

# Nari Kallyan Shangho Newsletter

Spring Edition, April 2018, Volume 17 Issue 3

## 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, NKS Administrator



Councillor Adam McVey launches the DLLP Research Report with Rohini Sharma Joshi, NKS Chair.

It's amazing when I think about how long NKS has been serving the local communities and just how much work has been done over the years. Thirty years is just incredible!

A Celebration Event was organised to: mark thirty

years of NKS; launch the NKS Digital Literacy Learning Research Report and to award certificates to the Volunteering Project participants. It took place in the evening on Friday the 23rd of March 2018 at Lauriston Hall in Edinburgh. You can read all about it on pages 2 and 3, complete with photographs.

NKS has two new projects in 2018/2019 — the Climate Challenge Project and the Carers' Project. These have already started as this issue was being finalised. The Cultural Bridging Project will continue on for another year. Check out our website and Facebook page for the latest information on them and upcoming activities and events.

NKS continues to go from strength to strength thanks to our Manager, Management Committee, staff, volunteers and the users. Thank you!



L to R: Jack Marshall, Rohini Sharma Joshi, Councillor Adam McVey, Councillor Alasdair Rankin and Naina Minhas ~ cutting NKS' 30th Anniversary cake. Congratulations!

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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# NKS Celebration Event on 23 March 2018

The Celebration Event was held at Lauriston Hall on Lauriston Street in Edinburgh. The Leader of the City of Edinburgh Council, Councillor Adam McVey, (pictured right) was the Chief Guest. We would like to thank him for taking time out of his busy schedule and joining us on the night.

We invited guests who have a deep connection with NKS and those that had taken part in the Volunteering Project (VP) and



The audience enjoying the Celebration Event and participating in the wonderful entertainment. What an evening!



the Digital Literacy Learning Research Report Project (DLLP).

Naseem Suleman (pictured below left) and Ishrat Measom (picture middle right with Councillor McVey) did a wonderful job of hosting the evening.

Rohini Sharma Joshi (pictured left), NKS Chair, spoke about NKS as an organisation and thanked The Scottish Government Aspiring Communities Fund for funding the DLLP and

the City of Edinburgh Council, South Central Neighbourhood Partnership for funding the Volunteering Project.

Naina Minhas (pictured right), NKS Manager, thanked everyone for coming to the event, especially Councillor McVey. She spoke about how NKS started off thirty years ago and how it progressed over the years to what the organisation is today. She thanked all of the funders that have supported NKS in the past



Ishrat Measom and Councillor McVey as he prepares to hand over another award certificate.



Rohina Hussain (right) with Bilquis Chowdhury (left), who is one of the founders of NKS. It was lovely that she could join us.

NKS users put on a sari show and showcased saris from the different regions in India. What beautiful colours!



and the ones that continue to do so going forward. It's really appreciated.

Councillor McVey was delighted to come along and be our Chief Guest. He spoke about NKS' good work and how people are benefitting. He was more than happy to present the certificates to the VP participants and posed for photographs with them. There is a lovely group photograph on page 3. The event went really well.



Laura Halliday and her troupe teach some of the NKS users how to salsa after their amazing dance performance.

# NKS Celebration Event on 23 March 2018



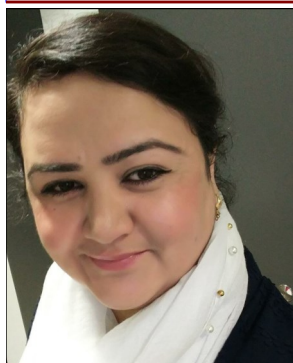
Councillor Adam McVey (centre) with the NKS Volunteering Project participants just after their award ceremony.

More photos from the Celebration Event.



# NEW STAFF AT NKS...

## *Tatheer Fatima ~ CCF Project Coordinator*



I have been living in Edinburgh for a few years now with my husband and infant son. I came here from Pakistan. My qualification and back ground is in IT research and development.

I volunteered at NKS last year and was taken on in January 2018 to work with the Digital Literacy Learning Project which I thoroughly enjoyed.

I successfully applied for the NKS Climate Challenge (CCF) Project Coordinator post and have been busy organising the work with the staff team.

I am very excited about this new project because climate change is real and it is happening. We all need to do our bit to combat it and we have to make real changes in our day to day lives.

The project is for two years and we have a lot of very exciting activities planned. Please get in touch with us on 0131 221 1915 or email us at [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk) if you would like more information or would like to join any of the groups that run at NKS. We look forward to hearing from you very soon.

## *Manjari Singh ~ CCF Project Worker*

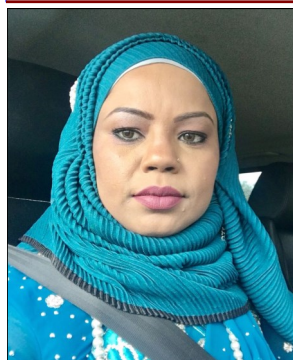


I am married with two daughters and have been an active member within the Indian community in Edinburgh for the last fifteen years. Volunteering in different organisations such as the Scottish Indian Arts Forum, Edinburgh Hindu Mandir and ELREC has given me a lot of experience of working with different communities. I am familiar with NKS and worked here several years ago.

I am very interested in climate change and jumped at the chance to work on the NKS CCF project. I am looking forward to the upcoming work and plan to put my experience to good use. I am also looking forward to working with the NKS staff, my fellow CCF colleagues, NKS users and my friends to deliver this project.

There are some new and exciting group activities planned such as gardening and cycling. Come and join us if you would like to get involved and do your bit for the environment.

## *Nazma Rahman ~ CCF Project Worker*



I am married with three daughters. Now that my children are older and more independent I have found that I have more time and flexibility to work.

My work experience includes translating, which I enjoy as I get to use and keep my language skills sharp, and managing one of our restaurants. I also help out in the restaurant as and when needed.

I think that climate change is a very important subject and one that people need to take seriously,

as it's happening before our very eyes. My role in this project will be to educate the Bangladeshi community in Edinburgh about climate change and to help them to make changes and better choices so that they can reduce their carbon footprint, and overall benefit the environment. It will be a challenge but I am up for that.

I love gardening and we will be doing this with the users at NKS and at the Royal Botanic Garden Edinburgh. We will be teaching women how to cycle and doing arts and crafts with recycled items and lots more activities. Come and join us!

## *Samra Ahmed ~ Carers' Project Worker*



I am married with a teenage daughter and two young sons. I have been involved with NKS for a long time now having worked here years ago as the Family Support Officer and more recently as the Volunteering Project (VP) Coordinator. It was very rewarding to have helped over fifteen women to secure volunteering opportunities in various statutory organisations in Edinburgh and to help them to develop and

gain more confidence. I really enjoyed working on the VP and I gained a lot of experience doing this work.

So, I was very excited when I heard about the Carer's Project (CP), which is for three years, and applied for the CP Worker post. I am very happy to have been appointed in this post and am really looking forward to working again at NKS and with the staff team. I am in the process of planning the work that will need to be done and am looking forward to working with NKS colleagues to plan activities and sessions for the carers.

Please get in touch with NKS on 0131 221 1915 or email us at [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk) if you would like more information on this exciting new project. Come and join us if you would like to find out about your rights as a carer and to find out what help is available to you.

## *Humera Adnan ~ CP Administrative Worker*



I am from Edinburgh and married with two young daughters. I studied Film, Television and Radio Production and have always held a great interest in the arts and culture. I have worked in Standard Life, Laura Ashley and Bath and Body Works. I have quite a lot of experience in administration and IT, from working in these companies.

I started off as a volunteer in the NKS office in February 2017. From October 2017 to March 2018 I was employed as an Administrative Worker by NKS on the Digital Literacy Learning Project.

As a carer myself the Carers' Project naturally appealed to me and I was taken on as the Administrative Worker. I am really looking forward to working with Samra and the NKS staff. We are planning the work that needs to be done and organising the activities that we would like to do. Come and join us at our upcoming Family Fun Day on 23/06/2018 at Thomas Morton Hall from 12 noon until 5.00 pm. There will be lots for you to do on the day.

# Information Page...

*Carers ~ By Naseem Suleman*

## **Practical Support:**

Carers can access practical support through their local carer centre, carer support groups and through their local authority Health and Social Care service. This section includes information on: requesting a carers' assessment; finding out about your rights as a carer; accessing equipment and adaptations for the home; what happens when the person you care for comes home from hospital; getting help with tasks around the home; planning for the person you care for to go into long term care and ways to take a break from caring.

As well as practical support and information, many carers also benefit from emotional support and meeting other carers to share their experiences with others who understand what it is like to be a carer.

## **Carers' Assessments:**

A carers' assessment can help you by looking at: what services help with the support you give; ways to give you a break from caring; sources of support and local carers' groups; what financial support might be available; your welfare rights and how to arrange a needs assessment for the person you care for.

## **How do I get a carers' assessment done?**

You can have a carer's assessment whether or not the person you care for has had an assessment or wants one themselves. To request a carer's assessment contact your local health and social care department – see details below depending on where you live. A social worker or occupational therapist from your area will arrange to visit you to carry out the assessment. Following the assessment, you will be given information about any services and support they can give you.

If you live in Edinburgh you can request a carers' assessment. This can be arranged by contacting Social Care Direct by calling 0131 200 2324 or emailing [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk). If you live in Midlothian, please contact Midlothian Council's Social Work Contact Centre on 0131 271 3900.

## **Who is eligible for Carers' Allowance?**

You may get Carers' Allowance if you: are 16 or over; spend at least 35 hours a week caring for someone; have been in Great Britain for at least 2 of last 3 years and the person you care for must get one of the qualifying disability benefits which include: Attendance Allowance; Disability Living Allowance (middle or highest care rate) and Personal Independence Payment (daily living component).

You may not get Carers' Allowance if: you're in full-time education, studying for 21 hours or more a week or if you earn more than £102 a week (after tax). If you can't be paid Carer's Allowance due to the 'overlapping benefit rule', you may get: the carer premiums for Jobseeker's Allowance or Income Support; Extra Pension Credit or the carer element in Universal Credit.

## **Carer's Credit**

You could get Carer's Credit if you're caring for someone for at least 20 hours a week. Carer's Credit is a National Insurance credit that helps with gaps in your National Insurance record. Your State Pension is based on your National Insurance record.

## **Universal Credit or Income Support**

Universal Credit will replace the following benefits: Child Tax Credit; Housing Benefit; Income Support (IS); Income-Based Jobseeker's Allowance (IBJSA); Income-Related Employment and Support Allowance (IRESA) and Working Tax Credit.

If you currently receive any of these benefits, you can't claim Universal Credit at the same time. Universal Credit is being introduced in stages across the UK. You don't need to do anything until you hear from the Department for Work and Pensions (DWP) about moving to Universal Credit, unless you have a change in circumstances.

## **Pension Credit**

If you receive the State Pension or certain other benefits paid at a rate that is the same or more than the Carer's Allowance, you may not receive payment of Carer's Allowance but may have what is called an 'underlying entitlement'. Payment of Carer's Allowance is taken into account when calculating income-related benefits and Pension Credit. However, if you receive Carer's Allowance or have underlying entitlement to it, you will qualify for the carer premium in any IS, IRESA and IRJSA that you are entitled to.

If you get Housing Benefit, the Housing Executive (for tenants) or Land and Property Services (for owner-occupiers), will include an amount for the carer premium when they work out how much Housing Benefit you can get.

Claiming Carer's Allowance can also affect the amount of Pension Credit you receive. If you get Pension Credit, the amount used to work out how much you are entitled to is increased by £34.95.

## *Vehicle Tax Exemption /Reduction*

### **Vehicle Tax Exemption**

You are eligible to apply for exemption from paying vehicle tax if you get the: higher rate mobility component of Disability Living Allowance (DLA); enhanced rate mobility component of Personal Independence Payment (PIP); War Pensioner's Mobility Supplement or Armed Forces Independence Payment. The vehicle must be registered in the disabled person's name or their nominated driver's name. It must only be used for the disabled person's personal needs. It can't be used by the nominated driver for their own personal use. You can only have one vehicle tax exemption at any one time.

### **Vehicle Tax Reduction**

You are eligible to claim for a 50% reduction in vehicle tax if you get the PIP standard rate mobility component. To claim this you must include the following with your application: a letter or statement from the Department for Work and Pensions that shows your PIP rate and the dates you're getting it; the vehicle log book (V5C); a V10 form; an original MOT or GVT certificate (if your vehicle needs one); a cheque or payable order (made out to 'DVLA, Swansea') for 50% of the full rate of car tax for the vehicle. **Don't send your PIP assessment or any other medical information with your application.** Please send your completed claim to: DVLA, Swansea, SA99 1DZ.

If you've just bought the vehicle and it's not registered in your name yet, you'll need to download and complete a V62 form and include the V5C/2 new keeper supplement with your application.



## *Nasima Zaman & Nazia Majid ~ LTHCs Workers*

The NKS Long Term Health Conditions Project (LTHCsP) staff team has been busy supporting clients during January to April 2018. It has been challenging but very enjoyable and rewarding to work for people suffering from LTHCs. The staff team has gained more confidence, skills and knowledge to enable them to provide the best help and support to the clients. The staff team has accompanied clients to appointments such as: hospital visits; doctor's; dentist; opticians and benefit surgery. The staff team has been busy doing home visits; care plans; referrals to specialist organisations and running the different LTHCs support groups.

The clients have benefitted from the advocacy and interpretation skills provided by NKS staff at the appointments and from the befriending service and one to one support. NKS hopes to keep raising the clients' confidence, increase their knowledge and try to help combat issues arising from the care plans so that their individual needs are met.

The NKS Carers Group went to the Voice of Carers Across Lothian's (VOCAL) Time for Me event in December 2017 where they had enjoyed the activities that had been offered. Following on from this VOCAL came to NKS to deliver an information session to the NKS Carers Group in January 2018. The organisation helps carers and have a lot to offer them. Our carers mostly showed interest in respite care, complementary therapies, counselling and short breaks. VOCAL can act on your behalf and call relevant agencies once you self refer or get referred to them. They will come out to you and assess your needs. We found them to be very helpful. From this session one of the clients was identified as someone who needed their services for respite care. The carers were very impressed with the range of services offered by VOCAL.



*NKS LTHCs Support Group ~ April 2018.*

Information sessions took place in a group setting. One of the sessions was on Parkinson's Disease and it was delivered by the LTHCs Staff Team. The group looked at what the disease was, the symptoms and what support was available out there. The session was very informative and a good discussion took place about the disease.

Another information session was delivered by Dot Mully from McQueen Legal Solicitors in February 2018. This session was also very successful and gave the users a great deal of insight in to legal services such as wills, power of attorney and care home costs. Some of the users were very interested in Islamic compliant wills. Islamic inheritance is not as straight forward as Scottish; all offspring/spouse do not get an equal share of parents inher-

itance as different rules apply to male, female or spouse. This session also made our users aware of how important it is to have a will in place not just for inheritance purposes but in case you lose your faculties as then your life decisions could be taken by doctors or mental health care officers rather than family members. The users asked whatever questions they had in mind and Dot was more than happy to answer them. It was a really good session.



*NKS users learn about candle making ~ February 2018.*

in February 2018. This was especially beneficial to our clients as they learnt how to make their own candles from home which they then could sell. It's given them the opportunity to earn a bit of extra cash and take small steps to doing something for themselves. We have given them the skills and confidence to work on their own initiative. This is a huge stepping stone for some of our clients as some of them have never worked like this before. They are more confident and are motivated to learn and develop new skills and to challenge themselves more and more.



*NKS Men's Support Group and their Carers at RBGE ~ February 2018.*

The NKS Men's Support Group and their carers went to the Royal Botanic Garden Edinburgh (RBGE) in February 2018. Gardening can be very relaxing and good for your mental and physical wellbeing. The group enjoyed harvesting the seasonal produce and then helped to cook it. They sat down together in the beautiful kitchen at the RBGE and ate lunch together. It was delicious and very healthy!

The users have benefited from these kinds of sessions. Some of them have been referred to colleagues within NKS e.g. Naseem Suleman who is the Family Support Officer too and she is able to help the clients to claim any benefits that they are entitled to. Some of the clients are referred to other organisations who offer specialist services which we are not able to offer.

Please contact us on 0131 221 1915 or email us at [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk) if you would like more information about this project. We look forward to hearing from you.

# NKS Cultural Bridging Project ...

*Savita Kumar ~ Cultural Bridging Officer*

January to March 2018 was a busy time as there was lots to be done for the final three months of the Cultural Bridging Project (CBP) for 2017/2018. The dates for the upcoming activity sessions had to be finalised with the local community organisations and the women had to be informed and organised accordingly. The organisations that NKS worked with during the past few months included: Women's Federation For World Peace (WFWP); North Edinburgh Arts (NEA); the YMCA; Link-up Women's Support Centre (LUWSG); Edinburgh Women Interfaith Group (EWIG); The Health Agency; The Open Door; Positive Future; Care 4 Carers; The Welcoming Association; Whale Arts Centre and the Canal Shed.

Some meetings had to be attended, such as the South West Third Sector Integration event. This gives organisations a chance to understand services in the locality and to improve partnership working across all organisations and sectors. Another event that NKS attended was the Capital City Partnership in March 2018 where one of the speakers was Jamie Hepburn MSP. This gave us the opportunity to inform those present about our organisation and the work that we have done over the past thirty years.



*Jamie Hepburn MSP addresses the audience ~ March 2018.*

NKS organised with Borders College to provide SVQ level 3 training in Social Services Children and Young People to three NKS Nursery volunteers. They are all really enjoying their courses. Three short trainings were organised for all of the volunteers at NKS.

The CBP liaised with the NKS Volunteering Project (VP) to place the VP participants in significant organisations to give them the opportunity to gain some very valuable work experience. NKS has trained 15 volunteers to go out there and be more confident and better equipped to find paid work. In fact three of them have secured paid work with their work placements.

A visit was arranged for the NKS VP participants to attend the 'Knowing Me, Knowing You' event in the South West Locality to gain and share the ideas on how to make things better to support children and families. Exchange visits were organised for the NKS VP participants with Positive Future and The Health Agency organisations. These went down very well!

As part of the Long Term Health Conditions Project talks on Falls Prevention and Management were organised at NKS. One of the talks took place with some of the WFWP organisation users attending. Leigh Fawcett came along from NHS Lothian to deliver the talk. Everyone thoroughly enjoyed the very informative ses-

sion, each others company and the hot lunch that followed.



*NKS and WFWP users at NKS ~ January 2018.*

Talks on Hate Crime were held with different groups at NKS thanks to Police Scotland. The Health Agency users came to NKS for one of the talks in January 2018. All of the groups found the sessions to be very useful and found out about what they should do if they were ever to experience a hate crime.



*One of the talks on Hate Crime ~ 25 January 2018.*

A spinning and wool craft session was delivered by the Canal Shed staff and their users who showed our users how to turn fleece in to yarn. It was very interesting for them to see what is involved in the process. They enjoyed having a go themselves too.



*NKS staff and users learn about spinning ~ March 2018.*

Everyone showed real interest and enjoyed the activity sessions. They learnt about different cultures, lifestyles, food, languages and new skills. All of them are looking forward to taking part in more cultural bridging sessions in the future and want to learn more. It's wonderful that the CBP has been awarded more funding to continue the work and take things forward. I'm really looking forward to that and so are our users.



## *Rukhsana Hussain ~ NKS Nursery Manager*

The NKS Nursery reopened after the Christmas Holidays and the children returned to their playrooms, familiar friends and toys.

In January 2018 the children explored the winter wonderland outside the nursery and in the outdoor play area. They made snowmen and played in the snow. They did winter activities in the nursery such as paintings and making snowmen out of cotton wool and card.

In February 2018 the children celebrated Valentine's Day by making cards and paintings. They also made and decorated cupcakes which they then shared at snack time.

In March 2018 the children went to the Meadows for a spring walk to explore and investigate the changes in the season. They made a Spring Hunt List by recording everything that they could smell, see, feel and hear.



*The children and staff in the Meadows ~ March 2018.*

In April 2018 the nursery children went to the National Museum Of Scotland. They took part in different activities there. One of the activities was Mini-Engineers: The Clock that Won't Tock. They explored how pushes, pulls and twists can be used to help fix things. Through hands-on activities they found out how mechanics are all around us, both inside the museum and in the outside world. Another activity was a fun workshop for children where they could learn about the wonders of the world through story, play and object handling. They all had a great time.



*The children and staff in the museum.*

Also in April the children learnt about dinosaurs. They showed great interest in finding out about the different kinds of dinosaurs that there were. They enjoyed the activities and enjoyed learning about how different types of evidence can help them to find out about the past.

The nursery children went with the nursery staff and some of the parents to see the *What the Ladybird Heard* puppet show at the Kings Theatre in April 2018. Everyone really enjoyed the colorful production as there was live music, puppetry, plenty of audience participation and lots of laughs!



*The children, staff and some of the parents at the Kings Theatre.*

The children enjoy story time regularly in the nursery. They like to listen to stories being read to them and also like to take part in interactive songs and rhymes.



*Story time in the nursery ~ March 2018.*

The children regularly do arts and craft activities such as: painting; gluing; colouring in etc and really do enjoy themselves. It really helps that our staff is very good at doing these kinds of activities and do enjoy teaching the children. The NKS Nursery rooms, corridors and the staircase are always full of their finished works. Please contact us if you would like to find out more information about our nursery on 0131 221 1915.



*Arts and craft in the nursery ~ April 2018.*



# What's Been Happening at NKS?

## Healthy Cookery Sessions

Healthy cookery sessions took place in the groups on a regular basis. The users enjoyed learning how to cook their favourite dishes more healthily and then sharing what they cooked for lunch.



NKS users making soup ~ January 2018.

## Digital Literacy Learning Project Pilot (DLLPP)



NKS users on their devices ~ February 2018.

Some of the research project participants took part in the pilot where they were given lessons about how to use digital devices. They really enjoyed the lessons and wanted to have more sessions.

## Police Scotland

Police Scotland came to NKS to deliver several talks on Hate Crime. NKS users learnt about what this was and what they should do if they were ever to experience it.



NKS Men's Support Group ~ February 2018.

## First Aid



First Aid session in progress ~ February 2018.

First aid sessions are held on a regular basis in the groups so that the new users learn what to do in case of an emergency and the regular users keep their knowledge up to date.

## Rohina's 60th Birthday Party

NKS Chair, staff and volunteers were invited to Rohina's 60th birthday party. Everyone had a lovely time at her house and enjoyed the lunch. Her cake was beautiful. Happy birthday!



At Rohina's house ~ February 2018.

## Lunch at Rukhsana's House



NKS staff and volunteers ~ February 2018.

NKS Chair, staff and volunteers were invited to Rukhsana Hussain's house for lunch. Everyone had a wonderful time and had some delicious food too. It was great to get together.

## NKS Users at The Gyle Centre

NKS users went to the Gyle Centre in March 2018 for a day out. They had a lovely time exploring the centre and stopped off for some refreshments along the way. It was a lovely day.



NKS users having some refreshments.

## Lunch at Rezwana's House



Lunch at Rezwana Khan's house ~ March 2018.

NKS staff and volunteers were invited to Rezwana Khan's house for lunch. It was lovely to get together and see each other again as well as share some delicious food and see her baby boy.

## Candle Decorating

NKS staff and volunteers learnt how to decorate candles so that they could teach women how to do this in future sessions. They enjoyed themselves and learnt quite a lot in the class.



Candle decorating class in action ~ March 2018.

## Employability Workshop



The workshop in full swing ~ March 2018.

An Employability Workshop took place at NKS as part of the Volunteering Project. It was delivered by students from Edinburgh University. It went very well and was well attended.



# What's Been Happening at NKS?

## Chest, Heart and Stroke Scotland (CHSS)

CHSS delivered a health session at NKS on heart disease. The session was very good and the users learnt a lot about how to look after their heart and stay healthy.



Heart Disease health session ~ March 2018.

## NKS At The Health Agency (THA)



Making lunch together ~ March 2018.

NKS users went to THA to make and share a delicious healthy lunch with their users. Everyone helped to prepare the food and then sat down together and ate as they socialised with each other.

## Food & Nutrition Training

Edinburgh Community Food Ltd came to NKS to deliver two Food and Nutrition training sessions. These went very well and all of the students passed the course. Well done!



One of the trainings in progress ~ March 2018.

## Focus Group on Isolation



The focus group in progress ~ April 2018.

Kiren Zubairi came from Voluntary Health Scotland to hear about NKS users experiences of isolation. The session was really good and they found it very helpful to share their experiences with each other.

## Wednesday Group

The Wednesday Group had a focus group session to decide what activities they would like to do for the next three months. They also celebrated passing their recent training.



Wednesday Group ~ April 2018.

## Dhokla



NKS users with Mrs Pandya ~ April 2018.

Mrs Pandya showed NKS users how to make the very healthy *dhokla*, which is a savoury Gujarati dish made from semolina, yoghurt and spices. It's totally delicious too!

## Friday Older Women's Group (FOWG)

The FOWG meets every Friday to take part in interesting activities and to share a hot and delicious lunch cooked at NKS. They really enjoy the activities and the chance to catch up with each other.



The women get ready to eat ~ April 2018.

## Kidney Disease



Kidney Disease health session ~ April 2018.

Bushra Riaz from Kidney Research UK delivered a talk on Kidney Disease to NKS users. They found the session to be very interesting and educational. The session was followed by a very nice lunch.

## Bowel Cancer

Bowel Cancer UK came and delivered a health session to NKS users. The session was really good and very educational. It was very important for users to know about screening as this can save lives.



NKS users listen intently ~ April 2018.

## Farewell to Ishrat Measom



NKS staff with Ishrat (black/gold sari) ~ May 2018.

NKS staff took Ishrat out for her farewell dinner as she has left us after many years. We are very sad to see her go but would like to wish her all the best for her future. Keep in touch!



# Photo Gallery.....



Candle Making Training for Volunteers ~ 16 January 2018.



NKS Management Committee ~ January 2018.



First Aid session in the Friday Older Women's Group ~ February 2018.



Heart health session in NKS Men's Support Group ~ April 2018.



NKS users at a museum ~ February 2018.



Bangladeshi New Year celebrations ~ April 2018.



LTHCs Support Group for Women ~ March 2018.



NKS Nursery staff and children in the Meadows ~ April 2018.



## Groups at NKS

### English as a Second Language (ESOL) Classes:

- Women-only ESOL classes run at NKS, thanks to Edinburgh College on Mondays and Tuesdays from 1.00 pm till 3.00 pm. Please note that the classes run with the college/school terms.

### Bangladeshi Women's Support Group:

- This group is for both younger and older Bangladeshi women and runs at NKS on Mondays from 11.00 am till 1.00 pm.

### NKS Men's Support Group:

- This group runs fortnightly at NKS on Tuesdays from 11.00 am till 1.00 pm.

### NKS Carers Support Group:

- This group runs once a month on Tuesdays from 11.00 am till 1.00 pm at NKS.

### NKS Women's Long Term Health Conditions Support Group:

- This group runs once a month on Tuesdays from 11.00 am till 1.00 pm at NKS.

### Wednesday Women's Group:

- This group runs on Wednesdays between 11.00 am and 1.00 pm at NKS.

### Mother and Toddler Group:

- This group runs on Thursdays from 11.00 am until 1.00 pm at NKS.

### Friday Older Women's Group:

- This group runs on Fridays from 11.00 am until 1.00 pm at NKS.

### Saturday Women's Group:

- This group runs once a month, on Saturdays, between 1.00 pm and 5.00 pm at NKS.

Please note that the group activities are organised in consultation with the group members and include activities such as: health/discussion sessions; cookery; gentle exercise; yoga; lunch club; music and art appreciation; sewing; complementary therapies; outings and social functions etc.

Please contact NKS on 0131 221 1915 for more details. Please pass on your contact details to your group leader in case any sessions may be cancelled or venues changed. Thank you.

## NKS Services

- Outreach/befriending
- Family Support Service offering one to one support, advice and information
- Health education/promotion
- Group work
- Training/courses
- Research
- Seminars/conferences/information days
- Advocacy work
- Volunteering opportunities

- NKS Childcare Facility:  
NKS Nursery ~ for children from 3 months to 5 years old. The NKS Nursery runs five days a week from Monday to Friday from 8.30 am till 5.30 pm.  
NKS After School/Homework Club ~ for children from 5 to 14 years of age. Activities include: help with homework; maths tuition; English tuition; outings and games etc. 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  
**Lesley Hinds** ~ Co-opted Member  
**Grace Mackenzie** ~ Co-opted Member  
**Kiren Zubairi** ~ Co-opted Member

## NKS News/Events

**Cycling at NKS** ~ The Climate Challenge Project (CCP) will be teaching women how to cycle from June 2018 onwards on Sundays and in the groups too. Come and learn!

**Gardening** ~ This will be taking place in the NKS Garden and at the RBGE. Come and join us if you like gardening or need any help/advice for your own garden.

**Carers' Project** ~ This project is for all female carers. Come and find out about your rights and what you are entitled to. Take part in the health and information sessions. This project is for you.

**Cultural Bridging Project (CBP)** ~ Come and take part in the upcoming sessions that have been planned. These will be very useful and a lot of fun!

**NKS Free Family Fun Day on Saturday 23/06/2018** ~ This will take place from 12 noon until 5.00 pm at Thomas Morton Hall, 28 Ferry Road, Edinburgh, EH6 4AE. Stalls will include: food; clothes; jewellery; information etc. We will also have a fashion show and Vandana Sharma who is Mrs India UK - Scotland Universe - will be in attendance!

Please contact us on 0131 221 1915 or at [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk) if you would like more information or would like to take part in any of the groups/activities. 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. We have a drop-in facility for South Asian women and their children. You can drop in and watch some TV or read a book.

## Staff and Committee News

**Fozia Abdullah** ~ She has stepped down from the NKS Board of Directors. NKS would like to thank her for her contribution.

**Rezwana Khan** ~ NKS would like to congratulate her and her family on the birth of her new baby son. May he have a long and healthy life.

**Ishrat Measom** ~ She has left NKS and we thank her for her hard work over the years. We wish her all the best for her future and hopes that she keeps in touch with us.

**Tatheer Fatima** ~ She has been appointed as the Climate Challenge Project (CCP) Coordinator.

**Manjari Singh** ~ She has been appointed as the CCP Worker.

**Nazma Rahman** ~ She has been appointed as the CCP Worker.

**Samra Ahmed** ~ She has been appointed as the Carers' Project (CP) Worker.

**Humera Adnan** ~ She has been appointed as the CP Administrative Worker.

## Your Contacts at NKS

- Naina Minhas** ~ NKS Manager  
**Khalda Y Jamil** ~ Administrator  
**Humera Adnan** ~ CP Administrative Worker  
**Rohina Hussain** ~ Community Health Officer  
**Naseem Suleman** ~ Family Support Officer & Long Term Health Conditions (LTHCs) Co-ordinator  
**Savita Kumar** ~ Cultural Bridging Project Co-ordinator  
**Neena Agarwal** ~ LTHCs Worker  
**Nasima Zaman** ~ LTHCs Worker  
**Nazia Majid** ~ LTHCs Worker  
**Samra Ahmed** ~ Carers' Project (CP) Worker  
**Tatheer Fatima** ~ Climate Challenge Project (CCP) Coordinator  
**Manjari Singh** ~ CCP Worker  
**Nazma Rahman** ~ CCP 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  
**Kaniza Rahman** ~ Childcare Practitioner  
**Mehvish Mahmood** ~ Childcare Practitioner  
**Tahira Ali** ~ In Charge of Cleaning