

*"a happy woman is a happy family"*

# Nari Kallyan Shangho Newsletter

Spring/Summer Edition, July 2014, Volume 14 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.

## Editorial ~ Naina Minhas

NKS has been awarded two-year funding by the Climate Challenge Fund from Keep Scotland Beautiful. This new project is entitled 'Climate Challenge Initiative to Lower Footprints in the South Asian Communities, Edinburgh' but we will refer to it as the NKS Climate Challenge Initiative (NKS CCI) for short.

NKS has been given plots at the Royal Botanic Garden Edinburgh and the Grove Fountainbridge Community Garden. NKS has made a lovely colourful garden at the premises too.

Since Spring, NKS users have been very busy actively participating in sowing, planting, looking after and harvesting organic fruit, vegetables and herbs. There are some nice photographs on the new Climate Challenge page (page 11).



Bangladeshi Women at the Royal Botanic Garden Edinburgh

The NKS CCI will be offering advice and workshops on: energy efficiency, gardening, recycling and waste management to help women and their families reduce their carbon footprint.

A bicycle club is being set up at NKS. Cycle Tutors, once trained, will teach women how to ride bicycles and then lead them on rides. This is all very interesting and exciting!

Asma A Kassim has been recruited as the Climate Challenge Initiative Co-ordinator. If you would like to get involved or you would like more information then you can contact NKS on (0131) 221 1915 or at [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk).

## Inside This Issue.....

Page Name and Articles	Page No.
<b>Your Health</b> .....	2
Update on One to One Support/Carers Break	
<b>Services in Edinburgh</b> .....	3
Parking in Edinburgh/"Panda"monium	
<b>Volunteers and Students</b> .....	4
Jennifer Gibson/Induction Day for Childcare Training/Shajna Begum/Saba Shabir	
<b>From Our Elders</b> .....	5
Three Questions/It's a Wrap!	
<b>What's Been Happening at NKS?</b> .....	6
The Scottish Heritage Project/Fundraising for Red Cross/Edinburgh Canal Festival	
<b>Kid's Corner</b> ~ NKS After School/Homework Club (ASHC) and NKS Nursery.....	7
Eco-Schools/Outings/Cushion Cover Making	
<b>Delicious Healthy Recipes</b> .....	8
Flap Jacks/Paradise Slice/Choc'n'Cherry Cake/ Hygiene Tips for in the Kitchen	
<b>Photo Gallery</b> .....	9
Photographs of Groups/Events at NKS	
<b>Young Voices</b> .....	10
Shakira Rahman/Shafi Abdul/Beauty Tips by Shakira Rahman & Shazia Amjed	
<b>Climate Challenge Initiative</b> .....	11
Climate Challenge Open Day/NKS Nursery/ASHC at Botanic Garden/Friday Group	
<b>Looking Forward with NKS</b> .....	12
Information About What NKS Does/NKS and Committee Contacts/Latest News	

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.



## Update on One to One Support at NKS ~ By Naseem Suleman

NKS' project for the self-management of long-term health conditions has continued to build on the good work already done as following:

- 1) Families with long-term health conditions were supported with their hospital and GP appointments with NKS staff advocating on their behalf to service providers by accompanying them.
- 2) Encouraging people with long-term health conditions to keep up with their medicines and explaining to them in detail about the difficult treatments that they have found hard to grasp due to the mental trauma suffered by them in cases of serious illnesses.
- 3) Besides combating isolation one of the aims of the befriending service provided is to provide moral and emotional support to individuals to cope with serious illnesses that they are suffering from. The support offers them the opportunity to pour their heart out to discuss their mental state with the befriender.
- 4) Counselling sessions have been organised for three of the carers as they were finding it difficult to cope with their caring job. Besides respite was offered and they have also been put in touch with other carer services to avail themselves of the benefits of these.
- 5) Carers were taken for a respite break to give them rest and a chance to meet other carers. There is a small article on this page about this. Emotional support has also been offered through the NKS Carer Support Group where everyone is sharing information and their experience of looking after someone at home and the difficulties faced by them in the process.
- 6) One carer has finished her SVQ level 2 in Childcare course and has now moved on to SVQ level 3.
- 7) Three volunteers who were doing SVQ Level 2 in Care Assistant course finished their course in June 2014.
- 8) One carer for the families with a long term health condition, who did not speak English, is now doing a course in English and can manage to understand their doctor.
- 9) Group sessions were held for these families to meet each other and professionals were called to advise them about various health issues e.g. CHEST, HEART AND STROKE and HEARING LINK to try to enable self-management through customised exercise classes.

## Carers Break ~ 23rd to 25th May 2014 ~ By Naseem Suleman

I went with a few of NKS' users to Linlithgow for a women-only weekend break for carers in May 2014. The break was organised by the Care for Carers project in Edinburgh as part of their Stepping Out programme for short residential respite breaks. It was a really good opportunity for the women to meet other women who are carers just like them.

The group from NKS set off about lunchtime on the Friday and had a nice drive up to the Low Port Centre in Linlithgow. Once there everyone introduced themselves to each other over tea, coffee and biscuits.

Everyone was shown where their room was and then had a rest. After lunch everyone went for a nice walk. The fresh air and

scenery was really good. The women were pampered when they got back. They soaked their tired feet in warm water and complementary therapies were offered such as a facial or a massage. They ate dinner together in the evening. The food was very nice and it was good for them to socialise over dinner.



Archery Lesson

After breakfast on Saturday the women took part in activities such as Indian dance and archery. There was also a canal boat trip too. The women enjoyed these activities and the chance to get away for a few days. On Sunday the women took part in laughter yoga, which they really enjoyed. One woman said:

*"I really enjoyed the programme for the whole weekend. The Scottish singer on Saturday evening was really good. I really enjoyed the food too."*



The Women and Staff Posing and Smiling for Photographs

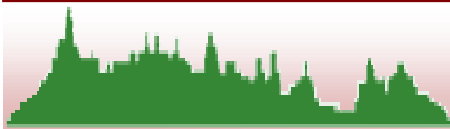
If you would like more information about a short break, the details are as follows:

Care for Carers  
Lochend House  
33-35 Lochend Road South  
Edinburgh, EH7 6BR  
Tel: 0131 661 2077  
Email: [admin@care4carers.org.uk](mailto:admin@care4carers.org.uk)  
Website: [www.care4carers.org.uk](http://www.care4carers.org.uk)



Relaxing over Refreshments





# Services in Edinburgh

## Parking in Edinburgh

### Blue Badge Parking

With a Blue Badge you can park free of charge and without time limit on streets in Edinburgh: in public and shared on-street parking bays, on single or double yellow lines when loading is allowed, in greenways parking places when parking is allowed and in disabled parking bays. Call City of Edinburgh Council (CEC) on 0131 469 3891 or email on [travelconcessions@edinburgh.gov.uk](mailto:travelconcessions@edinburgh.gov.uk) for more information. For an application form call 0800 23 23 23.

You should not park: in bus lanes during the hours of operation, in cycle lanes, on single or double red lines during the hours of operation, on zig-zag pedestrian crossings at school entrances, in bus stops, in parking spaces for residents, motorcycles and city car club users, in suspended parking bays, any place where traffic or emergency vehicles might be held up, at dropped kerbs and in public parking places on main traffic routes when loading is prohibited. Always check road markings and signs for information.

### Colours of Parking Bays

- Buses only parking bays (orange)
- City car club parking bays (green)
- Disabled parking bays (sky blue)
- Loading bays (yellow)
- Motorcycles parking bays (dark blue)
- Other controlled parking bays (pink)
- Parking on greenways routes (red)
- Parking tariffs area (beige)
- Pay and display parking bays (blue)
- Resident or pay and display parking bays (brown)
- Resident permit parking bays (purple)

### RingGo - Cashless Parking Payments

If you don't have any loose change on you then you can pay for parking using your mobile phone by contacting the RingGo Service. You can register for RingGo online at [www.myringgo.co.uk/register](http://www.myringgo.co.uk/register) or call 0131 516 4000. You will need to provide the following details when you register: the registration number, colour and make of your vehicle, your payment card details and your address. You can easily pay for parking using your mobile phone once you have registered.

### Cost of Pay and Display Parking

The cost of parking in pay and display bays in Edinburgh varies depending on the area. You can find the latest prices in the travel and parking section in the CEC website at: [www.edinburgh.gov.uk](http://www.edinburgh.gov.uk). Remember to always check the nearest ticket machine to ensure that you pay the correct price as there may be variations in these areas.

### Suspensions and Dispensations - Permit or Public Parking Bay

#### Suspensions

For suspensions three days (72 hours) notice is needed, excluding the weekends, for resident permit parking spaces and two days (48 hours) notice, excluding the weekends, for public parking bays. The contact information to apply for suspension is: tel: 0131 554 1751, fax: 0131 555 0061 and email: [edinburghsuspensions@nslservices.co.uk](mailto:edinburghsuspensions@nslservices.co.uk). Charges will vary depending on the area. To set up a suspension you need to provide: the location address, fax or email details, date or dates required, type of parking bays (public or permit) and reason for suspension.

### Dispensations

A dispensation is if you need to load or unload on a single yellow line for longer than 30 minutes. The contact information to apply for dispensation is: tel: 0131 557 6941, fax: 0131 555 0061 and email: [edinburghdispensation@nslservices.co.uk](mailto:edinburghdispensation@nslservices.co.uk). You should give as much notice as possible if you need a dispensation for: delivering heavy goods, furniture or home removals and vehicle with generators. To set up a dispensation you need to provide: the location address, the start and end time, the company name and the vehicle registration number.

## "Panda"monium ~ By Khalda Jamil



My mother-in-law and my son Mohsin

There's nothing quite like visitors to make you think about where to go and visit. My mother-in-law, Kalsoom Akhtar, came over from Pakistan and having serious mobility problems she needed a wheelchair. It's quite hard to find places to go to that are suitable for wheelchairs. Well, it's been years since I went to Edinburgh Zoo and initially I was quite reluctant to go. There was so much that I needed to check out first to make sure that it was suitable for her. Thankfully the zoo had a wheelchair that she could use. So, I booked it and planned the whole trip around that.

The staff at the zoo was very helpful and advised me of the new mobility vehicle service, which took us up to where the lions were. This was really handy as it would have been impossible to push the wheelchair all that way!

We slowly went around the zoo and saw all the animals that were accessible with a wheelchair. We saw: meerkats, sun bears, chimpanzees, gorillas, penguins, exotic birds (though the stunning parrots were no longer there), flamingos, ducks, wild dogs, kangaroos, wallabies (which my mother-in-law loved as there was a baby in its pouch) and of course the pandas! Tian Tian (female panda) and Yang Guang (male panda) are the star attractions. Her name means "Sweetie" and his means "Sunshine" in Chinese. We had to be quiet and not make noise or use flash photography. He was relaxed and stretched out on a giant swing. She moved about a lot and then sat with her back to us all!

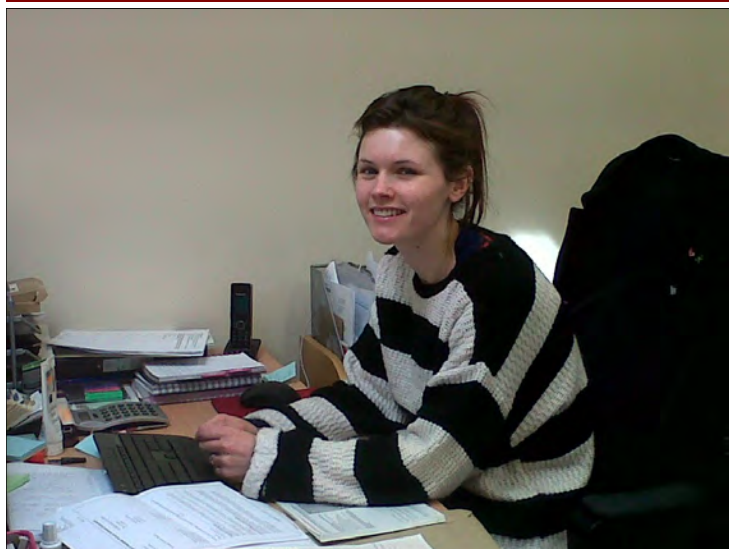
It was very hard work to control the wheelchair around the zoo and I was exhausted that night. Despite my tiredness I would have to say that the outing was well worth it as my mother-in-law had a lovely day out with my family and got to see the zoo. I got some much needed exercise and felt really good that she enjoyed the outing and was included.

I got a small taste of what it's like to look after an older person, especially one that needs extra care. All I can say is that it's very hard work. I had to make temporary changes to my life. I can't imagine what I would do if I had to look after someone else long-term. I applaud anyone who looks after another person. It's a very difficult thing to do. If you need a wheelchair for a short while then you can borrow one from the Red Cross in Dalkeith for a small donation. You can contact them on 0131 660 9372.



# Volunteers and Students...

## *My Time at NKS ~ Jennifer Gibson*



I am a third year Social Sciences student at Napier University. My time at NKS in April 2014 has been positive and enjoyable.

All of the staff have been very helpful, approachable and passionate about their jobs. The activities, food and support that the staff provide to the South Asian community is great, and the staff are all very chatty, warm characters and there is always lots of laughter in the main room which shows everyone is having fun! The work they are doing is very valuable to the community and they provide a very safe, sociable place for women and children to socialise and enjoy time together.

This experience has provided me with the opportunity to ask the staff about how Scottish life differs from their original birthplace, their families and the work they do here at NKS. The yoga for the elderly ladies is a great idea, as joints/muscles can seize up as individuals get older, and the meal afterwards for them enables them a good chance to chat and reflect.

## *Induction Day in March 2014 for SVQ Levels 2 & 3 in Childcare at NKS*



NKS had an induction day for the students who are now doing SVQ levels 2 and 3 in Childcare. The training is in partnership with Borders College. You can read about two of the students

experiences so far on this page. Please contact NKS on (0131) 221 1915 or by email at [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk) if you are interested in future courses.

## *Shajna Begum ~ SVQ Level 2 Student*



One of my friends told me about this childcare course. I want to improve my skills so that I can get a good job. I had already done some courses and this course was the next step. I will start my course in August 2014.

In the meantime, I have been doing voluntary work in the

NKS Nursery since April 2014 to gain some valuable work experience. I'm really enjoying it. I am finding out about the rules and regulations that need to be followed when working with children. I'm really glad that my course is going to be run at NKS. I feel very comfortable here. I used to just attend one of the groups at NKS. Now, as a volunteer, I am finding out a lot about the good work that NKS actually does behind the scene.

## *Saba Shabir ~ SVQ Level 3 Student*



I have been doing voluntary work in the NKS Nursery since March 2014 to gain work experience. I started my SVQ level 3 course in June 2014 at NKS.

The atmosphere is warm and friendly and the course is being done very professionally. I really appreciate it

that NKS has given me this opportunity.

## *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. Here are their responses:

## Do you like gardening?



"I like gardening. But my husband does most of the gardening."

"I can't do gardening because of my health but I like looking at my garden."

"I like gardening. But now I am not able to garden anymore but I used to cut the grass and grow plants and looked after the garden."

"I love to see my garden but I get hay fever. So, unfortunately it looks like I'm allergic to gardening!"

"I cut the grass, do the weeding and planting. I love to see my garden."

## What do you recycle at home?

"Everything. We separate everything such as plastic and cans. We recycle at the supermarket."

"I don't recycle."

"I recycle plastic, cardboard, cans and bottles."

"I recycle everything. I recycle plastic, glass, cardboard, newspapers and cans."

"I recycle bottles, cans, plastic, cardboard and food."



## Have you got any money saving tips?

"Always switch off plugs to save electricity."

"I don't waste too much hot water. I turn off the lights and switch off plugs. I don't waste too much gas or electricity."

"I bulk buy the things that I use a lot. I buy half priced plants that are a little damaged."

"I can't think of anything just yet."

"I use coupons to get things cheaper. I buy flowers and food items that have been reduced in price. I buy items on sale too."

## It's a Wrap! ~ By Nargis Lalee



The Intergenerational Project ~ Sari Draping Session

NKS' pilot programme, the Intergenerational Project came to a close at the end of April 2014 after its successful completion. The Friday Older Women's Group joined forces with the After School/Homework Club to swap traditional and modern skills. The weekly sessions included the women teaching the children, aged between five and fourteen, how to sew, knit, weave, crochet, cook and wear saris. The children in return taught their assigned Friday Older Women's Group member how to navigate their way around the internet. The South Asian silver surfers now know how to Skype, chat online, watch TV on demand, listen to radio podcast, download newspaper articles, upload photographs and send emails to their relatives and friends 'back home.'

Storytelling sessions where both the women and children told their personal histories helped in bridging the age gap and found common ground with each other resulting in decreased isolation for the women and an improved understanding of their cultural heritage for the children. Both parties learned more about each other as well as what it means to be a part of the South Asian community in Edinburgh.

NKS hopes that the Friday Older Women's Group members and children that took part in this project will continue to meet regularly to build on what has been achieved so far and continue to enjoy each others company. It has been a very rewarding experience for all those involved.

## 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?

## The Scottish Heritage Project



NKS Staff and Friday Older Women's Group Members with the Tapestry Panels

NKS' current Heritage Project has now entered its second year. In the first phase the women's groups produced a series of tapestries depicting their personal and collective migration histories. Collaborating with Andy Crummy, artist and designer of the Prestonpans tapestry, in conjunction with the 3harbours festival, the tapestries will be on showcase throughout the Homecoming Scotland celebrations. The tapestries were also showcased at NKS premises in April 2014 and a field trip to Prestonpans to see the larger encompassing panels was arranged in May 2014. Pi-yush Roy, PhD candidate from the South Asian Department at the University of Edinburgh delivered presentations and film screenings between September 2013 and May 2014 exploring themes from South Asian and Scottish heritage links.

Throughout 2014, migration stories are being collected, which will subsequently be published in a book entitled 'A Passage to Scotland' and be presented at a book launch in April 2015. A visit was also made by NKS' women and children to the New Lanark Heritage Site in April 2014 to celebrate Easter and further visits to the National Museum of Rural Life and The Kelpies are being planned to take place in August 2014.

## Fundraising for Red Cross ~ 4th-10th May 2014

**British Red Cross**

**Thank you**

to everyone at

**Nari Kallyan Shango**

for supporting Red Cross Week 2014,  
you helped raise

**£ 406.23**

to help vulnerable people in crisis.  
Thank you for making a difference.

*Lisa Dove*  
Community Fundraiser

**RED CROSS WEEK 2014**

Refusing to ignore people in crisis

NKS staff, Committee Members, volunteers, users, nursery and ASHC children were very busy fundraising during the Red Cross Week. Different groups took responsibility each day to cook home made food and sell it to raise funds. A fantastic total of £406.23 was raised by the end of the week. Well done and thank you to everyone who took part!

## NKS at The Edinburgh Canal Festival ~ 21/06/14



Menu for 21/06/14: samosas, pakoras, chicken curry, vegetable curry, channa curry, turka rice, cakes, cans of juice and cartons of juice.

NKS staff, Committee members and volunteers put up a very successful food stall at the Edinburgh Canal Festival this year. The food was really delicious and everything had sold out by 2.00 pm!

The food was kindly donated by the following restaurants: Kebab Mahal, Kasbah Takeaway, Vinyasa and the Mosque Kitchen. Thank you so much for your help!

There was a lot to do and see on the day. There were races and canal boat trips. The weather was very nice which made the day even better.

NKS is hoping to put up a stall again next year. See you there!

**Kebab Mahal**  
7 Nicolson Square  
Edinburgh  
EH8 9BH  
Tel: 0131 667 5214/  
Tel: 0131 622 7228  
[www.kebab-mahal.co.uk](http://www.kebab-mahal.co.uk)

**Kasbah  
Takeaway**  
24 Marchmont Road  
Edinburgh  
EH9 1HZ  
Tel: 0131 229 2001

**Vinyasa**  
34 St Marys Street  
Edinburgh  
EH1 1SX  
Phone: 0131 556 6776  
[www.vinyasaedinburgh.co.uk](http://www.vinyasaedinburgh.co.uk)

**Mosque Kitchen**  
31 Nicolson Square  
Edinburgh  
EH8 9BX  
Tel: 0131 667 4035  
E: [info@mosquekitchen.com](mailto:info@mosquekitchen.com)

## Mouth Screening at NKS

Mouth screening for oral cancer took place in all of the groups that run at NKS during the past few months. The screenings were done in conjunction with the Edinburgh Dental Institute (NHS Lothian). Some of the women were advised to go to their dentist and have their dental hygiene looked at. Some of the women were advised to stop chewing paan as this was not good for their health.





## NKS After School/Homework Club

### Eco-School Event (03/06/2014) ~ By Umair Shahid



Natasha, me and Urooj with the Lord Provost, the Right Honourable Donald Wilson

I went with Natasha Measom and Urooj Ashraf to the Eco-Schools celebration at Edinburgh Napier University. There were many stalls there about recycling.

My favourite stall was the one which had the whole of Edinburgh divided into sections. Later on there was an assembly with schools informing us what they had done to become more eco-friendly. After the assembly the Lord Provost gave awards to schools for different things. A group photo was also taken of everyone that attended the event. We also had a photo taken with the Lord Provost.

### Scottish Storytelling Centre ~ April 2014



NKS Staff, ASHC & Nursery Children and Tuesday Group

NKS went to the Scottish Storytelling Centre in Edinburgh.

While there everyone listened to a story and got to explore the Centre. Some of the children got to

ring the bell up in the tower. It was a really good outing.

### Making Cushion Covers ~ July 2014



The ASHC Children & Fiona with their Cushion Covers

The ASHC children made their own cushion covers in July 2014. The workshops were led by Fiona Hutchison. She helped the children to do their own design and then helped them to make their cushion covers. They enjoyed the workshops and were very happy with their work.

## NKS Nursery

### Visit to National Museum of Scotland

The NKS nursery staff and children went to the Museum in April 2014. The children did art and craft activities including origami. They enjoyed a puppet show too. It was a really good outing.

### Visit Hollyrood Education Centre

In May 2014 the NKS Nursery staff and children went to Hollyrood Education Centre. There the children were taught about recycling and how to reduce waste. They did some planting as well.

### Look After Your Teeth!

In June 2014 a dentist came to visit the NKS Nursery children. The dentist gave the children toothbrushes and toothpaste and also showed them how to brush their teeth properly twice a day.

### East Links Family Park Outing ~ 13/06/14

The NKS Nursery staff, nursery children, ASHC children and their parents went with the Mother and Toddler Group to East Links Family Park for a summer outing. Everyone had a lot of fun at the park. There were lots of animals to see there: sheep, deer, lamas, pigs, donkeys, goats, cows, horses, ponies, ducks, chickens, turkeys and geese. The East Links Express Train Safari was good too. There was a trampoline and big and small slides too. A nice sunny day made it all even better.

### Fun at Fountainbridge Library



NKS Nursery Staff & Children Enjoy a Game

In July 2014 the NKS Nursery staff and children went to Fountainbridge Library for a fun day out. There they sang songs, heard stories and the children played

with toys and made new friends. They had some nice snacks whilst they were there and had a really good time.

### 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

## Flap Jacks ~ By Jack Marshall

Bake for 30 minutes at gas mark 5 (190°C or 375°F). Preheat the oven first.

### Ingredients:

6oz Butter  
6oz Demerara Sugar  
8oz Porridge Oats  
Pinch of Salt

### Method:

- 1) Warm and beat up the butter.
- 2) Mix the sugar, oats and salt together, then stir them into the butter.
- 3) Line a Swiss roll tin with baking paper.
- 4) Turn mixture into tin, press it down and bake.
- 5) When cooked leave to stand for a few minutes, then cut into squares and leave in the tin until cold.

You can vary the recipe by adding a handful of dried fruit and/or chopped nuts/seeds. Enjoy!



## Paradise Slice ~ By Jack Marshall

Bake for 20 to 30 minutes at gas mark 3 (170°C or 325°F). Preheat the oven first.

### Ingredients:

8oz Short Crust Pastry (you can make it yourself or buy a pack of ready made)  
8oz Butter or Margarine  
8oz Caster Sugar  
4oz Ground Almonds  
4oz Semolina, or Rice Flour, or Coconut (or a mix of them)  
4oz Glace Cherries  
4oz Sultanas  
2oz Walnuts or Flaked Almonds  
2 Eggs  
A bit of Jam

### Method:

- 1) Roll out the pastry and line a large baking/roasting tin or two Swiss roll tins.
- 2) Brush a thin layer of jam onto the pastry and put it to one side.
- 3) Cream together the butter/margarine and sugar. Add the beaten eggs.
- 4) Add all the other ingredients and mix together. Spread mixture over the pastry.
- 5) Bake until golden brown on top. Slice once cold. Enjoy!

## Choc'n' Cherry Cake ~ By Khaldia Y Jamil

Bake for 30 to 40 minutes at gas mark 4 (180°C or 350°F). Preheat the oven first.

### Ingredients:

12oz Caster Sugar  
12oz Butter/Margarine (don't use low fat as the cake will burn)  
5 Large Eggs  
10oz Self Raising Flour (or gluten free flour if you are allergic)

2oz of Cocoa Powder (suitable for baking)  
1 Tin of Black Cherry Pie Filling  
4 Tablespoons of Milk

### Method:

- 1) Use an electric hand mixer to cream together the butter/margarine and caster sugar until pale and soft.
- 2) Add one egg in at a time and beat thoroughly for a few minutes.
- 3) Add in the tin of black cherry pie filling and gently mix together with the electric mixer.
- 4) Mix together the flour and the cocoa powder first. Then sieve it in gently to the mixture.
- 5) Cut and fold (with a metal spoon) the flour and cocoa powder mix in to the mixture to keep in as much of the air as possible. Move the bowl around as you cut and fold.
- 6) Once most of the flour and cocoa powder has been mixed in add the milk and gently mix together until it's been absorbed.
- 7) Line the bottom and sides of your tray with the grease proof paper. Empty the cake mixture in to the tray and smooth out in to the corners. Cut off any excess grease proof paper.
- 8) Place the tray in to the middle of the oven and bake until cooked.
- 9) Once the cake is cooked leave it to cool down. Cut in to squares and serve with custard, single cream or warm with ice cream.

You can reduce the amount of flour and increase the amount of cocoa powder to get a more intense chocolate taste. Yummy!



## Hygiene Tips for in the Kitchen

Here are some tips for safe cooking in the kitchen:

- 1) Wash your hands before you start cooking and handling food and after the following: after using the toilet, after handling raw food and raw food packaging, after touching bins or handling waste, after taking a break, after eating and drinking, after cleaning and after blowing your nose.
- 2) Wear an apron so that you don't contaminate your food.
- 3) Clean up as you go along.
- 4) Keep raw foods in sealed containers on the bottom shelf and cooked food on the top shelves in the fridge. This will avoid cross-contamination.
- 5) Keep raw and ready to eat food separate when you are cooking to avoid cross-contamination.
- 6) Use different chopping boards and knives for raw foods and ready to eat foods to avoid cross-contamination.
- 7) Cook food thoroughly to minimise the risk of food poisoning.
- 8) If you are making burgers put all of the burgers in the frying pan first then switch on the heat. They will all cook at the same time.
- 9) Cool down cooked foods quickly (within 90 minutes) and store in the fridge.
- 10) Reheat food thoroughly and stir it half way through to make sure that it's been heated up evenly. Never reheat food more than once. Happy cooking!





# Photo Gallery.....



Meeting Between NKS Nursery Staff and Parents



Saturday Group ~ Referendum Information Session



Bangladeshi Women ~ Health Session



Reflexology Course at NKS



NKS at the Sensory Mela



NKS Staff & Users at Abuse of the Elderly Seminar



Naina and Naseem Volunteering at the Walk the Walk Event



First Aid Training at NKS with the Red Cross





# Young Voices.....

## *Volunteering at NKS ~ By Shakira Rahman*



I've been volunteering at NKS for many years now. For the last two years I've been helping out with the After School/Homework Club. I love volunteering with the children because I've grown up in a large family filled with children. I especially enjoy helping out the children with their homework and doing arts and crafts with

them as that is what I do for a living. I am currently studying interior design at Heriot Watt University. I will be going into my final year where I have a year-long project designing a youth centre. Volunteering at NKS had inspired me to carry out this project as my project is based on children itself.

## *Shafi Abdul ~ The Royal High School*



I am a fourth year student from the Royal High School and came to NKS in May 2014 for my work experience. I had taken administration and IT at school and it suited me because I knew that I would be doing administration work which is something that I enjoy. If NKS hadn't been on the database then I would probably have worked in a café serving people. So, I came to NKS not

knowing what the project did. I was quite nervous, I don't know why but I just was.

The staff was very nice and welcomed me with open arms. I was comfortable with everything and they helped me and gave me guidance when I made a mistake. Moving between the two offices where the office staff and the community staff and volunteers work was quite interesting because I saw what everyone did.

I was kept very busy and always had some work to do, which I liked. I helped the nursery with tasks like printing out photos and I helped the administrators with general office tasks, such as databases and updating working hour schedules. I liked working in a

busy environment where I was constantly busy. My work experience was really good.

## *Beauty Tips ~ By Shakira Rahman*

The main beauty tip that I have for the summer is to use mineral powder foundation or CC cream during the summer because it's light and allows your face to breathe during the summer.

I think that one common mishap most make-up wearers have is when mascara transfers to the eyelid. Instead of wiping it with a wet cotton bud and ruining the eye make-up by potentially spreading the mascara, you should wait until it is dry then use a dry cotton bud to lift the mascara off. Then it won't spoil the makeup.



Another tip is to line the waterline with white eyeliner or a nude eyeliner pencil. This will instantly make your eyes seem bigger.

Apply a little shimmer eye shadow to the inner corner of your eyes, again this will brighten and open up the eyes.

## *Hair Mask ~ By Shazia Amjed*

This hair mask is for conditioning and nourishing your hair and will give it shine too.

Ingredients: half a ripe avocado and one egg.

Method:

- 1) Whisk the egg.
- 2) Mash the avocado and add to the whisked egg. Whisk both ingredients together.
- 3) Apply to dry unwashed hair and leave on for 20-30 minutes.
- 4) Wash your hair thoroughly with shampoo.



There is no need to use conditioner. Just style your hair as usual.

## *Homemade Scrub ~ By Shazia Amjed*

You can make more of this scrub by increasing the amount of the ingredients. The scrub is suitable for your face and body.

Ingredients: 1 Tablespoon of organic brown sugar and a small wedge of lemon.

Method:

- 1) Squeeze the wedge of lemon on to the sugar and mix.
- 2) Use a cotton pad to use this mixture to buff clean facial skin in circular movements.
- 3) Rinse skin clean of this mixture. Pat skin dry and moisturise as usual.





# Climate Challenge Initiative...



## NKS Climate Challenge Initiative Open Day



Organic Food Stall

The NKS Climate Challenge Initiative (NKS CCI) had its open day on Thursday the 26th of June 2014 at NKS premises.

Flyers advertising the open day were sent out and NKS users were informed about this event. There were many stalls on the open day.

On the plant stall people were shown how to look after their plants.

There was a lot of information on the energy advice stall that people could take away with them.

The organic food stall was really interesting as people could see where these foods came from and what went in to them.

The food waste and recycling stall was also very interesting as people could find out what they could do to help the environment.

On the bicycle decorating stall people were shown how they could personalise their bicycles. Women and children got to try out the bicycles for themselves.



Women and Children Checking Out the Bicycles

There was also a bouncy castle and face painting to keep the younger gardeners busy and entertained. The open day gave those that came a taste of what will be on offer for the next two years.

## Budding Gardeners



NKS Nursery Children and Flowers

The NKS Nursery staff and children have been busy growing and then eating strawberries.

They have also been taking a turn in looking after the lovely little garden at NKS premises. They water the plants regularly and check what's growing.

There are beautiful and colourful flowers and lots of

different vegetables for them to come and look at.

## ASHC at Botanic Garden



ASHC Children with their Harvest

Some of the ASHC children went to the plot at the Royal Botanic Garden Edinburgh in July 2014.

Whilst there they were shown how to look after plants by Andrew Croft and one of his colleagues.

They harvested

these home to their parents. The children really enjoyed the trip and were very please with their harvest.

## Friday Group Gardening Talk ~ NKS Garden



Andrew Croft and NKS Staff and Users at the NKS Garden

Andrew Croft came to NKS in July 2014 and gave a talk on gardening to the Friday Older Women's Group. Some NKS staff and a young volunteer also participated as well. Andrew offered advice on how to use the compost and how to feed, water, prune and look after the plants. The garden looked very tidy and lovely afterwards. It was very rewarding.

The first harvest at the NKS garden consisted of: potatoes,

lettuce, chillies, broad beans, tomatoes and even some lovely colourful flowers. How wonderful!



The First Harvest ~ at the NKS Garden





## 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 11.00 am till 1.00 pm. 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

**Sandra Abushaaban** ~ Director

**Jane Jones** ~ Director

**Jabeen Munir** ~ Director

**Shaheen Ahmed** ~ Director

**Allison Conroy** ~ Director

## NKS News/Events

**Energy Efficiency Training** ~ The NKS Climate Challenge Initiative (NKS CCI) staff are undergoing training so that they can become qualified Energy Efficiency Advisors and will be able to offer advice on a one to one basis as part of this project.

**Cycle Tutor Training** ~ NKS is currently running cycle tutor training for women who will be volunteering with the NKS CCI project. You can read more about this in the next issue.

**Outing** ~ The Tuesday and Thursday Groups are taking women and children to St. Andrews Beach on 11th of August 2014. Let's hope that it's a nice day!

**Waste Reduction Workshops** ~ As part of the NKS CCI, workshops have been organised for all of the groups that run at NKS during September to November 2014.

**Kitchen Canny Workshops** ~ As part of the NKS CCI, workshops have been organised for all of the groups that run at NKS during October/November 2014.

**NKS Kitchen and Toilets** ~ The NKS kitchen and toilets are currently being totally refurbished. You can read more about this in the next issue.

## 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

**Rohini Sharma Joshi** ~ NKS Management Committee and staff would like to express their deepest sympathy to Rohini on the sad loss of her father.

**Razia Dean and Shabnam Bashir** ~ Both Razia and Shabnam have stepped down from the NKS Management Committee. The Committee would like to thank them for their valuable contribution and would like to wish them all the best for the future.

**Sugantha Ravindran** ~ NKS Management Committee and staff would like to wish Sugantha a speedy recovery as she has not been well.

**Asma A Kassim** ~ NKS would like to welcome Asma back to NKS. She has been appointed as the NKS Climate Challenge Project Co-ordinator. She is already very busy working on the NKS CCI project.

**NKS CCI Sessional Workers** ~ Rohina Hussain, Naseem Suleman and Nasima Zaman have been appointed and are also very busy supporting the NKS CCI project.

## Your Contacts at NKS

**Naina Minhas** ~ NKS Manager

**Nasima Zaman** ~ Administrator & Climate Challenge Sessional Worker

**Khalda Y Jamil** ~ Administrator

**Asma A Kassim** ~ Climate Challenge Project Co-ordinator

**Rohina Hussain** ~ Community Health Officer & Climate Challenge Sessional Worker

**Ishrat Measom** ~ Community Health Officer

**Naseem Suleman** ~ Family Support Officer & Climate Challenge Sessional Worker

**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