



Nari kallyan shangho

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...

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For any further information, comments, or suggestions regarding any issues raised in this newsletter, or if you would like

Disclaimer: The views expressed in any of the articles in this

Editorial ~ Rohini Sharma Joshi

I am honoured to be able to put forward these comments for the first time from my position as chair of NKS.

NKS as an organisation works with South Asian Women in a true sense. It does not only provide them with a platform to network and socialise but provides information on various issues. These issues have a positive impact on their personal well being and their families. I believe that NKS is delivering much needed services for South Asian women who otherwise would have missed on many opportunities in life.

I would like to take this opportunity to pay tribute to my predecessor, Mrs Saroj Lal, for her leadership of NKS over the last three years. Mrs Lal has shown a great commitment to the work of NKS. I hope to carry on her good work.



Rohini Sharma Joshi (NKS Chair) & Naina Minhas (NKS Co-ordinator)



Bangladeshi girls performing a traditional folk dance on the 17th march event at the Thomas Morton Hall, Edinburgh



Diabetes Screening and Awareness

I first visited NKS in 1999 along with my sister who was a Diabetes Specialist Nurse with an interest in minority ethnic communities. We were showing a video about diabetes in Urdu and then screening the women's group for diabetes with blood sugar testing. Since then over the years and following in my sister's footsteps, I've visited NKS on a yearly basis initially and recently quite frequently. Screening has included tests for blood sugar and cholesterol, blood pressure and waist circumference. Although the women are usually keen to be tested, I believe that raising their awareness of the killer that diabetes can be if not controlled is just as important, particularly as South Asians are at such high risks of developing the disease. Some of the groups have enjoyed videos in various languages and printed information in the appropriate language is brought along to the meetings. A significant number of women at NKS either have diabetes themselves or have someone in the family with the condition. Many of the women are knowledgeable about diabetes and the concordant cardiovascular risks. There have been some lively discussions and shared experiences. Last year a small group of NKS women participated in 3 diabetes education sessions, delivered by Jill Alexander (khush Dil) and myself, being piloted by the National Resource Centre for Ethnic Minorities. The sessions were evaluated positively and will form part of a national education resource pack on diabetes in 6 languages. Recently a small group of Bengali men have attended

NKS for screening and discussion about diabetes. In the groups I have worked with, a certain proportion of people already know they have Type 2 diabetes but several people not known to have diabetes have had above normal blood sugars and are given a letter for their GP to have formal checks. This also happens if their cholesterol or B/P are abnormal. Screening and raising awareness of diabetes is important especially for married old-



Bangladeshi women watching a video in a diabetes session (5th February '07) at NKS



Pakistani women in a health session on Menopause (21st March '07) as part of the Wednesday Group. The session was organised with support of MEHIP

er South Asian women as



Services in Edinburgh

DISABILITY LIVING ALLOWANCE

To qualify for Disability living allowance you must be treated as living in Great Britain, and meet certain other conditions about your residence and presence.

Also, changes to your circumstances can affect the amount of Disability Living Allowance you get or whether you get it. For example, this could be a stay in hospital or if your disability gets worse or better.

Disability Living Allowance (DLA) –Who can get it

You may be able to get DLA when you reach 65, it may continue if you still have care and/or mobility needs.

If you're claiming for an ill or disabled child

Your child must need a lot more help or supervision than other children of the same age.

You can claim for care needs before a child is aged three months, under special rules' (see below)

- Age three, if your child is unable, or virtually unable, to walk
- Age three, if your child is both 100% blind and 80% deaf
- Age three, if your child is severely mentally impaired with severe behavioural problems and qualifies for the highest rate of care component.
- Age five, if your child needs guidance or supervision when walking out of doors.

If you have care needs

DLA is paid at different rates depending on how your disability affects you. There are several ways you can get a claim pack you can also claim

Care component	Weekly rate
Highest rate	£64.50
Middle rate	£43.15
Lowest rate	£17.10
Mobility Component	Weekly rate
Higher rate	£45.00
Lower rate	£17.10
Attendance allowance	Weekly rate
Higher rate	£62.25
Lower rate	£41.65

Your individual circumstances will affect how much you can get. The claim pack gives some examples of different levels of mobility needs.

Effects on other benefits and entitlements

If your claim for DLA is successful, you may get extra money paid with your:

- Income-based jobseekers allowance
- Income support
- Pension credit
- Housing Benefit or council tax Benefit
- Working tax credit
- Child tax credit

If someone is paid 'care allowance' for providing care to you, you may not be able to receive an extra amount for several disabilities in any of these benefits or credits.

For more information, you should contact the office dealing with your claim for the benefit or credit concerned or contact the disability living allowance help line.

Telephone number: 0800 88 22 00

Text phone: 0800 24 33 55

They can also arrange for someone to help you fill out forms if required.

In our own words...

...

e ~ By KHALDA Y JAMIL

Daughter's letter - taken from a magazine

No one knows more about what the South Asian community wants and needs than NKS.

A lot of south Asian women come and use the services here.

Rarely will you find the place quiet, empty or bereft. It is usually very busy, full of life, the place to be and full of cheer.

Kind, friendly and helpful staff makes NKS what it is today.

All of the Management Committee members are committed to taking NKS forward.

Lots of very interesting, educational and fun activities take place here – come and play!

Lots of great parties and outings happen at NKS – you will never be bored.

You all want to come to NKS but we do not have space for everyone.

A lot of agencies want to work with NKS but we can only do what is in our remit.

NKS Management Committee and staff can only do so much with the resources available to them.

Surely the core funders can find more funding for NKS – come on, commit!

How so much excellent work is being done with so little – no one truly knows.

A lot of hard work goes in to running NKS.

NKS is such good value for money – does it not show?

Grateful users keep coming back to use NKS services, which are the best.

How I hope that NKS is around for the community as long as it is needed.

Of course NKS will keep on working hard because that is its beauty.

बिट्टी की बिट्टी

उसी इडे से मैं भी जानी, उसी
इडे से मार्टि

मार्टि दुलारा आँख कातरा, मैं
क्यों दुई परायी।

एक काइस में आगे बढ़ती, ही
एग पीछे छट जाती।

बिट्टी की राहें मैं दुनिया, कितने
शौके डारकाती।

पढ़ना - लिखना जैसे भी चाहूँ, पापा
मुझको पढ़ना है, मैं या के ऊसा
ही मुझको, पढ़ - लिख कर कुछ
नहै नहै।

बिट्टी की बिट्टिया जाव जानी, माँ
फिर कौयी जार - जार, बिट्टी की
पलकें मैं उबैर, कितने सप्ने
आरबार।

युग बढ़ला फिर बिट्टिया जानी,
लैकिन सभी उद्धास, सबके मन
मैं कहीं दूनी थी, पुत्र जाम
की उास

From Our Elders

Life time achievements - Naina Minhas



Mrs. Saroj Lal with her family at home in her garden

'It is time to celebrate the achievements of Women from the Asian communities in Edinburgh', was the discussion topic at NKS. Where do we start? What better perhaps, than Mrs. Saroj Lal—the ex-chair of NKS and the woman with a stellar track rec-

veloped interest in working for the communities during this period that took her to the YWCA Round about International Women's Centre. She began with voluntary work there and then took up the offer of a job at the Lothian Racial Equality Council as a Community Relations Officer. With her dedication and hard work she soon became the director of the Council and continued providing the able leadership for the next sixteen years. Under her leadership LREC grew and successfully served the ethnic minority communities in the Lothian area. Saroj was indeed the first Indian woman director in Scotland and later gained the distinction of being the first Indian woman in Scotland to be appointed as a Justice of the Peace.

Saroj took early retirement in 1996. '*How did you take this decision of early retirement?*' I asked Saroj, '*I felt I had done enough during my sixteen years at LREC and was happy with my achievements there as Director. When people in communities complain that not much progress is being made towards racial equality, I disagree. We have covered some distance towards closing the gap. There was a time when we approached the Local Authorities regarding any race issue we had to justify our case. Now, when we engage in discussions with the same groups there is real understanding and awareness. I feel this is a real step forward. There is a progress in the implementation of Equal Opportunities policies which was once an uphill struggle.*' Mrs. Lal said all this with a sense of satisfaction and full of praise for the Local authorities.

'She continued "*I decided that after 16 years, I wanted to spend more time with my family and enjoy being with them. All during my working life I kept feeling guilty that I have been neglecting my family—which is a feeling shared with all working women. Now, I wanted to make up for that.*"'



Mrs. Lal (far left) on the stage with some members of the Friday group

'What are your plans now?' I asked Saroj curiously and fully impressed with her achievements. 'I am proud of the recognition I gained from the communities as result of my work. Now I want to re-

ord of achievement in her local community.

Encouraged with the idea of making an attempt to record Mrs. Lal's achievements took me to her house. I was warmly welcomed by her family. Having settled her grand daughter, we sat down in her lounge with a cup of tea.

'Where do we begin', Saroj asked. I wanted to know her background, and how she came to this country.

'I was born in Gujranwala - now a present-day Pakistan. At the time of partition I moved to what is now India with my family. I was very young at the time. As a child I was greatly influenced by my father who was a freedom fighter during the British Raj'.

Educated at Punjab University in Chandigarh, India, Saroj completed her Masters in Economics. She taught for some time in Ludhiana before getting married and joining her husband in Madras. Three years later her husband was offered a teaching post in Singapore and they moved there. 'My son was born there and though India is a vast, multi-faith, multi-community society, I feel that was my first experience of living in a modern multiracial society' informed Mrs. Lal. Soon her husband decided to join postgraduate studies and they moved to Birmingham, UK. 'So I moved from Pakistan to India, to Singapore and then to UK.. I encountered racism for the first time in my life when I was in UK' said Mrs. Lal. She eventually settled in Edinburgh, where her daughter was born.

In Edinburgh Mrs. Lal did her teaching course at Moray House and started teaching in Morningside primary school. She taught there from 1970 to 1973. She de-



What's been happening at NKS?



A group of health Course participants presenting their project (31st January '07) in front of invited guests

A presentation day was organised as part of the 'Health Issues In the Community' course at NKS on Wednesday, 31st of January. The twelve course participants did group presentations to raise awareness of issues affecting women's health. The issues raised were of depression, poor housing, poor lifestyle and lack of appropriate services for women. The audience were made up of invited guests from other voluntary and statutory projects and women from the South Asian communities. The audience gave a very positive feedback of the presenta-

and Asian cultures were included in the event. The event was attended by 300 women and children. There were stalls, cultural programme and dinner. NKS staff worked hard to take the event forward. It was a successful cultural event that was enjoyed by all.

NKS would like to thank 'Big Lottery—Awards for All' for helping the project to make it possible by providing financial resources.

Session on new Voting System for 3rd of



New voting system session in progress - 2nd May 2007

Since voting system has changed for the 3rd of May elections, NKS organised a session on new voting system in conjunction with CEMVO. Two workers - Abha Rodrigues and Kit Cooper, from CEMVO facilitated the session.

The session was attended by about a hundred women and was successful in raising awareness about the importance of voting and about the new voting system introduced. The women who attended the session gave a positive feedback as to the way the facilitators explained



NKS Diversity Event at Thomas Morton Hall (17th March)

To move another step towards mainstreaming and integration it is crucial to recognise diverse cultures and communities in a multicultural Britain today. NKS is actively promoting and raising awareness of different cultures in Scottish society.

As part of celebrating and recognising diversity, NKS organised an event on Saturday, 17th of March at the Thomas Morton hall in Edinburgh. The performances

Focus groups at NKS

NKS had been approached by two agencies - BIELD Trust Housing association and Age concern to hold focus group sessions to identify older women's issues.

Two focus group sessions took place jointly with the Age concern attended by 22 women each session. NKS workers interpreted in the sessions. Age concern paid NKS for both the sessions.

The Bield Trust Housing Association held a focus group discussion for older people at NKS that included men and women from different communities in Edinburgh. Again,

Kid's corner...



LIVE HEALTHY AND STAY HEALTHY



Birthday celebrations in NKS Nursery

NKS promotion of the Healthy Living Programme is extended to include the NKS pre-school Nursery where child care staff are raising awareness of healthy food for children among parents and children.

Healthy eating is a priority set by the government and NKS is aligning its targets to the priority. There are many other organisations in Edinburgh that are working towards these targets. Edinburgh Food Community Initiative is using various strategies and encouraging people to use organic food as it minimises the use of chemicals wherever possible in its production and transportation. The Local Food Co-ops run by the Edinburgh City Council are encouraging their consumers by giving some of the organic food free of charge with recipe ideas. They also give practical cooking demonstrations to people on a weekly basis.

Several researches show a high number of obese children in Scotland. To help our children develop healthy eating habits a number of health programmes and projects like PIP Project, Happy Jack Project, 5 a day, Snack Attack are running. The basic purpose of these projects is to cut down on amount of sugar, saturated fats and additives in the diet of children as well as adults. One of the researches shows that;

“ Every consumer in Britain eats around 6 kgs of food additives a year”.

So we all should encourage more dietary fibres, fruits and vegetables in our homes and cut down the amount of salt, sugar and fats in our diet.

In NKS nursery, we encourage children to eat more bread, fruits, vegetables and drink more water in their diet rather than drinking juices, fizzy drinks. Snacks such as chocolates and sweets are discouraged.

Another initiative to promote healthy living is to take good care of our Oral health, as eating more sugary foods and not brushing teeth properly leads to tooth decay.

This is common even in children under one year of age. To promote the healthy habit we make sure that children brush their teeth after lunch at NKS and hope that this habit is encouraged at home. To develop this habit in early age, it stays with children for life.

For more information regarding different healthy and nutritious projects and information about local Co-ops you can log onto following websites:

www.ecfi.org.uk/ecfi_growing_sourcing.htm

www.healthyliving.gov.uk

www.scotland.gov.uk

www.edinburgh.gov.uk

www.surestart.gov.uk



It is lunch time for NKS Nursery children



FOOD FOR THOUGHT

CHIKEN WRAP

Ingredients

Chicken cubes	25g
Tortillas	2
Chicken tika BB/Behali kebab	½ teaspoon
Yoghurt	½ teaspoon
Ginger/ Garlic paste	½ teaspoon
Cucumber, tomatoes, lettuce	As much as your require

Method

1. Marinate the chicken cube with spices, yoghurt, ginger, garlic paste and 1 tablespoon oil.
2. Refrigerate overnight.
3. Cook the cubes in skewer or in a wok.
4. Wash your vegetables and shred the lettuce finely.
5. Slice the cucumber and tomatoes.
6. Heat up the wraps.

PASTA

7. Put some sauce in the wrap if required.
8. Put half the chicken in each wrap with salad.
9. Roll it and cut it in half and serve.

Ingredients

Chopped tomato	1
Chopped Cucumber	¼
Sliced green pepper	½
Sweet corn	½ small tin
Apple chopped	½ (optional)
Mayonnaise	5 spoons
Salad Cream	1 spoon
Yoghurt	1 spoon
Mixed Herbs	
Salt & Pepper	

Method

1. Cook pasta in boiling water for 10-15 minutes or until pasta is tender.
2. Add mayonnaise, salad cream and yoghurt to a bowl and mix until creamy texture has formed.

MATTER PANEER

Ingredients

1 onion chopped
1 tomato halved
2 green chillies chopped
2 cloves garlic mashed
½ tsp mustard seed
½ tsp cumin seed
1 tbs olive or rapeseed oil
1 packet tofu cut into large cubes
½ small packet frozen peas
½ tsp garam masala
¼ bunch fresh coriander chopped

Method

1. Fry onion in oil
2. Add seeds and fry stirring for 1-2 mins
3. Add chilli, tomato and garlic
4. Add small amount of water and cook covered, for about ½ hour until onion softens (onion can be hand blended if time is short).
5. Remove skin of tomato
6. Cook mixture with lid off until all water evaporates
7. Stir in peas
8. Add tofu and 1 cup water. Cook for 5 minutes gently
9. Add fresh coriander and garam masala

Chicken Yakhny(soup)

Ingredients

½ chicken
½ tsp salt
3-4 cloves
1 black elaichi
Cinimon stick
3 cloves garlic
crushed black pepper to taste
Put everything in a pan and boil for 20 minutes

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.....



Bangladeshi women in the Diabetes session—5/02/07



Exercise session in the Friday Group—16/02/07



Healthy Cooking session with Bangladeshi women—5/02/07



Session on Blood Pressure in Wednesday group—14/03/07



NKS Nursery children on Christmas outing—21/12/06



NKS Nursery children on the stage taking part in fancy dress—17/03/07



Dandia—a Gujarati stick Dance on the 17th of March '07



Women going around stalls on the 17th of march '07



South Asian YOUTH speak out.....

NKS Young Awaz Girls Group

NKS works with young South Asian girls living around Edinburgh every Fridays after school. We provide 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.

Recently we have had discussions on healthy diets and keeping fit, we have asked some of our girls from the group to define in their own words what a healthy, and unhealthy diet is. This is what their views were.

HEALTHY DIET

In my opinion, healthy eating is all to do with having a balance of the right things. A day should begin with a healthy and nutritious breakfast as this is your 1st meal of the day. An ideal breakfast would be boiled egg with toast and tea, coffee wouldn't be ideal as it contains a lot of caffeine. Cereals are another healthy option if you carefully choose what you eat as it contains a lot of carbohydrates, grape fruit or any fresh fruit juice is very healthy in the morning or any other times. At lunch something like baked potato with tuna and sweet corn and lots of salad is very healthy. In the evening, for dinner you could have meat or a fish dish. Meat is only best when its organic as this the most safest, it is also best not to have meat more than once or twice a week, fish is very good to have as its contains omega 3 oils which are very healthy and can prevent many illness such as heart disease. Throughout the day snacking on fruit is very good as it adds to your daily intake of fruit and vegetables. 'Health bars' are misleading as they contains a lot of sugar therefore aren't the best snack, low fat yoghurt's are also a good snack. For dessert it is better to make your own than to buy from shops, these products contain many additives and 'e numbers' and therefore you are better off making your own dessert, as you are aware of the ingredients going in, Therefore we can see that healthy eating is merely having a balance of things like meat and boiled or baked food at the

right times, snacking on fresh fruit and vegetables and drinking plenty fluids such as fresh juice.

By Sufiya Qadar

HEALTHY DIET

A healthy diet is required for one to maintain a balanced and good life. It will not only help you by maintaining a healthy body weight but will also benefit you by providing you with the necessary vitamins and minerals, giving you the satisfaction of well-being along with reduction of the number of diseases associated with an unhealthy diet.

All foods are important for the human body to work effectively and efficiently so therefore a healthy diet refers to one which has a mix and balance of all types of foods. Fruits and vegetables are important for a healthy diet alongside with carbohydrates which include bread, pasta and rice, and proteins which include meat, fish and nuts. Dairy products are important although they contain fats. Fatty foods and foods which contain a lot sugar and salts should be avoided although they must not be cut from your diet completely.

By Huma

HEALTHY DIET

Having a healthy diet is one of the most important things you can do to help your overall health. Along with physical activity, your diet is the key factor that affects your weight. Having a healthy weight for your height is important. Being overweight or obese increases your risk of heart disease, diabetes, high blood pressure, stroke etc.

A healthy diet consist of :

- Bread, wholemeal cereals.
- Fruit and vegetables.
- Milk and dairy foods.
- Meat, fish and alternatives.



Dark Circles Around Eyes

Cause of Dark Circles

When small blood vessels dilate and becomes enforced with deoxygenated blood, the dark circles and discolouration around the eye appears. Discolouration might be the result of allergies, nasal congestion or it could be a persistent problem because of genetic or bad allergies which has been inherited. As you age, the skin becomes thinner in this area the underlying blood vessels become transparent. Other causes are late night outs, lack of sleep, lack of fluids and the intake of caffeine hyper pigmentation, visible blood vessels due to fat loss, thin aging skin, hereditary thinness or superficial vessels, excessive visualization due to medication and iron or other vitamin deficiency.

- putting a drop of rose water into each eyes just before you sleep can refresh your eyes.
- Cut cucumber into thick slices and use as eye pads.
- Cut potatoes in halves and take the liquid of the potatoes with a cotton wool ball and apply around your eyes and leave over night, repeat this for a month every night and it should reduce these dark circles.
- Take 1 tspn of cucumber juice, 1 tspn of limejuice and pinch of turmeric powder. Apply and leave for 20 minutes before washing.

To remove puffiness from the eyelids, massage a drop of fresh castor oil on them.

Another option is to soak cotton pads in cold milk, lie down and place them on your closed eyes and relax for a while.

Grate 2' piece of cucumber. Squeeze through a muslin cloth and extract the juice. Dip cotton pads in this and place on eyelids. Relax for 15 minutes.

Take 1 tspn tomato pulp of turmeric powder $\frac{1}{2}$ tspn of limejuice and 1 tspn of gram flour. Make a paste and apply gently with moist cotton pads, wash off after $\frac{1}{2}$ an hour

Soak 2 almonds overnight. Peel and grind to a smooth paste. Add a few drops of limejuice to this apply and keep it on for 20-25 minutes. This should be followed daily and gradually after 2 weeks, every 3rd day and finally when the difference is visible, to once a week. A past of almonds can be stored in a clean bottle in the fridge.

Apply a paste made by a handful of mint leaves.

Mix a little almond powder with milk cream and massage the mixture around your eyes.

Looking forward with NKS...



Groups at NKS

ENGLISH AS A SECOND LANGUAGE (ESL) CLASSES:

- Women only ESL classes run at NKS, thanks to Stevenson College, on Mondays and Tuesdays from 12.30 pm till 2.30 pm. Interviews are conducted on Tuesdays, after the class. Please note that the ESL classes run with the school terms.

BANGLADESHI WOMEN'S SUPPORT GROUP:

- This group runs at NKS on Tuesdays from 10.00 am till 12 noon. The group decides what activities they want to do. Activities include: health sessions, sewing, complementary therapies, cookery, outings, social functions etc.

SAKHI (FRIEND) WOMEN'S GROUP:

- This group runs on Wednesdays between 11.00 am and 1.00 pm at NKS. The group decides what activities they want to do. Activities include: health sessions, sewing, complementary therapies, healthy cooking, outings, social functions etc.

MOTHER AND TODDLER GROUP:

- This group (run in conjunction with Sure Start) runs on Thursdays from 10.00 am until 12 noon at NKS. Please note that this group runs with the school terms. Activities include: health sessions, yoga, arts and crafts, sewing, healthy cooking, calanetics, outings, social functions etc.

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:

Page

- 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,

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

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

NKS News/Events

Summer Outings: Summer is here. Soon we will have warm pleasant weather and it will be time for summer outings at NKS. Outings will be organised from June onwards. So look out for more information.

Trip to Dubai: NKS Youth Group—Young Awaz is going to Dubai at the end of the June. Two youth workers and seventeen girls are going for the trip. Their tickets are confirmed and they are all set to have an enjoyable trip. We will give you more details about the trip in the next issue of the newsletter along with photographs.

NKS Resource Library and

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

Staff and Management

Mrs. Indira Sishodia - Mrs. Sishodia had been away to India to spend sometime with her relatives. Unfortunately she met with an accident as she fell in the house and injured her leg. She is in hospital and is undergoing a treatment. Everyone at NKS would like to send a message of get well soon to her and pray for her quick recovery. We are all missing her in the Friday group.

Jabben Munir— Jabeen Munir—NKS secretary has recently been busy with her daughter's engagement. Her daughter has been engaged to get married sometime later in the year or in the year 2008. We all would like to congratulate her on her daughter's engagement.

Rohina Hussain—Rohina Hussain is a step further. She has fixed her son's wedding to take place in August 2007. Rohina Hussain is one of the senior workers at NKS working for the last 16 years with South Asian women in Edin-

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