

Health and Welfare Organisation Enriching Communities
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, NKS Director

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27/06/2023 at National Museum of Scotland

Welcome to the NKS six-monthly newsletter updating on our engagement activities with the local communities. Through services, NKS is adding value effectively to the thriving Edinburgh communities. Empowering communities through skill enhancing activities and building resilience among grass roots has always been a priority.

During the last six months, a diverse programme of activities has been provided to build capacity in communities, and to support people post-pandemic, experiencing deteriorating socio-economic circumstances. NKS helpline in three different languages and wellbeing forum set up to support families impacted by the pandemic have been well used and emerged as significantly useful service by the communities.

Older people's groups are becoming popular and are well attended by men and women both. Courses and trainings are in demand. Basic digital skills, childcare modules and Health Issues in Communities courses provided by NKS in collaboration with relevant educational institutions have helped individuals in their personal development and have increased their chances in the labour market.

The South Asian Stories Project run in collaboration with the National Museum of Scotland has given opportunities to South Asian communities to visit the museum and reinterpret the South Asian collection. We received a very positive feedback where the participants enjoyed and felt empowered to give their views on the objects displayed.

Finally, we thank our funders who are supporting meaningful projects for South Asian communities. This year we received funding from UK Shared Prosperity Fund to help enhance people's skills and the National Lottery Community Fund to help to reduce and manage waste going to landfill. We look forward to building capacity in communities with the financial support received.

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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BENEFITS UPDATES & INFORMATION

BY NASEEM SULEMAN, FAMILY SUPPORT OFFICER



The New State Pension - What is the New State Pension?

The New State Pension is money paid to people who reach **State Pension age** on or after the 6th of April 2016.

If you reached State Pension age before the 6th of April 2016, you may be entitled to the **Basic State Pension**. You can check the date that you reach state pension age at: www.gov.uk/state-pension-age.

Currently, the State Pension age is 66. This is due to change in the future. This is a non-tested contribution benefit, which is taxable.

What a non-tested benefit? What this means is that it is a benefit that doesn't depend on your income or capital.

But it is a taxable benefit. What is a taxable benefit? What it means is that this benefit is taxable. If your total income is over the limit for tax-free personal allowance, then you are taxed on the amount which is over the tax-free personal allowance. The standard Personal Allowance for 2023 is £12,570.

Can I get the New State Pension?

- You can only get the New State Pension if you reach State Pension age on or after 6th of April 2016. If you reached State Pension age before the 6th of April 2016, you may be entitled to the Basic State Pension.
- To get the New State Pension, you need to have paid enough national insurance contributions or received enough national insurance credits.
- If you haven't paid enough national insurance contributions yourself, you will not be able to claim the New State Pension. You can check on: www.gov.uk/new-state-pension/what-youll-get.

As long as you satisfy the national insurance conditions, you can get the New State Pension even if you are working or have other income. You do not have to claim your State Pension straight away and may choose to defer it. Deferring your pension can increase your entitlement later on.

The Contribution Conditions

You are entitled to **some** New State Pension if you paid enough national insurance contributions or received enough national insurance credits for **ten years**.

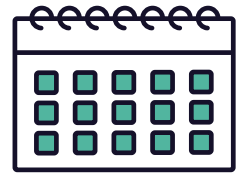
To find out if you have paid enough national insurance contributions to qualify for the New State Pension, you can request a State Pension statement. You can do this online at: www.gov.uk/check-state-pension or you can contact the Pension Service by telephone or post. You are entitled to the **full amount** of the New State Pension if you paid enough national insurance contributions or received national insurance credits for a total of **35 years**.

The full New State Pension for 2023/2024 is £203.85 per week. If you defer your pension, you may be able to get more than this.

Please get in touch with us if you need more information or would like help with any other family support matter.

SELF MANAGEMENT PROJECT

BY NAZIA MAJID, LTHCS PROJECT OFFICER



The NKS Long-term Health Conditions (LTHCs) Team has been conducting virtual Zoom sessions and in-person meetings to provide valuable information to clients and their families. Additionally, we have been actively advocating for our clients and establishing connections with other organisations to meet their specific needs.

Regular calls are made to clients on a weekly basis to monitor their well-being and offer companionship services. Moreover, we arrange home visits and frequent outings to address mental health issues and combat social isolation.

The LTHCs Team consistently collaborated with other organisations, bringing in qualified professionals to educate and raise awareness about the impact of long-term health conditions and mental health. We remain dedicated to finding ways to alleviate the effects of the pandemic on people's conditions, such as addressing weight gain that may lead to diabetes, heart disease and overall mental health concerns.

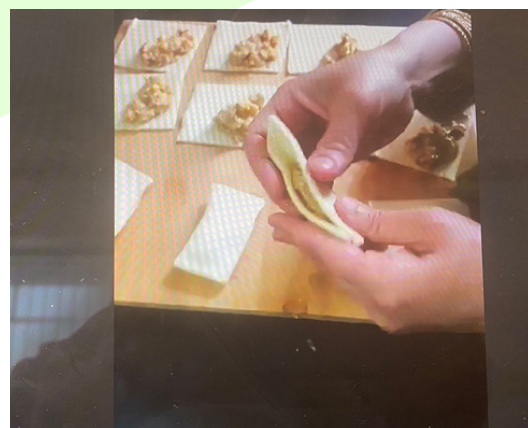
Some of the LTHCs health sessions were combined with the NKS Health and Wellbeing Project and the NKS Improving Lives Project. Some of the sessions that took place were:

- Yoga with Neena Agarwal (Mindfulness)
- Introduction sessions to crocheting
- Open Day at Craigentenny Hall – facials/threading/head and shoulder massage/refreshments
- Yoga with Neena Agarwal (Mindfulness which ended with poetry and singing/dancing)
- Gym at Dalry Swim Centre – weekly sessions for women
- Hugs and Brains Session with Andrea Graham
- Care and Repair Session
- Digital Literacy Sessions
- Zero Waste Scotland – Electronic Waste Session
- Thinking Style and Gratitude with Dr Rahila Khalid
- Self-care and Boundaries Session with Dr Rahila Khalid
- Glasgow Day Trip

Zoom Session Online in Ramadan:

- Diabetes in Ramadan with Robina Iqbal
- Healthy Recipes with a volunteer
- Yoga with Neena Agarwal

Please be assured that client information is kept confidential.



SELF MANAGEMENT PROJECT

BY NEENA AGARWAL, LTHCS PROJECT OFFICER



The NKS Men's Support Group had physical sessions at NKS which were enjoyed the most by the service users. We held a few Zoom sessions for those who were housebound or disabled. It was important to keep them connected with the community and their friends and the use of digital devices and sharing information through Zoom really helped.

After consulting the group, the following sessions were organised:

January 2023: Christmas Lunch

February 2023: Talk from Care and Repair; three Union Canal Boat Trips - mindfulness Session by Dr Rahila Khalid, arts & crafts activity by NKS Climate Action Project staff and a mindfulness session to improve mental health and wellbeing by meditating with arts and crafts

March 2023: Session on Union Canal Boat; talk on benefits by Naseem Suleman at NKS and a talk by Debs Hahn from Edinburgh Garden Partners Project at NKS

April 2023: Two talks about waste reduction by Zero Waste Scotland at NKS and on Zoom

May 2023: Eid Party at NKS and a talk on diabetes by Robina Iqbal from MEHIS

June 2023: Health information session on cancer by Macmillan Cancer Support and a session to improve mental health and wellbeing with Dr Rahila Khalid

These activities have enabled our clients and their carers to understand the changes that they go through during the process of ageing. They take regular part in planning their health and social needs with health professionals along with bilingual NKS staff, which in turn has improved the quality of their lives. All the sessions were well attended and the outdoor activities were the ones that the service users enjoyed the most.



NKS HELPLINE PROJECT

BY NAZIA MAJID, NKS HELPLINE PROJECT COORDINATOR



South Asian communities face many challenges due to language barriers and cultural differences when seeking support or assistance. The NKS Helpline was introduced in January 2022 to offer services in South Asian languages and to provide a safe and comfortable space for individuals to seek help.

Our helpline has been operating effectively, providing ongoing support to our clients and communities in addressing their challenges and seeking general information. Just like any other community, South Asian individuals encounter mental health issues like depression, anxiety, or stress. At NKS, we offer a platform for individuals to connect with professionals who comprehend their cultural background and can provide suitable guidance and support in various areas such as mental health, domestic abuse, immigration, housing and more.

It is important to note that the reasons for calling helplines can vary widely among individuals within South Asian communities. Each person's situation and needs are unique, and the NKS Helpline aims to provide assistance and support in a wide range of areas.

NKS HELPLINE

**A PROBLEM SHARED IS A PROBLEM HALVED
CALL THE NKS HELPLINE**

- DO YOU HAVE ANXIETY AND WORRIES, DUE TO COVID-19.
- 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
SYLHETI 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 कर सकते हैं

- अगर आप कोविड 19 की वजह से चिंतित है या परेशान हैं।
- अगर आप अपनी मानसिक स्थिति की वजह से, घरेलू हिंसा, बेरोज़गारी, सरकार की अर्थिक मदद को लेकर चिंतित हैं।
- नौकरगारी को भी मदद दी जाएगी।
- 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 - 0131-221-1915 (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 بائیسے سے بریشائی اڈھی بوجائی ہے بیلل لائن NKS پر کال کریں

- اگر آپ کو کوئی بے چینی یا فکر ہے COVID 19 کی وجہ سے۔
- اگر آپ فکر مند ہیں، اپنی ذہنی حالت کیلئے، گھریلو تشدد، بے روزگاری کی وجہ سے بائیس جس BENEFITS کیلئے۔
- جوان لوگ جنکو مدد کی ضرورت ہے، ہم ان کی مدد کیلئے حاضر ہیں۔
- اگر آپ کسی سے بات کرنا چاہتے ہیں تو ہم آپ کی بات سنیں گے کیلئے موجود ہیں۔

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

دفعہ میں بات کرنے کیلئے نمبر 01312211915
انگریزی میں بات کرنے کیلئے نمبر 07737576054
اردو، ہندکو اور پنجابی میں بات کرنے کیلئے نمبر 07828171261
بنگالی اور سلیہٹی میں بات کرنے کیلئے نمبر 07828167614
اب ہر سے چھہ تک 9 سے 5 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 কারণ যদি আপনার উদ্বেগ ও উৎকর্ষ থাকে
- যার মানসিক স্বাস্থ্য, পার্বস্থ্য সহিংসতা, বেকারস্থ্য, ও বিভিন্ন সুবিধা নিয়ে চিন্তিত
- তরুণ যাদের সংযোগিতার প্রয়োজন তাদের স্বাস্থ্য জ্ঞানই
- শোনার জন্য সব সময় কান খোলা রাখা দরকার

সমস্ত কল এবং পরামর্শ একান্ত গোপনীয়

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

HEALTH AND WELLBEING PROJECT

BY NAZIA MAJID, HEALTH AND WELLBEING PROJECT COORDINATOR



The Health and Wellbeing Project, initiated in April 2022, aims to establish meaningful connections with communities and identify ways to enhance their health and mental well-being. It actively engages with individuals who have personally experienced challenges in their physical and mental health. By providing a platform for these individuals, the project offers opportunities to enhance their overall health and mental well-being through the exploration of various techniques and personalised support. The project focuses on families grappling with poor mental health across the entire city, with particular attention given to deprived areas where South Asian and other ethnic minority communities face multiple barriers to improving their quality of life.

NKS worked in collaboration with Re-Union Canal Boat to hold sessions related to wellbeing and support for good physical and mental health. Some of the sessions that took place were as following:

- Yoga with Neena Agarwal (Mindfulness)
- Two introduction sessions to crocheting
- Yoga with Neena Agarwal (Mindfulness which ended with poetry and singing/dancing)

The presence of water and green scenery had a calming effect on the service users. We offered various therapeutic activities on the canal boat cruises. Engaging in these activities while surrounded by nature can enhance the therapeutic experience and provide individuals with additional coping mechanisms.

Being on a canal boat offered a peaceful and serene setting, away from the usual urban environment. This change of scenery helped individuals to relax and find tranquillity, which had a positive impact on their health and mental well-being. Being surrounded by nature during mental health sessions promoted relaxation, reduced stress and improved mood.

The canal boat provided a private and confidential space for therapy sessions. This setting allowed individuals to open up and discuss their concerns without worrying about being overheard or interrupted. The slower pace of life on a canal boat encourages individuals to be present in the moment and practice mindfulness. This can help them become more self-aware, process their thoughts and emotions, and gain insights into their mental health.

Overall, the health sessions on the canal boat offered a unique and calming environment that supported individuals in their journey towards improved health and mental well-being.

Sessions at NKS and Elsewhere:

- Open Day at Craigtinny Hall – facials/threading/head and shoulder massage/refreshments
- Gym at Dalry Swim Centre – weekly sessions with women
- Hugs and Brains session with Andrea Graham
- Self-care and Boundaries session with Dr Rahila Khalid
- Glasgow Day Trip
- Cushion Making from Old T-shirts at NKS with the NKS Climate Action Fund Project
- Fabric Painting



Thinking style and Gratitude - with Dr Rahila Khalid

During the Mental Health Awareness Week in May 2023 a session on thinking style and gratitude took place at Duncan Place. The participants learned about how their thoughts can impact their mental well-being. They explored different thinking styles and how negative thoughts can contribute to stress, anxiety and depression. The concept of gratitude was introduced as a way to promote positive thinking and improve overall mental health. Participants engaged in exercises such as keeping a gratitude journal, practicing mindfulness, and expressing gratitude towards others. The session emphasized the importance of making gratitude a habit and integrating it into daily routines to reframe thinking patterns and experience improved mental well-being.



Overall, the session on thinking style and gratitude aimed to raise awareness about the power of our thoughts and the potential benefits of cultivating gratitude. By developing a more positive thinking style and practicing gratitude, individuals can enhance their mental health and build resilience in the face of challenges faced in life.



Health and mental well-being sessions provide overall support and assistance to individuals by offering a safe space to discuss their emotions, thoughts and challenges. These sessions can help individuals gain insights into their own mental well-being, develop coping strategies and improve their overall psychological health. They may also provide guidance in managing stress, anxiety, depression, and other mental health concerns, ultimately promoting personal growth, self-awareness and emotional resilience.

Zoom Session Online in Ramadan:

- Diabetes in Ramadan with Robina Iqbal
- Healthy Recipes with a volunteer
- Yoga with Neena Agarwal



If you are interested in joining Health and Well-being sessions, or would like to register your child for the Young Peoples Club, then please get in touch on 07737 576 054 or NKS landline 0131 221 1915.

IMPROVING LIVES PROJECT (CARERS' PROJECT)

BY SAMRA AHMED, NKS IMPROVING LIVES PROJECT COORDINATOR



The **Improving Lives Project** has continued to advise and support our project users over the last six months. We support approximately 45 families with young and older family members. These are individuals who have been affected by the pandemic e.g. Covid-19, their socio-economic status changing, their mental health and their general well-being as a result of the pandemic.

The staff team are involved in various activities to support the growing number of users, such as: 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.

A wide range of activities took place from January to June:

- **Canal Boat Mental Health & Well-being sessions** – yoga, mindfulness and crochet
- **Breathing and Mindfulness** with Dr Rahila Khalid
- **Pamper and Well-being session**
- **Child Abuse Awareness session** with Andrena Graham
- **Ramadan Zoom sessions** – Diabetes and Ramadan, Recipe Ideas and Light Yoga
- **Thinking Style and Gratitude** with Dr Rahila Khalid
- **Self Care and Boundaries** with Dr Rahila Khalid



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



The purpose of this project was to visit the National Museum of Scotland (NMS) South Asian collections and reinterpret them through the eyes of our communities. To do this we conducted several informal themed tours with different groups capturing their own memories of childhood and growing up in their home countries.



Themes for the museum objects viewed during the tours were Culture & Lifestyle and Religion, Arts & Colonial History.

Some of the objects visited were: Lewis Chess pieces; Paisley design; historical game of Pachisi; Ghungaroo; Sindhi scarf; sandstone figures of Surasundari and Hanuman; bronze figures of Lord Krishna; a poster of Yama; jewellery of Duleep Singh and Margret Tytler models.



All participants really enjoyed the tours and engaged in very interesting discussions about the different way of celebrating their own cultural practices regionally.

Following the tours, some of us wrote blogs on these objects, which are planned to be uploaded on the NMS website.



The end of project celebration took place on 27/06/2023 at the NMS with all the activities undertaken with our service users and the memories captured in a photographic display with all those who participated. This took place in front of invited guests.

NKS POST COVID SUPPORT PROJECT

BY NEERU BHATNAGAR, NKS COMMUNITY DEVELOPMENT OFFICER



The One City Trust Project aims to help older people and housebound individuals and families to access culturally sensitive services. Over the last year, NKS service users have participated in:



- English Conversation Classes on a weekly basis
- Digital skills Support Group
- One to one Digital Skills Support
- Older Men/Women Weekly Lunch Group - involving singing, visiting National Museum of Scotland to look at South Asian colonial history collections and create new labels representing their communities own views
- Weekly befriending visits to house bound individuals
- Supporting families at risk of domestic violence and offering one to one support as deemed appropriate



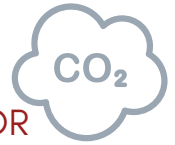
Some quotes from NKS service users:

"Really appreciate the initiative by NKS to organise such educational trips. It was well organised and systematic. Such trips are valuable to both children and adults."

"I enjoy learning new things, especially how to record my message on WhatsApp if I cannot write."

CLIMATE ACTION FUND PROJECT

BY TATHEER FATIMA, NKS CLIMATE ACTION FUND PROJECT COORDINATOR



The Communities Reduce, Reuse and Recycle Project (CRRR) started in April 2022 and ended at the end of June 2023. The primary aim of the project was to encourage and support BAME communities in Edinburgh to reduce waste, increase reusing and repairing items and to shift to a more sustainable consumption. The project was in partnership with ELREC.

The following activities were organised by NKS during the course of the project:

Leftover Cookery Sessions: There have been 15 recipes shared by our project volunteers and project staff. These were all tried and tested recipes. All the leftover cookery sessions were theme based recipes for kid's school lunch boxes, diabetic patients and for quick serving for guests at home. Moreover, 60 hot meal days were organised at NKS and 45 Fareshare activities contributed to reducing landfill activities at NKS.



Stitching & Crochet workshop & upcycled garment Fashion show

DIY activities: Reducing waste through DIY upcycling waste materials via arts and craft, 20 sessions were conducted with participants. The project covered many activities like, learning how to crochet, flower vase decoration, paper flower making, fabric painting on redundant fabric, planter making with redundant tyres and wood work at North Edinburgh Arts Centre.

Fabric Alterations, Repair and Sewing/Stitching Classes and NKS 2022 Fashion Show: The NKS CRRR Project Team had gathered people who were willing to do repair and alterations on their old fabric. A total of 32 sessions were conducted with 18 people to do the repairs and redo/alteration activities around the redundant fabric. A total of 22 dresses were made and showcased in the fashion show as part of the NKS Annual General Meeting in November 2022. The dresses were so inspiring that some of the guests purchased some of the dresses after the event.

Swap Shop Events: There have been 6 swap shop events so far. These events were organised by NKS, Granton Goes Greener and ELREC and more than 1200 kg weight had been swapped and avoided the landfill. Also, approximately more than 1500 people benefited from these events. These events were well advertised before they took place. Please keep an eye for our further swap shop events in the future.



Activities with Zero Waste Scotland:

Sessions were organised as part of waste management and awareness learning. A total of 8 sessions took place covering a range of topics. Some of them were following circular economy, Love Food Hate Waste, reducing fabric waste (Love Your Clothes), reduce single use items and reduce landfill etc. More than 80 people attended these sessions.

Recycling Centre Visits: The project encouraged people to reducing waste by raising awareness of waste reduction via educational workshops and trips to recycling centres. The aim of the activity was to make community participants aware about what happens to the bins that are collected from our doorsteps and how important it is to know about the process afterwards, so that everyone sorts out their bins beforehand to make the process easier at the recycling centres. A total of 4 community visits took place to recycling centres in Edinburgh. We would like to thank the Seafield Recycling Centre team for allowing us to visit the site and for giving us a talk on the recycling process.

Outcome of the Project and its Activities: These activities have helped the communities to increase their knowledge and understanding of waste reduction and ways to reduce waste. The participants gained new skills and have enhanced existing skills and a successful waste reduction model has been developed which will promote changed behaviour among communities and help to reduce waste going to landfill.

SMART ENERGY GB IN COMMUNITIES FUND

BY TATHEER FATIMA, NKS SMART METERS PROJECT COORDINATOR



NKS is working in collaboration with Smart Energy GB

Raising Awareness and Encouraging People to use smart meters

NKS offers a range of activities to help our communities to shift towards more sustainable energy consumption

Sharing information about how smart meters work.

Helping digitally excluded people through one-to-one advice and information.

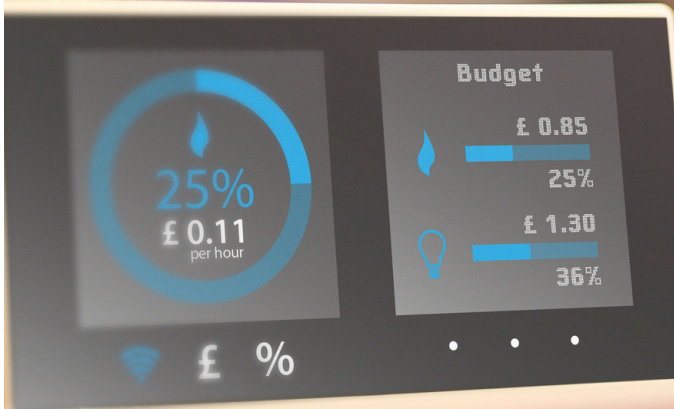
Connect people with their energy suppliers for the installation of smart meter

Promote smart meter among a wider audience via public platforms, through sharing information.

To run educational workshops for community groups to raise awareness about smart meters.

The project started during the month of May 2023, and it will last till December 2023, facilitating the digitally excluded South Asian community in Edinburgh. The project will support people who need help with using smart meters at home and to get its maximum utilisation in monitoring their daily energy consumption patterns.

The project team had a stall at the NKS Cultural Event on 27/05/2023 and at the Edinburgh Canal Festival on 17/06/2023 and engaged with the public and informed them about this new project. Here are some photos from the events.



This is an image of an in-home display

Eligibility may vary. Consumer action required

Venue: NKS, Darroch Annexe, 7 Gillespie Street, Edinburgh, EH3 9NH, Tel: 0131 2211915
Email: nks@nkshealth.co.uk Website: www.nkshealth.co.uk

Please get in touch with us if you would like to take part in this project and would like help with smart meters.

COMMUNITIES EMPOWERED PROJECT

BY NEERU BHATNAGAR, NKS COMMUNITIES EMPOWERED PROJECT COORDINATOR



NKS has been successful in receiving funding from the UK Shared Prosperity Fund for three years to build capacity in South Asian communities. We intend to build capacity and resilience among grassroots by intensively focusing on South Asian communities in Edinburgh, facing escalating socio-economic deprivation and health inequalities due to COVID-19, and support vulnerable individuals one to one via experienced bilingual community workers, known and trusted by communities; to empower and help identify recovery pathways leading to improved life chances.



We hope to promote eco-friendly lifestyle by providing conservation activities in the community to support net zero transition in the city with our over eight years' experience in this area. In addition, a vision for a long-term legacy will be created by training a minimum of ten community equality champions in years two and three respectively.

The project work entails addressing poverty, health inequalities and intersectional issues for families to improve wellbeing holistically. Hardships and inequalities experienced during COVID-19 and issues informed by our surveys (in 2020 and 2022) are referred to. Enhancing and learning new skills, supporting people to get paid jobs, training community champions, building capacity, promoting healthier lifestyle and providing emotional support to families negatively impacted by the pandemic are some of the objectives aimed to be achieved through project work. A baseline of needs and skills survey study has been conducted and recommendations made. The recommendations of the survey study is giving shape and direction to the project work.



Please get in touch with us if you would like to take part in this project. You can email us at: nks@nkshealth.co.uk or call us on 0131 221 1915.

DISCOVER DIGITAL INCLUSION PROJECT

BY RANA SHAMS - NKS DISCOVER DIGITAL INCLUSION PROJECT OFFICER



The Discover Digital Inclusion Project (DDIP) started in March 2023. The main aim of the project is to support digital inclusion and access to digital services/information for grassroots South Asian communities. NKS has been working with South Asian communities/families; women; older people; and people with long term health conditions and have identified that there is low digital literacy. The pandemic had further brought many challenges around connecting digitally with families.

The DDIP aims to highlight digital health tools that:

- Promote health and wellbeing
- Help us to look after someone else
- Help us to access the National Health Service

This project enables our service users to gain more confidence and skills to use different digital devices. The main aim of the project is to facilitate digital inclusion and bring about a change in the behaviour among people to get used to online health and health care information.

The sessions that are run at NKS are tailor made to service user's requirements and are flexible and focus on:

- Upskilling their digital knowledge
- Self-management
- Educational
- Learning to make choice between digital or person-centred approach
- Improved knowledge on digital health tools
- Increased accessibility to digital health and care
- Eliminate the risk of missing out on the benefits to the individual's digital health



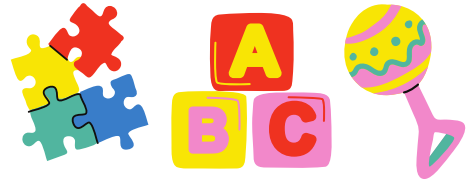
These digital sessions support the users to understand a bit more about where digital devices can help them. All the sessions are continuously monitored and evaluated, and feedback is obtained at the end of the sessions. Currently we are running two group sessions and providing one to one support to our service users.



Please get in touch with us if you interested in joining our group sessions or need one to one support to improve your digital skills and literacy.

NKS CHILDCARE FACILITY

BY RUKHSANA HUSSAIN, NKS NURSERY MANAGER



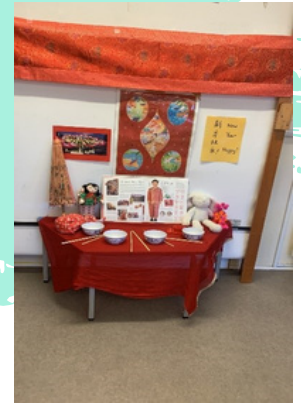
Activities in the NKS Nursery

We are happy to bring you an exciting update on the incredible activities that have taken place at our nursery over the past six months. The children have been busy exploring various cultures, engaging in seasonal festivities, embracing creativity and connecting with nature.

Playing with Snow: In the winter, our nursery was filled with warmth and joy as children experienced the wonders of playing with snow. They built snowmen and had fun playing with the snow! It was a magical winter wonderland experience for the children.



Chinese New Year: we had a display in the nursery showing Chinese culture during the Chinese New Year celebrations. The children were happy and participated in doing colourful arts and crafts and enjoyed having delicious treats. They learned about Chinese traditions and the Chinese zodiac animals.



Valentine's Day Arts and Crafts: The children created heartfelt cards, created beautiful heart-shaped decorations and shared kind messages with their friends. It was a celebration of friendship, creativity, and showing kindness.



Ramadan/Eid: We celebrated the spirit of Ramadan and Eid with the children, teaching them about the importance of sharing and being kind. The children were engaged in arts and crafts, made beautiful lanterns, and learned about the significance of this blessed month. We had an Eid party to celebrate the end of Ramadan!

Holi: The children were excited to learn about this joyous festival of colours. They really enjoyed creating artwork and enjoyed dancing to traditional Indian music. It was a day filled with laughter, creativity and cultural appreciation.



King's Coronation: In honour of the royal event, our nursery organised a majestic King's Coronation party. The children dressed up as Kings and Queens, made crowns, and enjoyed special snacks. They enjoyed dressing up for the day!





Easter: Our nursery was buzzing with excitement during the Easter festivities. Children joyfully participated in egg hunts, created adorable bunnies and learned about the significance of Easter.



World Book Day: We took children to the local library on World Book Day! The children enjoyed storytelling sessions and sharing their favourite storybooks with each other. It was a fun day encouraging reading and igniting young imaginations.

Meadows Picnics: As the weather is getting better, we organised a delightful park picnic. The children enjoyed outdoor games, played on swings and slides and enjoyed healthy snacks in the fresh air. They had fun exploring the outdoors.



Planting activities: The children are busy with planting activities, which provide hands-on learning experiences, allowing children to observe and explore the growth of plants. They develop environmental awareness and a sense of responsibility towards nature. Planting activities also contribute to fine motor skills development, patience and emotional and social growth.



Playdough: The children regularly enjoyed playing with colourful Playdough which the staff made themselves. The children love to roll it out and make things out of it. It's a lot of fun!



Outdoor Play: The children enjoyed playing outdoors twice a day. They like to climb, slide, run about and also cycle. NKS staff are trained cycling tutors for children and supervise them and help them to cycle.

We hope this newsletter gives you a glimpse into the incredible journey of learning and fun the children have experienced over the past six months. We are grateful for your support and trust in our nursery. Please get in touch if you would like more information or would like to inquire about a place.

NKS Young Peoples Club

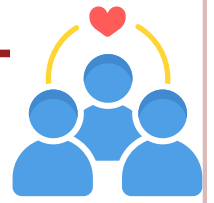
The NKS Young Peoples Club will be starting up again very soon. It is aimed at 8 to 16 year olds. The club will meet according to the needs of the parents and their children. Activities include: conversation sessions; board games; fitness activities e.g. basketball; outdoor activities e.g. outings, walking; arts and craft sessions; cooking and baking etc. Please get in touch for more information.

NKS After School/Homework Club

The NKS After School/Homework Club runs according to the needs of the parents and their children. Currently maths tuition sessions are running at NKS four days a week from Mondays to Thursdays. We are looking to offer English tuition too very soon. Please contact us if you would like more information.

HEALTH & SOCIAL INEQUALITIES PROJECT

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



With the help of additional funding, extended for another year, we managed to, not only continue empowering communities, but developed it further with our user's active involvement. This continuous process of engagement has made users more and more familiar about their rights and how to access mainstream services a bit better now.

With project staff attending 3 local forums regularly and bringing new service providers relevant information about their work in weekly groups has been of tremendous help in empowering not only women but also their families as information is shared with family members at home.

On the spot feedback and observation has been that, these sessions have not only been enjoyed more but users understood information better when project staff offered interpretation during each session in their own languages e.g. Hindi, Punjabi, Bengali and Urdu. This meant users and providers had better interaction. It allowed families to understand the information better and ask pertinent questions directly from service providers.

Feedback from both service users and providers has been very positive as they felt connected, in charge of their own situation and they were also able to maintain contact afterwards in getting their individual issues resolved directly from service providers.

Some of the other activities that women took part in were 'Leftover Food Cookery Sessions' to learn how to offer healthy and interesting food to families and prevent waste. Women learnt how to reuse old garments (upcycling) and make new clothes or things instead of throwing them or how to repair garments. Women also made mats from old towels and gave them a new lease of life as well as enjoyed painting old tyres to use them outdoors and grow vegetables or herbs in them.

Women really enjoyed both indoor and outdoor activities during the whole year, learnt new things, contributed to ideas development. Everyone was better informed about new services and how they can access them as well as take information home to families.

The work over the year also highlighted and brought out a number of issues for BAME communities. Issues affecting our communities:

- Lack of knowledge of IT issues as everything is being moved online (forms, appointments)
- Lack of laptops or not enough money to pay for Wi-Fi as cost of living is spiralling
- Language barrier and lack of confidence when approaching service providers alone, either personally or over the phone
- Domestic violence
- Cost of living rocketing, making it difficult for many families to manage day to day, giving rise to mental health issues
- Businesses folding due to rising costs, men becoming jobless putting pressure at home on women and children
- Older people living alone feel isolated more as their health is deteriorating and they are on waiting list of NHS
- Anti-social behaviour from neighbours
- High rents and transport costs



NKS EVENTS & OUTINGS



10/05/2023 - Outing to Glasgow



NKS service users had a lovely outing to Glasgow in May 2023 for a great change of scenery. They did some shopping, some walking about and stopped off to have some delicious lunch together where they caught up with each other. It's really important to get together with friends and do things like this. It's great for your mental health and well-being and it's also really good to just have a wee break.

27/05/2023 - Cultural Event at Craiglockhart Parish Church Hall

Craiglockhart Community Council, in collaboration with NKS, held the Craiglockhart Community Mela on Saturday 27/05/2023 from 11.00 am to 3.00 pm at Craiglockhart Parish Church Hall in Edinburgh. There were lots of stalls on the day and NKS organised a very entertaining cultural programme with singing and dancing.



NKS had a delicious food stall for everyone to enjoy. Over 100 people came to the event and it was very successful. NKS would like to thank everyone who took part in the event.

17/06/2023 - NKS at the Edinburgh Canal Festival

NKS took part in the Edinburgh Canal Festival on Saturday the 17th of June 2023. The event was from 12 noon until 4.00 pm. We had a delicious food stall selling freshly made vegetable samosas, vegetable pakoras, sweet treats, soft drinks and tea/coffee too. We also had an information stall about our organisation and all of our current projects. There was face painting for the little ones and henna hand painting too. It was a beautiful sunny and hot day which made the event even better. A lot of people came to take part in the event and the fun activities. It was a huge success. Thank you to all staff and volunteers who worked so hard on the day. Thank you!



NKS is on social media. Check out our regular posts on Instagram, Facebook and Twitter to read all about our activities and current projects.

You can contact us at: nks@nkshealth.co.uk or call us on 0131 221 1915. We look forward to hearing from you very soon!

LOOKING FORWARD WITH NKS



Groups at NKS

English Conversation Classes

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

NKS Men's Support Group

- This group runs fortnightly at NKS from 11.00am to 1.00pm. Please check for the day it's running.

NKS Carers Support Group

- This group runs once a month at NKS from 11.00am to 1.00pm. Please check for the day it's running.

NKS Women's Long Term Health Conditions Support Group

- This group runs once a month at NKS from 11.00am to 1.00pm. Please check for the day it's running.

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.

Friday Women's Group

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

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 8.30 am till 5.30 pm. 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)
Jack Marshall – Director (Vice Chair)
Lyn Jones – (Treasurer)
Jabeen Munir – Director (Joint Treasurer)
Yasmin Ahmad – Director (Secretary)
Mussarat Ahmed Kaneez – Director (Joint Secretary)
Sugantha Ravindran – Director
Shaheen Ahmed – Director
Alison Conroy – Director
Lesley Hinds – Director
Nahid Aslam – Director
Lipy Rahman – 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:

Neeru Bhatnagar – Communities

Empowered Project

Rohina Hussain – Communities

Empowered Project

Nazia Majid – Health & Wellbeing

Project and Helpline Project

Samra Ahmed – Improving Lives

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

Nasima Zaman – Community

Development Officer

Nazma Rahman – Climate Action

Fund Project Officer and Smart

Meters Project Officer

Neena Agarwal – Community

Development Officer

Neeru Bhatnagar – Community

Development Officer

NKS Community Engagement

Officers:

Neeru Bhatnagar & Rana Shams

NKS Childcare Practitioners:

Amina Rahman; Fauzia Ahmed;

Kaniza Rahman & Rezwana Khan

In Charge of Cleaning: Tahira Ali

Staff & Committee News

Honor Loudon – She has stepped down from the NKS Management Committee. NKS would like to thank her for her valuable contribution.



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