

Winner of:

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

It's been a year and COVID19 has changed our lives. We are still living under restrictions and endeavouring to adapt to a new lifestyle with minimum social interaction; in fact, most of the time adapting to 'NO' face to face social interaction. We are learning to live through social media. In such circumstances digital inclusion has become a crucial issue for all to work towards an inclusive society.

NKS, as a community organisation, working with local communities; with greater emphasis on South Asian and other BAME families, has introduced many new and innovative ideas to connect with grass root and hard to reach communities in Edinburgh. The connections are ensuring our reach to those families that need the support most in these difficult times. We are gearing our work towards improving people's mental and physical health. We seek to combat isolation and loneliness by keeping communication going via phone or online.

Digital inclusion has become one of the main priorities for us as an organisation; especially with South Asian communities. We have supported women and older people extensively to ensure that they own a digital device and learn how to operate it. Our staff teams and volunteers have offered and are still offering one to one support to people to improve their digital literacy.

Currently, we are running eight groups online every week to ensure that people are connected to each other and are sharing information. We are constantly providing all relevant information to people and are making every effort that families with complex issues are able to access relevant services.

In this issue, you will learn more about our work in the last six months where staff team and volunteers have worked tirelessly to ensure that marginalised families receive every support required in current crisis including food delivery. Please do get in touch with us if you would like to know more about our organisation or would like to get involved.

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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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COVID-19 PANDEMIC

BY NASEEM SULEMAN, FAMILY SUPPORT OFFICER



PANDEMIC

What is the definition of a pandemic?

A pandemic is a word given to an epidemic that occurs WORLDWIDE or over a very wide area, crossing international boundaries and usually affecting a wide or large number of people. The disease does not have to be severe.

Is the coronavirus disease a pandemic?

31 December 2019

The World Health Organization (WHO) was informed of a cluster of cases of pneumonia of unknown cause detected in Wuhan City, China.

12 January 2020

It was announced that a novel coronavirus had been identified in samples obtained from cases and that initial analysis of virus genetic sequences suggested that this was the cause of the outbreak. This virus is referred to as SARS-CoV-2, and the associated disease as COVID-19.

11 March 2020

The World Health Organization declared the outbreak of COVID-19 a pandemic on the 11th March 2020, this means COVID-19 has spread worldwide.

As of 22 February 2021

Over 109 million cases have been reported worldwide. Over 2.4 million of people have died from it. In the 14 days to 17 February 2021 more than 5.7 million cases were reported worldwide.

What is Covid-19

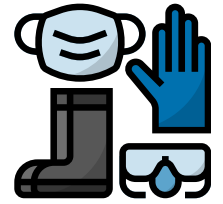
Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Coronavirus belongs to a large family of viruses with some less severe disease, such as the common cold, and others causing more severe disease such as Middle East Respiratory Syndrome (MERS) and severe Acute Respiratory Syndrome (SARS).

How does it spread?

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

COVID-19 PANDEMIC

BY NASEEM SULEMAN, FAMILY SUPPORT OFFICER



Protect yourself and others from COVID-19 To stay safe, take these simply precautions,

- Such as physical distancing (1 - 2 metre distance)
- Wear a mask
- Cleaning your hands (Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. This eliminates germs including viruses that may be on your hands)
- Keeping your rooms well ventilated
- Coughing into a bent elbow or tissue
- Avoid the 3Cs: spaces that are closed, crowded or involve close contact
- Meet people outside
- **DO THEM ALL TO STAY SAFE**

VACCINES

A vaccine is a biological preparation that provides immunity to a particular infectious disease. Vaccines are the most effective way to prevent infectious diseases.

Vaccines teach your immune system how to create antibodies that protect you from diseases.

It's much safer for your immune system to learn this through vaccination than by catching the diseases and treating them.

Once your immune system knows how to fight a disease, it can often protect you for many years.

Covid-19 vaccines and what they contain

Pfizer-BioNTech - The Pfizer coronavirus vaccine does not contain any live virus. It contains MRNA Technology. The vaccine presents the body with a set of instructions to help it trigger the creation of antibodies to fight coronavirus. It cannot change the DNA of a human cell.

Oxford/AstraZeneca -The vaccine was developed by the University of Oxford and AstraZeneca. The vaccine works by delivering the genetic code of the SARS-CoV-2 spike protein to the body's cells.

COVID-19 vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness.

COVID-19 SURVEY

BY MEGHNA SAXENA, NKS PROJECT WORKER

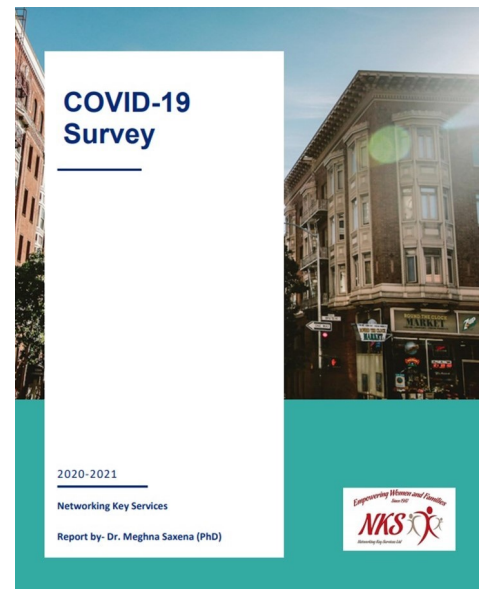


NKS COVID-19 Survey Questionnaire

We designed a questionnaire-based survey on Covid-19, using 115 participants. This survey was 100% digital. A link to the survey was circulated, so that participants could use their phones or any other smart devices to answer the questions in the survey. All participants were adults - aged 18 years to 80 years plus age groups. A vast majority of them were females and South Asian.

We found that 90% of the participants were aware of:

- corona virus symptoms
- the concepts of isolation and quarantine
- shielding
- contact tracing and
- the basic requirements of taking care of someone with Covid-19 symptoms.



Alarmingly, we found that 50% of the people felt that the public had a stigma related to having Covid-19. In regard to this, we need to increase our effort to educate people better and ensure that the stigma related to Covid-19 should go away.

In addition to this, the majority of participants felt that the Covid-19 lockdown had affected their physical and mental health. The frequency of meeting with friends and family had also decreased which is a good sign as it means people were obeying the guidelines and rules of the lockdown. However, taking care of dependents had been hard as one had to protect them from exposure as well.

One striking thing that we found in the Covid-19 positive participants was that there was a huge heterogeneity (diverse symptoms) in the appearance of the symptoms and that is a medical topic that needs further exploration.

Support provided by NKS appeared to be extremely effective. The majority of the receivers said they were extremely satisfied with our effort and a lot of participants suggested increasing the frequency of our online classes/sessions and other engagement paradigms.

At this moment it looks like NKS and its supporting staff is spread too thin and we need more manpower and funds to cope with the demand. We are in the process of publishing this data in a peer-reviewed international journal.

BENEFITS UPDATES & INFORMATION

BY NASEEM SULEMAN, FAMILY SUPPORT OFFICER



DEVOLUTION OF BENEFITS IN 2021

Introduction of Scottish Security Act 2018

On 25th April 2018 the Scottish government voted unanimously to pass the Social Security (Scotland) Bill. This means that certain benefits will now be dealt with in Scotland and not by DWP (Department of Work and Pensions).

WHICH BENEFITS DOES THE ACT INCLUDE?

Devolved Benefits

- Carer's Assistance (replacing Carer's Allowance (CA))
- Cold-spell Heating Assistance (replacing cold weather payments)
- Winter Heating Assistance (replacing winter fuel payments)
- Disability Assistance (replacing Disability Living Allowance, Personal Independence Payment, Attendance Allowance and Severe Disablement Allowance)
- Early Year's Assistance (replacing Sure Start maternity grants)
- Employment Injury Assistance (replacing Industrial Injuries Benefit)
- Funeral Expense Assistance (replacing Funeral Payments)

New forms of assistance

- Carer's Allowance Supplement – a twice-yearly lump sum payment to bring the amount paid through CA up to the same level as jobseeker's allowance. It is intended to be an interim measure until carer's assistance is implemented.
- Housing Assistance – to be paid to people who are entitled to Universal Credit (UC) who, when the bedroom tax is 'abolished' by the Scottish Government, are then affected by the benefit cap, or to 18–21-year-olds who are not entitled to the housing element in UC. Housing Assistance may be delivered by local authorities rather than the Scottish social security agency.
- Short-term Assistance – to be paid to individuals whose assistance has been stopped or reduced pending a reconsideration or appeal.
- Power to provide top-up – the Act provides the Scottish Government with the power to top-up reserved UK benefits. The Scottish Government has committed to introducing a new income supplement for low-income families in its Tackling Child Poverty Delivery.

BENEFITS UPDATES & INFORMATION

BY NASEEM SULEMAN, FAMILY SUPPORT OFFICER



BENEFIT CHANGES IN 2021

Early 2021

Scotland will be introducing the Scottish Child Payment for families with children aged under six. The Scottish Child Payment will be a payment of £10 per week for each child or qualifying young person in the household.

Only households that get Universal Credit, income-related Jobseeker's Allowance (JSA), income-related Employment and Support Allowance (ESA), Housing Benefit, Income Support, Pension Credit or tax credits will be able to get the Scottish Child Payment.

April 2021

From April 2021, there will be changes to how the Department for Work and Pensions (DWP) recovers Universal Credit advances. The maximum repayment period will go up from 12 months to 24 months. This will mean people have less money taken off their payment every month. The maximum deduction rate will go down from 30% to 25% of standard allowance.

August 2021

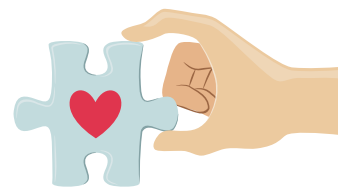
The Minimum Income Floor in Universal Credit will start to be reintroduced from August 2021.

September 2021

The additional £80 per month payment for people getting Universal Credit (for during covid-19) will end in September 2021.

ORGAN DONATION

BY NASEEM SULEMAN, FAMILY SUPPORT OFFICER



Organ Donation Scotland

From 26 March 2021 the law is changing to an opt out system

The Human Tissue (Authorisation) (Scotland) Act 2019 provides for a system of deemed authorisation for organ and tissue donation for transplantation purposes. This is commonly known as an opt out system. This law means that you would have agreed to be a donor when you die, unless you have chosen to opt out.

Organs and tissue donations remain a personal decision and you have a choice.

1. The new system means that if you have not opted out when you die, the law allows for the donation of certain organs and tissues for transplantation.
2. The law does not apply to certain groups of people –
 - Children under 16
 - Adults who lack capacity to understand the new law
 - Adults who have lived in Scotland for less than 12 months before their death.

If you support donation, you can still choose to actively record your decision to be a donor, by doing this it can make it easier for your family and friends, and also help to ensure your decision is honoured.

The opt-out system will only apply to the donation of commonly transplanted parts of the body such as Kidneys, Heart, Liver, Lungs and tendons.

Recording your donation decision on NHS Organ Donor Register is very simple and only takes a few minutes of your time:

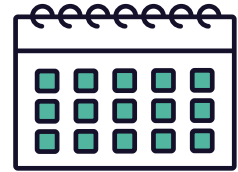
Online: www.organdonationscotland.org/your-decision/how-register

For queries phone: 0300 303 2094

If you do not want to donate any part of your body then do this in writing and tell your family and friends, so they know of your decision. Please do not put this in your will as the wills are read well after your burial and the decision of donation has to take place very shortly after death.

SELF MANAGEMENT PROJECT

BY NASIMA ZAMAN & NAZIA MAJID, LTHCS SUPPORT WORKERS



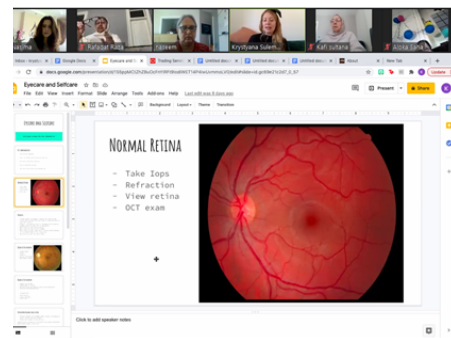
The Long Term Health Conditions (LTHCs) Team at NKS exist to protect and improve the south Asian community's health and wellbeing, and reduce health inequalities. We do this through, research, knowledge, advocacy, partnerships and the delivery of specialist public health services.

During the Covid-19 pandemic, we have been continuously supporting the community, be it physical, moral or financial support. As death rates from COVID-19 were higher for Black and Asian ethnic groups when compared to White ethnic groups. We have also been holding Zoom sessions on various topics related to Covid 19 in order to educate people more in their native language on the symptoms, after effects, long covid, mental health and information on the vaccinations etc.

A few sessions were held by local Doctors and Nurses who are respected and familiar faces from the community to insure that the vaccinations are safe and advise people on the importance of taking the vaccine when offered. A large number of users attended these Zoom sessions and the results are extremely positive as people had time to discuss their concerns.

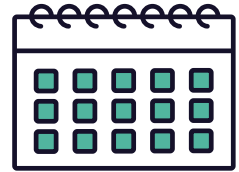
Sessions:

- Oral Health - Dentures
- Oral Health - Dangers of Paan Chewing
- Oral Health - Case Studies
- Covid-19 and Vaccination updates
- Eye Healthcare talk by RNIB
- New Covid-19 Variant and Talk on Vaccinations
- Talk on Eye Complications for Diabetics



SELF MANAGEMENT PROJECT

BY NASIMA ZAMAN & NAZIA MAJID, LTHCS SUPPORT WORKERS

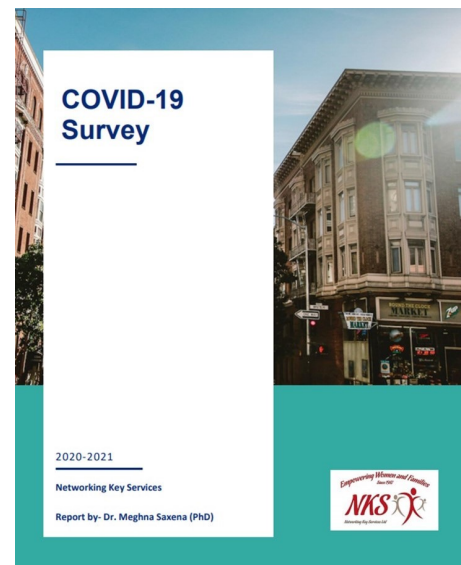


These sessions were important to deliver to maintain overall health and wellbeing of our clients. Due to the stigmatization of covid-19, we felt it that it was necessary to do a few sessions with local doctors and nurses who are respected and familiar faces from the community to ensure the vaccinations are safe and advise people on the importance of taking the vaccine when offered. A large number of users attended these zoom sessions, and the results are extremely positive as people had time to discuss their concerns.

Domestic abuse is another concern during lockdown as a number of cases have been reported to us, which we are dealing with in collaboration with other organisations.

Following the first lockdown we also conducted a Covid-19 questionnaire which was completed by our users in order to establish peoples mental health during the pandemic and lockdowns. This was a huge success and gave us an insight into how much people have been affected psychologically. On many occasions, we had to go out of our comfort zone in order to help people who are also suffering from mental health such as depression, anxiety, worry and obsessive compulsion disorder etc.

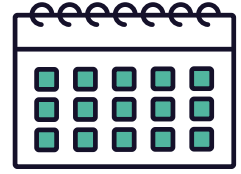
It has been an extremely unpredictable year with different experiences for us both good and bad, we have lost loved ones, gained new friends, learnt to value people in our surroundings more and not take things for granted.



Please contact the NKS LTHC team on 0131 221 1915, if you have any worries or questions regarding your Long Term Health Care.

SELF MANAGEMENT PROJECT

BY NEENA AGARWAL, LTHCS SUPPORT WORKER



Men's Long Term Health Conditions Support Group (LTHCS) Project

March to December 2020 has been a very challenging time for NKS staff and service users but we started 2021 with a positive outlook.

The following sessions were organised for the **Men's Support Group** users from October to December:

- | | |
|----------|---|
| Oct 2020 | How to Look after your Heart during Covid-19
<i>Rahila Khalid, Health In Mind</i> |
| | Update on Covid-19 And Your Rights
<i>Meghna Saxena, NKS Support Worker</i> |
| Nov 2020 | National Museum Tour with Jane Miller
<i>NKS Heritage Project</i> |
| | Love Your Teeth
<i>NKS Oral Health Project</i> |
| Dec 2020 | Covid-19 Update & Covid-19 Vaccination
<i>Fizza Hussain, NHS Nurse</i> |
| | Healthy Festive Food & Christmas Quiz
<i>Rahila Khalid, Health In Mind</i> |

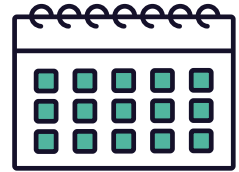
We started 2021 with a positive outlook by organising educational and recreational activities for older men to improve their mental health and well being.

We are still organising virtual sessions which are well attended. It also became apparent that many members were anxious about getting the Covid-19 vaccine. Therefore, we organised an awareness session with Dr Balkishan Agarwal to allay these fears and to combat the large amount of vaccine misinformation circulating on social media. All their queries were answered in their shared language by Dr Agarwal. He also assured them that the vaccine is safe and that they should take it when it is offered to them.

Our online 'Tour to Rosslyn Chapel' was also well attended. This was organised under the NKS Heritage Project. After the session they said that they have been living in this country for fifty to sixty years but did not know that such a heritage existed in Edinburgh. The attendees further said that they would like to have a physical tour once things go back to "normal".

SELF MANAGEMENT PROJECT

BY NEENA AGARWAL, LTHCS SUPPORT WORKER



Ongoing emotional and moral support is regularly provided over the phone to improve mental health and wellbeing. Hot food is provided to those who are house bound or living on their own.

During Christmas, small gifts were delivered to all of the group as a kind gesture and to show them that NKS has not forgotten our service users. This gesture was very much appreciated by them.

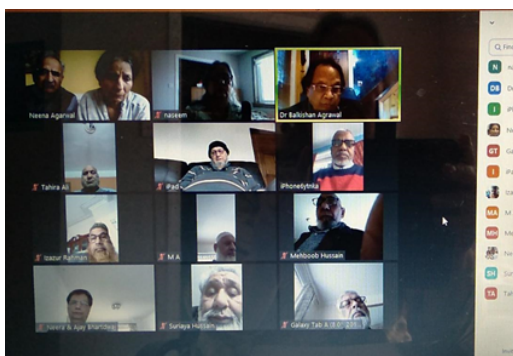
We also informed our group of a scheme by the Scottish Government for a free transport service for vaccination appointments for older people. A few older men have used the service.

Three referrals were made - one for an Occupational Therapy assessment, one for benefit enquiries and one for a Blue Badge application.

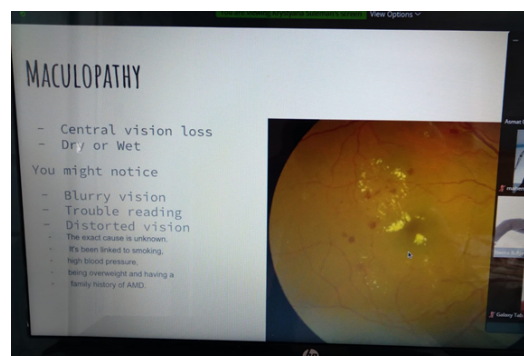
Small queries were dealt with via video calls to GPs, vaccine inquiries, pharmacists and booking free transport for vaccinations and family members.

The following sessions were organised for the Mens group users from January to March:

- | | |
|------------|--|
| Jan 2021 | Reflection on 2020
Virtual Tour of Rosslyn Chapel
<i>NKS Heritage Project</i> |
| Feb 2021 | Talk on New Variant Covid and Vaccinations
<i>Dr Balkishan Agarwal</i>
Staying Strong and Healthy in a Pandemic - Practical Ideas
<i>Rahila Khalid, Health In Mind</i> |
| March 2021 | Edinburgh Garden Partners Information Session
<i>Meghna Saxena, NKS Support Worker</i>
Complications of Diabetes and Eye Damage
<i>Krystyana Suleman, Optician</i>
Improve Your Mental Health By Adjusting Habits
<i>Rahila Khalid, Health In Mind</i> |



Zoom session with Dr Agarwal for the mens group on Covid-19 and the vaccine



Zoom session on Eye Health in Diabetes with Krystyana Suleman

CARE FOR CARERS PROJECT

BY SAMRA AHMED - NKS CARE FOR CARERS PROJECT COORDINATOR



NKS is a pioneering organisation in Edinburgh that has identified the struggles of carers from the South Asian community and set up a project - Care for Carers. The project aims to combat the everyday needs that carers face from within the Indian, Bangladeshi, and Pakistani communities. Since the set up of the project in 2018, the carers team has supported carers tremendously and has encouraged these individuals to voice their opinion. It has also provided essential respite care and advocacy.

Health and Wellbeing of the Carer

Caring can:

- Make an individual physically exhausted as the person may be getting up several times during the night as well as caring throughout the day. In addition, the carer may need to lift and support an adult who is a lot heavier and this can be physically draining. Carers may also be juggling caring with looking after the rest of their family and also holding down a job.
- Leave a person emotionally exhausted because of the strain of seeing someone you care about experiencing pain, distress or discomfort.
- Lead to stress, and depression, and other mental health issues.
- Affect relationship with their partners and other family members. In most caring duties in a couple they may no longer be able to have the physical or emotional life they one had, nor enjoy shared activities or plan for a future together.

Carers Support Plans

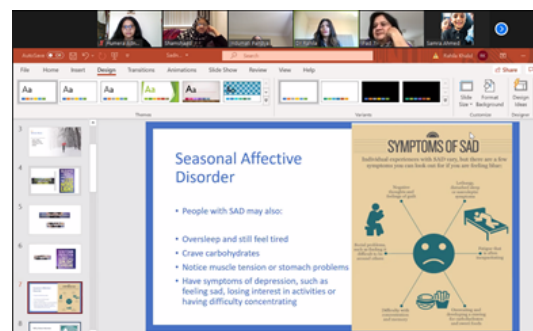
Carers Support Plans were created by the project team to use for individual carers. This is an essential and a required package that targets every individual that is using the support services provided by the project, consisting of the following:

- Key Information about the carer
- What responsibilities the carer has other than their caring duties e.g. childcare, finance, paid jobs, or education
- Carers health including mental or emotional issues

Carers Group Sessions

The following group sessions were delivered via online Zoom sessions with the carers:

- Oct 2020 **Looking After Your Heart & Healthy Heart Recipes**
Rahila Khalid, Health In Mind
- Nov 2020 **Reducing Energy Bills**
NKS CCF Project
- 'Beating the Winter Blues'**
Rahila Khalid, Health In Mind



'Beating the Winter Blues' carers group session with Rahila Khalid, Health In

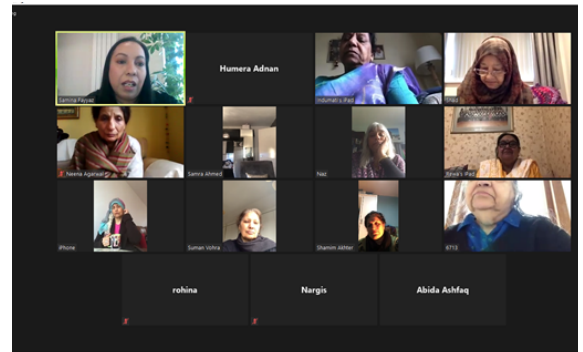
Mind

CARE FOR CARERS PROJECT

BY SAMRA AHMED - NKS CARE FOR CARERS PROJECT COORDINATOR



- Nov 2020 **Covid-19 Update & Covid-19 Vaccination**
Fizza Hussain, NHS Nurse
- Dec 2020 **Surviving the Holiday Season**
LTHC & Rahila Khalid, Health In Mind
- Jan 2021 **Love Your Teeth**
NKS Oral Health Project
Yoga by Shahida Khan
- Feb 2021 **Covid-19 New Variants & Vaccines Update**
LTHC & Dr Hafsana Uddin
Learn How to Zoom - Training Session
VOCAL, Edinburgh
Dentures Information
NKS Oral Health Project
- March 2021 **Dangers of 'Paan' Chewing**
NKS Oral Health Project
Mouth/Oral Cancer
NKS Oral Health Project



Oral Health carers group session with Samina Fayyaz, NKS Oral Health Worker

Carers have gained knowledge of their rights and have started to look after their wellbeing. NKS is an organisation which provides essential health advocacy and support for many carers in the South Asian community. It is reliant on financial backing to be able to deliver the services our carers require. This also includes their need for respite breaks so that they can go away for the day to get relief. If the carers team can continue to deliver these activities, this would have a fundamental positive impact on every carers quality of life which would result in turning them into better carers.

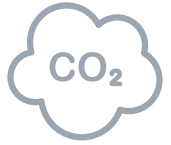
I would like to end this by saying that whilst the carers team have established individuals that have been living under neglected environments they have now achieved the help they required and are living better lives.

However, it should be noted that there are still many deprived carers within the South Asian community whom we are still not able to assist. These carers require our support and help to take them out of the isolation they are living in. It is very normal that people need encouragement or help to come out of a struggling situation and this is where our team acknowledges these issues. Carers needs still need to be addressed and our target is to reach out to as many as possible and continue to make a difference to people's lives.

The NKS Care for Carers project will continue to follow Covid-19 health and safety guidelines and run carer sessions online until it is safe to hold sessions at NKS.

LOW CARBON COMMUNITIES EMISSION

BY TATHEER FATIMA, NKS CLIMATE CHALLENGE PROJECT COORDINATOR



The CCF-NKS activities continued online through zoom to make the community informed about keeping their carbon footprints low and to encourage people to adopt behavioural changes in their daily life. Keeping the fact that one cannot keep it zero all the time but can always strive for the minimum carbon footprints.

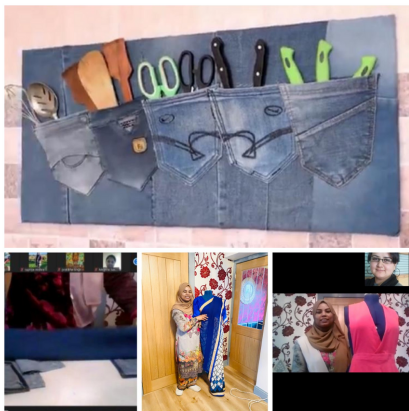
During winter season, many community issues regarding household energy were referred to Home Energy Scotland (HES) for rectifying issues related to energy at homes.

The CCF-NKS team had strived to do its best to work more intensively with the community people to provide more in depth knowledge and engagement as the project is a continuation of the last CCF project in 2018-2020, where the activities are similar but will have a more in depth approach in terms of knowledge and engagement. This term we are using NKS-CCF developed toolkit which is one of the knowledge based resource for us and for the community.

One to one Fuel Efficiency Driving training sessions with a qualified instructor were held, with taxi drivers, and 18 candidates participated in this training. Online stitching/ alteration classes have been taking place weekly. Many sessions were on wall hanging decoration items, upcycled fabric activities and DIY activities. Leftover cookery sessions were held weekly with Indian, Pakistani and Bangladeshi users and dishes were prepared, reflecting their traditional and cultural taste.



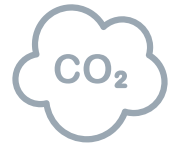
One to one Fuel Efficiency Driving Training



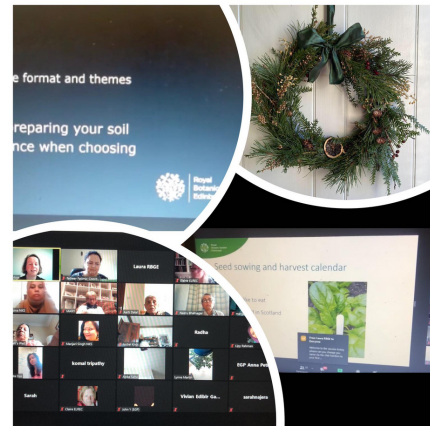
NKS-CCF team is also arranging different online training session and workshops on different project related topics e.g. love food hate waste, how to use gardening tools and energy etc. We will keep you posted about these additional activities on our social media regularly.

LOW CARBON COMMUNITIES EMISSION

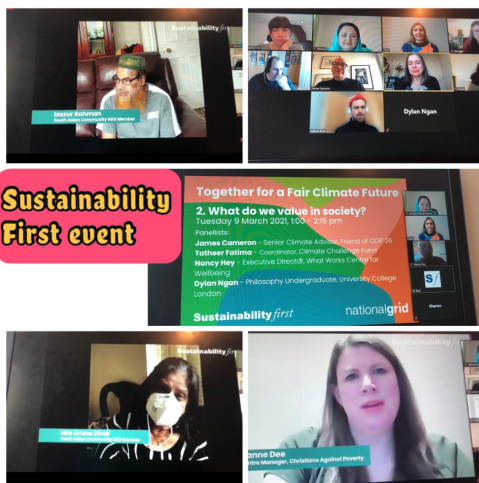
BY TATHEER FATIMA, NKS CLIMATE CHALLENGE PROJECT COORDINATOR



Moreover, the Royal Botanic Garden Edinburgh Team has provided tremendous support in delivering online weekly sessions on indoor/outdoor home gardening and tips and tricks to grow vegetables until mid December 2020. These sessions started again in February 2021 after a colder season and snow. NKS appreciates their great help and support in this regard.



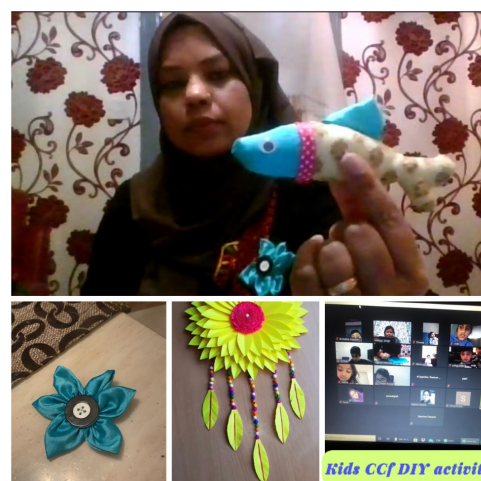
The project team has also been actively participating in different online activities arranged by other organisations. NKS CCF team hosted a live event on Climate Challenge Gathering during Nov 2020 to support people who wanted to have a discussion on energy and related issues.



NKS-CCF team has also been invited to participate in a series of panel discussions arranged by Sustainability First UK, on different issues in the community regarding climate change and the effects of the pandemic and how the issues have been tackled by NKS staff members. The outcome of the discussion will be incorporated in to the international conference on Climate Change COP26, which has been announced for November 2021.

The first year of the project is coming to an end and there were many activities held despite the lockdown and its restrictions.

We hope that our participants have been enjoying these sessions and that they are quite creative in certain activities now and that they have started trying things on their own which is a great sign in the community that their behaviour is changing.



CHILDCARE FACILITY

BY RUKHSANA HUSSAIN, NKS NURSERY MANAGER



The year 2020 has been a challenging one for us all and we have all done well to deal with these difficult times! The NKS Nursery is regularly checking the latest advice and guidance coming out from the Scottish Government to make sure that all necessary safety measures are in place.

We have stayed in touch with parents and children via online Zoom sessions which have been interactive and enjoyable for everyone. This was a great opportunity for parents to share different activities that they were doing with their child helping other parents to give them ideas of different activities and games. Most importantly, the children were happy that they were seeing their friends and enjoyed sharing stories, songs and photos. The NKS staff has put a lot of effort into these sessions to ensure that we continued to provide support and learning through Zoom sessions.

Due to the lockdown restrictions being reinforced, the NKS Nursery opened in January 2021 for children of keyworkers and vulnerable children only.

We are taking all necessary safety precautions in the NKS Nursery to minimise any risk of infection. All Nursery staff are required to change their clothing before coming to the Nursery if they have been somewhere else that day, for example, if they have been at another job or have been shopping. All staff are required to use hand sanitizer frequently throughout the day. All individuals are required to inform their Manager as soon as possible if they or their family members are experiencing any symptoms of Covid 19.

We continue to strongly advise parents to:

- **Wear Masks**
- **Drop and collect children at the emergency exit door**
- **Not enter in the Nursery room**
- **Remember to use Hand sanitizer**
- **Bring their own pen to sign their child in and out**
- **Inform the Nursery as soon as possible if they think that they or their child is experiencing any Covid-19 symptoms.**

The Nursery opened for ALL children on 22 February 2021.

CHILDCARE FACILITY

BY RUKHSANA HUSSAIN, NKS NURSERY MANAGER



Celebrations in the NKS Nursery

Halloween Party (31 October 2020)

We held a Halloween Party at the Nursery. The children had a lot of fun painting and carving pumpkins. We had a special snack which included special Halloween biscuits and we also read spooky stories. The children really enjoyed playing fun games with each other.

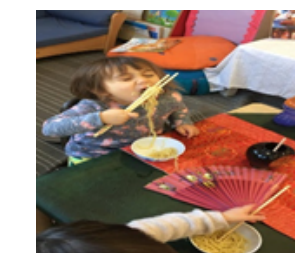


Diwali party (13 November 2020)

We held a Diwali party in the Nursery. We invited a parent to read a story for the children and to talk about the Diwali Festival. The children made Diyas and Rangoli Designs and had special sweets for their snack. The children came in dressed up and danced to some traditional songs. The children had a fantastic day of celebration and really enjoyed all the activities.

Christmas Party (23 December 2020)

We had lots of fun at our annual Christmas Party. All the children danced with their friends to many Christmas songs. We had lots of party food which the children enjoyed. We also had a very special present from a very special guest in our Nursery! It was a lot of fun for the children to learn about the Christmas story and the reason why we give presents.

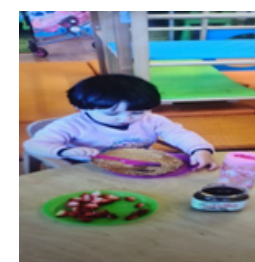
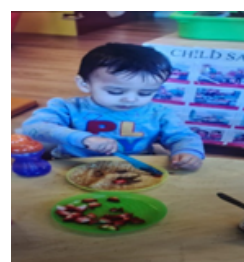


Chinese New year (12 February 2021)

A display was put up in the Nursery about the Chinese New Year showing the culture and the tradition of celebrating this festival. This is the year of the Ox! We read an interesting story and the children learned fascinating things about Chinese food and customs. The children had a very special snack and tried using chop sticks to eat noodles and had great fun doing so.

Pancake Day (16 February 2021)

The children had lots of fun on Pancake Day. They had pancakes for their snack and the children decided on what toppings they would like on their pancakes. We also read a story called. "Runaway Pancake" and talked about the different aspects of the story.





NKS NURSERY IS NOW OPEN



**NKS runs a multi-cultural childcare facility
for children aged between
3 months to 5 years.**

There are two sessions per day:

8.30 am to 1.00 pm

1.00 pm to 5.30 pm

Please contact NKS for more details.

**Networking Key Services Ltd (NKS), Darroch Annexe,
7 Gillespie Street, Edinburgh, EH3 9NH**

Tel: 0131 221 1915

Email: nks@nkshealth.co.uk

Website: www.nkshealth.co.uk

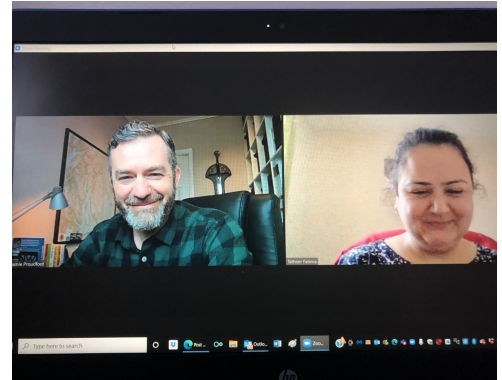
DIGITAL LITERACY PROJECT

BY TATHEER FATIMA, DIGITAL LITERACY PROJECT COORDINATOR



Enhancing Digital Skills and Addressing Learning Needs of South Asian Women in Edinburgh

The NKS-IT Support team has been successfully helping the community since the very beginning of the pandemic which started in March 2020 till date. The team has been providing much needed support to women and elderly to connect to their love ones when they were isolated and housebound. Approximately, 100-120 candidates were trained in groups and through one to one informal digital learning process.



A total of 75 candidates were involved in the structured learning process and 19 of them were outstanding students and were awarded certificates for their achievement. This will be useful for future use if any of them wanted to continue to use their skills in their daily life.

The support was not only limited to trainings and the NKS team was successful in acquiring support from another supporting organisation in receiving approximately 55 digital devices.

These were distributed in the community, to the people who needed them the most to help with their isolation and loneliness in this hard time.



The NKS-IT team is still providing one to one training to any individual who still needs support in using their device. The process will continue for as long as needed and NKS has the financial resources to do so.

HERITAGE PROJECT

BY NEERU BHATNAGAR, HERITAGE PROJECT COORDINATOR
& NAZIA MAJID, HERITAGE PROJECT WORKER



The Heritage Project has been running very successfully, be it under 'the new norm' of interacting with the community by using the new online approach of Zoom.

The project has continued to educate, enthral and connect South Asian communities with the history and heritage of buildings in Edinburgh, dating back the last 100 years. Due to the pandemic lockdown and then some periods when the rules were relaxed, we managed to take a group of women to visit the 'Hindu Mandir' building. Unfortunately, this was the last time physical tours were allowed before the lockdown and the rest of our activities have been taking place via Zoom.

October-March sessions/activities for the Heritage Project

Visit to Edinburgh Hindu Mandir: A tour was conducted with a group of women, led by one of the key members, along with the temple priest of the Mandir. Women asked very interesting questions about the building's past and current use. The feedback received at the end of the tour was really good and everyone took a lot of pictures.



Tour of Edinburgh Hindu Mandir



Sensing Stories group session

Sensing Stories: This was done in collaboration with the **Scottish Storytelling Centre**, Edinburgh. Nine women participated in online workshops, led by storyteller - Gauri Raje. Through the workshops we explored the stories that participants carry with them and want to tell - whether it be a personal story, traditional story or song. This enabled participants to craft and tell stories that feel safe and empowering to tell and share. All the women really enjoyed these workshops and for some, this was their first experience when they performed in front of a closed audience.

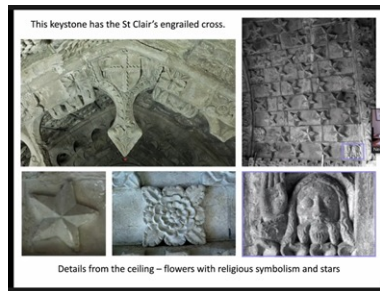
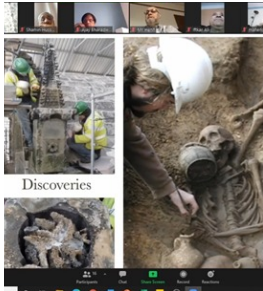
HERITAGE PROJECT

BY NEERU BHATNAGAR, HERITAGE PROJECT COORDINATOR
& NAZIA MAJID, HERITAGE PROJECT WORKER

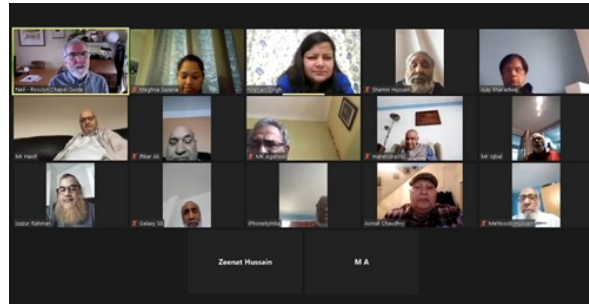


Men's Group: The *National Museum of Scotland* offered an online Zoom tour on 'Scottish Beliefs and Religions' facilitated by Jane Miller. A total of ten men joined and some had difficulty joining as it was still a new experience of joining online. The men took a real interest in listening to and sharing their own experiences of visiting the National Museum of Scotland in the past, in turn sharing their own beliefs and practices.

The group also participated in an online Zoom tour of the *Rosslyn Chapel*, conducted by Neil Hamilton who is the Guide at the Chapel and Sarah Chapman from the Rosslyn Chapel. This was joined by a total of seventeen participants.



Rosslyn Chapel with a backdrop of Roslin village and the Pentland Hills
The Chapel was founded in 1446.



Rosslyn
Chapel
online tour

Women's Groups:

- The Thursday Women's Group participated in an online Zoom tour of the *Rosslyn Chapel*, conducted by Sarah Chapman from the Chapel in January.
- The Wednesday Women's Group had a presentation on *St Giles Cathedral*, facilitated by Nazia Majid from the NKS Heritage Project.
- The Bangladeshi Women's Group also had a presentation of the *Jewish Synagogue*, conducted by Nazia Majid.

All information was well received. Women asked many questions and related some of things to their own knowledge and experiences. All women showed a desire to visit these places physically after the lockdown ends.

ORAL HEALTH PROJECT

BY SAMINA FAYYAZ, ORAL HEALTH PROJECT WORKER



Hello everyone, I hope that you all have been safe and well. I know life is very different now and I hope that you all have been coping well in these difficult circumstances, with Coronavirus and the restrictions. Hopefully, there is light at the end of the tunnel. We all just need to hang in there!

The Oral Health Team continued to stay in touch with the communities through Zoom sessions online. They made and delivered presentations on:

The Oral Health Team have been on their toes and continuing to support our clients and communities, in helping to manage their oral hygiene. We continued to support clients, who needed emergency access to dental services. Some were struggling to access services due to the language barriers and their lack of knowledge.

- Dentures
- Dangers of Paan Chewing
- Mouth Cancers
- Love your teeth
- Introduction to Oral Health

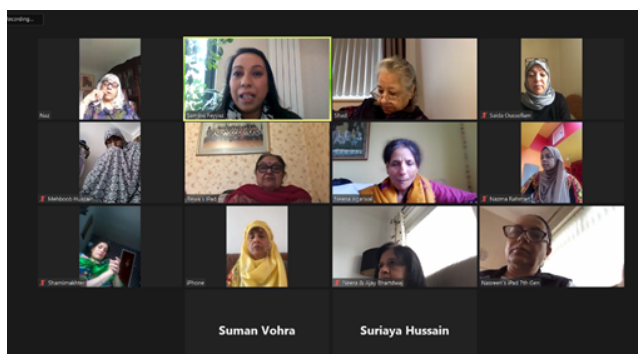
The various communities have thoroughly enjoyed learning about oral health.



Oral health with Carers Group discussing dangers of paan chewing on oral health.

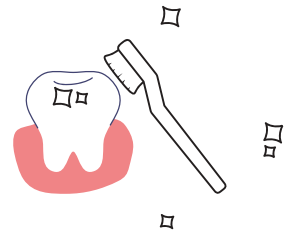


Love your teeth with Carers Group.



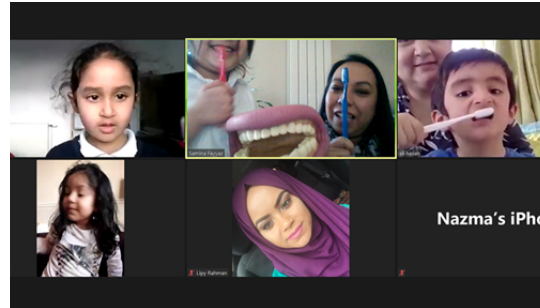
ORAL HEALTH PROJECT

BY SAMINA FAYYAZ, ORAL HEALTH PROJECT WORKER



ASHC SESSIONS

The Oral Health Team continued to work with children in the NKS After School/Homework Club (ASHC) through Zoom online interactive fun sessions. The children learnt about their oral hygiene through Dental Buddy. There is two groups of ASHC children, under 7s and over 7s. Dental Buddy presentations were shown to both groups, where the ASHC over 7s learnt about the difference between human and animal teeth, and the ASHC under 7s learnt about visits to the dentist. All of the children have thoroughly enjoyed their sessions. The children from the CCF project also joined in with the sessions. All the children have been enjoying Dental Buddy and the NKS Oral Health Team has planned to give the children oral health goody bags, to help and support them to manage their oral hygiene.



ASHC under 7s session on the 26th February 2021.

More sessions are planned with a recent collaboration with Muslim Women's Association Edinburgh. The aim is to inform and deliver the NKS Oral Health Project to more children and their families.

NKS NURSERY SESSIONS

The Oral Health Team continued to work with the children in the NKS Nursery as it followed the guidelines to stay open during this difficult time. The Oral Health Team was supported by the nursery staff to teach the children to look after their oral hygiene with fun and interactive visual play and through storytelling. The children were taught about healthy eating through visual play and toys. The children have made massive progress and I find them looking forward to the oral health sessions because they have so much fun.



Nursey session on the 18th February 2021.

The NKS Oral Health Project will continue to provide advice, support and educational sessions to children and adults. If you are interested in learning about your oral health or you need support then please get in touch.

Samina Fayyaz 07737576054
Nazma Rahman 07427402954
NKS Main Office 0131 221 1915

HEALTH & SOCIAL INEQUALITIES PROJECT

BY NEERU BHATNAGAR, HEALTH AND SOCIAL INEQUALITIES PROJECT COORDINATOR
& ROHINA HUSSAIN, HEALTH AND SOCIAL INEQUALITIES PROJECT SUPPORT WORKER



The Health and Social Inequalities Project has been successfully delivering activities to our regular participants while encouraging new women to join by offering appropriate support if needed. Feedback received at the end of sessions or later, has been excellent. One of the main comments received recently from attendees has been:

“How surprised our families are to see the amount and type of work NKS does. The support it offers to families e.g. IT, relevant information speakers, food deliveries, courses, befriending, English conversation. As families had no idea of the depth, diversity and quality. This has been a very good thing for all our families to see for themselves and understand throughout this year”.

The aim of our project is:

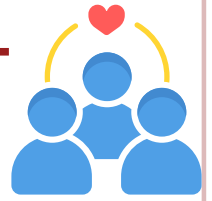
- To improve health and well-being
- To better the socio-economic circumstances of our women
- To enhance skills using an asset-based approach to tackle inequalities and poverty
- To increase employability chances for South Asian women

The following topics took place with the **Wednesday Women’s Group** over Zoom sessions:

- **Dentures and How To Look After Them**
NKS Oral Health Project
- **How to Keep You Home Warm and Reduce Gas/Electricity Bills**
NKS CCF Project
- **Understanding How Worry and Isolation Affects Us** (additional talk delivered for Saturday Women's Group in English)
Rahila Khalid, Health In Mind
- **Staying Well in the Pandemic by Learning Coping Skills**
Rahila Khalid, Health In Mind
- **How to Get A Good Sleep**
Rahila Khalid, Health In Mind
- **Eye Healthcare and Sight Loss Awareness**
Mumtaz Unis, Royal National Institute of Blind People (RNIB)
- **St Giles Cathedral Virtual Tour**
NKS Heritage Project
- **Information on the Covid-19 Vaccine**
Fizza Hussain, NHS Nurse
- **Jewish Synagogue Virtual Tour**
NKS Heritage Project

HEALTH & SOCIAL INEQUALITIES PROJECT

BY NEERU BHATNAGAR, HEALTH AND SOCIAL INEQUALITIES PROJECT COORDINATOR
& ROHINA HUSSAIN, HEALTH AND SOCIAL INEQUALITIES PROJECT SUPPORT WORKER



The following topics took place with the **Thursday Women's Group** over Zoom sessions:

- **Focus Group - Welcome all Women and Programme Planning**
- **Update on Covid-19 And Your Rights**
Naseem Suleman, NKS Family Support Officer
- **Dentures Information**
NKS Oral Health Project
- **Dangers of 'Paan' Chewing**
NKS Oral Health Project
- **Mouth/Oral Cancer**
NKS Oral Health Project
- **Roslyn Chapel Virtual Tour**
Sarah Chapman & Neil Hamilton
- **Self Management - Following the New Norm & Covid-19**
Rahila Khalid, Health In Mind
- **Garden Composting, Seeds & Ground Making**
Elinor Leslie from Royal Botanic Garden Edinburgh (RBGE)
- **Focus Group - Forced Marriages in Scotland**
Naseem Suleman, NKS Family Support Officer
- **Staying Well with Chronic Health Challenges**
Rahila Khalid, Health In Mind

English Conversation Groups: We have been running weekly 'English Conversation' groups led by our volunteers at 'Beginners' and 'Intermediate' level. Each group has seven to eight women who join on weekly basis and practice skills to improve which enable them to become independent as well as confident when speaking to health professionals, schools, essential companies like gas/electric, phone or Wi-Fi providers, people presenting themselves at the door or preparing to go for interviews.

Feedback received has been good and eight women have received certificates to confirm attendance from NKS manager and tutors.

Promoting Training Courses: 12 women participated in REHIS Food & Hygiene Course and 10 women received certificates enabling them to apply for jobs in care or food area or go for further training.

HEALTHY EATING & WEIGHT MANAGEMENT

BY NASIMA ZAMAN, LTHCS SUPPORT WORKER



NKS has recently started a 12-week weight management programme in partnership with **Edinburgh Community Foods**. The weight management plan, which is called “Healthier Me”, is broken down into 12 weeks. It is full of healthy eating, diet and physical activity advice, including weekly online nutrition advice, which women join via Zoom.

We have 20 extremely keen and motivated women taking part in this highly demanding programme.

Each participant is also given a box full of fresh produce and essentials to encourage them to eat healthy and share healthy recipes with each other.

Also once a week, a fun filled Bollywood exercise session is open to all via Zoom, a large number of women participate in this session. Please contact NKS if you wish to join.



HEALTHY EATING & WEIGHT MANAGEMENT

BY NASIMA ZAMAN, LTHCS SUPPORT WORKER



If anyone is interested in the above healthy recipes please contact us on our office number 0131 221 1915.

LOOKING FORWARD WITH NKS

(in line with current Covid-19 guidelines, activities have been adjusted)

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 1.00pm till 3.00pm. 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 1.00pm.

NKS Men's Support Group

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

NKS Carers Support Group

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

NKS Women's Long Term Health Conditions Support Group

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

Wednesday Women's Group

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

Mother and Toddler Group

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

Thursday Older Women's Group

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

Saturday Women's Group

- This group runs once a month, on Saturdays, between 1.00pm and 5.00pm 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; 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 services offering one to one support, advice and information
- Health education/promotion
- Group work
- Training/courses
- Research
- Seminars/conferences/information days
- Advocacy work
- Volunteering opportunities
- 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 Nursery

NKS Nursery is for children from 3 months to 5 years old. The NKS Nursery runs five days a week from Monday to Friday from 8.30am till 5.30pm.

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)
Jabeen Munir - Director
Shaheen Ahmed - Director
Alison Conroy - Director
Honor Loudon - Director
Lesley Hinds - Director
Kiren Zubairi - Director

NKS Resource Library & Drop In Facility

NKS holds books, CDs, videos and DVDs as part of our 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.

Your Contacts at NKS

Naina Minhas - NKS Manager
Khalda Y Jamil - NKS Administrator
Naseem Suleman - Family Support Officer & Long Term Health Conditions (LTHCs) Worker
Neena Agarwal - LTHCs Worker
Nasima Zaman - LTHCs Worker
Nazia Majid - LTHCs Worker & Heritage Project Worker
Samra Ahmed - Care for Carers' Project (CfCP) Coordinator
Humera Adnan - CfCP Administrator
Samina Fayyaz - Oral Health Project Worker
Tatheer Fatima - Climate Challenge Project (CCP) Coordinator & Digital Literacy Project Coordinator
Manjari Singh - CCP Worker
Nazma Rahman - CCP Worker & Oral Health Project Sessional Worker
Neeru Bhatnagar - Heritage Project Coordinator & Health and Social Inequalities Project Coordinator
Rohina Hussain - Health and Social Inequalities Project Worker
Rukhsana Hussain - NKS Nursery Manager
Amina Rahman - Senior Childcare Practitioner
Fauzia Ahmed - Childcare Practitioner
Rezwana Khan - Childcare Practitioner
Kaniza Rahman - Childcare Practitioner
Tahira Ali - in Charge of Cleaning

Staff & Committee News

Sobia Shahzad - She has left the NKS Nursery as one of the childcare practitioners after working here for almost 15 years. The staff at NKS, and the children in the nursery, will all miss her very much. We would like to wish her all the best for her future and hope that she will keep in touch with us. Good Luck!

Kaniza Rahman - NKS would like to welcome her to the NKS Nursery as the new childcare practitioner. She is a familiar face at NKS and we are very happy that she has joined the NKS Nursery Team. Welcome!