

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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NKS at The Scottish Parliament with MSPs - October 2023

As we reflect on the past six months, it's motivating to see a range of successful projects and events held by NKS. The NKS Newsletter has been a window into our shared experiences, information, and an evidence of the hard work and community connections built that truly define NKS. The collective strength of the NKS staff, management committee and its users is showcased on every page of the newsletter.

At the end of October 2023 NKS put up an information stall at the Scottish Parliament over three days. We got the opportunity to showcase our organisation and all of the wonderful work that we do and met with several of the MSPs.

Our projects that range from empowering families, supporting people with long-term health conditions, raising awareness of autism, helping people with life skills, support to access job market, raising awareness of greener and cleaner environment, offer student placements as well as volunteering and help with increased digital literacy, and our pre-school childcare as well as our study support to school children, are all indeed empowering communities and navigating to a path of improved quality of life.

Our events, such as weekend residential trip for female carers, annual general meeting, Christmas lunches and NKS cultural programmes are thoroughly enjoyed by the communities. Looking forward, we would welcome all to be a part of the NKS platform and diverse activities in whichever way it suits everyone. Please get in touch with us to find out more.

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: nks@nkshealth.co.uk – Website: www.nkshealth.co.uk

Charity Number SC000697 Company Number 226920

BENEFITS UPDATES & INFORMATION

BY NASEEM SULEMAN, FAMILY SUPPORT OFFICER



Benefit Changes for Scotland in 2024

Disability Benefits

- 1) Adult Disability Payment - extra money to help people who have a long-term illness or a disability that affects their everyday life. It replaces Personal Independence Payment for people in Scotland that was previously delivered by the Department for Work and Pensions (DWP).
- 2) Child Disability Payment - extra money to help with the costs of caring for a child with a disability or ill-health condition. It replaces Disability Living Allowance for children in Scotland that was previously delivered by the DWP.

The benefits that are available include five family payments, which help towards the costs of being pregnant or looking after a child.

Five Family Payments

- 1) Best Start Grant Pregnancy and Baby Payment - one off payment of up to £707.25 from 24 weeks in pregnancy up until a baby turns 6 months old for families who get certain benefits.
- 2) Best Start Grant Early Learning Payment - one off payment of £294.70 when a child is between two and three years and six months old for families who get certain benefits.
- 3) Best Start Grant School Age Payment - one off payment of £294.70 when a child would normally start primary one for families who get certain benefits.
- 4) Best Start Foods - a pre-paid card from pregnancy up to when a child turns three for families on certain benefits to help buy healthy food.
- 5) Scottish Child Payment - £100.00 every four weeks to help towards the costs of looking after each child under 16 for families who get certain benefits.

Carer Benefits

- 1) Carer's Allowance Supplement - an automatic payment made twice a year to people who get Carer's Allowance through the DWP on certain dates each year.
- 2) Young Carer Grant - an annual payment of £359.65 for people aged 16, 17 or 18 who care for people who get a disability benefit for an average of 16 hours a week or more.
- 3) Carer Support Payment - money to help you if you're a carer. You can get paid £76.75 a week if you're eligible.

Heating Benefits

- 1) Child Winter Heating Payment - a £235.70 payment to help families of a child on the highest rate care component of Disability Living Allowance for Children to heat their homes.
- 2) Winter Heating Payment - A yearly payment to help people on low income benefits who might have extra heating needs during the winter. The payment for winter 2023/24 is £55.05.

Other Benefits

- 1) Funeral Support Payment - money towards the costs of a funeral at a difficult time like this for people on certain benefits who are responsible for paying for a funeral.
- 2) Job Start Payment - £294.70 for 16 to 24 year olds who have been on certain benefits for six months or more to help with the costs of starting a job.

Please get in touch with us if you would like to make an appointment to use the Family Support Service at NKS on: 0131 221 1915 or 07737 756928. We look forward to hearing from you very soon.

SELF MANAGEMENT PROJECT

BY NAZIA MAJID, LTHCS PROJECT OFFICER



We are thrilled to share that NKS has secure further funding for the NKS Living Well with Long-term Health Conditions (LTHCs) Project. The project team is fully committed to enhancing the lives of individuals facing long-term health conditions and to support their caregivers too.

At the heart of NKS' mission is the goal to strengthen the resilience, capacity, and social capital of our community members. Through the provision of information, knowledge, and personalised support, we aim to empower individuals to navigate the challenges of long-term health conditions with confidence.

NKS is dedicated to adopting an inclusive person-centred social health model, addressing the broader issues of health inequalities and diminished quality of life in the post-pandemic era. Through active advocacy and strategic connections with other organisations, we work tirelessly to meet the specific needs of our community.

Our team is committed to ensuring the well-being of our housebound clients through regular weekly calls, offering not only monitoring of health but also companionship services. Home visits and frequent outings are organised to effectively address mental health issues and combat social isolation.

NKS is focused on several key objectives, including: enhancing life skills; adapting to new technology; managing a healthy lifestyle; providing information on post-pandemic services and welfare benefits; addressing long COVID; improving access to online services and community pharmacies and promoting digital and health literacy.

Additionally, we staunchly advocate for the rights of unpaid caregivers and human rights.

While NKS supports individuals with any long-term health condition, our primary focus is on prevalent health issues among South Asians in Edinburgh. This includes: heart disease; strokes; diabetes; cancer; arthritis; rheumatoid arthritis; Alzheimer's and long COVID etc. We also recognise the importance of addressing challenges in palliative care.

At NKS, we believe in fostering a community where health and well-being are accessible to all. Together, let us embark on a journey towards a healthier and more empowered tomorrow.

Long-term health sessions that took place included:

Smart Meters and digital apps information session - facilitated by Tatheer Fatima

Digital Alliance health information - Facilitated by Rana Shams

Session with Smart Energy GB - Smart Meters focus group to discuss written materials in Hindi/Urdu/Bengali/English

Care gadgets interactive session - facilitated by Care Tech

NKS Men's Support Group - lunch club and recreational activities and other sessions

LTHCs Project and NKS information session in Iqra Mosque

Christmas lunch



If you are interested in joining any of the groups/sessions then please get in touch on NKS landlines 0131 221 1915/0131 659 7837. You can also email us at: nks@nkshealth.co.uk. We look forward to hearing from you very soon.

HEALTH AND WELLBEING PROJECT

BY NAZIA MAJID, HEALTH AND WELLBEING PROJECT COORDINATOR



The Health and Wellbeing Project, launched in April 2022, fosters connections with communities and improves mental wellbeing through personalised support. It focuses on marginalised areas, supporting families struggling with mental health challenges. The project offers activities like yoga, massage etc and workshops to enhance overall health.

As we navigate the complexities of our daily lives, it is crucial to prioritise our health and wellbeing. Adopting a holistic approach that encompasses physical, mental and emotional aspects can lead to a more fulfilling and balanced life.

Managing and preventing stress is very important for your health and wellbeing. Sessions took place with Dr Rahila Khalid from Health in Mind and the service users explored the causes of stress and learnt about techniques to help manage it in their daily lives.



Other sessions have included:

Visit to Saughton Park

Weekly yoga, gym and swimming

Walking

Focus group/surveys

Visit to Royal Botanic Garden Edinburgh Christmas Lights Show

Health sessions

Healthy eating

Christmas Party



If you are interested in joining Health and Wellbeing sessions then please get in touch on 07737 576 054 or NKS landlines 0131 221 1915/0131 659 7837. You can also email us at: nksnkshealth.co.uk.

AUTISM AWARENESS PROJECT

BY NAZIA MAJID, AUTISM PROJECT COORDINATOR



INSPIRING SCOTLAND



- Autism Spectrum (ASD)
- Would you like Assistance and Support
- We Can Help
- Adults (18 years and over)

Please Get In touch if you need further Information



Networking Key Services Ltd (NKS)
7 Gillespie Street, Edinburgh
EH3 9NH
Email: nks@nkshealth.co.uk
0131-2211915

www.nkshealth.co.uk

NKS has been awarded funding from Inspiring Scotland for the Autism Awareness Project to provide support for autistic people and their families in South Asian communities in Edinburgh. By addressing problems resulting from a lack of awareness and comprehension about Autism, by employing appropriate culturally sensitive engagement techniques, NKS aims to engage grassroots communities in conversations about the issue and challenges relating to cultural and religious barriers.

NKS is raising awareness in our groups and giving information sessions to engage our service users in conversations and empower them with knowledge to eliminate the stigma associated with Autism and to identify individuals who need help or know someone that requires help. We are also offering one to one support and conducting home visits to support families in need.

Raising Autism Awareness Sessions took place with:

- Pakistani Women's Group
- Health and Wellbeing Women's Group
- Iqra Mosque
- NKS Men's Support Group



Please do not hesitate to reach out to the Autism Awareness Project Team for assistance. We want to assure you that client information is treated with the utmost confidentiality. You can contact us on the NKS landlines 0131 221 1915/0131 659 7837. You can also email us at: nks@nkshealth.co.uk.

IMPROVING LIVES PROJECT (CARERS' PROJECT)

BY SAMRA AHMED, NKS IMPROVING LIVES PROJECT COORDINATOR



The Improving Lives Project is working to improve the quality of life of female carers from the South Asian community and the main aim is to support them and their needs especially with the adverse effects of Covid-19 that have been left on communities and families.

A survey was conducted and focus group interviews were set in place to identify the needs and demands of the service users looking closely at the needs of the individuals. The project held some joint sessions with the NKS Health and Wellbeing Project.

NKS has supported Bangladeshi and Pakistani carers to improve their health and fitness by attending regular sessions at their local gym where they were shown around the facilities and how to use the different machines. They have also attended regular swimming sessions. They really enjoyed the sessions.



NKS took the carers for a wonderful and relaxing residential weekend in September 2023 to Ardgartan in Argyll and Bute. They really enjoyed getting away from it all in the stunning surroundings. The accommodation and activities such as outdoor yoga and woodland walking were wonderful and they really appreciated the opportunity to go.



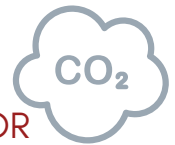
NKS took women to the Royal Botanic Garden Edinburgh (RBGE) to see the Christmas Lights Show in December 2023. It was so colourful and beautiful! They enjoyed walking around together and taking in the atmosphere. NKS would like to thank the RBGE for giving us some free tickets to go and see it.

Other sessions and activities held between July and December 2023 included: mental health awareness; health sessions on relevant topics; yoga; walking; healthy eating; picnic at RBGE; prevention of stress (Health in Mind); focus groups and Christmas lunch at Shish.

NKS is supporting more new clients who are thoroughly enjoying our services and are looking forward to the interesting activities and opportunities in the coming few months. Please get in touch with us if you would like help and support on 0131 221 1915 or 0131 659 7837 or email us at nks@nkshealth.co.uk. We look forward to hearing from you.

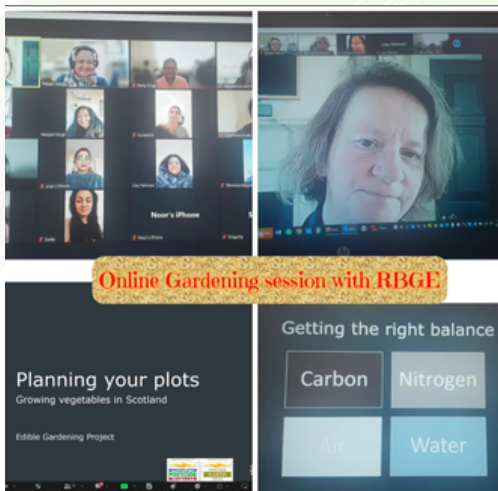
CLIMATE ACTION FUND PROJECT

BY TATHEER FATIMA, NKS CLIMATE ACTION FUND PROJECT COORDINATOR



NKS has recently been awarded five years funding that will enable us to deliver more in depth activities around tackling climate change and focusing on behavioural changes in South Asian communities. The Communities Reduce, Reuse and Recycle (C3R) Project is a joint project between NKS, ELREC and SCOREScotland which aims to encourage and support diverse communities in Edinburgh to reduce waste, increase reusing and repairing and to shift to a more sustainable consumption. Overall, the project aims to change attitudes, behaviours and awareness towards waste and consumption through activities including: clothing repairs and alteration sessions; swap shop events; hot lunches to vulnerable older people; community gardening sessions; DIY upcycling; visits to recycling centres; Edinburgh Climate Festival; training and much more.

The NKS project team kick started the work with the combined launch event in September 2023. Some of the planned activities have already taken place in established groups and the team has had collaborative meetings with Royal Botanic Garden Edinburgh (RBGE) and Zero Waste Scotland for future activities at NKS.



Currently, the most popular activities at NKS have been the: beginners level stitching classes; hot lunches; leftover cookery sessions and RBGE online winter activities to guide people around making compost and using it for their edible gardening in summer. The online information sessions are happening regularly and people from all communities are welcome to attend them.

Furthermore, NKS is looking into biodiversity and the natural regeneration aspects of climate change as well. RBGE is supporting NKS in achieving the target and we had our initial visit to see the Restoration Forth Project at the Scottish Seabird Centre in North Berwick in October 2023. The participants were from all three NKS communities and learnt about how seagrass seeds are being collected and re-sowed in the Firth of Forth for the restoration and regeneration of seagrass for the betterment of the environment.





NKS service users have been learning how to cut and sew items in the stitching classes such as: tops; trousers and hijabs (head coverings) etc. The classes were small and in blocks of eight sessions. Nazma Rahman taught them how to cut items properly and how to sew them. She explained the basics of sewing to them and helped them to use the sewing machines to stitch their items. They used old, unwanted and torn fabrics to make new things out of them. They learnt a lot in the sessions and became more confident to have a go themselves.

Recycling activities took place with service users in the different groups running at NKS. Some of them decorated empty bottles rather than throwing them out. Some of them made coasters by twilling old unwanted paper. Arts and craft sessions also took place in the groups. They really enjoyed being creative.



Regular left over food cookery sessions took place with the service users. Volunteers demonstrated tried and tested recipes step by step to them and raised awareness about what can be done with left over food. The possibilities are limitless!



The staff team attended the EMEN Environment Conference in October 2023 in Glasgow. It highlighted the contributions that the Ethnic Minority communities can make to fight for climate justice. The staff liaised with people from other similar organisations and projects. It was a very good event.



Please get in touch with us if you are interested in joining in this project or any of the activities. You can call us on 0131 221 1915 or 0131 659 7837 or email us at nks@nkshealth.co.uk. We look forward to hearing from you very soon.

SMART ENERGY GB IN COMMUNITIES FUND

BY TATHEER FATIMA, NKS SMART METERS PROJECT COORDINATOR



The NKS Smart Meters Project worked hard to raise awareness about smart meters amongst the South Asian community in Edinburgh and to help facilitate those that were digitally excluded. The project supported people who needed help with using smart meters at home and to get maximum utilisation of monitoring their daily energy consumption patterns. Knowing digital knowledge around smart meters was an important missing factor in our communities. To rectify these issues, the project was planned in two different main categories – direct activities and indirect activities.



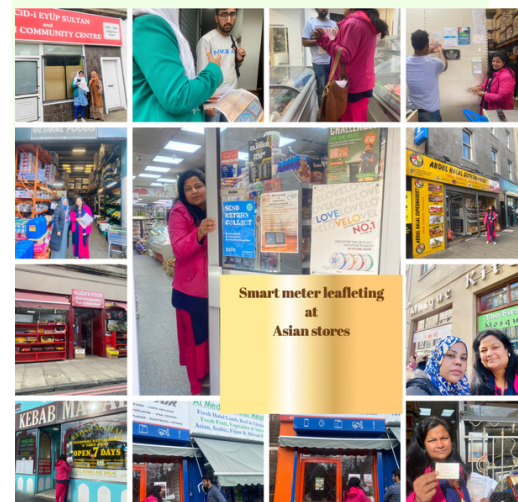
One to one support
For Smart meter



Information sharing
In big social
events

Direct activities involved: home visits; outreach through telephone conversations; one to one advice and support and information workshops on smart meters. The Home Energy Scotland team delivered these information sessions and workshops at NKS to raise awareness and to answer any questions around smart meters. More than 400 people have learnt about smart meters, their usefulness and benefits etc. through attending different one to one sessions, group sessions and workshops.

Indirect activities were mostly to reach people through different indirect methods such as: posting information on NKS social media platforms; dissemination of leaflets in different cultural and organisational level events; sharing and placing the information at different venues so that people could see and read these; enabling people to read and understand the printed or online material, so that they are well informed before they are installing the smart meter. This part extensively involved digital learnings and understanding of using digital equipment for information.

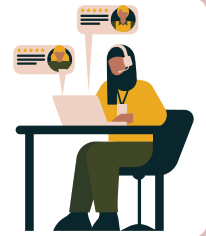


Smart meter leafletting
at
Asian stores

The project came to an end at the end of December 2023 but we will be continuing the social media coverage afterwards. The project team has worked hard to meet the purpose of the grant, and to help build awareness and confidence in smart meters, and to ensure people in the target group understood how these could benefit them. We hope that the activities will definitely have a long-term impact on South Asian communities.

COMMUNITIES EMPOWERED PROJECT

BY NEERU BHATNAGAR, NKS COMMUNITIES EMPOWERED PROJECT COORDINATOR



After successfully receiving funding from the UK Shared Prosperity Fund to build capacity in South Asian communities in Edinburgh NKS has established two new groups – one for South Asian women and the other for Mixed Older Men/Women – offering activities as requested by them. During this period, we all enjoyed a coach trip to Pittencrieff Park.

We had a very informative session on investments with Azizur Hussain who is a Senior Financial Planning Manager with Santander Bank. Both Friday groups benefitted from information shared by Azizur and took part in the question and answer sessions afterwards. Some feedback received was: *“Can I please express my appreciation for today’s session with Aziz which we found very informative and useful in planning our financial arrangements for the future. I think sessions like this are most beneficial to our group.”*



The groups also had a visit to Edinburgh Zoo and had a wonderful lunch afterwards. This was organised in collaboration with Age Scotland and the service users enjoyed visiting the zoo again after a very long time, appreciating the vast number of animals, habitats and enjoyed chatting with each other. It was a very warm summer afternoon of walking as well as sharing stories from our own times with our children when they were small at the Zoo.

In addition, we had information sessions with Care and Repair Edinburgh who came and informed us about their services such as key safe, outside ramp and other helpful support from their volunteers and paid staff and they explained how this works. A few people have booked for a key safe for their homes. Feedback from one of the sessions: *“I did enjoy the Care & Repair session very much today. It was good to learn that there are resources available to us as we all get older.”*

The groups also enjoyed storytelling sessions, information on food waste and Christmas lunch!



Feedback from some of our users: *“It was wonderful to meet up with so many of our NKS friends today for an enjoyable lunch! Best wishes to everyone in the group for a very happy festive season.” “We thoroughly enjoyed the food and company.”*

One of our other roles has been to engage with groups who are looking to improve their digital skills to enhance their chances of work. We also worked with people who are looking for jobs, help with their CV and mock interview practice. Please get in touch with us if you would like help with any of these.



The Wednesday Group has been supporting women with life skill activities such as: mindfulness; how to deal with and prevent stress; healthy eating; gentle exercise; outings and health and wellbeing information sessions on relevant topics.



Passive Voice or Active Voice

1 They made a big snowman.	2 The letter was written.	3 The table was laid by her.	4 These pupils wrote on the blackboard.
5 His room was cleaned.	6 The watermelon was eaten.	7 Artem wrote an exercise.	8 He drank a cup of tea.

Our three English Conversation Classes with the help of volunteers have also been helping to improve confidence in accessing services like GP, hospital, parent school meetings independently as individuals become more confident through practice.

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 or 0131 659 7837. We look forward to hearing from you.

Victoria Burns - Student on Placement



I am a first-year student at Edinburgh University. I returned to education after 35 years which meant I wasn't sure if I would enjoy it or be any good, but I have loved the last two years at college and also my time so far at university.

My past experiences as an activist, mum of two teenage boys and also my role as a youth worker have helped me on this degree programme, Learning in Communities.

I am excited to be doing my placement with NKS and look forward to being involved in various projects and learning more about the South Asian community.

DISCOVER DIGITAL INCLUSION PROJECT

BY RANA SHAMS - NKS DISCOVER DIGITAL INCLUSION PROJECT OFFICER



The Discover Digital Inclusion Project started in March 2023. The project has continued to progress forward during its second phase, promoting digital inclusion, access to digital services and information for grass root South Asian communities. NKS has been working with South Asian communities; families; women; older people and people with long-term health conditions and has identified low digital literacy.

We conducted a number of group sessions, and one to one sessions, with our service users to create awareness about digital health tools that: promote health and wellbeing; help us to look after someone else and help us to access the NHS and health services.



The sessions helped our service users to gain more confidence and skills to use different digital devices. It also helped them to reduce depending on others and learn about new and old technologies, helping them to manage their day to day lives better. 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.



It is hard to get by nowadays in the modern world without digital skills especially if one is not able to use a computer or does not know about the internet. We at NKS have developed and tailored various digital sessions to service users' requirements which are flexible, focussing on: upskilling their digital knowledge; self-management; education; learning to make a choice between digital or person-centred approach; improving knowledge on digital health tools; increasing accessibility to digital health and care and eliminating the risk of missing out on the benefits to the individual's digital health.

These digital sessions support the service users to understand a bit more about where digital literacy can help. They have learnt about: Zoom and how to trouble shoot any problems with it; LRT Bus and Tram App; how to look for online help and advice on the NHS website; the ADAM system and generally how to use their smart phones and devices. Having that one to one attention has been very helpful and much appreciated by the service users. All of the sessions are continuously monitored and evaluated and feedback is obtained at the end of the sessions. We still have slots available for one to one and group sessions.



Please get in touch with us if you are interested in joining in our group sessions or need one to one support to improve your digital skills and literacy. Everyone is welcome no matter what your digital literacy level is. Please contact NKS on 0131 221 1915/0131 659 7837 or email us at: nks@nkshealth.co.uk. We look forward to hearing from you.

NKS CHILDCARE FACILITY

BY RUKHSANA HUSSAIN, NKS NURSERY MANAGER



Activities in the NKS Nursery

We would like to wish everyone a very Happy New Year and hope that you had a good break during the festive season. We wanted to share some key highlights from the NKS Nursery. The children have been busy exploring and learning through engaging activities that promote not only fun but also valuable life skills.

Autumn Adventures

During the crisp days of autumn, the children delved into the wonders of nature. From feeling the textures of fallen leaves to admiring the diverse palette of colours around them, they embarked on a journey of discovery. To foster a sense of belonging and identity, we organised room activities like the construction area, playdough table and arts and crafts. These activities encouraged sharing, taking turns and respecting others' choices, laying the foundation for positive social interactions between the children.



Halloween Party

Our nursery came alive with spooky excitement during our Halloween party! The children came in their costumes and created a fun atmosphere for the day. We had carved pumpkins and decorated the nursery with ghosts and lights fostering an environment that encouraged creativity and friendship among the children. Their Halloween arts and crafts drawings and paintings were put up around the nursery.

Diwali Celebrations

The joyous celebrations continued with a lively Diwali party that brought together children and their families. The nursery was filled with vibrant colourful drawings and paintings lovingly crafted by the children. Traditional Indian treats filled the air with delightful aromas, and the lively beats of Bollywood music played throughout the nursery. This festive occasion was a special moment to celebrate culture, unity and happiness as the children embraced the traditions of Diwali.



Growing Plants

The children planted seeds and watered them. They looked after the seeds and watched them grow into plants such as potatoes and radishes. They looked after the strawberries and really enjoyed them once harvested. They looked after the marrow too that the Climate Action Team had been growing from a plant that was not looking so good. The marrow was a beautiful shade of dark green.



Winter Wonderland

As the season transitioned into winter, our nursery transformed into a festive wonderland. The children eagerly created decorations and prepared for the upcoming Christmas festivities. A trip to the Winter Wonderland on Princes Street allowed them to see the holiday decorations and explore the weather changes. We also had a Christmas party within the nursery with the children and their families. The children sang songs and received gifts from Santa Claus. Everyone really enjoyed the party.

Other activities in the nursery included: playing in the outdoor play area; story time; exploring things; going to the local library; going to the local play park and lots of arts and craft activities.



We would like to thank all of the parents for entrusting us with the care and education of their children. We look forward to another year of growth, learning, and shared moments.

If you would like more information about our nursery or would like to enquire about a place for your child, please contact us on 0131 221 1915 or 0131 659 7837 or email us at: nks@nkshealth.co.uk. We look forward to hearing from you.

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 it runs at NKS four days a week from Mondays to Thursdays. Please contact us if you would like more information.

NKS EVENTS & OUTINGS



04/07/2023 - NKS Outing to Beecraigs Country Park



09/07/2023 - NKS Outing to Pittencrieff Park



September 2023 - NKS Residential Weekend in Ardgartan in Argyll & Bute



18/09/2023 - NKS with Kaukab Stewart MSP at the Asian Restaurant Awards 2023



20/09/2023 - NKS at the Health and Social Care Alliance Scotland Self Management Awards



27/11/2023 - NKS Annual General Meeting

The NKS annual general meeting (AGM) took place on Monday 27/11/2023 at Lauriston Hall in Edinburgh. Over 100 people attended the AGM. Rohini Sharma Joshi OBE, NKS Chair, welcomed all to the meeting and spoke about some of the wonderful work done. Zarina Ahmad, a researcher and climate change trainer, was the guest speaker and spoke about her career and about her long association with NKS. Naina Minhas, NKS Director, spoke about the highlights and achievements of the past year. There was a cultural programme afterwards and a delicious hot lunch which was enjoyed by all.



Christmas Parties - December 2023



NKS is on social media. Check out our regular posts on Instagram, Facebook and X 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 or 0131 659 7837. 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 Bangladeshi Women's Support Group

- This group runs on Mondays between 11.00am and 1.00pm at NKS.

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.

Young People's Club

- This group is for 8-16 year olds and runs as required by young people and their parents at NKS but some of the activities could take place elsewhere.

Friday Women's Group

- This group runs fortnightly on a Friday. The time is indicated beforehand to the group members.

Mixed Older Peoples Group

- This group runs fortnightly on a Friday. The 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 Service 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)
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

NKS Project Community Development

Officers:

Manjari Singh - Climate Action Fund Project Officer

Naseem Suleman - Family Support Officer

Nasima Zaman - Living Well with

Long-term Health Conditions

Nazia Majid - Living Well with Long-

term Health Conditions

Nazma Rahman - Climate Action

Fund Project Officer

Neena Agarwal - Living Well with

Long-term Health Conditions

Neeru Bhatnagar - Community

Development Officer

NKS Digital Inclusion Project Officers:

Neeru Bhatnagar & Rana Shams

NKS Childcare Practitioners:

Amina Rahman; Fauzia Ahmed;

Kaniza Rahman & Rezwana Khan

Staff & Committee News

Jack Marshall - He has stepped down from the NKS Management Committee. NKS would like to thank him for his valuable contribution over the years. We really appreciate it. We would like to wish him all the best for the future. Stay in touch!



NKS Nursery



NKS runs a multi-cultural childcare facility for children aged between 3 months and 5 years of age.

It has a warm and caring atmosphere where your child will learn through creative play. The nursery follows the City of Edinburgh Council Curriculum for Excellence and we have low community rates.

There are two sessions per day:

8.30 am to 1.00 pm

1.00 pm to 5.30 pm

NKS After School/Homework Club

NKS runs an After School/Homework Club that currently helps children with maths homework supported by a very experienced tutor. Please get in touch with us if you are interested in a place for your child.

Please let us know if you are interested in English and homework support for you child/ children too.

Thank you!

Please contact NKS for more details:

Networking Key Services Limited (NKS)

Darroch Annexe, 7 Gillespie Street, Edinburgh, EH3 9NH

Tel: 0131 221 1915, Email: nks@nkshealth.co.uk, Website: www.nkshealth.co.uk



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



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