



# 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 ~ Khalda Y Jamil

As many of you may know by now I am leaving NKS at the end of December 2006. It has been a very busy, hectic and non-stop roller coaster of a ride for the past twelve years. It has also been greatly rewarding to have been a part of the NKS staff team and to have had a hand in all of the wonderful and very important work of the project. I have learnt from those around me and also taught myself a great deal while at NKS.

I am going on holiday to Pakistan for a double wedding during December 2006 and plan to take it easy for a few months when I get back. I am already enjoying spending more time with my family and I am giving my children more attention. I want to enjoy my children while they are

still young and I need to take care of my health. I am also looking forward to going back in to part-time education once I have identified the right course for me. I enjoy teaching others and may go in this direction. However, my family and my health have to come first.

I am both very excited about all of these changes in my life and also very sad. The excitement is understandable and the sadness is due to the fact that I would no longer be a part of NKS. With this in mind I thought that I would tell you about some of the things that I would miss. I would miss, without any doubt: being part of the NKS team, sharing in the success of NKS, the jokes and laughter, working on the NKS

*Continued on page 2*



*NKS Management Committee and members of staff at Khalda Y Jamil's farewell party on Thursday the 7th of December 2006. It was a very good night and everyone had a great time.*



## *Editorial ~ Khaldi Y Jamil (continued)*

newsletter, working on the annual report and being creative with Publisher. I have been doing the bookkeeping at NKS for the last twelve years and I have picked up a lot about how to do it better with each passing year. I have both Naina Minhas (NKS Co-ordinator) and Isabel Gray (NKS Accountant) to thank for guiding me during this time. I would also miss the simple things like going to: Greggs, Subway, Spud-u-like, the Post Office and the banks. I make no secret of the fact that I am not going to miss the responsibilities that I had taken up with my post nor the stress that came with trying to do more and more work within my hours. I reached a point where I had no choice but to put myself first. This is the reality of working in the voluntary sector.

My colleagues have been like a second family to me. I am sure that we all feel like that. I am going to miss them all – there is no doubt in that. I would like to thank all of them for their friendship and support over the years. I have made many friends from the Management Committees over the years and also from the users who use the project. I do hope to keep in touch with everyone.

I would also like to thank NKS for giving me the chance to work for the project in the first place. My confidence was rock bottom when I first started and now I can honestly say that I can do anything that I set my mind on. I would like to wish NKS all the best for the future and I sincerely hope that the project is given proper and secure core funding. I hope that NKS can attract funding from elsewhere too. I am leaving my heart and soul at NKS.

## *Living With Diabetes ~ By Shamsad Rahim*

I have been working at NKS for the past nineteen years as the Bangladeshi Health Worker. I run the Bangladeshi women's group every Tuesday at NKS. The group covers a variety of activities. Health sessions e.g. diabetes are held regularly.

I myself am a type 2 diabetes patient and have been for the past seven years. I never once thought I would get diabetes. It came as a complete shock to me. When I learnt of my diabetes I was extremely upset and could not come to terms with this news. I found it very difficult to sleep for many nights thereafter. I found out that I was diabetic during a NKS health seminar at the Gilles centre. It was through my curiosity that I thought I would get my blood tested like many other women were doing. After the test the nurse informed me that my blood glucose was slightly higher than normal, and advised me to go to the doctor. Once she told me this I felt the whole room spinning around me. I was very panicky and kept on at the nurse to tell me what this could be. Then the nurse broke it to me that I could be diabetic. She advised me to lose at least half a stone as soon as I could.

After this initial assessment I made an appointment with my GP as soon as possible. After much investigation and many tests the GP confirmed that I was diabetic. At that point I felt as if my world

had turned upside down. The GP prescribed tablets, which I have continuously taken since then. I was later referred to the Edinburgh Royal Infirmary, and I was very lucky as a new patient they offered me a four weeks training session on various topics regarding diabetes, such as living with diabetes, maintaining a healthy heart, taking care of eyes and feet and general lifestyle changes. At the same time, I took my own initiative to start regular exercise, and control my diet as I felt I would rather have a better quality of life than suffer. Within a month, I lost three quarters of a stone and was receiving continuous information about diet (good and bad). I never once missed a training session or information about living with diabetes and its consequences, as I wanted to, and still want to know as much about diabetes as possible.

My health now is much better than before, I am certainly more energetic. At one point, I even joined Khush Dil Healthy Heart Project as a walk leader, where once I could barely walk half a mile, I completed a twelve miles walk for charity! Even after this I have kept a continuous routine, where I try and walk for thirty minutes most days after dinner.

In relation to my diet, I try to maintain a strict timetable and regime of what and when I eat. If possible I try and avoid sugary snacks and also red meat. I avoid eating anything after my dinner at seven o'clock. If I really feel the urge for something sweet then I ensure that I consume this earlier in the day so that I have time to burn this off. In addition, my cooking style has had to adapt due to my diabetes. For example, I use olive oil for cooking and add less salt to my food. As diabetes is inherited, I feel I have a responsibility that I educate and encourage my family to adopt the same lifestyle as myself.

Living with diabetes requires willpower, determination and support from workplace and family alike. Although my diabetes is hard to control on a daily basis, and I find it a constant struggle to deal with it, I have managed to adapt to this way of life. Although I still hope for a miracle!



*A One Dish Eid Party was organised in the Bangladeshi Women's Group on Tuesday the 21st of November 2006. The women were able to get together and have a good time. A sari stall was organised to keep them happy.*



# Services in Edinburgh

## *Income Support*

If you cannot be available for fulltime work and do not have enough money to live on, then you may be able to get Income Support benefit. Whether you qualify or not and how much you get depends on your circumstances.

### **Who is eligible**

You may be able to get Income Support if you are aged 16-59 and any of the following apply:

- You are a lone parent
- You are registered sick or disabled
- You are a student and either a lone parent or disabled
- You are caring for someone who is sick or elderly

And the following apply:

- You do not have savings of £16,000 or more
- You are not working or work on an average less than 16 hours a week
- You may also be entitled to Income Support if you have a low income and you are sick and your statutory sick pay is less than the amount of Income Support you would be entitled to
- You or your partner or civil partner is not working because of parental leave
- You are on maternity/paternity leave

### **Where to get advice**

To find out if you qualify for Income Support contact your local Job-centre Plus office or benefit office, Nari Kallyan Shangho (NKS) or Edinburgh Advice Shop.

### **Who is not eligible**

If you work on an average more than 16 hours a week, or have a partner or civil partner who works on an average 24 hours a week or you cannot usually claim Income Support.

### **How Much do you get**

The amount of Income Support you may get varies according to your individual circumstances. Some factors that can affect how much you will get include:

- Your age
- If you live alone or as a couple
- Age and income of non-dependents living with you
- Disability including of dependents
- If you are caring for someone

- Any savings over £6,000 you or your civil partners have
- Any earnings your partner or civil partner have

### **How it is paid**

Income Support is paid directly into bank/building society/national savings account that accepts direct payment.

### **Effect on other financial help**

If you are entitled to Income Support then you automatically qualify for:

- Free dental care
- Free Prescriptions
- Free school meals
- Housing benefit
- Council tax benefit

### **Call back**

After you have first spoken to an officer they would call you back to book an appointment, for you to see a financial assessor or personal advisor. The financial assessor will check that you have fully given all the information to support your claim before your work focus interview.

### **What to do if your circumstances change**

Tell your Job-centre Plus office or branch office as soon as any of the following apply:

- You go to or come out of hospital
- Someone you get benefit for goes into or comes out of hospital
- You go into a care home
- You go abroad to live or as a visitor
- You start working or your working hours change, even if its voluntary work
- You gain capital (including savings and investments) for example property is left to you

### **How to appeal**

If you are refused Income Support or think your benefit has been calculated wrongly, you can ask the office that dealt with your claim to reconsider the decision. If you are still unhappy with the outcome, then you can appeal by filling in leaflet GI24 if you think the decision is wrong.

If you do require further information or help with the benefit mentioned above please contact Samra Rezig at NKS on 0131 221 1915.



# मे ठपा ठका चलावेइ...

Forthcoming Day In My Life ~ By Luthfun Nahar  
Rouf

है आभाय अनागत दिन

है आभाय अनागत दिन  
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Nazam-e-noor ~ By Uma Chopra

नाजम-ए-नूर

हम उनको सलाम करते हैं, जो  
हर एक में खुदा का नूर देखें।  
खुदा की लवंगी, जो राम और  
रहीम को एक तजार से देखें।

आग में जल कर सौने  
की तरफ लगे कुदरत, जो  
गुलित के भारों की मूरव और  
प्यास देखें।

परदेस में रह कर न मूले  
बिना वतन के, जो परदेस में  
भी वतन का सा सखर देखें।  
मेरी परिवर्द्धिगार सेह  
यकी हुआ, हम हर दिन हियाली  
और ईद सा मिलन देखें।

हम उनको सलाम  
करते हैं, जो हर एक में  
खुदा का नूर देखें।  
जिन रों में अद्वकार हो, दीक  
वहाँ जलाता चल, अपना और  
पराया कैसा, सब का गले लगाता  
चल।

# From Our Elders .....

## *Living In The 21st Century ~ By Sushmita Wiebe*

The modern world places great emphasis on personal choice. We are more likely than previous generations to make changes in our lives regularly and to move to different regions or even different countries.

On the one hand, this flexibility gives us a great chance to meet new people and sample many countries and environments.

On the other hand it makes our lives feel unstable and hectic. Here are a few honest feelings of our respected previous generation.

I asked three people as to what they thought about the present time we live in and has it changed a lot. Here are their responses:

### **Retired Doctor:**

*"Sushmita asked me as to what I think about the present time we live in. Has it changed a lot? I started thinking. The present living of the young, but all who want to keep up, the living is so very different from mine. With their computers and the mobiles. New fashions, continuously improving gadgets which one needs to buy just to keep up, resulting in continuous shopping for which you need a lot of money. So you need to work harder and harder which makes it necessary to need more drink in the evening to relax and that needs more money. You are all the time trying to do all that you need to do just to live like everyone else resulting in too much stress. You do not have time to cook, and so you need to eat out resulting in needing more money. You have no time for taking simple exercise like walking in the park - you get a lot of exercise in the health centres in half an hour so more money is needed for that as well. You need more money just to live and so everybody is under stress. So more people have to visit a psychiatrist - more money is needed! What a life.*

*I just wonder whether this is the result of the capitalist system we live in, which is our present consumer society. We are supposed to have a democracy, one man one vote but that does not mean same value for every life. Our social structure does not allow that. In the olden days we talked of values as honesty, integrity, rationality and others considered necessary to be a good human being. Equal importance was given to education. We used to say as to what kind of life you would have if you do not have either of the two above mentioned qualifications. These were precious but you knew that you could never buy them with money.*

*Are these values really lost or are they considered as less important than possessing pots of money. I am not sure, I do not think their value is lost but the importance of earning lots of money has become a necessity.*

*As I was thinking of all of this, I entered a compartment of my tube to go home. It was simply overcrowded, hardly any space even to stand. I looked around and realised that I was far away from the seats preferentially given to senior citizens. Just then a young man*

*got up from his seat, offering it to me. I accepted it gratefully and continuing with the train of my thoughts, decided in my mind that all is not lost.*

*Sitting in my usual seat, after coming home I put the radio on, somebody was telling us about a village somewhere in Cumbria, where a psychologist with the help of some others bought a fairly big piece of land and he and others started producing organic vegetables which they sold for almost cost price with no profit motive. They asked the people of that village of all ages to come and help without expecting any money for their efforts. The majority of the people who were able to help joined in. After some interval of time, they all said that their stress is less and that was due to the type of work they put in. It made me think, everything is not lost. We human beings always find a way out..."*

### **Retired teacher:**

*"Life changes. This is the only constant factor in this world. Over the decades, I have encountered many such changes in student behaviour.*

*The core principle in life has changed. In general, students now a days are more confident about themselves and a lot more knowledgeable about different aspects of life, mainly due to technological advancement. However, they have become more self oriented and materialistic in their views to lives. It makes me concerned when a large portion of students say that obtaining a large amount of money is the prime goal in life."*

### **A loving mother-in-law:**

*"In the past, raising children was simpler: one parent stayed home while the other worked. Today, that is no longer the norm, and it can be quite a challenge to juggle the demands of work with those of parenting. This creates problems among families especially the elderly parents and their married children."*



*NKS Friday Older Women's Group enjoying gentle exercise followed by a hot vegetarian lunch on 10/11/2006.*





# What's been happening at NKS?

## *Diabetes Awareness In The Wednesday Group*

Lesley Barrow from the Western General Hospital did diabetes screening with the Wednesday group in July 2006. She checked their blood glucose sugar levels and several women were diagnosed as being diabetic. This was followed up with a talk on diabetes in August 2006 by Dr Lubna Kerr. A session on foot care for diabetic patients was held in September 2006. The chiropodist was very helpful and gave the women some very useful contacts for foot care. Healthy cooking was also done during July, August and September 2006 to show the women how to cook more healthily.

## *Cultural Functions At NKS*

NKS has held Eid and Diwali parties within the groups this year. The Young Mothers Group Eid party was held on 26/10/2006 and 30 women attended. The Wednesday Group Eid party was held on 16/11/2006 and 43 women attended. The Diwali/Eid celebrations, along with a pottery workshop, was held on 11/11/2006 and 14 women attended. The Bangladeshi Women's Group Eid party was held on 21/11/2006 and 35 women attended. All of the parties were very successful and much enjoyed by the women that attended.

## *Health Issues In The Community Course*

This two eight week module course is certificated by Moray House. The first eight week module has been running at NKS and is due to finish on 20/12/2006. Twelve women are taking part in the course. They are enjoying the course and are looking at health issues. They are currently busy preparing their presentations, which they will have to present in front of an audience. The second eight week module will start in February 2007. There will be a presentation ceremony for the certificates once the course is completed.

## *Bangladeshi Outing To Blair Drummond Safari Park*

In August 2006 NKS took a 53 seater coach full of Bangladeshi families to Blair Drummond Safari Park. The Bangladeshi families were able to walk around and look at the animals who were behind fences. There was a dolphin show and a boat ride for everyone to enjoy. The Bangladeshi families brought their own food and enjoyed a picnic. The outing was a big success and was helped by it being a beautiful sunny day.

## *Diabetes Screening For Bangladeshi Men*

Diabetes screening for Bangladeshi men was organised in October 2006. The screening was done in conjunction with Lesley Barrow from the Western General Hospital and Robina Iqbal from Khush Dil Healthy Heart Project. A total of seven men took part in the screening, which involved checking their blood pressure, sugar level and waist measurement. Follow up checks will be done in February 2007 with the same men. Shamsad Rahim, NKS Health Worker, has and will assist with this in her own time.

## *Elementary REHIS Food And Health Course*

This certificated health course is for people who are interested in providing healthy food to others and will give them a basic knowledge of the link between diet and health. The Food Standards Agency and the Scottish Community Diet Project offered funding to run this course in Edinburgh for the Black Minority Ethnic community. One course was run by Jill Alexander, from Khush Dil Healthy Heart Project, at NKS premises with some of NKS users and it was open to other people from all over Edinburgh. The course was run over two and a half days with an exam at the end. The course included looking at: the function of food, nutritional needs, life and diet, eating for health and food policy. It was a very interesting and useful course. This course will be repeated very soon.

## *Bangladeshi Women's Group ~ Focus Session*

In September 2006 Shamsad Rahim carried out a focus session within the group to see what the women wanted to do during October, November and December 2006. A total of 25 women attended the focus session. The women wanted to do the following activities: Eid party after Ramadan, sewing and alternative therapies. These activities were organised for the group. The women have been enjoying these activities and are looking forward to next year.

## *Isha Arshad ~ Placement At NKS*

Isha has been on placement with NKS from Women Onto Work during November 2006. She gave NKS staff a box of chocolates and a thank you card when her placement finished. The card says it all: "Thank you for making me feel part of your team. I feel very blessed to have been surrounded by people like yourselves. You are all amazing people, that do exceptional jobs. You all have so much compassion for the people that you are helping, if only there were more people like yourselves. This job has helped me to gain confidence and allowed me to realise I can actually do anything I set my mind to. It has helped me both practically and mentally. So THANK YOU to you all for making this all possible for me". NKS staff has enjoyed having Isha here on placement and she fitted in very well. NKS wishes her all the best for her future.

## *Needs Assessment At NKS With South Asian Women*

NKS has been conducting needs assessment with its users. NKS hopes to identify what the users need so that the project can provide the necessary evidence to go with the appropriate funding applications. One hundred and thirty women (fifty Bangladeshi, fifty Pakistani and thirty Indian) have been interviewed in order to identify the future direction for NKS. They were asked about: childcare needs, education, activities, family support work, health, outings, parties etc. The response has been very good and encouraging.



## *Nari Kallyan Shangho Childcare Facility*

In our nursery we aim to :

- Provide a safe and stimulating environment in which children can feel happy and secure
- Promote the welfare of children
- Encourage children to explore, appreciate and respect the environment
- Encourage the emotional, social, physical, creative and intellectual development of children
- Create opportunities for play

### REGISTRATION TO TAKE ON BABIES

Due to great demand to extend the age range of the children, we are very delighted that now we have the permission to take on babies from 3 months up to the age of 5 years, which is another step towards the development of NKS, and we are very proud to introduce this.

### OPEN ON FRIDAYS

We would like to inform our users that NKS nursery is now open on Fridays as well. If you want a place please contact NKS on (131) 221 1915 and the staff will inform you about available places.

### OUTDOOR PLAY AREA

Soon we will be able to use Bonaly Primary School's outdoor play area for our children. This is another exciting opportunity for our nursery. We are working with the school management regarding this matter.

### VOLUNTEERS

We have two volunteers at the moment in the nursery. NKS is always keen to support the volunteers to help them gain valuable experience and skills which will help them with their future plans.



*NKS Childcare Facility using the upstairs meeting room as an indoor play area.*

## *SVQ2, SVQ3 Modules In Childcare At NKS*

We are very proud to tell you that we have managed to run SVQ2 and SVQ3 modules in Childcare in partnership with B.C. Consultants. Nine women are attending this course every Monday from 10:00 am till 1:00 pm at NKS. The women are very optimistic and enthusiastic about the course.

### PLACEMENTS

We have offered placements to the women who are doing these childcare courses at NKS. They are very excited that they have the chance to work in the nursery and are looking forward to learning a lot under the supervision of our nursery staff. We are supporting them according to their needs and abilities.



*Childcare Course Running at NKS*



## FOOD FOR THOUGHT

### *Sago and Peanut Pakora*

#### Ingredients:

½ cup	sago
3	potatoes
1 cup	peanuts
1 tablespoon	lemon Juice
	salt to taste
	oil for frying
3	green chillies
	some coriander leaves
	pieces of ginger, crushed

#### Method:

1. Soak the sago in warm water for 20 minutes then allow the water to drain completely and leave aside.
  2. Once the potatoes are boiled, peel and mash them.
  3. Roast the peanuts in the grill.
  4. Once the peanuts are cooled, rub the peanuts with your fingers so that the outer coating peels off.
  5. Grind the peanuts in a coffee grinder and mix it with the mash potatoes adding the salt, finely chopped coriander, green chillies, crushed ginger and lemon juice.
  6. Now add the sago and mix it well.
  7. Make small round balls with the mixture and set aside.
  8. Heat the oil until it is the correct temperature for deep frying and fry the pakoras on a medium heat, turning once until they are cooked and golden brown.
- Serve hot with coriander chutney and tamarind chutney.

### *Nela, Santarra Kheer*

#### Ingredients:

2	bananas
1	large carton yoghurt
2 tablespoons	slivered (long thin pieces) skinned almonds
¼ teaspoon	ground black pepper
¼ teaspoon	salt
2	satsuma's
1	green chilli, finely chopped
½ teaspoon	saffron threads

#### Method:

1. Mash 1 banana and add to the yoghurt – liquidise if possible.
2. Add black pepper, almonds and salt.
3. Chop remaining fruit and mix well.
4. Steep saffron threads in a tiny amount of water and sprinkle on when served.

### *Fruit Bassi (Milkshake)*

#### Ingredients:

- 1 portion low fat yoghurt or milk  
fruits like bananas, mangoes and strawberries

#### Method:

1. Put fruit in a liquidiser or strainer.
2. Add yoghurt or milk and liquidise or push fruit through strainer with a spoon.

### *Spicy Tandoori Chicken Wings*

#### Ingredients:

1 kg	chicken wings
1 teaspoon	ginger
1 teaspoon	garlic
1 teaspoon	garam masala
1 teaspoon	tandoori masala
½	freshly squeezed lemon juice
500g	natural yoghurt
½ teaspoon	chilli powder
2 tablespoon	oil
Salt	according to taste

#### Method:

1. Mix all ingredients together and marinade for an hour.
2. Then put all the ingredients in a pan and cook at high heat until all the water is absorbed.
3. Garnish with green chillies, coriander or spring onions and serve with chips.

NKS hopes that you like these recipes. We would be delighted to include your recipes on this page. So, please do send them to us.





# Photo Gallery.....



*NKS Management Committee Members and Khalda Y Jamil at Her Farewell - 07/12/2006*



*English as a Second Language Class - 13/11/2006*



*Food and Health Course - 04/12/2006*



*Young Mothers Group - 07/12/2006*



*NKS Annual General Meeting - 06/11/2006*



*Wednesday Group Eid Party - 16/11/2006*



*The Saturday Group - Diwali/Eid Celebration and Pottery Workshop - 11/11/2006*



*Health Issues In The Community Course - 04/12/2006*



# South Asian YOUTH speak out.....

## NKS Young Awaz Girls Group

NKS works with young South Asian girls living in Edinburgh every Fridays after school. It provides a range of services for them e.g. one to one support, activities of interest in group settings, trainings/courses and information on all aspects of day to day life.

Below is a list of questions put to a number of girls attending the group regularly, and their combined answers:

### Question 1 - How long have you been coming to the group?

Answers: *"Three years, six years, two years, a few months and one month."*

### Question 2 - What have you been doing in the group?

Answers: *"Lots of activities, socialising, making new friends, outings, having a laugh, parties, learning how to sew, learning new things, discussions on different topics, beauty tips, sports, fabric painting, henna hand painting, healthy cooking and Bollywood dancing."*

### Question 3 - What did you gain by coming to the group?

Answers: *"Built our confidence, cooking and sewing, make up tips, being more active and considerate towards each other, expanded our knowledge about other services offered at NKS and other organisations and made new friends."* One of the mother started a health training course as a result of her daughter coming to the youth group.

### Question 4 - What more do you hope to achieve?

Answers: *"Travel around the world, meet new people, help with finding employment, more physical activities, expanding the skills we already learnt and bring in new ones, more information on courses in and around Edinburgh to help with career."*

### Question 5 - What would you like NKS to do in the future?

Answers: *"Looking for new ideas, looking for new members, more outings, more educational activities and more parties."*

We asked a new member of the youth group to write a paragraph in her own words of what she thinks of the group:

*"My name is Amina and I am 15, I joined NKS about a month ago. I first heard of NKS from my mum, I've enjoyed coming here for the past month. Its been a lot of fun so far. I hope to learn how to sew, I'm learning it just now at NKS. I hope to learn more things and have more fun and get to know other girls more."*

The girls are using the Young Awaz Girls Group on Fridays as a drop in session as well. They drop in much before the session starts and they stay back to either surf the internet or just a social chat. They also watch films or listen to songs etc.

One of the girls said: *"I have been a member of NKS for about five years now. Since then I have been taking part in*

*various group activities: health sessions, complimentary therapies, sports and outings such as M&D's at Strathclyde country park, Glasgow, London and Blackpool. As well as being involved in the activities, I also met new friends through the group. Even though I'm a second year student at University I still take time out for NKS. NKS has helped me to build up my confidence and meet new people."*

One of the highlights for the girls was the Disco Night, which was held on Saturday the 9th of December 2006 from 5.00 pm until 9.00 pm. Tickets were just £2.00 each and the event was open to girls only and no boys or men were allowed to attend. This meant that the girls could relax and simply enjoy themselves. The food was provided by NKS and was enjoyed by everyone. The event was a great success and the girls really enjoyed themselves.

If you would like more information about Young Awaz Girls Group then please contact either Rohina Hussain or Nasima Zaman on the following number: 0131 221 1915.



Young Awaz Girls Group Disco Night - 09/12/2006



Young Awaz Girls Group Eid Party - 03/11/2006





# BEAUTY CORNER.....

## Foot Care Information

When it comes to beauty care one aspect of our body that we tend to neglect often is our feet. Your feet carry the weight of your entire body and often one of the most abused and least cared for parts of your body. Foot care is very important in order to keep your feet healthy and beautiful. The skin on your feet is very delicate and foot skin care on a regular basis is a must if your feet are to look beautiful. Given below is a foot care routine, that is simple and is not time consuming and that you can follow a few times a week:

- The first step to good foot care is to remove the hard skin from your feet. You may have to use a pumice stone or apply cream generously on the area in order to remove the dead foot skin. Soak your feet in a bowl of slightly hot water. This will soften the dirt and the dead skin, which will allow you to remove it easily. You could use a foot file as well, rub your skin gently and rinse off the flaky residue.
- After this, soak your feet for about 10 minutes in a bowl of warm water. Add some mineral salt or palm sea salts, along with a few drops of lavender essential oils that will relieve the aches and reduce the swelling.
- Dry your feet, especially between your toes. Trim the nails of your toes by cutting straight across the tip. Shape the corners with an emery board.
- Massage your feet with rich foot care cream. Cup your hands on either side of your foot and with your thumbs firmly press the upper part of your foot while pushing your thumbs outwards.
- Gently massage the anklebone in a circular motion to remove any stiffness in the ankle.
- Remove the extra cream from your nails. Then place cotton wool tufts in-between your toes to keep them part.
- First apply a base coat of nail polish and then apply a second coat if required. When you apply nail polish, begin from the middle of the nail with one quick stroke and then work outwards.
- Wait for half an hour before wearing your shoes.

Follow this foot care routine a few times a week and you will have lovely looking feet.

### HOME MADE FOOT SOAK RECIPE

You will need: ½ cup sea salt, 3 slices of lime, 5 to 10 mint leaves and 5 drops of essential lime oil.

Combine all these and add to a basin filled with warm water.

### HOME MADE FOOT SCRUB RECIPE

You will need: 3 limes, 2 tablespoons of white sugar, 1 tablespoon of sweet almond oil, 15 fresh mint leaves (chopped) and 5 drops of lime essential oil.

Cut the limes into small pieces and pulse these pieces into a thick pulp in a food processor. Mix this lime and the remaining ingredients in a small bowl.

Soak your feet in the homemade foot soak for 5 minutes. Then apply the homemade foot scrub with your hands using circular movements around the foot, ankles and calf. Remove the scrub with a warm, damp towel and then apply a mint moisturiser all over your feet.

### HOME MADE FOOT EXFOLIATOR

You will need: 8 strawberries, 2 tablespoons of olive oil or sunflower oil, 1 teaspoon of kosher salt and ½ teaspoon finely chopped almonds.

Mix all the ingredients together and make a paste of it. Do not blend too much as the strawberries have a lot of water and this will make the paste too watery. Massage it onto your feet, rinse off and dry your feet. This foot care product has no preservatives and has to be refrigerated. Shelf life is about one week.

### RELAXING FOOT LOTION RECIPE

You will need: 1 tablespoon almond oil, 1 tablespoon olive oil, 1 teaspoon wheat germ oil and 12 drops eucalyptus essential oil fragrance oil.

Put all of these ingredients into a dark coloured bottle and shake it well. As and when you require rub into the feet and heels. Store in cool dry place. This recipe does not contain preservatives and requires refrigeration. Shelf life is approximately one week.

Make and use these simple natural foot care products at home and they will keep your feet healthy and beautiful.

Send in your beauty tips and we will do our best to include them on this page.

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# 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

Rohini Sharma ~ Director (Chairperson)  
Saroj Lal ~ Director (Vice-Chairperson)  
Jabeen Munir ~ Director (Company Secretary)  
Anne Munro ~ Director (Treasurer)  
Sharmin Jahan ~ Director (Assist. Treasurer)  
Indra Shishodia ~ Director  
Mariam Fazil ~ Director  
Kaneez Ahmed ~ Director  
Aysha Miah ~ Director  
Ann Wigglesworth ~ Director  
Johanara Ali ~ Director  
Savita Handa ~ Director  
Kamrun Nessa ~ Director  
Shumona Azad ~ Director

## NKS News/Events

**Second Module in Health Issues In The Community Course (HIITCC) and Presentation of Certificates:** The second module in HIITCC will start in February 2007. The certificates will be presented to those completing this course after it is finished.

**Celebrating Cultural Diversity at NKS:** NKS has been awarded funding to hold a big function in the New Year to celebrate cultural diversity. So, get ready to party in the New Year! Please contact NKS for more details nearer the time.

**Festive Holidays:** Please note that NKS will be closed from Monday 25/12/2006 onwards and will reopen on Monday 08/01/2007. NKS would like to wish everyone all the best for 2007. 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

**Changes in Management Committee:** NKS would like to say thank you and farewell to: Rashpal Nottay, Megan MacKenzie, Kamuran Malik, Mahmuda Boksh and Assia Hussain who have all stepped down from the Management Committee at NKS. NKS would like to say hello and welcome to: Ann Wigglesworth, Mariam Fazil, Kaneez Ahmed, Sharmin Jahan and Johanara Ali who have all joined the Management Committee of NKS for 2006/2007.

**Kaneez Ahmed:** NKS Management Committee and staff would like to express our deepest condolences to Kaneez Ahmed and her family on the sad death of her husband - Nazir Ahmed.

**Khalda Y Jamil:** Khalda, one of the senior workers at NKS who has worked as an administrator for the project for the last twelve years, is leaving. She is working until the end of December 2006. Khalda has been one of the most committed and hardworking workers at NKS and has always been the backbone of the agency. We are all sad to see her leave, but people do move on for a better and brighter future. At NKS all of us wish her the best in whatever she plans to do in the future.

## Your Contacts at NKS

Naina Minhas ~ Project Co-ordinator  
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  
Urfol Sonu ~ In Charge of Cleaning