

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
Integration Partnership of the Year Award for 2017



"a
happy woman
is a
happy family"

Nari Kallyan Shangho Newsletter

Autumn Edition, September 2017, Volume 17 Issue 1

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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Left to right: Jackie Baillie MSP, Naina Minhas, Khalda Y Jamil and Maureen Watt MSP at the award ceremony on 04/10/2017.

NKS is delighted to share some wonderful news with our readers! As this issue was about to be published NKS won the **Integration Partnership of the Year Award for 2017** from the Health and Social Care Alliance Scotland awards at the Scottish Parliament. The award is for the Fit for Health Programme at NKS in partnership with NHS Lothian and Edinburgh Leisure. It has been very rewarding for NKS to have been recognised for this work.

This year NKS has completed its 30th year of service. NKS is a strong platform for South Asian women in Edinburgh to act collectively and address issues of relevance to them. Women empowerment has been one of the core values of NKS, and the organisation has left no stone unturned to make valuable contributions to women's causes through a range of innovative ideas and strategies.

To empower women and support community cohesion and integration, NKS concentrated on several aspects of work – health education and promotion, employability, and capacity building among grass root South Asian women and active citizenship to work towards community cohesion are some of these. The Cultural Bridging Project, the Volunteers Project and self-management of the Long Term Health Conditions Project are the innovative ideas introduced by NKS that have impacted positively on women's lives. We hope to continue to build on the work already done with an aim to develop self-reliance among them.



All smiles! Jackie Baillie MSP with the NKS staff and the awards.

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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The NKS Long Term Health Conditions Project (LTHCsP) is working with people in Edinburgh. Long term health conditions are more common with an ageing population. As an innovator NKS has been able to establish a group specifically for men from ethnic minority communi-

ties living in Edinburgh. The LTHCsP will work towards supporting self-care, which in turn will improve the quality of life for people with long term health conditions.



NKS Men's Support Group outing to Pollok Country Park ~ August 2017.

Men from ethnic minority communities are very hard to reach. They do not talk about their illnesses. NKS has been able to reach the men and their families initially through home visits. The group started meeting at the Eric Liddell Centre where educational and recreational activities were provided followed by a hot lunch cooked in the NKS kitchen. Due to some logistical issues we moved the group to NKS where they have been meeting since then. The transport is provided to those who cannot travel in public buses. The group meets fortnightly and is running very successfully. Approximately eight to ten men are attending regularly. We have worked with various voluntary and statutory agencies such as: NHS Lothian; MEHIS; the Eric Liddell Centre and the Red Cross etc. The service users are consulted when the activities and lunch menus are drawn up.



Fire Safety Talk in the NKS Men's Support Group ~ September 2017.

look forward to the day which is good for their mental health and wellbeing.

Support has been provided in collaboration between the person with the long term health condition, family member and their carer. Personalised care plans are created by NKS staff in conjunction with the individual and the carer. This has empowered the service users to take part in decisions made about their health and

care needs.



TB health session at NKS ~ September 2017.

Lots of educational and recreational activities have been organised in the groups such as: benefits surgery; health sessions (chest, heart and stroke, TB and bowel cancer); fire safety in the home; playing board games and outings. All of the educational activities were organised with health professionals to raise clients' awareness of how early intervention can help sudden deterioration which often leads to long term health conditions. This self-care produces better health care. Service users and their carers were encouraged to take part in a range of social, economic and cultural activities which has increased their confidence and independence.



Tai chi session in Diabetic Women's Group ~ September 2017.

The service users who have a language problem or have not got family support are being accompanied to GP surgeries, dentists and hospitals by bilingual staff from NKS. This is much appreciated by the service users. The service users and their carers have also been signposted to other relevant agencies where they can get other help and support.



NKS Carer's Support Group at NKS ~ July 2017.

The work has to be done in close collaboration between the person with a long term health condition and their carer. Therefore, NKS has been able to establish the NKS Carer's Support Group which meets once a month at NKS. The carers are encouraged to take part in various activities and this in turn has increased the capacity, confidence and ability of the individual and their carer. Also moral support is provided by home visits to the carers during life events and transition periods.

NKS will be planning the activities for the next few months to take the LTHCsP forward. These will be featured in the next issue of the NKS newsletter.

One to One Services...

The State Pension ~ by Naseem Suleman, NKS Family Support Officer, September 2017



NKS information session on the State Pension.

The basic State Pension is a regular payment from the government that you can get if you reached State Pension age before 6 April 2016. To get it you must have paid or been credited with

National Insurance contributions. The most that you can currently get is £122.30 per week. You'll be able to claim the new State Pension if you're: a man born on or after 6 April 1951 or a woman born on or after 6 April 1953.

The full new State Pension is £159.55 per week. The actual amount you get depends on your National Insurance record. The only reasons that the amount can be higher are if: you have over a certain amount of Additional State Pension; you defer (delay) taking your State Pension or you can still get a State Pension if you have other income like a personal pension or a workplace pension. You might have to pay tax on your State Pension.

The basic State Pension is usually paid every 4 weeks into an account of your choice. You're paid 'in arrears', which means you're paid for the last 4 weeks, not for the coming 4 weeks.

Eligibility

If you reached State Pension age before 6 April 2016, you'll get the State Pension under the old rules instead. For example if someone was born on 01/06/1957 then they will qualify on **01/06/2023**. A man born on 17/02/1958 will reach State Pension age on **17/02/2024**.

How to claim

You won't get your new State Pension automatically - you have to claim it. You should get a letter 4 months before your State Pension age, telling you what to do. If you haven't got a letter 3 months before you reach State Pension age, phone the claim line. They'll discuss with you what you need to do. You can make your claim online, over the phone or by downloading the State Pension claim form and sending it to your local pension centre.

If you want to keep working

You can claim your new State Pension even if you carry on working. However, you have the option to defer which can increase the amount you get.

How it's calculated

The full new State Pension is £159.55 per week. What you'll receive is based on your National Insurance record. Your National Insurance record before 6 April 2016 is used to calculate your 'starting amount'. This is part of your new State Pension. Your starting amount will be the higher of either: the amount you would get under the old State Pension rules (which includes basic State Pension and Additional State Pension) or the amount you would get if the new State Pension had been in place at the start of your working life.

Your starting amount will include a deduction if you were contracted out of the Additional State Pension. You may have been contracted out because you were in a certain type of workplace, personal or stakeholder pension. If your starting amount is less than the full new State Pension then you can get more State Pension by adding more qualifying years to your National Insurance record after 5 April 2016. You can do this until you reach the full new State Pension amount or reach State Pension age - whichever is first.

Each qualifying year on your National Insurance record after 5 April 2016 will add about £4.56 a week to your new State Pension. The exact amount you get is calculated by dividing £159.55 by 35 and then multiplying by the number of qualifying years after 5 April 2016.

Annual increases

The new State Pension increases each year by whichever is the highest: earnings - the average percentage growth in wages (in Great Britain); prices - the percentage growth in prices in the UK as measured by the Consumer Prices Index (CPI) or 2.5%. If you have a protected payment, it increases each year in line with the CPI.

Qualifying years if you're not working

You may get National Insurance credits if you can't work - for example because of illness or disability, or if you're a carer or you're unemployed. For example, you can get National Insurance credits if you: claim Child Benefit for a child under 12 (or under 16 before 2010) or get Jobseeker's Allowance or Employment and Support Allowance or get Carer's Allowance.

Inheriting or increasing State Pension from a spouse or civil partner

You might be able to inherit an extra payment on top of your new State Pension if you're widowed. You won't be able to inherit anything if you remarry or form a new civil partnership before you reach State Pension age.

Inheriting Additional State Pension

You might inherit part of your deceased partner's Additional State Pension if your marriage or civil partnership with them began before 6 April 2016 and one of the following applies: your partner reached State Pension age before 6 April 2016 or they died before 6 April 2016 but would have reached State Pension age on or after that date. It will be paid with your State Pension.

Your UK State Pension if you've lived or worked abroad

Your UK State Pension will be based on your UK National Insurance record. You need 10 years of UK National Insurance contributions to be eligible for the new State Pension.

Claim State Pension abroad

There will be no change to the rights and status of EU nationals living in the UK, nor UK nationals living in the EU, while the UK remains in the EU. You can claim State Pension abroad if you've paid enough UK National Insurance contributions to qualify.

International Pension Centre

Get advice or information about pensions and benefits if you live abroad or have lived abroad. You can contact the International Pension Centre (IPC) using their online enquiry form. You need to report changes to your personal details (e.g. your address or bank details) by telephone or letter.

Early Retirement

The earliest you can get your State Pension is when you reach your State Pension age. You'll have to wait to claim your State Pension if you retire before you reach that age. You'll claim basic State Pension and Additional State Pension if you reached State Pension age before 6 April 2016. You'll claim the new State Pension if you reach State Pension age on or after 6 April 2016.

You can find out more information by calling the following numbers, Monday to Friday, 8am to 6pm: telephone: +44 (0) 191 218 7777 and textphone: +44 (0) 191 218 7280.

NKS Cultural Bridging Project...

Savita Kumar ~ Cultural Bridging Officer



The Cultural Bridging Project (CBP) has been moving forward quite smoothly. July 2017 was mainly spent finalising upcoming cultural exchange sessions with other voluntary organisations such as the: Women's Federation for World Peace (WFWP);

YMCA; Positive Futures Activity Groups (PFAG); The Open Door (TOD) and Link Up Women's Support Group (LUWSG). The month was also spent having meetings with various statutory organisations to take the work forward.

To take full advantage of the lovely summer weather we organised a few outings for the NKS users during July 2017. One coach took women and children to



NKS users at the Scottish Deer Centre.

the Scottish Deer Centre in Cupar, Fife. The users had a great time there, got some fresh air and learnt a lot through the guided tour.



Outing to Pollok Country Park ~ July 2017.

NKS users went to the Pollok Country Park near Glasgow. They enjoyed exploring the park and enjoyed each others company. They also got the opportunity to take in the beauty of the Royal Botanic Garden Glasgow too. They were really good and educational outings.

One cultural exchange session took place with The Welcoming Association (TWA) at their premises in August 2017. Users from both projects got



NKS at TWA ~ August 2017.

together and had a go at making lampshades out of string which was wrapped around balloons using PVC glue which then hardened. The balloons were burst and the lampshades kept their nice round shape. It was a good session.

Another session took place at NKS when the WFWP came to

NKS premises in August 2017 and took part in a bowel cancer health session organised with Bowel Cancer UK. The health session consisted of an educational talk about what bowel cancer was, the symptoms to look out for and what treatments were available. Both sets of users were able to ask questions of the Bowel Cancer UK staff who were very helpful. It was a very important topic that needed to be covered and it was good that NKS did the session with the WFWP users.

NKS users went to visit the YMCA users in August 2017. They all had a nice time exchanging ideas with each other and getting to know one another better. They shared some refreshments and made plans for further sessions to take place at a later date.

Also in August 2017 volunteers came from TOD in Morning-side. They came to meet our users and to tell them about their own organisation. I have been volunteering with them regularly and it was nice for them to come and see my organisation. They shared a hot lunch with the users and really enjoyed the opportunity to come and see NKS.

Users from the LUWSG came to NKS to take part in a health session about tuberculosis (TB). NHS Lothian staff came to do the session. It was very informative and they screened everyone present afterwards. The group shared a delicious vegetarian lunch.



NKS users at Libertus ~ September 2017.

NKS users went to Libertus twice to take part in the PFAG. The first time they took part in the knitting group. The second time the users took part in an arts and crafts session

where they made lovely Christmas cards. The activities were very relaxing and enjoyable.

One of the CBPs objectives is to develop volunteers. I am working closely with Samra Ahmed, the NKS Volunteering Project Co-ordinator, to take this work forward. It's very encouraging to see so many people come forward to take part in this new project.

NKS had a stall at the Volunteer Recruitment Fair which was held in September 2017 in Edinburgh. It was very interesting to see so many organisations there and to meet so many



The NKS stall at the fair ~ September 2017.

people. Lots of people showed interest in volunteering with NKS. We will look at how we can help them and where we can place them within NKS. The CBP is going very well and I am really enjoying my work. There will be further updates on the project in the next issue of the NKS newsletter. Watch this space.



Shabnam Bashir



I would like to introduce myself to all of the readers. My name is Shabnam Bashir (bubbly). I work as the Nursery Deputy Manager at NKS. As my nickname suggests I am always happy and love to laugh and enjoy every happy moment each day. My passion for life is self evident in my personal and working

relationships at home and at work. One of the highlights of my work is the interaction with children and being able to participate in their development. In my role, I continuously thrive to learn and improve my ability to help myself and others to perform at the best of their ability too. As a result of our hard work the intake of children has dramatically increased over a short period of time.



The nursery children enjoying the outdoor play area at NKS ~ July 2017.

As part of our ongoing development programme, I have taken the initiative of introducing Outdoor Woodlands activities. This project provides the children with the opportunity to enjoy, discover, experience and feel all that nature has to offer. NKS took the children to Hermitage of Braid for the activities. The project is funded by the Awards for All Programme of the Big Lottery Fund. The children loved the chance to jump in the puddles, play with leaves and enjoyed the various sounds and smells around them. The experience had such a positive effect that we introduced aspects of their experiences within our play area such as a mud kitchen and vegetation patches amongst other things.



The nursery children at Hermitage of Braid ~ August 2017.



Story time in the NKS Nursery ~ July 2017.

In addition I believe it's important to detail and record aspects of a child's development. As a result I have implemented the training procedure that ensured each child's learning journal is completed. The three main objectives of our learning journals are to ensure the following:

- Assessing a child's development
- Providing a record of a child's time with you
- Helping you plan activities.



Making glittery glue for painting ~ August 2017.

Not only do learning journals help us with keeping records but also encourages parent's contribution and interaction in their child's development. With the parents input and the effort of our staff, we are able to provide a joyful and productive learning environment for every child. We hope to make each child's experience positive and happy with each passing day.



The children painting in the nursery ~ September 2017.



What's Been Happening at NKS?

Breast Screening



The Diabetic Women's Support Group ~ July 2017.

Breast screening health sessions took place in the groups during July 2017. The users were updated about breast cancer, informed about the importance of screening, what symptoms to look out for and how to check themselves whilst in the shower.

First Aid



First Aid session with the FOWG ~ August 2017.

It's important to stay up-to-date with first aid as the information could change. So, at NKS we have regular sessions with the groups so that the latest information can be passed on.

Shaheen Ahmed from the Red Cross comes regularly to deliver sessions to NKS users. Ishrat Measom from NKS helped to deliver the above session to the Friday Older Women's Group (FOWG).

CAPS Independent Advocacy



The NKS Carers Group with Kousar Javaid.

CAPS Independent Advocacy is an organisation for people who use or have used mental health services. Kousar Javaid, one of the Individual Advocacy Workers, came to NKS in July 2017 to

inform NKS users about her organisation and what it could offer them in terms of support. It was a very informative session.

Outing to Scottish Deer Centre



NKS users with the deer ~ July 2017.

One of the summer outings took users of all ages to the Scottish Deer Centre in Cupar, Fife. They enjoyed walking around the centre and enjoyed looking at all of the animals especially

the deer and the birds of prey. The guided tour and talk on the birds of prey were really interesting. The weather was wonderful and everyone enjoyed the picnic.

Lunch with Old Friends



Arfa (in blue) and Tanveer (in brown).

At NKS the staff team keeps in touch with former colleagues and it's always nice to catch up with each other when we get the chance. It was lovely to see Tanveer Iqbal in July 2017. She

used to work at NKS as the Family Support Worker but moved to live in Pakistan many years ago. It was also lovely to see Arfa Ali who used to manage the NKS Nursery around the same time. We all had a great time catching up over some delicious lunch.

Bowel Cancer UK

The Wednesday Women's Group raised £62.00 for Bowel Cancer UK in one of their sessions in July 2017. This was in response to having had a health session with them back in June 2017. They got a lovely letter from the organisation thanking them for their efforts. Well done!

Outing to Loch Katrine

NKS took some of the users on an outing to the beautiful Loch Katrine in August 2017. The users went by coach from NKS and spent several hours there. Some of them hired bicycles and rode around the loch. Some of them went for walks and some of them took a cruise on one of the two boats. Everyone enjoyed the beautiful scenery, the fresh air and the exercise. There are some lovely photos from the outing on page 9.

Idli Cookery Session



Idli cookery session at NKS ~ August 2017.

Mrs Pandya demonstrated how to make idli (steamed lentil rice cakes) to the FOWG in August 2017. The idli was served with accompaniments and everyone got some to try. As al-

ways, she was very organised and did a wonderful job. It was delicious by the way!

Human Trafficking Training

Human trafficking is in the news a lot these days. There is an advert about it on the TV too. The training was organised in August 2017 by NKS to raise awareness amongst the staff as they deal with the public. The training was really eye opening as it's not very easy to spot if someone has been trafficked. Some of the staff found it very hard going and upsetting. Nevertheless the training was very good and it did raise awareness of this issue. NKS tries to make sure that the staff has as much up-to-date information as possible.



What's Been Happening at NKS?

Dhokla Cookery Session



Naina demonstrating how to make dhokla.

Dhokla is a savoury cake made from a batter of rice and split chickpeas. Naina Minhas, NKS Manager, stepped in to demonstrate how to make it when Mrs Pandya became unavailable. The

dhokla was truly delicious especially with the chutneys. It's a firm favourite and everyone looks forward to eating it.

The ESOL Class ~ by Sue Sim, Class Teacher



The ESOL class at NKS ~ September 2017.

Edinburgh College is happy to return to provide reading and writing workshops for women on Mondays and Tuesdays from 1.00 pm to 3.00 pm.

Nine students enrolled in the first week and there are more spaces available. Everyone has returned from the last academic year. Please contact NKS on 0131 221 1915 if you would like to join the class and your contact details will be passed on to me. The current students are from Pakistan, Bangladesh and Thailand, and the class is open to any woman.

Students have a range of levels of reading, writing and speaking, and work at their own level in pairs, groups and individually. We are studying reading, writing, spelling, grammar and punctuation. Everyone is learning to use computers and websites for learning English.

This year we plan to develop computer and literacy skills in the areas of health, job seeking, care of the elderly, safety in the home and other topics that students have requested.

MEWS Event



Naina at the MEWS National Gathering.

The Women's Equality Network organised the W1 Minority Ethnic Women in Scotland (MEWS) National Gathering in September 2017 in Glasgow. The theme of the event

was strengthening voices in public, professional and personal lives of minority ethnic women.

Naina Minhas, the NKS Manager, was invited to do a workshop at the event. The event itself was an opportunity for minority ethnic women to get together and discuss ideas, share knowledge, raise awareness of certain issues and put in place strategies that challenge inequalities and help them to reach their full potential.

NKS at the RBGE



NKS FOWG at RBGE ~ September 2017.

For the past three years NKS users have thoroughly enjoyed taking part in the Edible Garden Project run by the Royal Botanic Garden Edinburgh (RBGE). This work was part of the Cli-

mate Challenge Initiative (CCI). It was so successful and extremely popular that regular sessions have continued since the end of the CCI.

One of the groups that went was the Friday Older Women's Group (FOWG). They enjoyed harvesting the vegetables, cooking them and then sharing the cooked food together in the RBGE kitchen. It was delicious!



NKS FOWG eating the fruits of their labour.

NKS at the Edinburgh Mela 2017



NKS information stall at the mela.

It was good to see the Edinburgh Mela take place this year at the start of September 2017 after not taking place last year. NKS was approached to put up a marquee and offer something for

women. So, we organised taster sessions for: reflexology; massage; facial; threading and henna hand painting. These were very popular! We also had an information stall with our leaflets, newsletters, annual reports and other publications for people to take away. Our staff was on hand to answer any questions about NKS.

LCiL Information Session



Information session by LCiL at NKS ~ September 2017.

Debbie Bayne came to NKS from the Lothian Centre for Inclusive Living (LCiL) to deliver an information session in September

2017 to women with long term health conditions. She explained what self-directed support was and what services her organisation provided. The staff and the women asked lots of questions which she was more than happy to answer. It was quite a useful and very informative session.



After School/Homework Club

July 2017



The ASHC at the local bowling alley ~ July 2017.

- NKS staff and the children went bowling together and had a great time.
- They went to the cinema at Fountain Park to see

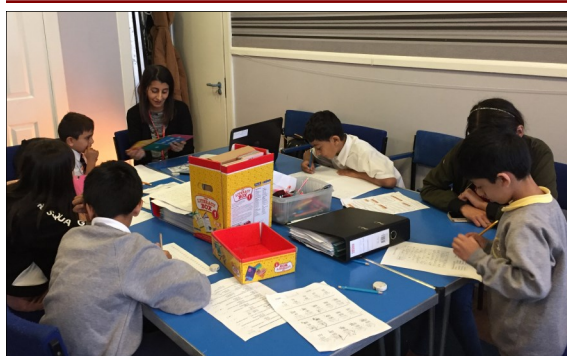
the hilarious Despicable me 3.

- They went to see the Royal Botanic Garden Edinburgh and went for ice cream afterwards.
- Some of them also went with their parents on the outings organised by NKS.

August 2017

- The children watched Dr Doolittle 3 at NKS and also worked on their creative writing skills.
- They enjoyed the rest of their summer before going back to school.
- They soon got back in to their routine of going to school and doing their homework.
- They got the chance to play physical games after they had finished their homework.

September 2017



The children are hard at work ~ September 2017.

- They children did their homework every time they came.
- They did more work to improve their creative writing skills.
- They also worked on

their maths skills too.

- They played outside, went for walks along the canal and also went to The Meadows to play.

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 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. Thank you!

NKS Nursery

July 2017



Pass the parcel game in the NKS Nursery ~ July 2017.

- The children had an Eid party with some very tasty food and some games. The parents were invited to join in.

- The children and their parents went on outings organised by NKS.



The children with their butterflies ~ July 2017.

- They learnt about the life cycle of the butterfly by looking after caterpillars until they became butterflies. Then they released them.

August 2017



The children learn about Raksha Bandhan ~ August 2017.

- The children learnt about Raksha bandhan (Raki).
- They used magnifying glasses to find spiders and bugs in the NKS Gar-

den.

- They did role play by dressing up.
- They went to the Hermitage of Braid to see and experience nature first hand. They saw lots of different trees and plants and birds there. They got to jump in puddles too!
- They went to the park to play and went to the library.

September 2017

- The children sang songs and had story time.
- They made stars with paper, glue and glitter.
- They made a rocket out of old boxes. There's a nice photo on page 9 of them making it.
- A dentist came to do a session with the children on brushing their teeth and gave them all toothbrushes.
- The children went to the library for stories and games.
- The children helped to bake cakes to decorate and enjoy.



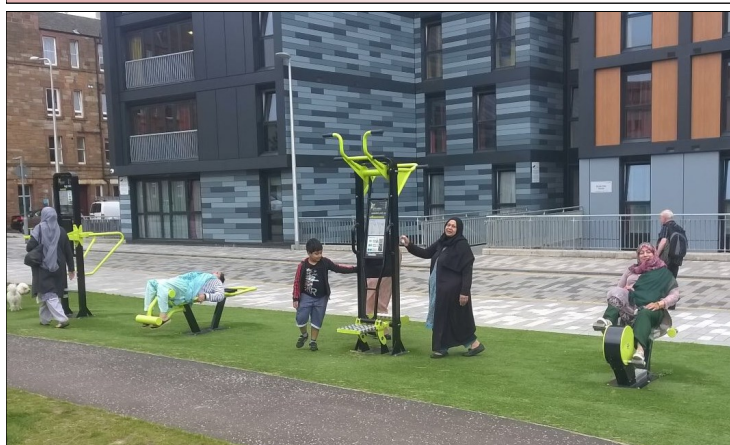
Photo Gallery.....



Picnic at the Scottish Deer Centre ~ July 2017.



NKS users cycling around Loch Katrine ~ August 2017.



NKS users enjoying the outdoor gym in Fountain Green ~ July 2017.



NKS staff and users with the Indian High Commissioner and his wife (in the white jacket) at the RBGE ~ August 2017.



Bowel Cancer health session for NKS and WFWP users ~ August 2017.



The NKS marquee at Edinburgh Mela ~ September 2017.



The NKS Management Committee in action ~ August 2017.



NKS users making Christmas cards at Libertus ~ September 2017.



NKS Staff, Volunteers & Students...

Nazia Majid



My role as one of the Long Term Health Conditions Workers is to work with people suffering from long term health issues. I work alongside my colleagues to support the clients. We run a monthly support group and organise educational health sessions to empower the

clients on how to self-manage their conditions better and to increase their knowledge and understanding of their conditions. We work in partnership with other organisations such as the NHS and the Local Authority to provide better care for our service users.

Our support group sessions provide a social platform to: combat isolation; educate and inform; build confidence; develop new friendships and to motivate individuals to get involved in activities and their local community. So far we have successfully run a 12 week fitness health programme called Fit for Health with the NHS and Edinburgh Leisure for diabetic women. To complement this NKS provided many health sessions on topics such as: mouth cancer; breast cancer; bowel cancer and diabetes awareness. The Diabetic Women's Support Group was formed for this piece of work and continues to run at NKS once a month. The Carers' Support Group is going well. It meets once a month at NKS to help and support the members with issues that concern them and to make them aware of what help is available to them. We are in the process of forming a walking group to help our clients to take regular exercise and are planning outings for clients with limited mobility.

As part of my work I have had to do home visits. This has given me a great opportunity to: work closely with my clients; be able to provide one to one support to them; build their trust; make their friendship and advocate on their behalf as required for hospital and doctor appointments. I have also learnt how to make, update and monitor care plans for the clients to record their progress and to identify and plan changes.

As part of my work I have had the opportunity to attend different health sessions and trainings to gain more knowledge and understanding of health issues that the clients face and to make links with statutory and other voluntary organisations so that I know what help is available for them. I have benefitted a lot from this and it has really helped to build up my confidence and I try to work to the best of my ability. Overall I enjoy working at NKS. My job is very rewarding and gives me a lot of job satisfaction. It's a new beginning and I look forward to new challenges and opportunities to help and support my clients and to further improve my skills and gain more knowledge.

Sana Khalid

I have been in UK for about two and half years. I have done the ACCA (Association of Chartered Certified Accountants) accountancy course. I have also done the English as a Second Language National 5 from Edinburgh College to improve my English.

I found out about NKS through my aunty. I have been coming

to the NKS Young Mother's Group on Thursdays for a year now. I always enjoy my time at NKS as this gives me the opportunity of meeting other people and making new friends. This group has really helped me to learn more about Edinburgh as a city and its culture.

I volunteered as a sales assistant at the Barnardo's shop in Meadowbank, Edinburgh. I have also volunteered as a befriender with Hanover (Scotland) Housing Association. I have learnt a lot from my experiences and it has helped to build up my confidence. Currently, I am taking part in the NKS Volunteering Project and have been placed as a volunteer in the office at NKS. I am learning new things everyday here and my skills are improving. I have also been able to put my computer skills to use by helping to solve some IT issues. I am happy to be at NKS as I am utilising my time in a great organisation. I am hoping that this opportunity will help me on my way to becoming a qualified chartered accountant in the future.

Neha Sardar



I am seventeen years old and I am a sixth year student at Borroughmuir High School. I have been coming to NKS for over fifteen years now, starting off in the NKS Nursery, attending the NKS After School/Homework Club and now volunteering in the NKS office. I help with making flyers, leaflets, the newsletter and also things like recording petty cash on to Excel. I enjoy working here because it helps me to develop new skills and also meet new people. I have become more

confident and I have learnt new skills on Microsoft such as Excel and Publisher and also how to deal with money.

At school I am currently doing four highers which are: English; Business Management; Media and Events Management. I am aiming to go to university to study Business Marketing or Digital Media. By volunteering at NKS I am developing new IT and people skills which will help me in the future. I have been volunteering at other places as well. For example I volunteered with the Edinburgh Mela 2017 and I also did an internship at Standard Life.

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!

NKS Volunteering Project ...

Samra Ahmed



I am co-ordinating the Volunteering Project at NKS. I joined the NKS staff team in August of this year. The organisation received a small grant from the South Central Partnership in Edinburgh to build capacity among South Asian women and to empower them to access mainstream

services and increase their employability chances. In my role I identified the people that would be interested in volunteering in the mainstream organisations. Savita Kumar, who is the Cultural Bridging Officer at NKS, and I held a meeting with Naina Minhas, the NKS Manager. We came up with a programme for the next six months. As part of this programme, we identified volunteers who are committed and want to gain work experience for future employment. We have devised a training programme for the next eight weeks that entail topics such as confidence building which is very crucial for any work placement, computer training, tutors from other organisations to come along and give volunteers the information required for their placements, careers advisors for educational information for further education, CV writing training, so on and so forth. At the end of the project the successful volunteers in the category of attendance, team work, and excellent effort would be then given an award certificate of achievement.



The first meeting with the volunteers ~ August 2017.

So we went ahead and put the word out about this project. The outcome was tremendous. We got many applicants for volunteering out of which 25 of them were selected to take part in this project. More women have shown interest in volunteering and are being considered for other work placements. Savita Kumar, Khaldia Y Jamil, Naseem Suleman (NKS staff team members) held an information day where we took the registration and explained what the project was about including the working hours for the volunteers and the rules and regulations. My colleagues shared their experiences of volunteering with the participants. The women were fascinated by this opportunity as many have longed to work but have been held back because of family issues and young children. The chance to volunteer gives women a motivation to do something for themselves and an achievement towards learning new skills, gaining confidence and receiving recognition.

Many had qualifications but no work experience to add to their CV. The volunteers were also told about attending Neighbour-



One of the volunteers - Rani (standing) at the YMCA ~ August 2017.

hood Partnership and other local meetings along with a member of NKS staff, as this will make them aware of the issues affecting local communities. It is hoped that by getting involved in the communities they will be able to be a part of the change to be initiated and give their own views on issues affecting the neighbourhood. Currently we have had 15 volunteers who have started their work placements and there are others who have got start dates organised with their chosen agencies.



Confidence building session with the volunteers ~ September 2017.

During the course of the project I will liaise closely with the volunteers and their placement agencies to monitor their attendance and any issues affecting them in their placement. Continual trainings will be in place to benefit the volunteers. I am thoroughly enjoying working on this project. I feel that I am achieving a lot as I am able to help the volunteers have the work experience and the opportunity that they did not have before. It's also very rewarding too.



Basic computer training session with the volunteers ~ September 2017.



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 1.00 pm till 3.00 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 runs on Thursdays from 11.00 am until 1.00 pm 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 5.30 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

Fire Safety ~ NKS has organised Fire Safety information sessions to take place in the groups in October and November 2017.

Age Scotland ~ An information session on money matters will take place in the NKS Men's Support Group in October 2017.

Arthritis Care OK ~ Health sessions on arthritis will take place in the NKS Men's Support Group and the NKS Women's Group in October 2017.

NKS Annual General Meeting ~ This will take place on Monday the 13th of November 2017 from 11.00 am until 1.00 pm followed by lunch. The venue is to be confirmed. Please check our website for the latest information on this.

Legal Matters ~ A solicitor will be coming to the NKS Men's Support Group in November 2017 to give a talk on legal matters.

Carer's Rights ~ VOCAL will be coming to the NKS Carer's Group in December 2017 to give a talk on carer's rights.

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

Samra Ahmed ~ Samra has been appointed as the Volunteering Project Co-ordinator.

NKS would like to welcome the following Aspiring Communities Fund staff to NKS:

Vibha Pankaj has been appointed as the Aspiring Communities Project Researcher.

Humera Adnan has been appointed as an Administrative Assistant.

Sameena Hussein has been appointed as an Interviewer.

Your Contacts at NKS

Naina Minhas ~ NKS Manager

Khalda Y Jamil ~ Administrator

Humera Adnan ~ Aspiring Communities Fund (ACF) Administrator

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

Nasima Zaman ~ Long Term Health Conditions Worker

Nazia Majid ~ Long Term Health Conditions Worker

Samra Ahmed ~ Volunteering Project Co-ordinator

Vibha Pankaj ~ ACF Project Researcher

Sameena Hussein ~ ACF Interviewer

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