



Nari kallyan shangho

newsletter

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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.

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.

Editorial ~ Naina Minhas



Management Committee meeting in progress

The summer holidays are here and we hope you are enjoying this time of the year. The summer issue of the NKS newsletter brings you articles and information that you may find interesting.

Nari Kallyan Shangho has completed 25 years of its service provision to the South Asian communities in Edinburgh. The organisation will be celebrating its silver anniversary by holding a public event. In addition, a silver anniversary magazine will be produced to mark 25 year celebration. The magazine will be disseminated widely in Edinburgh and we hope that you obtain a copy of the magazine on the day of the anniversary celebrations.

Nari Kallyan Shangho has made an immense contribution to the local communities through its service provision to the grass root communities. Over the journey of 25 years, NKS has intensively worked to empower disadvantaged South Asian women and children to promote active citizenship among them.

Today, NKS has become a crucial platform for South Asian communities to address issues that affect them in their daily life living in Edinburgh. Currently, NKS is focusing on providing information to communities which we see as a powerful tool to empower communities.

If you as a mainstream service provider would like to promote services among South Asians by using our platform, please get in touch with NKS.



The Anti-Aging Diet ~ By Isha



We all know we should be eating lots of fresh produce for our general overall health. Packed with vitamins minerals and fibre, fresh fruit and vegetables are vital to help prevent illnesses from cancer to heart diseases as well as boosting our immunity. Did you know these foods work as something of an elixir of youth too? Fruit and vegetables are rich in vitamin C, important for helping to build collagen which helps keep skin elastic along with other powerful antioxidants that help fight the free radicals that can lead to inflammation and wrinkling. While there's a buzz around the youth-boosting power of blueberries..... but the key is to ensure you eat at least five portions of fruit and vegetables daily...if not more, rather than focusing on specific "Wonder Foods" that said some fruit and vegetables have been studied for their youth boosting benefits.

Berries are packed with anti-aging anthocyanins and avocado is dense in vitamin AE and healthy oils. The oxygen radical absorbance capacity scale rates foods according to their age fighting antioxidant capacity, and scores these highly, prunes, pecan nuts, spices such as cumin herbs like parsley, lentils, peppers, blackcurrants, raspberries, almonds, broccoli, sweet potato and apples.

Choose The Right Carbs

Recent research from the US has suggested we should be cutting carbs out of our diets. Geneticist Professor Cynthia Kenyon found starchy foods such as bread, pasta, cereal and potatoes directly affect two genes connected to youthfulness and longevity. Reducing carbohydrates and therefore, calories turns down the gene that controls the

hormone insulin, which switches on another gene that boosts vitality and boosting your natural supply of antioxidants and reducing damaging free radicals.

It's a very good idea to reduce refined carbohydrates such as sugar, and white flour as these are high on the glycaemic index, and cause seesawing blood sugar and insulin, cutting out processed foods such as biscuits and cakes is an easy way to reduce high GI carbs but the fibre and vitamins found in foods such as wholegrain bread, oats and brown rice are very beneficial to our bodies. Swapping white foods for brown is the best rule of thumb and there's no getting away from this one...if you want to stay young, you should cut right down on sugar, as this has been linked to skin aging which leads to wrinkles.

Pile On The Protein

High protein foods full of healthy fats are among the top skin firming foods, cold water fish especially salmon is one of the best options as it's rich in omega 3 and fatty acids, important for fighting inflammation and improving skin elasticity. Tofu and chicken are also good sources of protein. You should have a serving of protein at every meal, including snacks, try nuts or seeds on your cereal, a small piece of cheese with an apple, mid morning eggs or hummus at lunch a handful of nuts in the afternoon and meat fish or tofu as the main part of your evening meal.



Healthy eating in the NKS Nursery



Services in Edinburgh

Young People's Benefits ~ By Kashaf

Jobseeker's Allowance

Jobseeker's Allowance is a benefit for people who are unemployed but capable of work.

You can usually claim Jobseeker's Allowance only if you are 18 or over. However, 16 and 17-year-olds who are unemployed and not in full-time education may, in some circumstances, be able to claim.

To find out if you can claim Jobseeker's Allowance, you should consult an experienced adviser - for example, at a Citizens Advice Bureau.

For more information about Jobseeker's Allowance, see Benefits for people looking for work or go on their website.

Income Support

Income Support is a benefit for people on a low income to help them pay for their day-to-day living costs.

You can usually claim Income Support only if you are 18 or over. If you are 16 or 17 years old, you may get Income Support if you:-

- have a child or are pregnant
- are on certain kinds of training course.

Being entitled to Income Support will also depend on whether you are still at school or live with your parents. 16 or 17 year olds who have been in care cannot usually get Income Support, but there are exceptions. Lone parents who have been in care can get the benefit.

If you are 16 or 17 and want advice about claiming benefits, or you are 16 or 17 and have been in care, you should consult an experienced adviser, for example, at a Citizens Advice Bureau.

Disability benefits

If you are a young person with a disability, there are a number of different benefits and tax credits you may be able to claim. Usually, your parents would claim the benefit on your behalf.

Social Fund

The Social Fund helps people on a low income pay for one-off expenses which they would not otherwise be able to afford.

As a young person, you may be able to claim a crisis loan from the Social Fund if there is an emergency and you are unable to pay for your immediate needs. You do not have to be receiving any other benefits to be able to claim.

If you are receiving Income Support, income-related Employment and Support Allowance (ESA) or income-based Jobseeker's Allowance, you may also be able to get a community care grant or budgeting loan.

Housing Benefit and Council Tax Benefit

Housing Benefit is a benefit for people on a low income to help them pay their rent. Council Tax Benefit is a benefit for people on a low income to help them pay their council tax.

There is nothing to stop a young person claiming Housing Benefit, but the amount you can get if you are a single person aged under 25 with no children is restricted.

Council Tax Benefit can be claimed only by people aged 18 or over.

Tax credits

As a young person aged 16 or more, you can claim tax credits. Tax credits are means-tested and depend on your income. To get Working Tax Credit, you have to be responsible for a child, work at least 16 hours a week if you're single, or 24 hours a week between you and your partner if you're in a couple (with one of you working at least 16 hours a week) and be on a low income. You may also be able to get Working Tax Credit if you're disabled and work at least 16 hours a week.

If you are 16 or over you can get Child Tax Credit if you are responsible for a child under the age of 16. If you are under 16 yourself and responsible for a child, you cannot claim Child Tax Credit in your own right. However, your parents or someone who is responsible for you can include you in their own claim.

If you are 20 or under you can be included in a claim for Working Tax Credit or Child Tax Credit by your parent or a person who has responsibility for you, depending on your circumstances.

Problems claiming benefits

If you have been refused benefit and think you should get it, or if you think the amount you have been awarded is wrong, you can ask the benefit office to reconsider the decision, or you can appeal. You should do this within one month of the decision.

Information in other languages

The Department for Work and Pensions (DWP) has translated information about benefits into certain community languages. For more information, go to the DWP website at www.dwp.gov.uk.

Volunteers and Students...

Rimi Malik ~ Volunteer at NKS

My name is Rimi Malik. I am 17 years of age and I have been volunteering at NKS for about a month and a half. I heard about this organisation through my mum and gran. My first day at NKS was scary for me as I didn't know what it would be like or how to handle office work as I had never done this before and whether I would be confident enough to talk to the staff.

As time went by I started to become more sociable and learnt how to do new stuff like helping at the groups and balancing monies. I was able to link with other organisations and filing papers in order and writing up reports as well as working as a team also working beside other members of staff. NKS had helped me to do all this as there would be new people that I got to meet. I have been working for Ishrat who helped me to do all this and she made me become more confident with my work by making me collect money from the Friday group and how to help out with the group.

Another staff who I also work for is Nasima who showed me how to count and balance cash. Even though I work for the two staffs there are other staff that have helped me learn new stuff. NKS have been really good to work with as I know how to interact when I meet new people, it also helped me with my school work. I've been also got experience from the NKS nursery admin work where I had to print out pictures for the nursery.

All this experience had helped me outside of NKS as I was able to become more confident in looking for jobs.

If you would like to volunteer at NKS then please contact the project on 0131 221 1915.

Kashaf ~ Volunteer at NKS

Khashaf is an 18 years old who had taken out a year after school and joined NKS as a volunteer. Kashaf chose to work as a volunteer with NKS to get experience of working with South Asian communities. Kashaf worked along with group workers in groups.

She worked closely with the Wednesday group to set up email accounts for the users. Kashaf participated at the fundraising where she had raised money for NKS by doing henna on the day, she also helped with the admin by writing up articles for newsletter.

While she was doing all this she had helped her co-workers with their day to day paper work. She has now left NKS as she's managed to get a paid job.

Rani ~ Volunteer at NKS

My name is Kibla Ahmed and I am 18 years of age. I applied for a number of different places to do some voluntary work to gain some experience working with children in a nursery.

Luckily after an interview at NKS they took me on. I first of all started working in the office doing some admin work, and also working closely with the nursery department I was updating files, helping plan lesson work plans. After my disclosure check came through the post I am now currently working at the nursery with the pre-school children and I really enjoy it, the children and staff are lovely and everyone at NKS are very friendly and always willing to help each other.

Volunteer work, gives you the opportunity to meet others and make new friends, the chance to learn something new. Also it can increase your self-confidence and whilst volunteering you gain useful skills and experience. I am going to start a course at Stevenson College.

Nari Kallyan Shangho ~ 25 years on...

Nari Kallyan Shangho Silver Jubilee

Nari Kallyan Shangho (NKS) is an Asian women and their families' welfare organisation in Edinburgh. The organisation was set up in 1987 and has completed 25 years of its existence and service provision to South Asian communities in Edinburgh.



NKS Heritage Project

The organisation will be celebrating its silver anniversary by holding a public event on Saturday, 13th of October 2012 at Marriott Dalmahoy. In addition, a silver Jubilee magazine will be produced to mark 25 years of the organisation.

The project was initiated by a few Bangladeshi women in 1987 to serve their local Bangladeshi community in Dalry Road. NKS has since expanded to include South Asian women from the Indian and Pakistani backgrounds as well.

Today NKS has become a prime contact for South Asian families. Over 500 service users are benefiting from a range of services offered such as advice and Information, outreach and befriending service, health education, training and courses, English as a Second language, culture sensitive childcare, Scottish Art Culture and Heritage project, International Parents Forum, Mother and Toddler group, Lunch club for elderly South Asian women and other educational as well as recreational activities in group settings.

NKS is not only a meeting place for South Asian Women but more importantly acts as a platform to develop self-confidence and assimilation within the mainstream culture. NKS's Heritage project is a prime example of this, acting to incorporate South Asian women into the mainstream society by raising awareness of Scottish culture.

NKS's Parents Forum has become a common platform for parents, schools, local authorities and community organisations to address issues for children and young people through self reflection. It is also contributing remarkably to increase social capital in communities and to utilise existing intellectual and material resources to address children and young people's issues.

Nari Kallyan Shangho has, over 25 years, made a significant contribution to the Edinburgh local communities by working to improve the quality of life for disadvantaged and excluded communities.



NKS staff and volunteers in Glasgow

We have places available in the NKS Nursery. If you or anyone you know is looking for a place for their child in the Nursery, please get in touch with NKS for further information.



What's been happening at NKS?

NKS International Parents Forum Meeting

NKS held its third International Parents Forum meeting on the 14th of May, which was attended by approximately 50 parents from different ethnic backgrounds. The ex-head teacher of James Gillespie school and Eileen Simpson from the EAL department of the CEC gave presentations on the day.

Parents found it extremely educational and informative, as they got to learn about the curriculum for excellence which have and will be come into effect in the near future. The participants also learnt about English as an additional language.

Highlands Tour

The NKS staff and some members from the management committee took part in an all day trip to Highland. From Edinburgh we travel northwest, passing the Imposing Stirling Castle, before making our first stop at Kilmahog.

We then travelled on through Rob Roy Country of Clans MacGregor and Campbell, and over the desolate landscape of Rannoch Moor and the Black Mount to Glencoe, one of Scotland's most famous glens, site of the 1692 massacre of the Clan MacDonald. Continuing via Loch Linnhe, we stopped in the Fort William area for lunch then continued into the natural beauty of the Great Glen as we passed beneath Britain's highest mountain, Ben Nevis.

Travelling on, we admired the Caledonian Canal, and the pretty village of Fort Augustus, enjoying spectacular views of Loch Ness, as we toured along the shoreline to Urquhart Castle. Loch Ness, 24 miles long and 700 feet deep, is most famous for its sightings of the Loch Ness Monster, affectionately known as "Nessie". Spent approximately 2 hours at Loch Ness, where we toured a wonderful 5 Star Jacobite Loch Cruise and explore the ruins of Urquhart Castle and its modern visitor centre.

At Inverness, Capital of the Highlands, we started our return for home crossing the Grampian Mountains and the woodland scenery of Perthshire, including the Forest of Athol en route back to Edinburgh.

Language with Flowers

NKS users attended Language with flowers open day, where they participated in calligraphy, design and screen-printing. The project had run 8 sessions with the Still Gallery in the past, which were very popular with Asian women. They enjoyed making a bag for themselves to take home.

On this occasion the open day was attended by 20 Bangladeshi women who thoroughly enjoyed the experience.

Queen's Diamond Jubilee on the 5th of June

The NKS Nursery children celebrated the Queen's Diamond Jubilee. On the 3rd of June the children came dressed up as kings and queens and had a Royal feast.

They also actively participated in decorating the Nursery and make a banner of the diamond jubilee.

Fundraising Event on 30th of June

NKS's second annual fundraising took place on the 30th of June. For the event there was face painting, make-up, nails, facials and stalls set up by local business.

Food was donated by various local restaurants and staff. We would like to thank everyone for their donations and time.

Summer Outings ~ Heritage Trips

NKS users took part in various Scottish heritage trips which includes the following:

Blair Drummond safari park, Mary King's Close on High street, Childhood museum at the Royal Mile, Tartan Mill in Selkirk, and Edinburgh World Heritage Tours. The heritage trips are proving to be very informative where we are learning about the history of Scotland.



NKS Nursery

A lot of research points to the importance of creative play in child's development. Play is an important factor in every child's life. Enriched play opportunities in childhood lead to the success later in most aspects of life.

Children require good "working Conditions" to meet their needs to play, a place where they have freedom from unnecessary interruption and interference but help is available when needed.

Nurseries are designed to provide children creative play, a place where they can make a "mess" with play dough, sand, water, paint and clay without having interruption from a mother who is anxious about getting carpets dirty or fear of clearing the mess after creative play.

It is even more important for the children who are positively discouraged from making a mess at home to have this outlet available in nursery setting. At home this child never has a chance to explore with the kind of creative play outline above. He has an anxious adult ready to "hoover" up his activity at an interesting point either at a time when he is just getting to grips with it.

The child might end up in giving up and this stops his creative flow. The child gradually becomes less capable of finishing off the tasks or completing it in a satisfactory way. When the child starts school parents then wonder why their child can't concentrate.

We have places available in the NKS Nursery. If you or anyone you know is looking for a place for their child in the Nursery, please get in touch with NKS for further information.





DELICIOUS HEALTHY RECIPES

Tasty Fish Bake

Ingredients

- 200g white fish
- 125ml your favourite tomato pasta sauce
- 1 clove garlic, crushed
- 1tbsp chopped parsley
- 2 dollops of light Mayonnaise
- 1 courgette thinly sliced



Method

1. Wash and marinate fish in few drops freshly squeezed lemon and pinch of salt, pepper and chili powder (optional).
2. Take the tomato sauce and pour into an ovenproof dish.
3. Scatter over courgettes and place fish on top.
4. Mix the garlic, parsley and mayonnaise together and spread over the fish.
5. Bake at 180°C gas 4 for 20-25 minutes or until fish is cooked.

Greek Style Pie

Ingredients

- 200g spinach leaves (pack)
- 175g sundried tomatoes in oil (jar)
- 100g feta cheese, crumbled
- 2 eggs
- 250g filo pastry (½ pack)



1. In a medium pan add the spinach with a couple of table-spoons of water. Add a drizzle of olive oil, cook until wilted. Leave to cool in a sieve so excess water can drain out.
2. Roughly chop the tomatoes and add into a bowl along with feta cheese, eggs and spinach. Mix well.
3. Unroll the filo pastry. Cover with damp sheets of kitchen paper to prevent it from drying out. Take sheet of pastry and brush with the sundried tomato oil from the jar.
4. Place sheet oil side down in a 22cm bottomed loose cake tin and make sure some of the pastry hangs over the side. Keep placing the pastry pieces around the tin until you roughly have 3 layers of pastry. Spoon over the filling.
5. Pull the sides of pastry hanging from tin to the middle.

Scrunch up and make sure the filling is fully covered. Brush a little more oil on the pastry.

6. Heat oven to 180C gas 4. Place the pie in oven and cook for 30mins until golden brown. Remove from cake tin and serve with salad.

To make the Greek style pie even more exciting you can also add small chunks of cooked chicken, and for the vegetarians try adding some cooked quorn to spice up the pie! You can get the quorn from your local grocery store which can most likely be found in the freezer. Don't hesitate to experiment with the filling!

Moroccan Spiced Eggs and Tomatoes with a Minted Yoghurt

Ingredients

- 4 British lion eggs
- 250g plum tomatoes, quartered and deseeded
- 2 tbsp vegetable oil
- 2 cloves garlic, finely chopped
- 2 spring onions, finely sliced
- 2 tsp cumin powder
- 1 tsp coriander powder
- ½ tsp hot chilli powder
- 35g fresh coriander leaves

Minted Yoghurt

- 150g fat-free natural or greek yoghurt, 35g, mint leaves
- ½ tsp ground cumin powder, ½ lemon
- 2 flat seeded flat breads, grilled until warm and a little crispy at the edges (optional)

Method

1. Mix the mint with the yoghurt, cumin and the lemon juice. Leave to one side.
2. Place a large non-stick pan on a low heat and add in the vegetable oil. Add the garlic to the pan along with the spring onion and cook for 2-3 minutes, stirring continuously so the garlic doesn't burn.
3. Add the spices and stir well. Next add in the deseeded tomatoes. Coat the tomato petals in the spices and cook until soft but not mushy! 6-8 minutes is plenty.
4. Make 4 gaps in the tomato mixture and crack in the eggs. Season the top of each egg with a small pinch of cumin and a little salt. Cook until the whites are firm but the yolk is runny. Grill the flat breads in the meantime.
5. Once the egg and tomato dish is ready, you can either serve it in the pan or scoop it out onto a plate with the grilled flatbreads.
6. Scatter over the fresh coriander and serve with the minted yoghurt on the side.



Photo Gallery.....



NKS information stall at the Napier University



Information about health services in young mothers group



Heritage session in the Bangladeshi group



Heritage session in the Wednesday group



International Parents Forum



Health session in the Wednesday group



Children in the Nursery working with play dough



NKS Fundraising day on 30th June



South Asian Youth Speak Out.....

Scottish Asian Youth

Scottish Coconuts

Being a young British Asian is tough work, especially for us females. Having to live in a society with two completely different cultures and identities makes one feel like three spoonfuls of salt in a cup of tea. Our thoughts, actions, appearance, dreams, expectations have made the majority of young Asians, mainly females, become rebellious and fight for what we feel is right against our parents.

Being a young Scottish Asian is much more challenging and I believe I speak for all when I say that it is very cruel living in Scotland where judgemental Asian families know one another. If all the young Asians were back home in their country whether its Pakistan or Bangladesh we would be completely different people, we'd be just like any other 'typical Asian'. However, living in Britain, us young British Asians have been given advantage of seeing things in a completely different view, that view has had a great impact on our lives which some of our parents don't seem to understand.

We all know that the main reason for parents pressuring their kids to dress respectfully, not be seen out in public after certain times, keep a strict limit to who can and can't be our friends (must be of the same sex) is because they are wanting to avoid being the top juicy gossip between family friends. Not pointing any fingers but if we all just got along well without being judgemental and be able to trust our and be more of a best friend rather than controller then young British Asians wouldn't feel the need to rebel the way they do.



Of course, being Muslim our religion should come first but parents see culture as the priority. An Asian girl is expected to either have a high status from being well educated i.e. Doctor, lawyer, engineering or no education what so ever and be married at a young age with a lifetime experience of cooking and cleaning. British culture has had an effect on young girls in a way that we want to be independent and follow our hearts on what our dream occupation is. Parents need to take time to figure out who their child really is because majority of parents never live to understand what is going on deep inside their British Asian child.

It is a shame when us youngsters can't open up to our parents on some problems/issues we may need help on, we feel restricted on putting our opinions across certain topics and this makes us feel stressed. British Asians tend to do certain activities that the elders would never approve of, its a complex matter filled with anxiety, guilt, fear and secrecy. It's a sad affair but we do soon get over it once we become mature enough to understand that it may be wrong.



Some young British Muslims get forced to wear a hijab, I am completely against this. Women should have a **choice** if they want to wear a hijab or not. If parents are so bothered about their daughter wearing a hijab then parents should explain to the child why should she wear one, what's the reason behind it and patiently wait until their daughter agrees. Looking innocent from the outside doesn't mean you are innocent in the inside and vice-versa. So if a women decides not to wear a hijab does not mean that they are not close to their **deen**. I have seen the sad scene where girls walk out of their house with a hijab on and then take it off once they get outside. It's upsetting to know because parents make the big mistake of strictly ordering their child about but they can't explain the reason to it. If parents would just take the time of explaining and educating their children, cooperating with them on certain issues then life would be much more simple and at ease.

All in all, no one is perfect. There are two types of people in the world, the good and the bad. At the end of the day us British Asians should respect our parents with love, learn to be faithful to them but at the same time don't forget to respect yourself and your own happiness. Of course, education, discussion and reasoning is imperative. We can learn from this and that way the generations to come won't have to struggle through these harsh situations.



Who wants dark patches of skin?

One of the major problems in our skin is having dark patches. Whether they'd be under your eyes, around your lip area or even on your knee caps. The time has finally arrived to get rid of these unpleasant dark areas.

Dark eye circles

Say farewell to concealers because I have some fantastic tips lined up to get rid of the bad boy dark circles that everyone dreads. There are many reasons behind dark circles but they can all be naturally treated.

1. Unblock your sinuses: it is very important to have a clear and easy breathing passage way. Menthol steam inhalation is a great way to clear out your nasal passage. Nasal congestions is the main cause! The vein which drain from your eyes into your nose swells up.
2. Treat your allergies: allergies such as hay fever can cause puffiness in eyes also cause the eyes to become itchy which makes us rub our eyes. Rubbing our eyes can break tiny vessels under our eyes which leads to bruising. Medication can be easily found over the counter to treat these allergies.
3. Iron Deficiency: simply incorporate foods high in iron into your diet i.e. Beef, oatmeal, potato skin, tomatoes. Eat more of these during your menstruation period.
4. Get enough sleep: when we lack in sleep our skin becomes paler which makes dark circles more visible. Also try to prevent sleeping horizontally and sleep on your sides.
5. Don't drink so much fluid at night: you should limit drinking too much fluid at night
6. Treat your dark circles: get a clean tissue/cloth, preferably a cleansing wipe, wash the cloth with luke warm water and soap. With the cloth washed and wet fold the cloth twice to form a strip. Pop it in the freezer and it should be ready in a couple of hours. Use this strip every early morning and before bed. Gently press the strip under and around your eyes until the coldness of the cloth has gone, this is very refreshing! The perfect temperature of the cloth helps to constrict your blood vessels which reduce puffiness and darkness of the eyes.

There's not really much to it, those bad boys will soon be gone!

Fairer skin tone

Right all you beautiful ladies its time to throw away your useless 'fair and lovely' tubs of cream in the bin and use my advice in getting rid of dark, dull skin tones which is suitable for everywhere and anywhere on your body.

This magical method is only 2 simple ingredients away. All you will need is the juice of one fresh lemon and a tub of double cream, it really is as simply natural as that. Mix together the two ingredients equally depending on how much area you are wanting to cover. Massage the creamy mixture until your skin has fully absorbed it and then wash off with warm water after. Do this on a daily basis and you'll begin to see a great difference in no time! Remember, this can be used from head to toe anywhere on your body.



NKS NURSERY

There are places available at the NKS Nursery. If you would like a place for your child, please get in touch with us at:

0131 221 1915

We take children from babies to 5 years of age and the Nursery is open from 9AM - 3PM

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, calanetics, outings, social functions etc.

OLDER WOMEN'S GROUP:

- This group runs on Monday (Bangladeshi women) & Friday 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.

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

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 sup-

NKS Board of Directors

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Jabeen Munir ~ Director
Shaheen Ahmed ~ Director
Allison Conroy - Director

NKS News/Events

NKS Heritage project and Silver Jubilee Celebrations: NKS has completed 25 years of its service provision. The project was set up in 1987.

To mark 25 years of the NKS services and to launch heritage project exhibition, the project is holding a public event on 13, October. If you would like to know more about the event, please phone NKS for information.

NKS is also producing a magazine to celebrate its silver Jubilee, if you would like to advertise your project/business please do get in touch with NKS.

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

Samra's wedding; We would like to congratulate Samra—a Family Support worker at NKS, for her wedding which took place in April. Samra is very happily married. She has left NKS and Edinburgh to settle in Dundee.

Naseem Suleman; NKS management committee and the staff team would like to welcome Naseem Suleman as a new Family Support worker. Naseem has replaced Samra. She has been quick in picking up work from where Samra left.

Sadia Kadri; Sadia—NKS heritage worker has moved to Manchester. Sadia is working on a few pieces of incomplete work online from home. We wish Sadia all the best for future.

Your Contacts at NKS

Naina Minhas ~ Project Co-ordinator
Nasima Zaman ~ Administrative Worker
Rohina Hussain ~ Health Worker
Ishrat Measom ~ Health Worker
Naseem Suleman ~ Family Support Worker
Rukhsana Hussain ~ Community Worker
Asma A Kassim ~ Childcare Manager
Amina Rahman ~ Childcare Worker
Irum Rizwan Ashfaq ~ Childcare Worker
Sobia Shahzad ~ Childcare Worker
Nazish Raza ~ Childcare Worker
Urfol Sonu ~ In Charge of Cleaning