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TNF Scottish Charity Awards 2009
The Scottish Asian Business Awards 2009
Scottish Empowerment Awards 2005
Contribution to Others Finalist 2005



Integration Partnership
of the Year Award
for 2017

Finalist in the Health and Social
Care Integration Award Category
for The Herald Society Awards
2017

NETWORKING KEY SERVICES NEWSLETTER

formerly known as Nari Kallyan Shangho

Health and Welfare project for women and families living in Edinburgh, providing them with a platform to act together and 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, Manager

As the world is in the grip of a deadly virus COVID 19, and the city of Edinburgh is locked down, NKS is closed and all staff are working from home. Although we are not present physically at the NKS premises, the staff team and volunteers are working hard and tirelessly to support vulnerable people in the community who are housebound and are more susceptible to the current virus going around; elderly as well as people with long term health conditions. In addition, there are a number of isolated and disadvantaged families needing our support to access income support services. NKS staff teams are in touch with the isolated grass root community to ensure that they are not experiencing any hardships, and are trying their best to support people with the challenges faced by them in these difficult times. We are delivering freshly cooked food from the NKS kitchen to people who need it due to the isolation faced by them in the lock down situation. These are the people that are unable to go out or have reduced support due to the fear of the virus among people. NKS would like to thank World Care Foundation for the support offered by them in the form of a donation of £500.00. We have also received funding from the Age Equality Unit of the Scottish Government to support older people. The support is timely and we are grateful for that. Donations have also been received from the community that is helping NKS to serve elderly people with food and other essential items. We wish everyone health and happiness in such a situation of pandemic and hope for all to stay home and stay safe until the situation improves.

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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.

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Charity Number SC000697 Company Number 226920

LETTER TO FUNDERS

Dear Funder,

Following the recent situation regarding COVID 19, NKS (Networking Key Services Ltd.) are restricting face-to-face contact as much as possible and most of our staff are working from home. Face-to-face contact will be the exception and take place only at NKS in line with the social distancing guidelines. All staff will be working from home until the situation changes and further advice is received.

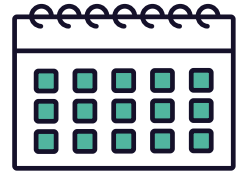
We work with communities mainly in two ways; either one to one support, advice and information or educational and awareness raising, in group settings. NKS will continue to work with communities as usual, but the format will change. One to one work will be carried out via phone, WhatsApp, text messages, Skype etc. Group work and training sessions will be carried out via social media - WhatsApp, Facetime, Zoom and Facebook etc.

NKS staff will make educational videos on various topics as required or asked by the users and these will be posted in WhatsApp groups and to individuals who are not comfortable in groups. To give some examples - videos will be made on computer learning, oral health, Coronavirus information, gardening, sewing, cycling, exercises for people with diabetes, sleep disorder, stress management, confidence building, healthy eating recipes etc. These are some examples. We are looking at the best ways to practically assist families who are struggling with essentials (e.g. food, basic items, heat). NKS staff is phoning families - especially older people living alone to ask if they need help. Best help will be agreed with them by liaising with other agencies such as food banks.

Naina Minhas,
NKS Manager

SELF MANAGEMENT PROJECT

BY NASEEM SULEMAN, NKS FAMILY SUPPORT WORKER



We provide one to one support to people with long term health conditions firstly by mapping out individual needs and devising a plan for each individual to help develop their self-efficacy strategies. We provide opportunities in a support group to share experiences and information with peers, by providing intensive health education in group settings and providing advice in a family setting to help manage their health condition. We provide a befriending service to combat issues of isolation and mental health. For the **Men's group** the following health talks were held - Oral Health and Diseases of the gums · Changes to Benefit for people with Long Term Health conditions · Dyslexia (part 2) · Christmas party · Visit to Grove Community Garden · Information talk on No smoking.

Visit to Canal Shed



Benefit talk on Bereavement



Women's group - The following information talks and activities were held for the women's group
Dyslexia (part 2) · First Aid · Oral Health · Talk on Bereavement Benefit · Talk on Eating Disorder Awareness · Exercise Classes every week (12 sessions) · Heritage tour of the National Museum with our Heritage Project team.

First Aid Training

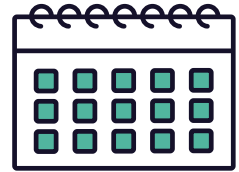


Talk on Eating Disorder



SELF MANAGEMENT PROJECT

BY NASEEM SULEMAN, NKS FAMILY SUPPORT WORKER



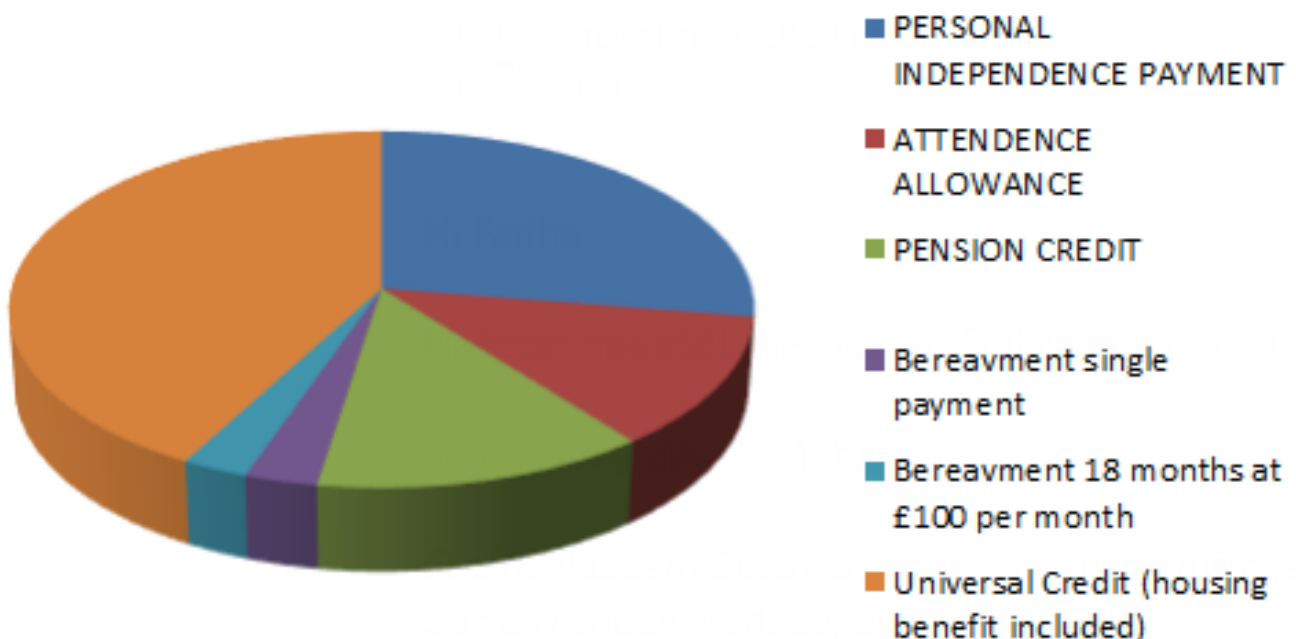
The following work was also completed

Home visits; GP appointments; Diabetic Eye Screening appointments at the Eye Pavilion and Western General; Post Cataract Removal appointment; Physiotherapist appointments; Occupational therapist appointments and Social Care Direct contact. Hospital appointments were attended by our workers with our clients at the Sick kids, Royal Infirmary, Western General and Mobility assessments. Furthermore, our NKS Support Worker attended client appointments to address financial issues, housing and dental issues.

One to One work carried out with families

The support workers provide one to one support, advice and information to grass root South Asian families experiencing loss of income due to issues around long term health conditions, either as an ill person or as carers. Monthly health talks are arranged by liaising with different agencies and also arranging activities for the 3 groups. Focus group talks are held with the groups to find out what health or long term illness they need knowledge of, and then we try and get in touch with various health organisations to see if they can come to our groups to give an information session on the health condition. In regards to individual families, the needs of the family are identified by first meeting them in their homes where they are comfortable.

Income Maximization for People with Long Term Health Conditions in the last 6 months



CARE FOR CARERS PROJECT

BY HUMERA ADNAN - CARE FOR CARERS PROJECT ADMINISTRATOR



The Care for Carers project is providing very useful support and relief for carers in our local South Asian community. We have approximately 25 carers that we support who regularly attend our monthly forums and activities.

Our last 6 months have involved very interesting forum meetings where we covered different topics with our carers and also held fun carer activities.

In **October 2019**, we held Yoga sessions for our carers which were hugely enjoyed.

In **November 2019**, our carers very thoughtfully brought in home cooked food for a One Dish lunch party. They were also treated to a Pamper session afterwards.

In **December 2019**, carer organisation VOCAL was invited to deliver a talk on Long Term Care and this was attended by all our carers.

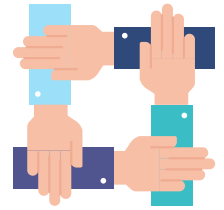
January 2020, forum meeting discussion on Oral Health, presented by NKS Oral Health project worker, Samina Fayyaz. This was very useful for our carers with lots of information shared.

In **February 2020**, we began the start of our 6 session block on Stress Management. This is being led by Health In Mind and will include interactive talks on stress, anxiety, panic attacks, etc. The workshop is being delivered by Rahila Khalid, Equal Access project worker at Health In Mind.

Future sessions and activities will be notified in the next few months.



VOLUNTEERS AT NKS



My name is **Aishah Jamil** and I am a year 3 student at Edinburgh Napier University studying International Events Management with Marketing. I am currently on placement at NKS doing events and marketing related tasks. As part of my placement I assisted the staff team to organise and plan their Swap Shop event which took place in February. This was a really good experience and helped put my current knowledge into practice. I've also been looking at ways of developing NKS on social media such as Facebook, Twitter and Instagram. This is something which I am enjoying working on. I look forward to the rest of my placement and hope that I can make a difference.



My name is **Fariha Mosaddeque** and I am a postgraduate student at the University of Edinburgh, pursuing my Masters in Public Health. I am currently conducting research with NKS to determine the impact of minority ethnicity based NGOs and the role they play in alleviating social isolation and deprivation. As a part of my volunteering role, I also assist with designing the newsletter, and I hope to get more involved with the community groups in the next few months. I'm very excited to be a part of the team and learn more about the activities going on.

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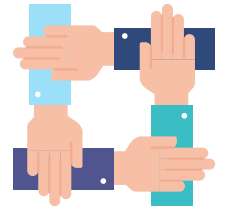
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VOLUNTEERS AT NKS



Heritage Project

The project has successfully recruited 15 volunteers during the past 6 months. Six volunteers and two staff participated in the 'Media Training' workshop. The aim of the workshop was:

- To understand different filming styles and identify which one to use
- Understanding storytelling using film
- Get hands on experience with filming kit

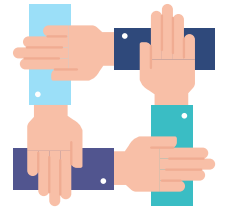
All participants will receive a certificate of attendance at the end of 2 day workshop. Some participants have now been teaching these skills to new volunteers who have been both showing interest in learning as well as participating in the project. In addition, volunteers have learnt researching skills, interviewing people during our visit to the museum and the National Library. Some interest had been shown in becoming tour guides in their language for both library and museum.

Thank you to our volunteers: **Rukhsar, Alya, Naz, Neha, Shahida, Siksha, Fahmida, Meenal, Sushma, Aishah, Shweta, Rachana, Akaanchha, Shafali**

Our CCF team is really thankful to **Sonali, Sushma, Meenal, Shefali, Rachana, Indu, Mita, Savita, Supta, Preeti, Sunita, Anamika, Akanksha, Sita, Punam, Neha, Saroja, Suvarna, Reshma, Monwara & Aisha**. These are the ladies who regularly help us during CCF activities - be it maintaining the NKS garden, tidying up the Cycling Shed, cleaning the entire car park and clearing weeds, making props for Climate festivals or Nursery story sack props, filing work, preparation before events e.g. Swap shop. The help received from these volunteers has been significant to the entire CCF team to meet deadlines and deliver events.



VOLUNTEERS AT NKS



Sushma Manchala, Oral Health Project volunteer.

Sushma joined the Oral Health Project as a volunteer at the start of 2020. She has experience and knowledge as a dental surgeon in her profession. Her knowledge has played a massive and important role in the project, helping it to expand. The Bangladeshi community has greatly benefited from Sushma due to her professional background, as paan eating is a big factor in the Bangladeshi community. She has used her knowledge and tools to deliver talks on maintaining user's oral health. The Oral Health team greatly appreciate the support that they have received from both Neena and Sushma. We hope they continue their great work with the Oral Health Project.



Neena Agarwal, Oral Health project volunteer.

Neena joined us at the start of the project of Oral Health. Neena has played a very important role as volunteer in the Oral Health project. Her impact and knowledge has helped to nourish and blossom the Oral Health project. She has supported the Oral Health team in groups' session, children in the NKS nursery and in home visits.

Thursday group Elderly Lunch club

Naz, Mrs. Pandya, and Nighat help Rohina (group leader), serve food, laying, and clearing dishes for lunch



Naz



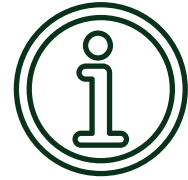
Mrs. Pandya



Nighat

INFORMATION PAGE

BY NASEEM SULEMAN, NKS FAMILY SUPPORT WORKER



BENEFIT RATES FOR 2020/2021

As the financial year comes to an end, the proposed rates for benefits payments for 2020/2021 have been released. These benefit changes will be from 5th April 2020 up to 4th April 2021. The following benefit rates may not contain all extra elements, premiums or components.

Additionally some MEANS TESTED BENEFITS are subject to other variables such as income and capital (savings).

The rates are on a weekly base unless otherwise stated.

Attendance Allowance

Higher Rate - £89.15

Lower Rate - £59.70

Bereavement Support Payment

People without young children (children under 16)

Standard lump Rate - (one off payment first) £2,500

Standard Rate Monthly (18 months) - £100

People with young children

Higher lump sum - (one off payment first) £3,500

Higher rate monthly payment (18 months) - £350

Carer's Allowance

Standard - £67.25

Personal Independence Payment

Max enhanced (Living & Mobility component) -£151.40

State Pension

New State Pension - £175.20

Old state Pension category A or B - £134.25

Statutory Maternity/Paternity Pay

Standard rate - £151.20

Statutory Sick Pay

Standard rate - £95.85

Universal Credit (rates are monthly)

Single over 25 - £323.22

Couple over 25 - £507.37

Child element - £235.83

Work allowance (higher) - £512

Work Allowance (lower) - £292

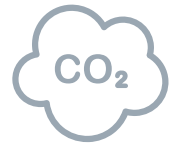
Additional amount are available

Widowed Parent's Allowance

Widowed Parent's Allowance - £121.95

LOW CARBON COMMUNITIES EMISSION

BY TATHEER FATIMA, NKS CLIMATE CHALLENGE PROJECT COORDINATOR



The Climate Change Fund (CCF) activities are always organised around the fact that community people should be educated and informed about keeping their carbon footprints low. This is due to the fact that one cannot keep it zero all the time but one can always strive for the minimum carbon foot prints.

The following were the activities the CCF-Team had organised to promote the cause and efforts towards networking among organisations working towards climate change issues in Scotland.

Cookery sessions at RBGE with Harvested vegetables

Gardening sessions were arranged with community groups during the second year of the project. All the groups had sowed different vegetables in plots allocated at RBGE. All the groups were given the opportunity to harvest and cook at the Botanic Cottage. The harvested vegetables were spinach, radish, runner beans, pea, garlic, coriander, cauliflower, beetroot, potatoes, molli, marrow, courgette, and onion.



CCF Volunteers recognition - Climate Hero Awards Ceremony

The purpose of the Climate Hero Awards was to recognise the achievements of individual volunteers at Climate Challenge Fund projects and to inspire others to take similar action to tackle climate change. These heroes have overcome significant challenges in their personal life to take part and have developed a new confidence and skills by volunteering. To recognise their efforts towards the cause and help the community, Climate Challenge Fund Awarded 5 candidates from NKS with certificates in this ceremony.



Cycling activities & walking activities

Walking and cycling activities are held to encourage community people to reduce using cars for nearby shopping places and also to encourage them to get in the habit of walking or cycling to nearby schools, medical centres and for grocery shopping. This is aimed to make them aware of their health as well as reducing CO2 emissions.



CCF-EM networking event

Climate Challenge fund projects are awarded to different organisations all over Scotland. There are quite significant numbers of Ethnic Minority(EM) organisations who are also awarded in this regard. CCF-EM network is a strong network of minority organisations working towards tackling climate challenge issues among their communities in Scotland. Every organisation arranges these meetings once in their project lifetime. These meetings give an opportunity to all of the minority organisations to share their skills, challenges and support to each other delivering their projects. NKS had arranged the meeting during the month of November 2019. Fourteen organisations attended the meeting at NKS.

Drop in Stitching sessions

NKS-Stitching classes were started with an idea of giving people an opportunity to reuse their unused, old used, badly fit or tight cloths to give a new look and be able to reuse their unwanted material. These drop in sessions have continued during the last term.



Swap Shop event year 2020

To avoid increased landfill, the project team arranges swap shop event every three months. Community people like to participate in the event in quite good numbers. People attend the event and like to share their items. Additionally, during these sessions NKS sells delicious food and provides beauty therapies.



CHILDCARE FACILITY

BY RUKHSANA HUSSAIN, NKS NURSERY MANAGER



Healthy Eating activities

The children learned about nutrition. We learned about where food comes from and how food helps us to grow. We played lots of different fun games which involved touching the fruit and vegetables to learn their colour, shape, size, taste and smell.



Halloween Party

We had a wonderful Halloween Party! The children dressed up in scary masks and costumes. We all played lots of fun games and enjoyed Halloween treats.

Oral Health sessions

We had four Better Oral Health Sessions. The children are learning the importance of good brushing habits. We learned the best way to brush our teeth and how long we should be brushing our teeth for. We are exploring healthy snack ideas and the importance of regular dentist visits. The children enjoyed the fun role play activities. These sessions have helped children to understand the importance of looking after their teeth.



Diwali party

Diwali is a light festival usually lasting five days. We had a Great Party at the Nursery. We read the Diwali story and Created Divas (candle holders) with the children. We also made Rangoli patterns and Diwali cards. The children had special snacks and had a lot of fun.

Christmas Party

The children and parents enjoyed playing different games such as pass the parcel and musical chairs etc. We had a special guest at the party and we all sang Christmas songs together. The parents had fun socializing with each other and dancing with their children.



CULTURAL BRIDGING PROJECT

BY MEGHNA SAXENA, CBP COORDINATOR



The aim of our project is to organise different activities among communities coming from different cultural backgrounds, through which they can interact with each other diminishing cultural differences. In our Cultural Bridging Project, we are arranging activities with different local organisations working on similar aspects. Several activities were arranged for this group of people e.g. gardening, food, craft, sewing, outings and movie screenings. These have been delivered during the current phase of the project.

Furthermore, cooking sessions were arranged with the Canal Shed, during the month of November and December and NKS is looking forward to engaging with them in the future. In addition, more arts and craft activities were also arranged with senior citizens and visually impaired multicultural groups at RNIB.

NKS Collaboration with Garden Edinburgh Partners (GEP), is in process. NKS will be working with multicultural garden owners and volunteers in this collaborative effort. In addition to this, we have celebrated International Women's Day which was organised by the South West Women's group and Suffragette movie was screened at this event. NKS is looking forward to arranging more activities with mixed cultural groups.



(a) Grove Community Gardens visit for Gardening session



(b) Healthy Cooking session at Canal Shed



(c) Art and Craft Session in Multicultural event at RNIB



(d) Movie screening on International women's day event with South West Women's Group

ASPIRING COMMUNITIES FUND



The project is working towards increasing the digital status of grass root South Asian women, who have limited or no knowledge of digital technology. The empowered women can embark on self-directed digital learning to continue improving their digital skills in their daily life. At NKS we strongly felt that appropriate methods are required to engage women to adapt e-learning by increasing their digital skills.

Previously, different strategies used, were not as successful due to the inabilities in skills required for the digital courses due to language barriers, inadequate literacy levels and poor learning attitude towards the digital world. NKS is supporting women through this project to build their digital skills and empower themselves with knowledge and information regarding digital world.

The course outline for the digital learning classes is framed according to the needs of south Asian women and is devised through recommendations of previous NKS research work. The classes are divided into Low, Medium and High Level categories according to the learning abilities of registered/enrolled candidates. Qualified tutors are hired for these digital learning classes. The project team encourages community people to get involved in this project to utilise provided facilities at NKS.



HERITAGE PROJECT

BY NEERU BHATNAGAR, PROJECT COORDINATOR



The Heritage Project has been running in full swing now. The project was introduced to organisations and individuals in groups at NKS. Outreach visits were made to inform and enthuse people to participate in the project. Six volunteers and two staff from NKS participated in the 'Media Training' workshop. The aim of the workshop was, to understand different filming styles and identify which one to use and understanding storytelling using film, getting hands on experience with filming kit etc. The volunteers were looking forward to using the learnt skills when touring 'National Museum of Scotland' and 'National Library of Scotland' at the next available opportunity. Group tours of Bangladeshi, Pakistani and Indian women took place looking at Scottish Beliefs and Religions ending with object handling.



As we were carrying out the tours it was transpiring that many of the past practices were similar among other communities and they are still being followed up in some form. For example when we visited, Ballachulish Bog Lady, it signified importance of water and how it is sacred for Christian in terms 'Baptism', Muslims 'Zam Zam' and Hindus 'Ganges'. As the tour progressed, the participants got more engaged in the tour, leading to more conversations relating to their own beliefs. Although we live in a tourist city but 100% did not know that Arthur Seat coffins existed.

The whole idea of conducting this Heritage tour was to look at the past 100 years of History and Heritage of Religions in Scotland. Therefore we started by visiting National Museum of Scotland and looking at 'Early Beliefs'. Tours to date have all been very successful as the participants have never had a personalised tour before. This opportunity gave them not only knowledge but created long term interest in the museums for them and their families.

The second part of the tour was Object Handling, led by Jane Miller where the participants got to not only look at objects but to touch and handle them. The objects were replicas and originals of Celtic jewellery with Pictish symbols, Viking Thor hammer amulet and Lukenbooth brooches. The most amazing thing took place in one of the groups that one of the object design was ditto copy of the bangle one of the women was wearing herself. This showed how designs and beliefs not only travelled but are similar in all communities where ever we come from.

Working in partnership with NKS staff and preparing a tour which gave them insight into one aspect of the visit ignited permanent interest. And all the groups requested that we conduct similar format tours to take them through our Edinburgh's fantastic history. Similarly, 20 people have now visited the National Library of Scotland led by Beverley Casebow. The tour as well as looking at original manuscripts as well as using the computer to learn how to research appropriate material linked to our project was thoroughly enjoyed. In fact the group even managed to see a small selection of the Darwin material, including original letters written by Darwin! Everyone was so glad to get this chance and felt totally enthused to bring families and made library cards to revisit on their own.

One of the objectives of this project is to meet with the Advisory Group to help steer it by using ideas and skills contributed from its members who come with specialist knowledge. Recently the group met and discussed the progress and made further suggestions for the project to follow and report back.

ORAL HEALTH

BY SAMINA FAYYAZ, ORAL HEALTH PROJECT WORKER



The past 6 months have been busy and fulfilling for the Oral Health Team. It has been a complete eye opener on how much support and education the South Asian community required to better understand their Oral hygiene. A large majority of people ignored their teeth brushing technique and their mouth hygiene. This severely impacted their overall health, therefore it is important to maintain teeth brushing for your oral health as well as your general health.

The team received Child Smile and NHS Oral Health training to gain a better understanding on oral health hygiene. Oral health sessions have successfully created awareness within the South Asian community and all groups have enjoyed their sessions. These sessions give the individuals an opportunity to ask questions concerning their oral health.

Visual tools had been created to help deliver a greater impact. All the users have been gifted toothbrushes to help them maintain their oral hygiene. There has been some great successes in the NKS nursery. In this setting, some children were refusing to brush their teeth. Through interactive play sessions and many other activities the children better understood their own oral health, and how to manage this on a daily basis. Creating Oral Health corner in the nursery with the support and materials from Child Smile gave the younger children a chance to be exposed to a dentist environment.

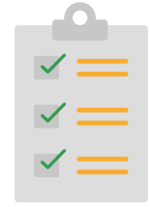


The NKS after school club showed great improvement too, as the children were older and in better position to understand how to manage their oral hygiene. Through play & experimenting sessions children were helped to develop and maintain their oral hygiene. The children were also supported in one to one discussion, delivering a greater impact. The children were gifted a oral health bag containing a toothbrush, toothpaste, wall charts and sand timer to help them in maintaining oral hygiene.

The Oral Health team have succeeded in giving one to one support to the South Asian communities. Where language is a massive barrier and was one of the main reasons why the South Asian community were struggling to access the dental services. Direct home visits helped to identify the barriers the families were facing. Through the support of the Oral Health team they are managing to overcome such obstacles.

Finally, a questionnaire survey was created to help to identify the gaps in how oral health is managed in South Asian communities. 84 adults and 40 children participated in the questionnaires. We are absolutely pleased to see the difference happening in the South Asian community and we want to see it continue, develop and flourish. With the support and drive of my Oral Health team, members Nazma and volunteers Neena and Sushma, we have been successful in creating awareness across the communities.

WHAT'S BEEN HAPPENING AT NKS?



In response to the Coronavirus emergency NKS is now delivering to vulnerable housebound people in Edinburgh. Last week the NKS staff and volunteers delivered food twice once with World Care Foundation (previously Edinburgh Cares) and once independently. NKS intends to deliver food to vulnerable people every week.

If anyone knows anybody that can benefit from this then please get in touch with Rohina Hussain on 07968486612. A big thank you to World Care Foundation for their continuous support in these difficult times.



LOOKING FORWARD WITH NKS

Health & Social Inequalities Project

The Health and Social (H & S) Inequalities project is funded from the 'Empowering Communities Programme - Investing in Communities Fund' from the Scottish Government. This is a continuation of the valuable work done with the South Asian and local mainstream groups of our NKS Cultural Bridging project.

The aim of this new project is:

- To improve health and well-being
- To better understand socio-economic circumstances of our women
- To enhance skills using asset-based to tackle inequalities and poverty
- To increase employability chances for South Asian women



My name is Neeru Bhatnagar (H & S Inequalities Coordinator) and I will be working with Rohina Hussain (Support Worker) to take this project forward. We are both really looking forward to meeting our existing group members as well as reaching out to many new families from across Edinburgh, to consult and develop a programme of activities. As you all know our face to face work has currently been stopped due to the Coronavirus lockdown pandemic hitting communities worldwide.

While we are working from home, we are looking at new ways of keeping in touch with you. We are providing our communities with some health information which can be beneficial as we are no longer able to do our day to day activities as normal. This is no doubt having an impact on our wellbeing but at the same time it is even more important to keep ourselves fit. To address this we have recently developed a presentation on 'Basic Health and Nutrition' along with a video to explain some of the points in our language so that it becomes interesting to listen and apply. We hope you will enjoy it and if this raises any questions please get in touch via email at nks@nkshealth.co.uk.

The video will shortly be shared via NKS WhatsApp groups. We are planning to make more education videos about health and inequality. In order to develop the project we have been networking with a number of agencies to discuss joint working. We have also been voicing the needs of our South Asian women and families at forums to ensure our needs reach out to the decision makers during the planning stages.

LOOKING FORWARD WITH NKS

NEW CCF PROJECT 2020

NKS has completed its CCF project ending March 2020 and has successfully achieved expected outcomes. We have also managed to exceed targets set for CO2 reduction. The community has been very enthusiastic and have been proactive in adapting to the changed behaviour.

We have already begun to plan and embark upon the new activities, but the format has changed due to the current public health crisis. We have taken to communicate online and through social media with the local communities and agencies collaborating with NKS. It is evident a cleaner environment for future generations, has appealed to the communities and has motivated them to continue participating in climate change activities.



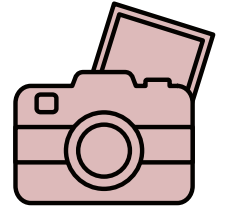
There is a demand from the community to continue the project to strengthen the framework developed over the last four years and to develop further activities to ensure a sustainable development process of an eco-friendly lifestyle addressing socio-economic, cultural/religious factors and eliminate the vulnerability due to such constraints.

The demand is evidenced by the feedback survey undertaken with 108 community people. They have asked to continue by continuing and developing further activities; DIY workshops to learn skills in woodwork, gardening, electrical work, cycle maintenance, further in-depth knowledge of solar panels, information about e-bikes and e-cars and its suppliers and site visits to these places, intergenerational workshops, and further carbon literacy programmes via the NKS learning toolkit devised in the current year.

Obtaining information about energy suppliers and financial help in tackling fuel poverty is most in demand. Families have expressed the need to know about criteria for financial help in making homes energy efficient. There is demand for information for women to learn more about meter reading and energy bills that is usually a man's domain, home gardening and composting traditional style, swap shop events and arts/craft cafes to share skills. Older people felt that informative activities should be available for them to keep them active such as cookery, sewing and conversation workshops.

A postgraduate student on placement at NKS from the University of Edinburgh conducted research on these workshops, concluding that some workshops can facilitate integration into Scottish society, illustrating added benefits of the programme to the South Asian communities

PHOTO GALLERY



Los Amigos



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