

**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***

### INSIDE THIS ISSUE

Articles	Page no.
Events.....	2
Benefits Updates & Information.....	3
Self Management Project.....	5
Care for Carers Project.....	7
Low Carbon Communities Initiative.....	8
Childcare Facility - Nursery.....	9
Heritage Project.....	10
Oral Health Project.....	11
Health & Social Inequalities.....	13
Looking Forward with NKS.....	14

### Editorial - Naina Minhas, Manager

Welcome to our short summarised newsletter presenting information and activities about NKS. The new financial year began on a positive note with successful funding bids. Our association with the National Lottery Fund, Robertson Trust, Health and Social Care Alliance Scotland along with the Scottish Government, will help us to continue to provide support to South Asian and other BAME communities. This is incredibly crucial in these challenging and tough times of public health.

As the Scottish Government guidelines and restrictions are still stringent, we continue to apply creative ideas and unique formats to engage with grassroots.

The NKS Heritage Project has just come to an end and a short film and exhibition has been set up at the Scottish Story Telling Centre. It aims to raise awareness of the history and heritage of multicultural Edinburgh. This work involved exploring the history and heritage of religions in Scotland through religious buildings. We launched the exhibition online via Zoom and approximately one hundred people connected with us to launch the exhibition.

Come along and view this exciting exhibition on display at the Scottish Storytelling Centre from the 14th of June. It will be on display for four weeks until the 18th of July 2021.

 **facebook** /nksnetworkingkeyservices

 **Instagram** /networkingkeyservicesltd

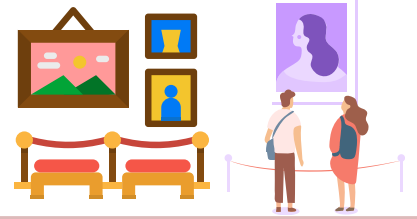
For any further information, comments, or suggestions regarding any issues raised in this newsletter, or if you would like to contribute work to be included in future newsletters, please contact NKS at the address indicated. **Disclaimer:** The views expressed in any of the articles in this newsletter belong to the author, and are not necessarily the views of Networking Key Services.

**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**

**Charity Number SC000697 Company Number 226920**

# EVENTS



## National Museum of Scotland Swinton Paintings Collection

Following on from our successful Heritage Project exhibition launch and close connection with the National Museum of Scotland, Naina Minhas, NKS Manager attended a press and media session at the museum to launch the Archibald Swinton collection of South Asian paintings and other artefacts.

*"The Archibald Swinton collection showcases and tells a story of South Asian culture, history and heritage of the 18th century.*

*Moreover, it gives us, especially the South Asian diaspora, an opportunity to revisit and reinterpret history as we see and understand it from our perspective, in collaboration with diverse communities here in Scotland."*

(Naina Minhas)



Naina Minhas (left) with Friederike Voigt (right) Principal Curator of Middle East and South Asia  
(Picture: [www.glasgowtimes.co.uk](http://www.glasgowtimes.co.uk))

The South Asian collection gives us a wonderful opportunity to restart discussions and dialogue with diverse communities here in Scotland to review perspectives on historical events using artefacts as a backdrop.

## NKS Heritage Project Exhibition Launch



# BENEFITS UPDATES & INFORMATION

BY NASEEM SULEMAN, FAMILY SUPPORT OFFICER



## BENEFIT CHANGES IN 2021 IN SCOTLAND

### **Early 2021**

In Scotland there was an introduction of the **Scottish Child Payment** for children under six years old. This is a payment of £10 per week for each child under the age of six. The criteria for this is for people who qualify for certain benefits, such as:

1. Universal Credit
2. Income Related Jobseekers Allowance (JSA)
3. Income Related Employment and Support Allowance (ESA)
4. Housing Benefit
5. Income Support
6. Pension Credit or Tax Credits

### **April 2021**

Changes to Universal Credit. There will be changes to how the Department for Work and Pensions recover Universal Credit overpayments. This means that the repayment period will increase from twelve months to twenty four months. This means that less money is deducted from monthly payments.

### **Low Income Pandemic Payment**

This is a one off payment of £130 to low income families to help with the increased costs and lost income due to Covid-19. You could get this payment if you receive Council Tax Reduction in April 2021 or if you do not pay Council Tax for any one reason. (Get in touch with us at NKS to check if you qualify.)

### **Scottish Welfare Fund**

The Scottish Welfare Fund is for families on a low income in Scotland. This can include:

1. Crisis Grant
2. Self-Isolation Support Grant
3. Community Care Grant

If you need help with these get in touch with us at Networking Key Services (NKS) and our Welfare Advisor can check to see if you qualify.

### **Funeral Support Payment**

Funeral Support Payments help pay for funeral costs if you live in Scotland. You can use the payment towards funeral costs of a child or an adult. This also includes babies who were stillborn. It does not cover the full cost of the funeral but it helps to pay for some of the costs.

# **BENEFITS UPDATES & INFORMATION**

BY NASEEM SULEMAN, FAMILY SUPPORT OFFICER



## **Best Start Grant and Best Start Foods**

You can apply for this benefit if you are on certain benefits or low income. The Best Start Grant is three cash payments. Each payment can only be paid once per child. The Best Start Grants payments are:

1. Pregnancy and Baby Payment
2. Early Learning Payment
3. School Age Payment.

The Best Start Foods card is a pre-paid card that you can use to buy healthy foods for children under three years of age. The card can be used in shops and online.

## **Independent Living Fund Scotland - Transition Fund**

The purpose of the Fund is to help young people, between the ages of sixteen and twenty five living with disabilities, with the transition after leaving school or children's services to be more independent and to continue spending time with other people.

## **Carer's Allowance**

Carer's Allowance is £67.25 a week to help you look after someone with substantial caring needs. You don't have to be related to or live with the person you care for. You must be sixteen or over and spend at least 35 hours a week caring for them.

## **Carer's Allowance Supplement**

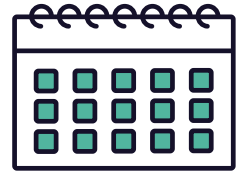
People who currently get Carer's Allowance in Scotland will be eligible for an extra payment called a Carer's Allowance Supplement and this is £231.40. This is paid twice a year in June and December.

## **Young Carer Grant**

The Young Carer Grant is a yearly payment of £308.15 for a young carer in Scotland. To be able to get this grant you must be 16, 17 or 18 years old. You must also have been caring for one, two or three people for an average of sixteen hours a week for at least the last three months.

# SELF MANAGEMENT PROJECT

BY NASIMA ZAMAN & NAZIA MAJID, LTHCS SUPPORT WORKERS



Research shows most people in the UK live with one or more physical or mental health condition.

If you are living with one or more long-term health condition, life may be difficult at times. These are conditions that cannot be cured but can be managed with medication or other treatments. Conditions which are disproportionately prevalent among South Asians are for example, **diabetes, arthritis, high blood pressure, heart disease, cancer** and some forms of **depression, long covid** (new) etc. This is bound to have a negative impact on lives in the long run and it is imperative to mitigate the negative impact through early intervention to ensure people live well.

NKS staff have been working with families and individuals in helping them to understand:

- how your condition might affect you
- ways to cope with challenges
- how to get the most out of medical appointments
- where to look for support
- ways to help yourself
- help with adaptation to your homes
- Benefits/housing application

As we have managed to secure more funding for this project our dedicated staff team will continue to identify, engage and support individuals and families. We have organised forth-coming activities and health sessions on understanding various conditions based on our work through feedback from the service user and outcomes from clients care plans. We will also be training volunteers to become community champions and help identify gaps and further challenges in order to expand this service and reach out to more people in the community. This training will also encourage and build confidence, which will later lead to employment opportunities for the volunteers.

NKS offers its services to all communities. Please get in touch or make a referral for any one you think may need our assistance.

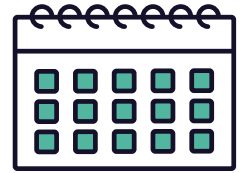
We have three dedicated staff to help you with information on:

- Eye Healthcare talk RNIB
- New Variant Covid and talk on Vaccinations
- Talk on Covid-19 and vaccination updates
- complications for diabetics for eyes

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

# SELF MANAGEMENT PROJECT

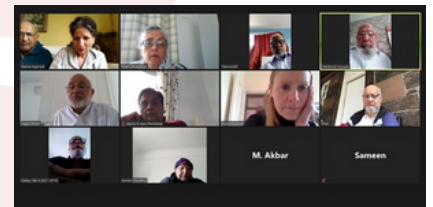
BY NEENA AGARWAL, LTHCS SUPPORT WORKER



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

The three months of April to June 2021 went extremely well. The overall feedback is that during the virtual sessions the participants were more relaxed and open to conversations and sharing than before. The regular remote emotional and moral support has increased their confidence and independence. The participants commented that they were less anxious because they now know where to go for help and support if needed. Digital support is on going. The following sessions were organised and delivered:

- April
  - **How to Improve Your Self-esteem** with Dr Rahila Khalid (Health in Mind)
  - **Denture and Bad Breath** with Samina Fayyaz (NKS Oral Health)
- May
  - **Dangers Of Paan Chewing** with Samina Fayyaz (NKS Oral Health)
  - **Myths and Success Stories of Vaccines** with Dr Kaveri Qureshi, Lecturer Edinburgh University
  - **Eid Celebration**
- June
  - **Mouth Cancer** with Samina Fayyaz (NKS Oral Health)
  - **Lunch Trip Out**
  - **Visit to Scottish Storytelling Centre to view the NKS Heritage Project Exhibition**



Myths and Success stories of Vaccines session



Lunch at Mr Basrai's restaurant

Regular feedback was obtained after each session. Following a request from the members we took the group out for lunch to Mr Basrai's restaurant. All Government social distancing protocols and guidelines were followed. The lunch was well attended and feedback from the members was that it was a hugely enjoyable session. They all physically met each other after a gap of one and a half years and also included the attendance of new members.

Referrals, Queries and New Members:

- Two queries were dealt with the Audiology Department over the phone
- One referral was made to Deaf Action
- One referral to Podiatry Department
- One case was solved between the Jurisdiction Authority and a client
- The group is growing in popularity. We had three new members join over the period through word of mouth referrals.

# CARE FOR CARERS PROJECT

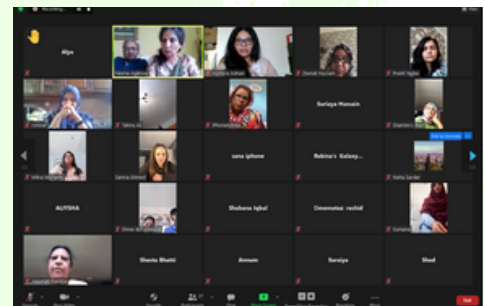
BY SAMRA AHMED - NKS CARE FOR CARERS PROJECT COORDINATOR



The Carers Project Team has been regularly supporting carers with advice and support. From sharing current and relevant information e.g. Covid-19, vaccines, etc and one to one support, the team has ensured it has maintained consistent contact with the carers. In addition, carers have participated in monthly group sessions:

- Carer Benefits Advice and Updates
- Cooking Session with Shared Healthy Eating Advice
- Covid-19 Focus Group Discussion

The Carers Project Team has been very active in collecting data from our carers and other individuals that have been affected by Covid-19. Our initial aim was to find out how the pandemic had changed people's lives and the impact that it has had on the relationship between the carer and the cared for person.



Covid-19 Focus Group June 2021

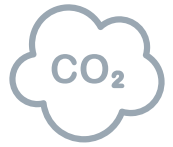
It is also important to gather information on the stress, restrictions and any financial burden that carers have faced. We intend to carry out further focus groups later on in the year, to capture this valuable information.

The Carers Project Team designed Covid-19 evaluation forms as the method to collect data. The team is currently in the process of collecting information from individuals that were Covid-19 sufferers. Alongside this, a focus group session was organised via Zoom with twenty seven participants that attended. This provided people with a platform to share their experiences of the lockdown and a chance to share the experiences of people that had suffered from Covid-19. Sadly, this also included people that had lost their loved ones during this time of turmoil.

The discussion session was also a chance to understand how mentally challenging this last year had been. This included highlighting any financial difficulties faced, what support they had and what support they look for now. It is quite clear that some people require financial help and our team can advise them where to turn to for help in the future. This data collected is very significant as it gives a clear definition on how the BAME community was effected by the pandemic.

# LOW CARBON COMMUNITIES EMISSION

BY TATHEER FATIMA, NKS CLIMATE CHALLENGE PROJECT COORDINATOR



We have been doing online gardening workshops with the Royal Botanic Garden Edinburgh (RBGE) team, fortnightly on Thursdays. The topics we covered with attendees were:

- Cuttings of Herbs
- Pest Control
- How to Harvest and When

There have been approximately sixteen participants in each session and they have really enjoyed themselves. Sessions were hosted by Elinor who interacted very well with the groups and showed them what had been happening in their own garden, what crops were planted and answering questions. As well as being very informative and interactive sessions, the group enjoyed sharing gardening tips with each other.



## CCF Project Activities

- Three Fuel Efficiency Driving training sessions took place during the month of May and participants included men and women from across the South Asian community groups (Indian, Bangladeshi and Pakistani)
- Fifteen participants took part in the Cycling Challenge with Woodland Wheels on Sunday 23rd May
- Visits to the RBGE were arranged for twenty women of two groups at NKS
- The CCF team have been doing weekly online DIY sessions to get the best out of waste items and cookery sessions with leftover food
- The team also took a small group of women for walking each week
- Home Energy advice sessions took place and also one to one support and advice was given e.g. introduction and understanding of smart meters which will continue for the duration of the CCF project

We have also introduced participants, who are keen to practice their gardening skills, to four free plots at Grove Community Garden in groups of two people each. The team also prepared the NKS Garden. One of the participants and her child are keen to take care of this garden, to learn how to grow vegetables and to enjoy being involved in the process.

We have also set up a gardening tool library for our users to borrow tools for their home gardening activities. There is an easy borrowing procedure with a small borrowing fee attached to it, including a minimal deposit fee. We would like to welcome all community people to benefit from this opportunity that NKS has arranged for them.

**Please see our social media page for the latest updates on interesting activities and visits organised/planned under CCF-NKS project. For a glance some activities are as follow:**

- Foraging with kids and mums sea front shore and forest walks
- Family walking challenge
- Weekly cycling activity and a few cycling challenges
- Families day out for summer festival in RBGE
- Participating in Climate Festival August 2021
- Organise online swap shops



# CHILDCARE FACILITY

BY RUKHSANA HUSSAIN, NKS NURSERY MANAGER



## Activities in the NKS Nursery

### April

For Easter activities, we made a display including Easter eggs, bunnies, chicken and spring flowers. In the arts and craft area the children had the opportunity to use different shaped papers to draw and paint on. They designed their own Easter cards and pictures. They also went on walks to explore the signs of Spring season e.g spotting spring flowers and new bulbs. We also did an egg hunt outside and the children counted the eggs learning new words like under, over, behind, tunnels and climbing frame etc.



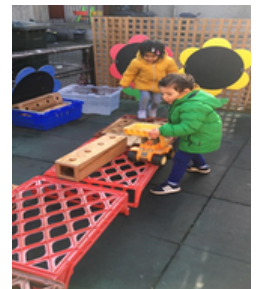
### May

As May marks the beginning of summer, we extended our planting and growing area and had the children plant broad beans, tomatoes and coriander. We discussed the growing plan and created a rota for children to take turns in watering them. We also read and talked about the life cycle of butterflies. The children had a lot of opportunities to engage in a variety of outdoor play experiences e.g. visiting the Meadows and riding bikes.



### June

Staff and children are looking forward to the summer holidays and we talked about different types of holidays and the items needed to go e.g. clothes, hats and sun cream. We also talked about going on a plane, train or boat. We encouraged imaginative play in the construction area by building cars and trains and planes. The children used a wide range of junk material to create models of transport. We also put under the sea themed crafts in the water tray for the children.



# HERITAGE PROJECT

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



The Heritage project has been running for two years. The aim of the project was to raise awareness of the history and heritage of multicultural Edinburgh. The work involved exploring the history and heritage of religions in Scotland by researching and visiting religious buildings and by preparing and launching a photographic exhibition and film about this journey.

This was achieved with an online launch session in front of ninety five people, including some invited guests on 14th June 2021. The programme included guest speaker, **Sarah Boyack MSP** **Jeremy Balfour MSP** and **Foysol Choudhury MSP**. There were also speakers from different faiths who shared information about their own faiths. The programme ended with a Q & A session from the audience. We would love for you to go along and view this exciting exhibition on display at The Scottish Storytelling Centre which is on until 18th July. We are also looking at the possibilities of taking the exhibition to other venues. Information of this we will be shared soon. Keep a look out by visiting the NKS Facebook page!

## Here are some comments received after the online launch:

*"I enjoyed everything really. I found most interesting bit for me was the buildings and their occupants, then and now. It was so educational that there is a desire now for me to find out more by visiting these places."*



*"It was very good to hear directly from the voices of the participants from NKS during the film – their comments were some of the most inspiring in encouraging people to connect with the heritage and place in which they live and belong now."*



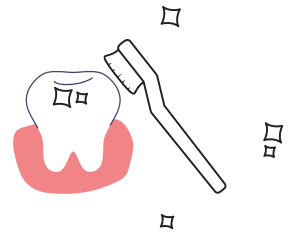
*"Overall it was excellent and I felt it made one want to visit the places shown and find out a bit more. It was good to see the involvement of all the participating organisations too."*



*"Really important work – thank you for taking the time to make this!"*

# ORAL HEALTH PROJECT

BY SAMINA FAYYAZ, ORAL HEALTH PROJECT WORKER



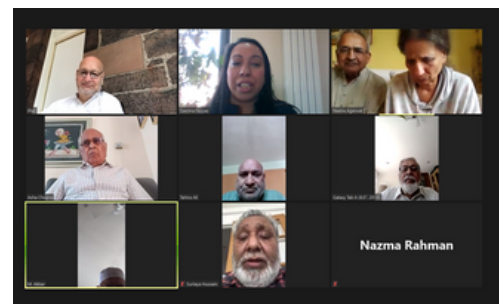
The Oral Health Team has been continuing to support the clients and communities by helping to manage their oral hygiene. There has been an increase in the number of people needing emergency access to dental services due to their language barriers and their lack of knowledge.

The impact of Covid-19 has made accessibility to emergency services even more difficult and this has resulted in more problems for our clients. The Oral Health Team is working hard to resolve these issues for them.

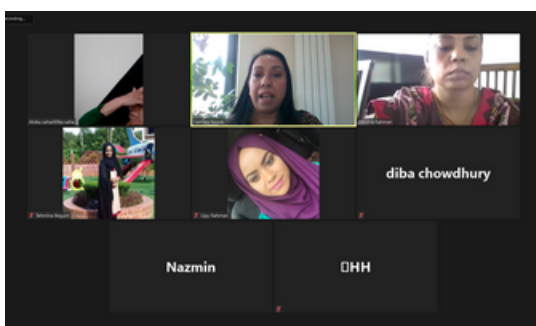
The Oral Health Team is continuing to support and stay in touch with South Asian families and their children and also with the wider communities. This is being done via Zoom.

The Oral Health Team has worked and supported the NKS Men's Group via Zoom sessions. They have thoroughly enjoyed the sessions and have participated in conversations about their own oral hygiene journeys.

The Oral Health Team has also been working to support the Bangladeshi community, especially those who are continuing with cultural practices of 'paan chewing'.



*Oral Health session with Men's group  
June 2021*



*Oral Health session with Bangladeshi  
users June 2021*

The Oral Health Team is delivering online Zoom sessions and working with individuals in managing their oral hygiene. Our sessions help to educate them and their families on how to safely manage and maintain their oral health. We are also encouraging them to break down any cultural practices that may be a risk to their oral health.

# ORAL HEALTH PROJECT

BY SAMINA FAYYAZ, ORAL HEALTH PROJECT WORKER

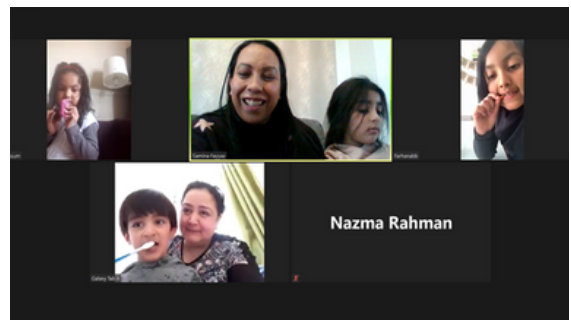


## ASHC SESSIONS

The Oral Health Team is continuing to work with children in the NKS After School Homework Club (ASHC) via Zoom online interactive fun sessions. The children have learned about their oral hygiene through the Dental Buddy and other activities. This aims to promote healthy eating and to help them to understand how to improve their oral hygiene.

All the children in the ASHC have been given oral health goodies bags, to help and support them into better managing their oral hygiene.

The children have been heavily affected by the wider impact of the Covid-19 pandemic. This has caused a halt in their daily routines such as teeth brushing but increased their use of sugary snacks, as well as not having enough exercise and fresh air. This has resulted in children putting on weight and their confidence in looking after their teeth and their overall wellbeing has been affected.



*Oral Health session with ASHC*

The Oral Health Team has been focusing on children by teaching them about healthy eating and the importance of drinking water.

## NKS NURSERY SESSIONS

The children in the NKS nursery are thrilled to be back in the nursery and are enjoying being back into their usual routine, as well as seeing their friends again.

With the support from the nursery staff, the Oral Health Team have been focusing on healthy eating, the importance of drinking milk and water instead of sugary drinks and eating healthier snacks. We are using shopping lists to encourage them to pick fresh fruit and vegetables. We are engaging with the children through plays, dress ups and stories on dental visits and information about healthy teeth. This encouragement will help to ensure that the children are making healthier food choices.



*Oral Health session with the Nursery*

As we all look forward to a better and safer future, the NKS Oral Health Project will continue to provide a range of services on advice, support and education sessions to children and adults. If you are interested in learning about your oral health or you simply need support, then please do not hesitate to get in touch!

**Samina Fayyaz 07737576054**

**Nazma Rahman 07960744889**

**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 delivering very interesting activities, which have been both educational as well as focusing on mental and physical wellbeing. Feedback has been good from participants:

*"Because of encouragement from NKS workers I felt so good that I came out for the first time after nearly 14 months of living inside my flat. I enjoyed seeing people and breathing fresh air today. I feel so good."*

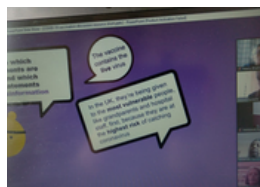
*"If it wasn't for NKS groups I would have gone into deep depression as I had no one to talk to and my health is poor."*

*"We were a bit fed up of coming on zoom each week and not able to meet our friends as we used to before lockdown. I was getting very depressed with daily news of lockdown restrictions continuing but coming to Botanic Garden and with the help of mobility scooter I have really enjoyed my day."*

## Activities/Talks/Topics/Workshops – Zoom Sessions

### Wednesday Women's Group

- COVID Information, Myths & Success Stories
- Eco Therapy
- IT skills – How to join Zoom and how to deal with any issues related to it
- Confidence Building
- Outdoors activities – Walk and picnic in Meadows, Walk and picnic at Botanic Gardens and Walk and picnic at Saughton Park



### Thursday Women's Group

- ECO Therapy
- Vaccination Information, Myths & Success Stories
- Confidence Building
- Outdoor activities - Walk and picnic at Botanic Gardens and Walk & picnic at Saughton Park

### English Conversation Groups

We have been running weekly 'English Conversation' groups led by our volunteer tutors at 'Beginners' and 'Intermediate' level. Each group has six women who join each class every week. They have been practicing skills to improve their spoken English to enable them to confidently manage their day-to-day requirements of liaising with service providers.

Feedback received has been really good, with people sharing a sense of pride being able to talk to health professionals independently now and feeling confident in themselves:

*"Coming to English classes has given me confidence and now I feel so good when I speak to my GP myself. I feel more independent."*

*"I could not believe when I went to hospital and told them I need interpreter in my broken English, I was told my English is fine and I have managed to explain my condition well enough to health professionals that they were able to deal with my health problem."*

### Promoting Training Courses

Twelve women participated in the REHIS Food & Hygiene Course. Ten women received certificates enabling them to apply for jobs in care or food areas or go for further training.

*"I feel so good now when I go out and try to speak to people myself instead of taking help from my children."*

# 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. We follow the City of Edinburgh Council Curriculum for Excellence and we have low community rates.

## 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 - resigned June 2021

## 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  
**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

**Kiren Zubairi** - Kiren has resigned from the NKS Management Committee. We would like to thank her for her valuable contribution and would like to wish her all the best as she begins her new job. Congratulations!

**Tatheer Fatima** - Tatheer is currently on maternity leave and we would like to wish her all the best.

**Nazia Majid** - Nazia will be covering Tatheer's maternity leave as Climate Challenge Project Coordinator until Tatheer's return.



## NKS Nursery



NKS runs a multi-cultural childcare facility for children aged between 3 months and 5 years of age.

It has a warm and caring atmosphere where your child will learn through creative play. The nursery follows the City of Edinburgh Council Curriculum for Excellence and we have low community rates.

There are two sessions per day:

8.30 am to 1.00 pm

1.00 pm to 5.30 pm

## NKS After School/Homework Club

NKS runs an After School/Homework Club that currently helps children with maths homework supported by a very experienced tutor. Please get in touch with us if you are interested in a place for your child.

Please let us know if you are interested in English and homework support for you child/ children too.

Thank you!

Please contact NKS for more details:

Networking Key Services Limited (NKS)

Darroch Annexe, 7 Gillespie Street, Edinburgh, EH3 9NH

Tel: 0131 221 1915, Email: [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk), Website: [www.nkshealth.co.uk](http://www.nkshealth.co.uk)