

"a happy woman is a happy family"

Nari Kallyan Shangho Newsletter

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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.

Editorial ~ Naina Minhas, NKS Manager



Sarah Boyack MSP officially opened NKS' new office at the AGM on 25 November 2013 surrounded by NKS Management Committee members and staff

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NKS recently refurbished an unused workshop and turned it in to a much needed office for the NKS staff. The new office has a small meeting room which offers privacy. Moving in was a really good start to 2014.

As spring and summer approach, new and interesting opportunities have been made available to NKS Management Committee, staff, volunteers and the users to learn and improve their lives. NKS is becoming a learning organisation where women can come and take part in accredited courses, such as SVQ Levels 1, 2, 3 and 4 in Childcare and a Diploma in Reflexology. NKS would like to offer more courses in the future.

I hope that you enjoy reading this issue of NKS' newsletter and find it very informative.

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.

Exam Stress Amongst Teenagers ~ By Duncan Littlejohn

Exams are a common time for teenagers to feel stress especially with the new National courses being rolled out. Nobody really knows what's going to be in the next exam but revising can always help you. Revising so many important subjects from S3 to S6, some of which are mandatory, could always cause some degree of stress.

The effects of stress vary from person to person. Stress happens to everyone but everyone has their own way of tackling it. Most people usually get stressed but are capable of coping while others can take on the effects much worse. The best way to deal with stress is to realise that you are stressed and then to do everything that you can to reduce it.

Ways to Avoid Stress:

- Figure out where the stress is coming from so that you can manage it. Stress should never be treated by spending countless hours charging through everything that you need to do.
- You must maintain an eight hour sleep pattern as well as remain well-fed and hydrated.
- Identify what regularly stresses you out and see what you can do to make yourself feel better if the problem arises again.
- Talk to people about the stress that you are under for support, i.e. a teacher, a friend or a close family member.

Symptoms of Stress:

- Headaches/migraines
- Lack of sleep or too much sleep
- Poor appetite
- Constant forgetfulness
- Exhaustion
- Depression

These are a few of many signs that you could be stressed. Making a schedule to make sure that these things do not happen is a common and effective way to tackle it.

Ways to Tackle Exam Related Stress:

- Take regular breaks away from revising.
- Do non-exam related activities that are fun when not revising.
- Try to get a sufficient amount of sleep every night.
- Make sure that you eat properly during exam time and drink plenty of water.
- Bathe/shower regularly to help to relax yourself.
- Be social and interact with family and friends.
- Buy yourself something nice to cheer yourself up.
- Complementary therapies such as massage and aromatherapy might help to relax you.
- Take deep breaths if you find yourself panicking. This will help you to relax.

- Do a physical activity such as swimming, jogging, going to the gym or football etc. Regular exercise will make you feel much better.
- Try your best - that's all that you can really do.

Parents can also help in the process of reducing their child's pre-exam stress. Parents can help by:

- Not judging their child.
- Offering moral support and helping to organise their child.
- Testing their child's knowledge and understanding of their subjects.
- Encouraging their child with positive comments.

Good luck to all students everywhere!

Positive Health and Well-Being ~ One-to-One Support for People with Long-term Illness

The project for self-management of long-term health conditions, which has been developed for South Asians living in Edinburgh, is progressing well. The overall aim of the project is to enable people with long-term health conditions, such as diabetes and cancer, to be able to lead life with little support, and for the families to cope better as carers.

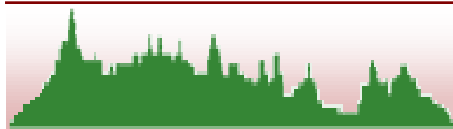
NKS has worked hard to develop and implement a tailored programme to support the South Asian communities within the family setting. The programme supports unpaid carers as well as individuals living with long-term conditions to help better manage the impact that the condition has on individuals and their families. This is being done by providing one-to-one support sessions to individuals in the home and sessions with family carers in the home.

A support group was set up for the carers where they could meet regularly to share their issues and concerns. Various agencies were invited on a monthly basis to give information about their services and to offer advice. The agencies heard about the issues faced by South Asian families living in Edinburgh directly from them.

Health and information sessions were held regularly in a group setting to give people with long-term health conditions and their carers relevant information. Topics included: cancer, hearing, guardianship, power of attorney and making a will.

Social issues, such as isolation and exclusion, and economic issues, such as a loss of income due to illness, were looked at by NKS. The project has helped many families to deal with issues such as these. Much needed moral and emotional support was also offered to both individuals with long-term health conditions and to their carers.

This three-year project is having a positive impact on their lives and NKS is looking forward to making further progress in the coming years.



Services in Edinburgh

School Meals in Edinburgh

Primary School Meals

The cost is £1.80 per day. This cost includes a two course choice of a hot main meal with a choice of soup, fruit, yoghurt or dessert and a drink. Pupils may also choose from a selection of filled rolls/wraps/sandwiches with a choice of 2 items from homemade soup, fruit, yoghurt or daily dessert and a drink. Drinks provided are milk, fruit juice and water.

Primary school menus are changed twice per year and menu information is available on the City of Edinburgh Council website: www.edinburgh.gov.uk.

High School Meals

The cost is £2.00 per day for a Meal Deal. Meal Deals include a main meal item, a drink and a choice of two from homemade soup, fruit or yoghurt. All menu items may also be purchased individually. Morning Break: all high schools provide a morning break service daily providing hot and cold filled rolls, toast, home baking and a range of hot and cold drinks.

Primary schools generally accept payment daily; however details should be checked with your child's school.

All high schools have a cashless payment system with money being "topped-up" onto cards using cash machines located in the school. These machines accept notes and coins. Envelopes are also available to make cheque payments and can be placed in a secure box in each high school.

If your child has special dietary needs e.g. coeliac please contact your school office who can arrange a meeting with the Catering Supervisor.

duced in Scotland from October 2013, the eligibility criteria may change in line with Scottish Government guidelines).

How to Apply

- There is a single application form for free school meals and assistance with schoolwear and it is only necessary to apply once per year.
- Please remember to attach a photocopy of all the pages of your supporting proof; otherwise your application will be delayed. You can find this information on page 2 of the application form. If you cannot find recent proof of any qualifying benefits, then simply complete and sign the application form and either send it to the address given at the top of page 4 or ask your local Jobcentre Plus to sign and stamp it.
- Application forms are available from your school and can be downloaded from the CEC website. If you already receive free school meals and/or assistance with schoolwear for 2013/14 then a renewal form will be sent out to you. Do not forget to inform the GAP team if you move home.
- Applications for the school session starting in August should be submitted by the end of the previous May.
- Please read the application form carefully as there is a lot of important information on it.

Awards

- Awards are normally made for one school session i.e. from the start of term in August until July the following year. This entitles each pupil to one free meal everyday they attend school and if you are entitled, vouchers, which may be used to help you buy school clothing at selected stores and schools.
- The clothing grant award letter needs to be taken to the council's collection office to exchange for the vouchers. Instructions will be on the award letter. This award letter is very important and should be kept in a safe place until you use it.
- Children in primary schools are entitled to £43.00 and those in secondary schools are entitled to £50.00.
- If you do not meet the criteria for free school meals and school wear from the council you may still qualify for assistance with school wear through the Police Aided Clothing Scheme of Edinburgh. For further information please call on 0131 662 5033.

Free School Meals and Assistance with Schoolwear

Free School Meals and Assistance with Schoolwear Entitled

Pupils: ONLY pupils attending a primary, secondary or special school under the management of the **CITY OF EDINBURGH COUNCIL** (CEC) are entitled to free school meals and assistance with schoolwear. Additionally, pupils attending a Council nursery with **FREE FULL-TIME** places are entitled to free school meals **ONLY**. The Grants, Awards and Placements (GAP) Team process these applications and it is very important to keep them informed if you move home. Otherwise your renewal form or award letter will not reach you. The GAP Team can be contacted on 0131 469 3471 or school.grants@edinburgh.gov.uk.

Who Qualifies?

The CEC supports parents of children of primary/secondary school age who are in receipt of:

- Income Support
- Income Based Job Seeker's Allowance
- Income-Related Employment and Support Allowance
- Child Tax Credit only (with an annual income less than £15,910)
- Support under Part VI of the Immigration and Asylum Act 1999
- Child Tax Credit and Working Tax Credit (with an annual income less than £6,420)
- Universal Credit (Please note that as Universal Credit was intro-

Women-Only Zumba/Swimming

Women-only zumba and swimming sessions are held every Saturday from 4.00 pm until 5.30 pm at Leith Victoria Swim Centre, Junction Place, Edinburgh, EH6 5JA.

There are two swimming sessions with female lifeguards on duty. The first one is at 4.00 pm and is for women and their children. The second session is at 4.50 pm and is for women only. Each person needs to register with Edinburgh Leisure first for both activities. Then they can book their places in advance using their new Edinburgh Leisure card. Places can be booked a week in advance at the centre or over the phone. Remember to cancel if you are not able to go. The second session is also part of the Open All Hours programme for girls who attend high school. Girls should register separately for this programme if they are interested.

The zumba class takes place at 4.00 pm sharp. You must remember to bring your trainers for this class and not be late! Otherwise you won't get in! Call 0131 555 4728 for more information.

Volunteers and Students...

Miriam Brown ~ S4, St Thomas of Aquin's RC High School

For my work experience I spent a week working as an Administration Assistant in Nari Kallyan Shangho (NKS). Before I arrived, I felt very nervous because I had never worked in an office. As soon as I arrived, I felt much more at ease as everyone was very friendly and smiled at me. It is quite small, but a comfortable type of small. If I didn't understand something, immediately they helped me out. They made me feel part of it and I'm very glad I chose to work at NKS. Jobs that I was given included: printing photographs, sorting out mail and typing things up for people. They kept me busy working and I was never bored during the whole week.

I got to sit through part of a childcare course, which was very interesting as I have very little experience with children and childcare. One of the highlights of my time there was lunchtime, as there was genuine South Asian food which I had never tried before, but turned out to be delicious, even if it was a little hotter than I was used to! People chatted to me and pointed me towards the slightly cooler and vegetarian dishes.

Working here has given me good experience for the working-world and it has also helped me to develop useful skills that I will need for later on in life. Working at NKS was very convenient for me as it is only a fifteen minute bus ride to get here and the hours that I was asked to work were very good. These are the main reasons I chose this particular placement.

This has been a very interesting week; initially I was expecting my work experience to be very boring, but working here has proved me wrong as I have enjoyed all of it. It has really shown me, what working life will be like and I was not aware that working could be so interesting, so it has raised my expectations for working life, which I now feel more prepared for. I am very grateful for the NKS workers for being so welcoming and helpful to me.

Cary Gibson ~ S4, Currie CHS



During my week at NKS I worked on various different tasks for the staff, which ranged from nursery-related tasks for the Nursery staff to creating spreadsheets for the community staff. What I enjoyed most was creating leaflets, which I did on

the second and third days. I now also know what goes on in a nursery, which was interesting. Working at NKS has given me an insight in to some of the work I should expect to do when I begin to work. This placement has given me a great experience of work. I would like to thank NKS for giving me this opportunity. NKS staff welcomed me to the project and this made my time there a lot easier and more enjoyable.

Kaniza Rahman ~ NKS Nursery Volunteer



I have just finished SVQ Level 2 in Childcare. I chose this course because I like to work with children and would like to work in a crèche or nursery in the future.

I am on placement in the NKS Nursery and during my course I learnt many things that I did not know before. I found out what child neglect was. I learnt about how to work with children and what different activities I could do with them. I really enjoyed singing songs with the children, playing with them and helping them with arts and crafts.

I found doing the observations of the children and planning for them a bit difficult at first. It was something that I had never done before and it was a little bit hard. It's a lot easier now that I know what to do.

My next step is to do SVQ Level 3 in Childcare. I hope that I can find a good job after that and work with children.

It's Good To Volunteer!

There are different volunteering opportunities available at NKS. You can volunteer in the office where you can help the staff with administrative tasks. You can volunteer with the community health staff who run groups and activities. You can also volunteer in our nursery or 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. A PVG check will need to be done with Disclosure Scotland.

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

Question 1: What is your favourite colour and why?

"I like all colours except orange because it doesn't suit me."

"I like peach because it's a light colour."

"I like all light colours such as pink, yellow, purple and mushroom."

"My favourite colour is red because it's very wearable. You can wear it for parties, marriages etc."

"I like all the colours. I appreciate all the colours."

"I love simple colours like yellow, skin tone and cream. They are wearable."

"I like black, light pink, maroon and navy blue because they look smart."

"Green because I like it. It's a fresh colour."

Question 2: What makes you really happy?

"When my kids are happy I am happy."

"To see my family together and happy."

"Anything makes me happy."

"Everything makes me happy."

"To play with my grandson."

"To see my flowers. To see visitors. Sometimes buying stuff."

"To meet everyone. I like laughing and joking, being in good friend's company, going out for a little walk and shopping."

"To meet different people to exchange our views and opinions."

Question 3: How do you feel about the possibility of Scotland becoming independent?

"I don't like it!"

"I don't know about it."

"I don't like it because we are such a small country so we won't be able to support ourselves."

"It shouldn't become independent."

"I can't decide because they haven't given us enough information."

"I like it because it will make England and Scotland separate."

"They shouldn't become separate because England has many different things to offer."

"I don't want it to be divided."

Intergenerational Project



The Intergenerational Project involves some of the women from the Friday Older Women's Group, some of the children from the After School/Homework Club and some of the NKS Nursery children. Some of the activities that they were involved in together were: outings, computer classes, mehndi (henna), arts and crafts, baking, making chapattis, doll-making, embroidery and simply talking to each other. Future activities will include: culture talk and quiz, tailoring, how to put on a sari and storytelling.

The women have really enjoyed being around younger people and the youngsters have really enjoyed being around them. A programme of home visits has been drawn up where the children will visit the women and spend some quality time with them.



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?

Bowling Outing ~ Intergenerational Project



In October 2013 the Intergenerational Project went out together to World of Bowling at the Corn Exchange. The women and children were put into teams and really enjoyed the bowling. Afterwards they enjoyed pizza together and got the chance to get to know each other better.

Will Writing Sessions

During November 2013 Janice Nisbet from Fergusson Law came and spoke to the groups that run at NKS about the importance of making a will. She explained the ins and outs of this and also what happens when someone dies without making a will. She also informed the groups about powers of attorney. The groups found the sessions very informative. The sessions gave the women something to think about.

Climate Challenge Fund Workshops

Climate challenge workshops took place in all of the groups that run at NKS. In these workshops the participants' awareness was raised about recycling, reducing waste and how to look after the environment. The participants found the workshops thought-provoking and very informative.

NKS Annual General Meeting (AGM)

The NKS AGM took place on 25 November 2013 at NKS premises with over fifty people in attendance. Rohini Sharma Joshi chaired the meeting. The guest speaker was Sarah Boyack MSP and her speech was very supportive and positive.

Naina Minhas, NKS Manager, spoke about the work of the organisation over the past year and Jack Marshall, NKS Treasurer, gave a brief report on the NKS finances.

The panels for the tapestry were shown at the AGM and Nargis Lalee, the NKS Heritage Worker, spoke about the ongoing Heritage Project.

Sarah Boyack MSP presented certificates to NKS trainees at the end of the AGM. Before lunch she officially opened the new NKS office. There is a nice photo of this on page 1. After this everyone had a lovely hot lunch and were able to chat and network with each other. There are more photos on page 9.

Scottish Heritage Memories Sessions



Scottish Heritage Memories sessions have taken place in all of the groups that run at NKS during the past few months. The sessions have been led by Nargis Lalee, NKS Heritage Worker, and Piyush Roy who have both done a wonderful job in engaging the women and making the sessions most enjoyable. The women have been able to reminisce about the past and share their stories. More sessions will take place during the coming year.

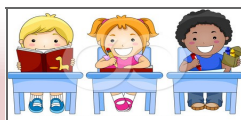
NKS Management Committee, Staff and Volunteers Christmas Lunch



In December 2013 NKS Management Committee, staff and volunteers went out for Christmas lunch together to Cosmos in Edinburgh. It was a really good opportunity for as many of them as possible to get together and spend some time with each other. There was a huge variety of food to choose from and there was something tasty for everyone.

NKS In-Service Day

NKS staff had their in-service day in January 2014. The staff got together and discussed procedures and practices. It was a good opportunity to go over things together and everyone had the chance to have an input.



NKS After School/Homework Club

NKS Railways Project



As part of the NKS Railways Project the NKS After School/Homework Club (ASHC) went to Waverley Train Station. The Network Rail and British Transport Police showed the children around the station and raised their awareness about using public transport and health and safety issues at a train station. The children really enjoyed the outing and were really happy to have had an opportunity like this.

Taekwondo

The ASHC children take part in Taekwondo every Friday from 3-4 pm at NKS premises. The children really enjoy it and it helps to keep them fit. Some of the children go for competitions and come back with medals. A big thank you to Heather and Tonde who run the classes.

Free Zumba Class for Girls

NKS has organised a girls-only zumba class on Fridays from 4.45 pm till 5.45 pm at NKS premises. This class is free of charge and is led by a qualified instructor. It's a great way for girls to keep themselves fit. Please contact NKS on 221 1915 if you are interested in attending.

Maths and Science Tuition

NKS has organised tuition for High School children as follows: Maths tuition takes place on Mondays and Thursdays from 4-6.00 pm at NKS premises. The tutor takes a maximum of four students each day. The cost is £3.00 per child per day if they attend the ASHC and £6.00 per child per day if they do not attend.

Science tuition takes place on Wednesdays from 5-7.00 pm at NKS premises. The cost of the tuition is £12.00 per child per hour.

If you are interested then please contact NKS on (0131) 221 1915 for more information. Please note that all of the tutors have been Disclosure Scotland checked.

NKS Nursery

Nursery Christmas Party



The NKS Nursery children and staff had their Christmas Party at Wester Hailes Shopping Centre on 20 December 2013. The children met Santa Claus and got presents from him too. Afterwards, the children and staff went for lunch together to Pizza Hut in the Gyle Centre and had a lovely time.

Playbus Outing



NKS Nursery staff took the children recently on an outing to the Playbus. There the children had lots of fun playing with a variety of different toys. They played with water and sand too. They got creative with the arts and crafts as well. Later on the children and Nursery staff joined the others there for story-time. It was a lot of fun for everyone!

NKS Nursery Information

NKS Nursery still has places and is open from 8.30 am until 5.00 pm from Monday to Friday. The morning session is from 8.30 am until 12.45 pm. The afternoon session is from 12.45 pm until 5.00 pm. Fees for children over 2: £8.00 per session, £14.00 per full day or £60.00 per week. Fees for children under 2: £11.25 per session, £21.25 per full day or £106.25 per week. Snack money is 30p per day. Please call NKS on 221 1915 for more information.



Delicious Healthy Recipes

Vegetarian Lasagne

Ingredients:

500 grams of Quorn mince
1 tablespoon of olive oil (Unlike beef mince, Quorn mince does not need to be cooked in oil. You can just add it into the sauce. So, you only need 1 tablespoon of olive oil for this recipe.)
1 onion, finely chopped
2 cloves of crushed garlic
100 grams of mushrooms, sliced
1 tin chopped tomatoes (approximately 400 grams)
3 tablespoons of red pesto (remember that this contains nuts)
1 tablespoon of oregano
1 vegetable stock cube
2 tablespoons of fresh basil, shredded
salt and freshly ground black pepper or ground white pepper
8 to 10 lasagne sheets
25 grams of butter or margarine
25 grams of plain flour
300 ml of milk
100 grams of mature cheddar cheese, grated plus extra for the topping

Method:

Preheat the oven to 200°C/400°F/
Gas Mark 6.

1. Heat the oil in a frying pan and fry the onion and garlic for five minutes until softened.
2. Add the mushrooms and cook for a couple of minutes.
3. Stir in the Quorn mince and then the tomatoes, red pesto, oregano and vegetable stock cube. Increase the heat and simmer gently for five minutes.
4. Stir in the basil, season to taste then remove from the heat.
5. Make the white sauce by melting the butter, stir in the flour and cook gently for a minute stirring constantly. Slowly add the milk and reheat until it begins to thicken. At this stage add the cheese, season to taste and simmer gently for 2 minutes.
6. Spoon half of the mince mixture over the base of an ovenproof dish, top with lasagne sheets and add some of the white sauce and spread over the lasagne sheets. Repeat the layers, then pour over the rest of the white sauce and scatter with a little grated cheese and bake in the oven for 25 to 30 minutes until the top is golden brown and bubbling.
7. Serve immediately with a green salad and garlic bread.



Chicken Pasta Salad

Ingredients:

170 grams of skinless, boneless chicken breast
225 grams of penne or fusilli pasta
60 grams of chopped celery
40 grams of grated Parmesan cheese
2 spring onions, sliced

235 mls of mayonnaise
4 tablespoons of soured cream
2 tablespoons of milk
2 tablespoons of freshly chopped parsley
1 teaspoon of dried basil
1/4 teaspoon of dried thyme
150 grams of thawed frozen peas
1 pinch of salt and pepper to taste

Method:

Prep: 15 minutes › Cooking Time: 15 minutes › Ready in: 30 minutes



1. Fill a pot with lightly-salted water and bring to the boil. Cook the chicken breast in the boiling water until no longer pink in the centre. This will take about ten minutes.
2. Cut the cooked chicken breast into cubes and spread out onto a plate and leave to cool. Then place chicken in the refrigerator for one hour, or until completely cooled.
3. Fill a pot with lightly-salted water and bring to the boil. Stir the pasta into the boiling water. Cook the pasta as instructed on the packet. If you want the pasta to be 'a la dente' (firm to the bite) then cook it for a few minutes less than the stated time. Drain the pasta quickly, and rinse thoroughly with cold water to cool it down.
4. Stir in the celery, Parmesan cheese, spring onions, mayonnaise, soured cream, milk, parsley, basil and thyme together in a large bowl. Add the chicken, pasta and peas into the mayonnaise mixture. Season with salt and pepper. Chill in the refrigerator for one hour and enjoy.

Lebanese Salad (Serves 8)

Ingredients:

10 large romaine lettuce leaves, cut into strips
2 tomatoes, diced
1/2 cucumber, diced
30 grams of radish, diced
1/2 of a red pepper, diced
1/2 of a red onion, diced
25 grams of fresh parsley, finely chopped
25 grams of fresh mint, finely chopped
1 tablespoon sumac spice or grated lemon zest
salt to taste
2 cloves of garlic, crushed
2 tablespoons of olive oil
2 lemons, juiced
Lebanese bread or pitta bread, for serving

Method:

Prep: 30 minutes › Ready in: 30 minutes

1. Place lettuce and all the diced vegetables in a bowl. Add the herbs and sumac, and season with salt.
2. Make a paste with the crushed garlic, olive oil and lemon juice. Pour over the salad.
3. At the last minute, grill the pitta bread and crumble it over the salad.



Photo Gallery.....



NKS Annual General Meeting ~ 25/11/2013



NKS Annual General Meeting ~ 25/11/2013



Bangladeshi Women and Children ~ Outing to National Museum of Scotland



Santa Train Outing from Bo'ness and Kinneil Railway Station ~ 07/12/2013



Intergenerational Project ~ Making Biscuits



Saturday Group Members at the Big Big Sing at Usher Hall



Outing to the Transport Museum in Glasgow ~ 29/11/2013



Birthday Celebration in NKS Nursery



Young Voices.....

Being a Teenager Today ~ By Miriam Brown, S4, St Thomas of Aquin's RC High School

Being young today is becoming increasingly difficult. Balancing parents, teachers, homework, revision, friends and exams is a full-time job which requires constant attention and hard work. Parents complain if you do not spend enough time with them, teachers complain when your homework is not good enough or if you're not making enough of an effort in class and friends seem to have to put no effort into anything other than going out and chatting. This is stressful enough, without the added horror of braces and acne!

People look forward to going home after school, for peace and quiet and maybe a nap as well. However, parents love chatting to their children and don't seem to understand the concept of privacy. Knocking on the door in particular, really seems to confuse parents. Why would they need to knock? What could their child possibly be doing that is so private? Most of the time, there's no particular reason. The child just wants their parent to leave. However, in the possible circumstance that the child is actually doing something private, it's best just to knock.

Every teacher seems to hold the belief that their subject is the most important subject there is and that no other subject ever gives out homework, so students can spend all their free time doing homework for that particular subject. I'm not sure where they picked up this particular belief, but it makes it very inconvenient for students.

Homework is what ruins weekends and holidays. It's that sudden remembrance on a Sunday evening that there is a large amount of homework due for Monday. Teachers and parents always tell students to start it early and get it out of the way, but that rarely happens. Something comes up, people forget or they just can't be bothered doing it. I have personally experienced this many times. It's incredibly depressing when you have to spend hours and hours writing essays, creating posters and answering boring questions. Best way to ruin someone's weekend and holiday.

Revision is what I dreaded for months and tried desperately to put off for as long as I could, but the guilt that comes with knowing that right now you really should be revising maths because you have that test tomorrow or that you should have learnt your Spanish piece is almost unbearable. The instant regret you feel as you enter the exam hall is even worse though. You can almost feel the fail that's coming towards you. Was it really worth going to that party when you should have been revising? Probably not.

Friends are the light in the dark most of the time, other times they're the ones nagging you to come and see them or to go out. My friends always have this amazing ability to phone me or text me when I'm either in the shower, studying, at a class or am participating in some other important activity. Teachers always suggest that students try studying or doing their homework with their friends, this has never

worked for me or anyone I know. Studying lasts about ten minutes, then someone gets distracted, and then they distract someone else and so on.

When I was in first year, I used to think the senior pupils looked so cool going to their exams and that they were so lucky because they got to miss weeks of school. Then I became a senior pupil and learned it's not fun at all. Sitting an exam is not fun at all. One of the worst things about an exam is if you finish too quickly, sitting there for half an hour just waiting really doesn't help the nerves. I got so nervous in one of my exams that I tore a layer of skin off my thumb.

Teenagers are underappreciated for how hard their life actually is.

My Work Placement at NKS ~ Duncan Littlejohn



I am a fourth year student at Craigmount High School. At some point in mid-November 2013 I was told along with the rest of my school year that we would be attending work experience at some point in February 2014. This didn't seem very

relevant at the time but the time flew by and before we knew it we were supposed to have handed in our work experience placement. I was one of about 60-70 people who hadn't gotten a placement and had to choose from a database of places. Upon which I went to the section entitled 'Admin and IT' and saw NKS which seemed like one of the better choices out of what was there.

I had no idea what NKS did before I arrived. But, upon arrival I found that the people in NKS were helpful and generally kind. Constant movement between the two offices where the employees and volunteers worked was interesting as well as doing various small tasks here and there. I helped the nursery staff with printing out photographs of the children to put in to their profiles. I also helped the administrators with general office tasks. It was a good working environment and my work experience has been very nice.



Beauty Tips

Toothpaste

Do you have yellow nails? Try scrubbing them with toothpaste to remove the stains and to add shine. You can also add a few drops of lemon juice for extra whitening; it's a natural bleaching agent.

Eggs

Strengthen your hair by creating an egg yolk and olive oil hair mask. The protein in the egg yolk will toughen up your tresses, while the olive oil will act as a conditioning agent.

Honey

If your skin is sensitive and blotchy, apply a couple of tablespoons of honey to your face and leave on for five to ten minutes. The honey will moisturise and soothe your face and it will help to kill blemish-causing bacteria too.

Cooking Spray

Rather than spraying quick-dry oil on your nails, reach for a cooking spray instead. Just be sure it's the original, unflavoured version or you might get grossed out by garlic-scented cuticles!

Flat Iron

A hair straightener works great for ironing between buttons on your shirt, where a regular iron doesn't fit. You can also use it for minor wrinkles on your blouse when you're in a hurry.

Sellotape

Remove dry skin from lips by pressing the sticky side of sellotape to your lips, or see what a nail polish color will look like without the mess by placing a small piece on your nail and doing a quick test.

Listerine Mouthwash

Have you ever had a painful blister that popped? To disinfect it, dab a few drops of Listerine Mouthwash onto it. It's a powerful antiseptic.

Yogurt

If you burn your forehead using a curling iron, slather plain yogurt onto the wound. The coolness will help with the swelling and the yogurt will reduce redness and speed up the healing process.

Cornstarch

Have you ever had shoelaces, string, chains and necklaces tied up in knots and have difficulty in untangling them? For greater grip and control rub cornstarch into these stubborn

knots to detangle them in seconds.

Oatmeal

Whether you have dry, itchy winter skin or discomfort from summer mosquito bites, mixing cooking oats into your bath will provide instant relief.

If you have dry, dull hair

A protein-filled hair mask works great on dry, split ends. Repair and rehydrate the hair strands with an avocado hair mask. Combine half an avocado with one tablespoon of olive oil and one tablespoon of honey. Blend well together and then apply from the roots to the tips. Throw on a shower cap and leave the treatment on for about 15 to 20 minutes to allow the hair to absorb all of the nutrients. Then rinse with cool water to lock in moisture. Shampoo, condition and style your hair as normal.

If you have dandruff

If you struggle with dandruff or a dry scalp then take two tablespoons of tea tree oil and combine it with five tablespoons of plain Greek yogurt to create a mask. Apply it to your scalp and leave it on for 10 to 15 minutes. Then shampoo, condition and style your hair as normal. Do this at least once a week until the dandruff disappears.

Skin Brightening Face Mask

What you need:

- 1 tablespoon of natural yogurt
- ¼ teaspoon of honey
- ¼ teaspoon of haldi (turmeric powder)
- Juice from a small wedge of lemon

What to do:

- 1 Mix these ingredients together.
- 2 Steam your face to open your pores.
- 3 Apply the mask to your face and leave it on for about 20-25 minutes. Be very careful as the mask is runny and the haldi will stain.
- 4 Wash off the mask using circular motions.
- 5 Pat dry and moisturise your face as usual.

Your skin should feel soft, look clearer and brighter. Use this mask once a week.

Rose Water

Rose water is a natural toner. It also takes away the redness from your face. It can be used regularly.

- 1 First of all wash your face and pat it dry.
- 2 Then apply the rose water with a cotton pad over your face.
- 3 After this apply a moisturiser.



Groups at NKS

English as a Second Language (ESL)

Classes:

- Women-only ESL classes run at NKS, thanks to Edinburgh 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 After School/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

Sandra Abushaaban ~ Director

Shabnam Bashir ~ Director

Jane Jones ~ Director

Jabeen Munir ~ Director

Shaheen Ahmed ~ Director

Allison Conroy ~ Director

NKS News/Events

NKS Nursery Staff and Parents

Meeting ~ This will be at the end of March 2014 with a presentation for the parents. There will also be a chance to share the progress of the children and to discuss what's been happening in the Nursery.

New Lanark Village ~ The NKS ASHC is going on an outing on Thursday 17/04/2014.

Childcare Training ~ NKS is planning to run more childcare courses. If you are interested in doing SVQ Levels 1, 2 or 3 in Childcare then please get in touch with us as soon as possible.

Diploma Course in Reflexology ~ NKS is running a Diploma course in Reflexology from March 2014. NKS would like to teach women how to do reflexology and gain a recognised qualification at the same time.

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

Jane Jones ~ Director ~ NKS would like to congratulate Jane and her husband, Lynn, on becoming grandparents to Cora Kate. Best wishes to the family.

Iffat Aziz and Kamrun Nahar Malik ~ Both of them have stepped down from the Management Committee at the AGM. NKS would like to thank both of them for their valuable contribution to the project and wish them well.

SVQ Level 2 in Childcare ~ NKS would like to congratulate the following volunteers for successfully completing their course: Ghazala Sardar, Kaniza Rahman and Rizwana Khan.

SVQ Level 3 in Childcare ~ NKS would like to congratulate the following members of staff volunteers for successfully completing their course: Farzana Khan, Kishwer Rashid, Mehar Afshan Ashraf, Nasima Zaman and Nazish Raza.

Sandra Abushaaban ~ NKS Management Committee and staff would like to congratulate Sandra and her husband on the birth of their new baby daughter called Mariam. Best wishes to the family.

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

Humaira Abdullah ~ Nursery Manager

Sobia Shahzad ~ Nursery Supervisor

Nazish Raza ~ Nursery Supervisor

Amina Rahman ~ Senior Nursery Practitioner