



# nari kallyan shangho

Summer  
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July 2006  
Volume 8 Issue 1

## 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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NARI KALLYAN SHANGHO is based at:

DARROCH ANNEXE, 7 GILLESPIE STREET, EDINBURGH EH3 9NH,

TEL/FAX: 0131 221 1915, E-MAIL: [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk)

WEBSITE: [www.nkshealth.co.uk](http://www.nkshealth.co.uk)

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

**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

We are in the middle of the summer and we hope you are enjoying the good weather and the Edinburgh Festival.

At NKS, summer is an exciting time - with several outings taking place for women and children. Besides, NKS is buzzing with people and activities throughout the summer period.

The staff team and the management committee together are continuously working hard with full motivation to address many crucial issues for South Asian women and children through the NKS platform.

We want to empower ourselves by coming together on one platform and by acting collectively as South Asian women to address issues that have become barriers for us to tap into our full potential and to contribute fully living in Scottish society.

Information and knowledge is indeed a powerful tool! We have realised over the years that as South Asian women we require more information to increase our confidence and self-esteem. We are planning to em-

power women by providing them with sessions on their legal rights and women's rights within a human rights framework.

NKS has a few ambitious plans to equip women with tools that could help them to access the labour market more easily and improve their economic situation. We have identified several areas in which women could be trained according to their skills/abilities and increase opportunities for themselves to enter the labour market.

Although we have not been successful with our proposal to the Scottish Executive Ethnic Minority Grant Scheme our spirits are not dampened. We are highly motivated and committed to serve women and children. NKS is already planning four courses for women, and staff have committed themselves on a voluntary basis to take these courses forward. With your support we will get there together. Keep reading the newsletter for information. Keep in touch and **enjoy life!**



Taster Session at NKS for the "Health Issues in the Community" Course



## *Life as a Community Worker at Khush Dil Healthy Heart Project ~ By Dalbir Naur*

When I first came to Kush Dil Healthy Heart Project (KDHP) I was asked to be a walk leader. To be a walk leader, I went through the training which took one and a half days to complete. After the training I started to take a group of women on walks around Pilrig Park. A few months later we started to walk twice around the park as the women got fitter.

I did more training on Emergency Life Support and became an instructor. This involved using dummies to practice mouth to mouth resuscitation which the women found quite hard to practice. The class involved information on how to buy time which is a way of extending a person's life while waiting for the ambulance service to arrive. The feedback suggested the women wished they had done something like this before.

In 2003, I became an exercise instructor and was able to lead aerobic sessions for women. People really appreciated having an instructor who was able to speak in their own language and after I became confident I introduced some Bhangra moves.

Sikh Sanjog was the first class I took in Leith and all of them were free. I was aware that the women were all wanting to lose weight so I came up with an idea for a challenge for them. As we had weighing scales at KDHP I suggested weighing and measuring all the women over 10 weeks. The weighing scale is able to measure body fat as well as weight. By doing more exercise body fat as well as body weight will be reduced. I explained to the class the difference between the two measures and how important it is to increase fitness levels if weight is to remain low. I also explained to them how important a healthy diet is in order to help keep the weight down. Everyone agreed to pay one pound towards a prize at the end of the block. The person with the most body fat loss would win the prize money. The women were very happy with the idea and immediately agreed to do this. This was a very good way of women motivating themselves as they became competitive and thought 'if she can do it so can I'.

They were all so happy to see that they were losing weight. At the same time they started to watch what they ate. Some examples of changes people made to their diet was to: fry food less and steam it more e.g. chicken, more of baked or boiled potatoes than frying these, using more vegetables in curries, eating more salad and trying to cut down the portion sizes at each meal. This challenge was successful and spread to most

of the other classes and they really enjoyed it as well.

Due to the South Asian population having a high risk of heart disease and diabetes the benefit of exercise is huge. Everyone needs to find some kind of exercise they like if heart health is to improve. The benefits include lowering: blood pressure, cholesterol, high blood sugar, body fat and gaining long term weight control and joint flexibility.

There are many other benefits too which people often reported back about. One elderly lady had sore legs and could not walk very well when she started doing exercise. Within a short while she was able to move more easily and was very happy with the result. She is still coming to the classes now. Some of the younger women reported that when they were not doing exercise they were getting out of breath. This happened especially around holiday times when they stopped doing any activities. During the first class they often struggle to keep up but after that their fitness levels started to improve again. There are many comments like these from people who have used the service and benefited in some way.

No exercise together with poor diet such as too much oil used in frying foods, too much salt added to foods during cooking and eating late at night are some of the big problems I hear about in my classes. I find the exercise classes are a great place for women to get fit, have fun, socialise with others and get information about their diet and health.



*Aerobics Class at NKS on Thursdays*



# In and Around Edinburgh

## *Edinburgh Festivals*

In and around Edinburgh will be buzzing with the 60th international festival presenting performing arts from different parts of the world. We will provide you with the summary of some event dates. Please phone the numbers provided for more information.

### Edinburgh International Festival

From 13th of August 2006 to 3rd of September 2006  
You can get more information from their website: [www.eif.co.uk](http://www.eif.co.uk)

Phone: (0131) 473 2000  
Fax: (0131) 473 2002

### Edinburgh Festival Fringe

6th of August 2006 to 28th of August 2006  
[admin@edfringe.com](mailto:admin@edfringe.com)

Metro Fringe Box Office  
Phone: (0131) 226 0026  
Fax: (0131) 226 0016

### Edinburgh International Book Festival

12th of August 2006 to 28th of August 2006  
You can get more information from their website:  
[www.edbookfest.co.uk](http://www.edbookfest.co.uk)

Phone: (0131) 624 5050, (0131) 228 5444  
Fax: (0131) 228 4333

### The Queens Hall Festival 2006

28th of July 2006 to 2nd of September 2006  
Their website is: [www.thequeenshall.net](http://www.thequeenshall.net)

Box Office: (0131) 668 2019

### Edinburgh Military Tattoo

4th of August 2006 to 26th of August 2006  
Their website is [www.edinburgh-tattoo.co.uk](http://www.edinburgh-tattoo.co.uk)

Phone: (0131) 225 1188, 08707 555 1188  
Fax: (0131) 225 8627

### Edinburgh International Film Festival

14th of August 2006 to 27th of August 2006

Phone: (0131) 228 4051, (0131) 229 2550  
Fax: (0131) 229 5501

The organisers have announced that Sir Sean Connery is to spend ten days attending the Film Festival this summer.

There will be an interesting event on Islam which no one should miss:

### Islam Festival Edinburgh

1st of August 2006 to 31st of August 2006

Exhibition + Events@ Edinburgh Central Mosque

Venue 48  
[www.islamfestival.com](http://www.islamfestival.com)

Phone: 07800 79 64 67/(0131) 667 1777

### Edinburgh Art Festival

27th of July 2006 to 3rd of September 2006  
c/o British Council Scotland Arts Department  
The Tun (3rd Floor)  
4 Jackson's Entry  
Holyrood Road  
Edinburgh EH8 8PJ

### Edinburgh Mela

2nd and 3rd of September 2006  
Phone/Fax: (0131) 557 1400  
[Info@edinburgh-mela.co.uk](mailto:Info@edinburgh-mela.co.uk)

### Starbucks Edinburgh Jazz & Blues Festival

28th of July 2006 to 6th of August 2006  
29 St. Stephens Street  
Edinburgh EH3 5AN

This is a summarised information about Festivals taking place over the coming weeks. Please phone or go to the websites provided here to get more information about various events.



# ते वर वर वर वर

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ChannD (Moon) ~ Poem By Mrs Uma Chopra

Mera Dabba (My Box) ~ Poem By Mrs A Mirza

चाँद  
अज चमकदा होया इह सितारा  
देखिया !  
NKS दा इक नजारा देखिया !!  
उहज तां देखे नै बहुत सारे  
सेक्टर !  
NKS दा अनोखी ही लिखकार  
देखिया !!  
हैना प्यार दा ठाँठ मारदा  
समूह !  
इस दा कौन न किनार देखिया  
रुटाफ ही की तारीफ करा !  
इह है मोमें ते चंद ते ल  
चाँदनी, फुल ते चुन खुशबू,  
अपने प्यार है शहर किच मिला  
मिठा प्यार देखिया !!  
दिवली ते इह है पवित्र  
त्योहार तू इक माला किच  
पिरी के प्रेम प्यार दा इक  
सितारा देखिया !!  
अज चमकदा होया इह  
सितारा देखिया !!

मिरा डब  
मिरा डब कھो یا نے N.K.S. کے گروپ سے  
خریدا جو تھا میں نے لندن کے شہر سے  
بڑا پیا ڈب نیلے نیلے COVER سے  
کیسے اوجھل ہو گیا ہے۔ ان سب کی نظر سے  
فریج میں سمیٹتی تھی بڑے ارمان سے  
کھرا دیتا تھا حلوہ بوری نان سے  
ایک ہی ڈب میں آئے نظایور انگلستان سے  
اب نہ ملے گا کسی بھی دوکان سے  
یاٹے یاٹے میرا ڈب لاؤ کسی بھی مکان سے  
ریٹ نہ دوں گی پر دیسی تھا بندار سے  
میرا ڈب کھو یا نے N.K.S. کے گروپ سے  
خریدا جو تھا میں نے لندن کے شہر سے

A Smile ~ Anonymous, Selected by  
Mrs Chandarana

A smile costs nothing but gives much  
It takes but a moment  
But memory of it lasts forever  
None are so rich that can get along with-  
out it -  
And none are so poor but  
That can be made rich by it.  
It enriches those who receive  
Without making poor those who give -

It creates sunshine in the home,  
Fosters goodwill in business  
And is the best antidote for trouble -  
And yet it cannot be begged,  
Borrowed or stolen, for it is of no value  
Unless it is freely given away.  
Some people are too busy to give you  
smile -  
Give them one of yours -  
For the good Lord knows that  
No one needs a smile so badly  
As he or she who has

No more smiles left to give.

Marry A Good Cook ~ Anonymous,  
Selected by Mrs Chandarana

Marry a good cook  
She becomes more beautiful  
With every meal you eat.  
Whatever you cook  
Whatever you test  
Remember this rule  
Please never waste.

# From Our Elders .....

## *A Day In The Life of Mrs Uma Chopra ~ As Told To Dr Sushmita Wiebe and Khalida Y Jamil*



*Mrs Chopra and her Temple*

*"On a sunny day I love to go for a walk but find it impossible to do this with my health problems. I get up quite early in the morning and often lie in and read a book. When I get up in the morning I have a very small break-*

*fast, which would be either a small toast or some Alpen with milk. I need to have this because I cannot take medication on an empty stomach. After this I will take a bit of rest and have a bath. This I do ritually every day, sometimes I might do it in the evening. Most people take having a bath for granted. Only I know though how difficult it is to manoeuvre myself in and out of the bath.*

*Reading a book has been my hobby since my days in India. I am simply hooked on books. I like to read before I go to bed. Reading helps me to sleep. I live with my son but he leaves for work very early in the morning but comes back very late in the evening. So, really I am alone the whole day and it gets quite lonely. I find it very difficult to cook because I have chronic pain. I space out all of my chores quite well. Often I will just make the masala for the curry and then perhaps peel a potato or chop an onion. This is how I manage. Saying this I often do not cook and have soup, bread etc. We are strict vegetarians and have a lot of vegetables and pulses.*

*I cannot sit a lot so often I will lie down in the living room. I watch quite a bit of Asian television. Having a nap during the day is something that I have not put into habit. The only reason for this is that the three hours that I sleep at night would not be possible then.*

*I have this little basket where I keep my glasses, pens, remote control and a small pad to take down messages and phone numbers. This is so handy as I do not need to bend that much to pick it up. When I go into another room I just carry it*

*with me.*

*The Social Work Department has given me a chair to sit in the hall. They have also provided me with a zimmer frame. But the house is too small to use it. What I usually do is hold the wall to get myself across to the bedroom, bathroom and kitchen.*

*I used to go to Kirtaan (religious gatherings) regularly. My friends would take me. From the Kirtaan group we would go to different Temples and Buddha Temple. I cannot do all of this now because I have too much pain in my back. In the past I also used to go to Milan and they have taken us to Wales. All of this has stopped now.*

*My Temple is in my bedroom. I made the Temple myself. I do the aarti (offering prayers to God) in the evening but try and finish it quickly as I cannot stand for too long. Ideally my Temple should be on the floor where I can sit and pray. This I cannot do because I find it difficult to get down on to the floor. If God is happy with me he gets me to pray or sometimes when I am very ill he understands my inability. My son will often joke with me and say "Is Rama going to wash your dishes?"*

*I need some company and would like to make more friends. Loneliness makes me very sad and upset. I would like someone to say good words and talk about God. I do not like gossip and try to refrain from it. It would be so nice if someone could just take me out into the sun. Pain seems to take over my life. I often sit and cry loudly as the pain is too much to bear.*

*I once met the late Mrs Indira Gandhi (one of the Prime Ministers of India) and had my photo taken with her. I have a lot of photographs of my family and sometimes I take them out and like to look at them.*

*I love going to NKS on Fridays. I really enjoy that as I have a lot of friends there. I have gone on several outings with NKS over the years and they have been very enjoyable. I have written Kavitas' (poems) about Eid and Diwali for NKS. I am quite a good speaker, although I should not brag about it! I look forward to going to NKS to attend the Older Women's Group on Fridays. NKS provides me with transport. It is a chance for me to get out of the house and go see a lot of friends and have lunch with them."*





# What's been happening at NKS?

## Open Day for the Bangladeshi Community at NKS



NKS Open Day for the Bangladeshi Community ~ 09/07/2006

NKS organised an open day for the Bangladeshi community on Sunday, the 9th of July 2006. This was organised with support from the Trust Housing Association. The day was funded by the Association. Families - men, women and children from the community were invited to visit NKS and find out more about the project work and what NKS could do for them. The main purpose of the day was to open communication channels and create a dialogue between the community and NKS to improve services and make these more accessible to women and children in the community.

Several meetings were held with the community leaders and with their support approximately 130 men, women and children from the community attended the event. The day was a huge success in terms of numbers as well as the purpose. The community leaders and the community openly acknowledged the good work and benefits to the community and showed keen interest in increasing communication with the project.

Saroj Lal - NKS chairperson welcomed the community and updated them on the work done over the last few years for the community. She explained that NKS has been prioritising the work with the community since its review recommendations made by the Edinburgh of City Council in the year 2000. NKS received a one year grant award from Lloyds TSB that enabled the project to increase services for the community and to conduct a survey by interviewing 70 Bangladeshi women about their needs. The two main things that came out were: the need for one to one support for Bangladeshi women and the lack of Bangladeshi workers in the community. NKS received further three years funding from Lloyds TSB that allowed the project to train six Bangladeshi women in Edinburgh to work in the community and employ a worker at NKS to provide one to one support to women over a period of three years. Currently, NKS has four Bangladeshi workers and one volunteer at NKS. Saroj explained that NKS is well equipped to serve the community but women require more support at home from men to go out and use services available. She welcomed comments and suggestions from the community and the leaders to help NKS improve its services for the community.

Dr Wali Uddin - Honorary Consul General of Bangladesh in Edinburgh and a senior community leader, acknowledged and praised NKS work and efforts to help bring development in the Bangladeshi community. He

said "We are lucky that we have NKS who are tirelessly providing services to our women and children. There are some issues and negative points that the community has that sometimes become a barrier for our women and children to use services, but Naina - NKS Co-ordinator is working hard to address these. The determination and commitment shown by Naina to make NKS a success deserve an applaud. I have known Saroj Lal - NKS chairperson for a long time and have worked closely with her in the past. Shamsad is a hard working Bangladeshi worker, who has always given her best to support Bangladeshi community. We appreciate that. Although Edinburgh has a small Bangladeshi community compared to London, the needs are very complex and require more attention. We are still behind compared to Bangladeshi communities in London. If we do not support projects like NKS then it will become difficult for younger generation workers to work for the community. We are grateful to the staff at NKS for providing useful services to our community."

Mr Malik - a respected Bangladeshi community leader congratulated NKS for successfully organising the open day and managing to get the community together on the day. He said "NKS started as a Bangladeshi project, but expanded to include South Asians from the Indian and Pakistani communities. Initially we didn't like it and had arguments over it, but accepted it eventually and moved on. Today we are very proud of NKS serving the Bangladeshi community. I would encourage women and children from the community to use services at NKS. We have so many needs and I would like to find out what NKS can do for us." He said that the Bangladeshi community fully trusts NKS and are pleased that NKS is supporting their women and children." He praised Shamsad and showed full confidence in her ability to work with the community. He felt that resources for NKS are not enough and that this becomes a barrier for workers to serve the communities and adds to their stress level. He explained that there are so many issues that need to be addressed in the community and if projects like NKS were not listening nothing much will happen. Because of Shamsad the work in the Bangladeshi community is moving forward. NKS deserves more funds to take quality work forward.

Mr Muktadir - a community activist said that he has come to NKS after 16/17 years, because he has been invited to take part in a dialogue with NKS. He said "The Bangladeshi Association started NKS, but because of disagreements most of the leaders moved on. I am here today and I can see how much NKS has progressed over years. I am pleased to see all this. It is more a multicultural project now and it is fine." Mr. Muktadir was keen to find out more about the management committee of NKS and what procedures were used to take people on board. Naina explained the procedures in detail to the community.

Foyzal Choudhury, another young community leader expressed his confidence in NKS to serve the community and was pleased to have participated on the day.

Rohini Sharma from the Trust Housing Association talked about the employment project started by them. She informed the community that they can approach the project worker if they need support with employment issues.

In the end there was a question and answer session where the community was given a lot of information about NKS. NKS promised to hold more communication days in future to keep the dialogue open with the community.



## *Healthy Eating for Pre-school Children at NKS Childcare Facility ~ By Asma A Nassim*

Healthy eating plays an essential role in children's development. A healthy balanced diet gives children energy to take part in play activities more. It helps a child to develop physically, emotionally and intellectually.

As part of the World Health Day in April, NKS planned to raise awareness of healthy eating and balanced diet among children and their parents. NKS Childcare Facility organised 'healthy eating for pre-school children' sessions with young mothers. Besides, NKS provided healthy snacks and lunch to children for a week to encourage mothers to incorporate the programme in their day to day routine. The food menu was based on the weighted portions for children aged 1 to 3 years of age. It was as following:

### **MONDAY**

Breakfast/Snack: Muesli cereal, orange juice.

Lunch: Spaghetti with mince, custard and jelly.

Snack: Bananas, grapes or apple and milk.

### **TUESDAY**

Breakfast/Snack: Bread stick, cheese tube spread and apple juice.

Lunch: Wholemeal pitta bread with chicken kebab, sliced cherry tomatoes and diced cucumber.

Snack: Dried fruit and milk.

### **WEDNESDAY**

Breakfast/Snack: Hard-boiled egg, toast and orange juice.

Lunch: Mixed vegetable rice and fruit yoghurt.

Snack: Crackers, cheddar cheese and milk.

### **THURSDAY**

Breakfast/Snack: Raisins, cheese string, fruit bar and orange

juice.

Lunch: Boiled baby potatoes and fish.

Snack: Milk and cookies.

The healthy eating programme over the week and the menu prepared and served at NKS was fully appreciated by parents. The menu given here can be used as a guide for pre-school children's meal by you for your children.

We arranged a few meetings for parents to discuss healthy snacks and meals for children. The sessions were run and facilitated by Megan MacKenzie - a local Health Visitor. Through the discussion sessions and by filling a questionnaire mothers learned some amazing facts:

- \* Most small cartons of low fat fruit yoghurt contain four teaspoons of sugar.
- \* Brown (unrefined) sugar does not contain more fibre than white sugar and causes the same damage to teeth.
- \* Oven chips are not low in fat.
- \* Bananas are not high in calories.
- \* We should exclude bread and potatoes on a weight reducing diet.
- \* Orange juice taken with your meal can help you to absorb more iron from plant foods. This is due to vitamin C found in orange juice.
- \* There is no evidence to suggest that organic fruits and vegetables are nutritionally superior to normal produce.
- \* Frozen vegetables and fruits are usually just as nutritious as fresh, as these are frozen immediately after harvesting. They are also more convenient and often cheaper.

It is very important to try to include all of the food groups in your daily diet. It can be quite fun as well as good for you.



## FOOD FOR THOUGHT

Please note that these recipes have been collected by Rohina Hussain, from her Wednesday Group, which runs at NKS.

### *Chicken Kebabs*

#### Ingredients:

- 2 and a half lbs of chicken keema (mince)
- 2 medium onions
- 1 bunch of fresh coriander
- Green chillies (as desired)
- 2 tbsp tandoori masala
- 1 egg
- Salt (to taste)
- Sabat zeera (whole cumin - as desired)
- Half a loaf of white bread

#### Method:

- 1 Grind onions and green chillis. Add chicken keema and tandoori masala. Gradually add egg, salt, sabat zeera. Grind the bread and add to the mixture.
- 2 Mix all the ingredients in a large bowl and leave overnight.
- 3 Shape the keema on to skewers and put them on to a foil tray, uncovered for 20-30 minutes (or until cooked) on gas mark 5.

### *Chickpea Chaat*

#### Ingredients:

- 8 tins of cooked chickpeas
- 3 medium potatoes
- 1 medium onion
- 1 packet of Imli (tamarind) - soaked overnight
- Salt, red chilli and green chilli to taste

#### Method:

1. Open all the chickpea tins, wash them and place in a large bowl.
2. Boil the Imli.
3. Boil potatoes and cut these into small pieces.
4. Chop onions.
5. Mix all ingredients and pour imli on the top and then mix well again. The chaat is ready to be served.

### *Egg Fried Rice*

#### Ingredients:

- 2 cups of rice

- 1/2 kg of boneless chicken
- Spring onions
- 2 cloves of garlic (crushed)
- Black pepper (to taste)
- Chinese salt (to taste)
- Normal salt (to taste)
- Red and green peppers (as desired)
- Soya sauce
- 6 eggs

#### Method:

- 1 First boil the rice.
- 2 Stir fry chicken in two teaspoons of oil.
- 3 Add the black pepper, Chinese salt, normal salt to taste and crushed garlic.
- 4 Add vegetables and cook for about 5 minutes.
- 5 Scramble cook the eggs, adding salt and black pepper to taste.
- 6 Mix rice, vegetables, scrambled eggs and chicken and steam by covering the pan with a lid for 5 minutes.

### *Missi Roti*

#### Ingredients:

- 750 grams of chapatti flour
- 250 grams of gram flour
- 1 teaspoon of salt
- 1 green chilli, chopped
- 1 bunch of methi leaves, washed and chopped up
- Water to mix the dough (add as much as is needed to make the dough)
- Olive or rapeseed oil

#### Method:

- 1 Make a dough with the above ingredients, remembering to add as much water as is needed.
- 2 Once the dough is made, leave it for about an hour.
- 3 Make small balls out of the dough.
- 4 Roll out flat these small balls of dough into chapatti shape.
- 5 Cook the missi rotis on a griddle (or non-stick frying pan) using a little bit of oil to prevent them from sticking.
- 6 Cook on one side and place in a hot grill to finish off the second side.
- 7 After cooking brush the missi rotis with olive or rapeseed oil. This is optional.

Missi rotis are very nice with pickles and chutneys.





# Photo Gallery.....



*Wednesday Group ~ Celebrating Group Members Birthdays*



*End of Term One Dish Party ~ Young Mothers Group*



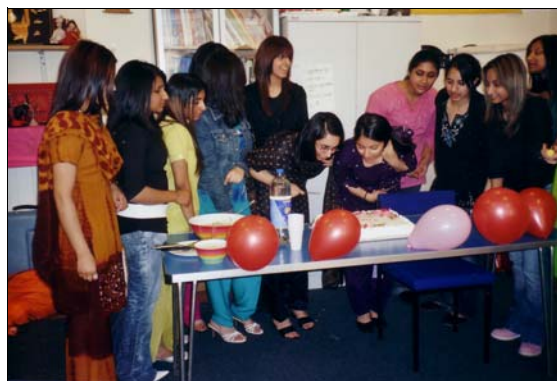
*Friday Group Outing to Falkirk Wheel ~ 23/06/2006*



*NKS Outing to Loch Katrine ~ Picnic*



*Outing to Loch Katrine ~ Some of the Users Cool Their Feet in the Loch*



*Young Awaz Girls Group ~ Celebrating Birthdays*



*Bangladeshi Women's Group ~ Healthy Cooking Session*



*Wednesday Group*



# South Asian Youth speak out.....

## Youth Work at NKS

'Young Awaz - voice of young people' is a place and space for young South Asian girls at NKS that was set up 11 years ago. Many old members of the group have moved on - got married, finished their studies or are working and new younger girls have joined. We are still in touch with most of the old members of the group. Although NKS has worked in isolation and with scarce resources to address South Asian girls issues and needs which are culturally sensitive, the group has managed to achieve a lot over these years. Two major fashion shows, fundraising events, healthy lifestyle programmes, residential programmes to look into the needs of young South Asian girls, painting banners and not to mention endless outings and fun social gatherings that have taken place over this period of time.

We had to work in isolation as there is not much happening for South Asian girls focused around their cultural and other needs. There is a need to work within certain boundaries to provide services to young South Asian girls if we want them to utilise these and NKS has always faced an uphill task in its endeavour to seek support from various channels to agree with these boundaries for girls from the South Asian communities. The lottery funding programmes in the past have helped NKS develop youth work at NKS.

Currently, NKS is running a young girls group every Friday between 1.00 pm to 4.00 pm. The group is regularly attended by 12 to 15 girls every week. NKS works hard to provide a safe and comfortable environment to the group and is constantly communicating with mothers of the group members to avoid any crisis or confusion in providing services.

There is good news!!! The Young Awaz group at NKS has been awarded £7,100.00 by the Community Safety Local Initiative Fund of the Edinburgh City Council to further strengthen the existing platform for girls. NKS is really grateful and fully acknowledge the financial support that will go a long way to support girls in the community. We are committed to making NKS a more young people friendly place. The grant award received will help the project to create a drop-in place for young girls and this is already in the process of developing. NKS already has a nice big TV, Sky satellite and Asian channels in use which are enjoyed by all women users. The projector that has been donated to NKS by the Lothian and Borders Police and the projection screen are in use all the time by girls to watch films on Fridays. We are planning to set up separate computers and internet lines for young people upstairs. Besides there will be computer games, films on DVD stored in NKS

resource library for use during drop-in sessions.

The drop-in will be open to girls twice a week and if required, NKS workers will be there to provide one to one support. The group work will take place regularly every Friday. There will be summer outings for girls. A trip to London has already been organised by NKS youth workers which has been hugely successful and a hit with the girls. The trip was fully funded by girls themselves. There will be more local outings over the summer for young people to enjoy and have fun.

The girls in the group have already started making a list of games and films on DVD that they would like for the group. They are looking forward to the development to take place and a space for themselves where they could come and relax:

*"I enjoy coming to NKS, my mum is a regular user too, I enjoy all group activities.... I am looking forward to new developments."*

*"I am so excited about the drop-in at NKS, I can come and hang around."*

*"NKS outings are great fun, I am looking forward to the internet and film library."*

*"We made a list of films we want for the resource library. It was fun. I can't wait to see these."*

*"I love coming to NKS, workers are so friendly, we are helping to develop drop-in at NKS."*

*"Funding for the group is a good news, I am looking forward to all the fun."*

NKS has further plans to develop youth work and support young girls who struggle all the time without any support. We feel that there is still a huge gap in catering for the needs of young people in the South Asian communities i.e. needs of young people in the Indian community. But before we could look into all these issues we have a huge task of exploring funding sources for young people. Once suitable funds are in place NKS will target young people from all three communities (Indian, Bangladeshi and Pakistani) and work to help address issues for them.





# BEAUTY CORNER.....

*Make your Own - By Samra Ahmed*

## For The Hair

It is pleasant to perfume the hair after washing it when the hair is half dry. The following ingredients are required to make this fragrant perfume:

- 6 tablespoons of powdered charcoal
- 5 tablespoons of powdered myrrh
- 1 tablespoon of powdered benzoin
- 1 tablespoon of potassium nitrate
- 2-3 drops of bergamot oil
- 2-3 drops of sandalwood oil
- Mucilage of tragacanth

Mix the powders together and sieve, and then add the oils. Add the potassium nitrate, and then sufficient mucilage of tragacanth to make a stiff paste.

Heat the mixture over a water bath and then make into little cones and dry. Just light one of the cones and let the smoke go into the damp hair. The smell is highly aromatic and exotic.

## Epsom Salt

Affordable, available and easy to use, Epsom salt provides the beauty-conscious with a wealth of fun and healthy home remedies and beauty treatments.

Epsom salt, a pure time-tested mineral compound, is actually magnesium sulphate, which absorbs easily through the skin and boasts a whole host of modern-day uses, from beauty to health.

Epsom salt occurs naturally, although most of what we buy in the stores has been manufactured. Even still, Epsom salt retains its pure, natural and healing characteristics.

To take advantage of the health and beauty related functions I suggest the following tips:

### **To Exfoliate:**

Mix together two cups of Epsom salt and a quarter cup of petroleum jelly. Add a few drops of lavender for a pleasant fragrance. Apply the mixture to gently scrub away old cells and encourage a healthier looking complexion.

### **For Cleansing:**

Mix half a teaspoon of Epsom salt into a deep cleansing cream so that you can reap the benefits of this mineral deep inside your skin. Massage the mixture onto your skin then rinse with cool water and pat dry.

Before you go to the trouble of painting your toenails,

soften your feet by soaking them in a bathtub or plastic basin with warm water and Epsom salt for at least 10 to 15 minutes. The salt will help to smoothen your feet, giving them a relaxed and refreshed feel.

### **Relaxing Bath Crystals:**

Mix two cups of Epsom salt with a few drops of a delightful fragrance to create a custom-made bath crystal. To dress up your bath crystals, add a few drops of food colouring or half a teaspoon of glycerine. Store the crystals in an airtight container.

### **Soothing Spa Treatment:**

After showering, massage handfuls of Epsom salt over wet skin to exfoliate the body. It is the same treatment many upscale spas use, and you can try this at home without the up-scale price!

### **For a Tranquil Soak:**

Fill your bathtub with water at a comfortable temperature that you enjoy. As you fill the tub, add two cups of Epsom salt to the water (if it is a standard sized bathtub then make adjustments for larger bathtubs). Soak for at least 12 minutes, three times a week for best results. As an extra treat, add a few drops of eucalyptus oil for an invigorating aroma.

## For The Face

### **Wrinkle Removal Recipe:**

Banana is wonderful as an anti-wrinkle treatment. Mash a quarter of a banana until very creamy. Spread this all over your face and leave it on for 15-20 minutes before rinsing off with warm water. Then gently pat your face dry.

### **Tropical Citrus Mask:**

If you want to avoid lots of cleaning up then before applying this mask cover your face with cheesecloth (with wholes cut out for your eyes and mouth). The ingredients and method is as follows:

- 1) Mix together: 1 ripe banana, 1 teaspoon of olive oil and a drop of orange essential oil.
- 2) Smooth over your face and leave on for 15-20 minutes.
- 3) Rinse off with tepid water.
- 4) Smooth on a rich moisturiser.

You could purchase the above-mentioned essential oils at: Iso on Newington Road, Napiers at Bristo Square and Real Foods on Brougham Street, all in Edinburgh.



# 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, callanetics, outings, social functions etc.

### AEROBICS CLASSES:

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

### OLDER WOMEN'S GROUP:

- \* This group runs on Fridays from 11.00 am until 1.00 pm 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 1.30 pm until 3.30 pm 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 1.00 pm and 5.00 pm at NKS. Activities include: health/discussion sessions, cookery, music and art appreciation, outings, social functions etc.

tion, 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  
Aysha Miah ~ Member  
Rohini Sharma ~ Member  
Mahmooda Boksh ~ Member  
Assia Hussain ~ Member  
Savita Handa ~ Member

## *NKS News/Events*

### Health Issues In The Community Course:

This course will start after Ramadan. This is a very good course which NKS has run several times before in the past.

Childcare Modules: These will continue to run at NKS. The women doing these modules will work through them towards the qualifications. Please contact NKS for more details if you are interest.

NKS Annual General Meeting: The AGM will be in September/October 2006, depending on when Ramadan and Diwali will take place. Details will be finalised nearer the time.

You can check out our website for the latest information.

## *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*

Asma A Kassim: Asma will be away from NKS for the next six months as she is going on maternity leave. NKS would like to wish Asma and her family all the best and hope that everything will go well. Stay tuned to the next issue to find out what she has!

Kay Penman: Kay teaches the ESL class at NKS. She too will be away from NKS as she is also having a baby. NKS would like to wish her and her family all the best. Again, stay tuned to the next issue to find out what she has! NKS welcomes Debbie, who will be teaching the class in her place.

S.H.A. Rumi: Monti (as she is affectionately known), our cleaner, has moved on from NKS. NKS would like to wish her all the best for the future. NKS would like to welcome Mrs Miah, who will be in charge of cleaning NKS premises.

Irum R Ashfaq: NKS would like to congratulate Irum and her family on the marriage of her younger sister in Pakistan. Irum and her family went to Pakistan for the wedding recently.

## *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 and Youth Worker  
Asma A Kassim ~ Childcare Manager  
Amina Rahman ~ Childcare Worker  
Irum Rizwan Ashfaq ~ Childcare Worker  
Samina Elahi ~ Sewing Tutor  
Mrs S Miah ~ In Charge of Cleaning