

# Networking Key Services Newsletter

(formally known as Nari Kalyan Shangho)

Autumn Edition, September 2019, Volume 19 Issue 1

## 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 ~ Humera Adnan, NKS Administrator

NKS has had an amazing year so far! We have been involved in a variety of exciting and diverse activities with our organisation and groups. Thereby supporting and informing our local community user groups.



NKS information stalls at the mela.

We held our NKS Mela on Saturday 03/08/2019 which proved to be a huge success. We had various NKS information stalls, clothes and jewellery stalls, freshly cooked food stalls, sweet treats, stunning mehndi and face painting and games for the kids. There was also a swap shop downstairs. What a busy and enjoyable day it was!

Groups at NKS are as busy and popular as ever. Every day our NKS projects provide a platform to advise, inform and create huge bonding in our community. We are leading lots of interesting and long running supportive projects such as, Long Term Health, Care for Carers and Climate Challenge. We are also making way for new areas to cover such as the Oral Health Project, the Heritage Project and Digital Literacy. We hope you will share and support these new community projects.



NKS users checking out stalls at the mela.

Our Annual General Meeting will be on 19/11/2019 at Lauriston Hall from 11.30am onwards. Please make every effort to be there and support us.

We are increasing our social media presence by being on Facebook, Twitter and Instagram. Do use these platforms to follow us and build up support for us to further our resources and activities to help our shared local community!

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.

# NKS Self Management Project...



## LTHCs Work ~ By Nazia Majid & Nasima Zaman

We are in the fourth year of the Long Term Health Conditions (LTHCs) project. We have managed to reach more people and engage with more new clients in the last six months. This work has been thriving with home visits, appointments and health sessions which have really shaped the project.

Some of the topics that we have covered included: first aid; home energy; memory assessment; Dementia awareness; dental hygiene and oral health; visits to the Royal Botanic Garden Edinburgh (RBGE); outings; social functions and health sessions.



Group discussion and talk on Oral Health and Dental Hygiene ~ July 2019.

In addition to all of this we have covered a really important topic - autism. A health professional led the session and spoke about the different spectrums of autism. She provided an insight into what being autistic is like and what are the signs to be aware of. This was a very beneficial session as autism is being more recognised. By delivering this session we hope we are providing an avenue for early intervention and taking the stigma away of learning disabilities.



Autism health session with NKS users ~ August 2019.

All of these sessions have really engaged, empowered and educated our service users. By attending these groups participants have combated not only social isolation but developed new friendships enabling them to gain confidence. This has only been possible with the help of NKS creating a platform where people can regularly meet and socialise.

We have really enjoyed enabling our service users to access relevant services and to see them become more confident. We have found this to be personally rewarding. More health sessions have been planned for the coming few months.

## Men's Support Group ~ By Neena Agarwal

The NKS Men's Support Group has been running successfully for the past two years. It has enabled the men and their carers to understand the changes that they go through during the process of ageing. Older men and their carers take regular part in planning their health and social needs with health professionals along with bilingual NKS staff. This in turn has improved the quality of their lives. The group members enjoy a hot and very healthy lunch at NKS at each session.

This group has worked with the Eat Well Age Well Project to understand the impact of malnutrition on health and wellbeing and what they can do to improve it.

We have worked closely with Edinburgh Leisure and several users have managed to get leisure cards through their Community Access Programme. They are beginning to understand that good nutrition and physical exercise benefits their overall health and wellbeing.

In addition, several talks have taken place with health professionals on topics such as: diabetes; stress management; asthma; oral health; visits to the RBGE and The Canal Shed etc. These sessions have raised their awareness about how early intervention can help to deal better with long term health conditions.



NKS users at RBGE ~ August 2019.

The clients are regularly supported and referred to other agencies as needed e.g. Health and Social Services, Occupational Therapy, GP surgeries, MEHIS, Edinburgh Leisure, Benefit Agencies and the British Red Cross etc. The men enjoy attending their group and make the most of it when they are here. It is their group and they plan what they would like to do with me and I organise the activities for them.



NKS users at The Canal Shed ~ September 2019.

# NKS Care for Carers' Project...

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

The **Care for Carers** project has been busy supporting its carers over the past few months, with a range of interesting forum sessions and group activities. Carers have been regularly supported in dealing with all of their queries and advice was given where required. Furthermore, we have been providing further information on different topics to increase their knowledge.

In **April 2019**, the British Red Cross delivered **First Aid** training over two sessions. An example of the topics discussed with some practical demonstrations were - *stroke, heart attack, CPR practice, choking, broken bones, head injury etc.*



*CPR demonstration during the first aid training ~ April 2019.*

In **May 2019**, the Carers Project combined its' monthly forum session with the NKS Long Term Health Conditions groups to speak about **Dementia Awareness**. This was delivered by Elizabeth Campbell from Alzheimer's Scotland. It proved to be a very detailed and interesting session, which discussed the symptoms and identification of dementia, how to differentiate between these symptoms, impact of lifestyle, stages of memory loss, etc.



*Dementia Awareness session with NKS users ~ May 2019.*

In **June 2019**, the Carers project staff participated in **Malnutrition** training along with the NKS staff. This session was delivered to raise awareness of malnutrition in older people within the South Asian community. The main discussion points were about eating well, good nutrition food groups, looking out for sign and symptoms, dehydration, fortified diets and the practicalities involved in sustaining a well-balanced diet.

In **July 2019** the Carers visited the Royal Botanic Garden Ed-

inburgh (RBGE) for a climate challenge forum meeting. This included a tour of the apple trees; community gardening; visiting other group plots seasonal growing and harvesting of vegetables grown. This was followed by cooking and eating the vegetables that were harvested.

In **August 2019**, the carers went to visit **House of Bruar** in Pitagowan, Perthshire. Carers were part of the larger NKS users group, made up of both users and staff. They had a lot of fun mingling with different group members and enjoyed the change in environment. Great sights and great company made for an amazing day out!



*NKS users at the House of Bruar outing ~ August 2019.*

In **September 2019**, the monthly forum was based on the topic of **Planning for Emergencies** which was delivered by a member of staff from VOCAL (carers organisation). The carers discussed what strategies they have in place to help care for the person that they look after. The session was beneficial and insightful in understanding what plans each carer has in place.

The carers also regularly participate in exercise sessions e.g. going to the gym and **Yoga** sessions at NKS. They learn the poses and how to do the breathing exercises. Yoga is very beneficial and really helps to teach them how to relax.



*The carers doing breathing exercises before doing yoga ~ June 2019.*

Future sessions and activities for the carers will include **Oral Health** talk, **Carers "One Dish" Lunch**, **Mini Facial/Pamper sessions** and **Long Term Care** talk. Please get in touch with NKS if you would like to take part in this group and feel that we can help you. We look forward to hearing from you.

# NEW PROJECTS at NKS...from July 2019

## Oral Health Project ~ By Samina Fayyaz



I am the Oral Health Project Worker at NKS. My team consists of myself and my colleague Nazma Rahman. The NKS Oral Health Project will take a preventative and early intervention approach to improving oral health among South Asian families. This also includes families with young children facing challenges to improve their general and oral health.



Oral health means more than good teeth. It is integral to general health and is essential for well-being, which is a determinant of quality of life. This allows us to speak, smile, kiss, touch, taste, chew, swallow and cry.

Our goal is to promote better oral health hygiene among pre-school children in the NKS Nursery and among children in the After School/Homework Club (ASHC).

Our other goals are to: provide the Child Smile Programme to children and their parents; outreach communities to promote healthy eating and healthier lifestyle choices; provide educational sessions to South Asian families to learn about good oral health hygiene; provide one to one support to families or individuals to access advice and care services and provide information for oral health services in Edinburgh and the Lothians.



Oral health session in progress ~ August 2019.

Our aim is to improve oral health wellbeing and prevent body diseases like heart disease, cancer and diabetes that can be caused by poor oral hygiene.

Please get in touch with us at NKS on 0131 659 7837 or email us at [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk) if you would like more information.

## Heritage Project ~ Neeru Bhatnagar



I am delighted to start my new role as the Heritage Project Coordinator at NKS. Previously, I worked at SCOREscotland. I am really looking forward to working on this project with my colleague Nazia Majid and with NKS users. This will be a new opportunity to develop, learn and utilise my existing skills.

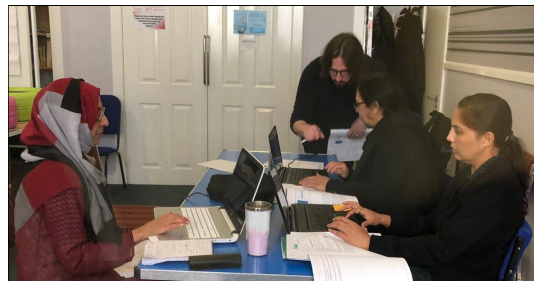
Our project focuses on exploring the heritage and history of religions in Edinburgh for the last one hundred years. We will be

taking this project forward in collaboration with The National Museum, The National Library and Museums of Edinburgh. The work involves identifying ten religious buildings such as a Church building, a Mosque, a Temple, Synagogue and/or an Orthodox Christian Church.

We will be exploring: Scotland's early religious history i.e. Romans, Picts, Celts and early Christians; religious buildings in Edinburgh and diversity through different religions. The participants will get the opportunity to learn: researching skills; filming and photography; interviewing people, recording and transcribing and putting up exhibitions.

This work will consist of visits to museums, libraries, religious buildings as well as desk based research. Also we will be interviewing knowledgeable people, recording interviews, and the end product will be an exhibition and a short film which will be disseminated to a wider audience.

## Digital Literacy Project ~ By Tatheer Fatima



One of the classes in action ~ May 2019.

The Digital Literacy Project is seeking to help women from disadvantaged hard to reach communities who often fall through the net and are excluded from the most crucial services to improve their life circumstances.

NKS and other community projects have in the past sought to promote and support digital participation for ethnic minority women who have low literacy levels and do not have English as their first language. The strategies used have not been as successful due to the abilities and skills required for the courses run at that time. It is strongly felt that appropriate methods of engagement for women to adapt to e-learning by increasing their digital participation need to be devised.

NKS, through this project is supporting women to build capacity and empower themselves with knowledge and information. The framework devised through the recommendations of the *Assessing Digital Literacy and Learning Needs of South Asian Women in Edinburgh 2018* report was used to apply for further funding to implement the strategy devised.

The aims of the project are to: increase the digital status of grass root South Asian women who had limited or no knowledge of digital technology; increase their confidence and to empower women. The women are being empowered to embark on self-directed digital learning to continue improving their digital skills. The project is going very well. Please get in touch with us if you would like to learn and improve your digital skills knowledge.

## It's Good To Volunteer!

You can volunteer at NKS: in the office; with the projects; in the NKS Nursery or with the ASHC. It is a great way to get the experience that you need and is also very rewarding. Please contact NKS on 0131 221 1915. A PVG check needs to be done with Disclosure Scotland to volunteer with the nursery/ASHC. Thanks!

# Information Page...

*EU Settlement Scheme ~ By Naseem Suleman, NKS Family Support Worker*

## What does it mean for EU citizens?

European Union (EU) citizens and their family members who want to stay in the UK after 31 December 2020 will need to apply to the **EU Settlement Scheme**. This scheme will allow EU citizens and their family members to continue to live, work and study in the UK. This means that they can continue to be eligible for:

- Public services, such as healthcare and schools.
- Public funds, benefits and pensions.
- British citizenship, if they want to apply and meet the requirements.

**If you are an EU citizen or a family member of one then you will need to apply for settled status to continue to live in the UK after June 2021.**

## When does the EU Settlement Scheme fully open?

- The EU Settlement Scheme will open fully by **March 2019** and all EU citizens can start to apply for the settlement scheme from this date.
- EU citizens and their family members will have until **30 June 2021** to apply and their rights will remain unchanged until then, provided that they are resident in the UK by 31 December 2020.

## Who is eligible for the EU Settlement Scheme?

- If you are or have been an EU citizen or a non-EU family member of an EU citizen then you are eligible. (You do not need to apply if you are an Irish citizen).
- You need to be a resident in the UK by the end of the planned **implementation period on 31 December 2020**.
- If you have been a resident in the UK for more than 5 continuous years when you apply, you will be eligible for **settled status**.
- If you have been a resident for less than 5 years when you apply, you will be eligible for **pre-settled status**.

## Applying to the EU Settlement Scheme (settled and pre-settled status)

### What you'll get

The rights and status of EU, EEA and Swiss citizens living in the UK will remain the same until 30 June 2021. If you apply to the EU Settlement Scheme and are successful, you'll be able to continue living and working in the UK after 30 June 2021.

### You'll be given either: SETTLED OR PRE-SETTLED Status

You will not be asked to choose which you're applying for. Which status you get depends on how long you've been living in the UK when you apply. Your rights will be different depending on which status you get.

### 1. Settled Status

You'll usually get settled status if:

- You have already been living in the UK by 31 December 2020

(or by the date the UK leaves the EU without a deal).

OR

- You have lived in the UK for a continuous 5-year period (known as 'continuous residence').

Five years' continuous residence means that for 5 years in a row you've been in the UK, the Channel Islands or the Isle of Man for at least 6 months in any 12 month period. The exceptions are:

- If you have been away for one period of up to 12 months for an important reason (for example, childbirth, serious illness, study, vocational training or an overseas work posting).
- If you have had to do compulsory military service of any length of time.
- If you spent time abroad as a Crown servant, or as the family member of a Crown servant.
- If you spent time abroad in the armed forces, or as the family member of someone in the armed forces.

**You can stay in the UK as long as you like if you get settled status. You'll also be able to apply for British citizenship if you're eligible.**

### 2. Pre-Settled Status

- If you do not qualify for the 5 years' continuous residence when you apply, you'll usually get pre-settled status.
- You should have been settled in the UK by 31 December 2020 (or by the date the UK leaves the EU without a deal).
- You can then apply to change this to settled status once you've got 5 years' continuous residence.

### Your rights with settled or pre-settled status:

You will be able to:

- Work in the UK.
- Have free access to the NHS.
- Enrol in education or continue studying.
- Access public funds such as benefits and pensions, if you are eligible for them.
- Travel in and out of the UK.

### If you want to spend time outside the UK after you have received your settled or pre-settled status then:

- If you have settled status, you can spend up **to 5 years** in a row outside the UK without losing your rights (status).
- If you're a Swiss citizen, you and your family members can spend up to 4 years in a row outside the UK without losing your settled status.
- If you have pre-settled status, you can spend up **to 2 years** in a row outside the UK without losing your status. You will need to maintain your continuous residence if you want to qualify for settled status.

**\*\*You must not be a serious or persistent criminal or a threat to national security.\*\***

# Low Carbon Communities Initiative...

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

Climate Challenge Initiative (CCI) activities are always organised around the fact that people in the communities should be introduced to the topic and informed about the importance of keeping their carbon footprints low. It is a fact that one cannot keep it zero all the time but one can always strive for the minimum carbon footprints. Following are the activities that the CCI Team organised with NKS users between April and September 2019.

Some of the activities that have taken place have included: gardening, harvesting and cooking activities at the Royal Botanic Garden Edinburgh (RBGE); intergenerational workshops; sewing activities and a dress show with upcycled material organised by the Remode Collective; wallet making with redundant leather bags; paper recycling activity with the NKS Men's Support Group; wood work; cycling challenge 2019; walking challenge 2019; forest walk arranged for children and their parents; Swap Shop and Edinburgh Climate Festival 2019 with a puppet show for children.



*NKS users with their boxes ~ June 2019.*



Weekly gardening sessions were arranged with NKS users with different groups getting the chance to do gardening at NKS and at the RBGE. They sowed, looked after and harvested vegetables such as: spinach; radishes; runner beans; peas; garlic; coriander; cauliflower; beetroot and potatoes etc.



*NKS users at the RBGE ~ July 2019.*



*Making pickles ~ July 2019.*

workshops are giving the young generation a chance to learn from our elderly people, who have a lot to share but less young people to listen to them.

One of the most rewarding and fun things that the users did was woodwork sessions with North Edinburgh Arts and The Canal Shed during June/July 2019. The users were taught how to use the tools and designed and made their own beautiful bangle boxes. They look amazing!

The idea behind the intergenerational workshops is to educate the new generation and re-introduce old tips of using left over food and living style. As nowadays people have forgotten all old food preservation methods. These

The sewing classes were started so that people could reuse old, unwanted or damaged material and make something new out of it. This meant that the material did not go to landfill and the users learnt really good sewing skills. A fashion show was organised by Remode Collective in April 2019 and NKS users took part in it by modelling their recycled outfits. It was a great experience for all of our users and the CCI team to engage in such an event where they could showcase what could be done.

Walking and cycling activities are to encourage NKS users to reduce using cars for local shopping etc and also to encourage them to get in to the habit of walking/cycling locally e.g. going to school and the surgery etc. The aim is to make them aware of the health benefits as well as reducing CO2 emissions.



*NKS users out cycling ~ July 2019.*



*NKS puppet show at The Meadows ~ July 2019.*

The Edinburgh Climate Festival 2019 with our puppet show for children was a very successful event. We helped to organise the event and also had lots of different activity workshops on the day such as basket weaving and making *pagris* (head dress).

A few forest walks were arranged for women and children to get them interested in walking and to give them an introduction to the beauty of nature and a lot of the different plants and trees. They were really good sessions where they were away from the digital world. They loved it! We encourage more people to get involved. Please get in touch with us if you would like to take part.



*One of the forest walks ~ August 2019.*



*NKS Swap Shop ~ August 2019.*

interesting items on offer and there was something for everyone.

We have a lot of activities planned for the upcoming few months. Please get in touch with us if you would like to take part in any of them. We look forward to hearing from you.

# NKS Cultural Bridging Project ...

*Savita Kumar ~ CBP Coordinator*

The aim of the project is to organise and facilitate mixed cultural activities to bridge the gap between cultures. The Cultural Bridging Project (CBP) has had a busy few months!



*NKS users playing Holi ~ April 2019.*

NKS users, young and old, played *Holi* (the festival of colours). This was something that had not been done for a very long time. It was a lot of fun where people went

round putting colour on each other. They even got the local post-man involved!

Leather is a material which most people use e.g. school bags, jackets, handbags etc. So, what does one do when we have a damaged item? Well, NKS users took part in sessions where they made small coin wallets or pouches. The finished wallets were lovely and quite useful.



*NKS users making leather wallets ~ April 2019.*



*NKS users making matkaas ~ May 2019.*

*matkaas* (decorated pots). They started off by blowing up balloons. They used these to create the pot shape by doing paper mache. The balloons were burst once the pot shape had been achieved. Then it was time to paint them. This was a lot of fun and they were very colourful once finished.

We also had a visit from the Women's Federation for World Peace (WFWP) and gave them a presentation about the different projects running at NKS. This went down really well. Presentations were also delivered to all of the groups running at NKS where they were informed about the activities that they could take part in.



*Session with NKS and WFWP users ~ June 2019.*

They took part in making "pagris" (head dress) in June 2019 from left over colourful material and old saris. They decorated

them with hand made fans and old jewellery. They looked great!



*NKS users having lunch at the RBGE ~ August 2019.*

We have been taking NKS users to the Royal Botanic Garden Edinburgh (RBGE) for gardening there. They have been learning about planting, growing and harvesting different vegetables. The RBGE staff team has been very supportive of NKS and have helped our users to really flourish as gardeners. The users have helped to cook the harvested vegetables and made delicious dishes for every one to gather round and share in the beautiful kitchen in the Botanic Cottage. This is an incredible place which our users love.

NKS users took part in this year's huge Edinburgh Climate Festival which was held in The Meadows in July 2019. This was a great opportunity to mix with different cultures and enjoy new activities. They participated in the Puppet Show, which was developed and performed by the Climate Challenge Initiative Team.

Lynne Gray came to NKS to deliver a talk about Capital Theatres, which owns King's Theatre amongst a few others. NKS users had visited King's Theatre recently and it was good to see her again and to find out about what was going to be on. Panto season is just around the corner!



*Capital Theatre session with NKS users ~ July 2019.*



*The knitting session ~ September 2019.*

NKS users went to Libertus in Gracemount to take part in a knitting session with their users. They are all very familiar with each other and had a really good and productive session where they were able to help each other and teach each other new designs. It was a very therapeutic session too.



*Meghna Saxena*

On a personal note I have decided to step down from this post. I have really enjoyed this post and have learnt a great deal over the years. I have not left NKS as I am working as the digital literacy support worker which I am really enjoying. Meghna Saxena has been appointed as the new CBP Coordinator and you will be hearing a lot of good things about this project in the next issue of the newsletter. Watch this space!



*Rukhsana Hussain ~ NKS Nursery Manager*

## Cycling Sessions



*NKS Nursery children having some cycling fun!*

We run *Play Together on Pedals* sessions for our pre-school children to teach them about the different parts of a bicycle, how to wear the right fit helmet correctly

and the basics of looking after their bikes. We play lots of fun and imaginative games to develop their balance, strength and control skills. *Play Together on Pedals* has strong links to the curriculum for excellence.

## Museum Visit

The children went to the local museum and took part in various activities. They watched a 3D movie about the world and had a great experience. They built different size robots/towers with big blocks that were all shaped differently. The children played with the Big Healthy/Unhealthy jigsaw puzzle and learnt a lot.

## Library Visits

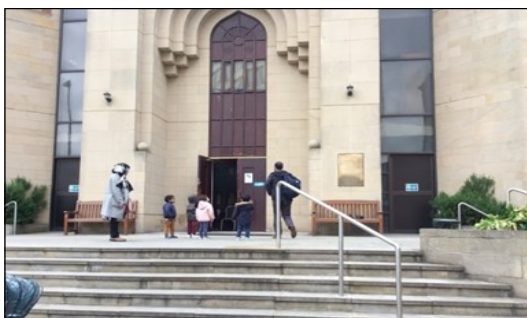


*Story time at the local library.*

The children visit the local library regularly and this summer they took part in the Reading Challenge 2019 (Space Chase) to read 6 books. If they were successful, they

would receive a medal, certificate and a small cup. The children read books with great interest and successfully completed the challenge and received their prizes.

## Mosque Visit and Eid Party



*The children outside the Central Mosque.*

The children visited the Central Mosque in Edinburgh and saw the prayer hall. They also visited the library at the mosque. They had an opportunity to look at the Quran

and read parts of it. Back in the nursery we had an Eid party where the children dressed up in their party clothes. We played lots of party games and the parents joined us for some games and dancing at the end.

## Life Cycle of Butterflies

The children learnt about a butterfly's life cycle in detail which included exploring all four stages of life. The children enjoyed learning about this through various activities using their favourite story - *A very Hungry Caterpillar*.

## Child Smile Visits



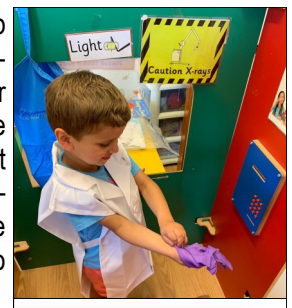
*The dentist will see you now ~ August 2019.*

We have regular visits from Child Smile to ensure that all children have the best possible start for their teeth. The children learnt about the importance of good

teeth brushing skills and also explored the best food and snack ideas to keep our teeth and gums healthy. All children received stickers at the end for helping out.

## Role Play

Children are encouraged to dress up and role play when they are in the nursery. They are encouraged to use their imagination and be creative. They love to play with each other and pretend that they are doctors, dentists, in the fire service and with the police etc. There are lots of costumes and toys for them to pretend play with.



*X-ray time ~ August 2019.*

## After School/Homework Club



*The children explored Edinburgh.*

When the children are not doing their homework, maths or English they play games and go for outings. In June 2019 they explored Edinburgh. They went to Victoria Street, The Elephant Cafe and Greyfriar's Churchyard as inspiration for the Harry Potter novels. They also visited the witches' well by the castle and the writers' museum as well as Greyfriar's Bobby. The children enjoy

the outings as they get to go outside.





# What's Been Happening at NKS?

## Rohina Hussain ~ Community Health Worker



NKS users painting tyres ~ June 2019.

My name is Rohina Hussain and I am the Group Leader for two weekly groups at NKS. I run the Wednesday Women's Group and the Thursday Older Women's Group. I organise different activities

for these groups and inform the users. We have recently done sessions on the following topics: British Red Cross; sewing; walks; wallet making; left over food cookery classes; visits to the Royal Botanic Garden Edinburgh (RBGE) to plant, harvest and cook produce; tyre painting; dental hygiene/oral health and autism awareness sessions.

All of these sessions went very well. Both groups went to the RBGE and grew vegetables. They really enjoyed the whole process and their time in the Botanic Cottage kitchen. Everyone enjoyed themselves and had lunch with their staff and volunteers!

## NKS Information Stall ~ June 2019



NKS staff at the stall ~ June 2019.

NKS staff put up an information stall at the World Care Foundation Charity Day at the Corn Exchange in June 2019. Lots of people came and spoke to the staff and asked questions about what

we did. The staff were on hand to answer their queries and were able to pass on a lot of useful information.

## Bicycle Training ~ June 2019



NKS Nursery staff in the training ~ June 2019.

NKS Nursery had bought a few bicycles for the children to learn how to ride on so that they could cycle as part of their time here. The NKS Nursery staff took part in bike maintenance training so that

they could look after the bicycles and teach the children how to as well. The training was provided by *Play Together on Pedals*. Since then the children have been out everyday on their cute little bicycles with their little helmets on. So many of them have already learnt how to cycle. It's great!

## NKS Staff Meetings



NKS staff meeting ~ June 2019.

NKS staff meet at the end of every month to discuss relevant issues and talk about the different projects that are running. We also discuss upcoming events and the work to be done. It is a vital

and necessary part of the work here so that the organisation runs as smoothly as possible.

## Party Time!



NKS Eid party ~ June 2019.

NKS users like to have social gatherings regularly and Eid and Christmas time are perfect to do these.

The users do one dish parties where the catering is divided up amongst them and they bring in their dishes to share with others. It's a lovely way to try different dishes and an opportunity to get together and socialise.

Sometimes the users go out for their parties. They decide where they would like to go and this is organised by their Group leader. It's really nice to eat out regularly too.

## Shabnam Bashir ~ June 2019



Farewell lunch for Shabnam ~ June 2019.

Shabnam Bashir, the NKS Nursery Deputy Manager, left NKS at the end of May 2019. NKS staff took her out for her farewell lunch to Mr Basrai's and everyone had a good time eating

together and chatting away to each other.

She had been with us for a few years starting off as one of the NKS Management Committee members. She was encouraged by NKS Manager, Naina Minhas, to pursue further education and took up SVQs in Childcare. After completing SVQ level 4 in Childcare she left the NKS Management Committee and took up her post in the NKS Nursery. She learnt a great deal at NKS and we are all so proud of all that she has achieved here.

NKS would like to thank her for her hard work over the years and would like to wish her all the very best for her future. We hope that she keeps in touch with us.



# What's Been Happening at NKS?

## Off to the Gym



NKS users at the gym ~ July 2019.

At NKS we firmly believe in looking after ourselves. This is not only eating more healthily but also looking after our physical health. We have lots of different exercise sessions

from time to time and we also encourage users to go to the gym regularly. We have taken users to the local gym so that they can try it out. We have also got Community Access Programme (CAP) cards made for some of them so that they can go by themselves. The CAP cards allow access at a low cost.

## Making Mats



NKS users making mats ~ July 2019.

NKS users had creative sessions where they recycled old and unwanted towels and made mats out of them. They tried different designs and colour combinations. They looked very nice!

## Canal Boat Trip



NKS users on the boat ~ July 2019.

The NKS Young Mothers Group and their children went on a canal boat trip during the summer holidays. It was a beautiful and hot sunny day. They got to explore Edinburgh slowly on the canal.

They all really enjoyed the trip which took over an hour to complete. They had lunch afterwards and the children got to play about in the local park.

## Glass Painting



The group with their painted jars ~ August 2019.

The Saturday Women's Group met to do a session on glass painting. They recycled old jars and really enjoyed painting them with lovely colours. It was a fun and therapeutic session. The finished

jars were really nice and gave them lots of ideas about what else they could do.

## NKS Trip to House of Bruar



The Saturday Group at the outing ~ August 2019.

What a great day out to the House of Bruar! NKS took two large coaches of women and children on a beautiful sunny and hot Sunday in August 2019. We saw lots of greenery, mini waterfalls, many nature walks and took in a massive amount of fresh country air!

## Staff Confidence Building Workshop



NKS staff in the training ~ August 2019.

The staff participated in a confidence building workshop at NKS. This was run by Naina Minhas, NKS Manager, and was really good. We really enjoyed the session as we got the opportunity to step back and

look at ourselves. The second part of the workshop will be done soon. NKS hopes to do sessions with the users next year.

## ESOL Classes



The ESOL class ~ September 2019.

English as a Second Language (ESOL) classes run successfully at NKS on Mondays and Tuesdays from 1-3 pm thanks to Edinburgh College. The classes help to improve spoken and written English. This in turn helps them with their further studies.

## Community Champions



The Community Champions ~ September 2019.

Trust Housing Association (THA) organised a two day training to train new Community Champions who will help to raise awareness of THAs Happy to Translate initiative in

their own communities and also the right to have equal access to information and services.

Eight members of NKS staff took part in this training alongside people from other organisations. It was a really good training. They were all presented with certificates at the end.



# Photo Gallery.....



NKS users at the Body Boosting Bingo event ~ April 2019.



Children making sock puppets ~ May 2019.



Malnutrition training with NKS staff ~ June 2019.



NKS stall at the Edinburgh Climate Festival in The Meadows ~ July 2019.



NKS users at the RBGE ~ July 2019.



Memory assessments with students from Edinburgh University ~ July 2019.



NKS users out for a health walk ~ August 2019.



Day trip to the beach ~ September 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 usually runs on Thursdays from 11.00 am until 1.00 pm at NKS.

### Thursday Older Women's Group:

- This group runs on Thursdays 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

**Kiren Zubairi** ~ Director

## NKS News/Events

### NKS Annual General Meeting (AGM) ~

This will be held on Tuesday the 19<sup>th</sup> of November 2019 from 11.30am until 1.00pm at Lauriston Hall, 28 Lauriston Street, Edinburgh EH3 9DJ. The AGM will be followed by lunch and the opportunity to network.

**Christmas Holidays** ~ NKS will be closed from Monday 23<sup>rd</sup> of December 2019 and will re-open on Monday the 6<sup>th</sup> of January 2020. We would like to wish everyone a Merry Christmas and a very Happy New Year!

**Swap Shops (CCI Project)** ~ There will be one taking place in the coming months. Every swap shop is a big success with lots of people donating their goods and taking away new items.

**Oral Health Project** ~ Events will be organised in the coming months at NKS and in the local communities.

**Heritage Project** ~ Events and local outings will be happening in the coming months.

**Computer Classes** ~ More classes will take place soon. Please get in touch with us if you would like to learn about digital devices in a small group setting.

Please check out our social media for more details about any of the above.

## 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

**Grace Mackenzie** ~ She has stepped down from the NKS Management Committee. NKS would like to thank her for her service and would like to wish her all the best for the future. We hope to stay in touch.

**Tatheer Fatima** ~ She has been appointed as the Digital Literacy Project Coordinator.

**Neeru Bhatnagar** ~ She has been appointed as the Heritage Project Coordinator.

**Samina Fayyaz** ~ She has been appointed as the Oral Health Project Worker.

**Meghna Saxena** ~ She has been appointed as the new Cultural Bridging Project Coordinator.

Welcome and congratulations to them all!

## Your Contacts at NKS

**Naina Minhas** ~ NKS Manager

**Khalda Y Jamil** ~ NKS Administrator

**Neeru Bhatnagar** ~ Heritage Project (HP) Coordinator

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

**Tatheer Fatima** ~ Climate Challenge Initiative (CCI) Coordinator & Digital Literacy Project (DLP) Coordinator

**Meghna Saxena** ~ Cultural Bridging Project Coordinator

**Samina Fayyaz** ~ Oral Health Project (OHP) Worker

**Rohina Hussain** ~ Community Health Officer

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

**Neena Agarwal** ~ LTHCs Worker

**Nasima Zaman** ~ LTHCs Worker

**Nazia Majid** ~ LTHCs & HP Worker

**Humera Adnan** ~ CfCP Administrator

**Manjari Singh** ~ CCI Worker & DLP Tutor

**Nazma Rahman** ~ CCI & OHP Worker

**Savita Kumar** ~ DLP Support Worker

**Rukhsana Hussain** ~ 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