

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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Welcome to the quarterly update on NKS projects and programme of activities. The organisation is proving to be a great asset to the community, especially grassroots who are benefitting from the support offered. NKS is working closely with South Asian communities; in particular, to create and develop recovery pathways to mitigate the after effects of the pandemic.

The **phone helpline** set up by NKS to encourage individuals feeling stigmatized to come forward and discuss their issues anonymously, is an innovative idea developed on request from the community. The helpline is set up in different South Asian languages and in English.

The **Health and Wellbeing Project** with small funding obtained from the Scottish Government and managed by EVOC, will start soon and will complement our phone helpline service. We hope to make a difference by supporting communities to improve their health and physical wellbeing via this new project.



Our contribution to **climate change** will continue through awareness raising programme of activities, where we encourage communities to reduce their carbon footprints through changed behaviour.

The majority of staff have completed the **Autism training** organised especially for NKS and our staff team has already started planning sessions with South Asian communities on information about Autism. It is hoped that through increased understanding of Autism, the stigma and many myths around it will be broken.

Finally, on behalf of NKS, I would like to congratulate the Bangladeshi community on the successful celebrations of **Bangladesh Independence Day** at the Scottish Parliament.



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



INCREASE IN SOCIAL SECURITY PAYMENTS 2022

(1) Scottish Child Payment

The **Scottish Child Payment** has now doubled to £20 per week per child. This payment, which is unique to Scotland, was designed to tackle child poverty. It is one of five benefits, which provides financial support to low income families with children under 6.

This benefit will be extended at the end of the year to all eligible children under the age of 16 and at that point it will also increase further from £20 to £25 a week.

Parents and carer do not need to reapply and will see increase in payment automatically.

(2) Scottish Child Payment Bridging Payments

The **Scottish Child Payment Bridging Payment** will bring together the Covid hardship payment, family Pandemic payment into one payment, which will be made 4 times a year (these payments are available for each child who gets a free school meals because of been on low income family.)

Who can get it?

Anyone who meets the eligibility criteria for free school meals. Usually, this is for families who are on low income or getting certain benefits. You might also get it if you are experiencing financial hardship.

How to get the payment

If your child already gets free school meals because you are on low income and get a qualifying benefit, then you do not have to apply for it.

Your local council will make the payment automatically. You have to first apply for free school meals, to get the payment.

When will it be paid?

2022

BENEFITS	Rates 2021-2022	Rates 2022-2023*	New Rates 2022-2023 6% Uprate
Best Start Grant			
Best Start Grant Pregnancy and Baby Payment (1st Child Payment)	£606.00	£606.00	£642.35
Best Start Grant Pregnancy and Baby Payment (Subsequent Child Payment & Extra Payment for Twins/Triples)	£303.00	£303.00	£321.20
Best Start Grant Early Learning Payment	£252.50	£252.50	£267.65
Best Start Grant School Age Payment	£252.50	£252.50	£267.65
Child Winter Heating Assistance			
Child Winter Heating Assistance (annually)	£202.00	£212.10	£214.10
Funeral Support Payment			
standard rate for other expenses element	£1,010.00	£1,041.30	£1,070.60
other expenses element where there is a funeral plan	£123.25	£127.05	£130.65
Job Start Payment			
Job Start Payment (one-off) standard rate	£251.25	£260.35	£267.65
higher rate	£404.00	£416.50	£428.25
Young Carer Grant			
Young Carer Grant (annually)	£308.15	£317.70	£326.65
Carer's Allowance Supplement	£8.90	£9.15	£9.45
Child Disability Payment			
Care Component Highest Rate	£89.60	£92.40	
Care Component Middle Rate	£60.00	£61.85	
Care Component Lowest Rate	£23.70	£24.45	
Mobility Component Higher Rate	£62.55	£64.50	
Mobility Component Lower Rate	£23.70	£24.45	
Adult Disability Payment			
Daily Living Component Standard Rate	£60.00	£61.85	
Daily Living Component Enhanced Rate	£89.60	£92.40	
Mobility Component Standard Rate	£23.70	£24.45	
Mobility Component Enhanced Rate	£62.55	£64.50	

3.1% increase in line with the equivalent benefits (Disability Living Allowance and Personal Independence Payment) which are still administered by DWP.

SELF MANAGEMENT PROJECT

BY NASIMA ZAMAN & NAZIA MAJID, LTHCS SUPPORT WORKERS



As Covid-19 is here to stay and new variations are surfacing, the future is unpredictable. The Long Term Health Conditions (LTHCs) team continues to provide ongoing support and educational sessions to our service users. Weekly calls to clients are being made to check on their health and welfare and offer befriending services. We are also conducting home visits and regular outings to combat mental health and social isolation. We have also begun to invite people back to the NKS premises for face-to-face group sessions.

Since the start of the outbreak, the LTHCs team has been working closely with clients, their families and health professionals to ensure that none of our clients are neglected. The Covid-19 pandemic has put a wide range of psychological pressures on South Asian communities. Problems such as depression, anxiety, insomnia, and distress have been reported in many cases.

Mental health problems now need proper and comprehensive attention and management because of the pandemic. In general, when any biological disaster occurs, fear, uncertainty, and stigmatisation themes are common and can act as a barrier to physical and mental health interventions. We are observing a group of people who, despite the risk of mental health problems or some degree of - do not try to improve their conditions.

This can pose many challenges for these individuals and the people under their care i.e. children and elders. Many individuals in need of mental health care, face barriers to accessing telemedicine through the internet and mobile devices, as not many people, especially South Asians, are computer or smart phone literate. These barriers can widen health disparities and undermine the considerable efforts made to mitigate the Covid-19 impact.

The LTHCs team has been continuously networking with other organisations and inviting qualified experts to educate and raise awareness of the impacts of long-term health conditions and mental health. Currently, we are concentrating on how to alleviate the effects the pandemic is having on people's conditions, such as weight gain (which can lead to diabetes), heart disease, and overall mental health.

The following LTHCs sessions took place over Jan - March:

- **Robert Burns Day** was celebrated by a visit to the **National Museum** followed by lunch at Mr Basrai's restaurant
- **Healthy Eating and Diabetes**
- **Mental Health** webinar
- **Climate Challenge Project Focus Group**
- **Cervical Cancer information session with NHS National Services Scotland**
- **Budgeting** with **Money Advice Scotland**
- **Yoga** with **Carers Group**



Cervical Screening Session, NHS National Services Scotland (NSS)

This particular session was informative, engaging and well received by the group, it covered the topics:

- What is cervical screening
- Why it's important
- When you'll be invited
- How to book an appointment
- What happens at your appointment
- Your results
- Further help and support

The session was also to obtain feedback from the group for future research by NSS on how to improve the service and find new ways on how people are called for screening.

Understanding Autism training

NKS staff has been undergoing training on Autism. The aim is to understand and learn about this neurodevelopmental difference and to raise awareness with our service users.

What is autism?

- Autism is a lifelong neurodevelopmental condition that affects the way a person communicates, interacts and processes the world around them.
- There are more than 1 in 100 autistic people in Scotland. Yet, how many of us really know about autism, and what it means for those suffering from it?
- One of the biggest factors of having any kind of disability especially within the British Asian community is engaging members through positive support and creating awareness. However, as with many Asians who suffer from some kind of disability, this is easier said than done.
- Every autistic person has skills, talents and aspirations. Whilst some people will have subtle differences in their thinking and processing style, others will be requiring more support that is intensive.
- Autism is typically diagnosed in childhood however; a large number of people are not diagnosed until adulthood. This can be for a variety of reasons, and is a very personal decision. Everyone develops differently and at their own pace, however there are key areas of a person's development that indicate if they are autistic. This includes how the person interacts, communicates and processes the world around them.

NKS LTHCs team will be organising sessions on raising awareness on Autism in the coming months as well as offering one to one support.

Please feel free to contact Nasima Zaman, Nazia Majid or Neena Agarwal if you require support on Autism or any Long Term Health Condition. Please be assured that all client information is kept confidential.

SELF MANAGEMENT PROJECT

BY NEENA AGARWAL, LTHCS SUPPORT WORKER



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

As Covid-19 restrictions were relaxed, we were able to provide proper support to the LTHCs Men's Support Group. We were able to bring the older men safely back to NKS premises, where these sessions were enjoyed the most. We have also had to hold some online sessions because three group members are house bound and it is important to keep them connected with the local community, friends and continued use of technology. Digital support is still ongoing. After consulting the group, the following sessions were organised:

- **Dementia Awareness**
- **Robert Burns Day** celebration
- **Grandparents Oral Health Group**
- **Climate Challenge Focus Group**
- **Stress Management**
- **New Covid-19 Variant and Healthy Eating**
- **Information on new NKS Helpline** with Samina Fayyaz



All the sessions were very successful. But they enjoyed the Robert Burns Day celebration the most. NKS took the group out for lunch and all were very excited and wore tartan scarfs. Some users read some of his poems and some read excerpts from his biography. It was a very fun and relaxing event. One service user made the comment "***I am living here in Edinburgh for more than fifty years but I did not know about Robert Burns but todays event has certainly enhanced my knowledge***".

Home Visit Befriending:

One visit was made to a housebound elderly man along with a male volunteer.

Referrals:

one referral was made to the Department of Work and Pensions and two referrals were made to other NKS staff.

Conclusion:

Last but not least, after working the first three months of 2022 it seems that we are quite near to achieving some of our aims and objectives for the LTHCs Men's Support Group.



A PROBLEM SHARED IS A PROBLEM HALVED

CALL THE NKS HELPLINE

- **DO YOU HAVE ANXIETY AND WORRIES, DUE TO COVID19.**
- **WORRIED ABOUT MENTAL HEALTH, DOMESTIC VIOLENCE, UNEMPLOYMENT, BENEFITS.**
- **YOUNG PEOPLE, WHO NEED SUPPORT WELCOME.**
- **NEED A LISTENING EAR**

ALL CALLS AND ADVICE IS
CONFIDENTIAL!

NKS MAIN OFFICE 0131 221 1915.

ENGLISH NUMBER 07737 576 054.

URDU/ HINDI/ PUNJABI/ NUMBER 07828 171 261.

BENGALI/ SYLHET NUMBER 07828 167 614.

**LINES ARE OPEN BETWEEN MONDAY TO FRIDAY
9AM TO 5PM.**

CARE FOR CARERS' PROJECT

BY SAMRA AHMED, NKS CARE FOR CARERS' PROJECT COORDINATOR



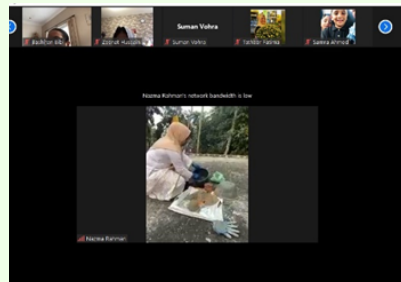
The **NKS Carers' Project** continues to deliver advice and support to its carers. We have a consistent number of carers that attend all of our informative topic sessions which help balance the challenging life of a carer.

We interact closely with our carers to listen and understand what their needs are. We provide trainers and experts that can give accurate information to our carers, which will benefit them in their role of a carer.

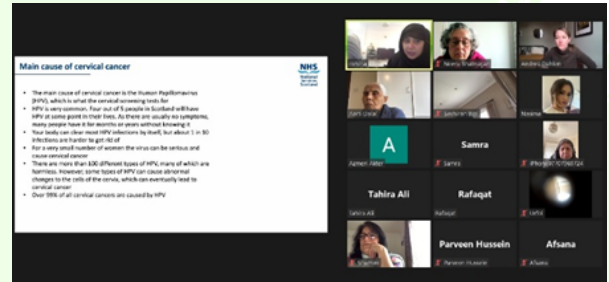
The following sessions took place from **January to March**:

In early **March** the group took part in the **Cervical Screening Information** session by NHS National Services Scotland.

In **January** the carers participated in Climate Challenge sessions on making the **"Best Out of Waste"** with Nazma Rahman.



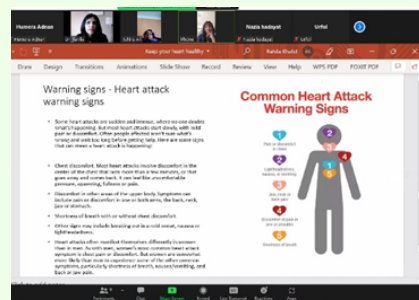
In **January**, the carers celebrated **Robert Burns Day** with a group lunch at Mr Basrai's restaurant, where they took turns to read poetry.



The carers had a great time joining in the celebrations of **International Women's Day** at NKS, also in **March**.



In **February** the carers attended a **Covid-19 Focus Group** session with the Carers team listening to the different issues and challenges the carers have had to face during the last few months of the pandemic.



The carers group enjoyed regular weekly **Yoga** sessions at NKS, during the month of **March**. They enjoyed getting fit and the opportunity to socialise with each other.

In late **March**, the carers group took part in an informative health session, **"South Asia Background and Heart Health"**, with Rahila Khalid from **Health In Mind**.

The Carers Project Team looks forward to continuing to support and stay in regular touch with the carers to advise and support them where need be. We will continue to hold regular information sessions to keep them informed and bring them together for group activities.

NKS POST COVID SUPPORT FOR OLDER PEOPLE & WOMEN WITH CHILDREN

BY NEERU BHATNAGAR, NKS COMMUNITY DEVELOPMENT WORKER



NKS **Post COVID Support for Older People & Women with Children** at risk of domestic violence and men facing social isolation project, funded by the **Coalition for Racial Equality and Rights (CRER)** has been running really well. The project has been :

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

We have managed to reach over **sixty** people offering information and advice, home visits, referrals, befriending, digital literacy support as well as English Conversation Groups. Some of these sessions have been organised with the help of volunteers, who have participated in a training programme.

Focus groups took place, from which a new group based opportunity and need was suggested - for 'Indian Men and Women', living in nuclear families, to have a platform to meet once a month.

This was established originally with nine men to address men facing social isolation. But at the request of the men at the first meeting the group has become a mixed group with twenty four members.

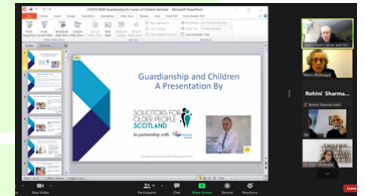
We have had four meetings, three of which took place physically and one via Zoom. In these we celebrated 'Robert Burns Night' and also an informative Zoom session on 'Guardianship and Power of Attorney' from Caesar & Howie Solicitors.

Our recent meeting had a more melodious note where we sang Bollywood songs from the 50's and 60's era, with Herman accompanying us on his Guitar.



Feedback received was positive:

"Session on Guardianship and POA was good. Very informative. All the information given was relevant and useful to consider future plans."



"This afternoon of singing together the golden oldies songs was rather special...especially it being a men and women group...singing got our vagus nerve activated...made us all happy....Food was simple and too goodconversation but quite varied and interesting...."

NKS VOLUNTEERS PROJECT

BY NAZIA MAJID, VOLUNTEERS PROJECT COORDINATOR



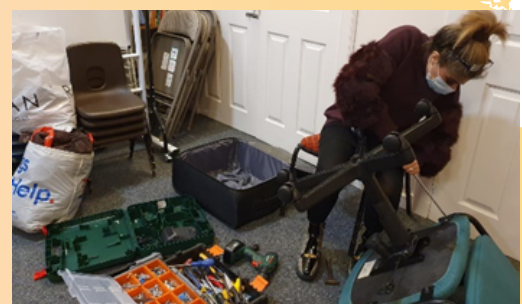
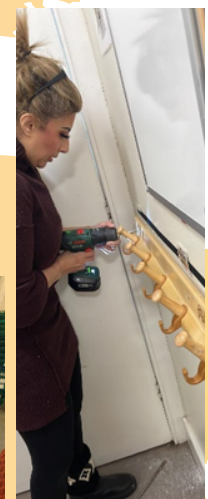
Training Volunteers to Become Community Workers

In August last year we started a training programme with volunteers in order to train them to become community champions. Fortunately, NKS managed to get some funding for the next six months from **Southside Neighbourhood**. We have had a good response from the community for volunteering and we are in the early stages of volunteers working within our groups and clients.

Eight week **training sessions** via Zoom included:

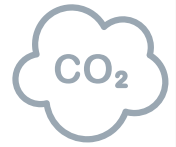
- Community work
- Confidence building
- How to network
- Issues in the community
- Mental health
- Equality and diversity
- First aid
- Digital skills
- Confidentiality
- Data protection (GDPR)

The community champions will be on placement for six months, where they will be shadowing a member of staff in different projects at NKS, in order to achieve maximum knowledge and experience. This training programme will enable and help identify gaps and further challenges in order to expand this service and reach out to more people in the community. This programme will also encourage and build confidence, which will later lead to employment opportunities for the volunteers.



LOW CARBON COMMUNITIES INITIATIVE

BY TATHEER FATIMA, NKS CLIMATE CHALLENGE PROJECT COORDINATOR



The **Climate Challenge Fund (CCF)** project is coming to an end. We believe that extensive work has been done in engaging NKS users and local communities, in different activities towards climate change awareness. This has been achieved by encouraging changes to behaviour and attitudes towards issues related to their individual carbon footprint.

Our team will continue working towards this important cause but in a different way. We sincerely thank our communities (Indian, Pakistani and Bangladeshi) for their support and engagement in the project activities.

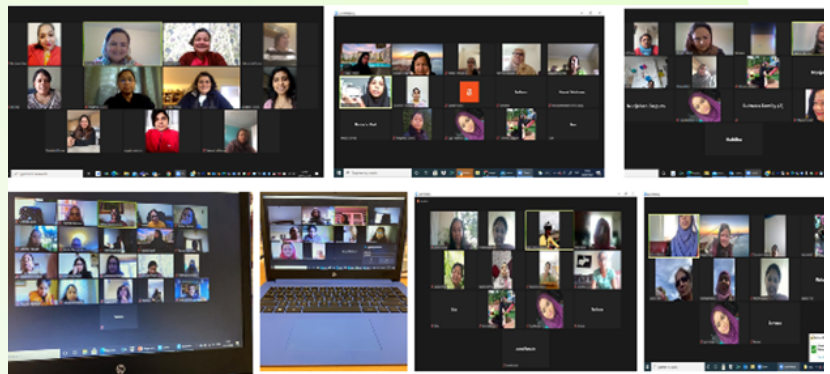
Our team has also helped many people from the communities with IT skills enhancement, through one to one sessions or group informal trainings.

We are delighted to share, that the CCF team was able to deliver **550** activities during the lifetime of the project. As a result, our communities have been able to benefit from lifetime **savings of 2419 (tCO2e) emissions**.

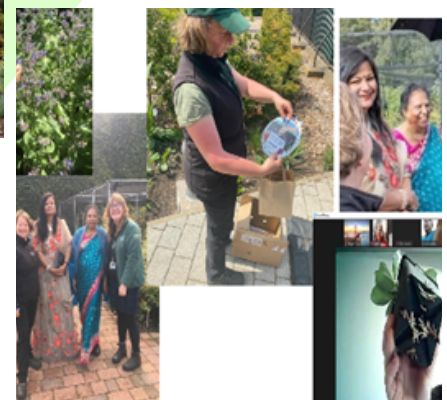
To provide our readers with a quick summary, some of the activities are highlighted below.

- Fuel efficiency driving trainings held with **36** taxi drivers.
- Trainings on reducing food waste and making better food choices, held with **80** individuals.
- Leftover online cookery sessions held with **200** users from all three communities .
- 'Best Out of Waste' fashion show was held and **30** dresses were prepared and showcased.
- Kids climate change online sessions held with **16** kids and provided with certificates along with gift bags.
- Royal Botanic Garden Edinburgh (RBGE) night show attended by **30** individuals in December 2021.
- **80** live knowledge based information sessions delivered by RBGE.
- Training and discussion sessions on energy usage and smart meter installations at home delivered by Home Energy Scotland (HES) and National Energy Action (NEA).

Online sessions during the pandemic



Collaboration with RBGE



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



NKS Project - Promoting the benefits and installation of smart meters among older people (65+)

EDINBURGH GARDEN PARTNERS

BY MANJARI SINGH, NKS EDINBURGH GARDEN PARTNERS PROJECT WORKER



NKS and **Edinburgh Garden Partners (EGP)** have 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 want a space to grow (garden volunteers) 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 gardens 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 February 2022, we have progressed ahead and enrolled new garden owners and are now progressing on the garden sharing document process.

Below is a summary of current garden activities and partnerships:

- We found new a volunteer for client A. We also matched a new volunteer for client B. We visited client C to assess their needs. My own garden will also be looked at. A few formal meetings need to take place either on Zoom or in person, since finding an appropriate date for signing document from both sides, is proving to be difficult.
- We have tried to find a new volunteer for client D where they had two volunteers working in their big garden, but one left. So the search is on for a new volunteer.
- The volunteer attached to client E is continuing and the garden work is satisfactory, therefore no changes are required. The EGP team is planning to visit their garden soon.
- EGP has requested me to find a garden owner in the EH11 area, since they have a lot of volunteers available but have no space to work on. Recently client F has shown a keen interest in sharing their garden for potential volunteers. Debs from EGP and I, will have a meeting with them very soon, in their garden.
- EGP volunteers are busy attending gardening skills training with Elinor (RBGE) and a few seed swapping events happened recently.



During spring, we are planning to have interactive gardening outdoor events to introduce garden owners and new volunteers. This will be for the purpose of meeting with each other to establish a good network to share knowledge and tips. I have suggested a plan to visit Shepherd House Garden in Inveresk in Musselburgh, for the event.

Additionally, I am trying to establish a relationship with the Grove Community Garden Project, for new gardening space for keen volunteers who want to practise their gardening skills to grow vegetables. This will be a great opportunity to make contact between both organisations.

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

You can also use this link to view the YouTube link about EGP project who have won an award recently to tackle climate change. <https://www.youtube.com/watch?v=PDA6YII946o>

NKS CHILDCARE FACILITY

BY RUKHSANA HUSSAIN, NKS NURSERY MANAGER



Activities in the NKS Nursery

January

During January, we discussed the **winter season** with the children. We explored the changes in weather and the children participated in various activities. On the days that it snow, the children played outside and built snowmen.

The nursery also created a display of winter clothing to show the children different types of clothing and accessories, and how to use these to keep warm.



February

We celebrated **Chinese New Year** on the 1st of February which was a great opportunity for the children to learn about new cultures and customs. The nursery displayed Chinese artefacts and animals linked to Chinese culture. During arts and crafts, the children used black paint to write Chinese symbols and also painted in bright colours. The children found the topic interesting and enjoyed the day.



We also celebrated **Shrove Tuesday** in the nursery where we made pancakes. The children enjoyed this activity and we had various discussions on everyone's tastes, likes and dislikes.

March

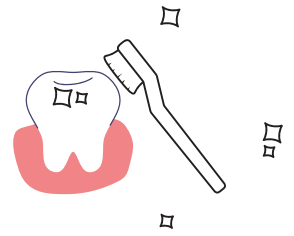
We celebrated **World Book Day** on March 3rd and the children shared their opinions on their favourite stories and characters. We also celebrated **Holi** on March 18th and the children learnt about the colourful festival. The children enjoyed making Rangoli in the outdoor play area by using their favourite colours.



For **Mother's Day** on March 27th, we discussed children's feelings towards their mothers and made cards with their choice of design.

ORAL HEALTH PROJECT

BY SAMINA FAYYAZ, ORAL HEALTH PROJECT WORKER



The Oral Health Team has been continuing to support our clients and communities, by helping to manage their oral hygiene. In this the last newsletter, 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 good news is that slowly, dental surgeries are opening up again. However, there is still a backlog of patients for them to work through, but people are receiving appointments.

The Oral Health team is continuing to support and stay in touch through Zoom sessions online with the South Asian families with children and communities. The Oral Health team are still delivering sessions, Mothers and Toddlers group, in the NKS nursery and in adults' sessions.

SESSIONS WITH CHILDREN

The children in the Afterschool/ Homework Club and their families took part in the Decay Challenge. These were fun based activities that were open to all, for children and their families to take part in. The aim was to see how clean their teeth were by using the disclosing tablets given to them. The families recorded themselves doing the challenge. This was a fun based activities for families. So well done!

The children's group from the local Edinburgh Central Mosque, (MWAE Mother and Toddlers Group) also got involved in the Oral Health sessions. The Oral Health team has been delivering sessions to them for one year now and they have been really enjoying them. They were given oral health goodies bags, containing tooth brushes and tooth paste.



SESSIONS WITH ADULTS

Families with pre-school children took part in the sessions from **Edinburgh Community Food**, to learn about healthy eating and basic oral hygiene. Well done to all of the children for taking part! The adults have taken part in the Oral Health focus groups, to help us collect valuable feedback.

GOODBYE!

Thank you for reading my articles in the NKS newsletter for the past three years. Sadly, this is the last article for the Oral Health Project as the project will be coming to an end, at the end of March 2022. I have thoroughly enjoyed working in the Oral Health Project.

The Oral Health Project has been on a difficult journey during this global pandemic. This has made it extremely difficult and has come with endless challenges and barriers. It has certainly kept us working hard to achieve positive changes. It has been very enlightening to see how oral health is managed in the South Asian community. Overall, I have been humbled by their ability to embrace the change and learn to perfect their oral hygiene. Keep up the good work!



Samina and Nazma (the Oral Health Team)

LOOK OUT FOR A NEW HELPLINE PROJECT COMING TO NKS!

More information will be shared in the June Newsletter.

HEALTH & SOCIAL INEQUALITIES PROJECT

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

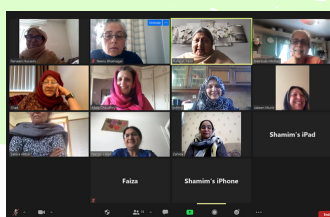


As local community groups are becoming familiar with ongoing Covid-19 rule changes and are getting used to the new normal, NKS has been able to better plan activities according to these changes, weather conditions and other requirements. This has meant using both indoor and outdoor opportunities in consultation with the users.

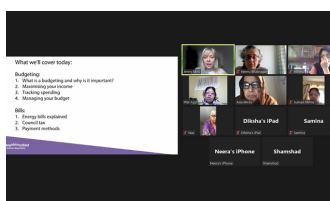
Activities/Talks/Topics/Workshops – Zoom Sessions

Wednesday & Thursday Women's Groups

- Confidence Building
- English Conversation Beginners & Intermediate Levels Class
- Budgeting & Basic Bills Facilitated by Money Advice Scotland
- Robert Burns Day Celebration
- Mental Health Stigma & Conversation Around Barriers to Accessing Services



Confidence Building with NKS Manager, Naina Minhas



Budgeting and Billing workshop with Jenny from Money Advice Scotland

- Survey, Focus Group & Evaluation Of Climate Challenge Project
- Talk on Guardianship with Caesar & Howie
- (HSIP) Focus Group & Evaluation of Project
- Volunteering
- One to one Support

“Lovely Lunch, we had great time with everyone today. We really enjoyed listening to poetry of Robert Burns. It is nice to learn things about other cultures, as we have been living here for so long now.”

Feedback received:

“Thanks for that brilliant law session. Deeply enjoyed it. More sessions on different types of law will greatly benefit us all.”

“Thank you for organising an interesting session which was great and interactive. I loved meeting all the ladies from Thursday group after a long time.”

English Conversation Groups

We are now running 'English Conversation' groups at beginners and intermediate levels. Both have been very popular and everyone has been progressing really well in conversing with service providers themselves.

Our Sunday Group recently formed with Bangladeshi Women, is also going strong with the help of our tutor Rachel with the support of Momotaz, both volunteering for NKS.

Feedback received from a tutor:

“The classes have gone really well and both the Beginners group and the intermediate group have met regularly for two years, been well-attended and worked hard at mastering their English language skills. We have built up vocabulary and grammar points but always for the purposes of communication and conversation - not in order to gain any particular exam certificate. Certificates have been awarded, however, for commitment and attendance and anyone who completed a 10 week teaching block has received a certificate of achievement from NKS.”

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 OBE** - 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** - Health & Wellbeing Project Worker/ Helpline Project Worker
- Tatheer Fatima** - Climate Action Fund (CAF) Lead/Smart Meters Project (SMP) Lead
- Manjari Singh** - Climate Action Fund (CAF) Community Worker/Smart Meters Project (SMP) Worker/ Edinburgh Garden Partners Project Worker
- Nazma Rahman** - Climate Action Fund (CAF) Community Worker/Smart Meters Project (SMP) 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

- Samina Fayyaz** - She has been appointed as the NKS Helpline Project Worker and the Health and Wellbeing Project Worker.
- Tatheer Fatima** - She has been appointed as the Climate Action Fund Project Lead and the Smart Meters Project Lead.
- Manjari Singh & Nazma Rahman** - They have been appointed as the Climate Action Fund Project Community Workers and Smart Meters Project Workers.



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, Website: www.nkshealth.co.uk



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If you would like to advertise in the NKS newsletter in future, please contact our office on 0131 221 1915 or email us at: nks@nkshealth.co.uk.



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