



# nari kallyan shangho

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## newsletter

### Nari Kallyan Shangho

is a Health and Welfare Project for South Asian women and children living in Edinburgh. NKS provides a common platform for South Asian women to act together to improve the quality of their lives. At NKS, we firmly believe that...

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

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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.

### Editorial ~ Naina Minhas

NKS endeavours to promote its primary agenda of improving quality of life for women and children living in Edinburgh. The organisation is hoping to put procedures in place where women are supported in their personal development leading to their empowerment.

NKS is promoting improved quality of life for women in the context of an observation that is backed by the UNICEF report of 2007 that women are discriminated throughout in different ways at all stages of their lives. The destroying of female foetus, discrimination in the education of a female child in different parts of the world, trafficking of young females that leads to sexual exploitation, lack of health care during the reproductive period of their lives, being unacknowledged as carers in their prime, and poverty in old age due to discrimination are all realities of global society. The socio-economic circumstances of women are directly related to their rights and status in the society that they are living in.

South Asian women living in Scottish society, besides getting affected by general global issues, are also facing further struggle due to many other barriers that come in the way of their personal development. NKS has a vision of addressing these barriers by supporting women through its service provision.

An assessment form has been devised at NKS that emerged out of the needs assessment conducted with Asian women in June 2007. Over 200 women have filled these forms with support from NKS workers to identify their personal aims which they would like to achieve while using services at NKS. The analysis of assessment forms has formed the basis of NKS work plan where the organisation provides services according to the needs expressed by women in these assessment forms. The forms will be reviewed at the end of the year to measure clear outcomes in regards to women's achievements. This will help NKS to assess the effectiveness of its role in empowering women by supporting their personal development.

If you are using services at NKS and would like to be part of the procedure to achieve your personal aims, please do get in touch; the project may be able to help.

**Disclaimer:** The views expressed in any of the articles in this newsletter belong to the author, and are not necessarily the views of Nari Kallyan Shangho.



## *British Red Cross, BME Healthy Living Project, Edinburgh - Dr. Shaheen Ahmed*

The British Red Cross is part of the global Red Cross and Red Crescent Movement, the largest humanitarian organisation in the world. We are a neutral non-religious, non-political organisation, which aims to help people in crisis, whoever and wherever they are. We enable vulnerable people in the UK and overseas to prepare for and respond to emergencies in their own communities. When the crisis is over, we also help people **to** recover and move on with their lives.

The British Red Cross with the Minority Ethnic Health Inclusion Project (MEHIP) and NHS Lothian are currently working on a project aimed at promoting healthy living and teaching essential life saving skills with Edinburgh's BME (Black and Minority Ethnic) communities, especially those that have particular health related risks and vulnerabilities.

The objectives of the project are to develop skills and behaviours in BME communities to both prevent and respond to crisis situations and to empower and build capacity of BME communities to take control of their own health and well being.

This project is closely working with BME community leaders, community members, business owners, religious leaders and also other organisations that are already working with BME communities.

I would like to thank NKS (Nari Kallyan Shangho). Through NKS, BME Healthy Living Project has found more volunteers. In October until December 2008, BME healthy Living Project is organising several First Aid Awareness and Healthy Living sessions for 'women only' groups, and by networking with NKS, the project has recruited volunteers for these sessions. I very much appreciate the active participation of NKS in BME Healthy Living Project of British Red Cross, Edinburgh.

The project aims to recruit key volunteers in BME communities who with support and training from the project, will use their existing skills and abilities to identify, plan, promote and implement community based healthy living programmes such as first aid

awareness raising and training, physical activity sessions, nutrition information sessions and so on. The project also aims to build trust and relationship between BME communities and British Red Cross to work together for the communities.

If you are interested in finding out more, please contact Dr. Shaheen Ahmed,

BME Healthy Living Project Coordinator on 0131 338 5700, 07739823598 or

by email on [sahmed@redcross.org.uk](mailto:sahmed@redcross.org.uk).

British Red Cross , West Point House, 69 North Gyle Terrace, Edinburgh EH12 8JY.



***First Aid Training Session with Bangladeshi women at NKS***

### ***First Aid Training at NKS***

In partnership with the British Red Cross in Edinburgh, Nari Kallyan Shangho is holding First Aid Training sessions in October and November 2008. There will be three sessions for Bangladeshi women and three sessions with Pakistani women. If you are interested to take the training as a volunteer, please get in touch with NKS or with Dr. Shaheen Ahmed at the above British Red Cross address.



# Services in Edinburgh

## *Hospital Discharge Information for the elderly*

Admission to and discharge from hospital can be a very distressing time for individuals and their families and friends. For most people however treatment will be successful and they will return to their usual way of life. For majority of the patients being discharged from hospital to their home is straightforward. However, some people have ongoing health and social care needs, which require detailed assessment.

If you are going to be admitted to a hospital and feel that you would require care after being discharged, you will have to make sure before admission to inform the hospital and your local social work centre to organise for your care package on discharge. If you don't inform the hospital about your request you would then not qualify for the care package.

Planning for discharge normally begins on or before admission to hospital. A named person will coordinate the discharge process (usually the ward sister or named nurse).

### **The Assessment Process**

The member of the social work team allocated to your practitioner ward/unit would cross check your records to see whether you have previously received services

The assessment will involve

- Identifying your needs
- Decide on the extent of the assessment required
- Establish your eligibility for services

- Give you information about the services that may be available and any charges involved.

If you meet the criteria, a comprehensive assessment that includes specialist assessment has to be completed by the nurses. The local health board Authorisation of the placement/care package proposed for you has to be received before you can be discharged.

### **Discharge**

Once you are declared medically fit for discharge, all assessments are completed and care provision is available, discharge should take place in a timely fashion. You should receive a copy of your care plan before leaving the hospital.

In some cases hospital staff may recommend a period of rehabilitation in order to maximise care and your independence. Intermediate care is a service that offers short-term care intensive support from both health and social care staff to re-enable someone to live at home. It can be provided for up to six weeks at no cost to you.

If you would like to know more about the care package or require any support, please get in touch with NKS. The family support worker may be able to advise you on the issue.



# ते वार वचन चरवई...

...

Poetic contribution by ours elders from the Friday group

- कामी दून मझमरी आँखों से  
पिया था बूक जाम  
आज तक लैश नही, छैश नही  
दौश नही !

- अपनी स्मृत आँखों में  
तुम न देखो हर चड़ी  
कर दिया देखो,  
स्मृत ने, हिला लो !

- उमे दरजा मांग कर लार  
थी चार दिन  
है आरजू में कर गर  
हो इतजार में !

- बूक आरजू थी, अपनी जगह  
मुस्तकिल रही,  
जब वह करीब आये  
तो हम दूर हो गये !

- मेरी आँह का तुम असर  
देख लेता  
वह आयेगा थोड़े जगर  
देख लेता !

- पूछते क्या है कि दिल  
में क्यों है  
तो यह आँख उठा  
कर देख ले !

- जो तमना दिल में थी, वह  
दिल में घुस कर रह गई,  
उसने पूछा भी नहीं,  
क्यों बताया भी नहीं !

- तुम्हें कुछ इल्म है,  
कहती हैं दुनिया,  
तुम्हें तुमसे  
मुश्किल हो गई है !

- कुछ तुम्हें जुबान हुई,  
कुछ उनकी आँखें  
मुँक गई  
लेते-लेते यूँ की उड़ाई  
तमना हो गई !

- तमाम उमर दौरा इतजार  
कर लेंगे,  
मगर यह खेन रहेगा,  
कि जिन्दगी कम है !

- दिल के आँखों में  
तस्वीरें चार,  
जब जारा गई  
मुकाम देख ली !

- और क्या देखने को  
बाकी है,  
आपसे दिल लगा के  
देख लिया !

# ***From Our Elders .....***

## *Addressing issues for our elderly in Edinburgh - Nasima Zaman*

Many older people experience problems in daily living because of chronic illness and health related disabilities. Those difficulties restrict their ability to perform self-care. This inability for self-care is a common reason why older people seek help from outsiders.

The number of elderly people continues to grow, yet there is never enough help around for those disadvantaged people. We often tend to overlook the difficulties they come to face when it comes to doing the simplest things which we take for granted. As we grow older our most valued resource is our health, but this is only realised when it is no longer experienced. Loss of mobility is seen by older people as the biggest problem associated with ill health because of the threat it poses to their independence.

The daily living skills most affected by ageing and chronic illness or disability include self-care activities that most people learn in early life and tend to take for granted as they grow mature. These include basic survival tasks such as dressing, bathing, grooming, using toilet, moving in and out a bed or a chair. They also include activities for maintaining an independent life such as cooking, cleaning doing the laundry, handling cash, using public transport, and most important but difficult of all grocery shopping.

In regards to grocery shopping NKS is working on a plan where in partnership with local retailers older people will be supported with their shopping needs. Women will place the orders with local retailers individually and these will be delivered to NKS every Friday when women come to attend lunch club. The women will carry their shopping in the transport provided by the project. NKS hopes that this little contribution will help make their lives easier to some degree.

As poverty is an issue in old age for a small but sig-

nificant proportion of older people due to low income that they are unable to afford paid personal care and can get really isolated due to reduced participation in social activities. They may not be able to afford essential things such as insuring their homes, replace or repair broken or worn out electrical goods or furniture or to keep their home at reasonable state of repair.

NKS is working closely with many elderly who are in a poverty situation. They are supported by NKS support worker to access benefits in kind and cash mainly provided by agencies working for older people. Besides, there are a number of benefits that older people can access if they are facing some of the above-mentioned difficulties. If you have any issue and require support, you could get in touch with Samra Rezig at NKS. She may be able to help you to address the issue.

Working with the elderly is a challenging but exciting and rewarding job. Not two patrons are alike and not two days are the same, but it will still be fulfilling to be able to make a change to the disadvantaged elderly group.



***Older Women's Group at NKS***



# What's been happening at NKS?

## *Women only Fitness sessions at crags sport centre*

Ten weekly fitness sessions were organised by NKS at the crags sport centre. The sessions took place on Wednesdays at 7.00pm - 9.00pm

It was attended by 10 -12 women each session. As much as women enjoyed themselves, there were some issues with the equipments as there wasn't enough to go round for the ladies but that didn't put them off as they took full advantage of the aerobics session. NKS also provided Chinese Massage for those women at a very low cost of £1.00 for twenty minutes which was very much appreciated.

## *Housing workshop for Bangladeshi women's group*

NKS worked in partnership with the Housing Department of the Edinburgh council after identify issues faced by the Bangladeshi community. When it came to housing, overcrowding is a major factor. NKS organised a session with experts in the field to inform women of their entitlements and how and when they should put in an application for council housing. They have also been shown the bidding procedure, and been informed of the importance of bidding and building up their points in order to reduce waiting time and increase their chances of being housed by the council.

## *Computer training organised by NKS for Bangladeshi Women's group and Pakistani Women*

NKS collaborated with the Fountain Park Library to arrange computer training for beginners due to high demand. The training sessions were conducted by a tutor from the library, which was very successful as 6 Bangladeshi women and six Pakistani women attended on a regular basis and have been awarded certificates on completion. There are requests to organise similar sessions again in the coming months. The staff at NKS are maintaining a list of women who are interested in the course.

## *Nks working with Podosa Project*

As we have a great number of users and contact list at NKS, we have been approached by the Padosa Project to help in identifying 175 people in the Pakistani and Indian community who might be at the risk category for developing Diabetes. Our staff went out of their way making contacts with our users to reach the numbers and successfully achieved the goal which was set.

## *Nursery staff trainings*

NKS nursery Manager completed a managerial course at the Jewel and Esk college. She found the course to be extremely helpful and informative as she now feels she is up to date with her skills.

Nursery staff are also attending computer training courses which will help them explore and enjoy more activities on the internet with the children.

## *Aerobic exercise classes*

Due to great demand our aerobic sessions are still being held on Thursday mornings in conjunction with Dalbir Kaur from the Khushdil project. Young mothers group alongside other users are attending the sessions on a regular basis and are finding it very effective. The sessions also give opportunities to women as a platform for them to meet other mothers and women who they can relate to.

## *Staff training*

Rashpal Nottay—a mental health worker at the Royal Edinburgh Hospital organised a training session on Diversity at NKS. The session was attended by all NKS staff.

The training went very well, and staff found it to be very informative and useful. NKS would like to thank Rahspal for organising the training and hope to work in partnership with her in the future

## *Bowel Cancer Awareness at NKS*

As we have informed you before, NKS is following health months and weeks of the year 2008. The project has covered a number of topics which we spoke of in our last issue.

NKS and MEHIP came together in making people aware of Bowel Cancer. In Older Women's Group at NKS MEHIP conducted a session on Bowel cancer awareness. Our users took great interest on the topic and also expressed how easy it was for them to understand and ask questions on the topic as it was in their language.





## *Homeopathic remedies for toddlers and infants*

Cold, coughs and influenza are most common in children. It occurs when the immune system is weakened, making the body more susceptible to infections. Homeopathy emphasizes treating the underlying imbalance in the immune system rather than simply fighting the infection although both approaches are sometimes needed.

Ensure that the child gets plenty of rest and drinks lots of fluids, eat plenty of fresh fruit and vegetables. Following are some Homeopathic remedies, which can help:

If a child gets cold with irritability, have runny nose during the day and a blocked nose at night, watery eyes, sneezing, and sore throat, then the cause of these symptoms may be infection, emotionally distressed due to being over active, and lack of sleep or from something that has caused distress. The child could feel better if they are warm, are sleeping, firm pressure, having a bath and hot or cold compress and in the evening. The child feels worse in cold, dry, windy weather and in public places, generally between 3 am and 4 am, after over indulgence of spicy food and stimulants like coke. 2 to 3 doses of Nux vomica 30c medicine will help.

When a child develops early stages of cold with violent sneezing and thin catarrhal discharge like the white of raw egg, nose may also be blocked and cold sores may develop. The child may desire to be left alone, dislike of any sympathy may be caused by emotional stress. The child may feel better with fresh air, by eating less, and with application of cold compresses to the sinuses. They feel worse in the morning around 10 am and in cold and thundry weather, draughts, sea air or

hot sun, also due to mental and physical exertion. Noise, talking sound and music may irritate the child. 2 doses a day of Natrum Mur 30c can be taken in such circumstances. If a child gets cold with yellow mucus, nose is blocked at night but runny during the day, there is lack of thirst and loss of smell, nose bleed is possible, headache above the eyes may develop. These symptoms are caused by infection. A child feels better by raising their hands above their head, exercising in fresh air, by having cold drinks and cold compresses, by crying and by getting sympathy. The child will feel worse in the sun, heat, by eating rich fatty foods, in the evening and at night, In such a situation the medicine **Pulsatilla** 30c should be given to the child 2 times a day.

When a child gets cold that comes on slowly, mouth feels hot, throat becomes red and swollen, mild fever may occur, nosebleeds are possible. It is caused by infection and over heating without perspiring. The child feels better if cold compresses are applied to the forehead, by doing gentle exercise. He feels worse if touched, lying on right hand side, in fresh air, in the sun, and early in the morning between 4am, and 6am. The medicine for these symptoms will be **Ferrum phos**. Ferrum phos could be taken 2 to 3 times a day.

**If you require further information on homeopathic remedies for your child please do not hesitate to contact Asma Kasim our child care manager**



## *achappam*

### Ingredients:

- 1/2 kg Fine raw rice flour
- 2 Eggs
- 2 Cups grated coconut
- 2 tbsp Sugar
- 1/2 tsp Vanilla essence
- 2 tsp Sesame seeds
- 1 Pinch salt
- Oil to fry

### How to make Achappam:

- Place the flour in a big mixing bowl.

Now extract milk from the coconut and add it to the flour.

- Beat eggs in a bowl, one at a time till firm.
- Combine the beaten eggs to the flour mixture along with the sugar, sesame seeds, essence and salt, mix well.
- Take a wok and heat oil in it.
- Place the achappam mould in the very hot oil for a minute.
- Dip three-fourth of the mould into the batter and then, put it in the hot oil.
- The achappam will fall into the oil from the mould and turn
- Once fried, remove it from the flame and drain the excess oil on clean paper towels.

## *Angel peach cake*

### Ingredients

- 15 sliced peaches
- 1 angel food cake

### Method

- Cut 1/4 inch from side of food cake with saw toothed knife
- Make it 3 inches deep
- Put peach slices in hollowed cake
- Garnish with sliced peaches and raspberries
- Angel delight is ready

## *EGG PARATHA*

### Ingredients

- 4 eggs
- 2 cups wheat flour
- 1 chopped capsicum
- 1 chopped tomato
- 2 chopped onions
- Chopped fresh coriander
- 1 tsp red chilli powder
- 2 tbsp cooking oil
- Clarified butter or ghee

### Method

- Pour oil into frying pan and heat it
- Add chopped onions and fry on medium heat till they become golden brown
- Add the tomato and capsicum and fry it for few minutes. Now add eggs, salt, red chillies and mix it properly. Cook the mixture until eggs are well done.
- Put coriander leaves into the mixture, take off from the flame and leave the mixture aside.
- Make the dough by adding sufficient water to the flour. Knead it to convert into soft dough. Add 2 tbsp of clarified butter to it and knead it again for some time. make small balls out of the dough.
- Roll the balls to give them roti shape.
- Take the roti and put the egg mixture, cover it with another roti.
- Roll this roti a little and fry both sides properly in butter
- Egg paratha is ready to be served

### Ingredients

- 1 whole carrot, julienne cut
- 1 head lettuce cut
- 1 pound chicken boneless, filly cooked
- 3 whole green onions sliced
- 1/4 cup peanuts ,chopped
- 1 package Chinese chicken salad dressing

### Method

1. Slice chicken into strips
2. In a large bowl, combine cooked chicken, lettuce, carrot, green onions and peanuts.
3. Pour 1 pouch of Lee Kum Kee Chinese chicken salad dressing and toss to mix.





# Photo Gallery.....



*Staff training session—Mental Health First Aid*



*NKS Nursery Outing*



*Mental Health Session in the Bangladeshi women's group*



*Health session in progress—Wednesday group*



*Consultation session in the Friday group—NHS 24*



*Young Mother's Group at NKS*



*Birthday Celebrations in the Saturday group*



*Lunch time in the nursery*



# South Asian YOUTH speak out.....

## NKS Young Awaz Girls Group

Asian women of all ages face clash of cultures on a daily basis living in British society. Many second and third-generation Asian young people, especially those whose parents emigrated from rural areas of the Indian sub-continent, are finding it difficult to reconcile the values and traditions of their home with the differing ones of the wider Western societies.

The main cause of these conflicting values is the fact that the Asian families encourage 'interdependence and collectivity' where as west emphasises individualism and personal autonomy (Triandis, 1991).

The difference in values affect girls more deeply than boys, because of the traditional views held by many parents on the 'different' gender-role expectations. This cultural domains places psychological strains on Asian young people, especially girls, over and above those experienced by their white counterparts. This can further lead to worry, stress and anxiety.

Most Asian girls learn to cope reasonably well with the demands of 'two cultures', but a few suffer from many mental health issues such as anxiety and depression. Asian young people share most of the concerns and joys of growing up in the western society with their white counterparts, but they also face additional problems living in two cultures – one at home and one outside in wider society. In 2001 Bhardwaj in his review of research findings concluded that Asian girls and women are '**three times more vulnerable to suicide and self-harm than their non-Asian counterparts**'

In the context of issues such as above for young South Asian girls, NKS set up a group – Young Awaz in 1996. Girls have always come together and collectively voiced their opinions through the group and have engaged in activities of interest to them. Taking part in focus groups to express their health needs to engaging in workshops talking about the problems faced by them living in Scottish society, the girls have participated actively through Young Awaz in raising awareness of issues relevant to them. The project has also supported girls on one to one basis of any issues of concern to them. NKS has run residential workshops for girls, training for youth workers at NKS, cultural and traditional educational activities for girls. Fashion shows and cultural shows have been organised to provide opportunities to girls to learn more about their culture. Discussion

sessions with girls have been organised from time to time to support young people to narrow communication gaps that exist between them and their parents/guardians.

Over years, NKS developed youth work with the help of students and youth workers employed on sessional basis. In the last two years, many educational and cultural activities have been developed for young people. This was enabled with the help of financial resources mainly from the Community safety Initiative of the city of Edinburgh Council and the Youth link. In the current year, the project has not yet managed to secure any funding for the youth work at NKS. The adhoc and temporary funding lead to discontinuity in the development of service and distracts the focus away from the main aim.

To provide quality services to young South Asian girls and to continue supporting them in dealing with issues of cultural clash significant to them living in two cultures – one at home and the other outside in society, NKS require recurring funds that will allow the project to focus clearly on developing the much needed services for them.



***Youth Group at NKS***





# BEAUTY CORNER.....

## *Homemade Beauty Recipes for Bath and Body*

Making your own homemade beauty products is much easier than you'd think. The recipes that you find on this page are easy to follow and use mostly common household products. You will find ideas on how to make everything from cleansing the face to masks. We encourage you to turn your home into your own beauty spa and give these recipes a try. Not only is it much cheaper than purchasing products in the store or making an appointment at your local day spa, you also know exactly what ingredients you are putting on your skin.

The beauty products made with these recipes are made to order, as you need them. So they are always fresh and don't contain any preservatives or other chemicals.

Make a little time for yourself this week and pamper yourself with one or more of these beauty recipes.

### Homemade Facial Cleanser Recipes

#### **Buttermilk and Fennel Cleansing Milk (For Oily Skin)**

1/2 cup buttermilk  
2 Tbsp crushed fennel seeds

Heat the milk and fennel seeds in top of double boiler for 30 minutes. Turn off the heat and let the mixture steep for 2 hours. Strain and cool the mixture then pour into a bottle and refrigerate. Keeps for 2 weeks.

#### **Chamomile Cleansing Milk (For Dry and Sensitive Skin)**

1/4 cup cream  
1/4 cup milk  
2 Tbsp chamomile flowers, fresh or dried

Heat all ingredients in top of a double boiler for about 30 minutes, do not allow milk to boil. Turn off heat and let sit for about 2 hours, strain. Pour into a bottle and refrigerate. Keeps for 2 weeks.

#### **Kiwi Facial Cleansing Cream**

1 kiwi, peeled  
2 tbsp plain yoghurt  
1 tbsp almond oil  
1 tbsp honey  
1 tsp almonds, finely ground

Put the kiwi in a food processor and puree. Add yoghurt, almond oil, almonds and honey. It will form a thick and creamy paste. Use like any facial cleanser. Rinse with plenty of warm water.

#### **Fennel Thyme Cleanser**

2 sprigs fresh thyme  
2 tsp fennel seeds  
1/2 cup water  
1/2 lemon

Pull the small thyme leaves off the stem, crush the fennel seeds. Bring the water to a boil and add to the thyme and fennel. Squeeze the juice from the lemon into the hot mixture. Let it steep for 20 minutes. Strain the liquid out, pour it into a clean glass bottle or jar and refrigerate until ready to use.

#### **Nail Whitener Recipe**

You can care for your nails, naturally. Use this recipe to whiten your nails and make your nails look clean and fresh.

- 1 denture tablet
- 1 cup warm water

Pour the water in a small bowl and drop the denture tablet in it. Soak your hands in the mixture for 10 minutes. Rinse with warm water.

#### **Rejuvenate your hands.**

Ingredients

- 2 cups warm water
- 1 1/2 cup glycerin
- 1/2 ounce spirits of ammonia
- 1/2 ounce cocoa butter
- 1/2 teaspoon boric acid
- 1 cup stearic acid

Directions

Combine the cocoa butter, glycerine and stearic acid. Melted over low heat in a pot of hot water. Remove the bowl and add ammonia. Stir until milky. Add boric acid to warm water. Add to first mixture. Mix with beater for 10 minutes at high speed.



# Looking forward with NKS...



## *Groups at NKS*

### ENGLISH AS A SECOND LANGUAGE (ESL) CLASSES:

- \* Women only ESL classes run at NKS, thanks to Stevenson College, on Mondays and Tuesdays from 12.30 pm till 2.30 pm. Interviews are conducted on Tuesdays, after the class. Please note that the ESL classes run with the school terms.

### BANGLADESHI WOMEN'S SUPPORT GROUP:

- \* This group runs at NKS on Tuesdays from 10.00 am till 12 noon. The group decides what activities they want to do. Activities include: health sessions, sewing, complementary therapies, cookery, outings, social functions etc.

### SAKHI (FRIEND) WOMEN'S GROUP:

- \* This group runs on Wednesdays between 11.00 am and 1.00 pm at NKS. The group decides what activities they want to do. Activities include: health sessions, sewing, complementary therapies, healthy cooking, outings, social functions etc.

### MOTHER AND TODDLER GROUP:

- \* This group (run in conjunction with Sure Start) runs on Thursdays from 10.00 am until 12 noon at NKS. Please note that this group runs with the school terms. Activities include: health sessions, yoga, arts and crafts, sewing, healthy cooking, callanetics, outings, social functions etc.

### AEROBICS CLASSES:

- \* These classes (in conjunction with Khush Dil Healthy Heart Project) run on Thursdays from 11.00 am till 12 noon at NKS.

### OLDER WOMEN'S GROUP:

- \* This group runs on Fridays from 11.00 am until 1.00 pm at NKS. Activities include: gentle exercise (thanks to the Ageing Well Project), complementary therapies, lunch club, discussion/health sessions, outings, social functions etc.

### YOUNG AWAZ GIRLS GROUP:

- \* This group runs on Fridays from 1.30 pm until 3.30 pm at NKS. Activities include: health sessions, exercise/fitness, sewing, arts and crafts, outings, social functions etc.

### SATURDAY WOMEN'S GROUP:

- \* This group runs once a month, on Saturdays, between 1.00 pm and 5.00 pm at NKS. Activities include: health/discussion sessions, cookery, music and art appreciation, outings, social functions etc.

tion, outings, social functions etc.

Please check the three monthly programme of activities for full details as sessions may be cancelled or venues changed.

## *NKS Services*

- \* Outreach/befriending
- \* One to one support, advice and information
- \* Health education/promotion
- \* Group work
- \* Training/courses
- \* Research
- \* Seminars/conferences/information days
- \* Advocacy work
- \* Childcare

If you, or anyone that you know needs support from NKS, please contact us and our staff will be happy to offer advice and support.

## *NKS Board of Directors*

Rohini Sharma Joshi ~ Director (Chairperson)  
Saroj Lal ~ Director (Vice-Chairperson)  
Nighat Anwar ~ Director (Company Secretary)  
Jabeen Munir ~ Director (Joint Secretary)  
Anne Munro ~ Director (Treasurer)  
Mrs. Vohra ~ Director (Assist. Treasurer)  
Indu Pandya ~ Director  
Mariam Fazil ~ Director  
Rucksana Hussain ~ Director  
Sajda Wahid Qadir ~ Director  
Ann Wigglesworth ~ Director  
sayeeda Jamil ~ member  
Tafula Alam ~ member  
Neela Joshi ~ Director

## *NKS News/Events*

**NKS AGM:** NKS annual general meeting is coming up on the first week of November we hope to see all our users on the day.

**Courses at NKS:** NKS nursery is organising Nursery Modules for child care once again due to great demands and high waiting list. The course will be held in our premises. Our aim is to complete SVQ 3 and if possible SQV 4. We will inform you on the date it is due to start.

**Eid and Diwali party:** NKS will be hosting Eid and Diwali party on the last week of October for the staff, session worker, volunteers and the Management committee.

## *NKS Resource Library and Drop-in Facility*

NKS holds books, CDs, videos and DVDs as part of its resource library. We encourage women to use these resources. You are welcome to come and browse through and borrow these from NKS. There is a drop-in facility at NKS for South Asian women and their children. You can drop in and watch Sky satellite. Also there is B4U and Sony TV Asia available and Asian newspapers and magazines.

## *Staff and Management Committee News*

**Rohina Hussain**— Our Health Worker has gone to America in September to join her Daughter who was due to give birth. We all are delighted to receive news of the birth of her second grandson, our best wishes go out to Rohina and her daughter's family and hope the baby's in good health.

**New administrative worker** - NKS has appointed a new permanent administrative worker who will be working 18 hours a week. Our new appointee is our Previous Bangladeshi support worker Nasima Zaman. Due to the lack of funds we had to unfortunately scrape her post. Samra—a Family Support Worker will now be dealing with Bangladeshi families.

**New employee recruited for bookkeeping-**  
As we were under a lot of stress with the bookkeeping due to the fact it was time consuming which left us very little time to undertake other tasks in the office. After a lot of consideration we have decided to appoint a bookkeeper who will from now on be in charge of our finances.

## *Your Contacts at NKS*

Naina Minhas ~ Project Co-ordinator  
Nasima Zaman ~ Administrative Worker  
Rohina Hussain ~ Health Worker  
Shamsad Rahim ~ Health Worker  
Samra Ahmed ~ Family Support Worker  
Asma A Kassim ~ Childcare Manager  
Amina Rahman ~ Childcare Worker  
Irum Rizwan Ashfaq ~ Childcare Worker  
Samina Elahi ~ Sewing Tutor  
Urfol Sonu ~ In Charge of Cleaning