

Health and Welfare Project
Enriching Communities

Winner of:

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



"a
happy woman
is a
happy family"

Nari Kallyan Shangho Newsletter

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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 ~ Naina Minhas, NKS Manager



NKS staff receiving the award from Asda.

The only constant thing is change, and NKS is actively adapting to it according to the changing external environment and the needs of communities. Several new projects have been introduced that are positively impacting not only South Asian families but wider communities in general. NKS has

started a Volunteers' project in the South Central area of Edinburgh for South Asian women to encourage active citizenship among them. There is keen interest in this project. The NKS Catering Project is flourishing and is encouraging women to gain more education about healthy eating. The cultural Bridging Project has ensured that NKS in collaboration with nine different mainstream agencies in Edinburgh build bridges among culturally diverse communities by bringing them together through exchange visits.

The Long Term Health Conditions (LTHCs) project is proving to be highly beneficial to people suffering from one or more health conditions and to their families. The need for the Men's Support Group, and the LTHCs Carer's Support Group was identified through the project work. Both groups are running successfully at NKS. NKS worked in collaboration with NHS Lothian and Edinburgh Leisure to provide the 'Fit for Health' Programme to South Asian women who are diabetic. The programme proved to be highly successful with positive measurable outcomes. NKS has been approached by other organisations in and around Edinburgh to learn the model adopted by NKS.

Overall, NKS is accepted as an organisation that is remarkably benefiting marginalised communities, and there is no better evidence of this than the financial award won, by public vote, from the **ASDA Foundation**. We hope to continue providing crucial services to all local communities in future to work towards community cohesion. NKS is extremely grateful to the funding bodies that believe in our work.

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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Nasima Zaman



Here I am in the main office.

In April 2017 I took up one of the roles to work with families with Long Term Health Conditions (LTHCs) under the Health and Social Care Alliance Scotland

funding grant. It's been a short but sweet journey so far. I have attended health trainings which have increased my knowledge immensely on certain health issues where I can confidently give advice to families. It's been a pleasure doing home visits to people who are isolated due to health problems and also inviting them to NKS to do health screenings as well as educating and providing them with information on various health conditions. During my home visits I have come to know that the Bangladeshi community is still far behind in identifying health issues and getting much needed assistance whether its medical, financial or physical support.

People are now benefiting from coming to a support group at NKS which is held once a month where they learn more about their illness and how to confidently deal with it. They also have the opportunity to have a named person helping them with doctors and hospital appointments. I am also planning on forming a walking group for these people to encourage them to walk in order to get some exercise.

I look forward to making a positive change to Bangladeshi people with LTHCs by working closely with them. If you have care and support needs, we can work with you to enable you to have more choice and control over how your health is dealt with.

NKS Men's Support Group ~ February 2017



Gentle exercise class ~ February 2017.

The NKS Men's Support Group meets fortnightly at NKS to do activities such as gentle exercise, health sessions, play board games and go

on outings. They have a hot lunch after the activity and get the opportunity to socialise too.

The men enjoy coming to the sessions and have an input in to the activities that the group takes part in.



Screening by RNIB ~ June 2017.

Diabetic Women's Support Group



Visit from a pharmacist ~ February 2017.

The 12 week Fit for Health programme, in conjunction with Lothian Health, finished in February 2017 with the second round of check ups. The women's basic health infor-

mation was rechecked to see what had changed, such as weight, blood pressure and stamina. The results were fantastic as everyone lost weight and their stamina had improved. Wonderful!

To complement the programme NKS organised health sessions to pass on first hand information to the participants. Health sessions were organised with dieticians and a pharmacist. The women were able to ask questions and were given a lot of useful information and handouts. The sessions were very much appreciated by everyone.



Visit from dieticians ~ April 2017.



Eye check taking place ~ June 2017.

Eye screening and hearing checks were also organised for the women through the RNIB. Diabetics have to be very careful with their eyesight and thus the screening is very important.

They were advised to get their eyes checked annually at the opticians and not to forget to go for the screening at the hospital if they have been invited to do so. The sessions were very good.

Mouth Screening ~ March 2017



NKS staff with the Mouth Screening Team.

M o u t h screening was organised at NKS as part of health sessions. NHS Lothian staff came and gave a talk on mouth screening. Then they did the screening. NKS organised users

from the different groups to come in and take part in it. The session was very good and really informative.

One to One Services...

Naseem Suleman



Here I am ready to get to work.

I am the Family Support Officer and also work with people with long term health conditions. In regards to the support work I work with families to address issues of inequalities and

accessibility in order to improve their social, economic and quality of life. This is done by providing one to one advice and information to the users and their families in regards to their social and economic issues.

I also advocate on behalf of families 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. Some families have children's schooling issues as their children are left behind in their studies due to language difficulties plus these women and their families lack information about services available to them due to their own language difficulties.

South Asian women and their families generally lack information about services as evident by some families not accessing the benefits that they are entitled too. Plus, with the changes in the law regard-



Family Support Work in action.

ing benefits, it is getting very difficult for the general public to keep up with these changes. A lot of families get into debt due to their benefits having been suspended, cancelled or stopped all together. When they fall into debt they also get depressed and it is so difficult to get help for counselling due to the language barrier.

With regards to working with people who have long term health conditions the aim of the project is to develop the project further from the work already done under the recently completed three-year programme. That programme was tailored to support the South Asian communities. NKS aims to apply innovative ideas to the self-management programme going forward. There will be three aspects around the theme of development of the existing work and to apply innovative ideas to build capacity among people with long term conditions to self-manage their health.

- Build capacity among workers and volunteers: through training and networking with health professionals and people in the communities.
- Providing one to one support to people with long term health conditions: by mapping out individual needs and devising a plan for each individual to help develop their self-efficacy strat-

egies, by providing opportunities in a support group to share experiences and information with peers, by providing intensive health education in group settings and providing advice in a family setting to help manage their health condition, by providing befriending service to combat issues of isolation and mental health.

- Support and services to the carers of people with long term health conditions: weekend breaks - especially for female carers for relaxation and for education purposes, building capacity among carers through timely access to information about the health condition of the person they are caring for and services available around their needs, through support group for the carers to raise their confidence and self-esteem.

Ishrat Measom



Here I am at my desk.

I am one of the NKS Community Health Officers and I mainly work with Bangladeshi people who live in Edinburgh but I also support families from other communities too. Sometimes I support families that are

new to Edinburgh. This can initially require more support. I have been working for over seven years now and have supported many families during this time.

Families can require support with different areas such as: language support; English as a Second Language classes; advocacy; housing; benefits; children's education; health appointments; volunteering; training courses; CV writing; looking for work; befriending; immigration; building up confidence; capacity building; moral support (bereavement, ill health, single parents etc.); domestic violence; stress; depression; hate crime and support with their health and well-being. At NKS we encourage all of our users to access the services that we provide, such as the Community Health Support Service, the Family Support Service, and we refer them to other agencies if we are not able to help.

NKS provides support in the form of group work where users get together in a group setting and take part in activities that are relevant and of interest to them. I run one of the Bangladeshi Women's Group at NKS. We organise lots of interesting and educational sessions for the group members. Activities have included: health sessions; gentle exercise; discussions; focus groups; cultural bridging with other similar projects; outings; gardening; healthy eating; cookery and sewing to name a few. We encourage our users to gain confidence and to learn more skills so that they can integrate with Scottish society and better their life circumstances.

It's very rewarding to see people progress from when I first met them to later on when they have gained confidence and experience and are working and supporting themselves and their families. This makes everything really worthwhile.

NKS Cultural Bridging Project...

Savita Kumar



Here I am at my desk.

I am the Cultural Bridging Officer at NKS and have been working on the Cultural Bridging Project (CBP) funded by the Scottish Government under the People's Community Fund for the

last two years. The CBP has run very successfully and we are delighted to announce that we have received one more year's funding to take this work forward.

The aim of this project is to work with different communities and cultures in partnership with other mainstream community projects to promote integration. To achieve this, we did two-way cultural activities with



NKS and The Open Door users share food ~ February 2017.

the following organisations: Women's Federation for World Peace (WFWP); The Welcoming Association; North Edinburgh Arts Centre; YMCA; Link-Up Women's Support Centre; Edinburgh Women Interfaith Group (EWIG); Whale Arts Centre; The Open Door and Care 4 Carers.



NKS and WFWP users at WFWP premises ~ May 2017.

NKS users took part in the volunteer exchange programme with other organisations that expressed interest in this. The users learnt a lot from their experiences at different places.

Working with multi-cultural communities, with close collaboration and joint efforts, everybody benefitted such as learning about different cultures, lifestyles, foods, languages etc. This also helped to build their confidence. In conjunction with Borders College NKS provided SQA credited childcare training courses through the NKS Nursery to train people to be qualified to work in this field.

This year NKS would like to continue to work with some of the



NKS and EWIG users at NKS for yoga ~ May 2017.

mainstream community organisations and to work with other ones for the first time. NKS is going to be involved with the Neighbourhood Community Partnerships (NCPs) to promote the CBP.

We are hoping that this collaboration will benefit all of us. I have attended a few of the NCPs meetings to take this work forward. I have also attended the South West and Pentlands Voluntary Sector Forum meeting and made good contacts to take this work further.

NKS has been involved in wider equality and human rights issues and we have had a meeting with Wendy Henderson from the Council working on the Transport Charter and Human Traf-



NKS and the WA users busy making their mats.

ficking and Exploitation which includes hate crime and crime incidents on the transports based on different factors and awareness sessions on Human Trafficking.



NKS staff with Humza Yousaf MSP ~ June 2017.

NKS took part in the Transport Charter survey and also took part in the Media Launch of the Transport Charter, by Humza Yousaf MSP, and the road shows at Haymarket and Waverley Stations in Edinburgh.

NKS will continue to develop links with other statutory and voluntary organisations in Edinburgh. NKS will also continue to have cultural exchange sessions with other organisations and to bring them to NKS. Interesting and beneficial activities will be organised at NKS and at other venues to take the work forward. We at NKS are looking forward to all of the work that is yet to come. More information will be available in the upcoming issues of the NKS newsletter.



Rukhsana Hussain



I am happy in my role.

I am the NKS Nursery Manager. NKS runs a multicultural childcare facility for children from birth to 5 years. The nursery provides a variety of activities such as story sessions, outings, arts and

crafts and computer activities - all of which allow the children to develop their interests and basic skills. The NKS nursery gives children the opportunity to interact with other children from diverse backgrounds, which aids their transition in to mainstream schools. The nursery provides health information sessions for mothers regarding their children's health and safety as well as providing support to young mothers to develop positive parenting skills. All approaches aim to create a confident individual, successful learner, responsible citizen and an effective contributor.

In addition, NKS offers an After School/ Homework Club (ASHC) for children aged 5 to 14 years. This facility prevents isolation among children and allows them to develop a positive self-image in a safe and comfortable environment. The ASHC provides learning support for children as well as physical and mental support. It also provides the children with an opportunity to meet new people and create friendships.



The ASHC ~ February 2017.



Story time in the NKS Nursery ~ May 2017.

prevent possible problems developing and working with parents to ensure that they are at the centre of the decision-making process and aware of the support available to them.

NKS follows the principles of getting it right for every child (GIRFEC) which focuses on understanding and improving the wellbeing of the child, tackling any needs the child may have early on to prevent



NKS Nursery at The Meadows ~ April 2017.

Furthermore, NKS makes a difference in the community by training adults in SVQ2, SVQ3 and SVQ4 courses in childcare and education. These courses have the ability to open up opportunities for parents to go back to work and lead an independent life. We help integrate families in to the community and provide childcare at affordable prices. NKS gives advice to families on any concerns or financial/social/personal issues. The family support officer reviews cases and provides support and advice to these families. NKS works in partnership with local agencies such as occupational therapist, speech and language therapists, health visitors and Capability Scotland to aid families etc.

We involve parents in NKS life, as we believe it is essential to involve parents in their children's education as they are the first educators in their children's lives therefore their contribution is very important.

Recently we held a multicultural week in the nursery to promote diversity. Parents were involved in this week to teach children about their different cultures and languages. At the end of the

week the children's achievement day was celebrated and all received a certificate for taking part. Feedback from parents shows that the multicultural week was very successful and enjoyed by both children and parents. It was a great opportunity for the children to experience different cultures by taking part in various activities.



The multicultural week in the nursery ~ March 2017.

We currently have 30 children in the Nursery and ASHC. We intend to have more open days and if you need more information please do not hesitate to contact us. We still have some spaces available.



"Wheels on the Bus" action song ~ May 2017.



What's Been Happening at NKS?

NKS In-Service Day ~ January 2017

NKS staff had their annual in-service day where they reviewed 2016 and discussed the work of the organisation. It was good to go over the rules, regulations and procedures so that everyone was up-to-date with all of these. It was also a good opportunity for the whole staff team to come together and speak about their work and also to raise any issues of concern to them. They shared a delicious lunch and learnt a lot from each other.

"Surprise!!!" By Khaldi Y Jamil ~ January 2017



Posing for photographs with friends and colleagues.

I thought that I was being taken out to dinner by my best friend. I was blindfolded and taken somewhere and then guided in to a room. When my blindfold was removed I was

totally surprised and delighted to find that family, friends and colleagues had gathered together to help me celebrate turning 50. It was a wonderful surprise! Aishah, my daughter, planned the whole thing and everyone kept the party a secret extremely well! I would like to thank Aishah, everyone that came and for all of my lovely presents. I felt very much loved and appreciated. Thank you!

Breast Cancer Health Sessions ~ February 2017



NKS users taking part in the Breast Cancer health session.

Breast Cancer health sessions took place in the groups. The users took part in a true and false quiz and learnt a lot about the disease through this. They were also shown how

to check themselves regularly and given some advice on how to reduce their chances of getting it. The sessions were very useful.

Focus Groups ~ April 2017

Focus groups took place in all of the groups. The Group Leaders evaluated the activities that had taken place between January and March 2017 to see what had worked and what had not and why. They planned the activities and draft menus for July to September 2017 with the users.

Summer outings were planned for most of the groups to take the users out of Edinburgh. They really look forward to going on outings. NKS is looking forward to the planned activities.

Makeup Session ~ March 2017



NKS users discuss different types of makeup.

session and they learnt quite a few really useful tips.

The NKS Young Mother's Group had a session where they learnt how to do their own makeup. They were shown how it should be done and then they had a go themselves. It was a fun session

NKS Fundraising Day ~ March 2017

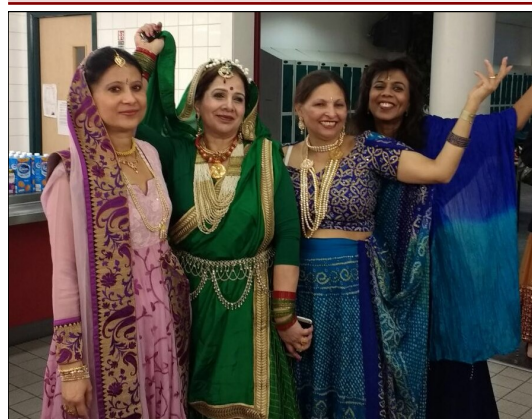


NKS Fundraiser in full swing.

cious food. There were also lots of fun activities for families too.

NKS held a fundraising day at St Thomas of Aquin's High School and raised over £700.00. There were lots of different stalls selling ready made clothes, loose material, jewellery and deli-

Cultural Dance by Saturday Group ~ March 2017



Members of the Saturday Group.

Priya Sri Kumar is a well-known classical-trained Indian dancer from Edinburgh. She came to NKS to teach the Saturday Women's Group how to dance.

The group practiced and rehearsed regu-

larly to learn their dance. Their dance improved every week. They performed their dance at the George Theatre in March 2017. It was an effective community engagement activity where culture was showcased to the mainstream community through dance form. They enjoyed it so much that they gave an impromptu performance at the fundraising day! The users loved it!

NKS would like to thank Priya for teaching the women how to dance and also all of the women who gave up their time to learn how to dance and took part in the performance. Thank you!



What's Been Happening at NKS?

Flower Arranging ~ March 2017



NKS users doing flower arranging ~ March 2017.

NKS staff and users practised the flower arranging skills that they had learnt from the sessions with Sarit Freed from the Edinburgh Flower School in 2016.

The users remembered what they had learnt as the training had been very good. The latest sessions were very colourful and a lot of fun to do. NKS premises looked like a beautiful garden!

Upcycling Tin Cans ~ March 2017



NKS users busy upcycling tin cans.

NKS users looked at how they could re-use items rather than throwing them away or putting them in the recycling bin. One of the ideas was to make holders

to store pens and pencils in. They painted and decorated them afterwards and they all looked really good.

Manual Handling Training ~ April 2017



NKS staff taking part in Manual Handling Training.

NKS staff took part in manual handling training through EVOC. This was done so that the staff would have the skills to be able to assist NKS users who were

in a wheelchair or needed other assistance. They learnt a lot from the training and got to take part in practical exercises such as how to handle a wheelchair as shown in the above photograph. It was a really good and useful training.

First Aid Refresher Course ~ May 2017

Naina Minhas, Ishrat Measom and Rukhsana Hussain are volunteers with the Red Cross. They were given free first aid training when they first volunteered and take part in regular refresher courses in order to be recertified. The refresher course took place recently and it was very important that the staff took part as sometimes the advice changes and it's best that they are up-to-date with it. It's a very useful training.

Massage ~ May 2017

The Friday Older Women's Group takes part in lots of different activities. One of them is massage. Sometimes they have a back massage and sometimes it's a hand massage. It is very relaxing and therapeutic. They enjoy coming to the group, have lunch together and enjoy the activities.

Bowel Screening Training ~ May 2017

NKS staff regularly take up training that will be of benefit to them and their clients. Rohina Hussain, Ishrat Measom and Nasima Zaman attended bowel screening training with Bowel Cancer UK at Hayweight House in Edinburgh. They learnt a lot about bowel cancer and the importance of screening for it. They plan to share that knowledge with the other members of NKS staff as well as the clients in health sessions.

Home Remedies ~ May 2017

The Friday Older Women's Group had a discussion session where they looked at various home remedies. Some of these were very old and some were fairly new. They discussed the benefits of making your own home remedies. It was eye opening for some of them that a lot of the medicines that you can buy actually contain natural and everyday ingredients e.g. honey, lemon, eucalyptus etc. They also looked at the benefits of eating a healthy and varied diet which included foods that were thought to be very good for you. It was a very good and informative session.

Diabetes in Ramadhan ~ May 2017

NKS' Diabetic Women's Support Group met to look at how to observe fasting safely during the month of Ramadhan. The group looked at the best foods to eat when keeping the fast and when opening it. The group also looked at adjusting the times that medication could be taken so that this does not break the fast. The group members spoke about how they used to fast when they were still in good health. Some of them are not able to fast anymore but still wanted to know how they could eat more healthily. The group members shared their knowledge and gave each other advice and encouragement.

NHS Scotland Conference ~ June 2017



The NKS poster (left) at the event.

Naseem Suleman attended the NHS Scotland Conference in Glasgow recently. Lisa Stewart from NHS Lothian put together a poster about the 12 week Fit

for Health course that ran at NKS from October 2016 to February 2017. The poster was displayed at the event. The event itself was really good and very interesting. It was a good opportunity to see what work was being done around the country.



After School/Homework Club

January 2017

- NKS After School/Homework Club (ASHC) was very happy to welcome the children back after the Christmas holidays.
- The children discussed what they did during the holidays. Some were sad about going back to school!
- The children soon settled down and got back in to their routine of doing homework, projects and enjoyed free time afterwards to play games.

February 2017

- Some of the children participated in taekwondo lessons. They enjoyed having Tonde as a teacher and are having fun learning the sport.
- The children got help to do their homework.
- The children also played loads of games together like White Horse and musical statues which got them running about.
- The children did activities around Valentines Day.

March 2017

- On one of the better weather days the children all went for a walk along the canal to get some fresh air and exercise.
- They got help to do their homework and special projects too.
- They all also helped a fellow student to make a rocket for a school project which they all enjoyed.
- They used the ASHC laptops to improve their computer skills.

April 2017

- The children worked on their math skills and got help with their homework.
- They also baked some Easter goodies for their families in the NKS kitchen. They made cupcakes with mini eggs on them.
- They also enjoyed going to the park when the weather was warm and sunny.

May 2017

- The children got help to do their homework and school projects.
- The children practiced their spelling and times tables.
- The children played outdoor games as the weather was good.

June 2017

- The children got help with their homework.
- The children wrote stories and practised their reading skills.
- The children looked forward to the summer holidays.

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

January 2017

The children created a winter wonderland scenery complete with penguins and lots of snow! They also enjoyed story time and doing action songs and rhymes.

February 2017

The children: did activities for Valentine's Day; had physical exercise, did gardening and went to the library.

March 2017



The children in the NKS Garden.

The children: made a collage for Spring with lots of flowers; did gardening; enjoyed the outdoor play area; had messy playtime; played with blocks and did activities for

Mother's Day.

April 2017



The children making their colourful rainbow.

The children: made a giant rabbit and little chicks for Easter; made a colourful rainbow; made a farm with toy animals and grains; played a shape sorting game; had tea time playtime and

had story time.

May 2017

The children: drew with chalk on the floor; played with the letters of the alphabet; played in the outdoor area and had a picnic there; sang action songs and nursery rhymes.

June 2017



The children helping to make cupcakes.

The children: enjoyed helping to make cupcakes; celebrated Eid; did activities for Father's Day; went to the library and enjoyed the good weather in the outdoor play area.



Photo Gallery.....



NKS Management Committee Meeting ~ January 2017.



First aid session in the NKS Men's Support Group ~ April 2017.



NKS Saturday Group perform at the Festival Theatre ~ January 2017.



Independence Day of Bangladesh celebrations at NKS ~ April 2017.



NKS users in the Royal Botanic Garden Glasgow ~ March 2017.



NKS Nursery Eid Party ~ June 2017.



NKS users outside the Royal Botanic Garden Glasgow ~ March 2017.



NKS Nursery in the outdoor play area ~ June 2017.



NKS Staff, Volunteers & Students...

Rohina Hussain



All smiles whilst at work.

I work as one of the Community Development Officers at NKS. At NKS, we strive to promote health and well-being amongst women and their families living in Edinburgh. One

of the ways in which we did this was the Mindfulness Course, facilitated by Diana Dodd. This was an 8 week course on what mindfulness was and how to practice it in everyday life. Mindfulness means being aware of what is happening in our thoughts, feelings and body sensations in the present moment and with kindness and curiosity no matter what is happening i.e. whether it is good or bad. This therefore requires us to practice feeling kind to ourselves and to develop our curiosity and non-judgemental attitudes. It is a whole new approach for most, if not all, of the participants to being and feeling well.

Research shows that when we increase our awareness, we can notice and accept physical sensations from stress and tensions early on and so we can take action to prevent chronic pain. Equally, when we bring kindness to our difficulties, the lessons and our relationships improve. We have found out that our feedback was overwhelmingly positive, with women saying that they are now more relaxed, and in less pain.



The Mindfulness Course participants ~ May 2017.



Information session on funerals ~ May 2017.

Some of them have mobility issues and felt that they were not able to participate. However, with the right support, they enjoy walking and taking part in gentle exercise and appreciate the opportunity to explore the city. They wear pedometers when walking which clearly show them how many steps they have taken. We

A further example of the activities that we have undertaken was the recent addition of our walking group. The women were very hesitant to take part at the beginning.

also have regular yoga sessions that provide a safe and effective way to increase physical activity, especially to strengthen and balance the body as well as to improve flexibility. It is also very good for helping to improve mental well-being.

For many of the women coming to NKS is the only opportunity that they have to get out of a domestic setting and be involved in their local community. Their confidence is boosted through the provision of educational activities in a supportive environment. These are just some examples of our various activities that embody our holistic approach to health and welfare at NKS.

Please contact NKS if you would like to join any of the groups or if you need help with anything. NKS has a lot to offer you and we will do our best to help you.

Humera Adnan



Here I am during a break in my work.

I joined the office team as a volunteer in March 2017. I am from Edinburgh and married with two young girls.

I studied Film, Television and Radio Production and have always

held a great interest in Arts and Culture.

My work experience consists of working in Standard Life (both in the UK and in India), retail (Laura Ashley and Bath & Body Works) and theatre.

I worked during the Edinburgh Fringe Festival as Director's Assistant, Scriptwriter Assistant and Stage Manager. The show went on to win the Fringe First Award in Edinburgh.

I have quite a lot of experience in administration and IT from years of working in Standard Life and retail. I hope to both share my experience and to gain more knowledge of working in the team at NKS.

Currently I am overhauling NKS' database and after that is finished I will move on to help with the newsletter and whatever other pieces of work that need to be done. I am enjoying coming to NKS as I get to use my skills, learn new ones and get to meet other people.

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. A PVG check will need to be done with Disclosure Scotland for this though.

Volunteering is a very good way to get the experience that you need to access the labour market. It is also very rewarding. Please contact NKS on 0131 221 1915 if you are interested in volunteering with the project. NKS looks forward to hearing from you!



Climate Challenge...



Bags From Rags ~ February 2017



NKS users cutting up old clothes to make bags.

NKS users looked at how they could reuse old and unwanted items of clothing such as dresses and T-shirts. They came up with the idea to make bags out of them simply by

cutting off the sleeves to turn the shoulder bits into handles and cutting and tying up the dress/T-shirt at the hem to make the bottom of the bags. No sewing was necessary and the finished bags looked great!

Edinburgh Climate Festival ~ March 2017



NKS' busy recycling stall at the event.

All of the CCF projects in Edinburgh decided to have a joint celebration event in March 2017 to showcase all of the work done in 2016/2017. The event was held at the Southside

Community Centre.

Activities included: eco stalls with activities; electric bikes and bike activities; live music; fashion show; children's activities; delicious free food; upcycling of



NKS' upcycling of food demonstration at the event.

leftover food demonstrations and also awards were given to deserving volunteers.

The event finished off with a Scots Ceilidh in the evening. The event was a huge success.



NKS' Mrs Pandya with her award. Well done!

Leftover Makeover Launch ~ March 2017



The cover of the Leftover Makeover recipe book.

As part of the Climate Challenge project done in 2016/2017 NKS worked to collate a collection of recipes using leftover food. NKS users very kindly donated their recipes for

inclusion. Out of all of the recipes that were submitted a total of twenty were chosen and then finalised to go in to the recipe book.

Professional photographs were taken of each recipe to go in to the book and some of the demonstrations of the recipes were filmed professionally to make a short film to complement the climate challenge work.

The **Leftover Makeover Flavoursome Recipes for using leftover food** recipe book was launched on 25 March 2017 at St Thomas of Aquin's RC High School.



Inside the recipe book.



NKS staff making up the packs with the recipe book.

The event was well attended and there were plenty of climate challenge activities to keep everyone busy such as using recycling items for arts and crafts.

There was

delicious food for everyone to enjoy and packs of NKS and climate challenge goodies for people to take home with them.

It was a great way to end the work that was done by NKS.



Children and parents enjoying arts and crafts.



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

The Scottish Deer Park Centre ~ NKS staff will be taking some of the NKS Nursery children, their parents and other NKS users here during the summer holidays.

Summer Outings ~ NKS is taking several of the groups on outings this summer. The groups will decide where they would like to go and NKS will organise everything. The users are looking forward to getting out and about.

Royal Botanic Garden Edinburgh ~ Some of NKS staff will be taking part in gardening training during the next few months. They will benefit from Andy Croft's expertise and hope to learn how to be better gardeners.

NKS Young Mother's Group ~ This group will start up again in August 2017 after the schools go back. The group members take part in interesting and fun activities. Please contact us if you would like to join or know someone who would benefit from attending.

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

Sobia Shahzad ~ NKS would like to congratulate Sobia and her family on the birth of her new baby son called Umar. May God bless him with a long and healthy life.

Tammana Israt Jahan ~ Tammana is one of NKS' volunteers. NKS would like to congratulate her and her husband on the birth of their first child - a sweet little baby girl. May God bless her too with a long and healthy life.

Nazish Raza ~ Nazish has left her post of Childcare Practitioner in the NKS Nursery to spend more time with her family. NKS would like to thank her for all of her hard work and would also like to wish her all the best for the future.

Your Contacts at NKS

Naina Minhas ~ NKS Manager

Khalda Y Jamil ~ Administrator

Nasima Zaman ~ Long Term Health Conditions Worker

Rohina Hussain ~ Community Health Officer

Ishrat Measom ~ Community Health Officer

Naseem Suleman ~ Family Support Officer & Long Term Health Conditions Co-ordinator

Savita Kumar ~ Cultural Bridging Project Co-ordinator

Neena Agarwal ~ Long Term Health Conditions Worker

Nazia Majid ~ Long Term Health Conditions Worker

Samra Ahmed ~ Group Sessional Worker

Rukhsana Hussain ~ Nursery Manager

Shabnam Bashir ~ Deputy Nursery Manager

Amina Rahman ~ Senior Childcare Practitioner

Sobia Shahzad ~ Childcare Practitioner

Fauzia Ahmed ~ Childcare Practitioner

Rezwana Khan ~ Childcare Practitioner

Tahira Ali ~ In Charge of Cleaning