

# Networking Key Services Newsletter

(formally known as Nari Kalyan Shangho)

Winter Edition, March 2019, Volume 18 Issue 2

## Networking Key Services

is a Health and Welfare Project for women and families living in Edinburgh. NKS provides a common platform for women to act together to improve the quality of their lives. At NKS, we firmly believe that...  
*...a happy woman is a happy family.*

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## Editorial ~ Naina Minhas, NKS Manager



NKS Annual General Meeting ~ November 2018.

Welcome to the latest edition of the newsletter. We are now officially called **Networking Key Services Ltd (NKS)**. The NKS Board of Directors have been in discussion for over a year to make our services more inclusive of the Edinburgh

communities, and changing the name of the organisation has been seen as the first step to this inclusive approach. The name change for the organisation was announced in our last Annual General Meeting on the 26<sup>th</sup> of November 2018, and the resolution to change the name was agreed upon in the NKS board meeting on the 15<sup>th</sup> of February 2019.

We have embarked into the new financial year now with numerous challenges that we are endeavouring to turn into new opportunities. The restricted financial environment has impacted on our organisation negatively. As an organisation serving grass root ethnic minority communities we are well aware that this will take the vulnerable communities many steps backwards, and all the good work done over the last many years will be lost and not taken forward.

On that note, we would urge various stakeholders to support the cause of the organisation such as that NKS works for marginalised communities and is an established platform for communities to collectively address issues for themselves. Any donations from businesses and suggestions to sustain our services are welcome.

Finally, we would like to inform you that due to financial cuts, the newsletter will be produced on a six-monthly basis, but we certainly will keep you updated with all the relevant news about NKS and services in Edinburgh.

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 Networking Key Services.

*Extra Help with Keeping Warm ~ By Naseem Suleman*

## Winter Fuel Payment

The Winter Fuel Payment is an annual one-off payment to help you pay for heating during the winter. You can usually get a Winter Fuel Payment if you were born on or before 5 August 1953.

## Cold Weather Payments

Cold Weather Payments are one-off payments to help you pay for extra heating costs when it's very cold. You'll get a payment each time the temperature drops below a specific temperature for a set period of time.

## You'll only be eligible if you already get:

- Pension Credit
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Universal Credit

## Warm Home Discount Scheme

You might be able to get £140 off your electricity bill under the Warm Home Discount Scheme if you're either getting the guarantee credit part of Pension Credit on a low income.

Check with your supplier to see if they offer the Warm Home Discount - not all suppliers are part of the scheme.

If you've applied for the Warm Home Discount but you switch supplier before you get the payment, you have to apply again with your new supplier. Your new supplier might have different rules about who gets the discount. This doesn't affect you if you get the discount automatically, without having to apply.

## *LTHCs Project ~ By Neena Agarwal*

The NKS Long Term Health Conditions Project (LTHCsP) has been running successfully for the past few years. The project has empowered men, women and their carers to take part in planning their health and social care needs with health professionals along with bilingual staff at NKS. All of this has improved the quality of their lives.



*Talk on Guardianship ~ NKS Men's Support Group ~ October 2018.*

The NKS LTHCsP has several different support groups which have had educational sessions such as talks on: TB; Bowel Can-

cer; Stress Management; Dementia; Age Scotland and Wills and Power of Attorney with health professionals. These sessions have raised awareness about how early intervention can help to stop further deterioration of long term conditions and given them a lot of very useful information. The NKS clients have taken part in leisure activities too such as playing board games which are actually very good for their mental health. Lunch has been provided for the support groups as the users need to eat at that time due to their long term health conditions. The food is always cooked freshly on the premises and is nutritious and healthy too.



*NKS Friday Older Women's Group Lunch Club ~ December 2018.*

The LTHCsP support groups have taken part in climate challenge activities such as: environmentally friendly methods of getting rid of weeds; renewable energy; fuel efficiency driver training; gardening; upcycling of food; recycling and upcycling of recyclable materials. The clients have shown lots of interest in these activities and have enjoyed them too.



*Gardening session with Andy Croft from the RBGE ~ December 2018.*

NKS staff refers clients to other agencies if we are not able to help them or if they need more specialised services e.g. for counselling. Our staff will meet clients at their GP surgery or hospital and advocate on their behalf so that they are fully supported to get the most out of the appointment. The clients appreciate the support and advocacy that NKS staff provides. Sometimes the appointments are very difficult and it's not always good news. However, NKS staff is there for them and they really appreciate the support. The staff find it very rewarding that they are helping others.

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.

# NKS Care for Carers' Project...

*Project Update ~ By Humera Adnan ~ Care for Carers' Project Administrator*

The Carers Project has been running successfully and smoothly. We have been supporting a regular number of South Asian carers in our community with various activities and lots of one to one support.



*The Carers pamper session in full swing.*

In October 2018 we held a **Carers Pamper Session** where Carers were given some tender loving care e.g. reflexology, massage, facial treatments, drinks and snacks. The ladies thoroughly enjoyed some 'me' time and also the chance to mingle with other carers and NKS staff at VOCAL in Leith Walk.



*The Carers' Forum meeting ~ October 2018.*

At the end of October 2018 we organised a forum meeting with guest speaker Lorraine Keith from **Support In Minds** – a

charity organisation supporting people with mental health problems or mental illnesses and their families, friends and supporters.

In November 2018 an **Advocacy for Carers** workshop was delivered by Carers Scotland, at NKS premises. The aim of this workshop was to provide participants with an understanding of the role advocacy can play when supporting unpaid carers. The session proved to be of great benefit to the team and was a great success.



*The workshop in progress.*

In December 2018 the Carers project staff members - Samra, Humera and Samina attended a **Turn2Us** intermedi-

**ary workshop** held at Edinburgh College. Turn2Us is a national charity which helps people with financial issues access welfare

benefits, grants and other support services. A lot of knowledge was gained which will help us to better support our Carers.



*The session with the Edinburgh NHS Carer Support team.*

The **Edinburgh NHS Carer Support Team** manager visited our Carers Forum in January 2019. This was to highlight the support

services available from them to Carers in Edinburgh – that is, by raising awareness of unpaid carers; offer personalised support and information to Carers and connect Carers to local and citywide organisations for ongoing support.



*NKS users in the Stress Management session.*

A combined Forum session was held in January 2019 for Carers, Long Term Health Conditions groups and NKS staff

members on **Stress Management**. This was delivered by VOCAL services, a Carer charity based in Leith Walk. Our guest speaker, Jane Greenacre (Lead Trainer) spoke about what stress is and the different ways to manage it. We had a large number of attendees and the session proved to be of great value to every participant.



*First Aid session ~ March 2019.*

The Carers Project will provide First Aid Training to its Carers in the following months Forum meetings – 26<sup>th</sup> March

2019, 25<sup>th</sup> April 2019 and 30<sup>th</sup> April 2019. This will be delivered by the British Red Cross.

Other Forum sessions have been planned for the months ahead – Dementia Awareness, Thinking About Loss, Long Term Care and Planning for Emergencies. Please get in touch if you would like to attend.

# STAFF & VOLUNTEERS AT NKS...

## *Shah Sabekunnahar ~ Student*



I am 22 years old and studied secondary and higher secondary school in Bangladesh. I am a confident, kind, caring and patient person who enjoys working with children. I believe that I am a fast learner, energetic and hard working. I would like to gain more experience of working with children and I want to be an

independent and successful person. I am a creative person who enjoys helping children to develop and to learn new skills. I am able to think of new ideas and new ways of teaching them. I am always keen to learn new skills.

For the past several months I have been doing voluntary work in the NKS Nursery to gain valuable experience. With NKS' support I was selected to study SVQ Level 3 Children and Young People with Borders College and am really enjoying the course. I am getting the opportunity to practice what I am learning. I enjoy doing arts and craft activities with the children in the nursery. I also enjoy singing with them and cooking for them. Helping the children to learn to read stories and practice their numbers and letters is very rewarding. Helping the children to play in the outdoor area is a lot of fun as they are able to run about and play safely. They enjoy playing with the indoor toys too.

I am hoping to work hard in my studies and pass my course without any problems. I am really enjoying working in the nursery and hope to continue on to the next SQA level once my course is completed.

## *Digital Literacy Project ~ By Tatheer Fatima*

It has always been identified and argued while working closely with South Asian women and families, that they are excluded from lifelong learning in general due to their backgrounds, which often entail cultural norms that become barriers for them to learn and often result in low literacy levels and gender discrimination.

In addition, living in Scottish society, they face further barriers due to the lack of the English language skills and a lack of confidence living in a host society endeavouring to adapt to a culture very different from their own back ground.

With the changing format of information which is becoming increasingly digitised, South Asian women are facing further exclusion, as all the above mentioned factors are becoming barriers to obtaining digital skills.

This has led to NKS conducting a research study - Assessing Digital Literacy and Learning Needs of South Asian Women. Through the study, it emerged that there is a need to empower women through digital participation that will lead to them accessing vast information and knowledge available online. A tailor-made model has been devised. NKS seeks to empower grass root South Asian women to access information and make informed choices about their socio-economic circumstances by enhancing their digital skills.

NKS has been conducting digital learning sessions for grass

root South Asian women where they are learning various aspects of digital devices such as smart phone, laptop, Android devices (tablet) etc. The main focus of these sessions remained as how to: operate the device; write and send emails; go online; search information; access services and pay their bills online; use Microsoft Office an introduction (for intermediate level participants) and use MS-Word and MS-Excel in depth for those who would like to prepare themselves for future job market.

The women are learning in small groups and are also receiving one to one support from bilingual support workers. The sessions have been agreed upon with flexible options (day and time and venue) according to the needs of the women.



*One of the classes in action ~ January 2019.*

All necessary facilities are being provided to the participants of these sessions, which include: digital devices (Android tablets); laptops (as per the level of computer knowledge and group needs); portable Wi-Fi connections for each group according to their venue; room arrangements; multiple heaters according to the weather and room needs; free childcare facility (during the classes); free car parking and easy access to tutors if anyone needed it while practicing at home through WhatsApp.

All these facilities are available to encourage and engage the South Asian women, experiencing deprivation and exclusion to: enhance their digital skills that will further help them to access information online; connect socially with their communities; improve their English language skills and increase their employability chances by accessing jobs information and learning to write their own CV. The skills, information and knowledge gained will empower women to make informed choices in 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. 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...

*Marriage Allowance ~ By Naseem Suleman, NKS Family Support Worker*

Marriage Allowance lets you transfer £1,250 of your Personal Allowance to your husband, wife or civil partner. This can reduce their tax by up to £250 every tax year (6 April to 5 April the next year). To benefit as a couple, you need to earn less than your partner and have an income of £12,500 or less. Your partner's income must be between £12,501 and £50,000 (£43,430 in Scotland) for you to be eligible. You can backdate your claim to include any tax year since 5 April 2015 that you were eligible for Marriage Allowance. If your partner has since died you can still claim - phone the Income Tax helpline.

## **Before you apply**

You need your National Insurance number and your partner's. You also need a way to prove your identity. This can be one of the following:

- the last 4 digits of the account that your child benefit, tax credits or pension is paid into
- the last 4 digits of an account that pays you interest
- details from your P60
- details from any of your 3 most recent payslips
- your passport number and expiry date

## **You'll get an email confirming your application.**

## **Marriage and Married Couple's Allowance**

You don't usually pay Income Tax on all of your taxable income. This is because most people qualify for one or more allowances. An allowance is an amount of otherwise taxable income that you can have tax-free each tax year. This guide provides a simple explanation of how the Marriage and Married Couple's Allowance works. These allowances are usually increased each year and normally apply from the start of the tax year (6 April).

## **Marriage Allowance**

Married couples and those in civil partnerships can transfer up to £1,250 of personal allowance (10% of the £12,500 personal allowance for 2019-20) to their partner for 2019-20 and is sometimes known as the Marriage Tax Allowance.

## **You might be eligible for this if:**

- you're married, or in a civil partnership and are not in receipt of Married Couple's Allowance
- one of you earns less than the Personal Allowance so is not liable to tax or liable to tax at the higher or additional rates. This means an income of less than £12,500 while your partner is a basic rate taxpayer with income between £12,501 and £50,000 (£43,430 in Scotland)
- you were born after 6 April 1935. If you weren't, you might be able to get Married Couple's Allowance.

If you're eligible, married couples and civil partners, but not unmarried couples, can transfer 10% of their Personal Allowance (£1,250 in 2019-20) to their partner. This means the partner who earns more will get £1,250 added to their Personal Allowance (the amount you can earn before having to pay tax on your income). 20% of this allowance is given as a reduction in your tax bill (unlike

the Personal Allowance which is deducted from your taxable income before tax is worked out).

## **Here's an example**

If you earn £30,000 a year, which means you're a basic rate taxpayer, and your partner earns £8,000 a year and so is a non-rate taxpayer, your household could be £250 better off:

### **Partner 1**

Without Marriage Allowance		Including Marriage Allowance
Income	£30,000	£30,000
Personal Allowance	£12,500	£13,750
Income Tax	£ 3,500	£ 3,250
Tax saving	£ 0	£ 250

### **Partner 2**

Without Marriage Allowance		Including Marriage Allowance
Income	£ 8,000	£ 8,000
Personal Allowance	£12,500	£11,250
Income Tax	£ 0	£ 0
Tax saving	£ 0	£ 0

In this example, once the non-taxpayer (partner 2) earns over £11,250 (the difference between the standard personal allowance of £12,500 and the amount that's been transferred, £1,250), this becomes less beneficial. This is because the non-taxpayer would pay tax on income over £11,250 rather than £12,500.

## **Married Couple's Allowance**

Instead of the Marriage Allowance, couples where one or both partners are born before 6 April 1935 may be able to claim a more generous allowance, called Married Couple's Allowance.

For marriages before 5 December 2005, the husband's income is used to work out Married Couple's Allowance although it can be transferred to the wife.

For marriage and civil partnerships after this date, it's the income of the highest earner.

Tax relief for the Married Couple's Allowance is given at the rate of 10%. This means that the higher earning partner gets 10% of the tax they pay.

The benefit has upper and lower limits for both the amount of tax that can be claimed and how much can be earned.

The easiest way to check how much you'll get is to use the calculator on the website — [www.gov.uk](http://www.gov.uk).

You can claim Married Couple's Allowance in your Self-Assessment tax return or if you don't fill one out, you can get in touch with HMRC with details of your marriage or civil partnership ceremony and the details of your spouse or civil partner.

# Low Carbon Communities Initiative...

*The Work Done So Far ~ By Tatheer Fatima, NKS Climate Challenge Project Coordinator*

The NKS Low Carbon Communities Initiative (LCCI) is running very well. Through this initiative, NKS aims to collaborate with: Home Energy Scotland (HES); Energy Saving Trust (EST); Zero Waste Scotland; Royal Botanic Garden Edinburgh (RBGE); ELREC; The Canal Shed; Woodlands Trust and 20 volunteers to encourage women and children with sustainable changed behaviour and to reduce their carbon footprint. NKS aims to do this by providing advice and energy checks to families and by engaging them in educational sessions to increase their climate literacy.

The LCCI staff team has worked successfully with families to install smart meters in their homes and to resolve all energy related issues e.g. fuel poverty and to address specific issues for pensioners and families on benefits. Awareness sessions related to renewable energy options and available finances were conducted during 2018 and is still an ongoing activity in 2019. HES is helping NKS to deliver these awareness sessions along with funding information available for the families. The families are being supported to switch onto cheaper tariffs and to learn to understand their energy bills.

## **Educational Session and Practical Demonstration on Renewable Energy**



*NKS users in the session ~ February 2019.*

An educational session on renewable energy, along with a practical demonstration, was arranged with NKS users in collaboration with the HES renewable energy team. The

HES staff delivered an informative presentation on all of the renewable energy options available on the market and an activity demonstration was held at the end of the session to make people understand how the photovoltaic cell works in solar panels. A discussion took place comparing the power generation renewable options and batteries used for power storage. A discussion took place on the financial help and information available on loans for buying solar panels.

## **Educational Sessions with NKS Users on Smart Meters (features and usage)**

It was quite difficult to convince people to let our staff come to their homes to install the smart meters as some of them were already sensitive about money and expenses especially around energy costs. So, the LCCI team had to work extensively to convince people through educational and information sessions, throughout September 2018 to February 2019. Due to this hard work, we have successfully completed all of the home visits in time. Topics covered included: energy efficiency advice; basic traditional energy consumption patterns; percentage energy wastage of different home appliances; estimate billing versus actual billing; smart meters introduction; smart meters features and installation process and the difference between traditional energy monitors and smart meters.

## **Gardening Learning Sessions and Activities in Winter**



*NKS users in the NKS Garden ~ December 2018.*

We have requested the RBGE management team to allocate bigger plots this season. Arrangements have been made to allocate 3 volunteers from NKS to shadow

the RBGE team. This will help users to communicate easily and maintain decorum while working on the plots. The volunteers will be given special training on how to: handle equipment; maintain designated plots and clean weeds etc. They will also be provided with shadowing opportunity with experienced RBGE team in all the activities, to support the users. Composting activities for the users are also in the planning phase with RBGE.

## **Cookery Workshops with Leftover Food**

To change behaviours and attitudes towards low carbon food choices, the LCCI team organised leftover food cookery workshops on a regular basis. Moreover, feedback and planning for the cookery sessions next year are in the process. A lot of the users are interested in sharing their homemade recipes with others, as there are people from different backgrounds. So the idea of exchanging recipes can encourage people to change their attitude towards reusing, preserving and utilizing food items along with trying new recipes to reduce food being thrown away.

## **Cycling Activity in Winters**



*NKS Cycling Group ~ December 2018.*

Due to the bad weather and short days it was not possible to continue with regular cycling activities at NKS between November 2018 and January 2019. Whereas,

the cycling group members kept meeting at some point for cycling activities at NKS. Moreover, we have resumed our regular cycling activities again during the month of February 2019. To keep the motivation up the LCCI team had arranged for an e-bike for the users to try. It was provided during March 2019 for two weeks.

## **One to One Cycle Buddy Programme**

Although the participants, who were very new to the cycling groups, had been turning up once a month for cycling activity they were allocated with different slots with one trainer during the day for one to one sessions.

## **Walking Activities in Winter**

Although the LCCI team has been quite active in motivating

# NKS Climate Challenge Project...

users to take part in the walking activities, the distances walked and routes have been decided by the participants according to the weather. There was less walking between November 2018 and February 2019 due to the much colder weather.

## Waste Management



*NKS Swap Shop ~ October 2018.*

NKS had arranged information sessions on waste management and held regular repair and reuse workshops. Swap Shop events were held in October 2018

and March 2019 which were very successful.

## Fuel Efficient Driving Training

As part of the environmentally friendly fuel efficiency driving training NKS arranged for four sessions for users with EST special instructor for a total of 24 people. More participants are waiting for the next sessions. EST has given each participant a Fuel Efficiency Driving Training certificate for attending the training. NKS has been asked to arrange for a few more training sessions in 2019.

## Repair and Reuse Stitching Classes



*Repair and reuse sewing session ~ November 2018.*

We have continued stitching classes for NKS users with one to one support in each session. Next year we are planning to have users attending the classes on a rota basis due to the high demand but a lack of sewing machines. We will also have an additional helper to help run these classes with the sewing tutor. Women are mostly taking an interest in minor alterations to their children's clothes they say that they are unable to repair due to the unavailability of a sewing machine at home and a lack of confidence and skills. They were limited to giving away cloths rather than remaking them for younger children. These sessions are helping them to save money and resources at the same time and giving them the confidence to repair and reuse other items of clothing too. Some of the users are learning new skills and others are brushing up on old skills. Either way they are enjoying the sessions.

## Wood Work Activities with Leftover Wood at North Edinburgh Arts Centre

Wood work activities were organised during December 2018. NKS users were allocated one day a week to use the facilities at the centre. The users have made four big long planters along with



*Wood working session ~ February 2019.*

mini decoration items during these sessions. The users learnt about wood working tools, safety precautions before and after using heavy tools and safe working methods. The users took great interest in this activity; especially the younger ones who took part in these sessions. The users learnt some really good skills. The material used in these sessions was all leftover wood collected from different areas across Edinburgh.

## Arts and Crafts

Arts and craft sessions at NKS remained very popular. The NKS LCCI team organised sessions with NKS users to engage them in activities throughout the year. Activities included making colourful coasters for cups/glasses and curry bowls, which was much more interesting for the older users. The material used in these activities was wool and card board.

## Tokery (Basket) Making Sessions

A few basket-making sessions took place in the groups. The users really enjoyed making their baskets and they learnt new skills from one of the users who knew how to make them. The completed baskets made lovely little gifts. This activity encouraged the users to be creative and to use unusual materials.

## Education and Information Sharing Workshop on Transport Organised with HES and EST at NKS



*The workshop at NKS ~ January 2019.*

The NKS LCCI team delivered a workshop for all communities in Edinburgh which introduced them to the different types of e-vehicles available on the market and informed them about financial support available to them from EST and HES.

The aim of the workshop was to promote and increase the use of public transport and e-vehicles. Car manufacturers like Toyota and Nissan were invited and the Enterprise Car Club was invited to come along to show their environmentally-friendly vehicles. It was a very successful event and the users were really interested in finding out about the options that could help them to reduce fuel consumption and thus save money. Due to popular demand it is hoped that NKS will do more workshops like this one.

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 to take part in the NKS LCCI project or would like more information. We look forward to hearing from you!



*Rukhsana Hussain ~ NKS Nursery Manager*

## Halloween Party ~ October 2018

We organised a Halloween Party in the nursery, where the children came dressed in their spookiest outfits. There were lots of games and activities such as carving pumpkins and apple dunking. The children had a great time singing Halloween songs and telling scary stories and collected their Halloween candy at the end.



*Some of the children at the party.*

## Christmas Party ~ December 2018

We organised a Christmas Party for children and parents, which was a great success. The children participated in different games such as musical chairs; pass the parcel and a cup cake decorating competition. Everyone took part and there were prizes for different games. There was a special visit from Santa Claus and the children received gifts from him. It was an enjoyable day for the parents who were able to socialise with other parents at the event.



*NKS staff, children and their parents at the party.*

## Winter Wonderland ~ December 2018

We arranged a visit to the Winter Wonderland and the German Market in Princes Street. The children took part in going on different rides and looking through the different stalls and markets. Luckily the weather was nice so we had a picnic in Princes Street Garden with the children.

## Chinese New Year ~ February 2019

Chinese New Year celebrations officially began on the 5<sup>th</sup> of February and ended on the 19<sup>th</sup> of February. It was the year of the pig.

We made a display in the nursery with pictures of Chinese symbols and words made out of red paper, including images of dragons. This allowed children to learn about the Chinese culture and their traditions. We ended the week by eating Chinese traditional food of noodles and prawn crackers.



*The children doing arts and crafts.*

## Stay and Play Session ~ February 2019

We organised the stay and play session for parents to come and get involved in their children's learning and nursery life. As our nursery is multicultural, parents attended in traditional clothing and took part in singing and dancing to traditional songs, which allowed everyone to learn more about different cultures. Parents took part in activities in the nursery with their children such as making different coloured play dough and arts and crafts. There was a great turnout at the event as lots of parents attended, the feedback was great and parents asked for more of these sessions.



*The children and their parents enjoying the session.*

## World Book Day ~ March 2019

On World Book Day we asked children to bring in their favourite storybooks. Children came to nursery dressed up as their favourite character from books such as Little Red Riding Hood and Cinderella. They all had fun learning about different characters and listening to different stories.

Please contact us on 0131 221 1915 or email us at [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk) if either you would like, or know someone who would like, more information about the nursery.

Thank you.



# NKS Cultural Bridging Project ...

*Savita Kumar ~ CBP Coordinator*

The NKS Cultural Bridging Project (CBP) has been busy between October 2018 and March 2019 with lots of different activities taking place. The CBP has worked with the following organisations: WFWP (Women's Federation for World Peace); Link-up Women's Support Centre; Edinburgh Women Interfaith Group (EWIG); The Health Agency; Positive Future; Capital Theatres; The Braidwood Centre; Remode Your Way; Gate 55; North Edinburgh Arts; The Canal Shed; Northfield/Willowbrae Community Centre and the Royal Botanic Garden Edinburgh (RBGE).



*NKS users at The Canal Shed ~ October 2018.*

and barriers to accessing mainstream services and shared their opinions about integration and cohesion. The session was led by one of NKS' volunteers which boosted her confidence.



*NKS and EWIG users ~ October 2018.*

to them all and looked at ways to tackle them such as on Facebook and in local libraries.



*NKS users at RYW ~ October 2018.*

the users every step of the way from how to use the sewing machines to putting the finishing touches to their outfits. Sewing is a very useful skill to develop and it's very good for the environment to reuse materials.

Another session was done with The Canal Shed where NKS users, and some of their children, joined their users for a cooking session. The session was led by Dawn from The Canal Shed. She demonstrated how to make pear and apple chutney from seasonal fruits and ingredients that were readily available at home.

Everybody took part in the cooking process: peeling and cutting the fruits; helping to mix them with the sugar and the other

ingredients and finally cooking the chutney on a medium heat. The finished chutney was put in to sterilise jars once cooled.



*NKS users making chutney ~ October 2018.*

It was a fun session and a great way to involve children from a young age to learn how to cook. It's a good way to use leftover fruits.



*NKS users at the King's Theatre ~ October 2018.*

antiques and décor. The users really enjoyed hearing about these and the seating arrangements and life behind the curtains. They heard about the hard work of the technicians and actors.



*NKS users cooking at Gate 55 ~ November 2018.*

and salad. All of the users took interest in the cooking and took note of the recipes. Some of them were keen to have a go at cooking at home.



*NKS users at Gate 55 ~ November 2018.*

Everybody really enjoyed the activities and learnt a lot from them. They learnt about different cultures, lifestyles, food, languages and new skills. All the users and members of staff look forward to taking part in more cultural bridging sessions between April and June 2019.

Please get in touch with NKS on 0131 221 1915 or email us at [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk).

Thank you.



# What's Been Happening at NKS?

## Rohina Hussain ~ NKS Community Health Officer

I am the Group Leader for the Wednesday Women's Group and the Friday Older Women's Group. Activities are organised for these groups and they are kept informed about them and when the groups are on.

The groups took part in many Cultural Bridging Project activities with other community organisations. These experiences were very good for our users and the users of other projects. They got the opportunity to spend some time together, share good food and take part in fun activities like making pompoms, basket weaving and arts and crafts etc. They enjoyed the activities so much that they asked for more.

The groups took part in the NKS climate challenge project activities such as: gardening; recycling; energy efficiency; fuel efficiency driver training and sewing sessions where the users learnt how to reuse old clothes rather than throwing them away.

users were given a talk and everything was reviewed at the end. There were discussions about what we could do if we ever find ourselves home alone and suddenly need help. The sessions were very useful.

## Visit to Lunch Club at Priestfield Church



NKS users at Priestfield Church ~ December 2018.

NKS users recently attended the lunch club at Priestfield Church. There they met with other users and got to know one another over a delicious hot lunch.

A physiotherapist delivered a talk on mind, body and spirit and explained how they all work together. She gave tips to the users on how to do some exercises and what kinds of food to eat etc. She gave a chance to everyone to ask questions according to their curiosity and satisfied them with answers. It was a very welcoming and lively atmosphere and everybody enjoyed the meal together.

## Play Time



NKS users playing board games ~ October 2018.

It's not all about health and information sessions at NKS. The users get the chance to enjoy playing board games. These are great to pass the time and very good for the mind.

## Consultation at NKS



Christina McKelvie MSP at NKS ~ January 2019.

The NKS users came to NKS for a consultation about services for older people living in Edinburgh. This was organised by Trust Housing Association and Christina McKelvie, MSP for Hamilton, Larkhall & Stonehouse came to hear what our users had to say. The users spoke about the issues that were of concern to them. The meeting was followed by a hot lunch.

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## NKS Nursery Staff Training



Training for NKS Nursery staff ~ October 2018.

NKS bought a few bicycles for the nursery children to learn how to ride. The nursery staff took part in training on how to teach the children to ride and how to maintain the bicycles. A few of the staff are

very good at cycling and one is a tutor. The children can regularly be seen cycling in the car park. They really enjoy it!

## Third Party Reporting Training for NKS Staff



NKS staff in the training ~ January 2019.

NKS staff had third party reporting training with Police Scotland. The training was really good and very informative as the staff need to know what to do if someone comes

to NKS and wants to report an incident. The staff went through different scenarios and had turns at being the victim of a crime and the person asking the questions and taking down the details to be reported.

Sessions were then organised with NKS users so that they had more confidence about how to report incidents and also knew that they could come to NKS to get help to do so.

## First Aid with Red Cross



First Aid session with NKS users ~ October 2018.

The groups took part in First Aid sessions with the Red Cross. The sessions covered a lot of very important topics such as CPR and what to do in an emergency. The



# Photo Gallery.....



Artwork by NKS Nursery children ~ September 2018.



NKS ESOL class in session ~ September 2018.



NKS stall at the Self Management Market Place event ~ October 2018.



NKS users on a canal boat trip ~ October 2018.



Breast Cancer Health Session ~ November 2018.



NKS staff Christmas Dinner ~ December 2018.



Basket Weaving session in the Saturday Group ~ March 2019.



NKS users at the King's Theatre ~ March 2019.



## 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** ~ Director

**Grace Mackenzie** ~ Director

**Kiren Zubairi** ~ Director

## NKS News/Events

**Swap Shops** ~ More events will be held in 2019/2020. Details will be announced on social media.

**Gardening** ~ Regular gardening sessions will be held at RBGE and at NKS.

**Computer Classes** ~ These will be starting up again soon. Please get in touch with us if you would like to take part.

**ESOL Classes** ~ The English as a Second Language classes run with the schools/Colleges and there are spaces. The classes are for women only.

**Healthy Cooking** ~ Regular sessions will be held in the groups throughout the year.

**Upcycling of Food Sessions** ~ Regular demonstrations will be held in the groups throughout the year.

**Cycling** ~ The cycling group has restarted on Sundays. Cycling also takes place regularly in the groups too.

**Reuse and Repair Sessions** ~ Regular sessions take place at NKS with a sewing tutor where users can come and repair items of clothing.

**Summer Outings** ~ These will be organised for NKS users in the summer.

**Fundraising Days** ~ NKS will be having regular fundraising events and these will be announced on social media.

## 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

**Savita Kumar** ~ The NKS Management Committee and staff would like to express our deepest condolences to Savita and her family on the very sad loss of her beloved husband Vipen (known as DJ Vips) in January 2019. We cannot imagine the pain that they are going through. It was a real shock to everyone and a huge loss to the community. He and his company were a regular fixture at weddings, functions and parties. He, on many occasions, supported NKS for our charity fundraising events by offering his services to us free of charge. He was a real equalities champion who was loved and respected by all of the communities in Edinburgh. He will be sorely missed. May God rest his soul. May God give his family the strength to cope with his loss.

## Your Contacts at NKS

**Naina Minhas** ~ NKS Manager

**Khalda Y Jamil** ~ Administrator

**Rohina Hussain** ~ Community Health Officer

**Savita Kumar** ~ Cultural Bridging Project Coordinator

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

**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