

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

Winter Edition, December 2016, Volume 16 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.

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Editorial ~ Khalda Y Jamil



Here I am accepting the award on behalf of Naina.

NKS staff and Management Committee members attended ELREC's Equality Champions Awards ceremony on Sunday the 20th of November 2016 at Heriot Watt University. It was a very successful event

where lots of people were recognised for their contribution to Scottish society. NKS' Manager, Naina Minhas, was amongst the nominees for an award. I received the award on her behalf as she was not present at the event.

Jean Matthieu Gaunard from ELREC spoke about all the voluntary work that she has been involved in over the years such as volunteering at St. Columba's Hospice and helping with the Moon Walk. She also helped to raise funds for the hospice, Syrian refugees and the earthquake in Nepal. He also spoke of how she has taken NKS to the next level.

In my acceptance speech I spoke about her: strong leadership, guidance, vision, passion and commitment to the community. We at NKS are absolutely delighted for her! The award is well-deserved and much appreciated. Naina had asked that the award be accepted on behalf of and dedicated to the NKS Management Committee, staff and volunteers who have worked so hard over the years to help her take NKS to where it is today.

Mrs Indumati Pandya, NKS' Management Committee member, won an Equality Champions Award too for all her hard work in the community. Wonderful! Congratulations to both of them!

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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LGBT Health Sessions at NKS



LGBT health session in Monday Group.



LGBT health session in Friday Group.

Alison Wren, from the LGBT Health and Wellbeing Project, delivered health sessions to the groups at NKS in September 2016 and December 2016. The sessions went down very well. It's been a long time since this topic has been covered. The users learnt a lot through discussion and doing the same exercise that the staff

did in their training, where they had to match terms with their definitions.

Exercise Programme for Diabetic Women



The women warming up for one of the sessions.

NKS, in conjunction with NHS Lothian, organised a 12 week exercise programme for women with diabetes.

The exercise programme started in the middle of October 2016 and will run until early February 2017. The very first session involved getting everyone's basic information such as: height, weight, blood pressure and fitness levels so that this could be compared after the 12 week programme is completed. Then, everyone warmed



The women doing leg stretches with exercise bands.

up and did the gentle exercises, each of which lasted for one minute. The women warmed up every week and did these exercises followed by a healthy lunch and information on healthy eating.

The group is enjoying the sessions and looks forward to getting together every week. The women are looking forward to finding out in February 2017 what difference the exercise programme and advice has made to their health.

NKS would like to thank the staff for facilitating the sessions, Lisa Stewart from NHS Lothian for working with us to bring the exercise programme to us and also Gordon Faulkner, from Edinburgh Leisure, for expertly leading the exercise sessions and for making them fun in the process.

Health Sessions on Keeping Warm ~ October 2016



NKS users discussing ways to keep warm.

NKS users had health sessions on how to keep warm during winter and looked at what they could eat and drink to help them do this.

NKS Men's Support Group



Aromatherapy session in the NKS Men's Support Group.

The Long Term Health Conditions (LTHC) Project restarted the NKS Men's Support Group in November 2016 with a focus group. The Group Leader, Neena Agarwal, contacted the identified men that NKS felt would benefit from attending the group. The group discussed what activities they wanted to do, topics for future health sessions and were informed about the different projects running at NKS that they could get involved in. A programme of activities was drawn up and given to the group members. They were consulted on what they wanted to eat at each session. Tea, coffee, biscuits and lunch were provided by NKS. The group met fortnightly at Eric Liddell Centre and activities such as aromatherapy were provided. The group finished off 2016 by going out for Christmas lunch at Mr Basrai's. There's a nice photo of the group on page 9.

Services in Edinburgh...

Extra Benefits for People with Long Term Health Conditions and Disability

1) Personal Independence Payments (PIP)

This has replaced Disability Living Allowance (DLA). It is a tax-free benefit for people aged between 16-64 with long-term health conditions or disability. This helps with the extra costs caused by long term ill-health or disability.

2) Attendance Allowance

This is a tax-free benefit for people aged 65 or over who have a disability and need someone to help look after them.

3) Carers Allowance

This is extra money given to carer's to help them look after someone with substantial caring needs.

PIP Payments

You could get between £21.80 and £139.79 a week. The rate depends on how your condition affects you and not the condition itself. You will need an assessment to work out the level of help you get. Your rate will be regularly reassessed to make sure you are getting the right support.

PIP is made up of 2 components (parts) called daily living and mobility and each can be paid at either a standard or enhanced rate:

Component	Weekly rate (paid every 4 weeks)
Daily Living – Standard Rate	£55.10
Daily Living – Enhanced Rate	£82.30
Mobility – Standard Rate	£21.80
Mobility – Enhanced Rate	£57.45

If you have a terminal illness, you will automatically get the daily living enhanced rate. The mobility rate you get (if at all) will depend on the level of help you need with mobility. The daily living rate is for the extra help you need with everyday tasks. This can include preparing food, washing, getting dressed or communicating with other people. The mobility rate is for extra help you need getting around. This can include moving, planning a journey or following a route. You won't get taxed on the PIP you get and if you or your dependents who live with you get PIP, you won't be effected by the Benefit Cap.

Your decision letter will tell you how long you will get PIP for. It's usually for a fixed period of time although there are 'ongoing' awards. If you're terminally ill the award is for 3 years. The DWP will write to you and ask you to fill in the PIP review form which is a bit like a shorter version of the PIP claim form. You should report any changes that could affect your PIP straight away. Don't wait until you get the review form. You could get an overpayment which you have to pay back, or you might miss out on extra money if your condition has got worst.

If you get PIP then you may be entitled to extra financial help on top of your existing benefits. You may get a top-up (called a premium) on the following, if you get PIP: Housing Benefit; Jobseeker's Allowance; Income Support; Working Tax Credit; Employment and Support Allowance (but only if you get the PIP daily living component) or Pension Credit (but only if you get the PIP daily living component).

Contact the office in charge of your benefits, tell them that you are getting PIP and ask them what other help this entitles you to. You may need to send them a copy of your PIP award letter. They

can also tell you how much extra you'll get.

If you get either the daily living or mobility components of PIP, you may get money off your council tax bill.

DLA is ending for people who were born after 8th of April 1948 and are 16 or over. You will continue to get DLA until the DWP writes to you to tell you when it will end and invite you to apply for PIP. You can check on the Government's website for more information: www.gov.uk. You can use the PIP checker to find out if and when you'll be asked to claim.

You can keep getting DLA if you are under 16 or you were born on or before the 8th of April 1948 and have an existing claim. If your child is getting PIP, and is aged between 16 and 20 and is still in education or training, then your housing benefit may increase. You may also get money off your council tax bill. Your council will be able to tell you if you do. To check if you can get this help, contact the office in charge of your housing benefit and your local council and tell them your child is getting PIP. They will also be able to tell you how much the increase or discount will be.

Travel Support

When you get your PIP award letter, you can apply for a:

Disabled Person's Railcard: you can get up to a third off most rail fare. Just type in 'DISABLED PERSONS RAILCARD' online and apply for it. You need to scan a photograph and your disability documents onto your computer to attach with your application.

The National Entitlement Card (Free Bus Card): this is a smart-card scheme run as a partnership between the Scottish Government, Scottish Local Council and others. This card allows free bus travel to older people or people with disabilities. To apply for one, go to the local library and fill in the form. You will need proof of your address, a passport quality photo and the PIP benefit award letter. Then give the completed form back to the library.

Road Tax Discount 50%: you can get this if you get the standard PIP mobility rate. To do this you will need: your disability or PIP award letter; the vehicle log book, a V10 form, the original MOT certificate and a cheque made payable to DVLA, SWANSEA (check to see what you will have to pay). You will need to send it to DVLA, SWANSEA, SA99 1DZ.

Mobility Scheme: if you get the higher or enhanced rate for PIP for 12 months or more.

Community and Public Transport: Your local council may operate dial-a-ride or taxi scheme so it is worthwhile asking your local council office for information.

Handicabs (Lothian) Ltd

Handicabs (Lothian) Ltd (HcL) is a charitable company providing accessible door-to-door transport for people with mobility challenges, in Edinburgh and the Lothians. Their phone numbers are as following:

Edinburgh, Midlothian and East Lothian

Dial-A-Ride: 0131 447 9949

Dial-A-Bus: 0131 447 1718

West Lothian

Dial-A-Ride: 01506 633953

Dial-A-Bus: 01506 633336

Call HcL on 0131 447 9953 or go online to: www.hcltransport.org.uk for more details.

Volunteers and Students...

Honor Loudon



Honor Loudon.

I have trained as a Social Anthropologist working in Central America and South Asia. My particular interest is in rural development and opportunities for women's development in rural areas.

I have a teacher's qualification in Geography at senior school level and another one for teaching English as a Second Language. Most of my life I have worked as a teacher in the UK and abroad.

I have also been a volunteer teacher of English to Somali, Chinese and Pakistani women and refugees in Glasgow and have been teaching adult students of English in Edinburgh for the last few years. I am the widow of an officer of the Black Watch RHR and mother of four grown-up children.

I am delighted to have joined the NKS Management Committee and really hope to meet as many of the women and their families as I can in the future and I look forward to offering my help and support to such an important Edinburgh charity.

Fozia Abdullah



Fozia Abdullah.

My name is Fozia Abdullah. I am married with young children - a son and a daughter. I work in Marks and Spencer as a Customer Advisor and have previously had different roles there.

I like eating healthily and keeping fit. I enjoy walking and swimming.

I have been attending the Thursday Young Mother's Group for the past two years and have really enjoyed taking part in all of the different activities such

as: health sessions; exercise sessions; gardening; cycling; recycling; outings and arts and craft etc.

I have made some wonderful friends in the process and really enjoy coming to NKS every week. We get the opportunity to get together, learn from each other and also share ideas and help each other.

I feel very excited that I have joined the NKS Management Committee. It will give me a chance to see things from the other side. I am looking forward to: taking part in the meetings; helping to make decisions; finding out how a committee works and what goes on behind the scenes to run such a wonderful organisation.

Sumaira Mirza



Sumaira with some of the nursery children.

I have lived in Edinburgh for almost 12 years now. I am married with two young children.

I have done crèche work before and was interested in doing something further in this field. I

found out about the SVQ Level 3 Social Services Children and Young People course from Ishrat Measom, who works at NKS. The course will be with Borders College and I will be starting it soon. Currently I am volunteering in NKS Nursery to gain some valuable experience to help me with my course work. I am finding it very interesting and have already learnt a lot. I enjoy looking after the children and helping them to learn through play.

I would like to thank NKS for giving me this opportunity and the NKS Nursery staff and the college for their help and support.

Mehvish Mahmood



Mehvish Mahmood.

I came from Pakistan in 2010 and settled in Scotland with my family. I have been coming to the Thursday Young Mother's Group since finding out about NKS four years ago. I am a vol-

unteer in the NKS Nursery. I did the Reflexology Course back in 2015 and this gave me a taste for learning.

I am very grateful for the opportunity that NKS has given me to do the SVQ Level 3 Social Services Children and Young People course with Borders College. I am volunteering in the NKS nursery to gain work experience towards my course. I am enjoying working with the nursery children and am finding out about how to do observations and play with them to help them learn. I would like to thank everyone at NKS and Borders College for supporting me.

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.

From Our Elders...For Our Elders

বাংলা اردو ہندی

Quilt Making ~ October 2016



NKS users finishing off a quilt.

Making patchwork quilts has been quite popular with the NKS users. The skills that they learnt were put to good use and several more quilts were made from the leftover materials.

They enjoyed designing and making the quilts. These will be used by NKS in exhibitions.

Mrs Pandya ~ An ELREC Equality Champion



Mrs Pandya with her award.

NKS would like to congratulate Mrs Indumati Pandya for being named an ELREC Equality Champion at their gala dinner in November 2016. We are so proud of you and the award is well

-deserved for all the hard work that she does in the community. Well done!

NKS Users at Link Up ~ November 2016



NKS and Link Up users chatting with each other.

NKS users went to visit the Link Up Women's Support Centre. They were warmly welcomed by the project and their users for a joint session which included gentle

shoulder and hand massage. They had some refreshments and had the opportunity to talk and get to know each other. It was a lovely session for both organisations.

Services for Older Women at NKS

NKS runs lunch clubs on Mondays, for older Bangladeshi women, and Fridays, for all older South Asian women, between 10.30 am and 1.30 pm.

Focus groups are held every three months where they plan what activities they would like to do and what they would like to eat. A programme is drawn up to include a variety of activities,



The Friday Older Women's Group having lunch together.

including gentle exercise, health talks, outings and arts and crafts.

The women get a chance to socialise with each and enjoy a healthy lunch too.

Making Candle Holders ~ December 2016



NKS users busy making candle holders.

NKS users made candle holders out of old glass jars. These were cut and sanded down for them first to save time. Then they decided what decorations they wanted

to use on them and proceeded to get creative. They enjoyed the activity and were very happy with their finished items, which they then got to take home with them.

Glass Painting ~ December 2016



NKS users brushing up on their painting skills.

NKS users had a lot of fun designing and painting jars, bottles and vases. The sessions brought out the budding artists in all of them and they enjoyed being creative

and doing something that they used to do when they were very young. They took home their finished pieces, which were beautiful.

Party Time ~ December 2016



NKS staff at the birthday party.

NKS staff was invited to a birthday party for a lovely little girl recently. The staff really appreciates and enjoys being part of events no matter what they are and these make

us feel part of the community. Thank you!



What's been happening at NKS?

Plastic Weaving ~ September 2016



NKS and NEAC users busy weaving.

NKS users went to the North Edinburgh Arts Centre (NEAC) to learn how to weave with plastic bags. It was a fun and interesting session. They met the NEAC users and had a lovely time.

Making Key Rings ~ September 2016



NKS and WAC users with their finished key rings.

NKS users went to the Whale Arts Centre (WAC) to learn how to make key rings from recycled materials. They really enjoyed the session there and plan to have more sessions back at NKS.

YMCA ~ September 2016



NKS and YMCA users busy with their activities.

friendly atmosphere.

NKS users went to YMCA for a session with their users. Everyone enjoyed activities such as knitting, making bands out of rubber and watching a drama. It was a very good session with a warm and

Outing to Cupar ~ September 2016

NKS users went to Cairnie Fruit Farm in Cupar to spend the day picking fruit and vegetables, enjoy the good weather and learn more about organic farming. There is a nice photo on page 9 for you to enjoy.

Yoga at YMCA ~ October 2016



Ferdousi Reza demonstrating yoga.

The users learnt that yoga can be really relaxing and very good for their health and well-being.

NKS users went to YMCA for a joint yoga demonstration session by NKS' Ferdousi Reza. She gave the group a small talk about yoga and then showed them how to do it.

NKS at the Green Gala ~ October 2016



NKS and WAC users at the Green Gala.

NKS users were invited to attend the Green Gala at WAC. They enjoyed activities such as: planting seeds; information on gardening; energy efficiency workshop; display of jewellery and recycled bag stall and a barbecue. Refreshments included potato and leek soup made from organic home grown vegetables. Delicious! It was a very good and enjoyable visit.

NKS users were invited to attend the Green Gala at WAC. They enjoyed activities such as: planting seeds; information on gardening; energy efficiency workshop; display of jewellery and recycled bag stall and

Paper Twirling ~ November 2016



NKS and NEAC users doing paper twirling.

The users enjoyed the sessions and their time at the NEAC.

NKS users went to the NEAC to take part in paper twirling sessions. They were shown how to make things out of twirled paper such as gift boxes. It was a very nice technique to use to make lovely things with. The users enjoyed the sessions and their time at the NEAC.

Training with Living It Up ~ December 2016

NKS staff involved in the Long Term Health Conditions (LTHCs) project had training with Living It Up. The training involved the staff: understanding what a LTHC was; learning about different LTHC's; learning about how to deal with people suffering from LTHC's; learning how to be professional with clients; learning about confidentiality and how to record everything properly so that the information can be used correctly and anonymously.

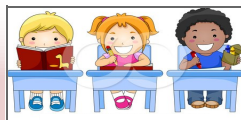
Candle Making ~ December 2016



The Saturday Group making their candles.

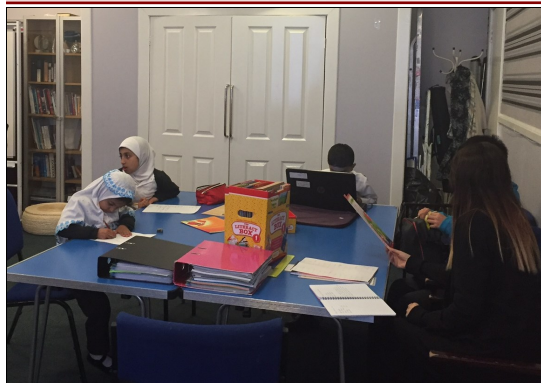
The group had a lovely time mixing colours, fragrances and using beautiful moulds such as flowers and hearts. After the session they shared some good food, had tea/coffee and chatted with one another. They admired the candles that they had made and discussed what they would like to do in the next session.

The Saturday Group met in December 2016 for a candle making session with Sharon Everleigh. She led the session and showed the group members how to make candles of all shapes and sizes.



After School/Homework Club (ASHC)

September 2016



The ASHC children busy with their English lesson.

- The children worked on their maths and English.
- The children played musical statues, bumps and chairs.
- The children wrote stories as part of their English work.
- The children

played football and badminton outside with the sports equipment.

- The children got help with their homework projects for school.
- The children played indoor games.
- The children played the yes/no game.
- The children went on a walk along the canal. It was a lovely sunny afternoon.

October 2016

- The children worked on their maths and English.
- The children played musical statues, bumps and chairs.
- The children played some indoor games.
- The children went to the local shops to buy snacks.
- The children got help with their homework.

November 2016

- The children worked on their maths and English.
- The children played musical statues, bumps and chairs.
- The children played some indoor games.
- The children worked on a project about William Wallace and Robert The Bruce.
- The children went to the shops to buy cocoa to make hot chocolate.
- The children went for a walk along the canal.

December 2016

- The children worked on their maths and English.
- The children played musical statues, bumps and chairs.
- The children played some indoor games.
- The children went to Fountain Park for bowling and had Christmas lunch there. It was a lot of fun but very tiring!

Study Support Sessions in English and Maths

- Maths support still takes place three times a week at NKS. The children are really benefiting from this support.
 - English support is on Fridays and this is going very well.
- Please contact NKS on 0131 221 1915 or nks@nkshealth.co.uk if you would like more information.

NKS Nursery

September 2016

- The children made finger puppets.
- The children learnt about the: days, dates, weather and seasons.
- The children made Eid cards for Eid.
- The children made leaf people out of leaves and toilet roll tubes.
- The children made hedgehogs out of playdough and painted them.



Two children role playing doctor and patient.

- The children painted and decorated paper umbrellas with rain drops.
- The children played outdoors and did outdoor activities.
- The children went on the NKS outing to the Strawberry Farm.

October 2016

- The children played football outside and rode the bikes.
- The children made and decorated paper pumpkins and bats for Halloween and had their Halloween party.
- The children made diya's (lamps) out of playdough for Diwali and made Diwali cards.
- The children learnt about Diwali and did rangoli (decorations made out of colour).

November 2016

- The children and staff went to the RBGE to see Grandpa's Garden. Activities there included: story time; finding bees; finding sticks; seeding; gardening and making bee hives.
- The children went to the local park and the canal.
- The children made traffic lights out of toilet roll tubes, coloured paper and glue.
- The children painted with cars and made different shapes with them.
- The children went to the local library for story time and other activities.

December 2016

- The children made snowmen and Christmas decorations out of paper, paint, glitter, cotton wool and glue.
- The children made and painted Christmas crackers and Christmas posters.
- The children made the reindeer cup game and had some fun playing it.
- The children made Christmas cards, sang Christmas carols and decorated the NKS Christmas tree.
- The children went to Gambados for their Christmas party.



Delicious Healthy Recipes

Oatmeal Breakfast Smoothie

Serves: 2

Ingredients:

- 1 cup of uncooked oats (ground in spice or coffee grinder or food processor)
- 2 frozen bananas (cut into small chunks first)
- 3 cups of skimmed milk
- 2 tablespoons of ground flaxseeds
- Sugar substitute (according to your taste)
- 2 teaspoons of coffee extract (optional)



Method:

1. Combine all of the ingredients and blend together in a blender or processor. Pour into a glass and enjoy!

Healthy Oats Breakfast

Ingredients:

- 30g of oats
- 1 tablespoon of chia seeds
- 1 tablespoon of mixed seeds and/or nuts (depends on what you have and like)
- Semi-skimmed milk (amount according to your taste)
- 1 grated apple



Method:

1. Put the oats into a mixing bowl and add enough milk so that they soak up the milk and the mixture is still nice and moist. You can add more if you like it a little bit more runny.
2. Add in the chia seeds and the other seeds and/or nuts and mix well.
3. Core the apple and grate it into the mixture and mix it well.
4. Serve it cold and enjoy!

Pancakes

Preparation time: 10 minutes
Cooking time: 20 minutes
Mixture makes approximately 12 pancakes

These pancakes are easy to make and help you to use up any leftover ingredients.

Ingredients:

- 100g of plain flour
- 2 large egg
- 300ml of milk
- A pinch of salt
- 1 tablespoon of sunflower or vegetable oil, plus a little extra for cooking
- lemon wedges, to serve (optional)



A little bit of caster sugar, to serve (optional)

Method:

1. Put the flour, eggs, milk and a pinch of salt into a bowl or large jug, then whisk to a smooth batter. Set aside for 30 minutes to rest if you have time, or start cooking straight away.
2. Place a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper. When hot, cook your pancakes for 1 minute on each side until golden, keeping them hot in a warm oven as you go.
3. Serve with lemon wedges, sugar, or your favourite filling.

You can make different types of pancakes by adding other ingredients such as bananas or blueberries. Have fun and enjoy!

Potato Scones with Avocado

Preparation time: 5 minutes

Cooking time: 12 minutes

Recipe serves 4 people

Tasty at any time of the day, these scones are a simple way of using up any leftover mash to create a delicious and comforting dish.



Ingredients:

- (For the potato scones)
- 300g of leftover mashed potato
- 200g of plain flour
- 1 teaspoon of baking powder
- 3 tablespoons of milk
- 2 medium eggs, beaten
- 2 tablespoons of sunflower oil for cooking
- Salt and pepper - according to taste

(To serve)

- 4 medium eggs (beaten)
- 2 medium avocados
- 1 lime
- 1 finely chopped red chilli (optional for a little bit of heat)

Method:

1. Put the leftover mashed potato, beaten eggs and milk in to a large bowl and beat well. Sift in the flour and baking powder, then season with salt and milled pepper and gently mix everything together.
2. Heat the sunflower oil over a medium heat in a large non-stick frying pan. Add tablespoons of the batter to the oil and cook the scones for about 3 minutes on each side. You will need to do this in a few batches as you don't want to over crowd the pan. Keep the potato cakes warm whilst you cook more. Meanwhile, peel and stone the avocados and mash them with the juice of the lime and a little salt.
3. Poach your eggs in a pan of barely simmering water with a dash of vinegar in.
4. Pop two potato scones on each plate, top with the avocado, fresh chilli (if you like) and finally the poached egg. If you have a little parsley or coriander, use one of these to garnish. Enjoy!



Photo Gallery.....



NKS outing to Cairnie Fruit Farm in Cupar ~ September 2016.



Evaluation session on climate challenge with NKS staff ~ November 2016.



NKS Annual General Meeting ~ November 2016.



NKS staff, Committee and volunteers at Christmas Lunch ~ December 2016.



NKS staff table at ELREC's Gala Dinner ~ November 2016.



NKS users at the German Market ~ December 2016.



The ESOL Class at NKS ~ December 2016.



NKS Men's Group Christmas Party ~ December 2016.



NKS Staff.....

Sobia Shahzad



Here I am in the upstairs nursery room.

I have been working in the NKS Nursery for eight years. Before that I did voluntary work at NKS. I love being part of the NKS staff team and feel very comfortable here. With the help and sup-

port of NKS I achieved SVQ levels 3 and 4 in Childcare with Borders College. I really enjoy working with young children, helping them to learn through play and looking after them. It's wonderful to see the children progress through the nursery and to see them move on to Primary School. I feel very lucky to be a part of their journey. I would like to give NKS a big thanks for giving me the opportunity to study and work here.

Rezwana Khan



Here I am working in the nursery.

I have been living in Edinburgh for a very long time now. I used to attend one of the groups at NKS. Then I progressed to volunteering with the project, especially in the NKS Nursery to help

me to complete SVQ levels 2 and 3 in Childcare through Borders College. I have been working at NKS for five years now. It feels fantastic to be working at NKS with women from the South Asian community. I feel very comfortable working with everyone. I like looking after the children and helping them to learn through play. It's really important for them to be prepared for when they do move on to Council nurseries or straight on to Primary School. I am really enjoying working with the children in the nursery and feel very happy to be doing this job. This is my first job and I would like to thank NKS for everything.

Fauzia Ahmed

I have been coming to NKS for a very long time and started off as a service user. I took part in the group activities and have learnt a lot over the years.

I wanted to work with children and was more than happy when NKS offered me the opportunity to volunteer in the NKS Nursery and study with Borders College at the same time. I have gained SVQ levels 2 and 3 in Childcare. These qualifications really helped me to get work as a Nursery Nurse in nurseries. I have done sessional work in the NKS Nursery since gaining my qualifications and at the moment I am providing maternity cover for Nazish



Here I am doing a job that I really love.

Raza. I really appreciate everything that NKS has done for me.

I love to work with young children and really enjoy looking after them and teaching them. I especially enjoy singing nursery

rhymes with them and reading stories to them. When they are old enough it's very rewarding when they try to read the stories to the staff.

I feel very lucky that I was given this opportunity and I am very grateful that I am doing a job that I really love. Thank you NKS!

Khalda Y Jamil



This is me, happy and content with my life.

I came back to NKS after a gap of almost six years and have been back now for almost four years. I worked in the City of Edinburgh Council for almost six years as a Team Secretary. It was really good when I started

but within two years things changed. I no longer felt useful or very happy. I wasn't the only one feeling like this.

I was very happy when I was seconded to the Grants, Awards and Placement Team, where I processed Free School Meals and Clothing Grants and felt really useful as I was helping others. It was very upsetting and depressing when I was pulled out of there and moved back to being a Team Secretary. It was at this point that I reflected on everything and realised that I wanted to help people, especially from my own community. I really missed NKS at this point. The skills that I had learnt in college and honed at NKS over twelve years were being completely wasted.

I contacted Naina and started volunteering at NKS. Then I decided to leave my job and took a family holiday to Pakistan. I came back refreshed and continued to volunteer at NKS and did the Group Leader training, basic first aid training and the REHIS Elementary Food Hygiene course. I felt really good. I applied for the administrative vacancy that arose and was successful. I had come full circle as I was doing the same job that I had done previously for twelve years. It was like riding a bike — once you know how you never forget.

I feel blessed that I am a part of NKS again. I feel very useful and I am very happy and satisfied that all of my skills are being used. I am also learning new things every day from my colleagues. I am very happy that I am busy and simply love everything that I do. To be a part of NKS is very special and really rewarding. I wouldn't want to be anywhere else.



Climate Challenge...



Cycling ~ September 2016



NKS users setting off for a cycling session.

NKS users took full advantage of the good weather to go cycling regularly. They had fun exercising together and it was great for the environment.

NKS at RBGE ~ September 2016



NKS users in one of the gardens at RBGE.

NKS went to the Royal Botanic Garden Edinburgh (RBGE) to take part in cookery sessions that were filmed for the NKS video.

The sessions were led by RBGE staff. The users harvested the seasonal produce and then cooked delicious South Asian dishes. They didn't waste anything and even cooked the potato leaves. This is good for the environment.



NKS users in the kitchen at RBGE.

Composting & Gardening ~ September 2016



Composting session at NKS with RBGE staff.

RBGE staff came to several groups at NKS to give information about composting and gardening. They showed the groups how to compost and how to grow organic herbs and vegetables in the NKS Garden. The sessions were very useful.

NKS at Dynamic Earth ~ 1-3 October 2016



The NKS stall at the exhibition.

NKS took part in the CCF exhibition at Dynamic Earth by putting up a stall to showcase the work done so far in the South Asian community. The stall looked fantastic!

Visit to Echo House ~ October 2016



NKS users at the Echo House.

NKS staff and users went to see the Eco House near Motherwell. They were given a really interesting guided tour of the very impressive Eco House and were able to look

around and see all the latest household gadgets. It was a very good outing.

Making Mats ~ November 2016



NKS users watch how to make mats from old towels.

Link Up Women's Support Centre came to NKS for a session on how to reuse old towels and make mats out of them. Ferdousi Reza demonstrated how to make the mats and

the users had a go at making their own colourful ones. It was a very good and enjoyable activity followed by a nice lunch and an opportunity to share ideas about recycling.

Upcycling Furniture ~ December 2016



NKS users upcycling a table.

NKS users learnt how to upcycle furniture such as tables, stools and mirrors. They learnt that not everything needs to be thrown away and that one could up-cycle them instead

with a little bit of imagination, paint and decorations to make them look like new. They really enjoyed being creative and messy!

Making Soup ~ December 2016



NKS users enjoy the soup that they made.

Sometimes raw food gets leftover in the fridge and one can't think of what to do with it. Well, at NKS we bought a soup maker to demonstrate to users just how they could

use leftover foods to make, quick, easy and delicious soups. It didn't take very long to make them and they were healthy and nutritious. The users were very impressed with using leftover foods in this way and some of them were motivated to buy a soup maker and have a go at home themselves. Delicious!



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 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

Honor Loudon ~ Director

Fozia Abdullah ~ Director

NKS News/Events

Mindfulness Course ~ An eight week course is going to be run with women, in February 2017, led by Diana Dodd. They will explore mindfulness and learn relaxation techniques.

Long Term Health Conditions Support Group ~ NKS will be running a support group once a month. Users will be invited to attend and various topics of interest to them will be covered in the sessions.

Young Mother's Group ~ NKS will be holding an open day on Thursday 09/03/2017. Come and take part in some great activities!

Walking ~ NKS will be taking the users on regular walks as part of the sessions in most of the groups. This went down very well last year and the health benefits are wonderful.

Another Outing to Eco House ~ NKS will be organising another outing, this time for new users and those that missed out last time.

Climate Challenge End of Project Celebration Event ~ This event will take place on Saturday 18/03/2017 in Edinburgh.

Please contact NKS on 0131 221 1915 for more details. Thank you!

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

Kamrun Nahar Malik ~ It is with deep sadness that we inform you about the death of Mrs Malik in November 2016. Mrs Malik was one of the founding members of NKS back in 1987 and was on the Management Committee a few years ago. NKS would like to offer our sincerest condolences to her family.

Rani Robertson ~ It is also with deep sadness that we inform you about the death of Rani. She died following a serious illness. Some of you may remember her from when she worked in the NKS Nursery. NKS would like to offer our sincerest condolences to her family.

Rohina Hussain ~ Rohina will be returning to work in January 2017.

Your Contacts at NKS

Naina Minhas ~ NKS Manager

Nasima Zaman ~ Administrator

Khalda Y Jamil ~ Administrator

Rohina Hussain ~ Community Health Officer

Ishrat Measom ~ Community Health Officer

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

Ferdousi Reza ~ Climate Challenge Sessional Worker

Samra Ahmed ~ Climate Challenge Sessional Worker

Savita Kumar ~ Cultural Bridging Project Co-ordinator

Neena Agarwal ~ Group Sessional Worker

Nazia Majid ~ Group Sessional Worker

Rukhsana Hussain ~ Nursery Manager

Shabnam Bashir ~ Deputy Nursery Manager

Sobia Shahzad ~ Childcare Practitioner

Nazish Raza ~ Childcare Practitioner

Amina Rahman ~ Senior Childcare Practitioner

Fauzia Ahmed ~ Childcare Practitioner