

**Winner of:**

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



Integration Partnership  
of the Year Award  
for 2017

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

# NETWORKING KEY SERVICES NEWSLETTER

formerly known as Nari Kallyan Shangho

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

***a happy woman is a happy family***

## INSIDE THIS ISSUE

Articles	Page no.
Benefits Updates & Information.....	2
Self Management Project.....	3
NKS Helpline.....	5
Health & Wellbeing Project.....	6
Empowering Communities Project.....	7
South Asian Stories Project.....	8
NKS Post COVID Support Project.....	8
NKS Climate Action Fund.....	9
Smart Energy in GB Fund.....	10
Edinburgh Garden Partners.....	12
Childcare Facility - Nursery.....	13
Health & Social Inequalities.....	14
Looking Forward with NKS.....	15

## Editorial - Naina Minhas, NKS Director

Welcome to our second issue (three-monthly) of the new financial year 2022/2023. We hope that you find information about NKS services useful. We continuously assess community needs and introduce innovative new projects.

Firstly, on behalf of all the NKS family we would like to pay our deepest condolences on the passing of Her Majesty, the Queen Elizabeth II. We are all as a nation coming to terms with the sad news. We will miss Her Majesty's grace and dignity that she always demonstrated while carrying out her duties.

I was fortunate to get the opportunity to attend the condolences meeting organised by the Scottish Parliament. Although organised at a short notice, it was well managed and very respectful.



At The Scottish Parliament ~ 12/09/2022

On the work front NKS been operating with a hybrid format, running face to face and online community engagement sessions. Post-pandemic summer outings were a welcome change. But, at the same time, due to deteriorating health and socio-economic circumstances of grass root families, the number of calls for help on our helplines went up drastically. I would applaud the NKS staff team for handling the work efficiently and supporting families.

I would like to thank our board of directors for the support they provided throughout the year, and the funding bodies who believed in our work.

Here, I also hope that you will go through the wonderful contributions made by NKS to bring development in our local community.

***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.

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

**Tel: 0131 221 1915 – Email: [nksenkshealth.co.uk](mailto:nksenkshealth.co.uk) – Website: [www.nkshealth.co.uk](http://www.nkshealth.co.uk)**

**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 shortly after each 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**

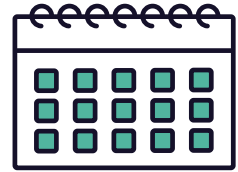
There will be an increase of £20 from April to the Scottish Child Payment.

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



The **Long Term Health Conditions** (LTHCs) team has been delivering online Zoom sessions as well as face-to-face sessions on topics that will benefit clients and families. We are also advocating on behalf of clients and networking with other organisations to meet their needs.

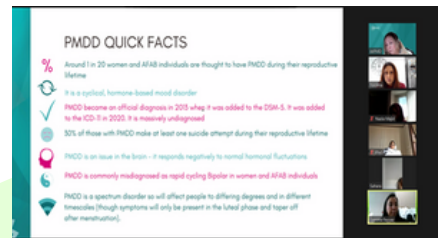
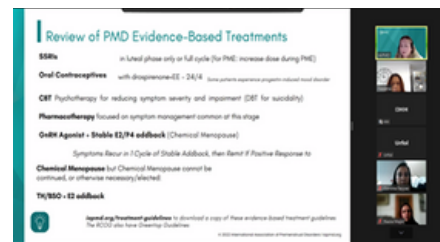
Weekly calls to clients are being made to check on their health, welfare and to offer befriending services. We are also conducting home visits and regular outings to combat mental health and social isolation.

The LTHCs team has been continuously networking with other organisations, bringing in qualified professionals to educate and raise awareness on the impacts of long term health conditions and mental health. We are still concentrating on how to alleviate the effects that the pandemic has left on people's conditions, such as, weight gain, which leads to diabetes, heart disease, and overall mental health.

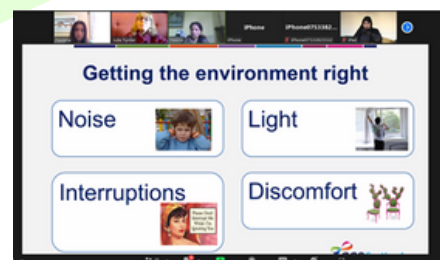
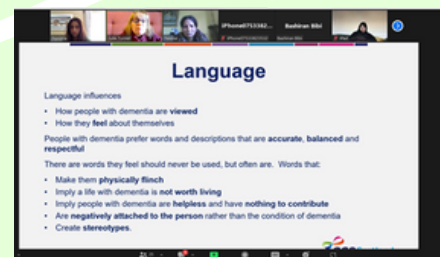
The following LTHC sessions took place over July to September:

- **Diabetes Focus Group** (users lived experiences) - Scottish Government
- **Domestic Abuse Information Session** - Shakti Women's Aid
- **Premenstrual Disorder** - by Laura Murphy, The International Association for Premenstrual Disorders [IAPMD]
- **Kidney Health and Faith Perspective** - Bushra Riaz, Policy Officer, Kidney Research UK
- **Renal Failure and Donation** - Bushra Riaz, Policy Officer, Kidney Research UK
- **Health and Wellbeing Session** - NKS Health and Wellbeing Project
- **Dementia Awareness - The Carers Act, Scotland** - Age Scotland
- **Dementia Awareness - Power of Attorney** - Age Scotland
- **Left Over Food Cookery Sessions** - NKS Climate Action Fund Project
- **Yoga** - with Neena Agarwal

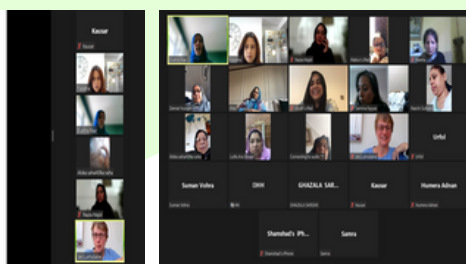
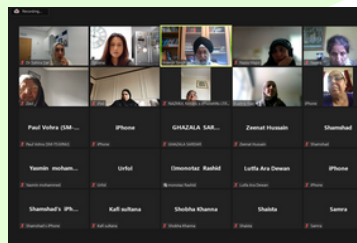
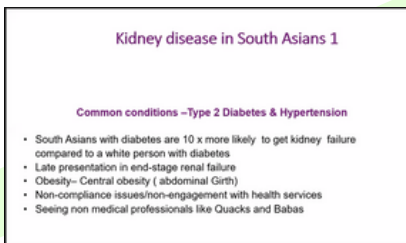
## Premenstrual Disorder Sessions



## Dementia Awareness Sessions



## Kidney Health Sessions



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

# SELF MANAGEMENT PROJECT

BY NEENA AGARWAL, LTHCS PROJECT OFFICER



## NKS Mens Long Term Health Conditions Support Group (LTHCs) Project

The months from July to September ran successfully. The NKS Mens LTHCs Group enjoyed the outside activities. We had a good attendance of service users, during these months after Covid-19.

In order to further raise 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 NKS Mens LTHCs Group:

- **Royal Botanic Garden Edinburgh Summer Trip** was organised by the NKS Climate Action Fund Team
- **Online Banking** information session
- **Trip to Pitlochry**
- **Physical Seated Exercise** session by Age Scotland, at NKS
- **Information Session on Smart Meters** in collaboration with Energy GB by NKS Smart Meters Project Team
- **South Asian Kidney Health, Disease and Organ Donation** online information session by Bushra Riaz, Kidney Research UK
- **Union Canal Boat Trip**
- **Visit to Royal Botanic Garden Edinburgh** - information session on different seeds followed by tea, coffee and snacks



# 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, धरेतू हिंसा, बेरोज़गारी, सरकार की अर्थिक मदद को लेकर चिंतित हैं।
- गोकर्ण की 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 ہائیسے سے بریشائی اڈھی ہوجاتی ہے بیل ب لائن NKS پر کال کریں

- اگر آپ کو کوکب سے چینی یا فکریہ کوکب (COVID 19) کی وجہ سے۔
- اگر آپ فکریہ سے، اپنی دہی حالت کیے لیت، گھروں کو بند، سے روزگار کی وجہ سے ہائیس جس BENEFITS کیے لیت۔
- جوان لوگ جنکو مدد کی ضرورت ہے، ہو ان کی مدد کیے لیت جاجر سے۔
- اگر آپ کسی سے بات کرنا چاہتے ہیں توہم آپ کی بات سننے کیے لیت موجود ہے۔

تعام کالر اور مشورہ دینے میں مکمل رازداری کا خیال رکھا جائے گا۔

- دفتر میں بات کرنے کیے لیت نمبر 01312211915  
- انگریزی میں بات کرنے کیے لیت نمبر 07737576054  
- اردو، ہندکو اور پنجابی، میں بات کرنے کیے لیت نمبر 07828171261  
- بنگالی اور سلیھٹی میں بات کرنے کیے لیت نمبر 07828167614  
- آپ ہر سے چھہ تک 9 سے 5 بجے تک کالر کر سکتے ہیں

**NKS HELPLINE**

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

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

**সমস্ত কল এবং পরামর্শ একান্ত গোপনীয়**

জমা সময় --  
ইংরেজি নম্বর - ০৭৭৩৭ ৫৭৬ ০৫৪  
উর্দু/হিন্দি/পাঞ্জাবি নম্বর ০৭৮২৮ ১৭১ ২৬১  
বাংলা/সিলেটি নম্বর ০৭৮২৮ ১৬৭ ৬১৪  
এন কে এস (NKS) প্রধান কার্যালয় - ০১৩১ ২২১ ১৯১৫  
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.

Health and Wellbeing sessions are delivered at NKS, such as, yoga, pilates, talking therapy and information talks on how to manage stress and anxiety. The users are enjoying meeting up and sharing their stories.

If you are interested in joining Health and Wellbeing sessions, please get in touch on 07737576054 or NKS office 0131 221 1915.



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.

The NKS Young Peoples Club has had an amazing summer with trips organised to the cinema and to Edinburgh Zoo. There have also been trips to the park to play football, dodgers and rounders etc.

Everyone enjoyed the visit to Edinburgh Zoo and the weather was glorious, hot and full of sunshine. The young people greatly enjoyed the zoo Keeper tour and found it particularly informative to learn about the different animals.



**Please get in touch if you would like to register your child for the Young Peoples Club. It runs fortnightly on Fridays. Please call on 07737576054 or 0131 221 1915.**

# EMPOWERING COMMUNITIES PROJECT

BY SAMRA AHMED, NKS EMPOWERING COMMUNITIES PROJECT COORDINATOR



The **Empowering Communities Project** was established to improve the quality of living of the individuals from our South Asian communities.

The initial aim was to recognise the adverse effects that the Covid-19 pandemic has left on all ages in the communities. This was done by carrying out surveys to obtain peoples viewpoints; focus groups and one to one interviews were organised to identify their needs and demands.

On looking closely at the needs of the individuals, our project came up with the idea of merging with the new NKS Health and Wellbeing Project to better support the service users.

Meetings were conducted between both projects as our aim was similar, in that, of improving the lives of individuals. As a result, a series of programmes were organised and delivered around the key areas of:

- **Mental Health Awareness**
- **Health Related Topics**
- **Fitness and Health**
- **Outdoor Breaks**
- **Healthy Eating**
- **Introduction to Carers Rights/Carers Act (Scotland)** - Age Scotland
- **Strawberry Picking in Cupar**
- **Introduction to Power of Attorney** - Age Scotland
- **Kidney Health and Faith Perspective** - Kidney Research UK
- **Renal Failure and Donation** - Kidney Research UK
- **Climate Action Fund - group activity**
- **Smart Meters - group activity**
- **Dementia Awareness**



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.

# SOUTH ASIAN STORIES PROJECT

BY NEERU BHATNAGAR, NKS COMMUNITY ENGAGEMENT OFFICER  
BY RANA SHAMS, NKS COMMUNITY ENGAGEMENT OFFICER



This is a new project started in collaboration with the National Museum of Scotland (NMS).

The purpose of the **South Asian Stories** project is to capture and celebrate the lives, stories and culture of Edinburgh's South Asian communities.

The majority of us left our homes to arrive in the UK either through marriage, work, study or accompanying parents, as far back as the 1950's or maybe even earlier.

As the time period when leaving our home countries falls largely before or after Independence, we hope by visiting the museum collections, it will bring out memories of our childhood as well as our upbringing.

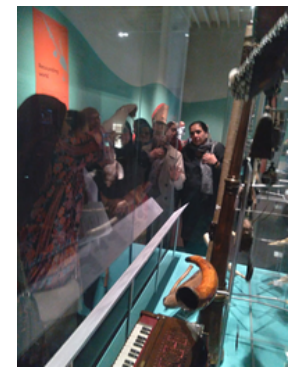
This will lead to revealing new stories about the NMS collections, through the service users eyes, thereby, making the museum more accessible, inclusive and relevant to them.

Some of you will remember that we came together at NMS through the NKS Heritage Project - to look at history and heritage of religions in Scotland for the last 100 years through religious buildings in Edinburgh.

During this project, service users visited ten buildings during the pandemic to learn new facts about them. Service users also took part in the Media Project, learning how to take pictures, make videos and edit them. The project resulted in an exhibition which was launched at the Scottish Storytelling Centre on the Royal Mile, one year ago.

This new project has been launched as a result of the Heritage Project tours and feedback.

This new project has now started and NKS has already taken the first group to the NMS.



# NKS POST COVID SUPPORT PROJECT

BY NEERU BHATNAGAR, NKS COMMUNITY DEVELOPMENT OFFICER



This project is for older people, women and children at risk of domestic violence and men facing social isolation. The project aims 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 access to childcare & afterschool clubs
- Group-based activities

This project will aim to:

- Provide digital literacy support to join groups online
- Provide older people with outdoor activities to help improve their mental and physical well-being and address loneliness issues
- Support women and children where they are at risk of domestic abuse
- Engage with men in the family, where women and children are at risk, and help to address their issues
- Provide outreach and befriending services to older people and families with children
- Address inaccessibility to the services of relevant agencies

Come and join us and find out how we can help you to improve your socio-economic circumstances!

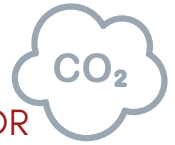
Please contact:

**Neeru Bhatnagar**  
**Community Development Officer**  
**Mobile: 0773 775 5433**



# 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. This project is in collaboration with Edinburgh and Lothians Regional Equality Council (ELREC).

The following activities have been organised and delivered in the project:

## Leftover Cookery Sessions:

There have been ten leftover food recipes shared by our project volunteers so far. These are volunteer led activities where the volunteers use their own tried and tested recipes. These also included theme based recipe ideas, such as - kid's school lunch boxes, diabetic patients diet and quick meals for guests at home.



## DIY Activities:

The activities involved reducing waste through DIY upcycling waste materials, via arts and craft sessions. Fourteen sessions have been delivered to the participants. Flower vase decoration, planter making with redundant tyres and wood work have also been popular activities.



North Edinburgh Arts Centre (NEA) have delivered these activities, including eight woodwork sessions.

## Swap Shop Events:

There has been four swap shop events so far. A total of 748kg of weight has been swapped and avoided going to landfill. Approximately 800 -1000 people have participated in these events. Every event is well advertised before the day.

Please note that our next swap shop event will be held on the 29th of October 2022 at St Martin's Community Resource Centre, 232 Dalry Road, Edinburgh, EH11 2JG.

## Compost Activities at Royal Botanic Garden Edinburgh (RBGE)

Ten sessions have so far, been delivered at RBGE, with men, women and children. The last harvest was completed a short while ago. We thank the RBGE team for their generous offer to deliver activities for our community which helped them to develop their own edible garden at home. It has been a tremendous help for the community participants to make their own compost at home and to encourage gardening among families.



## Recycle Centre Visits:

The project is encouraging people to reduce waste by raising awareness of waste reduction via educational workshops and trips to recycling centres.

The aim of this activity is to make the community participants aware of what happens to the bins that are collected from our doorsteps. It is important to know about the process afterwards so that everyone sorting their rubbish for bins beforehand understands how it makes the process easier at the recycling centres.

## Outcomes

The activities will help to give the communities an increased understanding of waste reduction and ways to reduce waste. The participants are gaining new skills and enhancing existing ones by following a successful waste reduction model that promotes thoughtful behaviour among communities to help reduce waste going to landfill.

Project activities have already started. We have delivered ten DIY sessions including woodwork sessions; sixteen clothing repair, alterations and sewing/stitching classes; ten leftover cookery sessions; ten compost activities at RBGE; thirty Fareshare activities and twenty healthy hot meal days were organised at NKS.

**Please join us for our weekly activities. Please check the programme of activities 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.

Smart Energy GB has developed a partnership programme to work with organisations across the voluntary, private and public sectors.

Networking Key Services (NKS) was awarded the current project in April 2022, targeting the elderly community (over 65s) in South Asian communities. This project is being delivered through some direct and indirect activities.

The purpose of the project 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 were as following:**

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

The team has successfully connected with **130** people and been able to speak directly to them.

We have helped them mostly with technical issues with their smart meter. We have made home visits to solve the issues as reported to the project team.

## **Group Awareness Sessions:**

The awareness sessions comprised of an introduction to smart meters, benefits and information about the installation process.

Every group session included a question and answer section afterwards to listen to people and also to receive feedback on the smart meter rollout programme.

NKS arranged a relatively big 'face to face' interaction session on 31st of August 2022 which **55** people from the community attended.

A total of **658** people have been involved in these activities. A total of **505** people have been reached through open day information sessions.

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.

## **Information Widely Shared:**

Through these indirect activities, NKS aimed 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. Around more than approximately **15,000** views have been calculated for the events and venues covered so far.

Total social media coverage (including the NKS and project teams personal social media list) indicates around **3160** people have received **22** posts during the months of July, August and September 2022.

## **Looking Ahead:**

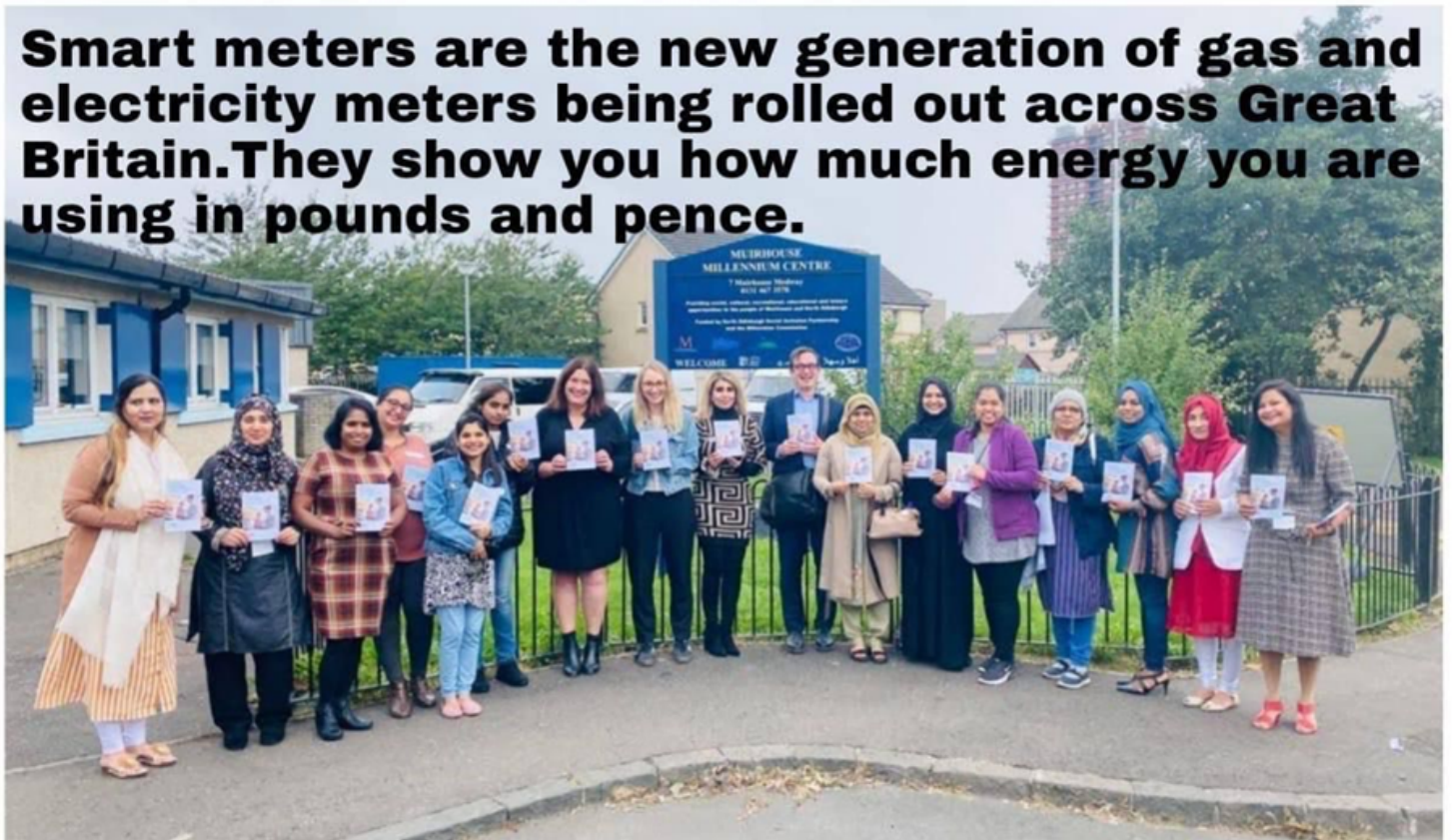
We will continue additional project activities, in the same pattern, along with the social media coverage of these events and activities.

We hope that these activities, will have a long term impact and people will think about installing smart meters in their homes.

# 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 year and will continue doing so in the 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 vegetables, flowers, etc. (garden volunteers).

In addition to this, the partnership also helps to establish inter-cultural relationships among people from 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.

## Activities

- EGP volunteers had been attending gardening skills training with Elinor from the Royal Botanic Garden Edinburgh (RBGE).
- In August, it was planned for the garden owners and volunteers to participate in portrait photo shoots within their gardens, with Fern Farmer (photographer). Three NKS clients took part in the photo shoots but unfortunately others were not available for them.
- Visits were made by myself to check on gardening updates at the clients gardens. These visits were made along with Debs and Greta from EGP. We also receive regular garden updates via the WhatsApp garden owners groups.
- Edinburgh Garden Partners launched a Portrait Exhibition: "Sharing Gardens, Sharing Lives: a decade of garden" on the 4th of September 2022. Vegetables from the gardens were also displayed for the harvest display during the launch event.
- As NKS is a partner organisation, a few of the portraits featured our client garden owners.



**The exhibition is on until the end of September 2022, at the Scottish Storytelling Centre on the Royal Mile, Edinburgh.**

The link to the EGP website is <https://www.edinburghgardenpartners.org.uk> to view further information.

# NKS CHILDCARE FACILITY

BY SABA AHMED, NKS VOLUNTEER



## Activities in the NKS Nursery

### July 2022

July has been very exciting for the children. We took them on two day trips: Strawberry picking and Edinburgh Zoo.

The children had a fun day at **strawberry picking**. They were able to hand pick lots of strawberries and eat them at the same time. Delicious!

The children went to **Edinburgh Zoo** for a fun day out and saw many animals, such as, penguins, flamingos, giraffes, monkeys, and even the pandas!



They enjoyed playing at the huge farm park where they rode on go-karts and the big slide.

They enjoyed their lunch at the zoo play park where they got some time to play.

### August 2022

The children learned about planting, growing and harvesting.

**Harvesting** gave the children a great way to engage in the garden process and learn about healthy food options.



The **weather** was really hot so the children made their own fans!

They used coloured paper and learned to fold the paper into a fan shape.



### September 2022

The children have been learning to prepare their own snacks at snack time, encouraging their confidence and independence. They learned how to cut fruit and spread butter on their toast with a plastic knife.

These activities help towards children's thinking, problem solving and creativity.



The children made their own face posters and they recognised where eyes, nose and mouth are placed.

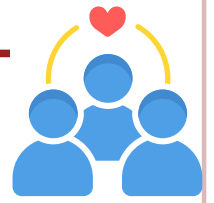


The weather has been sunny and warm, so the children have really made use of the outdoor play area. They have really enjoyed playing in the fresh air!



# HEALTH & SOCIAL INEQUALITIES PROJECT

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



Summer activities are being run outdoors and have been in full swing during the months of July, August and September. The community has really enjoyed going out and meeting people from other groups and at times have joined picnics, outings, etc. with their families. Feedback has been really good:

*"It was so nice to meet people from other group today, share food and have a refreshing chit chat."*

*"I felt so good to meet new people today, share recipes, get new ideas from each other. I am going to try new way I learnt today".*

## Activities/Talks/Topics/Workshops

### Wednesday & Thursday Women's Groups

- Plastic Waste Talk
- Smart Meters information session
- Strawberry Picking trip to Cupar
- Yoga
- Gardening at the Royal Botanic Garden Edinburgh
- Shut Out Scammers Talk with Police Scotland
- Walk and picnic at the Meadows
- Leftover Food Cookery Sessions
- Canal walk and lunch
- Sewing and mending old clothes sessions
- Tyre Painting
- National Museum of Scotland - South Asian Collection



Cutlets from leftover rice by Nidhi Priya & Payal Shukla



Sewing Class by Shamim Akhtar – Upcycled old garments



Visit to the Royal Botanic Garden Edinburgh



Tyre Painting – Best out of Waste

## English Conversation Groups

Women's groups have been running well. One group is focusing on Bangladeshi women and another on Pakistani women via online Zoom sessions, once a week.

All women have really benefitted from participating in weekly sessions with a volunteer tutor.

Women have reported that this help has given them confidence and the ability to communicate with their GP and to attend hospital appointments. Some have also reported that they have managed to speak to the Council and explain neighbourhood problems to seek help. Some women feel more confident travelling alone on buses now.

Feedback received from a participant:

***"I recently managed to go to town and come back alone without anyone as English practice gave me confidence. I was so happy."***

# 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

Nazia Majid - 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

**Samina Fayyaz** - She has left NKS to take up a new and exciting post. NKS would like to wish her all the best for her future and hopes that she will keep in touch with us.

**Nazia Majid** - She has been appointed as the Health & Wellbeing Project and Helpline Project Coordinator.



## 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)