

"a happy woman is a happy family"

Nari Kallyan Shangho Newsletter

Winter/Spring Edition, April 2013, Volume 13 Issue 1

Nari Kallyan Shangho

is a Health and Welfare Project for South Asian women and families 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.....

Page Name and Articles	Page No.
Your Health	2
NKS Health Information Day ~ 9th March 2013	
Services in Edinburgh	3
Changes in Housing Benefit/Some Useful Numbers	
Volunteers and Students	4
Group Leaders Trainees/Jamie Tyler	
From Our Elders	5
Three Questions and Answers	
What's Been Happening at NKS?	6
NKS Heritage Project and Silver Jubilee Celebrations/Training Updates	
Kid's Corner	7
NKS After School/Homework Club	
Delicious Healthy Recipes	8
Hummus Dip/Perfect Poached Eggs/Masala Fish/Chicken Ideas for Children's Lunch Boxes	
Photo Gallery	9
NKS Heritage Project and Silver Jubilee Celebrations/NKS Health Week ~ March 2013	
Young Voices	10
My Holiday to Pakistan/My Rabbits	
Beauty Corner	11
Beauty Tips	
Looking Forward with NKS	12
Information About What NKS Does / NKS and Committee Contacts / Latest News	

Editorial ~ Khalda Y Jamil

Welcome to the new NKS newsletter. I hope that you like the changes. I also hope that you like the articles in this issue and enjoy reading it. I am delighted to let everyone know that I am back! I have been appointed as a part-time Administrator at NKS. It feels really good! I feel as if I have come home.

It has been almost seven years since I last worked for NKS and on the newsletter. In my last editorial I spoke about leaving my heart and soul at NKS. Well, I am back to reclaim them! I also wrote: "I am both very excited about all of these changes in my life and also very sad. The excitement is understandable and the sadness is due to the fact that I would no longer be a part of NKS." During my time away from NKS I worked for the City of Edinburgh Council as a Team Secretary. It was a really good experience and I made a lot of friends.

However, I felt a longing to work in the South Asian community again and to help other people. This got me thinking about how I could do this. I did not have to think for long though. NKS came to my mind very quickly and I remembered how good I felt about the project, my colleagues and the work that I had done. I am still keen to go back to college and will be looking in to what course I should go for. It's never too late to learn something new!

I am very excited and really looking forward to working for NKS again and being amongst very good friends. I will also be working on the NKS newsletter from now onwards. Please send in your articles, stories, poems etc for consideration for future issues. I look forward to hearing from you.



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

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.

NKS Health Information Day ~ 9th March 2013

The Health Information Day came about due to overwhelming suggestions made by the participants and trainees. This day not only celebrated the end of the very successful Health Week (from 4th to 8th March 2013) but also celebrated International Women's Day too. It was held at King's Church, near NKS, from 10.00 am till 4.00 pm.

Some funding was obtained from the South Central Neighbourhood Partnership to do the Health Week and the Information Day. You can read more about the Health Week on page 4 and about the training on page 6.



Several statutory and voluntary organisations were invited to come along and share information about their services. The ones that came on the day were: Milan (Senior Welfare Council for the Elderly in Edinburgh), Minority Ethnic Health Inclusion Project, South Central Neighbourhood Partnership, Royal National Institute for the Blind and Deaf Association, Edinburgh Against Poverty, LT Solicitors (will making), Stress Control, complementary therapy and Debt Management, which a lot of the women found especially interesting. Of course, NKS had an information stall too.

Unfortunately, the weather was not very nice on the day and the turnout was less than expected. About ninety people, including children, came to the event and NKS really appreciated this.



The women were able to try these complementary therapies in a quiet private room. Some of the women were also

able to enjoy having henna hand painting done.

The women were able to comfortably wander around and visit the information stalls and ask questions and get advice. It was a very nice environment for them to do all of this. There were tables and chairs on one side of the hall where women were able to sit down, eat the snacks that were provided and socialise with each other. They found the day to be very useful and asked for more similar events again in the future.



The children were able to try balloon modelling, origami (Japanese art of paper folding) and having their faces painted downstairs. There were balloon shields, swords, aliens and Mickey

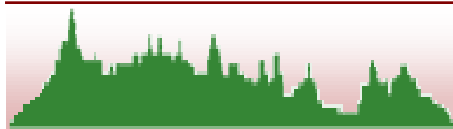
Mouse everywhere! There were also tigers, rabbits and beautiful butterflies face painted running around too!

The event was a good opportunity for women to get out of the house and find out about some really interesting information. Also, their children were able to try out some really fun activities.



The winner of the Health Week was announced and she was presented with a lovely basket of healthy fruit. She managed to lose the most weight. The women have been motivated to look after their health more.

The Health Information Day was a very good way to end the Health Week.



Services in Edinburgh

Changes in Housing Benefit

This information is for people who live in social housing (renting from the Council or a Housing Association).

From April 2013 many Council and Housing Association tenants in the UK will receive less housing benefit than they did previously. Housing benefit will be reduced if you are less than 61 years and 5 months of age and you have more bedrooms than the new rules allow. This means your house may be considered too big even if this was not the case before. If your property has too many bedrooms you will need to pay for your extra bedroom if you are on housing benefit.

For one extra bedroom your housing benefit will be cut by 14% of your whole rent; (around £12-£16 weekly) or by 25% for two or more bedrooms (around £20-£27 per week).

You are entitled to one bedroom for each couple, or single adult, a carer where the tenant or their partner requires overnight care. If there are two children in the house of the same gender they are expected to share a bedroom until 16 years of age. If they are opposite gender they are expected to share a bedroom until 10 years of age. So, for example, if there was a couple living with their two sons aged 13 and 15 years of age then they would be expected to live in a two bedroom property or pay for the extra bedroom.

If you are currently not working or earning a low wage you may receive housing benefit called 'LOCAL HOUSING ALLOWANCE'. Previously young, single people under 25 years of age received only the amount that would cover a bedroom in a shared flat. This changed in January 2012 to any young, single person under 35 years of age. Those who are under 35 years of age and single only receive the shared amount. This is currently £298.98 per month. If they are renting a private let that is more expensive they will have to pay the difference themselves.

Family Support Work at NKS

Naseem Suleman is the Family Support Officer at NKS and offers one-to-one support to clients.

If you need any help with welfare rights, benefits, schooling or any other kind of issue then she will do her best to help you. You can contact her on 0131 221 1915.

Some Useful Numbers

The Samaritans (*a listening ear*) **0845 790 9090**

The Crisis Centre (*one to one meeting and Respite Accommodation*) **0808 801 0414**

ChildLine (*help for children and young people in danger or distress*) **0800 1111**

Scottish Domestic Abuse (*helpline for women experiencing domestic abuse*) **0800 027 1234**

Legal Aid Board (*information on legal aid*) **0845 122 8686**

City of Edinburgh Council (*Council Tax*) **0131 200 2323**

City of Edinburgh Council (*urgent home repairs*) **0131 200 2000**

City of Edinburgh Council ~ Housing Options Team (*if you become homeless*) **0800 032 5968**

City of Edinburgh Council ~ Grants, Awards & Placements Team (*if you are on any qualifying benefits then you might qualify for help*)

Free School Meals/ Clothing Grant **0131 469 3471**

Education Maintenance Allowance (EMA) **0131 469 3367**

There is a lot more information available on the City of Edinburgh

Council Website: <http://www.edinburgh.gov.uk>

Shelter Housing Aid Centre Edinburgh (*anyone facing housing problems, including homelessness, eviction and rent arrears*) **0808 800 4444**

Jobcentre Plus (*benefit line*) **0845 608 8551**

NHS 24 (*if you are feeling unwell and need advice*) **0845 424 2424**

Police Scotland (*non-emergency number*) **101**
(*emergency number*) **999**
(used to be Lothian and Borders Police)

Volunteers and Students...

Group Leaders Trainees

A total of eleven women took part in the Group Leaders training at NKS between January and March 2013. It was a very interesting and useful experience for all of the women. Here are some quotes from the trainees:

"This training is helpful for my future and work."

"I feel the training helped me to raise my confidence."



"I have gained confidence, work experience, and learnt how to keep food safe and what nutrition is."

"My food hygiene and nutrition knowledge is better now and I am more confident in my every day life."



"Thank you very much. I learnt so many things and I enjoyed all the training sessions. Most of all you learn how to meet other people and how you make friends."



"Staff at NKS is so cooperative and I liked working with them."

"I think that this training is well organised."

"Please arrange more further training."

"Lots of information which we need to run a group."

"I found the training to be very good and enjoyable. It was also very interesting too and educational."

"My food hygiene and nutrition knowledge has been updated. My first aid knowledge has been refreshed. I have a better understanding of what is involved in being a group leader."

"Keep doing this training and others regularly. It's really helpful!"



Jamie Tyler



For my work experience I worked as an Administration Assistant in NKS (Nari Kallyan Shangho). Tasks that I was given was to compose letters to MSPs in the City of Edinburgh Council which contained booklets about NKS. I had also written down notes on certain presentations that were given. One of the topics was on 'The Declaration of Human Rights'

which told us about the articles within the document and why this document was created. The other presentation was on 'Parent Counselling' which expanded upon what the Parent Council did, why it was organised, when it was organised etc. This had taught me quite a bit as I didn't have a vast knowledge of 'The Declaration of Human Rights' nor did I have any knowledge for parent counselling. Then I copied these notes into the computer and I added any possible questions asked with possible answers. I had mainly been on the computer, either researching or copying down notes of mine. I also had a small job of collecting stamps for the envelopes I had composed to the MSPs.

The place I worked in was small, but had a nice working environment. Most of the time it was quiet, apart from the construction site outside. Also my colleagues were very nice and friendly; they had shown me what to do straight away as well. The working hours were great. I didn't have to get up early in the morning.

Working there was a good experience to see what the working world was like; it had shown me how I should prepare for working later on in my life; how this has built my skills for working etc. This had also shown how stressful working life can be (e.g. transportation and rush hour) but in about five to six years I will be doing this every day for a long time, so I might as well do my best and get the job I want.

NKS asked some of the older women that come to NKS a few questions. Below are their responses.

Question 1: What did you want to be when you were little?

"Living with my parents I had a happy childhood. I was interested in sewing."

"I lived in a village and had no siblings. I stayed with neighbours and went to the village school."

"I wanted to be a doctor."

"There was nothing like that. I got engaged and got married."

"I didn't even go to school. But I wanted to get my education."

"I don't remember!"

"I don't have an answer! There was no time to think!"

"Nothing. But I wanted to study more which I couldn't do because I got married."

"Nothing."

"I can't remember! I am so old now!"

"I wanted to be a nice pretty girl!"

"I wanted to be a policewoman."

"I wanted to be a writer. I still do!"

Question 2: Thinking back to when you were a teenager, is there anything that you would do differently?

"I wanted to finish a course in sewing and embroidery."

"I would have pursued learning how to knit, sew and do embroidery."

"I went to university in India and did BSC Biology. I would have liked to have become a doctor but my father died and I couldn't continue with my studies."

"I would study further."

"I didn't think that I could do anything differently."

"I would have liked to have got my education. I saw other people get educated and get jobs. It would have been really nice for me too."

"In those days children didn't really go to school. I was keen to learn and learnt whatever I could. I taught myself to sew, embroider, crochet and knit."

"Yes. I wanted to finish my studies."

"It's hard to think that far back!"

"Maybe I would have listened to my parents more!"

"I would have wanted to have studied music and singing. I wish my parents had pushed me to pursue it."

"I would have definitely gone for further education. Who knows where I would be today!"

Question 3: What one piece of advice would you give to young people these days?

"Get a good education to get a better job. Stand on your own two feet. Never give up. Keep trying because at the end you will get a job."

"Give more respect to your elders!"

"Get a good education and concentrate on what you can do best. Also, help other people."

"Work hard to survive. Keep a good character. Remember your religion and rules."

"Get educated and spend time with elders."

"Become educated. Don't stop going to school."

"What can we advise these days? They say that they know EVERYTHING anyway! Young people should respect their elders and look after them."

"Finish your studies then get married!"

"I would say that they should get a proper education and do whatever job that they want to do. Be happy!"

"Relate to your culture and discover your own identity."

"Listen to your parents because they can see ten steps ahead of you! I am not sixteen anymore!"

"You should listen to your mother! She's usually right and has a lot more life experience than you!!! Also, finish your education and do the best that you can. It's your future."

Services for Older Women at NKS

NKS runs a lunch club on Mondays for older Bangladeshi women between 10.30 am and 1.30 pm and also runs a lunch club on Fridays between 10.30 am and 1.30 pm for older Indian and Pakistani women. Activities include gentle exercise, health talks, outings and arts and craft. The women get a chance to socialise too and enjoy a healthy lunch. If you would like to join, or know someone who would like to join, please contact NKS on 0131 221 1915 for further information.



What's been happening at NKS?

NKS Heritage Project and Silver Jubilee Celebrations

NKS has completed 25 years of its service provision. The project was set up in 1987.

To mark 25 years of NKS service provision and to launch the Scottish Heritage Project Exhibition, the project held a public event on 13th of October 2012. You can see some wonderful photographs of the evening in the Photo Gallery on page 9.

The attendees soaked up the lively atmosphere, ate the very tasty food and enjoyed the wonderful entertainment which included highland dancing, Indian dancing, singing and a hypnotherapist.

The longest serving members of NKS staff, the late Shamsad Rahim, Amina Rahman, Rohina Hussain and Naina Minhas were surprised at the event with awards for their commitment to the project and for all of their hard work over the years. These awards were well deserved and looked beautiful.



NKS also produced a colourful magazine to celebrate its silver Jubilee. This magazine is full of goodwill messages from Councillors and MSPs and nostalgic photographs and gives you the history of the project over the

past 25 years. It is a lovely trip down memory lane.

Group Leaders Training



A total of eleven women took part in this training between January and March 2013. This training taught them what is required to be a good Group Leader.

The training involved the women learning

about group work - group work processes and dynamics and about the issues that South Asian women face. As part of the training the volunteers also took part in food hygiene training. There was an exam at the end of this and a certificate was awarded to those that pass.

Nutrition training took place, where the women were shown how to prepare healthy meals and learnt more about food. This was very helpful for the NKS Health Week from 4th-8th of March 2013 where the women prepared and served breakfast, snacks and lunch to NKS users taking part and were also able to enjoy these themselves. The women also led NKS users each day to take physical exercise and also take part in complementary therapies. There are some nice photos on page 9.

The training resulted in the women taking the lead for the NKS Health Information Day on the 9th of March 2013. You can

read more about this in *Your Health* on page 2.

The final part of the training was an introduction session to first aid. This was very interesting and informative as some of the advice has changed since some of the trainees last did this.

The women really enjoyed the training and found it to be very useful and interesting. They got to see just how much goes in to running a group and how hard it can be. They found that the training could enable them to help their community and showed them how to work well with others.

Health and Wellbeing Training

Rohina Hussain, Ishrat Measom and Rukhsana Hussain took part in health and wellbeing training organised by MEHIP. It was a very useful training and they will be taking back what they have learnt to share with their respective groups.

Healthy Heart Training

Rohina Hussain, a Senior Community Health Officer at NKS, attended a healthy heart training, again organised by MEHIP. The training session was extremely useful in that she is using the pack and information obtained in different groups at NKS.

NKS Staff Teamwork Training

NKS staff took part in teamwork training in January 2013. It was an all day training, where staff were encouraged to identify their strengths and weaknesses and enhance their skills by seeking training.

Red Cross Training

All NKS staff are trained in First Aid. This training is organised with support from Shaheen Ahmed who is the Project Co-ordinator at Red Cross. The training is updated from time to time and this was done in January 2013.

Students on Placement

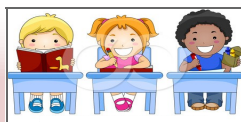
Currently there are two students on placement at NKS. The first one is Maria Sandra from Queen Margaret University and the second one is Shinghai from Moray House. They are both very actively involved with the work at NKS and are enjoying the experience. NKS is very keen to help students to gain valuable experience of community work.

Childcare at SVQ Level 2, 3 and 4

There are ten women volunteers doing Childcare at SVQ levels 2, 3 and 4. The women are training at different levels. This training will last for one year. They are doing their placements here at NKS. Once they complete their course and placement they will be ready to take up paid childcare jobs.

It's Good to Volunteer!

There are thirteen volunteers at NKS at the moment. They are involved in different areas of work at the project and all are to be commended for their contribution, especially the younger ones who are involved with the After School/Homework Club. Volunteering is a very good way to get the experience that you need to access the labour market. It is also very rewarding. Contact NKS on 0131 221 1915 if you are interested in volunteering with the project.



NKS After School/Homework Club

Children/young people have a wide variety of needs and characteristics that may require special consideration – these include age, race, ethnicity, religion, culture and social difference. Nari Kallyan Shangho (NKS) endeavours to provide quality care to school children, and meet their needs to support them in their physical and mental development. The project will strive to do this by providing stimulating activities in the NKS After School/Homework Club, and by helping children with their home work.

Aim

The primary aim of the After School/Homework Club is to support and nurture each child's individuality and personality development by catering to their individual needs. The club aims to provide learning support to those disadvantaged children who have very little help at home due to the low literacy levels of parents/guardians.

The After School/Homework Club will strive to achieve this aim by working on the following objectives:

- ◆ Helping children to develop their bilingual skills by providing sessions on their first language as well as the English language.
- ◆ Helping children with their home work under the supervision of club workers.
- ◆ Providing online educational programmes during the after-school club hours.
- ◆ Encouraging outdoor activities by providing various sports activities.
- ◆ Encouraging healthier lifestyle by introducing them to healthy eating.
- ◆ Encouraging independence and self confidence through various learning activities.
- ◆ Creating better communication channels between parents and children through interactive sessions.



The project will strive to provide a high quality service to children and their parents/guardians. To achieve its aims and objectives the After School/Homework Club is registered with the Care Inspectorate and will be open at the following times:

Monday to Thursday – 3.30pm to 6.00pm
Friday – 12.30pm to 6.00pm

A range of activities will be provided to support positive mental and physical development of children.

The activities provided will be as follows:

Indoor Activities:

- ◆ Snooker
- ◆ Indoor games club
- ◆ Table top games
- ◆ Arts and crafts
- ◆ Cultural sessions

Homework Sessions:

- ◆ Help with school homework
- ◆ Computer educational programme supporting English, Maths & Science
- ◆ English language support
- ◆ First language classes

Outdoor Activities:

- ◆ Forestry
- ◆ Badminton
- ◆ Basketball
- ◆ Football
- ◆ Walks
- ◆ Outings
- ◆ John Muir
- ◆ Taekwondo
- ◆ Swimming



Fees:

£8.00 per child per day (Monday to Thursday)
£12.00 per child per day (Friday)

If you are interested, please contact NKS on (0131) 221 1915 or email the Childcare Facility at: nks_nursery@hotmail.co.uk.



Delicious Healthy Recipes

Hummus Dip

Ingredients: (serves 6)

- 1 can of chickpeas
- 2 cloves of fresh garlic
- 2 table spoons of tahini paste (if you don't have tahini paste then use peanut butter)
- Lemon juice from 1 lemon or 2 limes
- 3-4 table spoons of virgin olive oil (or a very good olive oil)
- 2 teaspoons of salt
- Black pepper to taste

Method:

1. Put all the chickpeas in a large saucepan and add water and bring to the boil. Reduce the heat and simmer for 30 minutes. Remove from the heat and strain. Keep a little liquid aside. Cool the chickpeas.
2. Peel the garlic cloves and put in the blender with the chickpeas, lemon juice, tahini paste, olive oil, salt and pepper. Blend until smooth and creamy. Add a little of the left over liquid if the mixture is too dry.
3. Remove the mixture from the blender into a dish and pour a little more olive oil on top with herbs if preferred.
4. Eat with pitta bread, carrot sticks and salad.

Perfect Poached Eggs

Ingredients:

- 1 egg per person
- Water for boiling
- Dash of vinegar
- 2 slices of brown bread per person (toasted)

Method:

1. Fill a saucepan with water. Add the vinegar and bring to the boil.
2. Swirl the water in the middle of the saucepan with a spoon or fork. Break the egg in to the middle of the water and cook for 5 minutes for a firm yolk.
3. Remove the egg gently with a slotted spoon and serve with the toast-ed bread on a plate.

Eggs are a source of vitamin A (this keeps our eyes healthy) and vitamin B12 and are a good source of protein.

Masala Fish

Ingredients: (serves 5)

- 5 pieces of fish (cod)
- 2 lemons (juiced)
- 2 table spoons of fish masala
- 1 table spoons of chillies
- 1 teaspoon of haldi
- 2 teaspoons of salt
- Black pepper to taste
- 3 cubes of garlic
- 2 cubes of ginger
- ½ cup of plain yoghurt

Method:

1. Rinse and pat dry the fish and place in a shallow dish. Sprinkle over the lemon juice, salt and pepper and put to one side.
2. Mix together the yoghurt, fish masala, haldi, chillies, garlic and ginger.
3. Pour this mixture over the fish. Cover and refrigerate for 30 minutes

for the fish to absorb all the flavours.

4. Put foil on the grill rack so that it is easier to clean after cooking. Pre-heat the grill for five minutes to make sure that it is at the correct temperature before you put the fish in.
5. Place the fish pieces on the grill rack and grill for approximately 10-15 minutes. Fish cooks very quickly.

Serve the masala fish on a nice bed of mixed leaf salad and add chunks of cucumber and tomatoes.

Chicken Ideas for Children's Lunch Boxes

Basic Ingredients:

- 2 chicken breasts (mince can become rubbery) (ask the butcher to slice them thinly for you)
 - 1 medium onion (finely chopped)
 - 2 teaspoons of ginger, garlic and green chilli paste (a few cloves of garlic, 3 cm of ginger and approximately 6 fresh green chillies - peeled, washed and chopped up in to a paste)
 - Fresh chopped coriander (optional)
 - Chilli powder to taste
 - ½ to 1 table spoon of cooking oil
 - Extra light mayonnaise (approximately 2 table spoons)
- Do not add salt as the spices and mayonnaise already have enough

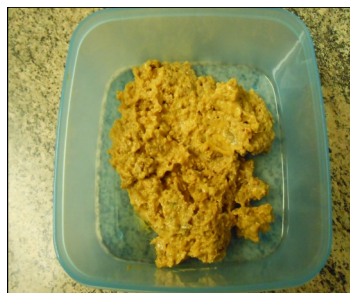
Variations:

- For mexican/fajita chicken add 2-3 table spoons of mexican/fajita seasoning
- For peri peri chicken add 2-3 table spoons of peri peri seasoning
- For tandoori chicken add 2-3 table spoons of dry tandoori seasoning
- For cajun chicken add 2-3 table spoons of cajun seasoning
- For '321' chicken add 3 table spoons of cajun seasoning, 2 of dry tandoori seasoning and 1 of mexican/fajita seasoning.

Method:

- 1) Wash the chicken and drain the water.
- 2) Place the chicken in a bowl. Add the seasoning of your choice (see variations above), the chopped onion, ginger/garlic/green chilli paste, and chilli (to your own taste) coriander (optional) and cooking oil and mix together thoroughly.
- 3) Take a good handful of the chicken mixture and lay each piece flat in a medium/large frying pan. Laying the chicken flat will help to cook it quickly, evenly and will allow it to brown a little too. Cook on a medium heat for about 5 minutes, then turn the pieces over with a pair of tongs or a fish slice. Cook on the other side for a few more minutes. Brown both sides a little bit.
- 4) Cool down the cooked chicken. Once cool, chop up the chicken in a food chopper or on a chopping board and mix together with the mayonnaise. The mayonnaise should be just enough to coat the chicken and make it softer.
- 5) The mixture can be used for sandwiches, rolls, wraps or pitta bread. You can add salad, if you like.

The rest could be placed in a freezer bag and frozen for another time.



Mexican/fajita chicken in mayonnaise



Mexican/fajita chicken sandwiches



Photo Gallery.....

Scottish Heritage Project Launch and NKS 25th Anniversary Celebrations ~ 13/10/2013



NKS Health Week ~ 4th to 8th March 2013





Young Voices.....

My Holiday to Pakistan ~ By Aishah R Jamil (aged 16 3/4)

In December 2012 I went on holiday to Pakistan with my mum and younger brother. The last time that we went was in December 2006. I really enjoyed myself while I was there. I got to visit my extended family but more importantly I was given the chance to spend some quality time with my *Dadiji* (my dad's mother). Everyone was so kind and nice that it made me want to stay there forever. While I was there I did notice lots of changes.

All of my cousins had gotten bigger and some of them were at school. It was really good that the girls were being educated too. They are going to English schools and are doing very well. We have a nice big house in the city where everyone can stay while my cousins are being educated.

We saw lots of baby cousins that had been born since our last trip and it was really good to meet them and interact with them. One of my cousins was born on the same day that we landed in Pakistan! She is very cute.

The pollution in the city wasn't very nice and we got coughs because of this. I don't think that people over there are that aware of these issues. It would be really good if someone could start awareness of this issue and encourage the people to look after their environment.

My *Chachu* (my dad's younger brother) took us in the car to visit other relatives. It took us four days because the roads aren't that good and our car kept breaking down! CNG (compressed natural gas) was shut down and we had to rely on petrol. The car hadn't run on petrol for eleven years and because we had no choice it was quite difficult. We were stuck for over four hours halfway into our road trip. It was a bit scary. Our relatives were really glad to see us and we were really happy to see them.

Spending time with my *Dadiji* was the highlight of my holiday. I would lie next to her and my little cousins would get jealous! I massaged her arms and legs and would fall asleep with her. She really loved spending time with me too as my dad is so far away. It must be very hard for them to be away from each other. I feel very close to her and have to hear her voice every few days, otherwise I worry and feel sad. I really enjoy talking to her on the phone. I can't wait for Skype to be set up again.

We went to the farm house in the village a few times. It was peaceful and quiet compared to the city. We got to see all of our relatives that still lived there. There were lots of animals there too. We have: a peacock, two geese, three partridges, four rabbits, cows with their calves, three dogs, lots and lots of chickens (and fresh eggs) and a fish farm.

Leaving Pakistan was really hard for me as I'd grown very attached to my *Dadiji*. In the city I would spend the day out on the veranda in the sunshine with her on her *manja* (bed). We would laugh and talk away about lots of different things. I really miss her. I feel that I have a much stronger bond with my *Dadiji* now because I am older and more mature than the last time we met. I am hoping to go again at the end of sixth year.

Since coming back in January 2013 I feel as if my heart is still there. I feel that something is missing in my life because my *Naniji* (mum's mother) passed away when I was two years old

and my *Dadiji* is so far away. I enjoy spending time with the Friday group when I can and I would like to volunteer with this group in sixth year if my study schedule allows it. I really enjoy working with older people and am thinking of doing this as my career.

I am also volunteering with the after school/homework club and enjoy helping the children with their homework and helping the staff to do the activities. I volunteer in one of the Save The Children charity shops on a Saturday too. It feels really good to do charity work and I really enjoy it!



Me with my *Dadiji*.

My Rabbits ~ By Mohsin (aged 9 1/2)

These are my rabbits in Pakistan. They are really cute and very fast! I enjoyed playing with them and looking after them. It was fun to care for them. They like to eat grass a lot. They like to dig in the sand. I am going to call my uncles and ask them how they are doing.

I really enjoyed being on the family farm. There were lots of chickens, cows and they had three dogs, and a peacock - his feathers were really colourful! There were partridges and ducks too! There was a fish farm with lots of fish in it. It was a lot of fun! I want to go again!



From left to right: Sienna, Blue, Thumper and Ninja, who is the only boy.



Beauty Corner.....



Pssst! Want to Know a Secret?

Do you colour your hair? If the answer is yes then read on. The instructions with the hair colour pack tells us to make sure that our hair is free from build up and residue from styling products, shampoos and conditioners before we go ahead and use it. How do we do this? Well, there is a product available that really, really cleans your hair. It's Pantene Clarifying Shampoo! This is not an advertisement for it! It really does work!

You use it like any other shampoo but don't use conditioner afterwards and don't use anything else on your hair. Follow the instructions on the bottle. Leave your hair to drip dry for about five minutes to allow it to soak up the water. This will help to prevent your hair from drying out too much. Comb or brush your hair from the bottom first and work your way up as this will help to prevent it from tangling. Use the shampoo at least one to two days before you colour your hair so that your scalp can release natural oils to protect it from the hair colour.

This shampoo is also really good if you have very greasy hair. It is good to use this shampoo regularly, perhaps once a week. It's not easy to find though! You may have to become a detective and check out all the shops to see who has it and for



how much! You could have a look online for it to see where it is available. Some shops might be able to order it in for you - just ask! The bottle might look a bit different. Prices vary too but it is worth getting.

Oat Facial Wash

Do you get spots on your face? If you do then there is a very simple way to keep them at bay. All you need is a bag of medium oats (porridge), some water and a small bowl.

Put a handful of the oats in to the bowl and add a few drops of the water and mix these together. The paste should not be too thick or too runny. It should look a bit milky.

Put this paste on your face and massage it gently all over for a few minutes. Rinse it off with warm water and gently pat your face dry. Moisturise your face as normal.

Use this tip regularly to keep spots at bay.

Lipstick ~ Stick to Lips!

Line your lips with a lip liner. Fill your lips with your lipstick. Blot off any excess. Reapply your lipstick. Blot off again.

Once you are happy then apply a lip seal over your lipstick. This will help to keep your lipstick on your lips. Check out the make up counters for lip seals.

If you don't want to use a lip seal then you just reapply your lipstick again and blot it again. Hopefully it will stay on all day long. Have fun experimenting!

Dry Feet ~ Stomp Them Out!

If you ever find that your feet are very dry, itchy and start to flake then simply wash and dry them thoroughly. Then moisturise them. Instead of spending a lot of money on expensive foot lotions and creams you can simply use your concentrated hand cream. This will help to moisturise and protect your feet. Do this for a few days and you will see the difference. After that use it regularly after a bath or a shower and your feet will look great.

Pamper Yourself!

Life can be quite stressful sometimes. You know....work...children....partners.....pets etc. We love them all but the list of trigger factors is endless! It's really good to look after yourself regularly. Why not pamper yourself sometimes?

You don't have to spend a lot of money to do this. Why not get together with a few friends on a regular basis and give each other beauty treatments? You could do facials, threading, henna hand painting, waxing, massages, pedicures, manicures and so on. It would be a very cost effective way to pamper yourself and to spend some quality time with friends. It could also be a really good way to spend some quality time with your daughter or your sister.

If you fancy getting your hair cut, or any beauty treatments done, professionally at a fraction of the price, then call Edinburgh College on 0131 535 4758 for an appointment. The college has three training salons in Edinburgh.

Be Active ~ Stay Active

Nowadays we are all being advised to be more active. It doesn't matter how old you are or how young. It's really important to start doing exercise so that we can improve our health. It's also important to encourage our children to be active and to stay active so that they can have a healthier lifestyle.

Adults need to be active for 30 minutes each day. This could be broken down into three 10 minute activities to make it easier. You could go for a brisk walk. Housework, such as vacuuming, is good too. You could do some gentle exercises at home. Go to the gym if you like and take some friends with you to make it easier and more fun.

Combine your exercise with that of your children. Walk them to school and back. They need at least 60 minutes of exercise each day. You could play together, such as football, in the garden or go to the local park. You could play Wii Fit or another active computer game with your children. There is a big emphasis on cycling at the moment and that is something that you and your family can do. There are lots of cycling paths that can be used safely. Check out the City of Edinburgh Council website for more details. You could take up swimming, badminton or even tennis. The possibilities are endless.

It's really good to be active. You'll all see and feel the benefits once you make a start. Keep up with your exercise routines after that and you will continue to feel the benefits.



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.

Older Women's Group:

- One group runs on Mondays (for Bangladeshi women) and one on Fridays (for Indian and Pakistani women) from 10.30 am until 1.00 pm at NKS. Activities include: gentle exercise, complementary therapies, lunch club, discussion/health sessions, 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.

Please contact NKS for more 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 (NKS Nursery - 3 months to 5 years old and NKS Afterschool/Homework Club - 5 to 14 years of age.) The facility runs five days a week from Monday to Friday from 8.30 am till 6.00 pm. Please contact NKS for more details.

NKS Board of Directors

Rohini Sharma Joshi ~ Director (Chair)
Sugantha Ravindran ~ Director (Vice Chair)
Jack Marshall ~ Director (Treasurer)
Indumati Pandaya ~ Director (Joint Treasurer)
Yasmin Ahmed ~ Director (Secretary)
Mussarat Ahmed Kaneez ~ Director (Joint Secretary)
Ann Wigglesworth ~ Director
Razia Dean ~ Director
Iffat Aziz ~ Director
Sandra Abu-Shaaban ~ Director
Sabira Dhami ~ Director
Shabnam Bashir ~ Director
Jane Jones ~ Director
Jabeen Munir ~ Director
Shaheen Ahmed ~ Director
Allison Conroy ~ Director
Kamrun Nahar Malik ~ Director

NKS News/Events

Care Assistant Training ~ NKS is hoping to run this training very soon and is currently in the process of organising it and contacting the women who would like to take part.

Health and Social Care Health Alliance for Scotland ~ NKS has obtained funding to carry out work with people with long-term health conditions.

Heritage Lottery Fund ~ NKS has obtained funds to document Scottish South Asian links with stories and workshops.

Dates for Your Diary:

25/04/13 ~ Energy efficiency workshop
 30/04/13 ~ NKS taking part in Winter Garden Celebrations
 03/05/13 ~ Afterschool/Homework Club ~ Clean up Scotland
 06/05/13 ~ Red Cross celebration week
 17/05/13 ~ Children and Elderly Week and Boat Trip
 01/06/13 ~ Parent's Forum Meeting
 22/06/13 ~ Fundraising Day at NKS

Please contact NKS for timings and confirmation

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

Samra and Abdul ~ NKS Management Committee, staff and users would like to congratulate Samra and her husband Abdul on the birth of their new child - a lovely little boy named Yahyah. We wish for him a long, healthy and happy life.

Khalda Y Jamil ~ NKS Management Committee and staff would like to welcome Khalda back to NKS as she has been appointed as a part-time Administrator at the project. She is really looking forward to working with NKS again.

Nargis Lalee ~ NKS Management Committee and staff would like to welcome Nargis to the project. She is the new Heritage Lottery Officer and will be working on documenting the Scottish and South Asian links by collecting stories and organising workshops.

Rohini Sharma ~ NKS Management Committee and staff would like to welcome Rohini back to the project as Chairperson. We would also like to congratulate her as both her son and daughter are getting married soon. We would like to wish both couples all the best for their future.

Your Contacts at NKS

Naina Minhas ~ NKS Manager
Nasima Zaman ~ Administrator
Khalda Y Jamil ~ Administrator
Rohina Hussain ~ Community Health Officer
Ishrat Measom ~ Community Health Officer
Naseem Suleman ~ Family Support Officer
Rukhsana Hussain ~ Community Officer
Nargis Lalee ~ Heritage Lottery Officer
Asma A Kassim ~ Nursery Manager
Amina Rahman ~ Childcare Assistant
Sobia Shahzad ~ Childcare Assistant
Nazish Raza ~ Childcare Assistant
Urfol Sonu ~ Cleaner