### Looking forward with NKS...



#### **Groups at NKS**

### ENGLISH AS A SECOND LANGUAGE (ESL)

Women only ESL classes run at NKS, thanks to Stevenson College, on Mondays and Tuesdays from 12.30 pm till 2.30 pm. NKS Services 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, NKS Board of Directors 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 Sabra Dhami —Director until 1.00 pm at NKS. Activities include: gentle exercise complementary therapies, lunch Allison Conroy ~ Director 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 Satur- about it. days, between 1.00 pm and 5.00 pm at NKS. Heritage Project: This is the second year Activities include:health/discussion sessions, of the heritage project. NKS is running cookery, music and art appreciation, outings, more session on Scottish culture and social functions etc

Please check the three monthly

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

offer advice and support.

Indumati Pandya - Director (Chairperson)

Ann Wigglesworth~ Director (Vice-Chairperson)

Yasmin Ahmed ~ Director (Company

Jack Marshall - Director (Treasurer)

Shaheen Ahmed ~ Director Jane Jones ~ Director

Razia Dean~ Director

Iffat Aziz ~ Director

Sugantha Ravindran ~ Director Sandra Abu Shaban — Director

#### **NKS News/Events**

NKS Silver Jubilee: NKS will complete 25 years of providing services to South Asian communities in Edinburgh in June 2012. The organisation will be celebrating its silver jubilee, so keep in touch if you would like to know more

heritage. If you would like to attend,

#### NKS Resource Library and

programme of activities for full details NKS holds books, CDs, videos and DVDs as part as sessions may be cancelled or venues 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**

Board of Directors; Nari Kallyan Shangho had Annual General Meeting in November 2011. One member, Sheena Hameed stepped down due to If you, or anyone that you lack of time. NKS would like to wish know needs support from NKS, please her all the best for future and thank contact us and our staff will be happy to her for contributions. Some new members joined the Board of Directors.

> NKS would like to welcome Shabnam Bashir, Sandra Abu Shaban, Sabra Dhami and Yasmin Ahmed as new directors. We look forward to working with the new Board of Directors and hope they enjoy their tie with NKS.

> Sadia Kadri; a new member of staff (heritage worker) got married in November 2011. We wish her a happy

#### **Your Contacts at NKS**

Naina Minhas ~ NKS Manager Nasima Zaman ~ Administrative Worker Rabia Younus ~ Administrative Worker Rohina Hussain ~ Community and Health Worker

Ruchsana Hussain- Community health Work-

Ishrat Meason ~ Community and Health

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

Magsuda ~ Group Worker Lufta Dewan ~ Group Worker

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# **Nari Kallyan Shangho** Newsletter

Winter Edition, Feb. 2012 Volume 12 Issue 2

### 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**

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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 news letters, please contact NKS at the address indicated.

#### Editorial ~ Naina Minhas

Welcome to the next issue of the winter edition of the NKS newsletter. All the staff at NKS wish you a happy new year and hope you had a wonderful time during the festive season.

Since the last is sue of the newsletter was published there has been a lot going on at NKS and all the staff have been extremely busy. Eight members of



staff have had Red NKS International parents forum Cross First Aid

training.

This has resulted in these members of staff becoming First Aid trainers. They will now pass on the skills they have developed to women who attend their groups at NKS.

A fundraising day was also held by NKS where over £800 was raised. Furthermore, a parenting forum was also held at NKS. Several mothers attended this forum where they discussed their experiences of bringing up their children. Mothers from different cultural backgrounds attended and shared their concerns about various parenting issues. This proved to be very interesting and informative for all those who attended.

The AGM for 2011 was held at the NKS premises. We were very pleased that Councillor Paul Godzick was able to attend. He stated that he was keen to hear from the views of Asian women as he is more used to hearing from men from South Asian communities. We hope that women will take the opportunity to voice any concerns that they have.

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.

### Sayma's Story: how I Saved my Choking Daughter

### **First Aid Training**

went rigid, but she remained conscious. Luckily, invited the Red Cross to give my students a first aid mum Sayma had attended a British Red Cross Black lesson, I'd no idea how useful it would prove to be! and Minority Ethnic Capacity Building (BMECB) Project. It was a first aid training course at Duncan The training was excellent – enjoyable, engaging, full put her first aid skills into action with confidence.

"Save a Life" course with the British Red Cross, as this into my teaching programme every year so that stopped panicking and started to slap her back. By so effectively taught by the Red Cross Team, and I the end of the fourth slap Arddi started to breathe. I know many of my colleagues are doing the same." put her in the recovery position and she came round in less than a minute, but it felt like a lifetime and I thought she might not breathe again!"

Now Sayma wants to join the Red Cross as a volunteer and help to raise first aid awareness and teach first aid to the minority communities, especially in the Bangladeshi community in Edinburgh.

The BMECB project has been building community resilience to crisis in Edinburgh since April 2008, and has worked with more than sixteen BME communities including African, Caribbean, Arab, Bangladeshi, Chinese, Indian, Pakistani, Japanese and Gypsy Travellers.

First aid knowledge has been shared with all sections of these communities, from young people to http://www.redcross.org.uk/What-we-do/First-aid/Firstthe elderly, both male and female. The project strives to engage with a great number of men; to date daughter we have delivered 30% of all training to men. First aid learning sessions are becoming very popular. The project was short listed in the Scottish Charity project, please contact: Awards 2010 in the category of "Campaign of the Year".

When three year old Arddi fell off the sofa and hit Kay Penman is senior lecturer at Stevenson College, her back on the floor she cried out and then her body where Sayma undertook her training. She said: "When I

Place, in Edinburgh, organised by Stevenson College of practical exercises and very accessible to all of my as part of the English for Speakers of Other students, whatever their level of English. I was really Languages (ESOL) programme. Sayma was able to moved when Sayma, one of my students, came in and told me the story of how she had been able to save her daughter's life by using some of the techniques she had Sayma said, "thank goodness I had completed the picked up in the training. I have now resolved to plan the knowledge was still fresh in my mind. I just everyone gets the chance to learn the life saving skills



Sayma and her daughter

Project Co-ordinator Dr. Shaheen Ahmed underlined the importance of engaging with Minority Ethnic Nepalese, Iranian, Turkish, Thai, Polish, Sri Lankan, community members: "I would like to see at least one person trained in first aid, from every household in Edinburgh's Minority Ethnic communities"

Please follow the link for the story:

aid-true-stories/Saymas-story-I-saved-my-choking-

For more information about BME Capacity Building

Dr. Shaheen Ahmed, BME CB project Co-ordinator, Fife, Lothian & Borders, British Red Cross, West Point House, 69 North Gyle Terrace, Edinburgh EH12 8JY. Tel# 0131 338 5700, Mobile#07739823598,

sahmed@redcross.org.uk, www.redcross.org.uk

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### **Beauty Tips**

#### 1. Ingredients Required for Making Dry Skin Herbal Moisturizer

The main purpose behind applying moisturizer is to minimize the skin dryness hence the ingredients used for preparing the herbal skin moisturizer for dry skin consists of natural oil in it.

Cocoa Butter: 1 Oz (28.3 grams)

Almond Oil: 4 Oz (113.2 grams)

Orange Peel Oil: 1 Oz (28.3 grams)

- Orange Peel
- Coconut Oil
- Rose Oil

#### How to Prepare the Dry Skin Herbal Moisturizer

First and foremost melt the cocoa butter in a double boiler. Once it is melted add almond oil and turn off the gas burner. Stir it well. Next add orange peel oil drop by drop. Ensure to continuously stir the mixture while adding the orange peel oil. Then allow the temperature of the mixture to come down to the room temperature. Later add coconut and rose oil drops and mix it well. Collect this solution in a dark bottle and use as required. Keep the bottle away from the sunlight.

### Given below is a soak for your feet and make your skin smooth and beautiful.

#### Ingredients:

- \* 1 cup lemon juice
- \* Cinnamon for odour \* 2 tablespoons olive oil
- \* 1/4 cup milk
- \* Water (the amount is irrelevant)

Mix all ingredients in a bathtub and soak your feet in it for a while. Cinnamon can be replaced with any spice or perfume flower petals. This soak will leave your skin refreshed and herbs. After this wash your feet with a mild soap. Follow this leg care system for a few weeks and your skin with your feet will be smooth and silky.

#### 3. Whitening Nail Scrub Recipe

#### **Ingredients:**

- \*1 tablespoon Lemon juice
- \*Enough Baking Soda to make a paste
- \*Directions:
- \*Combine ingredients and massage into nails. Rinse well.

#### 4. CUCUMBER-HONEY TONER

1 medium Cucumber, peeled and cut up into pieces

2 tsp. Honey

Puree cucumber in a blender. Line a sieve with cheesecloth and set the sieve over a glass bowl or measuring cup. Pour the cucumber puree through the sieve and let it stand for 15 minutes for the juices to drip into the bowl. Pour the clear juice into a clean bottle and add honey.

To use, shake the bottle and saturate a cotton pad with the lotion. Sweep over face, neck and chest morning and night, and let it air dry (about 3 to 4 minutes). Store covered in the refrigerator for up to 1 week. Makes about ½

#### 5. Avocado Carrot Cream Mask

This mask combines avocados, which are rich in Vitamin E, with carrots, which are high in beta-carotene and anti oxidants, and cream, which is high in calcium and protein. These ingredients will rebuild skin collagen, improve tone and texture, and fade age spots.

- 1 avocado, mashed
- 1 carrot, cooked and mashed
- 1/2 cup heavy cream
- 1 egg, beaten

3 tablespoons honey

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### **Youth Services in Scotland**

#### **Scouts Groups in and around Edinburgh**

An International Parents' Forum was held at NKS on 20 February 2012. This provided a platform to exchange information and experiences of parents. It allowed for the discussion of many issues in relation to the overall development of children. A leader from a local scouts group was present at the meeting and provided information about the group and the services that they provide for young people. It was also stated that the Scouts Association are currently looking for volunteers to help with activities.

Scouts provide young people with the opportunity to take part in activities that they would not normally get to take part in during their normal education. It also helps to increase their confidence and gives them a chance to meet new people. There are several Scouts groups that young people can join in and around Edinburgh.

For children between the ages of 6 and 8, Beavers is the section of Scouts for them. Cubs is the section for children between the ages of 8 and 10.5 years of age. Scouts is the third section for children between the ages of 10.5 and 14 years of age. The fourth section is for teenagers between 14 and 18 years of age. The final section is called network which is for those between the ages of 18 and 25. Fellowship is for adults over the age of 18 who want to provide active support as and when they can.

The various sections of scouts allow for young people to undertake various activities. These include activities such as camping, cooking and hiking. Scouts also go on trips abroad. This provides for an international aspect to the activities carried out by young people who attend the groups. In the Scouts section there is an opportunity for children to gain the Zodiac Award. In working towards this award scouts get the opportunity to undertake extra challenges such as camping in very difficult conditions. This adds to the overall experience they have in this section.

Children and young people from all different backgrounds are able to attend these groups. However, there are also faith specific scouts groups in Edinburgh which cater for children and young people from different BME communities.

For example, there is a Scouts Group for young people who are Muslim. This is the 8th Blackford salaam. The group aims to provide activities and personal development opportunities for young people with an Islamic ethos. The group considers personal development as being the promotion of the physical, intellectual, social and spiritual well being of the individual.

If you would like to join the Scouts then you can contact the Scout Association on 0845 300 1818. They can also be contacted by email. Their email address is: admin@scouts-scotland.org.uk If you contact them by email then you should quote reference gen/join. They also have a website which can be accessed at: www.scouts-scotland.org.uk

If you are interested in joining 8th Salaam then you can contact Brother Zahid who is the Group Scout Leader. He can be contacted on: 07834 556674.



The Scouts leader giving information about Scouts to Asian women

## **Services in Edinburgh**

**Housing Benefit** 

#### What is Housing Benefit

allowance is help received from the council to pay your rent. It is available if you are renting a property from the council, a housing association or if you are a sharing owner. However, if you are a sharing owner then you will only get help towards the rent or occupancy payments.

Housing benefit cannot be used to help pay your mortgage if you have one. If you are eligible to receive benefits and have a mortgage then you may be able to receive help to pay the interest on your mortgage. Also, if you rent your property from a private landlord then you will get local housing allowance instead of housing benefit.

#### What is Covered by Housing Benefit?

Housing benefit includes help towards paying your ren and certain service charges such as the upkeep of communal areas or help towards contributing for a caretaker. However, this benefit is not available for the payment of bills or towards paying for any meals provided.

#### Who can claim Housing Benefit?

It may be possible to claim housing benefit if you are on a low income or if you receive welfare benefits. If you think you may be entitled to housing benefit then you should fill in and submit a claim form. Your claim will then be assessed by the housing benefit departmen depending on your circumstances.

#### When should I Claim?

If you believe that you may be entitled to housing benefit then you should apply as soon as possible. It is best to phone the housing benefit department and a claim form will be sent out to you. This should then be completed and returned within one month of it having been sent out to you.

If you think you were likely to be entitled to housing benefit at any time within the last year and you did not claim for a good reason such as because of ill health then it may be possible for your housing benefit to be backdated.

#### When will I get the Money?

Housing benefit which is also sometimes known as rent You should receive the money for your housing benefit the Monday after you have submitted your claim form. However, if you have to pay your rent on a daily basis because you live in a youth hostel or a boarding house or because you have been provided with temporary accommodation by the council because you are homeless then you may be able to receive your money on the first day you move in. However, you should make sure that the housing benefit department are aware of your particular circumstances.

#### Can I Stop Paying my Rent because I am going to Apply for Housing Benefit?

It is not advisable to stop paying your rent because you are submitting a claim for housing benefit. This is because your claim may be rejected or you may only receive help with paying only part of your rent. This may result in you being left with huge rent arrears. If you rent your property from a council or a housing association you should ask if they have a welfare rights officer who will be able to help you determine approximately how much housing benefit you are entitled to.

If, however, you are having difficulty paying your rent and have no idea how much housing benefit you may be entitled to then you should continue to make payments at a level that you can afford but be sure to tell your landlord that you have applied for housing benefit

#### Who gets the Housing Benefit?

The housing benefit will be paid directly to your landlord if you rent from a council or a housing association. However, if you are to receive local housing allowance because you rent from a private landlord then the payment will be made to you so that you can pay your landlord.



### Volunteers contribution....

#### Volunteers and students on placement at NKS

#### Zaynab Noor

For my first work experience placement I applied to Nari Kallyan Shangho (NKS). I was very keen to get a chance to work at NKS as my objective was to find a place where I could get experience with an administrative worker which, luckily, NKS was offering. I also wanted a work experience placement where I could learn about different cultures and religious backgrounds, for which NKS was perfect. My request had been accepted by NKS and they contacted me within days.

On my first day at NKS, I was introduced to the staff members and to the tasks which I would be carrying out. I was nervous about the placement on my first day. However, the staff members were very kind and helped me out with anything I didn't understand. My first task was to send out friend requests to people and organisations on facebook to allow people to know about NKS and the upcoming fundraising event. My next task was to create pages for the newsletter which required I.T skills. The next day I finished off the newsletter and sorted out the incoming mail and carried out the task using mail equipment which was good to learn for future use. On my third day of work experience I wrote a letter to a restaurant to request a donation for the fundraising event. Furthermore, I carried out tasks such as receiving incoming calls as well as making calls. I also helped with the fundraising event by making a price list of all the things that would be sold and created a page on the raffle tickets and the prizes available.

The week I spent at the NKS office was an amazing experience which allowed me to learn a lot more about office life which could help me in a future career. The staff members at NKS were very welcoming and pleasant. They also invited my family and me to the fundraising event, the Eid and Diwali Mela. I would like to thank all the members at NKS as they taught me something new each day.

#### YOUNG MUSLIMS IN BRITAIN TODAY—Saif

Young Muslims living in Britain experience different things as part of their everyday lifestyle. In some areas, the Muslims, and anyone else that are not considered 'like them', are treated differently. Many things that happen in these areas are racial abuse and physical abuse just because of their skin colour or religion. In other areas there are different views of young Muslims, where all people are treated fairly and respected equally. These are the areas where people see that we are all the same no matter what our skin colour is or what we believe in.

Personally I haven't experienced any physical abuse. I come from a rough area and for the 11 years I have stayed here, not once have I or my family experienced any issues with abuse. As for school, I go to a school where students are very successful. Over 95% of the students that attend turn out to be successful. This gives an image that people at the school are sensible and determined to just get on with their school life and get it over and done with. There has only been one incident where I was racially abused. In a shop, close to my school, a student came up to me and referred to me as a 'nigger'. My initial reaction was rage. In my whole life I had never experienced anything like this before. My anger got the best of me and I head butted the student. We both got punished for our actions, but I know that in a school such as ours, racial abuse is not tolerated. However, why then was he only let away with a detention and I got excluded? This is something my brother asked me. However, I had no answer to the question.

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## PHOTO GALLERY



NKS Annual General Meeting, November 2012



The NKs Nursery



NKS women at the International mothers language day



Fundraising day at NKS



**NKS Annual General Meeting, 2012** 



The NKs Nursery



NKS women at the International Mothers Language



Fundraising day at NKS

## What happened at NXS

#### **Breast Cancer Training Program**

Three members of staff from NKS attended a training program relating to breast cancer. The program was attended by doctors and social workers and various social issues were discussed relating to overcoming barriers to the diagnosis and treatment of breast cancer among South Asian women. Cultural issues that result in it often being difficult for women to discuss any concerns they may have about the condition with doctors and their families were discussed. The training included ways in which such sensitive issues can be dealt with and how such barriers can be overcome so that women from South Asian communities do not

#### **NKS AGM 2011**

NKS held its AGM on the 21st of November 2011 at the NKS premises. Councillor Paul Godzick was present as the chief guest. Mrs Indumati Pandaya chaired the meeting and welcomed everyone. Naina Minhas spoke about the various activities that had been taking place at NKS. This included mention of fundraising days and the fact that the integration through awareness project to raise awareness of Scottish culture had been well received by women using NKS services. It was also stated that funding of around £4000 had been received from the Food Initiative Project that had allowed NKS to raise awareness of healthy eating among women. It was also mentioned that in June 2012 NKS will have its 25th anniversary.

#### Parenting Forum

On the 19th of November 2011 and 30th Jan. 2012 NKS held at a parenting forum at the NKS premises. A discussion was held about the experiences mothers from different cultural backgrounds had of parenting. A questionnaire was completed by all the mothers who attended the forum. This allowed for self reflection with regard to various aspects of bringing up teenagers. Topics that were discussed in relation to teenagers were friends, responsibilities, respect and ambition in life. Mothers who attended were from various ethnic backgrounds, including: Chinese, English, Indian, Pakistani, Bangladeshi and Scottish backgrounds. Such parenting forums will be held quarterly at NKS and the next one is to be held in February 2012. It is hoped that school guidance teachers and Edinburgh's Families and Children department will be in attendance at the next forum.

#### **British Red Cross Training**

Eight members of staff at NKS received first aid training thanks to Shaeen Ahmed and from the British Red Cross. The training was held over a period of two days. The first day was spent learning practical skills and the second day was spent learning about different medical conditions and how to recognize their symptoms. All eight members of staff are now trained to give first aid training to others. They will now give training to users who attend their groups at NKS.

#### **Eid and Diwali Mela**

An Eid and Diwali Mela was held at the NKS premises over a weekend. Not only were both these festivals celebrated together but it was also an opportunity to raise funds for NKS. Over a hundred women attended the mela. There were many clothes and food stalls at the mela and NKS managed to raise over £800 for the project. All the staff from NKS worked very hard on the day and everybody at the organization worked on a voluntary basis so that such funds could be raised for NKS.

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

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### Volunteers contribution..

### Volunteers and students on placement at NKS

My name is Mike Kinnaird and I am in fourth year at Boroughmuir High School. In fourth year everyone goes on a work experience placement for five days instead of going to school so they can get to experience what a day of work is like. When I was applying for a placement at NKS I was not exactly sure what the company did so I was a little anxious beginning my first day.

On my first day I was a little nervous about walking into NKS because I did not know what the company did or were involved in so I was not sure what sort of work I was going to be doing. My nerves grew as I went to NKS for the first time but they soon left as I was warmly welcomed by all the staff. I had fun throughout my experience here and the staff made me feel very comfortable. My first task at NKS was to file some paper work. I was a little apprehensive about doing this because I did not want to mess up my first task at NKS but I should not have worried because all the staff were very understanding and showed me how to do this beforehand and offered to help me at any time. After I had finished the filing I was asked to help design and finish a leaflet that was going to be given out to the public. Again, I was nervous about this when I should not have been because the staff helped and gave me suggestions as to what I should put in it and how it should look. It was a very fun and joyful place to work and I was very pleased that I had chosen NKS to do my work experience.

During the week I was asked to deal with the money and float sheets. I was not so worried about this because I was more comfortable dealing with numbers but there was still an element of fear because it was somebody else's money I was dealing with and so I didn't want to do something wrong. However, it all went fine. Another task I had was to answer the phone which was the task I was most nervous about because I am quite a shy person with people I don't know and am not totally comfortable with speaking to complete strangers. This task may be the most useful and helpful for me because it has taught me to be more confident when speaking to people I don't know so well.

Working at NKS was a very pleasant experience because the staff were joking, laughing and having fun with one another so I was delighted to have the opportunity to work at NKS. Working at NKS has taught me many things such as, to be more confident within myself as a person and that work can be fun or it can be boring and that it depends on what you make of it. I have thoroughly enjoyed my time here at NKS. I have achieved and learned so much and I cannot thank all the staff at NKS enough for making me feel so welcome.

I wish all the best to everyone at NKS.

The NKS Nursery has places available. If you would like to book a place for your child, please get in touch with the project and someone will be able to help you.

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#### FOOD FOR THOUGHT



#### Healthy Recipes - fighters against Cancer

#### Spinach

#### Garlic

Researchers have found many Flavonoid compounds in spinach act as antioxidants and fight against stomach, skin, breast, prostate and other cancers. Spinach is also extremely high in carotenes which protect eyesight.

It is particularly rich in vitamin K which helps to boost bone strength and may help prevent osteoporosis. In addition, spinach also contains peptides, which are aspects of protein that have been shown to lower blood pressure, and its relatively high vitamin E content may help protect the brain from cognitive decline as we age.

Ref: 100 Best Health Foods (2009) by Paragon Book Limited.

## Red curry with mixed leaves (Spinach and Chinese cabbage)

#### Ingredients:

2 table spoons vegetable oil
2 onions, thinly sliced
1 bunch of spinach and Chinese cabbage
400 ml reduced fat coconut milk
2 table spoons red curry paste
3 fresh lime leaves
handful of fresh coriander, chopped
cooked rice, to serve

#### Method:

- 1) Heat a large pan over medium-high heat for 30 seconds. Add the oil, swirl it around to coat the base and heat for 30 seconds. Add the onions and asparagus and stir-fry for 1-2 minutes.
- 2) Add the coconut milk, curry paste and lime leaves and bring gently to a boil. Add the Spinach

and Cabbage and cook for 2-3 minutes, until wilted. Stir in the coriander and serve with rice.

Garlic contains Sulphur compounds that produce a strong smell but are the main source of its health benefits. It has been found that eating garlic can reduce the risk of developing heart disease and many types of Cancer. It is a powerful antibiotic and inhibits fungal infections such as athlete's foot. Garlic is a source of vitamin C, selenium, potassium and calcium. Furthermore, regular consumption of garlic can significantly reduce the risk of colon, stomach and prostate cancer.

Ref: 100 Best Health Foods (2009) by Paragon Book Limited.

#### **Mushrooms with Garlic and Spring Onions**

*Ingredients*:

2 garlic bulbs

2 table spoons olive oil

350 g/ 12 oz assorted mushrooms, such as chestnut, open-cap and chantarelles, halved if large 1 table spoon chopped fresh parsley

8 spring onions, cut into 2.5 cm/ 1 inch lengths Salt and pepper

#### *Method*:

- 1) Preheat the oven to 180C/ 350F/ Gas Mark 4. Slice off the tops of the garlic bulbs and press down to loosen the cloves. Place them in an ovenproof dish and season with salt and pepper to taste. Drizzle 2 teaspoons of the oil over the bulbs and roast for 30 minutes. Remove the garlic from the oven and drizzle with 1 teaspoon of the remaining oil. Return to the oven and roast for an additional 45 minutes. Remove the garlic from the oven and leave until cool enough to handle, then peel the cloves.
- 2) Tip the oil from the dish into a heavy-based frying pan. Add the remaining oil and heat. Add the mushrooms and cook over medium heat, stirring frequently, for 4 minutes.
- 3) Add the garlic cloves, parsley and spring onions and cook, stirring frequently, for 5 minutes. Season with salt and pepper to taste and serve immediately.

### NKS NURSERY



Nari Kallyan Shangho is a health and welfare organisation for women and their children. The organisation has had a nursery facility that has been successfully running for around 20 years. This service is provided at a very affordable price. Children at the nursery follow the birth to 3 and the 3 to 5 curriculum for excellence. The nursery is registered with HM Inspectorate of Schools to provide pre-school education.

At the nursery the children are provided with healthy snacks. These snacks are provided with due consideration given to individual

dietary requirements of the children. The parents of children at the nursery are encouraged to provide a healthy packed lunch for children with recommendations as to the kinds of foods that should be included

in packed lunches. A healthier lifestyle programme is also run for parents. Parents are asked to provide nursery staff with personal routines for babies so that the nursery staff are aware of when the baby is usually fed and when it usually takes naps. Each child is appointed a key worker each day they come into the nursery. This means that they can then discuss the child's day with its parents at the end of the day. The nursery staff follow the 'keeping families together' strategy. This means that children from the same family can be kept together without the need to separate siblings based on their age.



Children celebrate a variety of different cultural festivals. For example, at Christmas time the children have a Christmas party in the nursery and they all get a gift. Also, if a child attends the nursery on their birthday then there is a party held for them and they are given a gift as well. Photos are taken of the children on a regular basis so that a child's progression and development can be recorded.

Outdoor activities are also regularly organised for the children. The children are often taken to the park to



play. There is also a large room upstairs at the premises at NKS where the older children are taken to play. When children are dropped off at the nursery by their parents then entry is by way of entry phone system. Thus, the children are secure at all times. There is also a quiet room and sleeping room for babies which is upstairs.

There is a very strong management structure within the nursery at NKS which is virtually unheard of in this sector. The nursery staff also attend seminars regularly, relating to the development of children and child education. Child profiles and development reports are kept up to date and parents have access to these throughout the year. These are especially useful for when a child is transitioning from

nursery to school.

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