

Winner of:

TNF Scottish Charity Awards 2009
The Scottish Asian Business Awards 2009
Scottish Empowerment Awards 2005
Contribution to Others Finalist 2005



Integration Partnership
of the Year Award
for 2017

Finalist in the Health and Social
Care Integration Award Category
for The Herald Society Awards
2017

NETWORKING KEY SERVICES NEWSLETTER

formerly known as Nari Kallyan Shangho

Health and Welfare project for women and families living in Edinburgh, providing them with a platform to act together and improve the quality of their lives. At NKS we firmly believe that

a happy woman is a happy family

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Editorial - Naina Minhas, NKS Director

We are in the new financial year with an exciting programme of activities for our members. The Health & Wellbeing Forum is in the process of being set up. The NKS phone helpline is already running and NKS is actively encouraging face-to-face activities where possible.

Our Smart Meter Project with Older People and Waste Project to reduce waste in our communities are both very popular with South Asian communities. The last three months saw NKS adapting to the 'new normal' with a hybrid way of working and has been buzzing with various activities. All NKS staff team are working from the NKS premises and taking up face-to-face appointments and delivering group sessions.

The highlights of the last three months have been:

- an Open Day in May to publicise a range of the NKS projects
- an information and a food stall at the Canal Festival in June
- a Seniors Cultural Programme was well attended by older people. It was a pleasant surprise to see older men and women from diverse South Asian communities participating in the cultural programme. We would like to thank Luminare project for supporting the Seniors cultural programme.



One of our main achievements in the last three months has been setting up a Young People's Club for children from 5 years to 14 years of age. There is a big demand and we already have 35 members in the group. We applaud the staff team who took this initiative and set up the group on a voluntary basis.



We will be looking for funding for the youth group by involving young people in shaping up and developing young people's project.

The next quarter of July to September will be equally busy with summer outings and many educational activities during the school holidays. If you would like more information about our work or would like to get involved, please get in touch with us at NKS.

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



New Government Cost of Living Support

On 26th of May 2022, the government announced new help to support people with the cost of living. There are a number of different schemes that are aimed at different groups.

£650 Cost of Living Payment for those on Benefits

This will be for people on means tested benefits and each will receive a payment of £650. This includes all households who receive certain benefits, such as:

- Universal Credit
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Income Support
- Working Tax Credit, Child Tax Credit
- Pension Credit

The Department of Work and Pensions (DWP) will make the payment in two lump sums – the first from July and the second in the Autumn. Payments from HMRC for those on Tax Credits only, will follow to ensure there are no duplicate payments. The government will make these payments directly to households across the UK.

One Off £300 Pensioner Cost of Living Payment

Pensioners are disproportionately impacted by higher energy costs.

Disability Benefits

You may get a lump sum payment of £150 if you are receiving any of the following:

- Attendance Allowance
- Constant Attendance Allowance
- Disability Living Allowance for adults
- Disability Living Allowance for children
- Personal Independence Payment
- Adult Disability Payment (Scotland)

Winter Fuel Payment

If you are entitled to the winter fuel payment, then you will get an extra £300 with your normal payment from November 2022. This is in addition to any Cost of Living payment you get with your benefits or tax credits.

The Scottish Child Payment

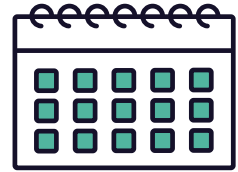
There will be an increase of £20 from April to the Scottish Child Payment.

The Adult Disability Payment (in Scotland) will be replacing the UK Government's Personal Independence Payment. It will be phased in from March 2022. There will be no private sector involvement. The DWP style assessments and any consultations that are necessary, will be in favour of that person and will not include functional examinations.

There will be different ways to make the applications. In addition, the burden of providing supporting evidence from the person making the application, will be removed. The onus will be with Social Security Scotland, to collect the information they require.

SELF MANAGEMENT PROJECT

BY NASIMA ZAMAN & NAZIA MAJID, LTHCS PROJECT OFFICERS
AND SABA AHMED, NKS VOLUNTEER



Long Term Health Condition (LTHC) - this is a health problem that cannot be cured but can be controlled by medication or other therapies. The number of people with LTHCs is set to increase over the next years, particularly those people with three or more conditions at the same time. Examples of long term conditions include high blood pressure, depression, dementia and arthritis.

Long Term Health Conditions, can affect many parts of a person's life, from their ability to work and have relationships, to housing and education opportunities.

The LTHC project's aim and responsibility is to come up with plans to help make life better for people with long term conditions by:

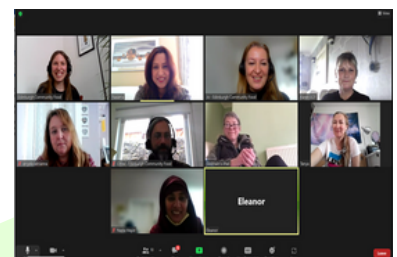
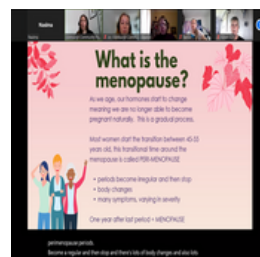
- helping them to get the skills to manage their own health
- agreeing with them a care plan that is based on their personal needs
- making sure that their care is better coordinated

The NKS LTHCs team has been delivering online Zoom sessions on topics that will benefit clients and families. We also resumed face to face group sessions within the NKS premises, where a warm and safe environment is created for clients to gain knowledge about topics that they wish to know more about, and to connect with others.

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

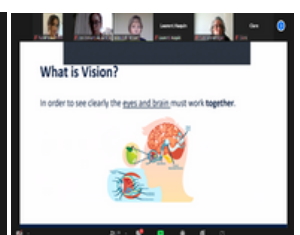
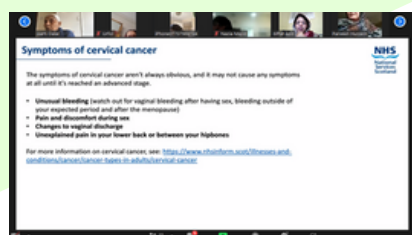
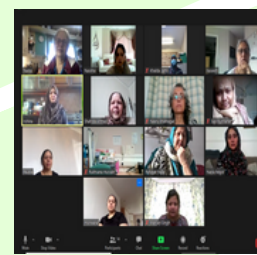
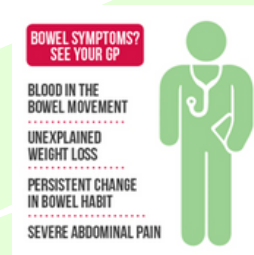
The following LTHC sessions took place over April - June:

- **Health and Wellbeing Project**
- **NKS Helpline Project**
- **Walking Group** with Rohina Hussain, NKS
- **Cultural Programme for Older People** (combatting isolation)
- **Yoga** with Neena Agarwal, NKS
- **Open Day at Polwarth Church** (food/clothes stalls, arts/crafts for kids)
- **Canal Festival - Fundraising Day**



The following Zoom sessions took place over April- June:

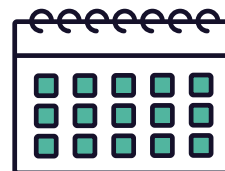
- **Autism Information** with Matthew Day, Project Manager at Number 6 - The One Stop Shop for Autistic Adults
- **Autism staff training sessions** over eight weeks
- **Bowel Screening** with NSS (National Services Scotland)
- **Money goals - Budgeting and Bills** with Money Advice Scotland
- **Money Goals - Banking** with Money Advice Scotland
- **Waste Workshop** with NKS Climate Action Fund
- **Menopause** with Edinburgh Community Foods



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 PROJECT OFFICER



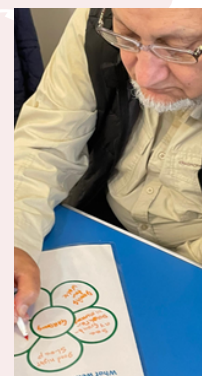
Men's Long Term Health Conditions Support Group (LTHCs) Project

The last few months of April to June ran well for the Men's LTHCs group.

In order to raise further awareness of self-management, we provide information and support in group settings. The outcome of this can be becoming more empowered and service users can feel less stigmatised within their communities.

The following sessions were organised and delivered to the Men's LTHCs group:

- **Bowel Screening** with NSS (National Services Scotland)
- **Autism Pathway Discussion** with Matthew Day, Project Manager at Number 6 - The One Stop Shop for Autistic Adults
- **Motivation and Motivational Skills** by Dr Rahila Khalid from Health in Mind
- **Gentle Exercise** by Doug Anthony (Age Scotland) followed by **Eid Celebration** at NKS
- **Health and Wellbeing Session** by Samina Fayyaz, NKS
- **Smart Meters Introduction** with NKS Smart Meters Project



The users enjoyed the gentle exercise class with Doug Anthony and they wished to have these sessions more often. Overall, both physical and online sessions were enjoyed by the service users.

Earlier in the year, NKS began an information project on Autism awareness. Through our day to day work at NKS, it has been identified that there is a big gap in this area of work with South Asian communities. Most of our own staff had limited knowledge of Autism and after receiving some funding, we were able to use the Autism training and create a project at NKS to raise awareness amongst our service users.

The Volunteers Community Champions Project has really been helpful to the Men's LTHCs group. The group has been running very smoothly ever since we had a male volunteer join us. He is very respectful to all of the men in the group and is a really big help and support to me, as I run the group by myself.

The following case study explains the work we undertake at NKS -

"We managed to bring out one service user to our lunch club with help of a volunteer who was lonely, isolated and living on his own. He still had a fear of covid and doesn't want to mix with anyone. He seems to be happy since he joined the group. His mental health has improved and he attends the group regularly. This has empowered him to be independent and confident."

Needs assessments for the service users are completed by drafting care plans for them and then service is provided accordingly. Care plans are reviewed regularly.

We had two new men users join our LTHCs group.

Referrals: two referrals were made for benefits advice to NKS staff; a Blue Badge application; help with GP appointments; rail card applications; accompanying to GP surgery, dentist, chiropody department and the eye pavillion.

Home Visit Befriending: we need to develop home visits/befriending service. Due to the pandemic, elderly people have become more vulnerable and depressed. They need home visits more often now because talking is also a therapy to combat depression and loneliness.

Networking: Health and Social Care, Edinburgh City Council, Health Alliance, Health in Mind, Age Scotland, NHS and NKS services.

NKS HELPLINE PROJECT

BY SAMINA FAYYAZ, NKS HELPLINE PROJECT COORDINATOR



The **NKS Helpline Project** was launched in January 2022 and has been a positive platform for lots of people. The Helpline has been supporting our clients and communities, by helping them to manage their problems, circumstances or advising on general information.

There has been an increase in people needing emergency support, due to reasons such as - language barriers; limited knowledge; no access to advice, etc.

This has particularly escalated due to the COVID-19 pandemic when many people lost their jobs, became isolated and began to suffer from loneliness. This created further stress and anxiety which greatly affected their mental health. Worries about the current crisis and the cost of living, are much higher than before.

People are experiencing endless challenges and barriers to access mainstream services. We are working hard to help and support our clients.

NKS HELPLINE

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.

ALL CALLS AND ADVICE IS CONFIDENTIAL!

NKS MAIN OFFICE 0131 221 1915

Languages:

ENGLISH 07737 576 054

**URDU
HINDI 07828 171 261
PUNJABI**

**BENGALI
SYLHET 07828 167 614**

**LINES ARE OPEN FROM
MONDAY TO FRIDAY
9.00 AM TO 5.00 PM**

**Please call us,
we are here to
listen!**

NKS HELPLINE

(हेल्प लाइन सहायता केंद्र)
साझा की गयी समस्या आधी समस्या है।
आप एन. के. एस. (NKS) के हेल्पलाइन पर फ़ोन द्वारा संपर्क कर सकते हैं

- अगर आप कोविड 19 की वजह से चिंतित है या परेशान हैं।
- अगर आप अपनी मानसिक स्थिति की वजह से, धरतू हिंसा, बेरोज़गारी, सरकार की अर्थिक मदद को लेकर चिंतित हैं।
- नौकरानों को भी मदद दी जाती है।
- अगर आप चाहते हैं की कोई अच्छी बात सुने।

हर फ़ोन कॉल और फ़ोन पर दी गयी सलाह गोपनीय रखी जाएगी, आप विलकुल निश्चिंत रहे

बोली जाने वाली भाषाएँ
अंग्रेज़ी नम्बर - 07737576054 (07737576054)
उर्दू / हिंदी/पंजाबी नम्बर - 07828171261 (07828171261)
बंगाली/सिलहटी नम्बर - 07828167614 (07828167614)
एन.के.एस. नम्बर - 07828167614 (0131-221-1915)
फ़ोन लाइन हर रविवार सोमवार से बुधवार तक सुबह 9 बजे से 5 तक उपलब्ध होगी।
(9 am - 5 pm)

NKS HELPLINE

بریشائی ہائیس سے بریشائی اڈھی ہوجائی یہ بلب لائن NKS پر کال کریں

- اگر آپ کو کوک بید چینی یا فکریہ کوکب (COVID 19) کی وجہ سے۔
- اگر آپ فکر مند ہیں، اپنی دہی حالت کیسے لیتا، گھروں کو بند کرنا، بے روزگاری کی وجہ سے ہائیس جس BENEFITS کیسے۔
- جوان لوگ جنکو مدد کی ضرورت ہے، یہ ان کی مدد کیسے لیتے جا رہے ہیں۔
- اگر آپ کسی سے بات کرنا چاہتے ہیں تو ہم آپ کی بات سننے کیلئے موجود ہیں۔

تمام کالز اور مشورہ دینے میں مکمل رازداری کا خیال رکھا جائے گا۔

- 01312211915 دہر میں بات کرنے کیلئے نمبر
- 07737576054 انگریزی میں بات کرنے کیلئے نمبر
- 07828171261 اردو، ہندکو اور پنجابی میں بات کرنے کیلئے نمبر
- 07828167614 بنگالی اور سلیھت میں بات کرنے کیلئے نمبر
آپ ہر لمحہ چھہ تک 9 بجے تک کال کر سکتے ہیں

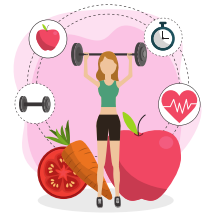
NKS HELPLINE

একটি সমস্যা ভাগ করার মানে সমস্যাটি অর্ধেক হয়ে যাওয়া
এন কে এস (NKS) হেল্পলাইনে কল করুন

- কোভিড-19 এর কারণে যদি আপনার উদ্বেগ ও উৎকর্ষ থাকে
- যার মানসিক স্বাস্থ্য, পার্বস্ব্য সহিংসতা, বেকারত্ব, ও বিভিন্ন সুবিধা নিয়ে চিন্তিত
- তরুণ যাদের সংবেদিতর প্রয়োজন তাদের স্বাস্থ্য জ্ঞানই
- শোনার জন্য সব সময় কান খোলা রাখা পরকর

সমস্ত কল এবং পরামর্শ একান্ত গোপনীয়

ভাষা সমূহ --
ইংরেজি নম্বর - 07737 576 054
উর্দু/হিন্দি/পাঞ্জাবি নম্বর - 07828 171 261
বাংলা/সিলেটি নম্বর - 07828 167 614
এন কে এস (NKS) প্রধান কার্যালয় - 0131 221 1915
লাইনগুলি সোমবার থেকে শুক্রবার সকাল ৯ টা থেকে বিকাল ৫ টা পর্যন্ত খোলা থাকে



HEALTH AND WELLBEING PROJECT

BY SAMINA FAYYAZ, HEALTH AND WELLBEING PROJECT COORDINATOR

The **Health and Wellbeing Project** was launched in April 2022. There is an urgent need to connect with communities in a meaningful way and identify pathways to improve their mental wellbeing.

The Health and Wellbeing project has been engaging with

individuals who are currently experiencing poor physical and mental wellbeing. The aim of the project is to offer them a platform, to improve their health and wellbeing, by exploring various wellbeing techniques.

The project is supporting those families experiencing poor mental health across

the South Asian communities in Edinburgh.

There is a special emphasis on deprived areas, where South Asian and other ethnic minorities are based, and are experiencing multiple barriers to improve their general quality of life.

Mental Health Awareness Week

Mental Health Awareness Week took place from the 9th of May to the 15th of May 2022. We raised important awareness of Mental Health issues, by delivering four workshops which were held over the period of a week. The first three workshops were held in Mr Basrai's restaurant and the remaining workshop was held in NKS premises.



Mental Health Awareness Week sessions at Mr Basrai's restaurant



The third workshop had a particularly great result and had thirty people attend. The sessions included an introduction to the project and providing information about it.

Women took part in conversation games, where they would roll the dice and ask other women a variety of questions, thereby getting to know one another more. There was lots of laughter as they played the games. This was a great result as the aim was to find out and share new information about each other. It was a really happy and positive atmosphere which created a good and healthy mindset.

A fantastic Health and Wellbeing session was also delivered to the **Men's** group. They learned about the five types of Wellbeing, required to maintain a positive mindset:

1. Connecting with people
2. Being active
3. Learning something new
4. Giving to other people
5. Notice



Mental Health Awareness Week Men's group



The **NKS Young People's Club** is part of the NKS Health and Wellbeing Project and is for eight to sixteen year olds. The aim of the club is to reduce the isolation felt, due to the pandemic which especially impacted young people.

Activities include:

- Conversation sessions & making new friends
- Fitness activities e.g. basketball, swimming, football etc.
- Outdoor activities e.g. walking, day trips, etc.
- Arts and crafts
- Cooking and baking

The Young People's Club is held fortnightly on Fridays, at NKS premises and also at outdoor locations (depending on the activities). The children have really been enjoying the activities and are looking forward to further sessions.



Setting a positive mindset is the first step to looking forward to the future.

Please get in touch if you want to improve your and/or your family's health and wellbeing.

You can contact me - Samina Fayyaz - on 07737576054 or NKS main office number 0131 221 1915. Thank you.

A special thanks to NKS volunteers, Idrees Nadeem (sports coach), Saba Ahmed, Nazia Majid and Samra Ahmed for taking the time to help run the Young People Club.

EMPOWERING COMMUNITIES PROJECT

BY SAMRA AHMED, NKS EMPOWERING COMMUNITIES PROJECT COORDINATOR



The **Empowering Communities Project** (previously the NKS Carers Project) is growing and becoming an established platform of support and advocacy for different service users across the South Asian communities in Edinburgh.

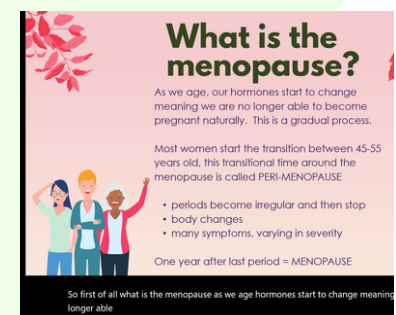
We interact closely with our service users by way of one to ones; focus groups and informative forum meetings to listen and understand what their needs are. We provide trainers and experts that can give accurate information to our users, which will empower them to make informed choices and to be able to access services suitable to their needs.

The following sessions took place from **April to June**:

- **Bowel Screening** with NSS (National Services Scotland)
- **Informal Chat/"Gupshup"** with the group
- **Introduction to NKS Helpline** with Samina Fayyaz, NKS
- **Carers Covid-19 Focus Group**
- **Menopause** with Edinburgh Community Foods
- **Bank Account & Online Banking** with Money Advice Scotland
- **Autism Information** with Matthew Day, Project Manager at Number 6 - The One Stop Shop for Autistic Adults
- **Introduction to the Health & Wellbeing Project** with Samina Fayyaz, NKS at Mr Basrai's restaurant
- **Domestic Abuse Information Session** with Tumay Forster from Shakti Women's Aid



The group also enjoyed regular weekly **Yoga** sessions with Neena Agarwal at NKS, during the months of May and June. They enjoyed getting fit and the opportunity to socialise with each other.



The Project Team looks forward to continuing to support and stay in regular touch with service users 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 OFFICER



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 with support from volunteers:

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

As it was a one-year project, it is now coming to an end in July 2022. During this period we have:

- offered information to over one hundred people
- reached forty families who have benefited from weekly befriending from volunteers
- provided advice from our welfare worker
- provided Digital and English Conversation support groups.

Our New Mixed Older Peoples Group has been meeting monthly with an average attendance of fourteen people in the group or over 60 when we have met to celebrate an event.

Since forming the group we are now meeting at NKS premises and sharing meals. This has been particularly enjoyable after the COVID-19 lockdown and is a benefit to us all.

We met last month and had an information session on 'Autism', delivered by Autism Initiatives. Attendees found this very useful as there is not much knowledge among our communities on this topic. Feedback received was positive:

"talk on Autism was excellent and so very educative...Matthew indeed was an excellent speaker..so informative, to the point but above all very relatable both in content and personality...Big thank you to Matthew, Naina and Neeru for arranging this excellent talk..also cannot falter the social aspect of eating and very warm chats...always endearing"



In June we held a Cultural programme for older people at Holy Cross Church in Edinburgh and it was attended by over ninety people.



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. We have had a good response from the community for volunteering in different projects at NKS. To join the project, the volunteers had to undergo eight weeks training sessions.

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 (GDPR)

Following on from the training, the community champions were put on placement for six months. This involved shadowing members of staff in different projects at NKS, in order to achieve further skills and experience.

This training programme gave volunteers an opportunity to build their confidence, self-esteem, meet new people, learn and develop new skills, and to achieve self-satisfaction as well as gain skills for future employment.

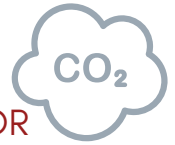


Volunteers celebrated the success of completing their work placement with lunch at Mr Basrai's restaurant.



CLIMATE ACTION FUND PROJECT

BY TATHEER FATIMA, NKS CLIMATE ACTION FUND PROJECT COORDINATOR



The **Communities Reduce, Reuse and Recycle** project began in April 2022 at NKS. The primary aim of the project is to encourage and support BAME communities in Edinburgh to reduce waste, increase reusing and repairing and to shift to a more sustainable consumption. The aim of the project is shared by both NKS and Edinburgh & Lothians Regional Equality Council (ELREC).

The aim will be achieved by the following objectives:

- Reducing waste by redesigning old outfits and showcasing via a fashion show
- Reducing waste by using leftover food to make new dishes and keeping a record of recipes created
- Reducing waste through DIY upcycling waste materials via arts & craft
- Reducing waste by holding swap shops to exchange items and avoid these going to landfill
- Reducing waste by composting waste at home and encouraging gardening among families
- Reducing waste by raising awareness of waste reduction via educational workshops and trips to recycling centres

Outcomes

- The activities will help communities increase their understanding of waste reduction and ways to reduce waste
- The participants will gain new skills and enhance their existing skills
- This will lead to a successful waste reduction model to promote changed behaviour among communities and help reduce waste going to landfill
- The project also aims to design an effective and successful partnership model.

The project activities have already started. Since April we have:

- Completed **eight** sessions of woodwork
- **Eight** clothing repairs and alterations sessions
- sewing/stitching classes
- **Three** leftover food cookery sessions
- **Six** compost activities at Royal Botanic Garden Edinburgh (RBGE)
- **Twelve** Fareshare activities
- **Twelve** Hot Meal days organised at NKS



We request more community people to join us weekly. Please check our activities programme online on Facebook.

SMART ENERGY GB IN COMMUNITIES FUND

BY TATHEER FATIMA, NKS SMART METERS PROJECT COORDINATOR



Smart Energy GB in Communities ("the Programme"), which is being delivered by **National Energy Action (NEA)**, 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.

The NEA is working with Smart Energy GB to help inform and inspire people about smart meters and the positive changes that they can bring, thereby achieving their objective.

Networking Key Services (NKS) has been awarded with the current project during April 2022, targeting the elderly community (over 65s) in South Asian communities. This will be achieved through some distinct direct and indirect activities.

The purpose of the grant is to help build awareness and confidence in smart meters and to ensure people in the target group understand how smart meters can benefit them.

Project activities are as follow:

One to one awareness sessions:

Awareness through telephone conversations with the target group and as a third party making referral phone calls to service providers (gas and electricity).

Group awareness sessions:

Through face to face activities or online activities in target groups in communities.

Information widely shared:

Through these indirect activities, NKS aims to share information by distributing information leaflets at different cultural and religious events and venues.

The NKS project team has managed to reach eleven large events and eight venues so far. This includes Asian grocery shops, mosques and Friday prayer gatherings. The social media coverage is also a part of indirect activities of the project.



Looking ahead:

We will continue additional project activities, in the same pattern, along with the social media coverage of these events and activities.

We hope that these activities, will have a long term impact and people will 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 Meters Project Team.

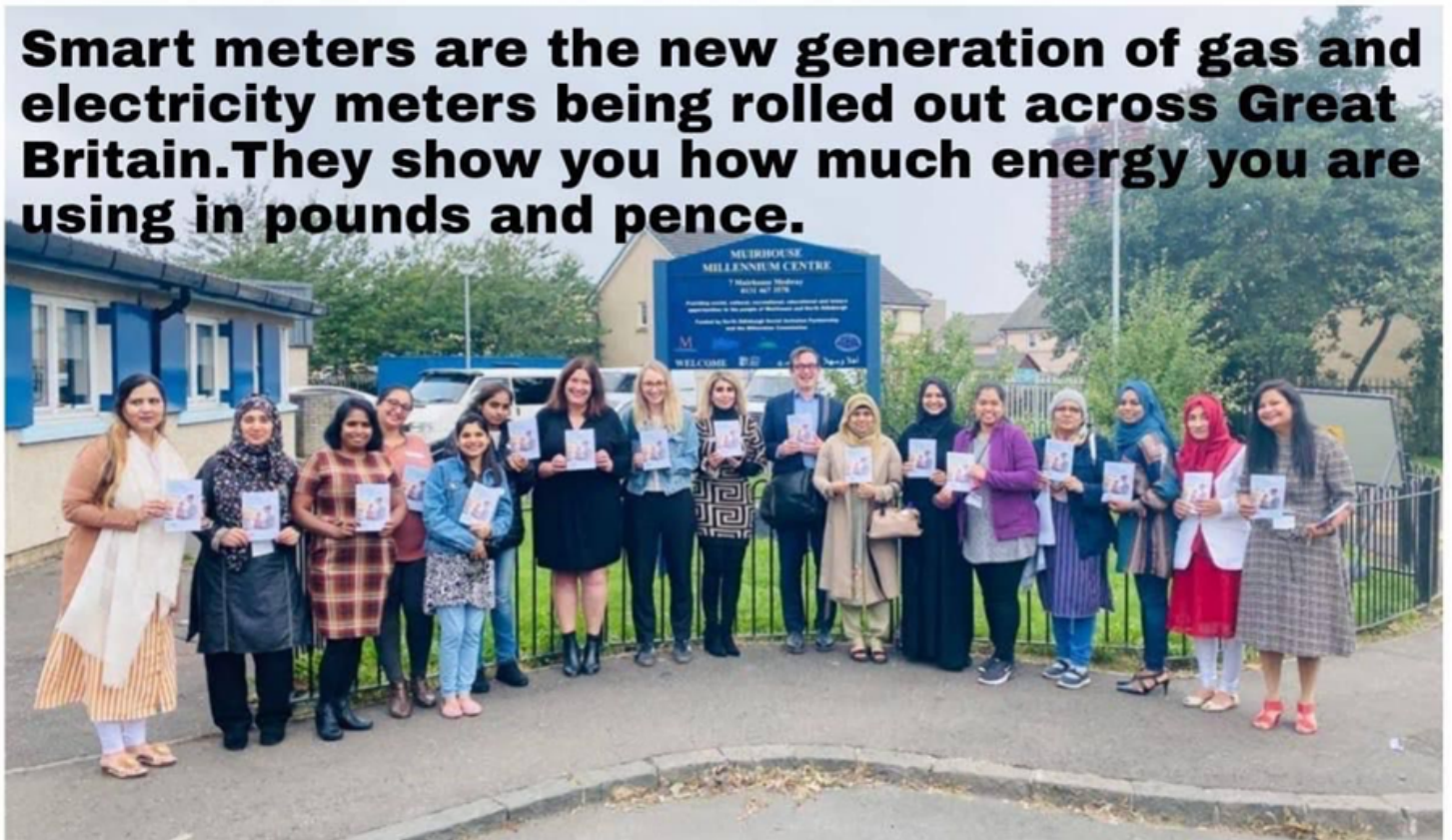
Thank you.

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



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 COORDINATOR



NKS and Edinburgh Garden

Partners (EGP) have been collaborating successfully as partners for the last two years and will continue doing so until the end of September 2022.

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 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 many garden partnerships and are working towards establishing many more.

From April 2022 onwards, 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:

- The current EGP Volunteer Development Coordinator has left and a new person has been appointed in this role, beginning in June.
- A new garden owner would like us to visit and then hopefully begin the garden volunteering process.
- We have now matched a volunteer for a clients garden and the agreement process is in its final stages.
- EGP volunteers are busy attending gardening skills training with Elinor from RBGE.
- A garden visit took place in May, for volunteers and garden owners to promote good interactions with fellow garden owners from different organisations.
- It was a great experience to interact with different garden owners and volunteers, who participated in the Shepherd garden visit, in Musselburgh.
- I have visited clients gardens to oversee the progress being made. We are planning to visit another client's garden soon, with the new Volunteer Development Coordinator.



In the first week of September EGP is planning a photography exhibition of all forty garden owners and their volunteers to give an insight in to all the garden partnerships. A professional photographer will also be visiting the garden partners in the coming month. The exhibition will be held at the Storytelling Centre on the Royal Mile.

You can go to their 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.

NKS CHILDCARE FACILITY

BY RUKHSANA HUSSAIN, NKS NURSERY MANAGER



Activities in the NKS Nursery

April 2022

We set up a display to celebrate Easter. The children made shapes out of yellow playdough including Easter eggs, bunnies, baby chicks and spring flowers. During arts and crafts, the children used oval shaped paper to draw Easter eggs. They then painted and decorated the Easter eggs with lots of colours and patterns.

The children enjoyed making a big Easter card and decorating it with pictures.

The children loved talking about their own families and where they live. They brought in pictures of their families and houses to share with their friends.



May 2022

The children learnt about planting broad beans and tomatoes – they also learnt how to care for the plants by watering them. We made a display of the stages of the planting process.

We had our open day on 21st May 2022, which was a big success.

The parents and children came with their friends and had a lovely time. The weather was beautiful and the children took part in different activities and competitions.



June 2022

We talked about holidays as many parents and staff were planning their summer holidays at this time of year. We looked at the map and identified the countries where the children came from and where they were going on their holidays.

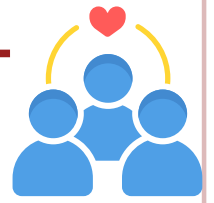
To encourage the imaginative play, children used the lines of chairs and a steering wheel to recreate various modes of transport. The children looked at the books and stories about travel and transport.



The children played with boats in the water tray and train sets for imaginative play. The children also investigated mini beasts for example worms, slugs, snails, ladybirds, butterflies around the garden by using magnifying glasses.

HEALTH & SOCIAL INEQUALITIES PROJECT

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



Community service users began to attend NKS premises over the last few months. Weekly sessions were taking place with organised activities followed by lunch. The users were very pleased to take part in the activities during this quarter and felt very happy to participate. This has really helped with their mental health as meeting in person, sharing food together and chatting to each other has lifted their moods.

Activities/Talks/Topics/Workshops

Wednesday & Thursday Women's Groups

- Bowel Cancer
- Digital Skills Focus Group
- Budgeting & Basic Bills, by Money Advice Scotland
- Cycling Workshops over Six Weeks
- Leftover Food Cookery Sessions
- Bank Accounts & Online Banking, by Money Advice Scotland
- Eid Party
- Health & Wellbeing Workshop
- Yoga
- Autism Information Session
- Smart Meters Information Session
- Upcycling from Plastic Bottles Workshop

Eid Party at NKS



Yoga at NKS with Neena Agarwal



Information on Autism – 'Autism Initiatives'

Feedback received:

"At home I was depressed during COVID lockdown. When I came back to NKS after so long I felt it really helped to divert my thoughts."



"Very good topic, we learnt very useful information about Autism as I can now help my family member as well as get them further help from Autism Initiatives. I feel less worried."

"After doing yoga today I felt really fresh, light and less stressed. At home I found it difficult to motivate myself to do any exercise alone."

English Conversation Groups

All groups at beginners and intermediate level, have been running really well for over two years via Zoom. All women have really benefitted from participating in these sessions, with volunteer tutors. The increase in confidence and ability to communicate, has empowered many women. Examples of this are that, women have been able to communicate well because of either, their stay in hospital, GP/hospital appointments or during travel alone on buses.

Our recent new group with Bangladeshi women is also progressing very well and attendance has been regular.

Feedback received from a participant:

"Benefit of regularly attending conversation group has really helped me. I can now reply to my children a bit in English. Before I used to ask my children to drop parcels for neighbours but now I feel confident enough to go and drop them and have a bit of chit chat. I feel really good about myself as well as confident."

LOOKING FORWARD WITH NKS

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

Groups at NKS

English Conversation Classes

- At the moment the English Conversation Classes run online at NKS, thanks to dedicated volunteers and the Health and Social Inequalities Project. Please contact us for details about the days and timings of the classes.

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.

Thursday Older Women's Group

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

Young People's Club

- This group is for 8-16 year olds and usually runs on Fridays from 2.00 pm to 4.00pm at NKS but some of the activities could take place elsewhere.

Saturday Women's Group

- This group runs once a month, on Saturdays, between 1.00pm and 5.00pm at NKS.

Mixed Older Peoples Group

- This group runs once a month. The day and time is indicated beforehand to the group members.

NKS Health & Wellbeing Forum

- The Health and Wellbeing Forum has been set up and is up and running. Please contact NKS for dates/timings.

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. Please contact us for more details.

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 Helpline

You can call the NKS Helpline numbers if you need advice and support about any issues that you are worried about. All calls are treated as confidential. The numbers are as following:

English: 07737 576 054

Urdu/Hindi/Punjabi: 07828 171 261

Bengali/Sylheti: 07828 167 614

NKS Main Office: 0131 221 1915

NKS Community Office: 0131 659 7837

We are here to listen and help. Please call us. Thank you.

Your Contacts at NKS

NKS Director: Naina Minhas

NKS Administrators: Humera Adnan & Khalda Y Jamil

Manager: Rukhsana Hussain - NKS Nursery

NKS Project Coordinators:

Manjari Singh - Edinburgh Garden

Partners Project

Neeru Bhatnagar - Health and Social Inequalities Project

Samina Fayyaz - Health & Wellbeing

Project and Helpline Project

Samra Ahmed - Empowering

Communities Project

Tatheer Fatima - Climate Action Fund

Project and Smart Meters Project

NKS Project Community Development

Officers:

Manjari Singh - Climate Action Fund Project Officer and Smart Meters Project Officer

Naseem Suleman - Family Support Officer & Long Term Health Conditions Project Officer

Nasima Zaman - Long Term Health

Conditions Project Officer

Nazia Majid - Long Term Health

Conditions Project Officer

Nazma Rahman - Climate Action Fund Project Officer and Smart Meters Project Officer

Neena Agarwal - Long Term Health

Conditions Project Officer

Neeru Bhatnagar - Community

Development Officer

Rohina Hussain - Health and Social

Inequalities Project Officer

NKS Community Engagement Officers:

Neeru Bhatnagar & Rana Shams

NKS Childcare Practitioners:

Amina Rahman; Fauzia Ahmed; Kaniza Rahman; Nazish Raza & Rezwana Khan

In Charge of Cleaning: Tahira Ali

Staff & Committee News

Neeru Bhatnagar and **Rana Shams** have been appointed as the Community Engagement Officers and will be working with NKS users to encourage and support their engagement with the different museums that are part of the National Museum of Scotland.



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