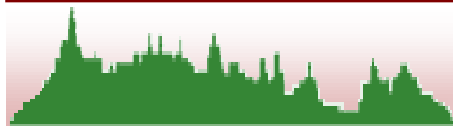
In November 2015 NKS took some of the users to Care4Carers for a pilates session. NKS users had never done pilates before so it was a really good way for them to try it out. It was a very good opportunity for NKS and Care4Carers to work in collaboration and learn from each other. Both projects hope to continue to work together during 2016. NKS users really enjoyed the experience and are looking forward to more pilates sessions and other activities as well as making more friends.

## *LTHCSG ~ Focus Group Session*



*NKS' LTHCSG Focus Group Session in action.*

In December 2015 NKS' LTHCSG held a focus group session to discuss what they would like to do in 2016. The group members informed NKS of what they would like to do as following: three people wanted help to find work; three people wanted help and support to build up their confidence; one person wanted to do more training such as candle making and learning how to sew; two carers were interested in relaxation classes; three people were interested in joining the English class and seven people expressed their interest in mixing more with Scottish groups in Edinburgh. Also, the group members said that they would like more support with GP visits as some of them do not understand what doctors are telling them or know much about their illness. It can be quite daunting sometimes and they just need that little bit of support. The group is looking forward to taking part in the activities that have been planned for them in 2016.



# Services in Edinburgh

## *Forced Marriage*

### **What is a forced marriage?**

A forced marriage is a marriage in which one or both parties do not (or, in the case of some adults with learning or physical disabilities, cannot) consent to the marriage and duress is involved. Duress includes both physical and emotional pressure. It is very different from an arranged marriage, where both parties give their full and free consent to the marriage.

The Scottish Government believes that all people in Scotland who are eligible to marry or enter into a civil partnership have a right to do so freely and without coercion.

**"Marriage shall be entered into only with the free and full consent of the intending spouse" Universal Declaration of Human Rights, Article 16**

### **New legislation**

From 30 September 2014, forcing someone into marriage was made a criminal offence in Scotland. Forced marriage was made a criminal offence in England and Wales on 16 June 2014, under the same Act.

### **Offence of forced marriage: Scotland**

(1) A person commits an offence under the law of Scotland if he or she:

- (a) Uses violence, threats or any other form of coercion for the purpose of causing another person to enter into a marriage, and
- (b) Believes, or ought reasonably to believe, that the conduct may cause the other person to enter into the marriage without free and full consent.

(2) In relation to a victim who is incapable of consenting to marriage by reason of mental disorder, the offence under subsection (1) is capable of being committed by any conduct carried out for the purpose of causing the victim to enter into a marriage (whether or not the conduct amounts to violence, threats or any other form of coercion).

(3) A person commits an offence under the law of Scotland if he or she:

- (a) Practises any form of deception with the intention of causing another person to leave the United Kingdom, and
- (b) Intends the other person to be subjected to conduct outside the United Kingdom that is an offence under subsection (1) or would be an offence under that subsection if the victim were in Scotland.

(4) "Marriage" means any religious or civil ceremony of marriage (whether or not legally binding).

(5) "Mental disorder" has the meaning given by section 328 of the Mental Health (Care and Treatment) (Scotland) Act 2003.

(6) It is irrelevant whether the conduct mentioned in paragraph (a) of subsection (1) is directed at the victim of the offence under that subsection or another person.

(7) A person commits an offence under subsection (1) or (3) only if, at the time of the conduct or deception:

- (a) The person or the victim or both of them are in Scotland,
- (b) Neither the person nor the victim is in Scotland but at least one

of them is habitually resident in Scotland, or  
(c) Neither the person nor the victim is in the United Kingdom but at least one of them is a UK national.

(8) "UK national" means an individual who is:

- (a) A British citizen, a British overseas territories citizen, a British National (Overseas) or a British Overseas citizen;
- (b) A person who under the British Nationality Act 1981 is a British subject; or
- (c) A British protected person within the meaning of that Act.

(9) A person guilty of an offence under this section is liable:

- (a) On summary conviction, to imprisonment for a term not exceeding 12 months or to a fine not exceeding the statutory maximum or both;
- (b) On conviction on indictment, to imprisonment for a term not exceeding 7 years or to a fine or both.

## *Staying Safe This Winter ~ For Older People*

If you're exposed to a cold environment for a long time, or to extreme cold for only a short time, your blood pressure rises which means you could be at risk of a heart attack or stroke. To help you stay well, it's important to keep warm at home and outdoors and follow as healthy a lifestyle as you can.

**Keep Moving** ~ Staying active is not only essential for your general wellbeing and fitness – it also generates heat and helps to keep you warm. At home try not to sit still for more than an hour. Get up and walk about. Have a hot drink. Spread any chores throughout the day. Chair-based exercises are helpful along with moving your arms and legs and wiggling your toes.

**Eat Well** ~ Hot meals and drinks help to keep you warm, so eat at least one hot meal each day and have hot drinks during the day. Eat healthily and eat enough, especially in winter.

**Get a Personal Alarm** ~ Personal alarms allow you to call for help if you're unwell or have a fall and can't reach a telephone. You press a button on a pendant you wear around your neck or as a wrist band. This will connect you to a call centre, where you can talk to someone who will contact a designated person to help you – usually a neighbour, friend, relative or the emergency services. Contact the City of Edinburgh Council on 0131 529 7714 or email [community.alarms@edinburgh.gov.uk](mailto:community.alarms@edinburgh.gov.uk) for more details.

**Take Care When Driving** ~ If you absolutely have to drive in bad weather, make sure you allow extra time for your journey. Tell someone your destination and when you expect to arrive. Always fully charge your mobile phone before you set off on a journey and make sure you have warm clothes, boots, food, water, a torch and a spade in case you need them.

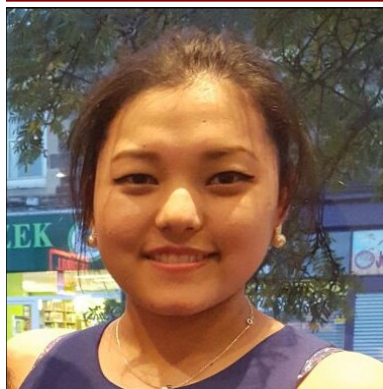
**Keep Your Spirits Up** ~ It's not unusual to feel a bit down in winter – particularly when the days are short and it can get dark by 3.30 pm. Try to keep to your usual routine and keep in touch with friends and family.

**Winter Wrapped Up** ~ Try to do something nice every day such as go for a walk; take up a class or join a group. Check your local community centre or library notice board to see what's on offer. If you feel down for several weeks and it's stopping you going out, making you feel listless and lacking in energy, it's very important to share these feelings with someone, perhaps a friend or your GP.



# Volunteers and Students...

## Sumnima Limbu ~ Volunteer



Working in NKS has been a great experience for me as I got to learn new skills. On my first day I got to work with the little children in the nursery and played with them. I observed how little things brought smiles to their faces which also made me happy. I helped some of the children from the After School/Homework Club with their home work and some of the activities that they did. I am improving my IT and communication skills by volunteering in the office. My experience of volunteering at NKS has been fun and really interesting so far. I hope that this will continue and that I can learn a lot more.

## Laiba Khan ~ Volunteer



I have had a great time volunteering at NKS so far. I have learnt many usefully and interesting things, such as the Curriculum for Excellence keys and how one small step of a child could mean many different things. At NKS I have had the chance to work with children and women from the different groups that run at NKS.

I have had the chance to do many different and fun tasks. I really enjoyed playing with the little children in the nursery and also working with the After School/Homework Club children to help them with their homework and activities. I found it quite interesting to work in the office. I learnt that for an organisation to work smoothly the staff must work really hard to make things possible.

## Nazia Choudry ~ Volunteer/Student



I have lived in Edinburgh for the past eleven years with my family. I haven't worked before because I was very busy raising my family. Now that they are older I felt that I had to do something. My friend, Savita Kumar, told me about volunteering at NKS to gain valuable work experience. So, I contacted NKS and, after getting my PVG check done, I

started to volunteer in the NKS Nursery. I have been volunteering for several months now and I am really enjoying working with young children. Savita told me that NKS has run lots of different training courses over the years. I was interested in doing the childcare course. I am going to do Level 3 in Childcare and I will do it at

NKS. I will be on work placement in the NKS Nursery as part of my course. I am really looking forward to keep on working with the children and am also really looking forward to working my way through the course and really achieving something.

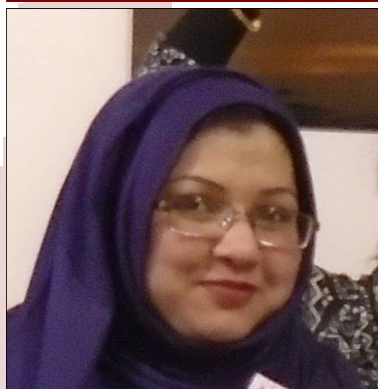
## Ferdousi Reza ~ Volunteer



I have been living in Edinburgh now for over twenty years and have been coming to NKS for a very long time as a user and have been on the Management Committee in the past. I have been a volunteer at NKS for a number of years now. Yoga is one of my many passions in life. It is a spiritual and ascetic discipline, a part of which includes: breath control;

simple meditation and adoption of specific body postures. It is widely practised for health and relaxation. I really enjoy coming to NKS regularly to do yoga sessions with the women in their respective groups. For the past several months I have been doing regular yoga sessions with the ASHC children. It's very important for children to get in to the habit of doing some form of regular exercise. The yoga sessions help to relax them for the rest of the time that they are at NKS. I really enjoy what I do.

## Tamanna Israt Jahan ~ Volunteer



I have been in Edinburgh for a few years now and have been volunteering with NKS since 2013. I volunteer with the Monday Older Bangladeshi Women's Group but also help out wherever I'm needed. I like volunteering at NKS because I can help others and I benefit by learning from the staff and get the work experience. I help to set up and clear

up the room for each session and help to serve them tea, biscuits and lunch. I do my best to keep the women happy and help them and the staff as much as I can. I have learnt a great deal from volunteering at NKS and plan to continue for as long as possible.

## 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.



## Obesity Health Talk



The Friday Older Women's Group.

In November 2015 the Friday Older Women's Group had a health session on obesity. Mrs Pandya researched the topic and brought back the relevant information to share with her fellow group members. The group looked at: the causes of obesity; the dangers of it; healthy eating; taking regular exercise and how to avoid becoming obese. It was a very good health session and Mrs Pandya did a great job delivering it.

## Active Ageing Event



The Active Ageing Event.

In October 2015 Rohina Hussain attended the Active Ageing event from NKS. The event was held at Meadowbank Sports Centre and was organised by Edinburgh Leisure. The number of people over 50 years of age in Scotland is projected to rise by 28% before 2031. People are living longer now and they need to be aware that being healthy and active is very important for them so that they can get the most out of life.

The event was for older people and there were lots of different things happening there. There were many stalls offering people information and advice on staying healthy in later life as well as showcasing projects that are aimed at older people. The Tea Dance was fun to watch. Some people got moving and joined in. Others preferred to watch and listen to the wonderful music. Different activities and hobbies were demonstrated. Older people were being encouraged to be more active. The Get Up & Go awards celebrated those who supported local people.

## Visits to Recycling Centres



Friday Older Women's Group at Seafeld Recycling Centre.

In October 2015 the Friday Older Women's Group and the Monday Older Bangladeshi Women's Group went to Seafeld Recycling Centre on different days to find out more about recycling.

The recycling centre had organised a member of staff to deliver a talk to the women and also a tour of the facility for them.

The women found the whole experience very interesting because they did not know that much about recycling centres. They really enjoyed the tour of the facility and learnt quite a lot from the visit.

They also had fun wearing the red hard hats and the yellow jackets, which were for safety purposes.



Bangladeshi Women at Seafeld Recycling Centre.

## Link Up Project at NKS for Yoga



Ferdousi (in the maroon top) Talking to the Women About Yoga.

In November 2015, as part of NKS' Cultural Bridging Project, a yoga session was organised at NKS with the users and the Link Up Project.

The yoga session was led by Ferdousi Reza. She gave the women a little talk about it and then led them through a series of yoga poses. The women really enjoyed this gentle and relaxing exercise. Afterwards they enjoyed a hot lunch and some tea. They really enjoyed getting to know each other too, especially since they were from two different organisations.





# What's been happening at NKS?

## Soap and Candle Making



*A talk about soap and candle making.*

In September 2015, as part of NKS' Cultural Bridging Project (CBP), our users went to the Care4Carers Project to learn how to make herbal soap and candles. They found the session very interesting as they

learnt something new. They made new friends and wanted more sessions in the future.

## Environmental Art Training

Three members of NKS staff did an Environmental Art training in September 2015 through the Water of Leith Visitor Centre (WofLVC). There were other participants from all over Scotland. The group went for a woodland walk and learnt how to do environmental art. They: decorated trees and leaves; piled stones up to make small manmade towers; made dyes out of berries and clay and made stick people. It was fun and educational. NKS staff is looking forward to doing sessions like this in the groups.

## Making Fans



*The group with their finished fans.*

In October 2015, also as part of NKS' CBP, our users went to the Welcoming Association. Users from both projects learnt how to make hand held fans. One of our users led the session and showed

everyone how to make them from leftover material and bamboo sticks. Our users got to meet people from lots of different countries. They really enjoyed themselves.

## Herbal Remedies

NKS organised a session on herbal remedies in October 2015 with the WofLVC. The women found the session to be very interesting as they had not heard of such a thing before. They went for a walk as part of the session where they got a talk about the various plants and flowers that were present. They had a go at making some of the remedies when they got back to the centre. The session went down very well with all of the women.

## Walk Leaders Training

Four members of NKS staff did the Walk Leaders training through Paths for All in October 2015. They had to do this training so that NKS' walking groups could be run properly and safely. The staff learnt quite a lot and found the training really useful.

## Food Hygiene Training for Nursery Staff

In September 2015 NKS organised Elementary Food Hygiene training certified by REHIS for the NKS Nursery staff. EVOC provided the training free of charge and the staff found it very useful.

## Beauty Spa



*The women with the natural beauty products.*

In November 2015 NKS' Young Mothers Group went to the Link Up Project and learnt how to do facials and hand and foot spas. They enjoyed learning how to make natural beauty products.

## Making Wallets



*The women making their wallets.*

In November 2015, as part of NKS' CBP, our users went to visit the North Edinburgh Arts Centre (NEAC). There they met their users, some of whom were from different countries. They all learnt something

about each others culture. The Link Up Project led the wallet making session. Also, in the same month our users went back to NEAC. This time one of our users led the session and showed everyone how to do basket weaving.

All of the women liked both of these sessions and enjoyed making new friends. Our users took what they learnt back to NKS and had several more wallet making and basket weaving sessions.

## Fundraising at Jane Jones' 70th Birthday Party

In November 2015 NKS did a food stall at Jane Jones' 70th birthday party to raise funds for the organisation. NKS managed to raise over £500.00 by selling curries, rice, samosas and pakoras. Well done everyone!

## Parenting Forum Meeting



*The Parenting Forum in action.*

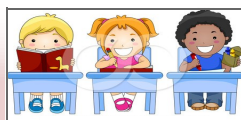
NKS' Parenting Forum met In December 2015. The meeting was all about reading. The group discussed the importance of reading with children and the cultural and educational benefits of doing this. The aim of

doing this was to instil 'life long learning' in them. The group shared what their favourite books were with each other.

## CBP Open Day & Fundraiser for Syrian Refugees

In December 2015 NKS had the CBP open day and fundraiser for Syrian refugees. On the day there were: clothes stalls; jewellery stalls; a food stall by NKS; complementary therapies and arts and craft activities for the children. In total a fantastic £1252.00 was raised which included very generous donations. Well done everyone! Thank you to everyone who helped out with the fundraiser side of the day. Your support was much appreciated.





## After School/Homework Club (ASHC)

*September 2015*

- The children has their Eid party at NKS.
- The children went for a walk along the canal and did the Emotional Health and Wellbeing (EH&W) activity back at NKS.

*October 2015*



Adam Sardar having fun on a quad bike.

- The children visited Begbie Farmhouse in East Lothian. They were shown around the farm and were given a very informative talk about how it was run. They saw the different livestock and also got to sit on some of the farming equipment. It was a fun and educational day out for them.

had a Halloween party where they did some activities and had some very nice party food.

- The children went cycling around the Meadows.

*November 2015*

- The children made cupcakes together and then had them for their snack.
- The children went to the Meadows for a walk then did some yoga back at NKS.
- The children did the EH&W activity at NKS.

*December 2015*



The ASHC children getting presents from Santa.

- The children went on the Santa Cruise outing and really enjoyed themselves.
- The children went up to Santa one by one to collect their present. It was a lot of fun!

## Study Support Sessions in English and Maths

- Maths support still takes place four times a week at NKS. The children are really benefiting from this support.
  - English support is on Tuesdays and this is going very well.
- Please contact NKS if you would like to find out more information about either of these for your child.

## NKS Nursery

*September 2015*



Some of the children helping to make Play Dough.

- The children helped to make Play Dough. They helped to measure the ingredients and got to mix them too.
- The children learnt about the importance of helping each other.

*October 2015*

- The children had a lot of fun doing arts and craft activities based on Halloween.
- The children also baked cup cakes and dressed up for their Halloween party.

*November 2015*



NKS staff and nursery children pose with the firemen.

- The children celebrated St Andrews Day by painting Scottish flags and did other activities.
- The children visited the local Fire Station. There they got to see the fire engines

and some of the children go to sit in one of them. They also got to try out the fire hoses. They really enjoyed this outing!

*December 2015*

- The children baked cakes and did arts and crafts to fundraise for the Syrian refugees.
- The children went on the Santa Cruise outing and had a lovely time. They also got presents from Santa.

## 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: £12.50 per session, £21.50 per full day or £100.00 per week. Fees for children under 2: £16.00 per session, £30.30 per full day or £150.00 per week. Snack money is 30p per day. Please call NKS on 221 1915 for more information.



# Delicious Healthy Recipes

## Banana Cupcakes

### Ingredients (serves 24):

225g plain flour  
 ½ teaspoon of bicarbonate of soda  
 2 ½ teaspoons of baking powder  
 ¼ teaspoon of salt  
 110g unsalted butter  
 1 teaspoon of vanilla extract  
 2 bananas (mashed up)  
 55mls of milk or buttermilk  
 2 eggs  
 115g of caster sugar



### Method:

Preparation time: 20 mins/Cooking time: 20 mins

1) Preheat oven to 190 °C/gas mark 5. 2) Sift all the dry ingredients into a bowl and mix together. 3) Put the butter and vanilla in a separate bowl and beat together until creamy. An electric whisk will make this a lot easier. 4) Gradually add the sugar until the mixture is light and fluffy. Then add the eggs in, one at a time, and beat the mixture for a few minutes. 5) Add a bit of the milk/buttermilk at a time, then a bit of dry mixture, then a bit of the mashed banana to the cream mixture - beat well each time and keep doing this until you only have one bowl of mixture. 6) Place the cupcake cases in your cupcake tray. Then half fill the cases with the cupcake mixture as they should rise quite well. 7) Bake the cupcakes for about 20 minutes until they are a light golden brown. Leave to cool in their tray for 5-10 minutes. 8) You can decorate them with the topping of your choice.

## Coconut and Lime Drizzle Loaf Cake

### Ingredients:

#### For the cake:

225g of flora buttery (tastes great and has fewer calories than butter)  
 225g of caster sugar  
 2 limes (zest and juice)  
 225g of self raising flour  
 100g of desiccated coconut  
 3 eggs



#### For the drizzle:

1 lime (zest and juice)  
 8 tablespoons of icing sugar  
 1 tablespoon of desiccated coconut

### Method:

Preparation time: approximately 20 mins/Cooking time: 1 hour

1) Pre-heat the oven to 180 °C/160 °C fan/gas mark 4. 2) Grease and line a loaf tin with greaseproof paper. 3) Cream together the flora buttery and caster sugar. An electric whisk will make this so much easier. 4) Add one egg in at a time and whisk thoroughly. 5) Add the lime zest and juice along with the coconut and mix thoroughly. 6) Sift in the flour and mix together using the cutting and folding method. This is where you use a metal spoon and cut the

mixture in the middle and lift and fold in the flour while you turn your bowl around. This will keep more of the air in the mixture. Keep doing this until the mixture has completely absorbed the flour. 7) Pour the mixture into the prepared tin and bake for 1 hour until risen and golden. Insert a clean knife into the centre and, if the cake is cooked, then it come out clean. Pop onto a wire rack to cool. 8) For the drizzle, sift the icing sugar into a large bowl and then mix in the lime zest and juice to form an icing thin enough to make the glaze. 9) Brush the glaze over the surface of the cake and sprinkle the coconut on top. Allow the glaze to set before serving.

## Potato Cutles

### Ingredients:

6 medium sized potatoes  
 3 slices of bread  
 3 green chillies  
 3 teaspoons of coriander  
 Salt to taste  
 1 egg (you might need more)  
 Vegetable oil to shallow fry



### Method:

1) Boil the potatoes with the skin on until they are a little soft. They should still be firm so that they are not too soft. Mash the potatoes. They should still be firm enough to be put around the bread. 2) Chop the chillies and the coriander finely and add to the mashed potatoes. 3) Add the salt according to your own taste and mix these ingredients thoroughly. 4) Cut each of the slices of bread in to two triangles. 5) Beat the egg in a large bowl. 6) Put the mashed mixture around the triangle of bread and cover completely. Make sure that the edges are covered too. 7) Dip both sides of each triangle in the beaten egg. 8) Shallow fry each side until a light golden brown. 9) Drain the potato cutles' on kitchen paper to remove the excess fat. 10) Serve the potato cutles with salad and any dip of your choice.

## Raita

### Ingredients:

1 pot of low fat Greek yoghurt  
 ½ of a cucumber  
 ½ of an onion  
 ¼ teaspoon of red chilli powder  
 ¼ teaspoon of salt  
 ¼ teaspoon of garam masala  
 Pinch of cumin seeds  
 Chopped coriander (for on top)



### Method:

1) Grate the cucumber in to a bowl. 2) Chop the onion and add to the bowl. 3) Add the Greek yoghurt, red chilli powder, salt, garam masala and cumin seeds to the bowl. 4) Mix these ingredients together thoroughly. 5) Transfer the cucumber raita to your serving bowl and add the chopped coriander on top. You can add a pinch of cumin too if you like. Enjoy with pakoras, tikkis and cutles'.





# Photo Gallery.....



NKS Nursery children growing and looking after plants ~ September 2015.



Friday Walking Group at Hermitage of Braid ~ September 2015.



Wednesday Women's Group at RBGE ~ October 2015.



Children Making Rainbows in the NKS Nursery ~ September 2015.



NKS' Annual General Meeting ~ November 2015.



Cycle Leader Course Trainees ~ October 2015.



NKS Nursery & ASHC Christmas Party ~ the Santa Cruise ~ December 2015.



NKS Management Committee, Staff and Volunteers at the Christmas Lunch.





## Ameer Yaseen



I am sixteen years old and I live in Whitburn, West Lothian. I currently attend Whitburn Academy and am in fifth year. I don't really mind school as it's only temporary as I will hopefully go into employment next year.

This year I am studying the following Higher: English; Administration and IT and Music. I am also studying Personal Finance and Physics which are both at

National 5 level. At times it is stressful, but I need to focus and continue to revise for my prelims if I want good grades!

I hardly have time to spend with my family just now because of my prelims and I know that it's going to be the same in May 2015 when I sit the actual exams.

I would like to work as an apprentice at Royal Bank of Scotland and be in the Relationship Management Support Team. I did my work experience there last year and really enjoyed it. So, I'm hoping to pass all of my exams and get the qualifications that I need to apply for this apprenticeship.

On Fridays, Saturdays and during the school holidays I like to go to my dad's garage to help out. I think that it's great that I get to go there because I have already learnt a lot about vehicle maintenance. I find it very interesting how cars work and how to check the basic things. However, I am more interested in car detailing than mechanics mostly because I like to play with water! I think that a clean car represents the owner and how they care for their property which is why my dad's car is always sparkling. It frustrates me in winter when the car gets dirty so easily!

As part of car detailing I do different things such as: wash, wax, polish and seal the bodywork; wash the wheels and seal them; apply tyre shine; clean the windows inside the car; clean the dashboard; shampoo the car seats; wash the car mats and vacuum at the end. I also clean engine bays and make them nice and shiny. I only use the best products.

I also enjoy going out for dinner with my siblings and my cousins. I do like to play games on my Xbox but I get bored after a while. This is why I'm glad that I help my dad. It keeps me busy and I'm learning something new everyday. I hope that I do well in my exams and can then go on to do what I'd like to do.

## How to Write a CV

Whether you are applying for your very first job and are still at school or trying to change your job it's very important to have a CV and to make sure that it is up-to-date. It's a good idea to review your CV perhaps once a year and update it.

There's a great deal of information out there about how to create the best CV possible, but the truth is that there's no right or wrong way to do it. It's just a matter of figuring out what works for you and the job you're applying for. There are a number of things you should consider to make sure that you're really selling yourself. Emphasise your skills and your strengths in your CV.

Your CV should be no more than two pages long and the most

important information should be on the first page. Whether you're updating a current CV or writing a new one from scratch, you can use the following checklist to make sure that you've covered everything.

### 1) Contact Details

It's important to provide a range of up-to-date contact options including your home address, your main phone number and your email address to make it easy for employers to get in touch with you.

### 2) Employment History

Make sure to include the jobs that are relevant to the position you are applying for. If you haven't had much relevant experience, however, you may want to include your whole work history.

### 3) Education and Qualifications

Your education and qualifications may not be directly related to the job you are applying for, but they're still important achievements that any employer will want to see.

### 4) Skills and Strengths

Emphasising your skills and strengths is vital when writing a CV. A strength is something you're naturally good at. A skill is something you acquire with education and experience. Make sure to demonstrate how your skills and strengths will help you to do well in the job.

### 5) Your Personality

Your CV should follow a fairly standard format and the interview is where your personality is really important, but you can still stand out from the crowd with the language you use.

### 6) A prioritised Layout

The way you layout your CV will depend on your age and work experience level. You can look online for CV templates. If you don't have much work experience or you're looking for a career change, you should place your skills and strengths section before employment and education.

### 7) A Good Simple Format

Unless you're going for a highly creative job, getting too fancy with fonts and borders will only take away the focus from the important information in your CV.

### 8) Good Spelling and Punctuation

There's no room for poor spelling and punctuation in either your cover letter or your CV. Keep sentences short to avoid confused punctuation and, if you can, give it to a friend to check it over. Spell check should be the very last thing you do before sending it off.

### 9) References Available on Request

You don't have to include references in your CV and leaving them out will save you space, but make sure to state at the end of your CV that they are available on request.

### 10) A Cover Letter

Most employers will expect a cover letter with your CV. It gives you a chance to get across your personality, ambition and to explain any gaps in your CV.

Good luck with the search for your first job or a new one!





# Climate Challenge Initiative...



Below are details of just some of the climate challenge work that has been done by NKS staff with the users between September 2015 and December 2015.

## Energy Efficiency

- NKS fitted energy monitors to users homes and then went back a month later to remove them. The before and after data was compared along with the data from the previous year to see the savings. The users have reported that bills have reduced. Some of them have bought energy efficient electrical items to make more savings.
- Boiler replacement assessments were carried out in conjunction with Home Energy Scotland.
- In the Energy Efficiency quiz women were shown pictures of different electrical items and then asked to rate them according to how energy efficient they were. They enjoyed the game which refreshed what they had learnt. A few women wanted help with setting their thermostat and a few wanted to find out about installing solar panels and what difference these could make.

## Gardening



NKS users and Andy at RBGE.

- Gardening took place at the Royal Botanic Garden Edinburgh (RBGE). The users harvested their vegetables. They cleaned the plots and fertilised them, ready for spring. They took great interest in doing this and had already

planned what to grow. The last visit was made in October 2015.

- Gardening took place regularly at The Grove. The users grew vegetables such as: beans; broad beans; spinach; coriander; onions; garlic; radish; mooli and cabbage etc.
- Some of the women have taken a real liking to gardening and have been very busy growing their own organic vegetables and herbs and also composting their waste food.

## Walking



NKS users at Hermitage of Braid.

NKS ran two walking groups - one on Tuesdays and one on Fridays. The walks took place at places like: Hermitage of Braid; Water of Leith and Craigmillar Castle Park etc. As part of these walks, NKS

users took part in activities such as: photography; basket weaving; painting and creative writing. Most of them had never done activities like these before and really enjoyed being creative. NKS is hoping to exhibit their work in March 2016. There were dogs everywhere and most of the users were terrified of them. Sometimes they were very tired but didn't give up. They really enjoyed walking in a group as this

gave them the motivation to keep walking. They said that they felt refreshed and better afterwards.

## Cycling



NKS users in the Meadows.

The users have been learning how to cycle and improve their cycling skills by cycling around the Meadows and along the canal. Their confidence is growing and they really enjoy themselves and the fresh air.

## Recycling



The Bangladeshi women pose for a photo.

Bangladeshi women visited Seafeld Recycling Centre. They gained a better understanding of recycling, especially about all the different bins. They enjoyed the talk and the visit. Since the visit some of them

have reused jars, decorated them and used them for keeping pens and make up brushes etc in.

## RBGE ~ The Glass House

Andy and Ben from the RBGE took the women on tours of the Glass House. The women were given talks about exotic plants and sowed some seeds and harvested cucumbers, coriander, parsley, broad beans, courgettes, spinach and radishes etc. They had a packed lunch there too. They really enjoyed the experience.

## Leftover Food



A leftover food cookery demonstration in progress.

Several leftover food cookery demonstrations took place. These showed very creative ways to use leftover food rather than throw it away. The users shared their recipes with

each other. More sessions will take place in 2016.

## Eid Party at Redhall Garden

NKS' Eid party was held at Redhall Garden in October 2015 and was attended by over 30 women and children. Their staff organised a tour for us where they showed us around and talked about the plants. They even allowed us to pick apples from their trees. The women and children really enjoyed the Eid party.





## 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 Mondays 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 8.00 am till 5.45 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 Pandya** ~ Director (Joint Treasurer)

**Yasmin Ahmed** ~ Director (Secretary)

**Mussarat Ahmed Kaneez** ~ Director (Joint Secretary)

**Ann Wigglesworth** ~ Director

**Jabeen Munir** ~ Director

**Shaheen Ahmed** ~ Director

**Allison Conroy** ~ Director

## NKS News/Events

**Gardening** ~ The groups will look at what plants they would like to grow in Spring.

**Flower Arranging Training** ~ This training has been organised for NKS staff so that they can use what they learn in the groups.

**Soap and Candle Making Training** ~ This training is also for NKS staff so that they can also use what they learn in the groups.

**Cycling Residential** ~ This will take place soon. NKS users that are serious cyclers will take part in this.

**Walking Groups** ~ The woodland walking groups will restart in February 2016.

**Camping trip** ~ To complement the cycling residential NKS is hoping to organise this at the same time. NKS is really looking forward to this!

**Recycling Workshops** ~ These have been planned for reusing leftover material, old tyres and leftover food.

**Climate Challenge Project** ~ An event will be organised in March 2016 to celebrate the completion of this project.

## 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

**Amina Rahman** ~ NKS would like to congratulate Amina and her family on the marriage of her son. NKS would like to wish the happy couple a long and happy married life.

**Nazish Raza** ~ Nazish went on maternity leave at the beginning of December 2015. NKS would like to wish her all the best as she prepares for her baby's arrival. We look forward to hearing the good news soon.

**Fauzia Ahmed** ~ NKS welcomes Fauzia to NKS. She will be providing maternity cover for Nazish.

## Your Contacts at NKS

**Naina Minhas** ~ NKS Manager

**Nasima Zaman** ~ Administrator & Climate Challenge Sessional Worker

**Khalda Y Jamil** ~ Administrator

**Rohina Hussain** ~ Community Health Officer & Climate Challenge Sessional Worker

**Ishrat Measom** ~ Community Health Officer

**Naseem Suleman** ~ Family Support Officer & Climate Challenge Project Co-ordinator

**Rukhsana Hussain** ~ Community Officer

**Humaira Abdullah** ~ Nursery Manager

**Savita Kumar** ~ Cultural Bridging Officer

**Sobia Shahzad** ~ Childcare Practitioner

**Nazish Raza** ~ Childcare Practitioner

**Amina Rahman** ~ Senior Childcare Practitioner

**Irum Ashfaq** ~ Childcare Practitioner (Maternity Cover)

**Fauzia Ahmed** ~ Childcare Practitioner (Maternity Cover)