



# Nari kallyan shangho

## newsletter

Summer  
Edition,  
August 2007

### 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

### Editorial ~ Naina Minhas

It has been over eighteen years that NKS has worked tirelessly for the South Asian communities, plugging in gaps that affect the quality of life of women and children in the communities. Over the years, NKS has not only provided a significant platform for South Asian women to address crucial issues affecting their life, but has also promoted the status of women in society by highlighting and recognizing their valuable contributions.

NKS promotes the community development process in disadvantaged communities to empower women to make informed choices.

The communities wholeheartedly appreciate and are grateful for the efforts and endeavours of NKS as a women's organisation. Women in the South Asian communities trust and relate to the organisation very well. NKS is not only about facilitating access to services in Edinburgh as it may be understood to be by some. It is also about the betterment of disadvantaged communities through numerous preventative measures in different areas of their life. These measures are identified and taken up collectively at the community level, through encouragement from the project. Organisations for women



From left to right: NKS Manager Naina Minhas, First Minister Mr. Alex Salmond and NKS Chair Rohini Sharma Joshi at the Indian Independence celebrations at the Merchants Hall in Edinburgh

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



## Health Week at Nari Kallyan Shangho

Nari Kallyan Shangho ran a health programme for a week, beginning on the 18<sup>th</sup> of July 2007. This was devised in order to tackle health and lifestyle issues affecting South Asian women and their families. Health workers and nursery staff at NKS held a meeting and decided to combat these issues by running a health and fitness regime for a week. Children from the nursery and women from various groups at NKS all enjoyed themselves and found the entire experience very adventurous. Twenty women and ten children from the NKS Nursery took part in the initiative.

The programme aimed to raise an awareness of the importance of a healthy lifestyle among south Asian women. Women were advised on how to maintain a healthy body weight and equipped with knowledge and skills to practise a healthy lifestyle. The programme promoted three components of healthy living which included regular exercise, healthy eating, and managing Stress.

Two women who took part in the NKS health week share their experience of what it was like to take up a healthy diet:

“My name is Abida Sheikh. I am a regular user of NKS. I felt that the health week was brilliant as it brought life enhancing changes to my lifestyle. My daily plan for the week was to begin the morning with some exercise and yoga which have been shown to have positive links with mental health. After this I had a delicious healthy breakfast and walked briskly for an hour which left me feeling invigorated and refreshed. Next in my daily routine came an appetising healthy lunch. All these changes brought about an awareness that a healthy lifestyle does not simply mean eating boring foods and partaking in difficult strenuous exercise. Preparing healthy food actually proved much more interesting than that of the fatty and unhealthy food most of us know only too well. Furthermore, eating healthy foods does not present the risk of long term health problems. I found the morning exercise or walk particularly exhilarating as it left me in a positive frame of mind for the rest of the day. By the end of the health programme I was confronted with the fantastic result of having lost two pounds in one week. This loss in weight led to me becoming more energetic and being able to carry out everyday activities with greater ease. Since the health week I have kept up my healthy regime in terms of eating healthily and enjoying walks with my friends. I have heard that many of the women who participated in the programme have since fallen back into their old eating habits. I felt very sad when I heard this because at the time of the health week they were so enthusiastic about the new changes and they wanted to keep them up. Overall, I feel that the health week introduced me to a new and healthy way of living.”

“My name is Mrs Raza. I thoroughly enjoyed the health week, especially the exercise part of the programme. The walking was helpful because I am not usually able to cope well with long walks. Previously I could only manage five minutes and

would soon become breathless, an obvious sign of being unfit. As soon as I heard about the health week NKS had planned for, I instantly took the decision to participate. Throughout the week I developed the habit of eating healthily at home. During the health week I would eat a large portion of salmon whereas previously such delicious and healthy morsels were not part of my diet. I feel good about this. Along with me were many women who also enjoyed themselves while participating in the programme. I hope for further similar initiatives in the future.”

The following will give you a breakdown of the varied food for different days.

### Menu

#### Monday 17.06.07

Breakfast	apple/orange Juice, Cereal's
Lunch	Brown Spaghetti with mince.

#### Tuesday 18.06.07

Breakfast	Porridge apple/orange juice
Lunch	Kebab with pita bread.

#### Wednesday 19.06.07

Breakfast	hand boil/egg, orange juice, bread
Lunch	Boiled baby potatoes and fish.

#### Thursday 20.06.07

Breakfast	Porridge apple/orange juice
Lunch	Boiled baby potatoes and fish

#### Friday 21.06.07

Breakfast	Cereal orange/apple juice
Lunch	Salad vegetable sandwiches with Philadelphia cheese and brown rolls and strawberries.



Health week at NKS in July '07



# Services in Edinburgh

The State Second Pension is paid in addition to the basic state pension. The Second State Pension reformed the state earnings related

The Pensions Act 2007 has made changes to the UK state pension system. The Pensions Act, which became law on the 26th of July 2007 made changes to the UK state pension system and these changes will affect those who reach state pension age on or after the 6th of April 2010.

## Parents and carers

Working and caring will be recognised equally in the reformed State Pension Scheme. With more women and carers being eligible for a full basic state pension and for a state second pension, people reaching state pension age on or after the 6th of April 2010 will be able to build up entitlement to a basic state pension and state second pension through new weekly national insurance credit. Those eligible for such credit are:

- People caring for children up to the age of 12.
- Approved foster carers
- People caring for at least 20 hours per week for disabled people.

Basic state pension is the retirement income you can claim once you have reached state pension age if you have paid or been treated as having paid sufficient national insurance contributions, or received credits during your working life.

### **Key changes to the basic state pension:**

- \* Reducing the number of qualifying years needed for a full basic state pension to 30 for people who will reach state pension age on or after the 6th of April 2010.
- \* Any number of qualifying years will give entitlement to at least some basic state pension. This can be achieved through paid or credited national insurance contributions.
- \* Reporting the system of home responsibilities protection (hrp) with new weekly national insurance credits for those caring for children up to the age of 12 and for severely disabled people.

## State Second Pension

pension scheme (SERPS) in April 2002 . Key changes to the State Second Pension include: allowing people to combine contributions from earnings with national insurance credits in order to gain qualifying years for a state second pension. This will allow people caring for children up to the age of 12 foster carers and those who spend at least 20 hours a week caring for severely disabled people to build up entitlement.

## ***The Pensions Act 2007***

Changing the method of accrual so that in the future it provides a simple, flat rate weekly top-up to the basic state pension, the current earnings related element will be withdrawn so that people will build entitlement on a completely flat-rate basis.

## **How are national insurance contributions paid?**

You are entitled to the basic pension if you have paid or been treated as having paid or been credited with enough U.K national insurance (NI) contributions.

If you are in paid work and you earn more than £100 in any week for (2007/2008) from a single employer you will pay NI contributions through your wages. If you are working and earning between £87 and £100 in any week for (2007/2008) you will be treated as if you have paid NI contributions.

If you have not been able to make NI contributions (for example, if you haven't been able to work due to illnesses or because you have been looking after a sick or disabled person and getting carer's allowance), you may be granted NI credits, or if you have been caring for children, been a foster carer, or been looking after a seriously ill or disabled person but not receiving carer's allowance, you may have the number of your qualifying years reduced to help increase your state pension entitlement. If you are self-employed, you must pay NI contributions unless you have made a successful application not to pay because of low earnings. You must make these payments to HM Revenues & Customs yourself.

In some circumstances you may be able to use your wife's, husband's or civil partner's NI contributions to help you get a better state pension.

If you don't receive information about the state pension automatically, it's up to you to claim it. You will usually be sent an invitation to claim when you are four months away from state pension age. If you are four months or less away from state pension age and you have not received your invitation to claim then phone and ask or download a claim form. The contact number is 0845 6060 265.

# In our own words...

...

*Listen what your child wants from you*

1. When I do something good, praise me, it makes me feel better and builds my confidence.
2. Develop skills in me that remain with me throughout my life.
3. There should be activities in my family during which I can feel the closeness with my family that will come with them.
4. **Keep your promise** because when you promise to reward me for doing a good deed and then go back on it, in my eyes you are not a person of principles.
5. Sometimes bring more food so that I can share with it my friends. This will develop a loving and sharing attitude in me.
6. Take care that television, cassette / CD players, computers and video games etc. are not going to ruin my moral and physical health.

(Taken from "Sunaye - Aap Ka Bachcha Aap se Kiya Chahta hai - What does your child want from you)

سنیے! آپ کا بچہ آپ سے کیا چاہتا ہے؟  
(1) جب میں کوئی اچھا کام کروں تو مجھے شاباش ضرور دیں، اس میں میری حوصلہ افزائی ہوتی ہے اور خوشی کا احساس ہوتا ہے

(2) جوہ میں ایسی مہارتیں پیدا کریں جو ناہیات میں سے سائنہ دیں۔

(3) میری فیملی میں ایسی سرگرمیاں ہوں جن سے میں ہر فیملی ممبر کی قربت محسوس کر سکوں

(4) اپنے وعدے کا پاس کریں کیونکہ جب آپ کسی اچھے کام پر مجھے انعام دینے کا وعدہ کرتے ہیں مگر نہیں دیتے تو میری نظروں میں آپ کا اصول نہیں رہتا

(5) کبھی کبھی میں نے اپنے کوائے کی کوئی چیز وافر مقدار میں لائیں اور مجھے اپنے دوستوں / سہیلیوں کے ساتھ مل کر کوائے کا موقع دیں، اس سے مجھ میں وسعت قلبی، اخوت اور محبت کا احساس پیدا ہوتا ہے۔

(6) اس بات کا دھیان رکھیں کہ ٹی وی، کمپیوٹر، پلیئر، کمپیوٹر اور ویڈیو گیمز وغیرہ میری اخلاقی اور جسمانی صحت کو خراب نہ کرنے پائیں

(ماخوذ سے "سنیے! آپ کا بچہ آپ سے کیا چاہتا ہے" (تحریر و تحقیق: اشفاق احمد)

# From Our Elders .....

## Mrs. Sayda Akhtar - talks about her life and contributions



**Mrs. Sayda Akhtar Wali with her husband Dr. Wali Tasar Uddin in their living room**

*"There is always a woman behind every successful man".* The saying took us to Mrs. Wali – wife of one of the leading personalities in the Bangladeshi community and an honorary consul general of Bangladesh in Edinburgh, Dr. Wali Tasar Uddin MBE JP FRSA. He has recently been awarded an honorary Doctor of Letters or D.Litt from the UK Heriot Watt University of Edinburgh. Dr. Wali has tirelessly served the Bangladeshi community for over two decades, helping people with many issues. He has not only supported the Bangladeshi community, but also wider communities in Scottish society. Dr. Wali is a successful businessman too. He has an extended family in Edinburgh and has two sons and three daughters.

We went to Dr. wali's house to meet his wife, hoping to seek answers to the many questions we had to ask her in relation to her husband's busy life and the contributions she has made towards her husband's many achievements.

Mrs. Wali greeted us with a warm smile and made us comfortable in her living room. She came across as a very modest and shy person. ***"It is all my husband's hard work; I have always stayed at home and looked after the family".*** Well, it was obvious that she did not see this as a major contribution towards her husband's achievements. We asked Dr. Wali who had just finished talking on the phone and had joined us in the living room for his opinion. ***"she has been a strong support...without her support and backing I couldn't have done all that I have managed to do over the years. She has always stood by me...never questioned my decisions. It really helped as she did not challenge***

***me or argue with me over any issue. She has always been a great strength in my life".***

Mrs. Wali came to the UK in the year 1977. She was already married to Dr. wali and had a daughter before she came here. She got married when she was eighteen and came to this country at the age of 20. Now she has five children. She got married when she finished her schooling. From the beginning her husband has been involved in community work. She felt his hard work was in aid of a worthy cause, and thus, fully supported him in his endeavours. As a community activist and trying to set up and build on his business, he was very busy. Mrs. Wali took over the responsibility of bringing up their children. Furthermore, her husband was in touch with a vast network of people who visited them regularly. Mrs. Wali welcomed them all and looked after them as guests when they were there. Dr. Walli said, ***" there were always guests at home and she looked after them without complaining. I did understand that it was hectic and tiring for her. I offered to hire help, but she has always refused. She prefers to do it all by herself. She has always been a great strength. I couldn't have done it all without her help and support. She always smiled through all the difficulties"***. We asked Mrs. Wali whether she had ever faced any difficulties. ***" Yes, I do not like to burden my husband with day to day problems...so I take to dealing with some difficult times myself, like when my son had a car accident in which I suffered internal injuries. I was in physical pain and suffering, but I did not want my husband to know or worry about me as he was busy with many things already. I did not tell him and decided to cope with it by myself"***. Dr. wali interrupted, ***" one can imagine how upset I was when I found out. She tries to release me from family problems by dealing with them herself. Sometimes I feel that she is taking on too much"***.

We asked Mrs. Wali how she coped with being in a different country and different culture with her husband not present most of the time due to his busy life. ***" I kept myself busy with the family and the responsibilities that go with having one. I prefer staying in the background and am happy supporting my husband that way. I have not accompanied my husband to the Queen's garden party as basically I am a shy person. Trust plays an important part in our marriage, although I have always worried about his safety"***. Mrs. Wali does not speak English and does not drive. We asked her how she managed. ***"There were always***



# ***What's been happening at NKS?***

## ***PADOSA—A research project to prevent***

The Padosa project is a new research project aimed to prevent diabetes among the Indian and Pakistani communities in Glasgow and Edinburgh through one to one intervention. The project workers engaged in the research have liaised with NKS to identify people from the Indian and Pakistani community who are at a potential risk of developing diabetes in the future. Approximately 20-

## ***A TRIP to Dubai \_ Young awaz***

NKS Youth workers organised a trip to Dubai on the 24th of June for six days. This was in response to a great demand from the Young Awaz group members. Fourteen girls went on the trip. A lot of planning went into organising the trip. The youth group members were as involved in the planning stages as the workers themselves. Several meetings were held to make rules for the trip and to prepare girls for the travelling involved and stay in Dubai. The youth workers communicated with parents of the girls at all stages to make sure they know and understood the issues involved.

The girls enjoyed the trip as they 'shopped till they dropped'. They also managed to gather energy to explore the city after all the hectic shopping. The

## ***A trip to Birmingham as part of the Health***

group visited the Wild Wady, Sahara Desert, Jumera beach and went on a boat ride around Dubai. The girls enjoyed it so much they are requesting for a similar holiday next year.

NKS organized a trip to Birmingham as part of the health course that ran for a period of sixteen weeks at the project premises. The course was organised jointly with the Khushdil project.

The trip was organised for the course participants to gain insight into the various models of community development in health, practised in England. The trip was funded by communities Scotland's 'Seeing is

- \* Youth project mainly to help young people enter training and jobs.
- \* Bangladeshi community's project for children's after school homework club and adult education classes.
- \* Carers project
- \* Community project part funded by the Sikh community.

## ***Craigtoun Country Park***

A summer trip was organised on Wednesday the 25th of July to the Craigtoun Country Park for the users of NKS. There were 70 women and children consisting of members of different groups at NKS, NKS nursery children and their mothers and some of the staff. The women and children thoroughly enjoyed the outing.

The summer outings are always eagerly anticipated by NKS users. Women feel that opportunities to go for outings with their children and enjoy

## ***Summer Outing to Doune Castle***

A trip to Doune castle was organised for the Friday Older Women's group at NKS and Bangladeshi women and children users of the project. Fifty women and children went for the trip. The group toured the inside of the castle, had their lunch together and then went to the Livingston shopping centre. Overall, they had a good day and enjoyed themselves. They are all looking forward to any future outings.

The trip was funded by the Trust, Hanover Beild Housing

## ***Gum boot dancing session in the Saturday***

A taster session of Gumboot dancing with Rachel was organised for the Saturday group at NKS. This is a new activity introduced to encourage women to take it up as a form of exercise. Twelve women attended the session and found it interesting. It was not only seen as part of being active, but also learning about and experiencing other cultures in Scottish society.



## Addressing Health Issues in the NKS Nursery



*Birthday celebrations in NKS Nursery*

Kids always need the best of our efforts and abilities to grow up as healthy human beings. To achieve this purpose we have always tried to bring new and innovative ideas which help children to use the best of their potentials. For this, we are constantly trying our best to help their physical, emotional, cognitive and linguistic development through different activities, such as I spy games, poems, stories, art activities, physical games, number games and many other activities.

Keeping in mind all these activities, we do devise a programme around issues going on in society in the present day. Some of the issues we seek to address in relation to children are obesity, lack of physical activity and spending quality time with parents. To avoid and lessen these situations, during the month of June, we celebrated health week in which we provided adults (parents) and children with several healthy eating options along with exercises, yoga and a daily walk to the Meadows. We tried our best to provide them with appropriate portions of proteins, carbohydrates, fats, minerals & vitamins with lots of water - the most precious thing for our body.

This doesn't mean that we forget about our other daily routines like singing poems, poetry, reading stories, playing I spy games, counting objects and

This led to organising a trip to Craigtoun Country Park, which they all enjoyed a lot and we got very positive feedback from parents and the children. The children enjoyed themselves a lot along with their parents, siblings and nursery friends. These outings help them to build on their sense of belonging. It was not only this outing which children enjoyed the sun and absorbed lots of Vitamin D, but they also enjoyed the playground at the back of the school which is used for play time. They play different games, such as hop scotch, football, cricket, hide and seek, etc., etc..

Similarly, keeping up the spirit of June and July, we organised a few more outings like a visit to the Butterfly and Insect Farm that reflected on our theme of "insects and their life cycles".

Other themes along with all these visits which were part of our programme of activities during the month of August were animals and their babies, which involved different activities working around this topic. In the month of August we also looked at some professions such as being a post man for which children wrote wax painted letters for parents, playing a post box activity game and a visit to



*It is lunch time for NKS Nursery children*



# FOOD FOR THOUGHT

## SPINACH POTATOES

### Ingredients:

Spinach chopped up small  
Potatoes  
Small piece of ginger chopped  
5 chillies  
4 tomatoes  
Vegetable  
1 tsp of salt  
1 tsp of mixed ground masala  
½ onions chopped

### Method

Fry the onions in 2 and a half-table spoon of oil. When Lightly browned, add the ginger, chillies, tomatoes, salt and masala after the sauce has thickened add spinach and cook it on a low heat until the spinach has softened.

Now add potatoes and let them cook for a further 30 minutes on low heat until potatoes are done.

Tip - A quick method of making spinach and potatoes and put it away for later. Just heat it and eat with chappatis

## SALMON CURRY

### Ingredients:

2 Salmon steaks  
¾ bulb garlic  
¼ tsp salt  
1 tsp ground coriander  
1 tsp turmeric  
½ tsp garam masala  
2 green chillies  
1 ½ tsp ajwain  
3 plum tomatoes  
½ tsp chilli powder  
½ tsp paprika  
Fresh coriander

### Method

Wash Salmon in cold running water removing any scales, place salmon in bowl with the chapatti flour and gently rub the fish with chapatti flour. Then gently rub the fish under the cold water until the chapatti flour and the fish slime has been removed. Add some lemon juice to the fish and rinse the fish until the waters runs clear. After the fish has been washed.

## Continued...

4. Add Salmon and cook for 2 minutes turning both side
5. Keep the bowl that has the fish and add one cup of water. Set it aside.
6. Gently move the fish to one side of the pan, and then add 3 plum tomatoes that have been pureed in the middle of the pan and gently shake the pan until the tomatoes mix with the fish.
7. Pour in the Water from the bowl and bring to boil and simmer for 10-15 minutes until the sauce thickens.

Finish your cooked salmon with 2 tsp of chopped coriander.

### Ingredients:

## Haddock dry steamed in foil

1 fillet haddock  
1/4 tsp coarse ground black pepper  
Pinch of salt  
1/4 lemon  
Fresh coriander chopped  
1 and a half tps rapeseed oil  
Foil

### Method

1. Wash fillet of haddock
2. Sprinkle pepper, salt, lemon juice, chopped fresh coriander and oil on top of fillet.
1. Wrap in foil and seal ends
2. Place in pan on low heat and turn over after 5 minutes.
3. Cook on second side for up to 5 minutes and check to make sure flesh is cooked through.
4. Serve with chappatti, bread, potatoes, pitta bread and salad



# Photo Gallery.....



**Young Mothers Group session in June '07**



**First Aid Training session in the Bangladeshi group**



**Young Awaz—Asian girls group at NKS in May'07**



**Young Awaz group in a restaurant having lunch together**



**Health week session in progress at NKS in July '07**



**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

Youth Workers at NKS have successfully organised a trip to Dubai and girls are waiting for the reunion to reflect on the trip as a whole. The reunion will be organised in September. The reunion session will also be used as a planning day for future action plan. We are pleased to announce that we have secured funds from the Edinburgh Community Safety Partnership Local Initiative Fund and Youth Link Scotland to provide group work and one to one support to young South Asian girls. NKS will work closely with Edinburgh Leisure to encourage girls to get more involved in physical activities and improve their lifestyle. NKS will work towards providing more information and support to young South Asian girls to access mainstream activities.

NKS have been looking into activities you can take part in and enjoy yourselves just as much.

Below are listed a range of exciting activities in and out of Scotland.

### **The Blood & Tear Walk**

This is an 1 hour 45 minutes tour by a qualified researcher and former professional actor. The walk is a few years of research and a site connected with London's dark past, including places associated with grave robbers, serial killers (including Jack the Ripper), secret tunnels, witchcraft and conspiracy.

Departs from Barbican tube station and finishes at Holborn tube station.

**Tickets : Child -£5, Adult £7**

### **Quad Biking**

Thrilling activities on easy to ride quad bikes. After an initial safety briefing, there will be mud, jumps and climbs through a forestry hill trek, all with an ATV instructor by your side. A great experience that will provide plenty of fun and mud. It's an all year round event. The activities last for 5 hours on average, depending on the ability and requirements of each group. The activities are for 6 years and upwards. All safety equipment is provided.

**Tickets: £60 per person**

**For more information and group bookings call on 01978860763**

### **Stirling Castle & Loch Lomond (Edinburgh)**

This ticket entitles you to a full day of south Queens ferry, Linlithgow, Stirling, and Stirling castle, Doune castle, Callander, the Trossachs, Aberfoyle and Loch Lomond. A fascinating tour to many of the places connected with "Brave heart" Sir William Wallace.

**Departs from Edinburgh Bus Station.**

**Tickets:**

### **J J's White Water Rafting**

Discover Tombstone weir, Middle stopper and factory falls where the white water seethes with exhilaration. No experience required, just a sense of adventure and fun. After a short safety brief from qualified instructors you will be on the water experiencing the thrill and excitement of getting wet. Activities last about 2 hours but the memories last forever.

Non-participants may watch from the comfort of our riverside café.

All safety equipment is supplied, you need to



## Hair Care

Length of hair has always been seen as a measure of its beauty, especially among women. The more lengthy hair is, the more beautiful it is considered to be; many men also like having long hair.

Long hair needs extensive regular care. What you will find below is a hair care plan for long hair, which you can utilize for yourself or you can share this information with your loved ones.

### Long hair care plan

Long hair requires extensive maintenance you should follow the suggestions below.

- Always comb your long hair before washing
- As with hair of all lengths select the shampoo and conditioner matching your hair type.
- Always leave your hair hanging down, while washing work the lather down the length like milking a cow, never push them up on your head while washing.
- Never forget to condition the ends, in fact pay special attention to them.
- Always use low temperature water in the final rinse.
- Let hair dry naturally whenever possible or get a special absorbent hair drying towel.
- Never ever brush your hair while it is wet.
- Always start combing from the ends, and then work your way up, never comb the other way.
- You can sit near a large electric fan to speed up the drying process of your hair.

- Regular massaging of your hair and scalp by applying some hair oil helps the circulation of blood to make hair strong. The roots of long hair need to be stronger as they have to bear the weight of the hair a lot more than short length hair.

### TIPS ON HAIR CONDITIONING

Conditioning is a way of giving the hair a nourishing treatment. Conditioning of hair makes them smooth and easy to manage. Following are some tips on home made conditioners:

- Tea rinse is known to improve the look of the hair. Used tea leaves can be boiled again in enough water. Once boiled, strain and cool it. Use it as a rinse after you have shampooed your hair.
- 40 to 50 drops of honey can be added in a pint of water to make honey lotion. This can be used as a rinse after shampoo.
- Rinses like camomile tea is claimed to give a golden tint to hair, while Chinese tea is claimed to brighten dark hair.

### ***NKS NURSERY***

**There are places available at the NKS Nursery. If you would like a place for your child, please get in touch with us at:**

**0131 221 1915**

**We take children from babies to 5 years of age and the Nursery is open from 9AM - 3PM**

# 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:

- \* 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  
**Marium Fazil** ~ Director  
**Kaneez Ahmed** ~ Director  
**Aysha Miah** ~ Director  
**Ann Wigglesworth** ~ Director  
**Johanara Ali** ~ Director

## NKS News/Events

**Youth Work at NKS:** the project has received funds from the Edinburgh community safety Initiative and Youth Link to provide group work and one to one support to young South Asian girls. The youth workers are looking forward to organising a focus group of Young Awaz members to do further planning. If you would like to join the group and take part in exciting activities, phone NKS to find out more

**NKS AGM:** NKS is holding its next AGM on the 1st of November 2007, if you would be interested either to join as a board of director or just attend the

## 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

**Savita Handa:** has given notice to resign as a board of director at NKS. She said that she has enjoyed her time at NKS, but due to other commitments she is finding it difficult to give time to the project. NKS wish her the best of luck for the future.

**Rohina Hussain:** NKS worker was on annual leave during August as she was busy with her son's wedding. Her son got married on Sunday, the 19th of August. The wedding and the wedding reception went well. We at NKS wish the newly married couple a very happy married life.

**Nighat:** Administrative worker at NKS has resigned and is only with us until the end of September 2007. Due to her commitments at home and work, she was finding it difficult to manage her

## 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