



# 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 ~ Naina Minhas

Welcome to the first issue of the year 2006. Minoo Das has moved on to join her husband full-time in his business, hence I do the editorial.

Minoo has been a good editor who co-ordinated the newsletter very well to hold readers interest for the last six years. We, at NKS would like to thank her and wish her all the best in whatever she plans to do in future.

We have just finished celebrating international women's week. We are in the first decade of 21st century and in the age of Information, Communication and Technology (ICT). So, where are we with women's issues in this decade?

Globally, human rights declaration has certainly provided a positive framework to work towards women's issues and ICT is seen as another tool for the promotion of gender equality. It is a powerful cata-

lyst for political and social empowerment of women.

Nationally, one of the current issues is of restrictions on kerb-crawling in Britain, that is seen as a step towards the safety and welfare of women. Not that everyone agrees to that. The women themselves claim that without holistic approach that provides one to one long-term support to sex workers, the restrictions may lead to poverty among them.

We as Asian women have to find our own ground and talk about issues that need addressing for us.

NKS newsletter is one medium that will keep giving a voice to women's issues and keep providing thought provoking articles to raise everyone's awareness of concerns that are barrier to women's progress in general.



**NKS STAFF GIVE FAREWELL TO MINOO DAS:** Top row (left to right): Amina Rahman, Irum R Ashfaq, Samina Elahi and Nighat Anwar. Middle row (left to right): Khaldi Y Jamil, Rohina Hussain, Naina Minhas, Minoo Das and Shamsad Rahim. Bottom row (left to right): Asma A Kassim, Samra Ahmed and Nasima Zaman.



## *Aromatherapy and Arthritis ~ By Sasha MacFarlane*

In this issue we are concentrating on arthritis pain. Here is some information from Sasha MacFarlane - an aromatherapist in Edinburgh. On the recipes page we have given two simple recipes that could be helpful to some one who is suffering from arthritis.

### A Brief History of Aromatherapy

The use of aromatics - herbs, spices and resins - dates back thousands of years, to parts of the world, such as ancient China, India and Egypt; they have traditionally been used for ritual, therapeutic and medical purposes. With regards to aromatherapy, Abu Ali ibn Sina (980–1037 AD), a Persian doctor, is recognised as being the first to actually document the process of distillation, by which most essential oils are extracted from plants today. Essential oils began to receive real recognition at the turn of the 19th century, thanks to the work of French chemists such as Gattefosse, who coined the term “aromatherapie” in 1937. Some years later, Madame Maury developed the external application of essential oils through massage; it is through this medium that aromatherapists in Britain work today.

### Essential Oils

Essential oils can be applied to the skin diluted in a good vegetable carrier oil, such as sweet almond oil. The oils are made up of fat soluble chemicals that cross the lipid membrane surrounding our cells, and thus they enter the blood stream. Oils are secreted either in our sweat, or they pass through the kidneys and out in urine.

Essential oils contain a myriad of chemicals that account for the physical effects of the oils, and for their smell. Monoterpenes and sesquiterpenes form a large part of the chemical of essential oils, and account for their anti-inflammatory and anti-spasmodic properties, for example. The oils of both Roman and German chamomile are high in sesquiterpene molecules, and thus are recommended in preparations for arthritis. Other im-

portant oils are: lavender, eucalyptus, clove bud and marjoram, all of which contain analgesic properties and thus provide pain relief. Spice oils such as black pepper, ginger, clove bud and cinnamon leaf contain chemicals with rubefacient properties - that is, they stimulate local blood circulation, causing the blood to rush, to the surface of the skin (indicated by redness), which again acts as a natural form of pain relief. Also important in preparations for arthritis are, oils such as juniperberry and sweet fennel, as these are diuretics, and can offer much relief to swollen, inflamed joints.

Massage provides a type of “double effectiveness” to the use of essential oils, while massage over inflamed joints is contraindicated - that is, it should be avoided - light strokes, known as effleurage, may be applied to surrounding areas of the body, in an upward movement. If one massages towards the lymph nodes - found commonly at the backs of the knees, under the armpits and in the groin area - this allows for lymph drainage and the repairing of cells. Compresses may be used on inflamed joints, and I have used Roman chamomile in a compress for pain relief, with positive results.

### Fruits and Vegetables That Could Protect Against Arthritis

Researchers have found that eating brightly coloured fruit and vegetables such as oranges, carrots and sweetcorn could help reduce the risk of developing inflammatory forms of arthritis. It is found that levels of vitamin C and betacytotoxanthin found in yellow and orange fruit and vegetables may act as antioxidants and protect the body against the oxidative damage which causes inflammation.

The most important thing you can do for any inflammatory condition is to eat a diet of healthy natural whole foods especially for rheumatoid arthritis.

**Avoid:** processed food, white flour foods (white pasta, white rice, white bread etc.), fried foods, sugar and caffeine, processed oils such as margarine, peanut butter etc.

**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](http://www.nkshealth.co.uk)**



# In and Around Edinburgh

## *Some of the Services for Women and Children in Edinburgh*

### Swimming at Leith Victoria Swimming Centre

'Ladies only' swimming sessions are starting at Leith Victoria Swimming Centre, on Junction Place, from 25th of March 2006. The session will be between 3.00pm-4.00pm, every Saturday, and there will be a woman life guard at the pool between those times. The best thing of all is that it will be free of charge! What are you waiting for - get down there!!! Places are limited so arrive early to avoid disappointment.

'Girls only' sessions for girls from 16-18 years of age are also taking place separately. There will be a woman life guard at the pool between those times and there will also be a charge of 50p per person. The session will be between 4.00pm-6.00pm every Saturday.

So, if you are looking to attend swimming sessions, but can't go due to the presence of a male life guard, get your swimming costume ready and go to Leith Victoria Swimming Centre every Saturday. Please call (0131) 555 4728 for more details.

### Swimming Lessons

Are you interested in learning to swim. There are regular swimming classes taking place at James Gillespie High School, on 57 Lauderdale Street, Edinburgh. Please phone (0131) 447 1900 to find out more about it.

### Exercise Sessions at Craggs Sports Centre

As part of diabetes management, an evening of fitness sessions is held every Friday evening at Craggs Sports Centre at Bowmont Place, near The Pleasance.

There are opportunities to take part in different physical activities there. The sessions are between 7.00pm to 9.00pm every Friday. The activities range from using the gym (it is women only from 8.00pm-9.00pm), badminton, aerobics and some ladies like to play basketball. Take up this opportunity and go and join. This will help you to keep fit. There is a diabetes clinic every three months to monitor diabetic ladies.

### Al-Furqan

If you would like to learn to read and understand the Quran, here is a great opportunity for you. Every Saturday, there are classes taking place in Edinburgh where volunteers help women and children to explore, interpret and understand the Quran. The classes are held between 11.00am and 1.00pm. If you are interested and would like more information about it, please phone Asma on 07738202614 (mobile) or 0131 554 4229. The classes are for 'women and children only'.

### Indian Music and Dance Collective (IMDCOLL)

Every Friday between 6.00pm and 8.30pm, Indian Dance and music classes take place at Tollcross Community Centre, Fountainbridge. Indian classical music, dances and Bollywood dancing are taught by trained tutors. If you would like to join, please phone (0131) 447 3908. Their website address is [www.imdcoll.org.uk](http://www.imdcoll.org.uk). You can e-mail them on [info@imdcoll.org.uk](mailto:info@imdcoll.org.uk). There is a minimum fee per session.

### Easter Holiday Programme at The Lyceum Theatre

The Lyceum is running drama workshops for 5-13 year olds during the Easter break.

Come and join the award-winning Lyceum Youth Theatre for a week and discover a new skill every day - not to mention new friends, new ideas and new interests.

These drama-based workshops with specialist tutors will help you explore theatre in a fun and creative way.

The programme runs from 4th-8th April 2006, and times and prices are as follows: Teenies (5-7 years): 2.00pm - 4.00pm, £30.00, Mini (8-10 years): 10.00am - 1.00pm, £40.00, Junior (11-13 years): 10.00am - 4.00pm, £60.00. For more information please call (0131) 248 4848.

If you would like to have your say on Scottish Theatre, email [info@scottishtheatre.co.uk](mailto:info@scottishtheatre.co.uk).

### Edinburgh International Science Festival's Wonderama

Escape from Agent Bogey...become a brain surgeon...dig up a stegosaurus...build a lie detector...spectacular shows and mayhem! Yes you have guessed it - the Science Festival will be on from Thursday 6th to Saturday 15th of April 2006 at The Assembly Rooms, George Street in Edinburgh. You can book online at [www.sciencefestival.co.uk](http://www.sciencefestival.co.uk) or call (0131) 557 5588. The Booking Office is open from Monday to Saturday, 9.30am till 5.00pm. During the Festival it will be open on Sundays from 12 noon until 5.00pm. Everyone coming into Wonderama must have a Day Pass (which gives you unlimited access to all science shows, all drop-in activities and all make and keep workshops) as follows: Adult Day Pass £7.00, 7 years+ Day Pass £6.00, 3-6 years Day Pass £4.00 and Under 3s Day Pass FREE. Facilities include a packed lunch area, secure buggy park and cloakroom and a café with snacks, sandwiches, hot and cold drinks. Have fun with the children!

If you know of some suitable services for ethnic minority women and their children in Edinburgh that they could avail themselves of, and you would like them to know about these, please do get in touch with NKS. We would like to give information to South Asian women and children on this page about it.



پانی کی شفاف بوند، موتی کی طرح چمکتی ہوئی  
 بادلوں پر تیرتی، اٹھلاتی ہوئی ہمواؤں کے ساتھ،  
 چمکتی پھرتی تھی گمشاؤں کے ساتھ،  
 اچانک آئے مایے بادل اور رکینے لگے جلد سے  
 تو بوند تھی اب تک تجھ کو برسنا ہے اب  
 ان بادلوں کے ساتھ،  
 نادان تھی میں مان گئی ان کا کہا  
 چل نکلی پھر بادلوں کے سنگ،  
 اور پھر بادلوں نے کیا نہروں کے سنگ،  
 کہ اب تیرا جیون ہے ان کے ہی سنگ،  
 بہتی رہی نہروں کے دوش پر  
 جیون کی نیا کو کھیو یا کے حوالے کیے  
 ایک دن نہر نے کہا بے تاب ہو کے  
 تو تو ایک نہر ہے تجھ کو بہنا ہے  
 آگے دریاؤں کے سنگ،  
 بہہ نکلی کہ جیون ہے شاید دریاؤں کا ہی رنگ،  
 بہتی رہی، بہتی رہی دیا اس نے بھی دھوکہ جیون کی  
 راہوں میں  
 کر دیا حوالے سمندر کے مجھے  
 باہ باہ ٹھیک تھا کہ چلتے رہتا ہی نام تھا جیون کا  
 سمندر تو سمندر تھا کھارا پانی تھا  
 آنکھ سے جو برسنا تو زمانے کو بلا گیا  
 سنگ میرے وہ آسمان کو بھی رُلا گیا  
 اور پھر ایک بار کمر کے مجھے بے بس  
 اس نے دھڑاپے پر لا کر کھڑا کر گیا مجھے

Have you ever watched kids  
 On a merry-go-round?  
 Or listened to the rain  
 Slapping on the ground?  
 Ever followed a butterfly's erratic flight?  
 Or gazed at the sun into the fading night?  
 You better slow down.  
 Don't dance so fast.  
 Time is short.  
 The music won't last.  
 Do you run through each day  
 On the fly?  
 When you ask How are you?  
 Do you hear the reply?  
 When the day is done  
 Do you lie on your bed  
 With the next hundred chores  
 Running through your head?  
 You'd better slow down  
 Don't dance so fast.  
 Time is short.  
 The music won't last.  
 Ever told your child,  
 We'll do it tomorrow?  
 And in your haste,  
 Not seen his sorrow?  
 Ever lost touch,  
 Let a good friendship die  
 Cause you never had time  
 To call and say, "Hi"  
 You'd better slow down.  
 Don't dance so fast.  
 Time is short.  
 The music won't last.  
 When you run so fast to get somewhere  
 You miss half the fun of getting there.  
 When you worry and hurry through your day,  
 It is like an unopened gift....  
 Thrown away.  
 Life is not a race.  
 Do take it slower  
 Hear the music  
 Before the song is over.

*This poem has been written by a terminally ill young girl in a New York Hospital in America. The NKS Newsletter Team found it very poignant and something to really think about. At time of going to print we were still trying to find out the young girl's name. The poem was e-mailed around the world by Dr Dennis Shields.*

# From Our Elders .....

## *Life After Retirement ~ Care in The Old Age*

NKS runs an older women's lunch club every Friday at its premises. There is a membership of over 40 women, but the project can take no more than 15 women at one time in the group. It is a 'women only' group and there is emphasis on women's issues in the group.

We decided to hold a discussion session with the group on the issue of 'care in the old age' to seek their views on life in the old age and how they are coping at home and generally living in Scottish society.

There were 15 women who participated in the group discussion and they gave us the following information.

### **Who do you live with at home?**

Six women live on their own alone at home, 4 women live in extended family, and 5 live with their husbands at home.

### **What is your day to day routine?**

The majority of them responded by saying that they either sleep through most of the day or watch television. Although they do not have much energy and their health is not good, they still do the necessary house work such as cooking or some cleaning.

*"I work for 15 minutes and then rest for half an hour. That is how I manage the minimum work that is essential for my day to day survival".*

They all give time to praying and worshiping according to their religious beliefs. Religion is an important part of life.

Gardening and sewing are popular with older Asian women as their past time. They are generally very lonely and isolated people.

### **How do you go about and manage your daily chores?**

They all felt that they have so many health problems that daily chores become a big burden, but they have to manage these. Those women who live with their husbands do take help from them, but generally they go about the daily tasks by themselves without complaining. As one woman put it:

*"Culturally we are brought up in a way that we do not ask for help. We silently suffer and try managing our work ourselves. We only seek help when we reach the crisis stage".*

### **How do you rate your health?**

All of them suffer from poor health. The health problems range from arthritis, back pain, diabetes to blood pressure

problems to general aches and pains that come with old age.

*"We are very immobile people due to our health problems and taking Royal Infirmary so far out of the city has not helped.....to reach there is always an issue".*

They need transport and someone to accompany them for their appointments.

### **Do you know of any help available?**

They never have enough information to take up services that could be helpful. They depend a lot on agencies such as Milan, NKS etc. to give them information and help in different ways. One woman said:

*"I am very ill and have been looking for home help. I live alone. It has been two months and still nobody has come from the Social Work Department to even assess my case. I am so helpless".*

Some of the women do have their children living in the town and do get help informally over weekends, *"but we hesitate to ask too much as they are busy with their own lives and their families".*

### **Do you go out or meet other people for socialising purposes?**

It was a shocking news - they do not go out. They are at home all day. One of them explained:

*"How do we go out. We can't manage travelling by public transport by ourselves, there is no one to take us out. We fully depend on organisations such as NKS and Milan to take us out or we look forward to lunch clubs where we get the chance to meet and socialise with others".*

### **What is needed to make life better for older people?**

They are older people and their health is poor. They are looking for support workers who can visit them at home, especially when they are ill. They need support workers to accompany them for their hospital appointments. There is a strong feeling that agencies such as NKS should organise to take them out at least once a month. This is their only chance to go out.

There should be a direct line for older people where they could phone and get help for unforeseen circumstances that arise in their day to day life. They feel that in old age it is difficult mentally as well as practically to manage unexpected circumstances. The spirits are low and confidence is low. They are not looking for advice on the phone, but actually some practical help.

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# What's been happening at NKS?

## *Focus Group ~ Needs of BME Older People*

The Today and Tomorrow Working Group is looking into the needs of older people in Edinburgh and holding focus groups with them in the community. One such focus group was organised with Black Minority Ethnic (BME) older women at NKS on Friday the 10th of February 2006. Eighteen women attended the session.

Shaheen Unis - the chair of the working group, Anne Munro from the Pilmeny Development Project and Glenda Watt from the City of Edinburgh Council facilitated the group and Naina Minhas translated questions and answers for the women.

The women in the group were generally concerned about the funds for their lunch club at NKS and talked about other relevant issues for ethnic minority older people in Edinburgh.

## *Focus Group ~ Care and Information Received by BME Women During Pregnancy*

Judith Sim held two focus groups with young mothers at NKS - one with the English speaking young women and one with those who spoke Urdu/Punjabi. The focus groups were held to seek young women's opinions on maternity services used by them in the last five years.

The two sessions were attended by eighteen women. The sessions were attended by mainly 2nd and 3rd generation English speaking young South Asian women. The women did raise many concerns and issues that need to be addressed to improve maternity services in Edinburgh.

## *Focus Group ~ Employment Issues for BME Women*

NKS held two focus group sessions for Glasgow based freelance consultant - Neelam Bakshi, with Pakistani and Bangladeshi women. Neelam is researching into the issues faced by BME women in the labour market.

The two sessions have been attended by 16 women who are actively seeking employment.

NKS staff also had a great opportunity to take up information.

## *Training for Childcare Staff at NKS*

NKS has organised an Information, Communication and Technology (ICT) training programme for the staff in the NKS childcare facility. The workers have taken up ICT training sessions on Word Processing Word 1, Digital Still and Programmable Toys. The workers found the training sessions enjoyable and useful as this will cer-

tainly help them to keep up with the latest ICT applied to children's work in the nursery.

## *BME Young Mothers Meeting With a Local Health Visitor ~ 20/03/2006*

Three meetings have been planned out of which one has already taken place between a local Health Visitor, Megan MacKenzie, and mothers of the children attending NKS Childcare Provision. The meeting was to give information to mothers and to raise awareness of various issues regarding pre-school children's health. The session was attended by 18 women.

The Health Visitor gave them information about behaviour, speech and language issues among children in early years of life and some health services for mothers and their children in Edinburgh. The session was found to be very useful by mothers as they see this as an opportunity for themselves to talk about issues that will help them care for their children in a better way.

## *Eid Parties at NKS*

Eid, a Muslim festival, was celebrated at NKS in different groups in January 2006. The Young Mothers Group, Wednesday Group, and Bangladeshi Women's Group all organised parties in their groups. All of the groups had almost full attendance for the parties as the social and cultural festivals are thoroughly enjoyed by women. The women come dressed up, play indoor games and eat together. For some of the women in the groups these are the only rare opportunities to come out of the houses and get together with other women to celebrate social and cultural events.

## *Social Enterprise Training by the Bearing Link*

Naina Minhas attended a full day Social Enterprise Training. The training involved information about different strategies to encourage voluntary sector projects to start social enterprise projects in the communities to raise funds. The training was good in the sense of information sharing, but getting involved in a social enterprise project requires time and resources that NKS is still struggling to obtain for other work at NKS.

## *Equal Opportunities Commission (EOC) ~ Interviews With Bangladeshi People*

Nasima Zaman, NKS Bangladeshi Support Worker, has assisted the EOC to interview four Bangladeshi people. The interviews were conducted to look at what options these Bangladeshi people have and to see how the EOC could help them. The Bangladeshi people that took part in the interviews found them to be very useful.





## NKS Childcare Facility

At NKS childcare facility we plan activities to help children in their early development in different areas. We had recently introduced the early years curriculum from South Asian countries as well as the early years curriculum here. Most of the areas work in quite similar ways:

- Language and Literacy
- Early Exploration and Concept Building
- Music Movement and Artistic Development
- Emotional, Social, Moral and Personal Development.

Under Language and Literacy emphasis will be mainly on the mother tongue of the child and the English language. This area will help them to:

1. Learn more vocabulary through poems, stories and during different activities organised in the nursery.
2. Express themselves more verbally and to communicate their feelings.
3. Raise their awareness that print carries meaning and that the English language is read from left to right and top to bottom.
4. Engage them in some pre-writing activities such as reading through photo memory as well as tracing sand paper alphabets, pegging and tearing etc.
5. Encourage them to use a pencil/crayon and hold it effectively to form recognisable alphabets, most of which are given to be traced.

Under Early Exploration and Concept Building maths and science will be explored through numbers, shapes and colours etc. This area will help them to:

1. Recognise numbers in symbols and quantity from 1-10.
2. Explore different basic shapes such as that of working in water and sand area.
3. Recognise different basic shapes such as square, circle, and triangle.
4. Recognise the changes that take place in their surroundings regarding:
  - Their body
  - Season/weather
  - Times of the day

Under the Music Movement and Artistic as development arts and singing etc. will be explored. This area will help them to:

1. Learn names and recognise primary colours such as red, yellow and blue.
2. Explore colour, texture, shape form and space in two or three dimensions.
3. Respond in a variety of ways to what they see, hear, smell, touch and feel.
4. Express and communicate their ideas through different medias like pencil, crayons and water colours.
5. Recognise and feel the difference between different tones of sound and take simple step movement on them.

Under Emotional, Social, Moral and Personal Development children learn about health and nutrition, there is also an emphasis on physical, social and moral development. This area will help them to:

1. Learn about healthy habits and food hygiene.
2. Move with confidence.
3. Balance their body while moving and using climbing equipment.
4. Take turns and show respect and care for themselves and others in a group.
5. Show good team spirit.

Different developments that take place through various activities are:

- Refining of visual, audio, tactile senses as well as sense as well as sense of taste.
- Problem solving skills.
- Manipulation skills.
- Increasing their concentration spans.

If you would like more information, or if you know anyone else who may be interested, please contact Asma A Kassim at NKS on (0131) 221 1915.

## Information on Courses

At the time of going to print there was no information about further courses running at NKS. However, more courses in childcare will be running at NKS from April 2006 onwards. Please contact NKS on (0131) 221 1915 for the latest information.



## FOOD FOR THOUGHT

### *Recipes From Essential Arthritis Cookbook*

#### **Oriental Chicken Stir-fry (Makes: 6 servings)**

##### **Ingredients:**

1 pound boneless skinless chicken breasts  
1 tablespoon margarine  
1 pound bag frozen mixed vegetables (broccoli, carrots and water chestnuts)  
2 tablespoons reduced-sodium soy sauce  
1/4 teaspoon pepper  
2 tablespoons diced pimento (red pepper-capsicum)  
1 tablespoon cornstarch (cornflour)  
1 cup ready-to-serve chicken broth

##### **Method:**

- 1) Cut chicken into 3/4 inch strips and set aside.
- 2) Melt margarine in a large non-stick skillet on medium heat.
- 3) Add chicken; stir-fry until it loses its pink colour.
- 4) Add mixed vegetables, soy sauce, pepper and pimento.
- 5) In a separate bowl, combine cornstarch and chicken broth; stir well.
- 6) Add broth mixture to chicken and vegetables, stirring until thickened.
- 7) Reduce heat to low; cover pan and simmer 5 minutes.

##### **Nutrient analysis: 1 portion (1/6 recipe)**

171 Calories, 22g Protein, 9g Carbohydrate, 5g Fat, 1g Saturated Fat, % Calories from fat 25, 57 mg Cholesterol, 385 mg Sodium

Exchanges: 2 vegetables, 2 1/2 lean meats

#### **Fresh Fruit Salad (Makes: 6 Servings)**

*Canned unsweetened pineapple chunks may be substituted if fresh pineapple is not available.*

##### **Ingredients:**

1 1/2 cups fresh strawberries

1 1/2 cups seedless grapes  
1 cup fresh pineapple chunks  
1 cup chopped pears  
2 medium-sized bananas

##### **Dressing (makes 3/4 cup)**

3/4 cup vanilla low-fat yoghurt  
2 teaspoons lemon juice  
Dash nutmeg

##### **Method:**

- 1) Place prepared fruit except bananas in a large bowl.
- 2) Just before serving, slice bananas and add to fruit mixture.
- 3) Toss fruit lightly to mix.
- 4) Divide into 6 servings.

Combine dressing ingredients in a small bowl and drizzle 2 tablespoons of dressing over each salad before serving.

Hint: Dip sliced bananas in pineapple or orange juice to prevent browning.

##### **Nutrient Analysis, 1 Serving**

122 Calories, 3g Protein, 28g Carbohydrate, 1g Fat, trace Saturated Fat, 2mg Cholesterol, 22mg Sodium

Exchanges: 2 fruits

These and more recipes can be found in the *Essential Arthritis Cookbook*, published by Appletree Press Inc.

*If you have any good recipes that you would like us to print in future issues, please do send them into NKS and we will do our best to include them. NKS will appreciate low fat and healthy recipes to promote a healthier lifestyle.*

**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](http://www.nkshealth.co.uk)**





# Photo Gallery.....



*Focus Group in Friday Older Women's Group ~ 10/02/2006*



*The Wednesday Group Eid Party ~ Eating Out Together at Bangalore Restaurant*



*Young Awaz Girls Group ~ The Girls Learn How To Do A Pedicure*



*NKS Nursery Children Enjoy Physical Play in The Meeting Room Upstairs*



*Young Mothers Group ~ Both Maternity Services Focus Groups Enjoy Hot Lunch*



*Bangladeshi Women's Support Group ~ Focus Group With Equal Opportunities Commission*



*Saturday Group ~ Session on Non-verbal Communication, with Savita Handa*



*Health Screening at NKS With Khush Dil and Megan MacKenzie, Health Visitor*



## *Visit to See the Devastation of the Earthquake in Pakistan ~ By Samra Ahmed, Rohina Hussain and Asma A Nassim*



*The three of us and some of the children at the Sawera Orphanage in Muzzafrabad*

We three workers from NKS, who are involved in youth work in different ways, decided in November 2005 to visit Pakistan and Kashmir to see for ourselves the devastation caused by the terrible earthquake that shook the country - killing many, many men, women and children. We felt compelled to do something. The three of us held many meetings and with the kind help of Naina Minhas, NKS Project Co-ordinator, we began to work out how we were going to take on this challenge. The thing that we were most certain about was that we would travel to Pakistan and Kashmir totally in our time and at our own expense. Colleagues, family and friends helped to raise £4050.00 in total, and we collected warm clothing as well, which we took with us to try and help the people caught up in this awful natural disaster.

Asma contacted the GEO company in Pakistan which is based in Karachi. Her constant liaising with the GEO company got us all the necessary information that we required and all the immediate contacts that were very helpful for us on our trip. Our first destination was Karachi, where we were thoroughly briefed about Kashmir and the condition which the people were in and how much the people have been affected by the earthquake and what their immediate requirements were. Also we were briefed about how GEO had organised our safety.

Our next stop was Islamabad from where we travelled to Kashmir by road. The journey was seven hours long - a long drive but very interesting and beautiful. On our arrival in the night we were greeted by very cheerful people. One of these people was a representative of the areas where we were to visit. During dinner we spoke about the earthquake, how people had survived, how many places were in rubble and most of all how a beautiful place like Kashmir was reduced to complete rubble.

Early the next morning we flew off to the city of Muzzafrabad, where we visited people in tents, spoke to men and women who explained that before the earthquake they all lived in very big houses, with all the general facilities of life, and of how they are coping with this sudden change.

We sympathised with those who had lost their loved ones. We understood the fact that houses will be replaced if not now then soon, but their loved ones will not return. It was all very sad to see such beautiful people go through this misery. We recorded the needs of the Kashmiri people that we met by filming them and taking their pictures.

Our next visit was to Bagh City - this was another disaster hit city. Some buildings had collapsed at the bottom but were still standing at the top. Some were cracked. All of them were unsafe though and people had put up tents outside. People had lost their businesses and found themselves relying on hand outs from the government.

We visited a school for young children where the whole of the building had come down reducing it to rubble. Over nine hundred young primary school children were killed and the ones that had survived the terrible earthquake were badly wounded. Other places that we visited were the boys school and the girls school, where the situation was much the same and their needs were taken into account, considering what they had lost. Chemistry labs, their books and all the necessities of education had been destroyed. We gave them 5,000 rupees to replace as many of their books as they could.

We visited places where some people's houses had been affected by the earthquake - half of them had come down. We met a couple of young girls who told us of their life experience before the earthquake hit and afterwards. They explained that it was something that had happened and it had shaken them all. They felt that they had to get on with their lives and wait until everything became normal again.

We distributed the money as carefully as we could keeping in mind where it will be needed the most and getting receipts for everything. In Muzzafrabad we gave 40,000 rupees to two responsible people who were managing their designated areas of camps. The money that we gave here was used to provide new covered lavatories and shower rooms for women as there were no separate facilities for women to clean themselves. Also the existing facilities for men were roofed as they had been open at the top. These were their immediate needs.

We also gave 20,000 rupees to a young man and his pregnant wife, who was due to give birth very soon. They were living in a tent and with the cold weather conditions her health was draining away. With the birth of the child close at hand work got started on their new house with the money that we were able to give them. We also gave them some money for food. During our stay in Pakistan we were pleased to learn that their house was ready for them to move into.

We had come to know that very young children, who had lost their parents and families, were temporarily transferred to the Lahore SOS Orphanage until the government could build them new homes. We were all really touched by their plight. When we asked what their immediate needs were, we were informed of their urgent requirements e.g. shoes, socks, T shirts etc and their daily needs so we decided to give them £2,770.00 and also 10,000 rupees. We also gave 20,000 rupees to the Sawera Orphanage in Muzzafrabad. We were deeply moved by the plight of all of these children - some of whom were very young.

Later, after we had collected enough information and visited all of the sites that had been planned for us, we packed our bags to get ready to go back home. During our journey back home the only thoughts that we carried with us were of what we had seen and the people that we had met.

We would recommend this kind of visit to anyone as it could change the way that you think. Sometimes we do not realise how materialistic we become and we forget what is happening around us. You always get a better understanding of the situation when you get to see it and feel it for real. It was a once in a lifetime experience for the three of us.





# BEAUTY CORNER.....

## *Hair Tips and Advice ~ By Nighat Anwar*

### Changing Shampoos?

Most shampoos do not build upon hair, they continue to work effectively. However, shampooing occasionally without conditioner or styling products can give hair a rest. Using a clarifying shampoo regularly will help to remove any build up. Choosing the right products for your hair is important. Fine hair can be more delicate and could benefit from a protein enriched shampoo and conditioner.

### Be Kind to Wet Hair

Shampoo your hair and towel dry gently. If hair tangles easily, apply a clean rinsing conditioner in the shower/bath and then comb with a wide toothed comb before rinsing out the conditioner. Take the time to detangle knots. Do not yank them. Never brush wet hair as you will stretch it too much and cause breakage.

### Split Ends

Trimming your hair along the hair shaft will give a good look. Cutting away split ends of the hair may damage the hair. It might make split ends worse rather than better. Have the ends trimmed regularly.

### Dry/Flaky Scalp

If you have a dry or flaky scalp it could be for a variety of reasons:

1. changes in the weather climate.
2. Winter produces a dry climate in houses.
3. Cold air makes skin chapped.

Tip: Try Tea Tree shampoo.

### Care For Oily Hair

Keep oily hair clean. This means shampooing every day at least once. Use a good cleansing shampoo on oily hair.

Tip: Try revitalize shampoo.

### Tips:

#### For Fuller Hair

To get volume in your hair, try spraying the roots with light hairspray.

#### For Styling

If you have thick, coarse or very curly hair, try a leave-in conditioner.

### Straight and Fine Hair

If you want some volume in your hair, remember to lift your hair from the roots while drying, but with high heat setting.

If you have a wave, use a flat bristle brush, as this will help take out the wave.

### Thick and Wavy Hair

Use a large round bristle brush. Make sure you brush continuously. Use on fast speed and high heat setting.

### Thick Curly and Frizzy Hair

Again keep brushing the hair straight as you dry, ensure the nozzle of the hairdryer is pointing downwards to avoid frizz.

### Give Your Hair Bounce

Place a few rollers in your hair just in the right places and around your face and then mist with hair spray. Keep the rollers on when doing your make up.

### Secrets to Shiny Hair

#### If your hair is straight:

Straight hair lies flat so light can reflect off it easily, giving the appearance of great shine. To keep your straight hair shiny, use a gentle shampoo and conditioner. Gentle products keep the hair's cuticle (the tiny "shingles" that line the hair) healthy. A roughed up cuticle diffuses light, detracting from shine. If you blow dry your hair, use a natural bristle brush and a hair dryer on medium heat. When the hair is dry, spritz on a shine-enhancing spray to keep hair silky.

#### If your hair is curly:

Curly hair is naturally dry so its cuticle is likely to be rough to begin with. Add to that its texture, and light has a difficult time reflecting from it. To make your curls as shiny as possible, use moisturising shampoos and conditioners, and be sure to trim fuzzy ends regularly. Apply your styling products to damp hair, shake hair gently, then wind strands around your finger to shape them. If you can, allow hair to air dry; if you must blow dry, use a diffuser attachment.

Very important: Touch your hair as little as possible. Scrunching or tousling as you dry breaks up curl formation, diffusing light even more. When hair is dry, rub a few drops of a silicone shine serum between your palms, then gently smooth palms down the length of your curls.



# 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 12.30pm till 2.30pm. 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 10.00am 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 11.00am and 1.00pm 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 10.00am until 12 noon at NKS. Please note that this group runs with the school terms. Activities include: health sessions, yoga, arts and crafts, sewing, healthy cooking, callanetics, outings, social functions etc.

### **AEROBICS CLASSES:**

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

### **OLDER WOMEN'S GROUP:**

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

### **YOUNG AWAZ GIRLS GROUP:**

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

### **SATURDAY WOMEN'S GROUP:**

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

outings, social functions etc.

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

## *NKS Services*

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

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

## *NKS Board of Directors*

Saroj Lal ~ Director (Chairperson)  
Jabeen Munir ~ Director (Vice-Chairperson)  
Megan MacKenzie ~ Company Secretary  
Anne Munro ~ Director (Treasurer)  
Indra Shishodia ~ Director (Vice-Treasurer)  
Rashpal Nottay ~ Member  
Kamuran Malik ~ Member  
Rukhsana Hussain ~ Member  
Aysha Miah ~ Member  
Rohini Sharma ~ Member  
Mahmooda Boksh ~ Member  
Assia Hussain ~ Member

## *NKS News/Events*

**Cookery Demonstrations:** Rohina Hussain and Shamsad Rahim, NKS Health Workers, will be doing Pakistani and Bangladeshi cookery demonstrations for the catering staff at the Royal Edinburgh Hospital soon.

### **Meetings Between Young Mothers and Megan MacKenzie, Local Health Visitor:**

The first meeting took place on Monday the 20th of March 2006. The second meeting will take place on Monday the 24th of April 2006 at 10.30am and will be about healthy eating. The third meeting will take place on Monday the 5th of June 2006 at 10.30am at NKS. This meeting will deal with issues that have come up in the previous two meetings.

## *Times of NKS Drop In Centre*

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

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*

**Company Secretary:** Rashpal Nottay has stepped down as Company Secretary to become a Member. NKS would like to thank her for all her hard work and support over the years. At the same time NKS would like to welcome Megan MacKenzie to the office of Company Secretary.

**Amina Rahman:** NKS would like to congratulate Amina and her family as her new daughter-in-law has come over from Bangladesh. NKS would like to wish the happy couple - Mumin and Hena all the best for a long and happy married life.

**Nasima Zaman:** NKS would like to congratulate Nasima and her family on the forthcoming weddings of her two brothers - Liton and Jaffar Miah. The family will travel to Bangladesh for the weddings and NKS would like to wish them all the best for the future.

## *Your Contacts at NKS*

Naina Minhas ~ Project Co-ordinator  
Khalda Y Jamil ~ Administrative Worker  
Nighat Anwar ~ Administrative Worker  
Rohina Hussain ~ Health Worker and Youth Worker  
Shamsad Rahim ~ Health Worker  
Samra Ahmed ~ Family Support Worker  
Nasima Zaman ~ Bangladeshi Support Worker  
Asma A Kassim ~ Childcare Manager  
Amina Rahman ~ Childcare Worker  
Irum Rizwan Ashfaq ~ Childcare Worker  
Samina Elahi ~ Sewing Tutor  
S.H.A. Rumi ~ In Charge of Cleaning