



# nari kallyan shangho

## newsletter

Spring/Summer  
Edition,  
May, 2008  
Volume 9 Issue 3

### 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.*

### Inside This Issue

<b>Your Health.....2</b>	<b>Kid's Corner.....7</b>
<i>Heart Disease - Rubina Iqbal</i>	<i>Tips for parents on how to encourage children to read - Manjari Singh</i>
<b>Services In Edinburgh.....3</b>	<b>Food for Thought.....8</b>
<i>The maternity allowance - Samra Rezig</i>	<i>Cake from whole-wheat atta</i>
<b>In Our Own Words.....4</b>	<i>Instant Kheer</i>
<i>Days to come—a poem in Bengali</i>	<i>Egg roll</i>
<b>From Our Elder.....5</b>	<i>Gajjar Ka Halwa</i>
<i>Mrs. Chandrana talks about her origins and life in Britain - Dr. Sushmita Weibe and Nasima Zaman</i>	<b>Photo Gallery.....9</b>
<b>What's been happening at NKS.....6</b>	<i>NKS Work At A Glance</i>
<i>Young Awaz Girls Group activities</i>	<b>South Asian Youth speak out.....10</b>
<i>Immigration and Housing workshops in the Bangladeshi women's group</i>	<i>NKS Young Awaz Girls Group _ Nasima</i>
<i>Ovarian Cancer and Congenital Heart defect in the Wednesday group</i>	<b>Beauty Corner.....11</b>
<i>Consultation about the information and access to the City of Edinburgh Council services by ethnic minorities</i>	<i>Home made beauty recipes - Samra</i>
<i>Meeting with the Bangladeshi community leaders</i>	<b>Looking forward with NKS.....12</b>
<i>Staff training at NKS</i>	<i>Groups at NKS</i>
<i>Black Leaders Network—Head, Heart and Guts training</i>	<i>NKS Services</i>
	<i>NKS Board of Directors</i>
	<i>NKS News/Events</i>
	<i>NKS Resource Library and Drop-in Facility</i>
	<i>NKS Staff and Management Committee News</i>
	<i>Your Contacts at NKS</i>

NARI KALLYAN SHANGHO is based at:

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

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

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

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

**Disclaimer:** The views expressed in any of the articles in this newsletter belong to the author, and are not necessarily the views of Nari Kallyan Shangho.

### Editorial ~ Naina Minhas

Welcome to the new issue of the NKS newsletter. We hope that you enjoy reading articles in the newsletter and the information provided is useful. Please give us your feed back so that we could improve further and provide information of interest to our readers.

The Children's and Families department of the City of Edinburgh Council is conducting a review this year of NKS services which will help the project to reflect on its commitment to the good practice and the milestones it has covered over years.

The project services were reviewed

about eight years ago and emerged as having a positive impact on the quality of life of the South Asian communities in Edinburgh. Its health and welfare support services were highly appreciated.

If you would like to get involved in shaping NKS services you can do so in different ways - by joining the management committee, by taking up voluntary work at NKS or just come and join one of the groups at NKS.

You could become a member of the organisation by paying £2.00 as an annual membership fees.



**NKS at the Republic Day event of India on the 26th of January at the residence of the Consul General of India in Edinburgh.**

**From left to right: Rohini Sharma Joshi (NKS Chair), Mr. Ramesh Chandar ( Indian Consul General), Neena Agarwal (Milan Manager), Mr. Srinivasan (Consul), Naina Minhas (NKS manager)**



## *Heart Disease - Rubina Iqbal (Outreach worker for South Asians)- Keepwell Project*

In the UK, heart disease is still one of the most common causes of death for men and women. Coronary heart disease causes roughly 1.5 million heart attacks each year and 1/3 of those suffering from heart attacks die and 2/3 lead a poor quality of life.

Because heart disease is often silent until stricken, it is very important to recognise what it is. Among the South Asians living in the UK, the death rate from heart disease is as much as 46% higher for men and 51% for women than the UK average.

Heart is made of a marvellous muscle that just keep pumping blood around the body minute after minute in our lives. It pumps blood around the body, which is necessary to carry out their function properly. Because our heart works so hard it needs a very good quality of blood supply of its own which comes from the coronary arteries. If these arteries are healthy then its functions performed will be good which is supplying blood effectively to all parts of our body and giving us energy to be active and enjoy the life activities. Coronary arteries are those we should take care of them by eating a balanced diet and leading an active lifestyle.

Heart disease can be affected in many ways but in coronary heart disease CHD, arteries become narrow due to fatty deposits that reduce the space available for the blood to flow. When less blood goes to the heart muscle, heart muscle will not work properly and start hurting, we feel pain called angina, ischemic heart disease. If coronary arteries are completely blocked due to fatty deposits atheroma, then that part of muscle, having no blood supply will die, if it happens in a small area, the victim has a good chance of full recovery or incomplete recovery, but when more heart muscle is damaged it causes sudden death.

Angina- Angina is a heavy cramp like pain across the chest, which sometimes spreads to arm, jaw, shoulder or neck. Its intensity goes down by taking rest.

Heart Attack- The pain is crushing and mostly central, which does not get better by taking rest.

### Risk Factors for heart disease:

Gender- More young men than women die of heart disease this is because women are naturally protected up until the time of menopause. Oestrogen is a hormone that protects women against heart disease. As women get older, the amount of oestrogen in body reduces due to menopause. The risk of getting heart disease is the same as men.

Old age- Your risk of developing heart disease increases, as you get older. Heart disease can occur at any age but mostly after 50-60 years.

Family history- If there is a history of heart disease in your family then your chances of developing it are greater.

Ethnic background- Indian, Pakistani and Bangladeshi have one of the highest rates of heart disease as compared to people of different backgrounds.

High blood pressure However, when the blood pressure is too high, the heart has to work harder. This can lead to heart disease.

High blood cholesterol The body needs cholesterol to function and has enough to meet its needs. When too much fatty food is eaten, the level of cholesterol in the blood increases. This extra cholesterol and fat is deposited in the arteries that supply blood to the heart, narrow the lumen of arteries and less blood will go through and this can lead to heart disease.

Diabetes Diabetes increases the risk of heart disease. People with diabetes are overweight and this too can worsen both their diabetes and heart disease. It is very important to keep diabetes under control.

Over weight People carrying excess weight are more likely to develop heart diseases. Extra body fat puts strain on your heart.

Smoking This is the most serious risk factor for heart disease. Tobacco chewing, cigars, pipes and cigarettes all increase the chances of getting heart disease. Smoking not only doubles your risk of heart disease but other serious illness as well, including cancer.

Physical inactivity Working at the desk, sitting down watching TV. for long periods and using car most of the time instead of walking all contribute to an inactive life style. This often leads to poor blood circulation and can weaken your muscles and bones.

Stress is caused when you feel upset or there is any change in your life routine pleasant or unpleasant - being unwell, death of a family member, getting a new job or not being able to speak a language. But the type of stress, which is particularly damaging to your health is loneliness, depression, family problem or ill health.

*Contd. On page 3....*



# Services in Edinburgh

*Heart Disease      Contd...from page 2*

*Maternity Benefits - Samra Rezig Ahmed*

## Prevention of heart disease

### **Relaxation and Exercise**

The more active you are the stronger your heart will become. Exercise makes your heart stronger, helping it pump more blood around your body. There are various exercises, but aerobic exercise is best for your heart. Examples of aerobic exercise include walking, jogging, running, swimming and cycling. How much exercise, it is 30 minutes brisk walk 3-4 times a week.

### **Healthy Diet**

- Less fat
- Less sugar
- Less salt
- More fibre
- Enjoy your food
- Eat a variety a of different foods
- Eat the right amounts to maintain a healthy weight

**Less fat-** Red meat is a major source of saturated fat, try to limit it to once or twice a week. Always remember to trim off any visible fat and substituting recipes using red meat with chicken or fish. For example instead of making lamb pillau, lamb biryani you can make chicken pillau or chicken biryani. Eat more fish, oily fish is rich in nutrients and high in omega-3 fat. Instead of using whole milk and cream use semi skimmed milk. Instead of having fried foods in butter, ghee or coconut oil use sunflower oil. Instead of hard cheese use cheddar cheese.

**Less salt-** Too much salt can contribute to high blood pressure and increase your risk of heart attack or stroke. Do not add salt to vegetables or fruits, to enhance the flavour add herbs and spices. Eat five fruits and vegetables daily. Eat whole meal bread, chapattis and naan.

Maternity benefit is a benefit payable to a woman who has given birth to a child. Maternity benefit can be, an allowance, or as a grant. Maternity allowance is a weekly benefit payable to an insured woman who has given birth to a living child or to a dead child if the term of pregnancy was not less than 28 weeks. Maternity allowance is paid for a maximum of 13 weeks, commencing as early as 6 weeks before confinement or as late as the week of confinement. Confinement is the period of the women giving birth.

Maternity allowance constitutes 60% of the insured person's average insurable weekly earnings. The average insurable weekly earnings is calculated by totalling the earnings in the 52 weeks immediately preceding the 6-week period before the expected date of delivery. This figure is then divided by the number of weeks worked, which cannot be less than 26 weeks.

Maternity allowance is paid weekly. The cheque may be mailed to the claimant's address, or collected at the Social Security Office, paid to a bank account or be paid to a person whom the claimant has nominated. Maternity grant is a one-time payment, payable to a woman if she or her husband has paid 26 weekly contributions since entering the scheme and has paid 26 weekly contributions in the year immediately before the confinement. At the time of maternity leave, a three-part application form must be completed and submitted to the Social Security office. A doctor or midwife must complete section A of the form. The claimant must complete section B; and the employer must complete Section C. After confinement, a two-part Certificate of confinement must be completed and signed by the doctor or nurse who assisted during confinement, as well as by the claimant, then submitted to the Social Security office. In the case of a husband who is claiming maternity grant for his wife, only the Certificate of Confinement is required. Application forms are available in the doctor's office or at the Social Security Office. Application for maternity benefit submitted twelve months or more after the date of confinement will be disallowed.



হে আমার অনাগত দিন (এবং কিছু অংশ)

হে আমার অনাগত দিন  
 আমার ইচ্ছা বরণী আঁধার রাত্রে হোলে  
 গগনে সান্নিধ্য হৈল যেমত হোলে ঘুম হোলে  
 যেমত ভুলে গিয়া অরুণে দুটি স্নেহ হোলে  
 যেমত স্নেহে জ্বলি অমর মিলনের আগ্নেয়  
 যেমত স্নেহে অমর অমর অমর অমর অমর  
 অমর স্নেহে অমর অমর অমর অমর অমর  
 কখনো হোলে কখনো কখনো কখনো কখনো  
 হোলে হোলে হোলে হোলে হোলে হোলে  
 হোলে হোলে হোলে হোলে হোলে হোলে

আঁধার হৈল হোলে হোলে হোলে হোলে  
 হোলে হোলে হোলে হোলে হোলে হোলে  
 হোলে হোলে হোলে হোলে হোলে হোলে  
 হোলে হোলে হোলে হোলে হোলে হোলে  
 হোলে হোলে হোলে হোলে হোলে হোলে  
 হোলে হোলে হোলে হোলে হোলে হোলে  
 হোলে হোলে হোলে হোলে হোলে হোলে  
 হোলে হোলে হোলে হোলে হোলে হোলে

হে আমার অনাগত দিন  
 জীবনের দুর্ভাগ্য-স্বপ্ন-স্বপ্ন, কলকলিত  
 স্নেহের এই মুহূর্ত, এই স্নেহ-স্বপ্ন  
 একদা মিলিত হৈল স্নেহে স্নেহে স্নেহে  
 অমর অমর অমর অমর অমর  
 চিরদিন চিরদিন চিরদিন চিরদিন  
 চিরদিন চিরদিন চিরদিন চিরদিন

# From Our Elders .....

*Mrs. Chandrana talks about her origins and life in Britain - Dr. Sushmita Weibe / Nasima Zaman*



*Mrs. Chandrana with her son, daughter, daughter-in-law and grandson*

Mrs. Chandrana has been living in Edinburgh for the last 35 years. She explained that she came to the UK as a refugee in November 1972. From the expression on her face it was clear how crystal her memory was of that day. A bag in their hand was all they were allowed to bring. They came into this country and the government kept them in a RAF camp.

Mrs Chandrana was born in Kenya (Mombassa), but originally comes from the area of Porbandar in Gujarat—the birth place of Mahatma Gandhi in India. Her ancestors were also from Porbandar. Her father left Gujarat in around 1911 and settled in Kenya. All her three sisters and four brothers were born in Kenya and Mrs. Chandrana is the eldest.

Mrs Chandrana fondly remembers her Scottish teacher in Mombassa and the linkage back to where she lives now. They lived in an era where most of the world was colonised and there was a sense of pride in being educated in a British school. Another linkage that lit up her face was that of reading the book '39 steps' in her curriculum. The '39 steps' and the Waverly station had a nostalgic effect on Mrs Chandrana. Even to date when she is at Waverly station, it brings back fond memories of the past. This was during the years in 1951-52 when she had finished school.

Mombassa is a Sea Port. Mrs Chandrana's father had a flourishing business of glassware and crockery. During that time there were no air transport from the East African region to India. Ships were the main mode of transport from this beautiful city that Mrs Chandrana lived in and grew up in a very happy and relaxed atmosphere (mention of most beautiful) to Mumbai. Mrs. Chandrana said *"To date this joyous and prideful business exists where by crockery is supplied to homes*

*and hotels in Kenya. All these memories have an immense nostalgic effect in our hearts that all of us become reminiscent of that era".*

Mrs Chandrana was married when she came to the UK from Uganda with her in-laws. The RAF camp - a temporary home to them, was in Kent. It was due to Mrs Chandrana's mother-in-law who had reverted ideas of being forced to live a life with military precision (queuing for meals in a small room and many other restrictions) that the whole family very quickly signed up a piece of paper saying that they agree to come to a place called Scotland (Edinburgh). There was a sense of geographical insignificance to this up most acts of trust and need. This was in 1973. The journey from Kent to Scotland was exciting and beautiful, however, the horror of it was waiting on the Waverley station not knowing where they will be going from there. This is a reference to the council house awaiting their welcome in the worst possible area of Edinburgh.

Mrs. Chandrana lived in Uganda for 17 years and both her children were born there. When she came to Scotland there was no help available at the time (no NKS no advice). She used to get information through neighbours, her only contact was CRC (Community Relations Council).

Mrs Chandrana's son and daughter studied here, son is now married to a girl from India (a sense of pride in connection back to India) she also has a 6 years old grandson. She has always been a homemaker and encouraged children to get a good education, which they have and are nicely settled. She felt that encouraging and supporting her children in their education and then settling them to a steady lifestyle was a big achievement for her. However, the death of her husband in 1994 was a big shock for Mrs. Chandrana. She mentions with a sadness in her voice that she was not even in the city when he had a stroke and died.

"I miss Africa because I have my family there. I also miss going to the Mandir" (loss of independence). When her husband was alive she would go to the Mandir regularly. "I miss the atmosphere, but I get together with my friends here to celebrate different occasions".

Mrs Chandrana lives in her house which she made a home. She informs with a lot of pride that they have bought a new house which has a garden, Mrs Chandrana very tenderly mentions with joy that she is going to be living in both houses with her daughter and son.



# What's been happening at NKS?

## *Young Awaz Girls Group Activities*

In the last few months a series of participative activities took place every Friday as part of the Young Awaz girls group. All activities organised were hugely successful and superbly popular with the young participants. The activities such as learning Henna hand painting step by step, demonstration of instant healthy cookery and the Bollywood dance were educational as well as entertaining. Every session was attended by 15 to 20 girls. NKS is hoping to organise further activities once funding for the youth group is secured.

## *Immigration and Housing workshops in the Bangladeshi Women's group*

On demand from the Bangladeshi women two separate workshops immigration and housing were held at NKS. These two issues were identified as that which required further information for the Bangladeshi community. The workshops on these two topics were organised with the experts in the field and were well attended by Bangladeshi women. Each session was attended by about 15 women. The women have asked for more workshops on such crucial topics that hugely concern them living in Scottish society.

## *Ovarian Cancer and Congenital Heart Defect Sessions in the Wednesday group*

In the year 2008, NKS is following the health months, and at times, health weeks of the year. By following such format of health sessions, the project has covered some significant topics that were of great interest to women. Two sessions that were very successful and were well attended by women were Congenital heart defect and Ovarian cancer. The participants took great interest in the sessions and asked many questions related to the topics. Each session had about 25 participants. Rubina Iqbal who works for the Keepwell Project facilitated the sessions in the first language of the participants. Through feedback it emerged that women are more comfortable when sessions are facilitated in their first language. This further encourages them to actively participate in the sessions and fully share information with the facilitator of the session. NKS is seeking to identify health workers who speak different South Asian languages and are able to provide health information to women directly in their first language.

## *Consultation about the information and access to the City of Edinburgh Council services by ethnic minorities*

NKS was contacted by a commissioned agency to consult South Asian women about their views on the information and access to the Edinburgh Council services. Three consultation sessions were organised with the women from the Indian, Pakistani and the Bangladeshi origin to find out how much they knew about the council services and whether they were comfortable accessing the services. Interesting information emerged and the women have been promised that once the report is out they will be informed through NKS.

## *Meeting with the Bangladeshi community leaders*

A meeting with the Bangladeshi community leaders was organised at NKS. The aim was to network with the community to update them about the services provided for Bangladeshi women and to explore how the project could work with the community to cater for the needs of women and children. The meeting was attended by Naina, Shamsad and Nasima. There was a detailed discussion around the needs of women and children in the Bangladeshi community and how NKS and the Bangladeshi community could work together to address issues for them. The community leaders were very supportive of the work of NKS and are positive about the joint work. The community leaders have promised to publicise NKS cause in the community and encourage women to use NKS services.

## *Staff training at NKS*

Two staff training sessions have been organised at NKS in the last four months—Mental Health First Aid and the diversity training session. The training sessions were found to be useful and informative by the staff team. NKS would like to thank Rashpal Nottay and the Royal Edinburgh Hospital's training department for organising and facilitating the sessions.

## *Black leaders network-Head, Heart and Guts training*

Naina Minhas—NKS manager attended a residential training organised by the Black Leaders Network in Stirling. The training was interesting and informative and helped bring black leaders on one platform to share information. The network is an effective and supportive tool for black leaders.





**READING CORNER NKS NURSERY**

**W h a t   d o   y o u   t h i n k ?**  
**How can a parent encourage children to read when they are not very interested in books and reading? Have you got a similar problem?**

Some of these ideas are very simple and basic, but just maybe there are some ideas listed here that you haven't thought of. And remember, the biggest encouragement comes from us -- the parents within the home.

- **Make books available and accessible.** Children who become readers almost always come from homes where books and other reading materials are present throughout the house. Don't put your children's books out of the way where your child cannot see them or cannot reach them himself. Remember babies, toddlers, and preschoolers are small. Put the books near the floor, within their reach.
- **Read yourself.** Modelling to your children is one of the best ways of teaching children to read. If your children see that you read, you choose to read, and you enjoy reading, they are more likely to develop the same habit and pursue the same activity.
- Don't forget to **give books as gifts** at birthday time, holiday time, or whenever.
- **Make reading fun!** Something that is enjoyable is favoured. Act out stories, use different voices, and most importantly use enthusiasm. Presentation can be everything. A boring reader makes for a boring story no matter how exciting the story may really be.

- **Read frequently.** Offer to read to young children everyday, even several times a day. Encourage older independent readers to read everyday as well, and engage them in conversation about what they're reading.
- **Turn off the television** and provide quiet time. Turning off the television forces our children to "find something else to do" and too much television can have a harmful affect on a developing younger child, especially when it comes to teaching children to read.
- **Take your children to the library** on a weekly or monthly visit, so they can choose their own books.
- Remember that **comic books and magazines are a great way to encourage reading** and are very useful in teaching children to read. Books on tape and CD are also an excellent choice to encourage reading.
- **Take your children to free story-time** at your local library, local bookstores, or where ever else they are offered in your town.
- **Read chapter books.** A good chapter book will entice a reader and make them want to come back for more and find out how the story ends.

Above all, **make your 'read aloud' sessions fun.** This is a great start to teaching children to read because children love to make sound effects, so add them wherever you can when you read aloud. For example, in Cinderella we always make the sound of the clock chiming as it strikes midnight "dong.... dong...dong." We make knocking sounds as we read the Three Little Pigs when the wolf knocks on each of the three little pigs' doors. The kids really seem to like this added interaction and activity as we read. There are countless opportunities to make sounds and add another fun dimension with each story you read.

Encouraging reading is really an easy thing to do and there are so many benefits of teaching children to read that are derived from reading to our children that we as adults and parents need to make *sure* we do so!



## FOOD FOR THOUGHT

### TWO MINUTES FAST AND HEALTHY COOKING RECIPES: BY DR. SHROBONA BHATTACHARYA

#### Cake from whole-wheat atta (FLOUR)

1 cup whole-wheat atta

1 egg

½ cup sugar

½ cup sunflower or olive oil

¼ milk

1 pinch of baking powder

2 or 3 drops of vanilla essence

2 or 3 spoons hot chocolate or Cocoa powder

Mix everything properly.

Microwave cook for 4 minutes in covered flat glass bowl.

After cooking, leave it for 5 minutes inside the microwave.

#### *Instant Kheer (Rice Pudding)*

Rice pudding tin

Milk

Sugar

Powdered cardamom

5. Nuts and raisins

Dilute tinned rice pudding with milk as per your choice.

Add sugar, cardamom and nuts/raisins according to your likings.

cook for 10 to 12 minutes required. The consistency can be thickened by cooking in a frying pan.

#### Egg Roll

Homemade whole-wheat roti or tortilla

Eggs

Chopped salads

Salt and oil

Any sauce

Pour beaten egg with salt on an oiled pan (like omelet).

Cover the liquid egg with roti. Roti and fried egg should stick to each other.

Cook both the sides.

Fill it up with salads and sauce. Make a roll or wrapper( fried egg on the inner side)

#### *Gajar ka Halwa (Carrot Pudding)*

Grated carrots

Powdered skimmed milk

Butter

Sugar

Powdered cardamom

Mix all ingredients properly (amount is variable according to your taste, like butter, sugar etc)

Microwave cook in closed lid glass vessel.

Time: depending on amount, e.g. for 1 Kg carrot





# Photo Gallery.....



*Consultation session with the Saturday group women*



*Social issues in Mental health session with the Bangladeshi group*



*Immigration workshop in the Bangladeshi Group*



*Arthritis session in the Wednesday group*



*Ovarian cancer session in the Wednesday group*



*Friday group ladies having lunch together at Khushi's*



*Young awaz girls group in bollywood dancing session*



*Nursery children watching videos at NKS*





## NKS Young Awaz Girls Group by Nasima Zaman



### *Cookery Session with Shrobona at NKS*

Youth Workers at NKS have successfully organised sessions after holding an open day for the young people which was attended by over 25 girls along with their mothers. The girls decided on what they would enjoy doing most, and we are now trying to accommodate to their requirements. We held eight sessions of henna painting, five sessions of quick, easy and healthy cooking and ten sessions of Bollywood dance. We have recently done an evaluation on how the girls are enjoying the group and what their needs are and how these could be met. Below I have put down the questions and answers used in the evaluation.

1. Q: What have you achieved by taking part in the youth group?

Answer: *We feel the youth group is effective in addressing and identifying the needs of Asian youth. They also enable us to acquire new skills, we feel empowered enough to enhance our skills to its full potential. We've made new friends. We are more aware of job opportunities and activities around Edinburgh. The youth workers are very flexible, informative and pro-active they are very easy to approach and always ready to help or discuss issues.*

2. Q: what have you been doing in the group?

Answer: *We have learnt healthy cooking, henna painting and the Bollywood dance. We also generally socialised with each other which is fun.*

3. Q: How did you find the henna painting sessions and did it help to improve your art skills?

Answer: *The henna painting sessions were extremely helpful to us as we can now confidently apply henna on peoples hands when we attend henna ceremonies and other similar functions. Before we attended the henna painting sessions we had very*

*little knowledge of henna designs and how to start applying it. We have also introduced it to our Scottish friends and they now apply it on their bodies as tattoos.*

4. Q: Have your cooking skills improved by attending the healthy cooking sessions?

Answer: *Cooking skills are still the same for many of us as we don't cook at home our mums take care of it, but it has improved for some of us as we take an interest in the foods our mums make and also help with the preparations.*

5. Q: Have you tried any of the recipes you have been taught in the sessions?

Answers: *We regularly make the egg roll and the whole meal cake because its very quick and popular amongst our families. We taught our mums the very quick and easy kheer which they make as a dessert when we have guests around.*

6. Q: Did you find the Bollywood dance session entertaining?

Answer: *We thought it was great fun, and most importantly we got to learn new moves and steps which we imagined only Bollywood dancers could do and it would be impossible for us, as we are all non-dancers. We were also very conscious in performing in front of a crowd which we can easily do now. It would be great if there were many more classes in future as it helps us keep fit as well.*

7. Q: what more do you aim to achieve?

Answer: *We want help in looking for employment, we want more physical activities, help in handling financial problems, beauty tips and sewing.*

8. Q: What would you want us to provide in the future?

Answer: *More educational activities along with parties and outings, we also want other cool activities such as more Bollywood dance, camping and short holidays abroad.*



*Bollywood Dance session with Anuj at NKS*



# BEAUTY CORNER.....

## *Homemade Beauty Recipes by Smra Rezig Ahmed*

### Lavender/Rosemary Hair Oil

This delightfully refreshing scented herb has antibacterial and ant fungal properties and is used extensively in hair care products for its tonic properties.

- 1 oz. oil of Rosemary
- 1/8 oz. oil of Lavender

**Quantity:** Enough for about 6 months of use.

**To Make:** Simply mix the two oils together and store in the dark or in a small amber or lightproof bottle. **To Use:** Put a few drops of the oil on your palm, brush your palm against your hairbrush and then brush your hair.

**Tip: Proper Hair Brushing:** Every day, rain or shine, men and women should thoroughly brush the hair. Brushing dislodges dirt and distributes the natural hair oils. Bend at the waist (this increases circulation to the scalp) and massage the scalp with fingertips. Then brush hair starting at the nape of the neck with long easy strokes from nape to ends. Follow each of the brush strokes with your other hand to eliminate static electricity. Brush about 100 strokes in this upside down position. This is guaranteed to give new life to your hair.

### Aphrodite Apple Mask

A fruit that contains Calcium, Iron and Vitamin A. Its properties include antibacterial, antioxidant, astringent and toning

- 1 Tea spoon Applesauce
- 1 Tea spoon Wheat Germ

**To Make:** Purée apple in a blender or add applesauce to a small bowl. Mix in the wheat germ to form a paste.

**To Use:** Apply to washed, scrubbed, and steamed face. Allow mask to set for 10-15 minutes. Tone then moisturize

### Cucumber

A vegetable used for it's cooling and astringent properties. Try a couple of slices for your tired eyes

### Cucumber- Honey Toner

- 1 medium Cucumber, peeled and cut up into pieces

- 2 tsp. Honey

Puree cucumber in a blender. Line a sieve with cheesecloth and set the sieve over a glass bowl or measuring cup. Pour the cucumber puree through the sieve and let it stand for 15 minutes for the juices to drip into the bowl. Pour the clear juice into a clean bottle and add honey.

To use, shake the bottle and saturate a cotton pad with the lotion. Sweep over face, neck and chest morning and night, and let it air dry (about 3 to 4 minutes). Store covered in the refrigerator for up to 1 week. Makes about 1/2 cup.

### Coffee

This aromatic bean contains Magnesium and Vitamin E. It's properties include antioxidant, antibacterial, exfoliating, and stimulating

### Invigorating Coffee Scrub

- 3 Tea spoon Coffee grounds (organic-caffeinated)
- 1 Tea spoon Salt (optional)

**To Make:** Brew a fresh pot of coffee. Enjoy a cup, if you like. Put grounds (and salt) in a small bowl. Use grounds within 20 minutes of brewing before oxidation occurs.

**To Use:** Scrub mixture over entire body while in the shower. Rinse. Tone. Moisturize.

### **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, 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 Joshi** ~ Director (Chairperson)  
**Saroj Lal** ~ Director (Vice-Chairperson)  
**Nighat Anwar** ~ Director (Company Secretary)  
**Jabeen Munir** - Director (Joint Secretary)  
**Anne Munro** ~ Director (Treasurer)  
**Mrs. Vohra** ~ Director (Assist. Treasurer)  
**Indu Pandya** ~ Director  
**Marium Fazil** ~ Director  
**Rucksana Hussain** ~ Director  
**Ann Wigglesworth** ~ Director  
**Sajda Wahid Qadir** ~ Director  
**Sayeeda Jamil** ~ member  
**Tafula Alam** ~ member  
**Neela Joshi** ~ Director

## *NKS News/Events*

**Review of NKS services:** About eight years ago, NKS went through a successful review of its services. It is again time to review NKS services. The Children and Families department of the City of Edinburgh Council is carrying out the review in May. We are hoping to get positive feedback of the review. If you are a user of NKS services and would like to provide some feedback about NKS services, please get in touch with the project.

**Computer Course at NKS:** NKS will be running a basic computer course jointly with the Fountainbridge Library for South Asian women. The course will run for six women at one time and will continue at least for this financial year. If you would want to be part of the course, please do get in touch with NKS.

## *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*

**Rohina Hussain:** Rohina is going to be a grand mother again. Her daughter is expecting and is due for sometimes in September. Rohina is going to America to be with her during the delivery. We would like to congratulate Rohina in advance for the good news.

**Asma & Irum:** Two members of NKS staff team are away for Umra for three weeks. We wish them happiness, peace and prosperity in life.

**Naina:** Naina was away to India to attend the wedding of her niece. It was a good wedding and she enjoyed being there. We wish the newly wed couple all the best in life.

**Mrs. Surksha Vohra:** Mrs. Vohra has had some shoulder problem and gone through a surgery. She was in hospital, but is back home. She is still not coming to the Friday group. We wish her a speedy recovery.

## *Your Contacts at NKS*

**Naina Minhas** ~ Project Co-ordinator  
**Manjari Singh** ~ 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