



nari kallyan shangho

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newsletter

Nari Kallyan Shangho

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

...a happy woman is a happy family.

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For any further information, comments, or suggestions regarding any issues raised in this newsletter, or if you would like to contribute work to be included in future newsletters, please contact NKS at the address indicated.

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 ~ By Minoo Das, Newsletter Editor

Its Festival time once again and Edinburgh faces an influx of visitors. We list a programme of festivals/events during the month of August. With the G8 behind us Edinburgh will be once again in the lime-light for its renowned Arts Festival.

We continue with the very popular "Trip Down Memory Lane" and this time we had the pleasure of talking to a charming couple - Mr and Mrs Miah - from Bangladesh.

"Our Health" in this issue tackles problems related with periods. We just touch on this vast topic, which spans from puberty to meno-

pause and affects all women. We hope you will find some suitable information in it.

Our youngsters have just been through the big exams...here they tell us about their experiences with revision and how they cope with it and the very young ones tell us about how they spend their week!

Our regular features are as usual interesting and full of tips and information. Thank you very much for all your contributions...enjoy the holidays.

Newsletter Team...Minoo, Naina, Khalda, Sushmita and Nargis.

NEWSFLASH!!! NKS website is up and running again! Check it out and let us know your views. The newsletter is available on our website too. The address is: www.nkshealth.co.uk

Launch of "Moving Further Ahead" Evaluation Report ~ 18/05/2005



Sarah Boyack MSP and Saroj Lal, NKS Chairperson with some of the invited guests at the launch. The launch went really well. You can read more on page 6.



Period Pains ~ Information Courtesy of NHS Lothian

As unfair as it sounds no two women are affected by periods in exactly the same way. Some of them will turn into "moody monsters" for that time of the month, while others will sail through their period without feeling a thing. With each monthly cycle our period pain can also vary from mild to very severe. But do not worry as in general period pain is expected to get better with age.

Period pain can also be bad if you have just begun to "menstruate". However these cramps are likely to get better once you leave your teens, as they are thought to be related to a hormone like substance that causes your uterus (womb) muscles to go into spasms.

Common Period Problems

- *Backache
- *Pre-menstrual bloating
- *Abdominal (belly) pains
- *Fatigue
- *Headache
- *Diarrhoea

Some Easy Steps To Ease The Discomfort

- *Lie on your back with your knees supported by a pillow to ease the pain
- *Take a painkiller that can help relieve the pain
- *Put yourself in a warm bath instead of a shower
- *A hot water bottle can help sometimes
- *Gently massage your belly
- *Hot drinks can also sometimes help relieve the pain

If your period is particularly heavy or painful every month do visit your GP, there is always help available.

Heavy Periods

How many women suffer from heavy periods?

About 5 percent of women between the ages of 30 and 49 see their doctor each year because of heavy bleeding. However in one national survey 31 percent of women surveyed described their periods as heavy. Most women lose between 6-8 teaspoons of blood each month. It is difficult to know whether your period is heavier or lighter than this as it is very difficult to measure blood loss accurately. However if you are passing large clots or need to change your tampons or towels every two hours you need to see your doctor. If you are bleeding or spotting between your normal periods, or after intercourse or after you have reached menopause and stopped having periods altogether, you should see your doctor.

What causes heavy periods?

In many women who have heavy periods no cause can be found. Some women with heavy bleeding have one or more fibroids (muscular swellings in the lining of the womb). Sometimes heavy periods can be caused by a coil (IUD) or having been sterilised previously. Heavy periods can also be more common in overweight women.

Should heavy periods be treated?

If you are coping well with your periods then no treatment is

required. However if your periods and the heavy bleeding is disrupting your life then you should discuss it with your doctor.

Heavy periods can cause anaemia as more iron is lost each month with a heavy period than can be replaced. If this happens you might feel very tired, dizzy or even faint. Usually it comes on very gradually so you will notice. If this happens then as well giving you iron tablets your doctor will try and cut down on the amount of blood you are losing.

What tests will I need?

Your doctor will want to do an internal examination to check your womb and ovaries and suggest a smear if you are due one. If your doctor thinks you are anaemic then he will do a few blood tests. If you have had irregular bleeding as well as a heavy period your doctor may refer you for a test to look at the lining of the womb. A small sample of the lining of the womb will be taken, this can normally be done at the surgery.

What treatments are available?

Usually your doctor will start by recommending tablets that you take only during your periods to cut down the flow.

Sometimes heavy bleeding is controlled by giving extra progesterone, one of the hormones which control your periods. You will only have to take these tablets for a part of the month, usually starting around the middle and stopping before your period is due. This can help if your periods are coming too close together. Many women find that their periods are much lighter when they are on the combined oral contraceptive pill. There is also a new type of contraceptive coil which slowly releases a small amount of progesterone into the womb. This keeps the lining thin and makes the period very light, often stopping them altogether.

If none of these treatments work then your doctor might suggest an operation to cut down the bleeding or stopping it altogether. A hysterectomy removes the womb, often with the ovaries as well. This will cause your periods to stop altogether. A newer treatment is available, this scrapes out the lining of the womb or treats it with a laser. This should cut down the amount of blood loss each month. In some women this stops the periods altogether.

Help Yourself

- *If you are anaemic, eat plenty of iron rich foods such as red meat, eggs, spinach and milk.
- *If your doctor has given you tablets to help control your heavy periods, make sure you take them exactly as recommended.
- *Even if your treatment does not work to begin with, do not discontinue as it might take a couple of months for it have effect.
- *Keep note of the dates of each period, and any other spotting or bleeding, in case your doctor asks you for this information.

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In and Around Edinburgh

Edinburgh Festival ~ Information

The Edinburgh International Festival and the Fringe were launched in 1947. It was seen as a post war initiative to re-unite Europe through culture. In 1996 on its 50th anniversary the Guinness Book of Records named the Fringe as the largest festival in the world and it remains unchallenged to this day. It would take you five years and 53 days to see every Fringe performance back to back!

Edinburgh Festival Fringe 7th-29th August 2005

The Fringe Office
180 High Street
Edinburgh
Phone: (0131) 226 0026
Fax: (0131) 226 0016
Website: www.edfringe.com

Each year the fringe brings thousands of performances of hundreds of shows in nearly 200 venues across Edinburgh. The massive garden party packs the best of the festival into one day and takes place on the 14th of August 2005 at the Meadows.

Edinburgh International Book Festival 13th-29th August 2005

Scottish Book Centre
137 Dundee Street
Edinburgh
PHONE: (0131) 228 5444
Fax: (0131) 228 4333
Website: www.edbookfest.co.uk

The Edinburgh Book Festival is the worlds biggest book festival. There is a wide range of programmes for adults as well as children. There are discussions, readings, lectures, debates and workshops - with a café and bookshop on site. This festival takes place in the picturesque Charlotte Square Gardens. There are free daily events for all ages.

Edinburgh International Festival 14th August-4th September 2005

The Hub, Castlehill
Edinburgh
Tel: (0131) 473 2000

Three sizzling weeks of the very best opera, theatre and dance the world has to offer. This is the original festival, over fifty years old and has earned its reputation as one of the worlds greatest celebration of arts.

Edinburgh Mela 3rd-4th September 2005

Tel: (0131) 557 1400
Scotland's biggest intercultural festival in Pilrig Park. A dazzling display of international and local talent with performers and artists, crafts, fashion, food and sport. Entrance to the park and most events is free.

International Film Festival 17th-28th August 2005

88 Lothian Road
Edinburgh
Tel: (0131) 229 2550
Tel: (0131) 228 4051

The longest continually running Film Festival in the world. For over half-a-century, the festival has presented some of cinemas most important and exciting moments and played host to the worlds greatest film-makers.

Festival Cavalcade 7th August 2005

Free event
This is a very popular parade that starts at Market Street at 2.30 pm.

Edinburgh Military Tattoo 5th-27th August 2005

The Tattoo Office
32 Market Street
Edinburgh
Tel: 08707 555 1188

Scotland's annual outdoor military spectacle set against the magnificent backdrop of Edinburgh Castle.

Festival of British Youth Orchestra 13th August-3rd September 2005

Central Hall
Tollcross
Edinburgh
Tel: (0131) 229 2921

The Festival's hour-long lunchtime concerts are perfect for introducing children to live music. Children attend FREE of charge with adults paying £5.00 at lunchtime, £8.00 in the evening. Half price tickets for retired grannies and granddads!

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یہ کہانی ایسے ماں باپ کے لیے ہے جو جذبات میں آکر غلط فیصلے کر لیتے ہیں۔ شادی کے بعد ہر گھر میں چھوٹی موٹی تکرار تو ہو جاتی ہے کبھی زیادہ بھی ہو جاتی ہے۔ ایسی ہی یہ کہانی اس لڑکی کی ہے جو اپنے خاوند سے ناراض ہو کر اپنے باپ کے پاس آئی روتی ہوئی باپ کے پاس پہنچی باپ نے پوچھا کیا بات ہے۔ اس نے کہا میرے خاوند نے مجھے تھپڑ مارا ہے اس کے باپ کو بہت غصہ آیا اس کے شوہر کے پاس گیا اس کی خوب بے عزتی کی کہ تمہاری خجرات کیسے ہوئی میری بیٹی پر ہاتھ اٹھانے کی اس سے لڑ جھگڑ کر واپس آگئے اور بیٹی کو اپنے پاس رکھ لیا کہ تم اب اس گھر میں کبھی نہیں جاؤ گی۔ بات اتنی بڑھی کہ آخر کار لڑکی کو طلاق ہوئی جب لڑکی کو طلاق ہوئی اور وہ مکے میں رہنے لگی تو ایک دن اس کے باپ نے اس سے پوچھا کہ وہ ایسے بات کیا ہوئی تھی جو تمہارے شوہر نے تمہارے تھپڑ مارا تھا۔ تو اس لڑکی نے بتایا کہ میری ایک نند تھی جو بیوہ تھی اور پھر اسے پاس رہتی تھی میرا شوہر اس کا بہت خیال رکھتا تھا کوئی چیز میرے لیے لیتے تو اس کے لیے بھی کچھ لے کر آتے ایک دن میرے لیے کپڑے لے کر آئے اور میری نند کے لیے بھی کپڑے لے کر آئے مجھے بڑا غصہ آیا اور اس بات پر ہماری لڑائی ہو گئی اور میں نے کہا تم میری سوکن کے لیے بھی کپڑے لائے ہو اس بات پر میرے خاوند نے مجھے تھپڑ مارا اس کے باپ نے کہا یہ تو تمہاری غلطی تھی لوگ تو بیوہ کو ترس کھا کر بھی دے دیتے ہیں اور تمہاری تو وہ حقیقی نند تھی یہ بات تم نے مجھے پہلے کیوں نہیں بتائی۔ لڑکی نے جواب دیا آپ چوچھا ہی کب تھا۔ اب میرا لگرا جاؤ کر پوچھ رہے ہیں اب کیا ہو سکتا ہے جو ہونا تھا وہ ہو چکا ہے۔ اس لیے کوئی بھی فیصلہ کرنے سے پہلے جہاں بین کر رہی جا رہے

اب چھٹانے کیا ہوئے

جب چڑیاں چب گئیں کیفیت نرگس سلطانہ

From Our Elders

A Trip Down Memory Lane with Mr and Mrs Miah ~ By Sushmita Wiebe

I was enchanted to have met Mr and Mrs Miah. They came to this country twelve years ago to spend time with their five daughters and grandchildren. Mr Miah humbly mentioned that his family were zamindars (landlords), and all his life he did not have much to do. They had fruit orchards and they got rent from these orchards. His days however were spent doing valuable social work and he sorted out many peoples problems. He was a true community worker!

Back home in Bangladesh Mr Miah said that they had a big house with lots of help around. They described the beauty and surroundings of the area. The girls used to go to school in the village. They still have the house in Bangladesh, it is looked after by a caretaker. *"My room was beautiful - I would change the colours on the walls frequently - sometimes I painted it blue!"* said Mr Miah. The couple seemed to have led an amazing life. He proudly commented on how all his life he had never taken any medicines, which I had no difficulty in believing, seeing the glow and sparkle in his eyes. He also claimed never to have had a headache. Mr and Mrs Miah seemed to perceive life in a very positive and beautiful way and it was not really about their actual well being! Mrs Miah, with a lot of pride, expressed how "shaukeen" (fashionable) he was and could still see reminiscences of that trendy Mr Miah. She also declared with respect and love in her eyes that they had no reason ever to argue. She never did "ulta vivhar" (bad behaviour).

Mr and Mrs Miah are originally from Sylhet in Bangladesh. Sylhet is the hilliest part of Bangladesh with a lot of tea estates and pineapple and orange orchards. They have not been here long and their thoughts creep back home, where all their connections and bonds are. The girls used to visit them in Bangladesh often which always gave them much happiness...but then the girls asked them to move over to Britain as it would be easier for them to take care of them. They spend their days helping around the house in the daily chores like cooking. He reads the newspaper from Bangladesh, which only comes thrice a week. *"I read it from cover to cover and memorise it"* he joked.

They spend a lot of time with their grandchildren as he endearingly said with his face lighting up *"oder loge kol kol kori"* (chit-chat). They have twenty grandchildren out of which nine are married. He proudly flaunted rings given by his grandchildren. They read their Namaz five times a day - this was expressed with intense faith and pride. An import from back home was an afternoon nap which is an important part of the daily routine.

Back home the weather allows them to go out and about but here the cold weather makes it difficult to be as active. This is a common experience we all have those who live here, with parents visiting from back home. My parents love visiting us here but after five o'clock in the evening they start to feel the chill in the air

and want to stay in, and enjoy the warmth at home. There is a sense of "closed in", something that Mr and Mrs Miah also mentioned. *"Mone hoj jan ke bondho kore rekhe che"* (feeling of being caged) expresses the feeling very aptly.

I was curious about life in the olden days. The experiences which we shall only be reading in books. So I asked him what life was like back then in his parents and grandparents days! Mr Miah started reminiscing about their life in Prem Nagar. His grandfather had fruit orchards of jackfruit and pineapples. The fruit was sold and silver coins would be brought back in two wicker baskets hanging from a wooden bar on their shoulder.



Mr and Mrs Miah being interviewed by Sushmita Wiebe and Shamsad Rahim

Mr Miah also talked about the British when prompted, he said that the Bengalis and the British were very segregated. They lived in different camps, but the British would often visit schools. Mr Miah had been to school up until grade eight and Mrs Miah did regular religious study from home.

We chatted some more, so I could clearly encapsulate their life back in the lovely country Bangladesh of which both of them talked in great admiration and love. If we listen, we can learn. We can learn that there is a very deep sense of belonging to our own faith and our motherland. The land we have grown up and lived all our lives.

Any person from the Asian Culture would be quite familiar with the expression of our emotions through food. And to be true to my feelings and express my excitement at meeting the Bengali couple from Sylhet I had taken some "gur payesh" (rice pudding)! This was much appreciated. As our short but enthralling chat evolved I thought how beautifully Mr and Mrs Miah lived their life. A real trip down memory lane! For Mr and Mrs Miah certain mo-

(continued on page 6)



What's been happening at NKS?

(continued from page 5)

-ments in their lives hang in their memory like treasured paintings, and all through these were the moments to which they treasured time and time again.

As I watched them leave there was a feeling of niceness on both sides. We were all invited for a meal to their house and Mr Miah was insistent on setting a date and even asked us of our tastes. It was a pleasure to meet them - we at NKS chatted fondly about them long after they had gone. It was a good end to the day!

Launch of "Moving Further Ahead" Report

NKS launched an evaluation report of NKS services funded by the Big Lottery Fund (formerly known as the Community Fund) on 18th May 2005 at Portobello Town Hall between 11.00 am and 2.00 pm. The Big Lottery Fund provided financial support to NKS for six years to develop community-based services in the project. The report for the first three years of work was presented in the year 2001 report entitled "Moving Ahead" and "Moving Further Ahead" is the evaluation of the second 'three year period'.

The report was produced by Obaida Rehman and Anne Munro and was launched by Sarah Boyack MSP, who was the Chief Guest on the day. Obaida Rehman gave a presentation of the report and two users spoke about their experiences of using NKS services. The event was attended by over 150 women and workers from different agencies. The work of the project was commended by Sarah Boyack MSP and the Chairperson of NKS, Saroj Lal.

A cultural programme of songs and dance was organised along with delicious Asian food. The invitees thoroughly enjoyed the day. A lot of hard work went into organising the event and NKS staff should be applauded for their input.

We would like to extend special thanks to Sarah Boyack MSP who gave us time despite her busy schedule and to NKS Chairperson - Saroj Lal who led the event on the day extremely well.

Bangladeshi Training ~ Visit to London Projects

A visit to two projects working with the Bangladeshi community in London was organised as part of the community work training programme at NKS. The visit was to study different models of working with the Bangladeshi community and was funded by the Scottish Executive Ethnic Minority Grant Scheme.

The Desha Project, providing support services to Bangladeshi women, and the Bangladeshi Association were visited by five trainees and three trainers. It was a great learning experience for all.

Both of the projects are located in the areas where Bangladeshi people are living in large numbers (around 2000 in each area) and are providing services more informally with the help of volunteers. The services are provided in a way that is best suited to the needs of the community. Both projects work on a shoe string budget.



NKS Staff and Bangladeshi Trainees Visiting The Bangladeshi Association in London

The services of Bangladeshi Association are open to both men and women, but we felt that they were mostly used by men.

The Desha Project for women is part of Toynbee Hall, which provides mainstream services.

The whole visit was very interesting in that we were able to compare the models most suited to the Bangladeshi community.

A meeting was organised a week after the trip to reflect on what we all learned from visiting the two projects.



NKS Staff and Bangladeshi Trainees Visiting The Desha Project in London

Festival of Flight ~ Launch of Kite



NKS Staff and Some of The Kite Makers at The Launch

The Festival of Flight event took place on Saturday the 25th of June 2005 and NKS workers and users attended to fly their kite. The kite was made at NKS over eight weeks by the Wednesday group. The festival celebrated cultural diversity.

Childcare Training ~ Presentation of Certificates

Eight women at NKS have completed a 'Promoting Play' module in childcare. The module was organised in partnership with 2nd Chance to Learn and took place at NKS premises. The participants received huge support from 2nd Chance to Learn and NKS to complete the module. The presentation of certificates was held at New Parliament House on 29th of June 2005 and all of these women were invited. The certificates were presented by Frank Pignatelli, Chief Executive of Learn Direct Scotland. Robin Harper MSP was also present.

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Messy Monsters Art Club

This is a new and exciting art and craft club for children. It is primarily a parent and toddler group (18 months to 5 years) that allows children, accompanied by their parents or carers to spend one hour of quality time in messy creative activities you would not want in your own home. It aims to stimulate interest and enjoyment of arts and crafts with a series of varied programmes based on specific themes. Whilst the classes encourage learning and social skills the single most important factor is for all involved to have fun. Feedback from parents suggests that they enjoy it as much as the children do!

The classes are run predominantly during term times but Messy Monsters Art Club will also be running holiday clubs (which can cater for children up to 12 years) and is available for birthdays and other special occasions. Classes are starting in September 2005 and places can be booked now. Locations include Musselburgh, Morningside, Trinity, Crammond and Portobello with more venues to be announced soon. Telephone Sarah on (0131) 656 6758 for more details.

Pirate Ship Adventure at Cameron Toll

All aboard Shipmates! Come join us on our swashbuckling Pirate Ship Adventure this summer! You'll face crocodiles and canons! Treasure troves and secret coves! You'll walk the plank and face the rope but will you live to tell the tale?

Entry for even the most faint-hearted is just £2.50 (only two golden pound coins for Kids Club Members), and for ye brave Pirates that make it three times, you'll try it fourth time FREE!

SAILING TIMES UNTIL 14/08/2005:

Sunday-Wednesday 11.00 am -4.00 pm

Thursday to Saturday 10.00 am -5.00 pm

My Week ~ By Anjali

I am 10 years old. I live in Edinburgh with my mum dad and little sister Sonali. In the holidays I do lots of different things everyday. Sometimes I go away for a holiday. My aunty lives in London I go with my family to see my cousins sometimes. But when it is not holidays I go to School and stay in Edinburgh.

MY WEEK: Monday – I wake up in the morning at 7 o'clock. If Sonali wakes up before me she wakes me up. My mum shouts from the kitchen to wake us up. Before I go to school I have cereal my favourite is coco pops. I walk to school with my mum and sister. Sometimes I wait for my best friend Hannah at the gate. My favourite teacher is Mrs Robertson she teaches me maths. At lunch time I eat my packed lunch. My school finishes at 2.50 pm. I come home and eat something, I like fish fingers and chips and ice cream. I watch CBBC and also Disney Channel. Sometimes my sister wants to watch a cartoon and we fight for the remote control. I do my homework at 5.30 pm. I go to bed at 9 o'clock sometimes I have a shower before I go to bed.

Tuesday, Wednesday and Thursday I go to the after school club because my mum works on those days. I like the after school club sometimes we paint and I make a poster for my family. We put it on the fridge. We have juice and biscuits at the after school club. Last week we

went to the park, it was very hot.

Friday I finish school at 12 o'clock, sometimes my mum Sonali and I go to Ocean Terminal with our friends. I like Fridays because I don't have to do any homework. Sometimes we invite our friends for dinner or we go to someone's house. We can sleep late on Friday and Saturday night. Saturday and Sunday we go shopping and do different things. Last week we went to Blackpool for the weekend.

Weekend is the best we can sleep and eat whenever we want. Sunday night I have to go to bed at 9 pm to wake up in time for school on Monday.

My Last Week of School ~ By Aishah

My name is Aishah and I am 9 years old. I have glasses, dark brown hair, brown eyes and I live with my mum, dad and little brother. I will finish primary 4 on Friday.

MONDAY: I got ready and went to school. My mum drops me every day. At school I did maths and spelling and circle time. Then it was home time. After school I came to NKS, because my mum works there, to have a snack. Then I went to mosque. After mosque I went home and played with my baby brother. I did my homework. Then I had my dinner. Then I went to bed. **TUESDAY:** I got ready and went to school. At school I did maths RME and SRA then it was home time. After school I went to the mosque and then for my judo lesson. After that I went home to do my homework, have dinner and play with my brother before going to bed. **WEDNESDAY:** I got ready and had breakfast before going to school. At school I did maths and atlas work. After school I went for my swimming lesson. After this, I went home to spend time with my dad, who had day off from work. I did my homework. We had dinner together before I went to bed. **THURSDAY:** I got ready and went to school. At school I did maths, English and a computer lesson. After school I went for my judo lesson. After that I went home for dinner and went to bed. **FRIDAY:** I got ready and went to school. At school I did drama and art. After school I go for Urdu class but there wasn't any as it was the last day. After that I went to NKS until my mum finished work. After that I went to the gym with my mum. I am learning to play badminton and basket ball. I also did the exercise with my mum. After that we went home.

Useful Websites

Here are a selection of websites that we looked at and felt were well worth a look at. See what you think.

www.kids.getnetwise.org - gives parents good advice about how to protect children from risks on the internet.

www.kidslikeit.co.uk - this is a site built for kids by kids. The directory covers a lot. Plenty to choose from!

www.kidsites.com - There is a lot of different sites here for children. Should keep them busy!

Information on Courses

NKS is following up on the taster sessions in childcare with eight women working towards their SQA module in "Promoting Positive Behaviour in Children" with 2nd Chance to Learn, who are funded by Edinburgh University Settlement.



FOOD FOR THOUGHT

A Dish With Fish - From The Bengali Kitchen

These traditional recipes are from the Executive Chef (Sujit Bose) of Radisson Hotel Delhi. For most of the dishes it is best to choose haddock or cod instead of salmon (for its natural strong flavour). A tip - when you grind the mustard seed in the coffee grinder try to do it in one go – otherwise it sometimes turns bitter. Then soak it, add hot water, turmeric, mustard oil and red chilli powder. In future we would like to put in some authentic dishes from elsewhere. Please send in some tried and tested recipes for our next issues.

MACHER JHOL SORSHEY BATA

Ingredients:

Fish 500 grams, mustard seeds 200 grams, green chillies 6, onion seeds (kalonji) 5 grams, mustard oil 10 ml, red chilli powder 3 grams and salt to taste.

Method:

Cut fish into equal pieces across the bone. Add salt and red chilli powder, and marinade with half the oil. Heat the remaining oil in a pan and fry green chillies and onion seeds. Add mustard paste and then add water. Bring the mixture to boil, add the fish and cook till tender.

MACHER KALIA

Ingredients:

Rohu 500 grams, turmeric 25 grams, mustard oil 50 ml, chopped onions 150 grams, ginger paste 15 grams, chopped tomatoes 50 grams, cloves 2, bay leaf 1, cinnamon 1" stick, coriander powder 5 grams, red chilli powder 5 grams, salt to taste, fresh coriander to garnish and sugar to taste.

Method:

Cut the fish into small pieces and marinade with turmeric and salt. Keep aside for half an hour. Heat the mustard oil and fry the fish and remove. In the same oil add cloves, bay leaf, cinnamon and onions and saute lightly till the onions turn golden brown. Add all the dry masala, red chilli powder and coriander powder. To the mixture add ginger and garlic paste and the chopped tomatoes. Cook till the mixture leaves oil, then add the fresh fish. Cook for 10-15 minutes adding a little water to smoothen the gravy. Garnish with fresh coriander.

MACHER JHOL

Ingredients:

Fish 500 grams, onions 100 grams, ginger 20 grams, garlic 15 grams, jeera whole 15 grams, coriander seeds 20 grams, turmeric powder 5 grams, red chilli powder 5 grams, tomatoes 60 grams, panch phoron (mixture of five spices available at the Asian stores) 20

grams, mustard oil 250 grams, garam masala powder 100 grams and Water 400 ml.

Method:

Smear fish with salt and turmeric and deep fry. Heat oil, add panch phoran and onions and saute till onions turn golden brown. Add ginger, garlic, jeera and coriander seeds (ground coarsely), red chillies and tomatoes and cook for sometime. Add salt, turmeric and water and cook till gravy thickens. Add fried fish and season with garam masala.

MOORI GHONTO

Ingredients:

Fish 500 grams, rice 200 grams, onions 60 grams, jeera 10 grams, turmeric powder 5 grams, salt 15 grams, ghee 50 ml, ginger 10 grams, bay leaves 2 and water 650 grams.

Method:

Wash rice, strain and keep aside. Cut fish in medium sized pieces and mix with half of the chopped onion, jeera, turmeric and salt, and set aside. Heat ghee, add rest of the onions and bay leaves, and saute till golden brown. Add rice and fry. Heat some more ghee separately, fry the fish, add to fried rice, add water and cook covered till done. Serve hot.

LAU CHINGRI

Ingredient:

Shrimp (Jhinga, cleaned and de-veined) 50 grams, bottle gourd (lauki, peeled) 200 grams, oil 20 ml, panch phoron 5 grams, bay leaf 1, ginger paste 5 grams, red chilli paste 5 grams and salt to taste.

Method:

Grate the bottle gourd, discarding the seeds. Heat the oil in a *karahi*, saute the panch phoron and bay leaf. Add the ginger paste and cook till it turns brown. Add the lauki and saute till it gets tender. Add the shrimps and saute over high flame for a few minutes. Mix in red chilli powder and one cup of water. Cook over a high flame till the liquid gets absorbed, stirring frequently. Serve hot.

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Photo Gallery.....



Friday Older Women's Group ~ Focus Group with Age Concern



Young Mothers Group - First Aid Training



The Wednesday Group at Gullen Beach



Five of the Six Bangladeshi Future Community Worker Trainees ~ One dish Party



Saturday Group ~ Having Lunch Together



The Wednesday Group ~ Posing With The Kite In The Park



NKS Staff and Bangladeshi Trainees at King's Cross Train Station in London



Fish Display By NKS Childcare Facility Children



South Asian Youth speak out.....

Important Information for Travellers

Did you know that the old-style E111 forms expired on the 31st December 2004? If you or your child is travelling within the EU, the E111 is essential because it entitles you to free or reduced cost state healthcare if you fall ill or have an accident. If your existing form was completed before 19th August 2004, and you are a UK resident, you must now re-apply for a new E111. You need to complete a form for each individual member of your family, giving each NHS number, which you can find on their medical cards. Over sixteen's can quote their National Insurance numbers instead. Pick up an application form at the post office.

Exam Revision - By Amar Duggal

The last year of my life has been the quickest I have ever experienced. I remember the teachers reminding us at the start of fourth year that our exams were going to be upon us soon but nobody took much notice. Next thing I knew, the exams were in a month's time!

Revision for my Standard Grade exams started around three months before the actual exams in May. I slowly started to repeat the whole course over and over again so that it would be drummed into my head. I wrote as many notes as possible as I thought this would be the most effective way of revising. Also I constructed a timetable so that I had a clear vision of what I would be revising each day. I would revise where there were minimal noise and plenty of room to lay out all my books. I took breaks around every 45 minutes for about 5 minutes. I would go into a different room or go outside. This way the brain would stay fresh. To stay fresh I also drank as much water as possible.

I remember thinking, why don't my parents give me a break? They were always on my case; telling me to go and revise, telling me to go to my room, telling me to do this and do that. I was about to explode until one day I thought about why they were telling me to do this. Although they were on my back, they only wanted me to get the best possible grades so that I got a good job when I became an adult!

Around a week before the exams I was continuously going over my course but not learning anything new which was good. A day to the exam and my heart was rapidly pumping. I remember thinking two years of work would all end tomorrow. It was a refreshing thought but was also very daunting, I had to do my very best to do myself justice.

After the exams I felt surprisingly numb. For so many months I had been revising continuously but for a while I had nothing to do. It was great though and nobody was on my back anymore! I could go wherever I wanted, whenever I wanted! Now that my Standard Grade exams are over I have realised how important preparation is for exams and after all exams are only a few hours of my life so I am glad I gave it my all!

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Exam Revision - By Isar Kabir

Here are some comments for what teenagers should do to help them to prepare for their exam.

They should read over what they learned over the semester and write down their own notes so they could go over the things they did not understand. They should also try practice exam papers which helps to know what to expect from the exams. Parents can help by making sure their kids study and help them out on any of the subjects they might have problems and also not to put too much pressure on them. And this is very important as well - it's not good to worry on the day of the exam because if so they will lose focus and won't be able to do some of the questions on the exam.

This is all that I can say and I hope that this helps you out in anyway.

NKS Young Awaz Group

nari kalyan shangho
YOUNG AWAZ

is a youth group for South Asian girls aged between
13 and 25

Activities Include:

- Health Sessions
- Contemporary Cookery
- Sewing
- Complementary Therapies
- Beauty Therapy
- Exercise
- Socialising
- Focus/Discussion Groups
- One off Projects

(such as Fashions Shows and Photographic Exhibition)

If you are interested in joining, please contact NKS
on Tel/Fax: (0131) 221 1915
E-mail: nks@nkshealth.co.uk
Website: www.nkshealth.co.uk



BEAUTY CORNER.....

Body, Beauty and Mind ~ By NKS Newsletter Reader

Eternal beauty is a quest that is universal and never-ending. Even in the early human civilisation there is evidence of lotions and potions used to preserve youth and beauty. As a child a frequent visit to an Egyptian museum was a treat to the eyes. To see mascara and eyeliners and many modern day beauty regimes used by women in olden days.

A lot of money is spent by the consumers, buying expensive beauty products. Here is a short article written by Dr. Seema Kumar, (ayurvedic specialist - Delhi). These tips are easy and cheap and seem all too familiar to all of us growing up back home.

In the next issue we would like to hear from you, tell us about your beauty regime. We would like to fill the next issue with peoples shared beauty experiences.

Diet

This should be rich in carbohydrate and protein but with dietary fibre such as barley and maize, wheat flour (whole), red kidney beans and dry peas.

Fruits and vegetables that are a good source of vitamins and minerals should be amply included in the meals as they also provide roughage that helps relieve constipation. French beans, jackfruit, grapes, figs, peaches, berries and guava are some such sources.

The diet should be rich in iron, having Indian gooseberry, spinach, gur, all pulses, horsegram, soya bean, mustard leaves, radish leaves, turnip, apricots, dates, watermelon, peaches, pineapple, banana and egg yolk etc. These provide a glow to the face.

Face Pack For Oily Skin

Mix 60 grams flour of gram pulse, half teaspoon of turmeric powder and raw milk and 8-10 drops of mustard, sesame or olive oil and make a thick paste. Now apply this on the face, neck, arms, hands, feet, elbows, and knees. After 5-10 minutes when this paste starts drying out, rub it with the palms and remove. Wash with warm water and wipe with a soft towel. This makes the skin clean, silky, soft, shining and bright. The paste of turmeric and flour of gram removes freckles and cleans the face. Wrinkles, blackness of the skin and unwanted facial hair are also removed.

Face Pack For Acne

Mix the powder of peels of oranges with rose water and apply on the face. Apply this mixture on the face instead of soap every third or fourth day before bathing.

Take steam once a week on the face with closed eyes for 2-3 minutes and wipe with wet cold towel. This opens the pores and removes dirt through the sweat.

Face Pack For Wrinkles

Wash the face with luke-warm water. Wipe with a rough towel, and apply mixture of double cream and a few drops of lemon juice on the face till it is completely absorbed. After half an hour wash with water. With a daily application for 15-20 days the skin will look younger and glow.

Looking After Your Hair

- * Yoghurt treatment: add one gram of black pepper in to 100 grams of yoghurt and apply this mixture to the scalp. Wash with warm water. Repeat this one a week to stop the hair from falling out and it also makes the hair shiny.
- * Ginger treatment: ginger juice and beetroot juice mixed together and applied to the scalp cures dandruff.

Facial Exercises

- * Utter the vowels E and O and spread and squeeze the face respectively. Smile while saying E and then say O pretending to whistle. This prevents the formation of wrinkles. Do this 15-20 times at each session, thrice a day.
- * Puff out the cheeks and pull the stomach inside. Now inhale from the nose 15-20 times. Do this thrice a day.
- * For curing wrinkles of the forehead, massage the forehead towards the back from where the boundary of hair starts.
- * To cure wrinkles around the eyes place a piece of cucumber around the eyes and on the forehead and lie down relaxed. This will start to work within two weeks.
- * Cold water is effective in preventing wrinkles. Do not wipe the face immediately after washing, instead pat it with your hands to dry, so that some amount of water enters the skin and keeps the face fresh and beautiful.
- * Keep smiling and remain happy. Do not remain tense and tired.

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The newsletter is available on our website too.

The address is: www.nkshealth.co.uk

Looking forward with NKS...



Groups at NKS

Monday:

- Women only ESL classes at NKS, thanks to Stevenson College, from 12.30 pm till 2.30 pm

Please note that the ESL classes run with the school terms.

Tuesday:

- Bangladeshi Women's Support group from 10.00 am till 12 noon
- Women only ESL classes at NKS, thanks to Stevenson College, from 12.30 pm till 2.30 pm

Wednesday:

- Sakhi Women's Group - 11.00 am till 1.00 pm at NKS

Thursday:

- Young Mothers Group (Sure Start) - 10.00 am till 12 noon at NKS
- Sewing Class - 12.30 pm till 2.30 pm at NKS
- Aerobic sessions - 11.00 am till 12 noon at NKS

Friday:

- Older Women's Group - 11.00 am till 1.00 pm at NKS
- Young Awaz - Youth Group - 1.30 pm till 3.30 pm at NKS

Saturday:

- Saturday Women's Group - 1.00 pm till 5.00 pm at NKS (once a month)

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

You can find the latest Programme of Activities on our website. The address is: www.nkshealth.co.uk

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

- Saroj Lal ~ Director (Chairperson)
- Jabeen Munir ~ Director (Vice-Chairperson)
- Rashpal Nottay ~ Company Secretary
- Anne Munro ~ Director (Treasurer)
- Indra Shishodia ~ Director (Vice-Treasurer)
- Megan Mackenzie ~ Member
- Sughra A Kassim ~ Member
- Rukhsana Hussain ~ Member
- Shabnam Ahmed ~ Member
- Nurjahan Uddin ~ Member
- Hena Malik ~ Member
- Assia Hussain ~ Member

NKS News/Events

Outing to Manchester Mela: NKS is taking two coach loads of women and children for a day trip to see the Manchester Mela on the 30th of July 2005. Let's hope that the weather is nice and sunny for them. This outing will be funded by the women themselves.

Outing to Loch Lomond Shores: The Friday Older Women's Group, NKS staff who run the group and others will be going on Friday the 5th of August 2005. Let's hope that the weather is nice and sunny for them too. This outing will also be funded by the women going.

Presentation of Certificates to Bangladeshi Trainees: Now that the training has been successfully completed, NKS will be having a presentation ceremony in the next few months. Once a date has been set, NKS Board of Directors and Members, guests and other agencies will be invited along to the ceremony.

NKS Annual General Meeting:

This has not been finalised at time of press, but will most likely be at the end of September 2005, before the start of Ramadan and before Diwali. NKS will inform everyone beforehand.

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Times of NKS Drop In Centre

- Monday: 9.00 am till 12 noon
- Tuesday: 9.00 am till 12 noon
- Wednesday: 2.00 pm till 4.00 pm
- Thursday: 9.00 am till 12 noon
2.00 pm till 4.00 pm

The drop in centre is for South Asian women and their children. You can drop in during these times and watch Sky Digital. Also there is B4U and Sony TV Asia available and Asian newspapers and magazines.

Sometimes the centre is busy in the mornings, so it is best to call ahead and check the times. We look forward to seeing you here soon.

Staff and Management Committee News

Marriage: NKS would like to congratulate Mr and Mrs Elahi and their family on the marriage of their daughter Freha to Adeel Arshad. NKS would like to wish the happy couple all the best for a long and happy life together.

Khalda Y Jamil: She has gone part-time at NKS to give more time to her two young children and to take better care of her health. She is hoping that this will work out for both herself and NKS.

Nighat Anwar: She has joined NKS to job-share with Khalda. Nighat has worked for NKS before, a few years ago. She is getting back in to the swing of things! She is a busy mum of four children and part-time work suits her fine.

Your Contacts at NKS

- Naina Minhas ~ Project Co-ordinator
- Khalda Y Jamil ~ Administrative Worker
- Nighat Anwar ~ Administrative Worker
- Rohina Hussain ~ Health Worker
- Shamsad Rahim ~ Health Worker
- Samra Ahmed ~ Family Support Worker (temp)
- Different Bangladeshi Trainees ~ Youth Worker
- Asma A Kassim ~ Childcare Manager
- Amina Rahman ~ Childcare Worker
- Irum Rizwan Ashfaq ~ Childcare Worker
- Samina Elahi ~ Sewing Tutor
- Minoo Das ~ Newsletter Editor
- S.H.A. Rumi ~ In Charge of Cleaning