

**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

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The year 2021 has ended and we hope our readers have had a peaceful holiday break. At NKS, we have effortlessly moved into the New Year with increased motivation and a determination to make 2022 a positive year for our NKS family. On behalf of the staff team and management committee, I would like to wish everyone a very **Happy New Year!**

Last year, NKS navigated between COVID restrictions to ensure we were able to reach out and support communities in the difficult times. From the latter half of 2021, we have adopted a hybrid way of working to minimise the risk of isolation and poor mental health among all who are a part of NKS. NKS is open five days a week, from 8.30am to 5.30pm and the **childcare provision** is up and running too. Please get in touch if you or anyone else you think need may our support. We are available to listen and act on any matters you may have.

We have some exciting projects lined up for this coming year. We are starting a **confidential phone line** in different South Asian languages. The aim is to provide confidential advice to people and sign post them to relevant services to help address challenges faced by them due to the pandemic. The new variant Omicron has made phone line support even more important, especially for women and young people.

NKS has organised **Autism training** for the staff team with a vision to facilitate an increased understanding of autism in South Asian communities. We hope to address the stigma attached to it.

Our **Equality Champions** have completed the eight-week training course and are already reaching out to isolated families as part of their placement at NKS. We have a volunteer coordinator in place to ensure hands on support to the community champions during their six months placement.

**If you would like to know more about our services/projects or are interested in volunteering, please get in touch.**

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

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**Charity Number SC000697 Company Number 226920**

# BENEFITS UPDATES & INFORMATION

BY NASEEM SULEMAN, FAMILY SUPPORT OFFICER



## SCOTTISH CHILD PAYMENT

The **Scottish Child Payment** will be doubled to £20 per week per child from April 2022.

First introduced in February 2021 as a £10 per week payment designed to tackle child poverty, it provides regular additional financial support, for low income eligible families. This is paid for every child you look after who is **under 6 years of age**. This benefit will be fully rolled out to children under the age of 16 by the end of 2022.

## CHILD DISABILITY PAYMENT SCOTLAND (CDP)

**Administered by Social Security Scotland**

The **Child Disability Payment (CDP)** is replacing **Disability Living Allowance (DLA)** for children living in Scotland. If your child already gets DLA, you cannot claim CDP for them. They will continue to get DLA until they are transferred to CDP automatically, by Social Security Scotland. From 22 November 2021 onwards, **Child Disability Payment** replaces new claims for DLA in Scotland.

Just like DLA, CDP is a benefit for children who have extra care and supervision needs, and/or also mobility problems because of a disability or long term health condition. It is mostly the same as DLA and both components of Care & Mobility are the same rates. Some differences with DLA are:

- CDP awards have no end date
- The determination notice gives the date of the 'Scheduled review'
- It is also possible to have unscheduled reviews
- There is no need to reapply – determination can be made without application (DWA)
- Light touch reviews

Additional Payments:

- 8 weeks double payment for period before death of child
- Short-term assistance while challenging a decision

Main Rules:

- Ordinarily resident in Scotland
- Habitually residence in the Common Travel Area
- Not a Person Subject to Immigration Control (PSIC)
- Present in Common Travel Area and have been, for 26 weeks out of 52 (13 weeks for child under 6 months – the 'past, present test' (PPT)

Other rules:

- Claim from 3 months and under 16 years old
- Once awarded payable until 18 years old

Can continue until 19 if:

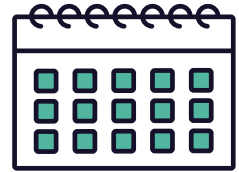
- Waiting for adult disability payment determination
- Move from rest of UK to Scotland and entitled to DLA immediately before the move
- Transferred from DLA to CDP

If the Child is 16:

- Additional requirements for attention/supervision to be substantially in excess no longer applies in CDP
- The 'Cooking test' can apply

# SELF MANAGEMENT PROJECT

BY NASIMA ZAMAN & NAZIA MAJID, LTHCS SUPPORT WORKERS

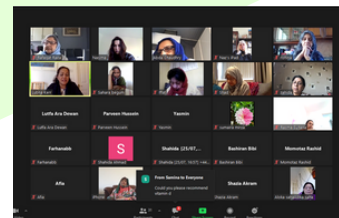


The NKS **Long Term Health Conditions (LTHCs)** team has been delivering online Zoom sessions throughout the Covid-19 pandemic. With the ease of lockdown, we are now able to assist clients with face-to-face appointments as well as providing continuous support via telephone.

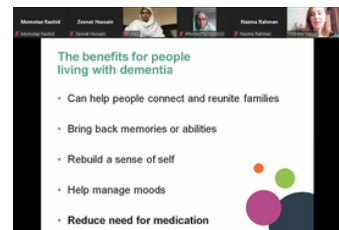
As well as advocating on behalf of clients, we are also networking with other organisations to meet their needs.

The following LTHCs sessions took place over Oct - Dec:

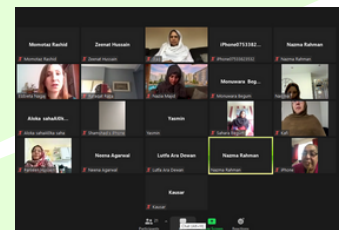
- **Oral Health** with Mehdiya Shaikh, dentist
- **Ditching Disposables** by Miriam Adcock, Zero Waste Scotland
- **Oral Health Focus Group** by Samina Fayyaz, NKS
- **Dementia Presentation** by Elzbieta Nagaj, Play List for Life
- **Diabetes** with Lubna Kerr, NHS
- **Guardianship** information session with Caesar & Howie Solicitors & Estate Agents



*Diabetes Session with Lubna Kerr*



*Dementia Presentation by Elzbieta Nagaj*

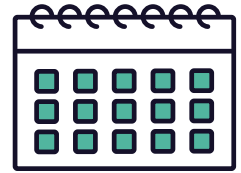


Did you know? At least 1 in 100 people in Scotland are **Autistic**. NKS is starting a new project on **Autism** in January to raise awareness and to understand and tackle the stigma associated with **Autism** among the South Asian communities.

***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

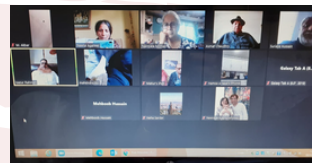
BY NEENA AGARWAL, LTHCS SUPPORT WORKER



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

The period of October to December went very smoothly for the **Men's Long Term Health Conditions Support Group (Men's LTHCS)**. The users enjoyed this period of three months as Covid-19 restrictions were relaxed. The following activities were organised after consultation with the group members:

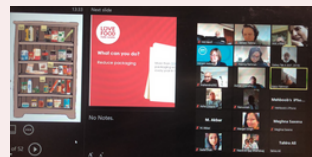
- **Oral Health Focus Group** by Samina Fayyaz, NKS
- **Confidence Building Workshop** with Naina Minhas, NKS
- **NKS Covid Support Project** information session with Neeru Bhatnagar, NKS
- **Guardianship** information session with Caesar & Howie Solicitors & Estate Agents
- **Staying Well in Winter** by Rahila Khalid, Health In Mind
- **Food and Packaging Waste Management** information session by Miriam Adcock, Zero Waste Scotland
- **Christmas Lunch** at Prana Restaurant



*Confidence Building Workshop*



*Gentle Exercises for Staying Well in Winter*



*Food and Packaging Waste Management*



*Christmas Lunch*

All the sessions were well attended but more particularly two sessions, which were held at the NKS office by the Oral Health Project (a focus group) and the NKS Covid-19 Support Project. The members were very happy to meet each other after two years. They shared their experiences of lockdown and of being in isolation. All the required Covid-19 guidelines were followed during these sessions.

The befriending service continued to provide visits to elderly members who are housebound or are living on their own. 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 such as Occupation Therapy and Health & Social Care. In addition, NKS internal staff were also contacted for advice for various issues.

We are 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

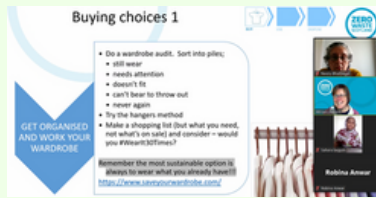


Over the last few months, the NKS Carers Project has delivered lots of positive encouragement and enthusiastic activities to its carers, with an aim to reduce the social isolation felt by them. The staff and group members have kept in close contact through their phone group chat to stay engaged and uplift their spirits. Below is a brief insight into the activities that the carers were involved in:

In **September** we held the Carers **Covid-19 Focus Group** via Zoom. It was an excellent opportunity for carers to discuss their difficulties, future concerns and express the challenges they experienced during lockdown. They also opened up about the mental and financial impact it had on their lives.

In early **November** the group took part in the **Diabetes** information session by Lubna Kerr, NHS.

In **October** carers participated in the **Oral Health Focus Group** via Zoom.



In **November**, carers attended the **NKS Annual General Meeting** at Lauriston Hall and enjoyed meeting with others.

In **October** carers attended the **Love Your Clothes** online Zoom session by Miriam Adcock, Zero Waste Scotland

In **October** carers attended the NKS Fundraising event.

In early **December**, the carers group enjoyed a well deserved **Christmas Lunch** at Mr Basrai's restaurant. It was a fun time and everyone hugely enjoyed themselves.

In **November** the group enjoyed the **Staying Well in Winter** session, delivered via Zoom by Rahila Khalid, Health In Mind.

The past couple of years have been very challenging and hard on the carers. However, it is very encouraging to note that nearly all the carers share a very strong bond with each other and also make the effort to learn and educate themselves. They are all very keen to raise each others spirits and provide verbal support when required.

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.

# NKS POST COVID SUPPORT FOR OLDER PEOPLE & WOMEN WITH CHILDREN

BY NEERU BHATNAGAR, NKS COMMUNITY DEVELOPMENT WORKER



NKS recently started a new project in August to offer post Covid-19 support for older people and women with children. The aim of it is to improve accessibility to services to mitigate the long-term impact of Covid-19 through:

- One to one advice and support
- Improving digital literacy
- Organising childcare & afterschool clubs
- Delivering group-based activities

Since starting, the project has managed to reach over thirty people. Working in collaboration with the Salvation Army, we managed to get seven Chromebooks to give out in order to enable people to get digitally

connected with organisations and service providers. Feedback received was encouraging:

*"I am very happy that I received laptop. I never thought that it would be new."*



*"I can now use it for my further studies along with my children."*

We have also managed to get one Wi-Fi booster in collaboration with the Pilton Health Care Project. With the help of another charity we delivered a hat and scarf for an individual in economic difficulty.

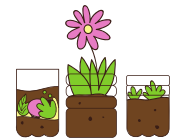
In order to help some people to get confident in English conversations, we have started a mixed group of classes with the help of a volunteer tutor to deliver sessions in the evenings, twice a week. Ten sessions have now been delivered successfully and feedback has been good:

*"I did attend my class .. amazing and fully enjoyed with conversation. I appreciate your hard work. At the same time you are trying especially for me."*

After a few months of engaging with the community, we have now established a 'New Older Men's Group'. The first session took place with nine men who are keen to continue and there is further interest from three more men.

# EDINBURGH GARDEN PARTNERS

BY MANJARI SINGH, NKS PROJECT WORKER



NKS and **Edinburgh Garden Partners (EGP)** has been collaborating successfully as partners for the last two years and will continue doing so in future.

The major focus of this collaboration is to create garden partnerships between people who have space to share (garden owners) and those who (garden volunteers) want a space to grow vegetables, flowers, etc. In addition to this, the partnership also helps in establishing inter-cultural relationships among people of the South Asian community and from different ethnic backgrounds. NKS works as a bridge by recruiting certain clients who own a garden and EGP bring volunteers of different ages, abilities, and backgrounds to build a shared gardening movement through the exchange of skills, knowledge, and life experience. So far, we have successfully established six garden partnerships and are working towards more.

From November 2021, I have taken over the role which Meghna Saxena had established earlier. At present, we are planning to establish new garden

volunteers and garden owners in our list of contacts. The new EGP coordinator, Debs Hahn, attended the NKS AGM and had the opportunity to meet the garden owners face to face. She also encouraged a few South Asian young ladies to join the garden volunteers team (these are keen gardeners who can share their skills with our vulnerable clients, as someone from an ethnic background have a better chance of establishing a good relationship due to language barriers, with some of our clients).

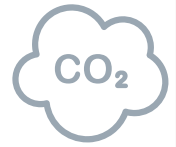
After the sudden passing of Mrs Pandya, her son, Amit Pandya, has shown interest in the continuation of her work and a new contract has been signed by him as the new garden owner. From January 2022 onwards we have plans to find more clients from NKS and a few garden visits are in progress. In the Spring months, we are planning to have interactive gardening outdoor events for socialising with garden owners and the new volunteers. This will give them a chance to meet with each other, network and share knowledge and tips.

The link to the EGP website is: <https://www.edinburghgardenpartners.org.uk>. The project is supported by NHS Lothian, the City of Edinburgh Council and the Edinburgh Health and Social Care Partnership.



# LOW CARBON COMMUNITIES INITIATIVE

BY TATHEER FATIMA, NKS CLIMATE CHALLENGE PROJECT COORDINATOR



The NKS Climate Challenge Initiative (CCI) Team continues to educate and inform the local community about ways to keep their carbon footprint low and encourage its members to adopt climate friendly behavioural changes in their daily life.

After almost four years of working towards creating awareness, behavioural and attitude change towards climate change, the CCI Team has achieved great success. The project has delivered information and activities that have made a positive impact on people's lives.

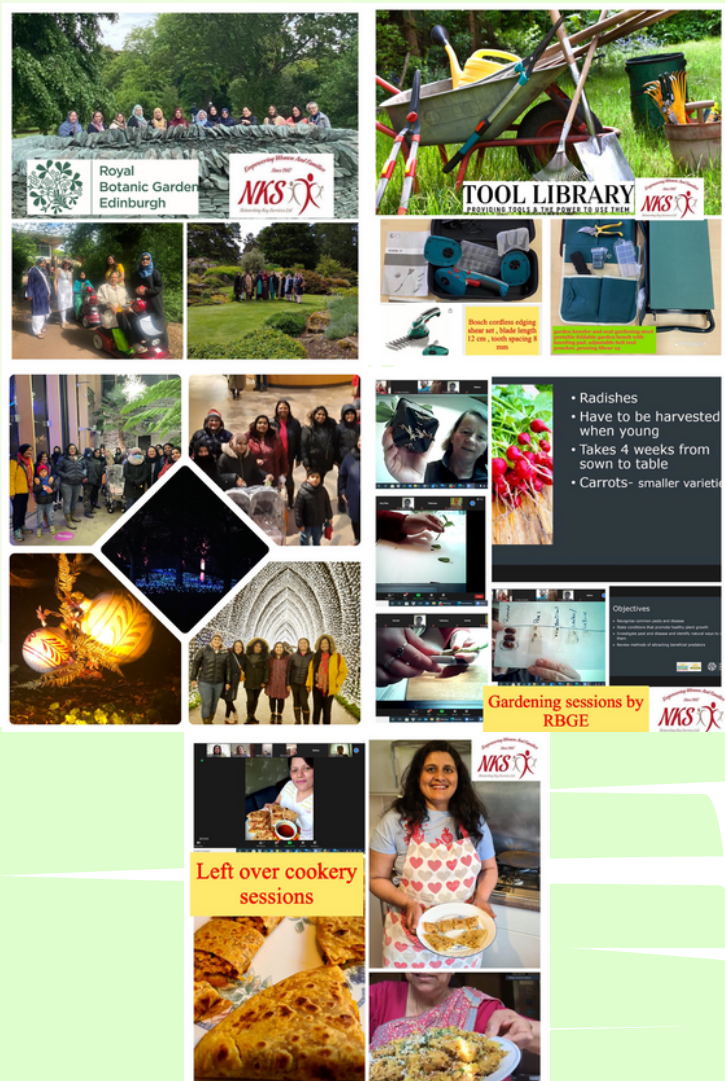
The CCI Team has well established groups in every part of its project, according to people's interest, experience and need. Based on the project milestones, these project categories are: **Energy, Edible Garden, Waste Management and Sustainable Transport**. As a result, interesting activities have been organised and delivered to increase both interest and abilities in local communities, thereby delivering the essential knowledge that they can take away and share.

The increase in climate friendly knowledge is not only limited to the local community, it is also applied to project workers who are provided with a variety of training sessions and workshops under the CCI Project. The nature of CCI has changed since June 2021, due to the administration of the Climate Challenge Fund returning to the Scottish Government, however the project direction is still the same.

The CCI Project is ending in March 2022, and we urge people in the community to join our weekly organised activities. The three monthly activity plan is always shared on NKS social media in advance, so that everyone can find a suitable date and time to join in.

During the last few months, a number of interesting activities were held:

- **Climate Challenge Project Fashion Show**  
This event was held as part of the NKS Fundraising/ Open Day with clothing restyled with used fabric.
- **Royal Botanic Garden Edinburgh (RBGE)**  
Online sessions and light show visits are popular among women who want to learn in-door/out-door edible gardening in Scottish weather. The support from the RBGE team is always incredible. We are grateful to RBGE, for keeping the NKS community informed and educated. We are also particularly grateful for them providing free visits to different ticketed events such as, Christmas at the Botanics which was an amazing light show. It proved to be a most entertaining event for the community.
- **Tackling Waste**  
Waste management online sessions were held by the Zero Waste Scotland team.
- **Energy**  
Various topic sessions were delivered by the Home Energy Scotland team. The CCI team also carried out one to one Energy checks with households as requested. This was one of the many supports that our team provides as a third party organisation.
- **Cookery Sessions**  
NKS volunteers hosted fortnightly cooking activities, coming up with new ideas for leftover rice and roti (flatbread), along with different homemade chutneys.



# SMART ENERGY GB IN COMMUNITIES FUND

BY TATHEER FATIMA, NKS CLIMATE CHALLENGE PROJECT COORDINATOR



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.

Over the last few months, the Smart Meter Project Team has worked towards building awareness among the target groups in South Asian communities, mainly by focusing on indirect activities.

The particular activities decided upon were to share information material along with a project designed poster to distribute amongst the general public but largely focusing on the South Asian community. Easier places to access were, for example: Asian supermarkets, mosques, Gurdwara's, temples and similar public gathering areas.

The project team had one to one meetings with the relevant people responsible for these venues and ensured that the information would be placed on notice boards and visible places. This would provide maximum opportunities for the public to view and read.

NKS social media provided regular further coverage of these activities during the month of December 2021.

## Looking ahead:

We will be continuing the social media coverage (of direct and indirect activities) after the project ends and highlighting the benefits of smart meters through the Climate Challenge Initiative (CCI) Project until March 2022.

Furthermore, smart meter awareness will be part of our activities under the energy topic of the CCF Project, and this will continue until July 2022.

The project team has worked hard to meet the aim and purpose of the grant, to help build awareness and confidence in smart meters and to ensure people in the target group understand how smart meters can benefit them.

We hope that the activities will have a positive and long term impact and will encourage people to seriously think about installing smart meters in their homes.

Note: If anyone needs to install a smart meter and you are unsure how to do this, please contact the NKS smart meter project team.

Thank you.

You can find out more information on the SEGB website: [www.smartenergygb.org](http://www.smartenergygb.org).



# SMART ENERGY GB IN COMMUNITIES FUND

BY TATHEER FATIMA, NKS CLIMATE CHALLENGE PROJECT COORDINATOR



Here are highlights of the indirect activities undertaken, under our **Smart Meters Project**, funded by **Smart Grants** and **National Energy Action (NEA)**.

These indirect activities included organised visits to the most attended places by South Asian communities, such as, Mosques, Mandirs, Gurdwara's (prayer/worship places) and popular grocery shops.

The NKS Smart Meters Project Team placed the information posters, over a period of two months, at these places (entrances, doors, and notice boards). We had interesting discussions about the benefit of using smart meters, with the relevant people during this process. We hope that this will encourage our community to get and use smart meters at home and start saving energy.





# NKS CHILDCARE FACILITY

BY RUKHSANA HUSSAIN, NKS NURSERY MANAGER



## Activities in the NKS Nursery

### October 2021

We took the children on Autumn walks where the children experienced different patterns and colours of the changing season. The children enjoyed: stepping in puddles; walking through piles of leaves; finding footprints and looking at plants, birds and trees. They gathered conkers and played sorting and counting games. They enjoyed the leaf art and craft activities. They also had a Halloween party and made pumpkin lanterns.



### November 2021

This month we celebrated the festival of Diwali. The children made *dias* (lamps) and had a special snack.

We also had a display about St. Andrew's Day. The children made flags and we talked about kilts and their different patterns. We went on a walk and looked at the buildings to see if we could see any flags flying.

We took the children to the local park and they looked for nuts, sticks and pieces of rough bark. We also talked about the weather as the children changed the picture on the weather chart.



### December 2021

We had a wonderful Christmas display and the children decorated the Christmas tree. They were busy making cards, decorations and party hats etc. We read different Christmas stories each day.

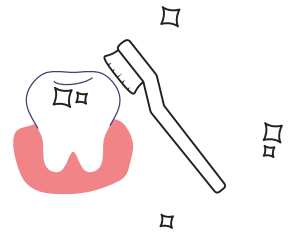
We also made playdough and the children used Christmas cutter shapes to make tree decorations.

We are regularly going outside and crunching through the frosty grass, stirring puddles with sticks and looking at our footprints in the mud. All these activities are helping the children to learn more vocabulary.



# ORAL HEALTH PROJECT

BY SAMINA FAYYAZ, ORAL HEALTH PROJECT WORKER



The Oral Health Team has continued to support our clients and communities to help them to manage their oral hygiene. Since the previous newsletter, there has been an increase in the number of people needing emergency access to dental services. They have had issues due to their language barriers and their limited knowledge.

The impact of COVID-19 has made accessibility to emergency services even more difficult and this has resulted in causing more problems for our clients. Unfortunately there is a massive backlog of patients for the NHS dental services to get through. Pre-pandemic you could see the dentist every 6 months, now your dentist will see you once a year unless you have an emergency. This is causing problems for some clients and The Oral Health Team is working hard to resolve this for them.

The Oral Health Team is continuing to support and stay in touch through online Zoom sessions with the South Asian families. The Oral Health Team is still delivering sessions to the: children in the After School/ Homework Club, Mothers and Toddlers Group, NKS Nursery children and in the other groups running at NKS.

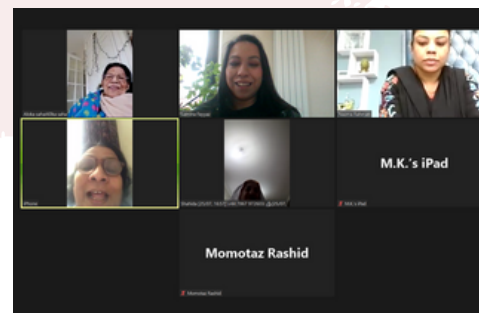
## NKS Fundraising/Open Day Event

The NKS Fundraising/Open Day event was held on 30th of October 2021 at Drennan Hall in Polwarth Church. The Oral Health Team raised awareness on how to manage Oral hygiene. Parents and children were able to approach the Oral Health Team on their information stall and learn about their oral hygiene.



## Oral Health Grandparents Groups

Our first Oral Health Grandparents Group was held on the 30th of November 2021. We saw an increase in the number of grandparents looking after their grandchildren during the Covid-19 pandemic. This group was developed for grandparents to raise awareness about oral health among preschool children, since during the pandemic, a large number of them were looking after their grandchildren due to the closure of schools, nurseries and playgroups. We discussed healthy eating in the online Zoom sessions. The grandparents were given information and awareness was raised as to what healthy snacks to give their grandchildren in between meal times e.g. fruit and vegetables instead of crisps and sugary sweets and to offer them water and milk rather than juices and other sugary drinks.

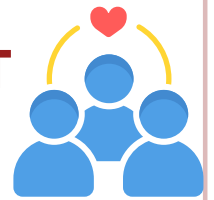


The NKS Oral Health Project will continue to provide advice, support and educational sessions to children and adults. If you are interested in learning about your oral health or you need support, then please get in touch.

**Samina Fayyaz 07737576054**  
**saminafayyaz@nkshealth.co.uk**  
**Nazma Rahman 07960744899**  
**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



Groups have been running successfully with approximately twenty women in each group (sometimes more), each week. We have become more familiar with Covid-19 and its lasting impact. It will be with us for a long time and we will need to access online services much more. This is particularly because of the effects of 'Long Covid' among our communities and the impact on both mental and physical health.

We have been supporting families to continue to learn and become confident in the use of android/iPhones, laptops, notebooks and iPads in order to successfully deal with day-to-day matters. This support has been aimed at all users with no or low education and those who are looking for jobs.

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

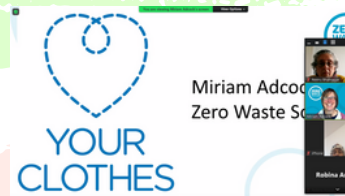
### Wednesday & Thursday Women's Groups

- Digital Literacy with Meghna Saxena
- Loving Your Clothes with Zero Waste Scotland
- Upcycling Old Dupattas with Nazma Rahman from the NKS Climate Challenge Initiative
- Ditching Disposables with Zero Waste Scotland
- Diabetes Talk with Lubna Kerr
- Gardening with Royal Botanic Garden Edinburgh
- Guardianship information session with a solicitor
- Benefits information session for over and under 65s with Naseem Suleman from NKS
- Love Food, Hate Waste with Zero Waste Scotland
- How to Conserve Home Energy with Home Energy Scotland

### Feedback received:

*"My daughter-in-law used to help me every time when I joined on Zoom. She is away on holidays for few weeks now. Today I am very happy with myself as I have been trying to start without any help. It took me half an hour but I managed to do it myself."*

*"When we came to NKS in a group recently. We learnt once again the icons we have to press to join Zoom from the laptop or iPad. This really helped. I feel more confident."*



At the request of women one lunch group was organised (with numbers allowed according to COVID-19 guidelines) at NKS. The women participated in a half hour walk outdoors and a focus group discussion at the end with a takeaway meal. The women really enjoyed seeing each other in person at NKS.

### English Conversation Groups

We have been running three 'English Conversation' groups, at beginners and intermediate levels with the help of two female tutor volunteers for a while now. It is fantastic to note that because of these sessions over the past year, a few attendees have been successful in getting jobs.

More recently, a new mixed group has started with the help of a male volunteer tutor to encourage men to participate.

We have created a new Bangladeshi Women's Group on Sundays which is going very well. A Bengali speaking volunteer has been added to make it easier for participants to engage. Both users and tutor are finding this support very useful. Furthermore, people have received certificates of attendance at our recent Annual General Meeting while others had them posted out to them.

### Observation from one of our NKS staff:

*"Before Mrs X used to call me with all the letters and ask, how she should deal. But recently Mrs X has been saying that she can deal with it and when she explains it to me it is totally correct way Mrs X has managed to not only read the content of the letter but dealt with it too."*

### Feedback received from some participants:

*"I really enjoy attending my class each week."*

*"Today's class was really amazing and fully enjoyed with everyone. See you soon everybody again. Have a nice time ahead."*



# PHOTO GALLERY





# 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)
- Jabeen Munir** - Director (Joint Treasurer)
- Yasmin Ahmad** - Director (Secretary)
- Mussarat Ahmed Kaneez** - Director (Joint Secretary)
- Shaheen Ahmed** - Director
- Alison Conroy** - Director
- Honor Loudon** - Director
- Lesley Hinds** - 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 & Autism Project (AP) Worker
- Nasima Zaman** - LTHCs Worker & AP Worker
- Nazia Majid** - LTHCs Worker/AP Worker & Volunteers Project Coordinator
- Samra Ahmed** - Care for Carers' Project (CfCP) Coordinator
- Humera Adnan** - CfCP Administrator
- Samina Fayyaz** - Oral Health Project (OHP) Worker & Helpline Project Worker
- Tatheer Fatima** - Climate Challenge Initiative (CCI) Coordinator
- Manjari Singh** - CCI Worker & Edinburgh Garden Partners Project Worker
- Nazma Rahman** - CCI Worker & OHP Sessional Worker
- Neeru Bhatnagar** - Health and Social Inequalities Project (HSIP) Coordinator & Community Development Worker
- Rohina Hussain** - HSIP Worker
- Rukhsana Hussain** - NKS Nursery Manager
- Amina Rahman** - Senior Childcare Practitioner
- Fauzia Ahmed** - Childcare Practitioner
- Rezwana Khan** - Childcare Practitioner
- Kaniza Rahman** - Childcare Practitioner
- Nazish Raza** - Childcare Practitioner
- Tahira Ali** - in Charge of Cleaning

## Staff & Committee News

**Meghna Saxena** - She has left NKS to take up a post in England that is in her field. We at NKS are delighted for her and would like to wish her all the best for her future. We will miss her and look forward to staying in touch. Good luck!

**Manjari Singh** - She has been appointed as the new Edinburgh Garden Partners Project Worker.





## 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)



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**If you would like to advertise in the NKS Newsletter in future, please  
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