



Nari Kallyan Shangho

Newsletter

Summer Edition, Sept. 2011
Volume 12 Issue 1

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.

Inside This Issue

Your Health (Information about Autism) - Naseem.....	2
Services In Edinburgh (tax credits) - Naseem	3
Volunteers & students on placement.....	4
Volunteers & students On placement.....	5
Food for Thought.....	6
NKS Nursery.....	7
What's happening at NKS.....	8
Photo Gallery.....	9
Travel information.....	10
Your skin moisturisers.....	11
Looking forward with NKS.....	12

NARI KALLYAN SHANGHO is based at:
DARROCH ANNEXE, 7 GILLESPIE STREET,
EDINBURGH EH3 9NH
TEL/FAX: 0131 221 1915

E-MAIL: nks@nkshealth.co.uk
WEBSITE: www.nkshealth.co.uk

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

Nari Kallyan Shangho (NKS) has been buzzing with activities. In the last few months, a range of community learning activities has been taking place and received enthusiastically by women.

The Scottish Heritage, art and culture sessions have started after a launch ceremony on Wednesday, the 7th of September.

Marco Biagi, MSP for Edinburgh central area inaugurated the course. He commended the work of NKS, especially educating and raising awareness about Scottish culture among South Asian women. Due to an increased number of women participating in the course, it takes place three times a week at NKS. The course will continue until the end of March 2012. Thereafter, feedback sessions will take place in May and June after the Easter holidays.

The PEEP programme run in collaboration with the South Central Sure Start project has been running successfully with mothers of young children. An NKS worker and a management committee member have received training to deliver sessions. The programme will finish by the end of January 2012, and it's hoped that the programme will raise awareness among mothers of the importance of getting involved with participative activities with children.

This issue of the newsletter presents interesting information of use to women and their families i.e. an article on autism, important information, especially for young people when planning to travel to other countries. We hope that all this makes an informative and enjoyable read for you.



Marco Biagi MSP, Naina Minhas and Sadia Kadri

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.



By Naseem Suleman

AUTISM

WHAT IS AUTISM

There are many people with autism in England, Scotland and Wales. In the last ten years the awareness of autism has increased in South Asian countries such as India, Pakistan and Bangladesh.

You cannot always tell that someone has autism by looking at them.

Sometimes Autism is called a hidden **DISABILITY**.

Autism lasts for all of a person's life. But they can still do a lot of things and learn a lot of skills.

WHAT CAUSES AUTISM

- 1) No one knows why people have autism
- 2) If your child has autism, it is not because you are a bad Person
- 3) More than 1 person in a family may have autism. It can be Genetic. This means autism can pass from parent to child.

SOME PEOPLE WITH AUTISM FIND THESE THINGS DIFFICULT

- 1) They find it difficult to tell people what they need, and how they feel.
- 2) They find it difficult to meet other people and make new friends.
- 3) They find it difficult to understand what other people think.

HOW DO PEOPLE WITH AUTISM BEHAVE

Here are some ways in which people with Autism **might** behave

- 1) They may not speak
- 2) They may copy what other people say
- 3) They may not understand what other people say
- 4) They may not understand what other people feel
- 5) They might not take part in games or activities with other people
- 6) They may like to play the same games or do the same things every day.

WHAT IS SPECIAL ABOUT AUTISM

Here is some more information about people with Autism

- 1) They may find co-ordination difficult. This means that they may find it difficult to do things like use scissors, knives, forks or ride a bike.
- 2) They may be very good at some things, such as Maths, Art or Music.
- 3) They can be good at learning how to do something when they see someone else doing it.
- 4) They can be good at concentrating on one activity.
- 5) They may have learning disabilities.
- 6) They may have other difficulties, for example, they may have Dyslexia.

WHY ARE BOYS MORE LIKELY TO DEVELOP AUTISM THEN GIRLS

Autism (including Asperger Syndrome) appears to be more common more among boys than girls. One reason could be genetic differences between the sexes.

ASPERGER SYNDROME

WHAT IS ASPERGER SYNDROME

It is a form of autism.

People with Asperger Syndrome share the three main difficulties that face people with Autism which are aforementioned in the article.

As soon as we meet people we make a judgement about them. From their facial expression, tone of voice and body language we can usually tell whether they are happy, angry or sad and respond accordingly.

People with ASPERGER SYNDROME can find it harder to read the signals that most of us take for granted. This means they find it more difficult to communicate and interact with others which can lead to high levels of anxiety and confusion.

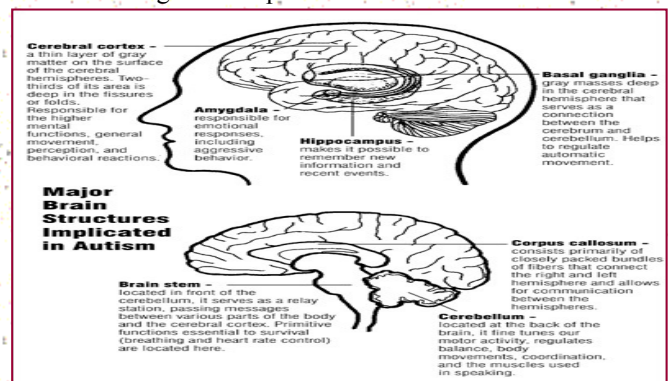
WHAT IS SPECIAL ABOUT PEOPLE WITH ASPERGER SYNDROME

They MAY have a high IQ and may go to the same school as children who do not have a disability. Your IQ is a number. It's a way of thinking about how much you can learn and what you can do for your age.

- 2) They may be bullied at school because other children think they are different. Being bullied means being treated badly by other people.
- 3) They may be very good at something. For example, they may be very good at maths, art or music.
- 4) They may be very good at learning information.
- 5) They may be good at concentrating on one activity.
- 6) They may find co-ordinating difficult, the same as with autism like when riding a bike.
- 7) They may have learning difficulties such as Dyslexia. Dyslexia makes it difficult for a person to read or spell words.
- 8) They may have mental health problems, such as anxiety or depression.

TREATMENTS FOR AUTISM AND ASPERGER SYNDROME

Because the symptoms can vary greatly from one person to the next, there is not one single treatment that works for every person. A spectrum of interventions including behavioural and educational training, diet and nutrition, alternative medicine and therapies and medications should be utilized and fine-tuned to treat the individual. The most strongly recommended treatment option is behavioural and educational training for the person and the family as well. Early intervention and treatment is the key to helping autistic children grow into productive adults.



Services in Edinburgh



TAX CREDITS—By - Naseem Suleman

What are tax credits?

Tax credits are payments from the government. What type of tax credits can you get?

- 1) **WORKING TAX CREDITS**
- 2) **CHILD TAX CREDITS**

WHO CAN GET TAX CREDITS

Nine out of ten people with children qualify for tax credits, but you don't have to have children to claim tax credits. You may also qualify if you are working and on a low income.

You may get one or both of the following:

WORKING TAX CREDITS

Working tax credits is based on the hours you work and get paid for or expect to be paid for. You can claim whether you're an employee or self-employed person. However, unpaid work doesn't count for working tax credits.

CHILD TAX CREDITS

Child Tax Credits are available if you are responsible for at least one child or young person who normally lives with you. You don't have to be working to claim child tax credits.

HOW MUCH DO YOU GET?

The amount of tax credits you get depends on things like:

- how many children you have living with you.
- If you live with someone as a couple
- Whether you work and how many hours you Work
- If you pay for childcare
- If you or any child living with you has a disability
- If you are aged 50 or over and coming off benefits.

Your payment also depends on your income. The lower your income the more tax credits you can get.

WHAT ARE THE INCOME LIMITS FOR GETTING TAX CREDITS.

The total annual limits that **generally** apply before your tax credits are reduced or stopped altogether are as follows;

- If you have children it is £41,300
- If you're single without children it is £12,900
- If you are a couple without children or children not dependent on you then it is £17,700

It's important to know that:

- - You need to make a claim to get a definite answer

To how much you are entitled to.

These income limits don't apply to everyone—for example, if you have a large family and pay a lot, in childcare, or have a disability, the income limit could be higher.

HOW TAX CREDITS WORK

You'll usually need to make a joint claim for tax credits if you are any of the following:

- Married
- In a civil partnership
- living together as if you were married or in a civil partnership

You can only make a single claim if you don't fall into one of the above groups.

Who gets the tax credits payments?

If you're both working and you both qualify for working tax credits, you can decide which one of you will get the payments.

If you are claiming child tax credit and you're a couple you need to decide which one of you is the children's main carer. If you're the main carer then the money will be paid to you.

HOW TAX CREDIT PAYMENTS WORK

The tax credits payment you receive from the tax credit office are based on your current personal circumstances and your income (before tax and National Insurance) from the tax year that ended on 5th April 2011

If you're making a new claim for tax credits, your payments will usually run from the date of your claim to the end of the tax year. For example, if you make a claim on the 10th of November 2011, your payments will be worked out from that date until the 5th of April 2012. Claims can usually be backdated for up to three months—sometimes longer.

IF YOUR CIRCUMSTANCES CHANGE - OR YOU ONLY QUALIFY FOR PART OF A YEAR

If either of the following applies to you:

- your circumstances change and you're entitled to a different element at different times during the year.
- you're entitled to tax credits for less than a year

then your payments are worked out on what's called a 'Pro-rata' basis. This is a way of working out what proportion of the tax credit elements you're entitled to in a period of time.

Your income is also worked out on a pro-rata basis. If your pro-rata income is above a certain level, your credit payments will be reduced.

CONTACT DETAILS

Tax credit enquires

Telephone no:- 0845 300 3900

Opening hrs - 8.00am to 8.00 pm Monday to Friday



Volunteers contribution.....

Volunteers and students on placement at NKS

For my fourth year work experience, I had applied for several places including one at NKS. My objective was to find a place where I could get more experience working with an admin expert. Luckily, that was the placement NKS was offering. I went on the NKS website and found out that it's an organization



Akeel Mohammed, Drummond High

which helps women and children. NKS had accepted my request within days, which was very helpful for my preparation in terms of finding the area where the office was and how to get there. On my first day I started working with the admin worker—Nasima zaman who was very helpful with the tasks which were put forward for me. I got to help out with the newsletter and also sorting the incoming mail. The following day I finished the newsletter pages and carried out tasks with reprographics and using mail equipment which was good to learn for future use. The whole week I spent at the NKS office was a good experience, which al-

lowed me to learn a lot more about office life and to get ready for the barriers I could face in my future working life. I would like to thank the staff at NKS for being really welcoming and helpful.

I am Mehar Afshan. I had applied for voluntary working at NKS. I am also a user of NKS services. I chose to work with children in the NKS Nursery as working with pre-school children is not only a part of my childcare course requirement, but also my passion. I have three kids of my own, who are nine, sixteen, and nineteen years of ages. As a mother, I have enjoyed my role looking after my children and have gained a lot of experience taking care of children in general. I have learned about a range of food that is good or bad for children's health. And by joining the childcare course my knowledge in regards to children's needs, and issues related to their behaviour has increased. In child care course they also taught us different activities that one can engage children with.



Mehar Afshan

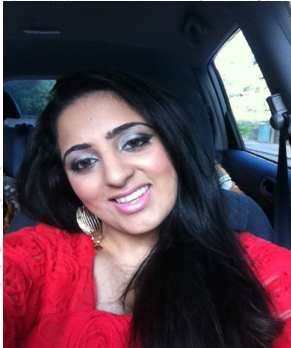
Previously in Pakistan I had studied SSC part I-II and HSC part I where one of my subjects was related to childcare and psychology. I have also done English language courses. So I felt this was the time when I should apply my knowledge practically. However, I chose to do voluntary work at NKS because I find everyone here very friendly and helpful. The atmosphere is quite good here. All of the members are nice and welcoming. And the way childcare workers look after the children and do activities is excellent. I enjoy working at NKS.

We have places in the NKS Nursery for children up to five years of age. If you would like a place for your child or you know someone who is looking for childcare for their child/children, please get in touch with NKS for more information.



Volunteers contribution...

Volunteers and students on placement at NKS



Rabiya Ahmed

Due to lack of experience NKS has given me an opportunity to build my experience in the admin sector. I have been working as a volunteer worker for NKS for about a month now and I am enjoying each day.

Throughout my time so far at NKS, NKS has helped me build my confidence level as my tasks involve interacting with others from different age groups and cultures, helping out with the Wednesday and Friday group. At the moment I am backing up files for all the members of NKS and help make better use of the members database.

Furthermore, I carry out tasks such as data entry and receiving calls and taking messages, help booking taxis, help assist that the group sessions are running smoothly. I have also helped out with the NKS nursery, updating their files; assist the staff with using the laptops, help print out photos.

The atmosphere at NKS is cheerful and lively. The staff members are very pleasant and optimistic; each member brings a different vibe to the group. The staffs have made me feel welcomed in NKS, they involve me in occasions such as Iftar outing, Eid parties, etc. I would like to take this opportunity to thank all the members at NKS which I work with, they teach me something new each day.

Naseem Suleman had been a volunteer at NKS for the last 3 months. Naseem approached NKS for volunteer work as she had been looking for some office experience to get back into the job market after a gap of a few years. Naseem had worked in the past, and had also volunteered not only locally but at an international level too. She spent several months doing voluntary work in African countries. She also expressed keen interest in cookery and photography while volunteering at NKS. She is running healthy cookery sessions in Edinburgh. She has agreed to run some cookery sessions at NKS too. Currently, she is settled in Edinburgh and is looking for a paid employment.

Naseem has been working in the office helping Nasima - current NKS administrator with the administrative work. Naseem has written articles for the NKS newsletter on issues relevant to South Asian communities. She also provided one to one support to some NKS users with their welfare benefits.

Naseem works really well as a team. She is very popular with staff and users equally. Recently, Naseem has been offered a job as an assistant manager in a retail business in Edinburgh. Although Naseem showed keen interest in continuing her voluntary work at NKS, she is too busy with her job to be able to do that. We will all miss her at NKS.



Naseem Suleman



SUMMER IS HERE AND TIME FOR BBQ

CHICKEN MAYO STICKS WITH VEG

Ingredients:

1 kg. Chicken breast (cut into 1/2 inch cubes/squares)
 1 tsp. Ginger
 1 tsp. Garlic
 1 tsp. Black pepper
 1 tsp. White pepper
 Freshly squeezed juice of half a lemon
 500 gms. Natural yoghurt
 1/2 tsp. Chilli powder
 Salt according to taste
 2 tsp cut dry mint leaves

VEGETABLES

1 Large onion
 1 Large Red Pepper
 1 Large tomato
 (All vegetables cut into squares)

BBQ wooden sticks (put some water in a jug and put the sticks into the water) to stop the sticks from getting burnt on the bbq.

Method:

1. Mix all the dry ingredients with yogurt. Marinate the chicken pieces with the yogurt mix and put aside for an hr
2. Thread 1 piece of veg and 1 piece of chicken and repeat 4 times.
3. Cook on top of the bbq .

TZATZIKI (GREEK SAUSE/ DIP)

Ingredients

1 Cucumber (Peel, grated, and all water squeezed out)
 2. 4-5 cloves Garlic crushed
 3. 1 Tub of Plain /Greek yogurt
 4. 1/2 tbs of Olive Oil

METHOD:

1. Mix all the ingredients together and chill. Serve with Pitta bread and eat with your chicken

LEMON PEPPER CHICKEN

Ingredients:

2 Chicken breast or 2 Chicken quarters
 1tbs Ginger
 1tbs Garlic
 1/2 tsp Turmeric powder
 4 Crushed Green chillies
 2 lemon
 2 tbs Oil

METHODS

1. Cut chicken into pieces
2. scrape the skin of the lemons with a scrapper and then squeeze the juice from 2 lemons
3. Mix all the ingredients with the lemon juice and the scrapped skin of the lemons as well, mix with the Oil.
4. Rub the marinate all over the Chicken pieces and Cover it with a cling film and leave it overnight Or for 2-3 hrs
5. Cook over the BBQ on slow heat till cooked and serve with green salad.

KACHUMBARI (KENYAN SALAD)

Ingredients

1 Medium Red Onion (chopped thin)
2-4 Tomatoes (chopped thin, like onion)
2 Lemons or limes (Juice)
1 red/green pepper (cleaned chopped)
 Salt to taste
1 cucumber (optional)
1 small cabbage (shredded)

Method:

1. Combine all the ingredients
2. Toss all the ingredients with the lemon juice
3. Set aside in the fridge to cool
 Serve chilled

NKS NURSERY

Nari Kallyan Shangho through its work with pre-school children strives to work towards positive development of children. The NKS Nursery engages children in a range of activities that are hoped to give them a good start in life by encouraging them to become confident and responsible citizens. Some of the activities that the children have been engaged in, in the last few months are:

Healthy Habits:

18 children attended activities about the healthy habits. 20 stories and different books were read to the children regarding healthy habits

Healthy habits theme enriches children with the information they should know about being healthy. Through healthy habits activities at the NKS Nursery children learnt about healthy sleep routine. Hygiene awareness of having a bath or shower and to change under clothes daily is another significant message given to children through various play activities. Children were encouraged to eat healthy food through play.

Spring activities in the NKS Nursery

Throughout, the spring activities covered wide areas of the curriculum for excellence. Through the Easter display, mother and baby animals, life cycle of chicken, role play of farm animals and stories **children learnt about where living things came from and about how they grow, develop and are nurtured.**

Children planted their own plants. **They helped to grow plants and learnt to name their basic parts. They learnt about how plants grow, and what they needed to do to look after them** (Sen 0-03a)

Jack and the beanstalk story, role play and painting display by children emphasised on their literacy.

8 children visited the dynamic earth. 18 children were involved in the activities related to the universe.

Profession and roles

In the course of the different themes children had learnt about different jobs done by different professions in society such as barber, astronaut, lolly pop man/lady, librarian, dentist etc. Children paid a visit to a lolly pop man and developed an understanding of their role. A dentist came to visit the nursery children and they gained knowledge about dentist's job and the importance of dental hygiene. Children watched a movie at the Dynamic Earth and learnt what it takes to be an astronaut. Through a library visit they found out about a librarian's role. **Children are aware that different types of evidence can help them to find out about the world around me.** (SOC 0-15a).

Woodland and outdoor sessions

Children learnt how to be safe and enjoy the outdoor activities through their visits to woodland. As the weather was good children had plenty of visits to the local park.

Fundraising day

The NKS Nursery children and their families as well as all staff and volunteers participated in the fundraising day. Everyone felt part of the NKS and were actively involved in fundraising.

Children made flower necklaces for raising fund.

Learning about Scottish culture and heritage

Children learnt about Scottish culture through a Scottish night, that has been reinforced through different activities in the nursery. The children did activities such as painting flags and gluing together pieces to make puppets. The children also saw a traditional Scottish dance which they enjoyed and were taught how to do the dance by a choreographer. 6 children and families took part in the Scottish cultural night from the nursery. 18 children took part in Scottish cultural activities.



Children at the Dynamic Earth



Enjoying a cookery session



a barber at work

What happened at NKS

PEEP (Peers Early Education Program)

Rukhsana and Alison who are trained in the principles of PEEP are running sessions at NKS. PEEP is a national early learning program which aims to support all parents and carers with children from birth to age 5 in encouraging children's development and learning through everyday fun activities in a group or at home. In these sessions you can learn more about play activities which supports your child's learning. The groups will also provide you with the chance to talk to other parents and carers. Groups are on Thursdays at NKS from 10am - 11am starting on 6th October 2011.

A Taste of Scotland night at the Gilles Centre

NKS is raising awareness amongst Asian women and promoting key elements of Scottish heritage. The primary aim of the project is to educate and raise awareness among the people of multicultural Scotland and oneness of cultures by exploring common thread that exists among all cultures in Scotland. A Scottish cultural event was held at the Gilles centre to inform all users about Scottish heritage course which will be running at NKS. The event was attended by approximately 150 women, there was plenty Scottish entertainment such as singing and dancing and bag pipes playing which women thoroughly enjoyed, the night ended with three course meal which was a combination of Scottish Asian food.

NKS fundraising event

One of our first fundraising events of the year was held in June at the NKS premises. Local businesses came hand in hand with NKS and made donation towards making the event a success. There were fun activities for kids i.e. Games, face painting, nail painting and henna painting there were also cloths and various food stalls. It was a good turnout considering the torrential weather. We have managed to raise approximately £1200. NKS would like to thank all local businesses and staff for their help and support.

Ethnic minority young peoples social enterpriser

CEMVO held a young peoples social enterprise information session at NKS, the course was aimed at youths between the ages of 16 - 25 year olds. The training consisted of teaching the youths how to set up a business with social benefits. They also taught where and how to apply for funds, how to manage finances, who the targeted market should be. The session was attended by 15 youths who found it extremely informative and beneficial as most who attended are graduates looking for employment or wanting to set up their own business. This session was a great success and we hope to hold another session in the near future as their seems to be a growing interest of learning more in the business field.

Dundee trip

NKS took a group of over a hundred women on a trip to Dundee in connection with the heritage project. They first went to the Broughty Castle which was self explanatory, after exploring the castle and enjoying the beautiful scenery they headed off to the beach for a short lunch break, they also visited Verdant works (a jute mill in Dundee). Verdant Works weaves the tale of jute with the life and work of old Dundee, from the incredible rise of the industry to its subsequent decline. It's a story that transports you back over 100 years when jute was king and Dundee was its realm. It also links some parts of Asia with the Scottish heritage as Jute was imported from India and Bangladesh. Woman found it interesting and some woman also could relate to some of the stories or events that had taken place in the past as their husbands or family members used to work at the jute factory.

If you would like to know more about the heritage project or any other main activities at NKS please visit the NKS website: www.nkshealth.co.uk



PHOTO GALLERY



Scottish heritage night at the Gilles Centre



Staff and volunteers at the heritage night



Management committee training with the pilot lighters



Face and nail painting at NKS fundraising event



Broughty Castle in Dundee



Broughty Ferry beach in Dundee



Launch of the heritage course at NKS



Bengali new year celebration (Boishaki)



Services in Scotland

ADVISE FOR BRITISH NATIONAL ABROAD - NASEEM SULEMAN

TRAVEL ADVISE FOR BRITISH NATIONAL WHO ARE EITHER THINKING OF SETTLING ABROAD OR GOING ON A HOLIDAY.

WEBSITE :- WWW.FCO.gov.uk

When you get to this page scroll down to :-
TRAVEL AND LIVINGS ABROAD section .

On this page there is a map of the world on the right and a list of services on the left. Go to the service you would like to get advice on. There is advise on the following:

PASSPORTS – GAP YEAR—THINGS THAT CAN GO WRONG—LIVING ABROAD

STUDENTS

1) FROM HOLIDAY TO GAP YEAR ,

For students travelling abroad, whether it is with a group or backpacking, it is advisable to first get all the information about the country they are visiting. This page gives you advise on visas, Embassies, staying safe etc.

Then you have to register with the British Consulate before you go so that if and when you have crisis the foreign office are better equipped to assist you.

Before you leave for your holiday, gap year or to live abroad check out the above site and register with them with all your details.

FOR EXAMPLE IF YOU ARE GOING TO INDIA

First go to www.FCO.gov.uk
click

Travel and living abroad section
Click

Then on the map on the right hand side click on **ASIA AND OCEANIC** This brings you to a page where you will see country icon and write **INDIA**.

This gives you all the details relating to India .
Then along that is a section that says **REGISTER**

So you have to put all your details plus contact details as well. So if you face a problem when abroad then the Foreign office will have all your details and it is easy and quick for them to help you.

OTHER ADVICE OFFERED BY THIS WEBSITE.

- 1) How to apply for a UK passport
- 2) British, Foreign & Commonwealth
- 3) Travel advice by Country
- 4) Travel and Living Abroad
- 5) Contact us—Foreign Commonwealth
- 6) Passports
- 7) Foreign and commonwealth office

HELP FOR FRIENDS AND RELATIVES ABROAD.

If you need help for something that has happened to a friend or relative abroad , contact our Consular Assistance Team:-

Telephone no = 020 7008-1500 (24 hrs)

Email:- feedback.consular.services@fco.gov.uk

PLEASE CONTACT THE UK BORDER AGENCY FOR THE FOLLOWING:-

- 1) Students Visa Application
- 2) Visa appeal
- 3) Indefinite leave to remain.
- 4) Residency in the UK
- 5) Settling in the UK and Visas for visiting UK



Your skin moisturisers

1. Try a creamy facial cleanser

Cleansers strip away moisture as part of the job of removing makeup, and dry winter air tends to magnify the problem. Gel cleansers can be very drying, but creamy ones like Dove deep moisture creamy facial cleanser and Neutrogena deep clean cream cleanser should help.

2. Mask the problem

Use a moisturizing facial mask to replenish moisture lost throughout the day.

3. Look for a humidifier

If your skin feels dry and tight even when you're inside your home, there may not be enough moisture in the air for you. Scan the sale pages for a portable humidifier. Make a note to yourself to clean the filter regularly (if they get yucky they breed bacteria).

4. Turn down the heater

It's a beauty catch 22, but overheating a cold home will worsen dry skin problems, so experiment with different settings on your heater to find the right temperature for both you and your skin.

5. Any device that heats your environment will also steal your moisture

Even electric blankets. If dry skin is driving you crazy, throw another comforter on the bed, and see how you feel after you've left the electric blanket unplugged for a couple nights.

6. Moisturize in the shower

Moisturize throughout the day, but try using body lotion even before you've left the shower, right after rinsing soap or body wash. It will help lock in some extra moisture. Rinse off and pat dry.

7. Watch the shower temp

Hot showers feel great in winter, but they wreak havoc on dry skin. Try a lukewarm shower instead, then pat your skin dry with a towel. Apply moisturizer (again) as soon as you step out of the shower.

8. Use alcohol responsibly

Avoid skin products and hairstyling products high in alcohol. When alcohol evaporates it feels cool and refreshing, but it's also stripping away moisture, so look for alcohol-free products when the air is already dry.

9. Don't blow it

If you're already dealing with dry, brittle hair, resist the urge to reach for the hair dryer. It'll only make things worse. Dry and style your hair with a towel, and if you still use a dryer, time yourself and try to use it a little less.

10. Moisturize meh!

Moisturize throughout the day and don't forget to drink extra water when it's cold and windy.

Your hands, feet, knees and elbows may need a little more help, too. I like rich products containing shea butter, petrolatum, mineral oil, tea tree oil, linoleic acid or glycerin. For intense relief, moisturize hands and feet at night, and then slip on gloves or socks to lock in moisture.

11. Pucker up

Chapped lips can be a big problem in winter. The air dries out my lips, which makes me lick them, which makes them chap even worse! Use a lip balm with at least SPF 15 and preferably one with antiseptic agents to aid in healing. Some lip balm products are made with tea tree oil, which helps heal painful cracks. I also like lip balms with phenol, beeswax, aloe, vitamin E and essential oils.

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 11.00 am till 1.00 pm. 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 11:00 am until 1:00 pm 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.

OLDER WOMEN'S GROUP:

This group runs on Fridays from 11.00 am until 1.00 pm at NKS. Activities include: gentle exercise complementary therapies, lunch club, discussion/health sessions, outings, social functions etc.

OLDER BANGLADESHI WOMEN'S GROUP:

This group runs on Mondays from 11.00 am until 1.00 pm at NKS.

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.

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

Indumati Pandya - Director
(Chairperson)

Ann Wigglesworth ~ Director (Vice-Chairperson)

Jabeen Munir ~ Director (Company Secretary)

Jack Marshall - Director (Treasurer)

Shaheen Ahmed ~ Director

Jane Jones ~ Director

Razia Dean ~ Director

Iffat Aziz ~ Director

Sugantha Ravindran ~ Director

Allison Conroy ~ Director

NKS News/Events

NKS Heritage sessions have started at NKS. The sessions will continue until March 2012. If you are interested in learning more about Scottish culture and heritage, please do get in touch with NKS.

NKS AGM will be held in November 2011. NKS is looking for new management committee members. If you would like to join the NKS committee, please get in touch with NKS for more information.

NKS Resource Library and

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

Sobia Shahzad, NKS childcare worker is back to work after her maternity period. Sobia has given birth to a lovely little girl. NKS congratulates her and wish her all the best in future.

Nasima Zaman, NKS administrative worker has been blessed with a niece. Her brother has recently had a baby girl. We congratulate the couple and wish them all the best in life.

Sadia Kadri, NKS heritage worker, recently had to rush to Bangladesh as her brother in law passed away. May God rest his soul in peace and give the family strength to cope with the loss.

Mrs. Pandya, NKS chair, had been busy as her husband had been ill and was in hospital. We wish Mr. Pandya a speedy recovery.

Your Contacts at NKS

Naina Minhas ~ NKS Manager

Nasima Zaman ~ Administrative Worker

Rabia Younus ~ Administrative Worker

Rohina Hussain ~ Community and Health Worker

Ruchana Hussain ~ Community health Worker

Ishrat Meason ~ Community and Health Worker

Samra Ahmed ~ Family Support Worker

Asma Kassim ~ Childcare Manager

Amina Rahman ~ Childcare Worker

Nazish ~ Childcare Worker

Sadia - Heritage project worker

Urful ~ In Charge of Cleaning

Maqsuda ~ Group Worker

Lufta Dewan ~ Group Worker