

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

Editorial - Naina Minhas, Manager

We at NKS, are deeply saddened to inform our readers of the passing of **Mrs. Indumati Pandya** on the night of the 10th of October 2021. She was a loved and popular member of NKS for almost the last two decades.

Mrs. Pandya had been on the NKS board for many years as a very active member who always supported the social cause of serving disadvantaged families to better their life chances. She proactively supported every event and activity organised by NKS and took on responsibilities to ease the burden on the staff team and gave her support in making these events successful. She had also been a chair of the organisation for three years and was fully supportive in addressing any challenges faced by NKS.

She had been a regular member of the NKS older women's group and always happily offered to help group workers and kitchen staff in preparing and serving food.

Mrs. Pandya's cookery skills were known to all who knew her. She never failed to treat all at NKS with her delicious dishes. We always looked forward to enjoying dishes cooked by her. She was a kind, caring and loving soul who was always polite to people around her. Mrs. Pandya will be deeply missed by all at NKS. She has no doubt left a vacuum that will be difficult to fill.



In early October, Mrs Pandya and Manjari Singh from NKS proudly represented NKS at the Royal Botanic Garden in Edinburgh for its 350th Anniversary. The event was also attended by very special guests - Their Royal Highnesses The Duke and The Duchess of Rothesay.

INSIDE THIS ISSUE

Articles	Page no.
Benefits Updates & Information.....	2
Self Management Project.....	3
Care for Carers Project.....	5
Upskilling Digital Skills Project.....	6
Edinburgh Garden Partners.....	6
Low Carbon Communities Initiative.....	7
Smart Energy GB in Communities Fund...8	
Childcare Facility - Nursery.....	10
Oral Health Project.....	11
Health & Social Inequalities.....	12
Looking Forward with NKS.....	14

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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.

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

Tel: 0131 221 1915 – Email: nksnkshealth.co.uk – Website: www.nkshealth.co.uk

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BENEFITS UPDATES & INFORMATION

BY NASEEM SULEMAN, FAMILY SUPPORT OFFICER



Coronavirus Job Retention Scheme (CJRS)

As part of the response to the Covid-19 pandemic and lockdown, the UK government had set up the **Coronavirus Job Retention Scheme (CJRS)** and the **Self Employment Income Support Scheme (SEISS)** for the self-employed. In addition, people on **Universal Credit** received a weekly top up of £20. Below are more details about **government help** during the pandemic:

- **Coronavirus Job Retention Scheme (CJRS)** - This is also known as being put on 'Furlough'. The scheme will close on 30th September 2021. In August and September 2021, the government will contribute 60% and employers 3% for hours not worked plus National Insurance and pension contribution.
- **Self Employment Income Support Scheme (SEISS)** - Any self-employed businesses or self-employed people worried about tax payments due, may be entitled to more time to pay. HMRC may waive late payment penalties and interest. Get in touch with HMRC if you are having difficulties paying your tax. VAT-registered businesses may be eligible to defer payments under the 'New Payment Scheme'.
- **Mortgages** - The government mortgage payment holiday scheme offers homeowners a 3 month holiday on mortgage payments. This scheme has been extended into 2021.
- **Universal Credit** - The Universal Credit (UC) standard allowance was increased by £20 a week in response to the pandemic, which has been extended until end of September 2021
- **Universal Credit Minimum Floor Limit** - The Universal Credit (UC) standard allowance was increased by £20 a week in response to the pandemic, which has been extended until end of September 2021
- **Statutory Sick Pay Rebate** - The Universal Credit (UC) standard allowance was increased by £20 a week in response to the pandemic, which has been extended until end of September 2021

Self-Isolation Support Grant

This grant was opened in 12th October 2020. The Scottish Government is providing a grant of £500 to people who are in receipt of low income benefits and who will lose income as a result of been asked to self-isolate by test and protect. Eligibility for the scheme has been extended further to 16th February 2021.

Eligibility for this grant:

- Been advised by Test and Protect to self-isolate due to Covid-19 or are the identified parent or carer of a child under 16, where the child has been required to self-isolate by the school.
- Or are a carer of an adult who has been told to self-isolate.
- Employed or self employed.
- 16 and over.
- Experience reduced earnings as a result of been told to self-isolate.
- Not able to work from home.
- Are assessed as having a low income.
- In receipt of certain benefits related to being on a low income.

Evidence requirements:

- Proof of benefit
- Recent bank statement
- Proof of employment
- Proof that they cannot work from home
- Proof their earned income will reduce due to the self-isolation
- If no recourse to public fund, a letter from immigration or your passport confirming no recourse.

A grant cannot be paid if:

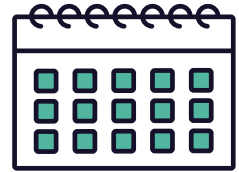
- Test and Protect Service has not requested that you self-isolate.
- Test and Protect requested that you self-isolate before 28 September 2020.
- You are not employed or self-employed.

For example, you would not qualify if you are self-isolating because you are returning to the UK after being abroad or because you feel that you have symptoms and haven't been tested. If you are self-isolating under any other circumstances and you are struggling financially then you should apply for a Crisis Grant.

To apply please visit: <https://www.edinburgh.gov.uk/xfp/form/243>

SELF MANAGEMENT PROJECT

BY NASIMA ZAMAN & NAZIA MAJID, LTHCS SUPPORT WORKERS

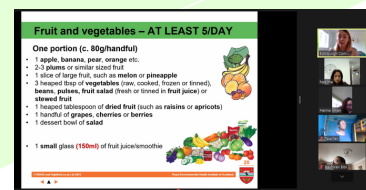


The NKS Long Term Health Conditions (LTHC) team has provided continuous support throughout the pandemic via telephone services to check on the health and wellbeing of our service users. With the ease of the lockdown in July 2021, we are now able to assist clients with face-to-face appointments.

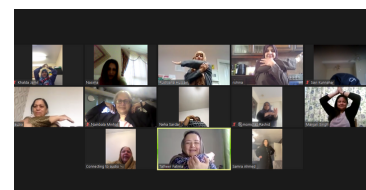
Ongoing advocacy work has continued on behalf of clients by making and amending appointments, ordering prescriptions online and liaising with the clients and health practitioners via conference calls. We are also liaising with the police, social workers and housing officers concerning LTHC clients facing domestic abuse and harassment, which had increased during the period of lockdown.

The following LTHC sessions took place:

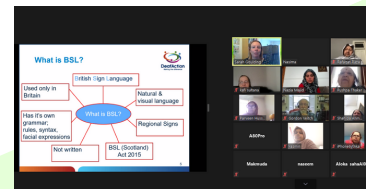
- Twelve health sessions were delivered by **Edinburgh Community Foods** where women were given advice on healthy eating, weight loss and how to deal with different illnesses.
- Twelve weeks of women only **online Bollywood exercise classes** were organised and delivered to highlight the importance of staying fit.
- A **"Covid-19 Myth Busters"** session was also organised and was led by Lecturer Kaveri Qureshi from the University of Edinburgh.
- A one day certified **Food and Health** course was organised in collaboration with **Edinburgh Community Foods** for our seventeen LTHC service users, of which sixteen passed.
- A **"Healthier Me"** session was organised where we spoke about healthy meals and portion control.
- A session on **British Sign Language** with **Deaf Action** was organised. Users showed a keen interest in learning about equipment installation for family members who have a hearing impairment.
- Three **Echo Therapy** sessions were organised and delivered to tackle mental health. These were delivered by ecotherapy practitioner **Stephen McCabe** from **Nature Therapy Online**.



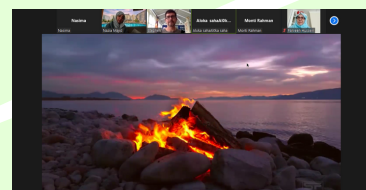
Healthy Eating with Edinburgh Community Foods



Healthier Me sessions



British Sign Language with Deaf Action



Echo Therapy sessions

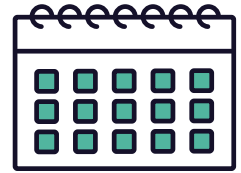
NKS staff have regularly been working with families and individuals in helping:

- Identify and bridge gaps in the services to south Asian families in Edinburgh
- Provide tailored support to South Asian communities
- Help communities' access mainstream services
- Provide one to one support
- Combat mental health and social isolation in South Asian communities
- Provide befriending services.

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

As the pandemic restrictions began to be lifted, we were able to offer in-person activities to the Men's Long Term Health Conditions users, whilst still observing the Covid-19 protocols. We had discussions with the group and the following activities were organised:

- | | | | |
|------|---|---|---|
| July | <ul style="list-style-type: none">• Deaf Action discussion session• Trip to Cairnie Fruit Farm in Cupar |  | <i>Mens Group going to Cairnie Fruit Farm</i> |
| Aug | <ul style="list-style-type: none">• Oral Health with Samina Fayyaz (NKS Oral Health) and dentist Mehdiya Shaikh• Visit to the Royal Botanic Garden Edinburgh (RBGE)• Health In Mind sessions with Rahila Khalid |  | <i>RBGE visit</i> |
| Sept | <ul style="list-style-type: none">• Confidence Building session• NKS Oral Health Focus Group | | |

The feedback from the group was that they greatly enjoyed the day trips. We also saw positive outcomes from the remote IT training provided to our users. Two of the clients were confident enough to participate in filming videos for NKS on their Covid-19 experiences. We can see that our users are now able to self-manage better with only a little help during a video call.

As the restrictions eased, the befriending service began. Home visits were made following the Covid-19 government guidelines. During home visits we found, listening and talking to clients had a positive impact on their mental health and wellbeing. The visits also helped to reduce their isolation.

Clients were referred to outside agencies - Deaf Action and Health & Social Care in addition to NKS internal staff for housing issues, blue badge applications and taxi card applications. We also had three new users join the group.

I am keeping in touch with clients regularly via phone to ensure that they are looking after their health by eating properly and that their carers are coming to cook hot meals for them. This is especially important to do for those who live on their own and have underlying health conditions.

CARE FOR CARERS PROJECT

BY SAMRA AHMED, NKS CARE FOR CARERS PROJECT COORDINATOR



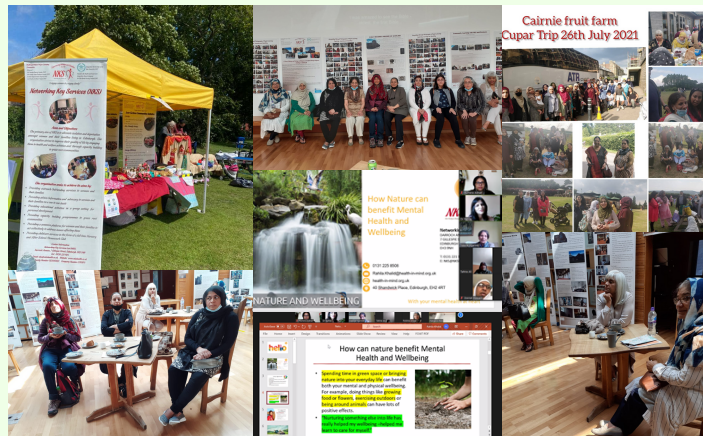
Carers have been very active over the past few months. We have organised a wide range of activities to keep the team and the carers busy and interactive.

In **July** the carers were taken on a trip to the **Scottish Storytelling Centre** to view the NKS Heritage Project's Film and Exhibition on "Exploring History and Heritage of Religions in Scotland for the last 100 years through religious buildings in Edinburgh".

In early **August** the carers participated in a discussion session with Rahila Khalid from Health In Mind. The topic discussed was "**How Nature Can Benefit Mental Health & Wellbeing**". The carers greatly enjoyed the session and were pleased to be able to interact with each other.

Some even delighted others in the group by showing off their nature spots and greenery in their homes.

Carers also enjoyed taking part in the **Edinburgh Climate Festival** by participating in the recycling activities and learning how to grow their own fresh produce.



The NKS Carers Team organised a **Health Cooking for Diabetics** cookery session where carers were educated on Diabetes and Type 2 Diabetes and how to cook more healthily to keep themselves and their loved ones in the best of health. The session was delivered by Chef **Anju Agarwal**.

An **Oral Health** session was organised so that carers could educate themselves and their families better about oral hygiene. This was delivered by the NKS **Oral Health Team** and dentist **Mehdiya Shaikh**.

In **September** the Carers Project Team held another **Covid-19 Focus Group** discussion to discuss the resulting impacts of the pandemic - be it, socially, financially or mentally. Participants were able to share their experiences and discuss the challenges they had to face as well as being concerned if life would ever be 'normal' again.

The Carers Project Team continues to stay in regular touch with the carers to advise and support where need be. We are holding regular forum sessions and have a high number of participants who are regularly attending. We look forward to supporting the carers with further sessions and support as required.

UPSKILLING DIGITAL SKILLS PROJECT

BY MEGHNA SAXENA, NKS PROJECT WORKER



Digital Upskilling Support to Isolated South Asian Individuals

In our project, we have people with different age groups and backgrounds. We have completed the following activities with people:

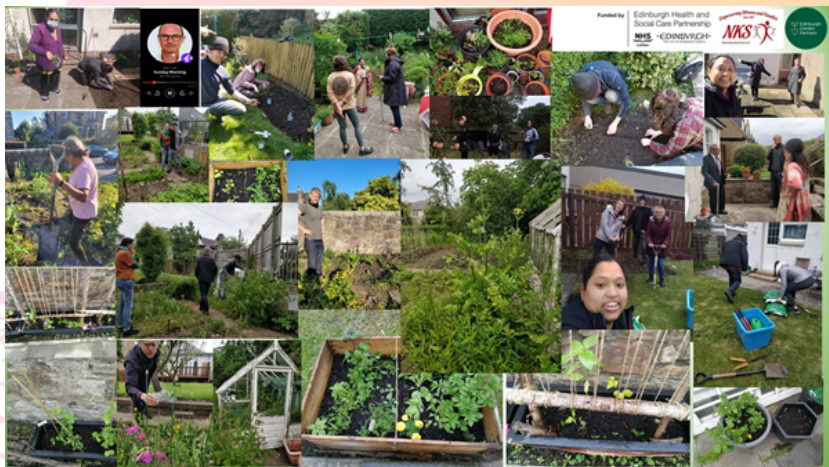
- (a) Most were unable to use an iPad, mobile or laptop. We arranged individual online and in-person training sessions.
- (b) To ensure that clients were able to understand the basics of how devices are linked to their email ID.
- (c) We arranged individual meetings with clients (in accordance to Covid-19 guidelines) and taught them the use of the various applications (apps) as per their need, such as - Zoom sessions, Facebook, WhatsApp, Google Drive, YouTube searches (e.g. language change).
- (d) We managed to make video and PDF tutorials for them explaining the processes in detail.
- (e) Some of our clients wanted to learn how to go live from Facebook through Zoom and so we arranged a separate session for them and made a tutorial to teach them the whole process.



So far, we have supported more than seventeen people in the community. The project is supported by Edinburgh & Lothians Health Foundation, Scottish Council for Voluntary Organisations (SCVO), NHS Charities Together and Scotland's Digital Participation Charter.

EDINBURGH GARDEN PARTNERS

BY MEGHNA SAXENA, NKS PROJECT WORKER

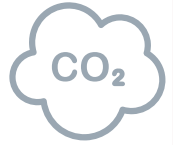


So far, we have successfully established six garden partnerships and are working towards more. Our project was featured on BBC Radio Scotland-Sunday morning. The link to the website is: <https://www.edinburghgardenpartners.org.uk>. The project is supported by NHS Lothian, the City of Edinburgh Council, Edinburgh Health and Social Care Partnership.

This is a collaborative project between NKS and Edinburgh Garden Partners (EGP). We have completed one year of successful collaboration. The major focus of this collaboration is to create garden partnerships between people who have space to share (garden owners) and those who want a space (garden volunteers) to grow vegetables, flowers, etc. In addition to this, the partnership also helps to establish inter-cultural relationships among people of the South Asian community and individuals of different ethnic backgrounds.

LOW CARBON COMMUNITIES EMISSION

BY NAZIA MAJID, NKS CLIMATE CHALLENGE PROJECT COORDINATOR
& RAANA SHAMA, NKS COMMUNITY CHAMPION VOLUNTEER



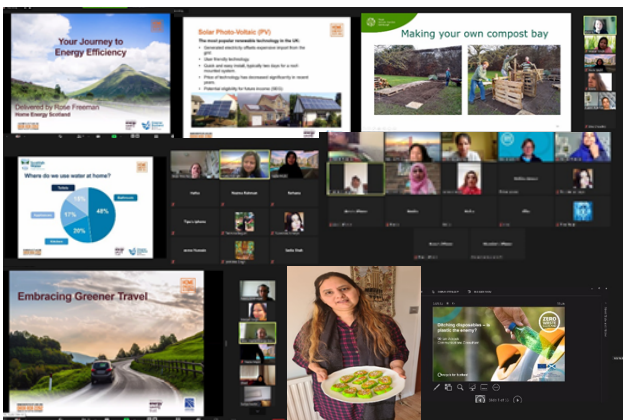
The CCF Team continues its support to inform the community about how to keep their carbon footprint low and also encourage its members to adopt behavioural changes in their daily life. This includes the fact that one cannot keep at zero all the time but can always strive for a minimum carbon footprint.

The team organised a number of online Zoom sessions along with physical activities after the easing of the lockdown. A few of the **major events** participated in by the CCF Team were:

- The **BBC's Gardeners' World Filming at Royal Botanic Garden Edinburgh (RBGE)** - the CCF Team had the privilege of getting featured in BBC2's Gardeners' World (episode 22), where we showed how as a community, we are playing a part in teaching women and children how to grow their own vegetables and flowers.
- The **RBGE "Growing for a Happy Planet: Summer Festival"** - this was another successful event organised by the CCF Team for many of their NKS users and their families.
- **Woodland Wheels Cycle Ride** - NKS users and their families joined Telugu Association of Scotland for the Woodland Wheels Cycle Ride to Dalmeny Estates along the Firth of Forth shores.
- **The Edinburgh Climate Festival** - the Team organised various activities e.g. puppet show, cushion and flower making, basket weaving, etc. People from various communities actively took part in this event and thoroughly enjoyed themselves, in turn increasing their awareness about climate change.



Apart from these major events, the Team continues to engage with users via **online sessions**:



- Winter Vegetable Workshop & Autumn Tasks by Elinor at RBGE
- Leftover cookery Sessions
- Saving Water with Home Energy Scotland (HES)
- Sustainable Transport Workshop with HES
- Energy Efficiency Workshop with HES
- Bicycle Workshops with Rajni Punn
- Ditching Disposables Workshop with Zero Waste Scotland
- Stitch and Repair session with Nazma (CCF staff)
- Swapshops with the CCF team

and **outdoor sessions**:

- RBGE Gardening and Nature Trails Walks
- Seeds and fruits photographs exhibition at the RBGE
- East Links Family Park trip with NKS users & families
- 'History and Heritage of Religion' Exhibition at the Scottish Storytelling Centre
- Woodland Walk with Mothers and Kids
- Cycling with Mothers and Kids



SMART ENERGY GB IN COMMUNITIES FUND

BY MANJARI SINGH, NKS CLIMATE CHALLENGE PROJECT WORKER



We are partnering with **Smart Energy GB**. This is an integral part of the consumer engagement campaign led by Smart Energy GB and is dedicated to ensuring that no one is left behind in the rollout of smart meters.

We are working with Smart Energy GB to help inform and inspire people about smart meters and the positive changes that they can bring.

NKS has been awarded funding to run activities that help people in South Asian communities understand the benefits of smart meters and in-home-display (IHD).

Since July 2021 onwards, the NKS project team took the initiative to engage with families during the **Royal Botanic Garden (RBGE) Summer Festival**. Various activities were held with mums and kids along with young women.

Further activities were organised to support people in different groups:

- **Woodland forest walks**
- **Cycling events**
- **NKS family outings to Cairnie Fruit Farm and East Links Family Park**
- **Multiple groups visited the NKS 'History and Heritage of Religion' Exhibition at the Scottish Storytelling Centre**



The **BBC Gardener's World** filming event took place at RBGE in July and we were able to target ethnic minority families.

Fridays were dedicated for smart meter data collection and home visits, along with online Zoom sessions for targeted groups.

We participated in larger events like the **Edinburgh Climate Festival 2021**. NKS organised an information desk for creating awareness about smart meters, its installation process and related details.



In September, NKS organised a community gathering for a limited number of people in collaboration with **National Energy Action (NEA)**, on information and awareness on smart meters and its installation process. The event was followed by a question and answer session with attendees and the Smart Meter GB & NEA team.



Looking ahead:

From October to November 2021, we will be focusing on activities to create further awareness of Smart Meters. We will distribute posters on various social media platforms for cultural events like Dussehra 2021 on Calton Hill, Edinburgh Diwali Event in Princess Street gardens, religious events at Mosques, Temples, etc. We hope that these activities will have a positive long term impact on people and for them to consider the use of Smart Meters in their homes.

Note: If anyone needs to install a Smart Meter and are unsure how to, please contact the NKS smart meter project team

You can find out more information on the SEGB website: www.smartenergygb.org.

Why pay Extra ?

Get control in your hands
Only pay for what you use

Smart meters are the new generation of gas and electricity meters being rolled out across Great Britain. They show you how much energy you are using in pounds and pence.

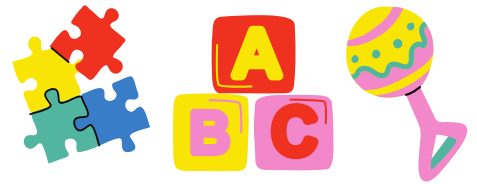


Action for Warm Homes



CHILDCARE FACILITY

BY RUKHSANA HUSSAIN, NKS NURSERY MANAGER



Activities in the NKS Nursery

July

We enjoyed the warm weather in July by being mostly outdoors. The children learnt how to keep themselves safe by putting on sun cream every day and wearing hats, etc. We went to **East Links Family Park** for our annual outing. The weather was lovely on the day. The children had great fun playing on trampolines, using the soft play area and riding on the toddler's tractors. Both children and parents enjoyed the safari train and were so excited when it was time to feed the animals.

We also had an **Eid** celebration in the nursery. The children played fun games with their friends and had special snacks.



August

NKS had new children joining the nursery who enjoyed meeting the current nursery group and learning about their nursery. The children have been learning the '**All About Me**' topic by making body posters and learning about the different body parts.

We had discussions about our families and the children drew and painted their family members. We are using a range of loose part objects to provide the children freedom to explore open ended objects to build buildings, den making and story creations.

In addition, the children really enjoyed harvesting strawberries, peas and apples from the NKS Garden and had them for their snack.



September

The weather has been good and the children have been having a lot of outdoor play opportunities. We have developed our outdoor area and have a new mud kitchen. We also received a donation of a water pump from another play group which is now closed. The children enjoy making mud pies and using the water pump to water the plants.

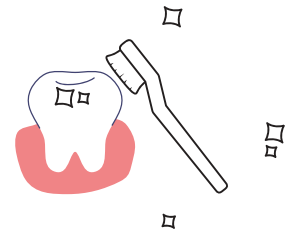
We also harvested some potatoes from our garden and have been practicing our numbers by counting these potatoes and also making potato stamp arts.

The children also enjoyed going to the park for a walk and to collect some items for the nature display in the nursery.



ORAL HEALTH PROJECT

BY SAMINA FAYYAZ, ORAL HEALTH PROJECT WORKER



The Oral Health Project Team has been working hard to deliver sessions to children, families and clients. Although we have been looking forward to meeting and seeing each other, we are still delivering online sessions on Zoom due to the pandemic. More so, we are still continuing to see the terrible impact on our communities due to the pandemic.

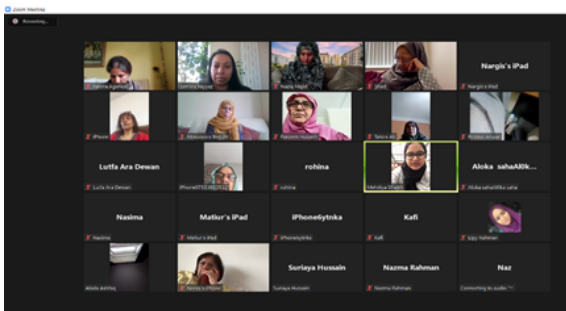
The team continues to support individual clients and the larger community by helping them to manage their oral hygiene. There has been a rise in the number of people needing emergency access to dental services but due to their language barriers and limited knowledge of oral health, it has been very difficult. The impact of Covid-19 has made accessibility even more difficult causing more problems. The team is working even harder to help resolve these issues.

The team is continuing to support and stay in touch with online Zoom sessions with South Asian families and local communities.

We have been active in working with children and their families both in the NKS nursery and out of it. We are also supporting children from the After School/Homework Club and the Mother and Toddler Group. We are still waiting on guidance from the **Child Smile** team to continue regular teeth brushing sessions in the nursery and we are hoping these will start soon. Nonetheless, the team will still continue to support the children in managing their oral hygiene and healthy eating with play and activities. This will motivate the children to remember the important message and continue to look after their oral health.

New Oral Health groups to start - we will soon be starting an 'Oral Health Grandparents Group'! We have noticed an increase in the number of grandmothers and grandfathers, who are helping with childcare, by looking after their grandchildren due to the pandemic. We will be sharing information and tips on how to maintain healthy eating for their grandchildren.

The team delivered a session on a field trip to East Links Family Park. Many families attended and learnt about looking after their teeth and their family's Oral Health. Oral Health goody bags, containing toothpaste and toothbrushes etc. were also given to the children during this fun session at the Family Park.



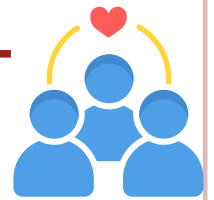
We also welcomed on board our volunteer Mehdiya Shaikh, who is a dentist. She is a qualified dentist overseas, and is in the final year of training here in the UK. She has been joining our sessions, to raise awareness and deliver important information to everyone participating.

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
saminafayyaz@nkshealth.co.uk
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 regular activities throughout the Covid-19 pandemic. We have been working from home using online tools such as Microsoft Teams and Zoom. As some of the Covid-19 restrictions were eased recently regarding outdoor meetings, we organised all activities to be outdoors during July to September taking advantage of the good weather. This enabled our participants to come out and socialise giving them a chance to meet before the winter season begins. Some of the feedback received:

"Being out in fresh air with others I have learnt new things and it has also changed my mood."

"When I am out with people in the fresh air it lightens my mood."

"During COVID period and staying indoors I was getting migraines and I used to be sick a lot. But coming out, meeting and sharing again has helped with my migraines."

Activities/Talks/Topics/Workshops – Zoom Sessions

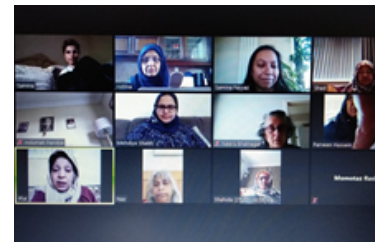
Wednesday & Thursday Women's Group

- A visit to the Scottish Storytelling Centre to view the NKS Heritage Project's Film and Exhibition on "Exploring History and Heritage of Religions in Scotland for the last 100 years through religious buildings in Edinburgh"
- A trip to Cairnie Fruit Farm in Cupar
- A trip to East Links Family Park in Dunbar
- Eco Therapy with Stephen McCabe from **Health All Round** who commented:

"Working with NKS has been a real pleasure. The groups have such a strong community spirit which is a pleasure to be around. It has been wonderful working with an organisation that is so open to Eco therapy."



- A final outdoor visit to the **Redhall Walled Gardens** and a walk near NKS with a small group of women.
- We also had a Zoom talk with the Oral Health Project. The speaker was Mehdiya Shaikh who is a qualified dentist from Saudi Arabia and is now finishing her Dentistry qualifications in Edinburgh to practice here.



English Conversation Groups

Weekly 'English Conversation' groups led by our two Volunteer tutors at 'Beginners' and 'Intermediate' level have become very successful. Ten women have recently received a certificate of attendance. Feedback received has been great:

"Really enjoying the class. Honor mostly asks me to read in the class. When I go to the supermarket I feel fine going alone now."

"Since joining English conversation classes I feel so happy now and now I just keep speaking and don't hesitate even if I am saying something wrong."



Lastly a Focus Group was held at NKS with our users and was supported by our newly joined volunteer - Samina Mohammad from our Community Champions Programme.

NKS Fundraising Day
NKS Open Day
Climate Challenge Project Fashion Show

on Saturday 30th of October 2021

from 11.00 am to 4.00 pm

at Drennan Hall
36-38 Polwarth Terrace
Edinburgh EH 11 1LU

*Stalls Will include: Delicious NKS Food Stall ~ Clothes Stalls ~
Homemade Indian Sweets Stall ~ Tea/Coffee & Cakes/Biscuits
Stall ~ Information Stall*

*Activities Will Include: Climate Challenge Project Fashion Show
& Activities for Children*



*Come along to support us and find out more about what we
do! We have lots of different projects and activities running!*

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

Tel: 0131 2211915, Email: nks@nkshealth.co.uk, Website: www.nkshealth.co.uk

Charity Number SC000697 Company Number 226920

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 online 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 and social functions etc.

Please contact NKS on 0131 221 1915 for more details. Please pass on your contact details to your group leader in case any sessions may be cancelled or venues changed. Thank you.

NKS Services

- Outreach/Befriending
- Family Support 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 & Climate Challenge Project (CCP) Coordinator
Samra Ahmed - Care for Carers' Project (CfCP) Coordinator
Humera Adnan - CfCP Administrator
Samina Fayyaz - Oral Health Project Worker
Tatheer Fatima - CCP Coordinator
Manjari Singh - CCP Worker
Nazma Rahman - CCP Worker & Oral Health Project Sessional Worker
Neeru Bhatnagar - 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 NKS would like to congratulate her and her family on the birth of their beautiful baby daughter.

Nazia Majid - Nazia will be covering Tatheer's maternity leave as Climate Challenge Project Coordinator until her 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:

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