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# Nari Kallyan Shangho Newsletter

Summer/Autumn Edition, September 2018, Volume 18 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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## Editorial ~ Humera Adnan, Care for Carers' Project Administrator



Vandana Sharma with NKS users ~ May 2018.

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

We held our Family Fun Day in June 2018 which was a huge success.

We had a variety of information stalls, food, dance, music and a breath-taking fashion show with Vandana Sharma, Mrs India UK Scotland Universe 2018, in attendance.

Over 200 hundred people attended the event and were able to enjoy the thriving multicultural atmosphere at Thomas Morton Hall. NKS provided lots of information stalls about it's ongoing projects and services such as the: Climate Challenge Project; Cultural Bridging Project; Self Management Project; newly launched Care for Carers' Project and NKS Nursery. Many of the carers appeared as models in the fashion show.

Children were entertained with face painting and arts and craft activities.

Overall, NKS had a very successful event and everyone had fun.



Models posing before the Fashion Show ~ NKS Family Fun Day in June 2018.

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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## Neena Agarwal ~ LTHCs Worker

As one of the Long Term Health Conditions Workers (LTHCs) I work with the NKS Men's Support Group and we have been very busy with lots of very interesting activities having taken place. These include: health sessions; outings; workshops; focus group; social events and of course the lunch club. Health sessions are very important as the men gain a lot of useful information. Topics have included: Kidney Disease; Kidney Transplant and an update on Bowel Cancer.

Some of the men were accompanied to the RNIB Open Day in June 2018 where they were able to find out a lot about their services and about eye care and also hearing loss. It was really nice for them to go somewhere else and take part in this event. A focus group was held in June 2018 to see what the group would like to do in the coming months. Activities were organised accordingly.

The men have taken part in the NKS Climate Challenge Project where they went to the Royal Botanic Garden Edinburgh (RBGE) to do gardening. This was followed by them eating delicious lunches made from the vegetables that were harvested there. The RBGE has a beautiful kitchen where the cooking and eating took place. The men took part in talks and workshops about climate change too.



NKS Men's Support Group at RBGE ~ August 2018.

The men also took part in the NKS Cultural Bridging Project where they went on outings to the Robert Burns Museum and Loch Lomond in July 2018. They really enjoyed going away for these as it was a break from their usual routine. Plus the Scottish scenery was wonderful to look at and the outings were really interesting.

They also went to the Festival Theatre in September 2018 to take part in the Dementia Café where they were able to talk to other people over a nice hot lunch and had tea and coffee. It is a lovely place to go to.

A few home visits were done and as a result of this a few new men have joined the group. All of the sessions are well attended and the men enjoy chatting to each other over a delicious hot lunch. They like to play board games such as dominoes etc.

## Nasima Zaman ~ LTHCs Worker

One of my roles as a LTHCs worker at NKS is to advocate for South Asian communities while attending various health appointments. It's quite rewarding being able to help people. We ran groups regularly for women and carers at NKS and organised

health talks for them on topics such as: Kidney Disease; isolation; Parkinson's Disease and Bowel Cancer. We also organised an information session on the Care and Repair Edinburgh Service which was very informative about what practical help was available to the elderly and disabled people living in Edinburgh so that they could live in their own homes more comfortably, with greater security and with more independence. Topics covered in this session included: Handyperson Service; Home from Hospital Service; Small Repair Service and Trade Referral Service.

I run the Younger Bangladeshi Women's Group every Tuesday and am really enjoying running this group. We have organised lots of different activities for the group such as: reflexology; health sessions; outings to Loch Lomond and the Kagyu Samye Ling Tibetan Buddhist Monastery and Centre for World Peace and Health in Dumfriesshire; Festival Theatre tour; walking sessions; walking and photography and gardening at the RBGE. One of the activities that the women have shown a lot of interest in is walking. We went for regular walks during the past few months and enjoyed ourselves.



NKS Walking Group ~ July 2018.

## Nazia Majid ~ LTHCs Worker

My work as a LTHCs worker involves me doing home visits, care plans, appointments and group work. Health sessions cover relevant topics such as Breast Cancer and the women are encouraged to take up more active lives through walking and gentle exercise like Tai Chi. One of the most enjoyable activities that they like to do is go to the RBGE where they sow, harvest, cook and eat the seasonal produce. They have a wonderful kitchen there.



NKS LTHCs Women's Group at RBGE ~ July 2018.

# NKS Care for Carers' Project...

*Samra Ahmed ~ Care for Carers' Project Coordinator*

The Care for Carers' Project (CCP) was launched in May 2018 as it was identified that there was a need to support female South Asian carers. The aim was to set up a project to support and to empower them and this involves: monthly Carers' Forum meetings (covering relevant carer topics); one to one appointments between the project staff and carers and a variety of activities to support carers. Professional speakers attend from different organisations every month and these sessions are well attended.



*NKS Carers' Group meeting ~ May 2018.*

The CCP also delivered presentations to the other groups that run at NKS so that they could find out about this new project and be in a position to pass on information to other people.



*Presentation to NKS Men's Support Group about the CCP ~ May 2018.*

Carers look after someone who is ill and provide support and direct care. The caring role may take on many forms. They may be a member of your family, a neighbour or a friend. You may share the responsibility with someone else. They may care for a few hours a week or all day every day. You may not think of yourself as a 'carer'. Caring may not be something that you thought you would ever have to take on. You may take it on willingly, or it may be more of an obligation. Some people just can't do it at all. It is ok to say no.

There will be different expectations of you as a carer. For example: the expectations of health professionals and/or family that you will take on the role; your own expectations of what you can and cannot manage and the expectations of the person you are caring for.

Caring for the person who is ill may not be your only responsibility: you may have to go to work; you may have to take care of other family members; you may have young children and you may have your own health issues.

To care for someone else can be emotionally and physically

demanding. Supporting and helping the carer will help both them and the person being cared for. If someone is living alone they may have a special need for practical help to enable them to remain at home if they wish to do so.

We are teaching the carers that they play a very important role in the care of the person that they are caring for and must look after their own physical and mental health and wellbeing. The carer is sometimes forgotten about. This project is for them all. They are the unsung heroes of our society. They are very generous as they give up their time and energy to care for someone else. They are compassionate and their work needs to be recognised.



*Reflexology session with the carers ~ September 2018.*

An outing was organised for some of the carers to go for a canal boat ride along the Union Canal in September 2018. They took their lunch with them and had it on board the boat. It was a lovely experience for them. Some of the carers also went on a ferry boat ride in September 2018. The NKS staff and carers made their way to Queensferry where they boarded the ferry. It was a beautiful sunny day and they all got to see the new bridge - the Queensferry Crossing.



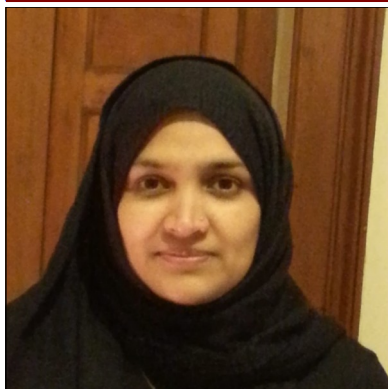
*NKS staff and the Carers' Group aboard the ferry ~ September 2018.*

In the coming months we will be arranging more outings, complementary therapy sessions, educational sessions such as computing, sewing, English and baking etc and information sessions where relevant information will be shared with the carers. Respite breaks for carers will be organised at a later date for them.

Please contact us on 0131 221 1915 if you would like more information about this project.

# VOLUNTEERS AT NKS...

## Zaibun Nessa ~ Volunteer



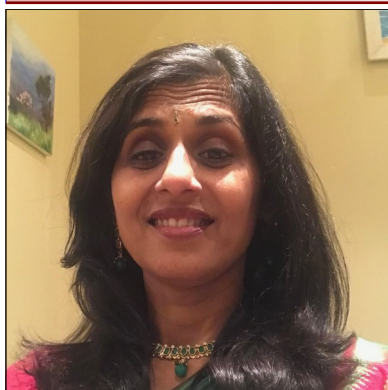
I am very grateful to NKS for giving me the opportunity to get work experience in the NKS Nursery and to do SVQ Level 3 in Social Services (Children and Young People) with Borders College. This course is SCQF level 7 on the SQA scale.

I started volunteering in the nursery in September 2017. I really enjoy volunteering

and am having a great time. I now have lots of experience of working in a nursery and know about the things that you have to apply to keep the children safe. I am enjoying doing the course because I am learning more about how to handle children and what to do in any situation.

There is nothing about working in the nursery or attending college that I do not like. I am enjoying the environment in the nursery and love to interact with the children. I will finish volunteering at the end of October 2018. I feel that I have really achieved something and I am looking forward to the future.

## Sugantha Ravindran ~ Volunteer



Thank you for acknowledging me as a NKS volunteer and asking me to give you a short write up about myself. I am a fine arts masters graduate from Chennai, Tamil Nadu in India. My childhood (5-15 years of age) was spent in England when my Father was working and training for his surgical fellowship. I loved outdoor activities including riding a bike, horse riding and orienteering.

One of my favourite programmes used to be Blue Peter and I especially loved watching the presenters make handmade items. I now live in Edinburgh and have thoroughly enjoyed getting to know many interesting people here. I love the creative atmosphere of this beautiful city and outdoor activities one could pursue. I teach tennis part-time to children and adults at beginner and improver levels.

I volunteer to organise the Saturday Group once a month in the afternoon. I look to give the group some new activity to try or a new place to visit.



Saturday Group Diwali Party ~ October 2018.

Previous sessions have included mindfulness, painting for self expression, health talks, baking and much more! There is a sense of true friendship and positive energy that I am sure would provide many health benefits to all who attend. All in all it has been most enjoyable to volunteer and keep this group running.

I am a member of the NKS Management Committee and we meet on a regular basis to make decisions about how to run the organisation. We are all volunteers and I really enjoy participating in this way.

## Rajni Punn ~ Volunteer



What better way to spend a lazy Sunday morning than cycling with a group of enthusiastic ladies at NKS. I am a qualified cycle leader and an experienced cyclist and I do exactly that. A group of ladies have trusted me to develop their cycling skills since early this year. Most were beginners but that did not put them off setting a goal to cycle five

or more miles around Edinburgh.

The group is very friendly and have such a laugh cycling around the Meadows. The best group achievement was taking part in the HSBC Edinburgh Cycle Festival in May 2018 where the group cycled around Edinburgh city centre, traffic free, with hundreds of other cycling enthusiasts. Please get in touch with NKS if you would like to learn how to cycle or brush up on your skills. I am here to help you. The main number to contact is 0131 221 1915 for more details.



NKS' Cycling Group ~ Summer of 2018.

## It's Good To Volunteer!

There are different volunteering opportunities available at NKS. You can volunteer in the office where you can help the staff with administrative tasks. You can volunteer with the community health staff who run groups and activities. You can also volunteer in our nursery or with the After School/Homework Club. Volunteering is a very good way to get the experience that you need to access the labour market. It is also very rewarding. Contact NKS on 0131 221 1915 if you are interested in volunteering with the project. A PVG check will need to be done with Disclosure Scotland.

# Information Page...

*Universal Credit ~ By Naseem Suleman, NKS Family Support Worker*

Universal Credit is a payment to help with your living costs. It's paid monthly - or twice a month for some people in Scotland. You may be able to get it if you're on a low income or out of work. Whether you can claim Universal Credit depends on where you live and your circumstances.

## **If you already get benefits**

Universal Credit will replace the following benefits:

- Child Tax Credit
- Housing Benefit
- Income Support
- Income-Based Jobseeker's Allowance (JSA)
- Income-Related Employment and Support Allowance (ESA)
- Working Tax Credit
- Social Fund (SF) budgeting loans (replaced by budgeting advances)

**If you currently receive any of the above benefits, you cannot claim Universal Credit at the same time.**

## **UNIVERSAL CREDIT ROLLS INTO EDINBURGH ON THE 28<sup>TH</sup> OF NOVEMBER 2018.**

This means that as of 28<sup>th</sup> November 2018 you will not be able to claim any of the above benefit separately. You will only get one benefit which is called UNIVERSAL CREDIT.

## **What you'll get**

Your Universal Credit payment is made up of a standard allowance and any extra amounts that apply to you, for example if you:

- have children
- have a disability or health condition which prevents you from working
- need help paying your rent
- How much Universal Credit you get will depend on your earnings
- Your circumstances are assessed every month and what you're paid may change
- The benefit cap may limit the total amount of benefit you receive

## **Housing costs**

You could get money to help pay your housing costs. How much you get depends on your age and circumstances.

- The payment can cover rent and some service charges.
- If you're a homeowner, you might be able to get a loan to help with interest payments on your mortgage or other loans you've taken out for your home.

## **How your earnings affect your payments**

If you're employed, how much Universal Credit you get will depend

on your earnings. Your Universal Credit payment will reduce gradually as you earn more - for every £1 you earn your payment reduces by 63p.

**There's no limit to how many hours you can work.**

## **How you're paid**

- Universal Credit is paid once a month, usually into your bank, building society or credit union account.
- Your payment can include an amount for housing, which you'll usually need to pay to your landlord.
- If you're not able to open a bank, building society or credit union account, call the Universal Credit helpline to arrange a different way of getting paid.

## **How often your employer pays you can affect your Universal Credit**

- If you're paid once a month on the same date and nothing changes in your earnings, then your Universal Credit amount should stay the same.
- If you're paid weekly, every 2 weeks or every 4 weeks, you'll receive more than one set of wages during some assessment periods.
- This means your earnings might be too high for Universal Credit. You'll be told if they are and whether you'll need to re-apply to continue to get Universal Credit.

## **How to claim**

You need to apply for Universal Credit online.

## **What you need to apply**

You'll need:

- your bank, building society or credit union account details (call the Universal Credit helpline if you do not have one)
- an email address
- your National Insurance number
- information about your housing, for example how much rent you pay
- details of your income, for example payslips
- details of savings and any investments, like shares or a property that you rent out
- details of how much you pay for childcare if you're applying for help with childcare costs

The website for Universal Credit is as following:

[www.gov.uk/universal-credit](http://www.gov.uk/universal-credit)

**YOU WILL NEED AN EMAIL ADDRESS AND NEED TO HAVE AN ON-LINE ACCOUNT WITH THE UNIVERSAL CREDIT DEPARTMENT.**

# NKS Climate Challenge Project...

*The Story So Far... By Tatheer Fatima, NKS Climate Challenge Project Coordinator*

The NKS Climate Challenge Project (CCP) has got off to a flying start with lots of different and exciting activities that have taken place as you will find out below. A lot of really good work has been done so far and a lot more planned for in the future.



The CCP took part in the fashion show on 23/06/2018 by showcasing upcycled clothes and had information stalls.

NKS groups have been doing arts & crafts sessions with recycled materials e.g. making wall art in July 2018.



NKS users are encouraged to take care of the NKS Garden by weeding, sowing and planting and look after potted plants ~ July 2018.



A two day Cycle Maintenance Workshop was organised in July 2018 for those that were interested. It was very good!

Other NKS projects went to the RBGE to harvest, cook and then enjoy delicious hot lunches like here in September 2018.



The NKS Cycling Group has progressed really well. They took part in the *Let's Ride Edinburgh* event in July 2018.

All NKS groups are taking their turn to take part in gardening sessions at the RBGE. This photo was taken in July 2018.



Sewing sessions have been held for women to upcycle old and unwanted clothes in to something new and more exciting.

Lots of sessions were done to raise awareness about climate change, energy efficiency and not wasting food etc.



Children are our future. We are educating them about climate change. Here they are making delicious cake pops from leftover cake in July 2018.

The CCP staff have been trained for energy advice and fuel poverty. They will be doing home visits in the next few months and will be able to make referrals to Home Energy Scotland. Please get in touch with us on 0131 221 1915 if you need our help.

# NKS Cultural Bridging Project ...

*Savita Kumar ~ CBP Coordinator*

Meetings were organised with ten new organisations to discuss how to take the work of the NKS Cultural Bridging Project (CBP) forward. Information was exchanged about the projects and what activities could be organised in the coming months. Activity sessions were organised with eight of the organisations. These organisations included the Canal Shed, Festival Theatre, Dumbiedykes Women's Group, Gate 55, Edinburgh Mela 2018, Remode Your Way and Royal Botanic Garden Edinburgh. You can read more about some of these activities on pages 9 and 10.

NKS users went to the Dementia Café at the Festival Theatre in May 2018. There they met users of other projects and had a lovely time with them. They chatted with each other over tea, coffee and a light lunch. This was a new experience for some of our users as some of them had never been to a theatre before.

We organised the Family Fun Day in June 2018 to promote all of the projects running at NKS. This was advertised everywhere and was well attended by the local communities. Lots of information stalls, activities and entertainment was organised for the event. It went really well.

NKS users attended the Tea Party with live Scottish music at the Festival Theatre in July 2018. They had a wonderful time there and met people from other organisations. There was a very lively atmosphere. People were dancing and singing along with the musicians. Some of our users took part in the dancing as well. It's good to meet other people and to socialise with them. This helps to build their confidence and helps them to learn about other cultures and to be part of Scottish society.



*NKS users at the Tea Party ~ July 2018.*

NKS users went to the Canal Shed in July 2018 to take part in the Labyrinth Walk that was organised by them. Anna Canning from the Canal Shed gave an informative talk about the walk. It's a walk to meditate and relax both body and mind. She showed everyone the circular pattern for the walk. Everybody took part in the walk and shared their spiritual experiences and religious beliefs with each other.

In August 2018 NKS users took part in the nature walk with photography that was organised by Gate 55. This event was for children and their parents/grandparents/carers and took place at Water of Leith. Everyone who took part was shown how to take really good photographs and we were given a few cameras to try out. The children took photos of berries, flowers, leaves, bees and

butterflies. Everybody felt so much closer to nature and enjoyed the fresh air and the sunshine during the woodland walk. The children were so happy clicking away and with the actual photographs on their cameras. All of them had a good quality family time, made new friends and learnt new photography skills. Another session was organised for adults who were also interested in taking part. NKS and Gate 55 users took part in that session which took place in Spylaw Park in Colinton Village. People took photographs of a waterfall, sunlight shining through leaves, the local wild life and asked questions. This session was very informative and creative.



*NKS users at Water of Leith ~ August 2018.*

Sewing workshops were organised throughout the summer months for women who were interested in developing their sewing skills and boosting their confidence. These were done with Remode Your Way. They showed the women samples of utility bags to sew, loose material, how to take measurements, how to cut out the pattern and the basics of how to use a sewing machine step by step. The women were supported and guided to sew their own utility bags. They were very happy with the results of their work and wanted to do more sewing classes to further develop their skills.



*NKS users at Remode Your Way ~ September 2018.*

Attending meetings is a good opportunity to meet other people to discuss lots of different issues. We look forward to these meetings and the opportunity to talk about our own organisation and to hear about other ones. This information is brought back to NKS and then shared with my colleagues and passed along to our users. We encourage them to engage with the mainstream communities.



*Shabnam Bashir ~ Deputy Nursery Manager*



*NKS Nursery children playing creatively with sticks ~ June 2018.*

The NKS Nursery developed the indoor and outdoor play areas for children to play with loose parts. This is a type of play that supports: invention; divergent thinking; problem solving and offers a sense of wonder to children. In a pre-school setting, loose parts are materials that can be: moved; carried; combined; redesigned; lined up; taken apart and put back together in multiple ways. They are materials with no specific set of directions that can be used alone or combined with other materials. Loose parts can be natural or synthetic. In a preschool outdoor environment we can provide an array of loose parts for use in play such as: stones; stumps; sand; gravel; fabric; twigs; wood; pallets; balls; buckets; baskets; crates; boxes; logs; rope; tyres; shells and seed pods. Children like to play with these things. They love to play with tyres and the mud kitchen when they are in the outdoor play area. When they are inside the nursery they choose to play with the loose parts rather than some of the toys. This helps to develop their skills and confidence.



*NKS Nursery children playing with the mud kitchen ~ July 2018.*

The nursery celebrated Eid ul Fitr by having an Eid Party in June 2018. The staff and children dressed up in colourful party clothes, and many of them wore traditional *shalwar kameez* (trouser and long top). The children did special arts and craft activities in the morning and played party games with their parents. The children had lovely food with their parents in the afternoon.



*Party time and games in the NKS Nursery ~ June 2018.*

The children are regularly taken to the local library and park for small outings. However, everyone looks forward to the summer outing. This year we took the children and their parents to Jupiter Artland in July 2018. When we got there we were given a map of the place which showed us where everything was. There was no set route and we explored the whole place. The works of art were land marks marking events. It was a journey of discovery. Going there was such a rewarding experience. Being surrounded by works of art in a beautiful open space was such a unique way of interacting with art. At every turn we were surprised by what we found such as a statue of a little girl or towering pillars. Engaging with other people about the works of art was so much fun as this gave us new perspectives. The children enjoyed playing on the grass and splashing about in the water. They loved touching the horses and enjoyed being outdoors in the natural surroundings. Everyone enjoyed their food at lunch time. The parents thanked us for taking them to this beautiful place.



*NKS Nursery children at Jupiter Artland ~ July 2018.*

In August 2018 some of the After School/Homework Club children and their parents took part in the Nature Walk with Photography sessions with the NKS Cultural Bridging Project. They really enjoyed getting behind cameras and learning how to take better photographs. They also really enjoyed being in the great outdoors and really stopped to take a closer look at everything.





# What's Been Happening at NKS?

## NKS in the News



NKS users on TV watching healthy cooking demonstration ~ July 2018.

Reporting Scotland filmed one of the Healthy Cooking on a Budget sessions that have taken place at NKS. It was report it in the news. The sessions have taken place in all of the groups at NKS thanks to the funding from Community Food and Health (Scotland). It was all very exciting!

## Older People Services Project Event



NKS users at the event ~ July 2018.

NKS staff and users attended an event organised by the Trust Housing Associations Older People Services Project in July 2018. The event was for research and consultation purposes and those present were asked for their view points about the project and its services. It was a very interesting and worthwhile event.

## Consultation



NKS staff and users sharing their ideas in the consultation ~ July 2018.

A consultation session was organised in July 2018 in the Carers' Forum to discuss their needs and the barriers faced by them. Sessions were planned to address these. Afterwards a workshop for making candles was organised to develop this skill so that they could earn money and build their confidence.

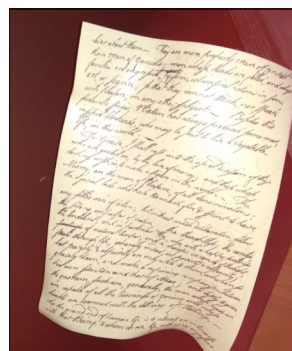
One of the volunteers, Sana Khalid, was given the opportunity to run the workshop as she was already trained in making candles. She demonstrated candle making step by step. She shared relevant information about this training. Making candles in this way is a University of Edinburgh student run business called Edinburgh Candle Company. They empower women with barriers to work. They support them through the production and sale of soy wax candles to help them to gain skills and qualifications that can help them in later employment. The carers really enjoyed taking part in this session as they got to be creative.

## Outing to the Robert Burns Museum



NKS outing to the Robert Burns Museum ~ July 2018.

An outing was organised to the Robert Burns Museum and Cottage in July 2018. Information about Robert Burns was given to the users so that they knew something about him before the outing. They were very eager to know more about him and to go on the outing.



One of Robert Burns writings.

At the museum, a guide gave them a very informative talk about him, his family and of course his famous poems. He explained that the museum was dimly lit to preserve the fragile ink writing and the paper. Everybody listened attentively to him to find out more. After the talk they went to see the cottage where he was born. They had a good look around and went to see where his family and friends were buried. Everybody had good time and the outing was very educational and interesting.



# What's Been Happening at NKS?

## Outing to Loch Lomond



NKS users on one of the boats at Loch Lomond ~ July 2018.

An outing took place in July 2018 to Loch Lomond. NKS users thoroughly enjoyed themselves on this outing too. They admired the incredible scenery, walked around and some of them went for a boat trip. They brought packed lunches and had their lunch there. It was really good for them to get out of the house and go somewhere so beautiful. It was a wonderful outing.

## Outing to Kagyu Samye Ling Monastery



NKS users at the beautiful monastery ~ August 2018.

An outing was organised for NKS users in August 2018 to go to the Kagyu Samye Ling Tibetan Buddhist Monastery and Centre for World Peace and Health in Dumfriesshire. This was a very educational outing where our users found out about Buddhism. They were shown around the monastery and saw: where prayers took place; gold painted dragons; flags; rows of slowly rotating prayer wheels and the Museum of Monks. They found out about their birthplace and lifestyle and the history behind the establishment of this monastery. The users met people from different nationalities who had come there for residential courses and some were volunteering. They saw the beautiful garden where the monks grew organic vegetables for the monastery table and for sale. The adjacent shop was very interesting and it sold books, incense, Tibetan crafts and other items. People enjoyed the trip and gained lots of information and knowledge from it.

## Walking

NKS users went for a walk around Holyrood Park in August 2018 with the Dumbiedykes Women's Group. They explored the park and saw famous landmarks such as Dynamic Earth, the Scot-

tish Parliament, Holyrood Palace and Arthurs Seat. The view was amazing and it was really good exercise.



NKS users taking a break from their walk ~ August 2018.

## NKS at Edinburgh Mela 2018



NKS information stall and marquee ~ September 2018.

NKS put up an information stall and a marquee at the Edinburgh Mela this year. Complementary therapies such as reflexology and massage were offered as well as face painting for children. It was a very successful day for us.

## Positive Futures



NKS users knitting with the Positive Future Group ~ September 2018.

NKS users went to the Positive Future organisation to take part in a knitting session there. First of all everybody introduced themselves and had tea and coffee. Everyone was shown where the knitting equipment was and looked at the patterns that they could do. Some of them knew how to knit and some did not.



# Photo Gallery.....



NKS users at the Dementia Café at the Festival Theatre ~ May 2018.



Climate Challenge Arts & Crafts with the ASHC children ~ June 2018.



NKS Nursery children and their dad ~ NKS Family Fun Day in June 2018.



Arts & craft activities for children ~ NKS Family Fun Day in June 2018.



NKS LTHCs Women's Support Group ~ July 2018.



NKS Nursery/ASHC children & parents at Jupiter Artland ~ July 2018.



The ESOL class at NKS ~ August 2018.



NKS users on a canal boat cruise ~ September 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

**Digital Literacy Project** ~ NKS has been awarded funding from SCVO to deliver this project. The main aim of this new project is to teach women on a one to one basis about computers and other digital devices.

**Repair & Reuse Workshops** ~ Sessions are taking place every Wednesday from 10.00 am to 12.30 pm at NKS where you can give your old clothes a new look.

**Swap Shops** ~ The first Swap Shop took place in October 2018 where people brought in items to be swapped. The next one will be in the new year and will be advertised online. Come along and join us!

**Fuel Efficiency Sessions** ~ Sessions will be taking place from November 2018 onwards. Please get in touch if you would like to learn how to drive better, save fuel and therefore save money.

**NKS Annual General Meeting** ~ This will be held on Monday 26/11/2018 from 11.00 am until 1.00 pm at Lauriston Hall, 28 Lauriston Street, Edinburgh, EH3 9DJ.

**Christmas Holidays** ~ NKS will be closed from Monday 24/12/2018 and will re-open on Tuesday 08/01/2018. We would like to wish everyone a Merry Christmas and a Very Happy New Year.

## 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

**Amina Rahman** ~ NKS would like to congratulate Amina and her family on the marriage of her younger daughter - Shakira. We would like to wish the happy couple all the best for their future.

**Tatheer Fatima** ~ She has been appointed as the Digital Literacy Project Coordinator and will be a tutor for this project too.

**Sana Khalid** ~ She has been hired as a tutor for the Digital Literacy Project and will be teaching women how to use digital devices.

**Anamika Jinewal** ~ She has been hired as a tutor for the Digital Literacy Project and will be teaching women how to use digital devices.

## Your Contacts at NKS

**Naina Minhas** ~ NKS Manager

**Khalda Y Jamil** ~ Administrator

**Rohina Hussain** ~ Community Health Officer

**Naseem Suleman** ~ Family Support Officer & Long Term Health Conditions (LTHCs) Coordinator

**Savita Kumar** ~ Cultural Bridging Project Coordinator

**Neena Agarwal** ~ LTHCs Worker

**Nasima Zaman** ~ LTHCs Worker

**Nazia Majid** ~ LTHCs Worker

**Samra Ahmed** ~ Care for Carers' Project (CCP) Coordinator

**Humera Adnan** ~ CCP Administrator

**Samina Fayyaz** ~ CCP Sessional Worker

**Tatheer Fatima** ~ Climate Challenge Project (CCP) Coordinator & Digital Literacy Project Coordinator & Tutor

**Manjari Singh** ~ CCP Worker

**Nazma Rahman** ~ CCP Worker

**Sana Khalid** ~ Digital Literacy Tutor

**Anamika Jinewal** ~ Digital Literacy Tutor

**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