

Health and Welfare Project  
Enriching Communities

Winner of:

TNF Scottish Charity Awards 2009  
The Scottish Asian Business Awards 2009  
Scottish Empowerment Awards 2005  
Contribution to Others Finalist 2005



"a  
happy woman  
is a  
happy family"

# Nari Kallyan Shangho Newsletter

Summer/Autumn Edition, August 2015, Volume 15 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.

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## Editorial ~ Khalda Y Jamil



Some of the participants with Naina Minhas, NKS Manager (left) at the launch of **A Passage to Scotland South Asian Diaspora in Edinburgh**

NKS was awarded a grant from the Heritage Lottery Fund back in 2013 for a project to collect thirty migration stories from the South Asian communities living in Edinburgh. The stories are from people of Indian, Pakistani and Bangladeshi origin. This book is entitled **A Passage to Scotland South Asian Diaspora in Edinburgh**. It is not for sale but will be disseminated in Edinburgh.

The book tells readers about: where the storytellers came from, why they chose to come to Scotland, how they came, what their life was like once they got here, their struggles and successes and also what their life is like at present. The stories are fascinating to read and take you back to the past. It's a really interesting book to read and find out how people lived in those days.

The book was launched on 27 May 2015 at the Dovecot Studios in Edinburgh. You can read all about the launch on page 5 and there are some really nice photographs too.

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.

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## Hepatitis and HIV /Aids



NKS' LTHCSG ~ Hepatitis and HIV/Aids health session in May 2015

During May to August 2015 health sessions about Hepatitis and HIV/Aids have been held in all of the groups that run at NKS. Marion Chatterley came from Waverley Care to give a very interesting and informative talk to each of the groups. She informed them about: what these illnesses were, how you could get infected, how you could avoid getting infected, the symptoms to look out for and what the treatments were. She also took blood samples from everyone to take back to have them screened for these illnesses.



Marion taking a blood sample from one of the LTHCSG members

## Tai Chi



NKS' LTHCSG ~ tai chi taster session in action

NKS' Long Term Health Conditions Support Group (LTHCSG) met in June 2015 and looked at what kind of exercise people could do to try improve their physical and mental health. One activity

was tai chi. The group took part in a tai chi taster session thanks to the Tai Chi Society in Edinburgh.

Tai chi, also called tai chi chuan, combines deep breathing and relaxation with slow and gentle movements. Originally developed as a martial art in 13th-century China, tai chi is today practised around the world as a health-promoting exercise. There are different styles of tai chi, such as yang, chen and wu. The main differences between the different tai chi styles are in the speed of movement and the way the body holds the postures. Tai chi is characterised by slow, graceful, continuous movements that are gentle on the joints and muscles. Done correctly, you'll find that the tai chi poses flow smoothly from one into another. Many movements are completed with bent knees in a squat-like position.

Tai chi can help to reduce stress, improve balance and general mobility, and increase muscle strength in the legs. It can also improve mobility in the ankle, hip and knee in people with rheumatoid arthritis. However, it is still not known if it can reduce their pain or improve their quality of life.

Tai chi is commonly performed as a low-impact exercise, which means it won't put much pressure on your bones and joints. Most people should be able to do it. Get advice from your GP before starting tai chi if you have any health concerns or an existing health condition. You may need to take certain precautions if you're pregnant, have a hernia, back pain or severe osteoporosis.

Tai chi is for everyone. It is especially ideal for inactive older people and the movements can be adapted for people with a disability, including wheelchair users. It is essentially a gentle activity that is unlikely to cause injury if done correctly. It's a good idea to learn the basics of tai chi from an instructor to make sure your style is correct, effective and won't cause injury.

## Bowel Cancer



Bowel Cancer health session in August 2015

Health sessions on bowel cancer took place in all of the groups at NKS over the past few months. The groups were informed about what bowel cancer was. They looked at the possible causes of it, the symptoms and what treatments were available. They also learnt the importance of early screening and how this could save lives. The health sessions were really interesting and gave the groups something to really think about.

## Men's Support Group at NKS

The Men's Support Group at NKS met once a month between May and August 2015. The group met for health sessions and took part in the tai chi taster session.

The group members were able to discuss topics that were relevant to them. They shared and discussed their concerns and also informed NKS staff of what their needs were. NKS hopes to keep on supporting the group members to help themselves.



# Update on the Fundraiser for St Columba's Hospice

## Cheque Presentation



From left to right: Asma A Kassim, Naina Minhas, Naseem Suleman, Jack Marshall, Jackie Husband, Rohini Sharma Joshi and Khalda Y Jamil

NKS went to St Columba's Hospice on 28 May 2015 to see the hospice and to present the cheque for £4,293.00. Here is a quote from Louise Stirton, Senior Fundraising Manager:

'We are delighted that NKS chose to raise funds for us at their recent dinner and are absolutely thrilled with the fantastic donation. To raise over £4000 in one night is a huge achievement and we are so grateful to everyone who contributed to this total. St Columba's Hospice provides free end of life care to anyone with a life limiting disease who needs our help across Edinburgh and the Lothian's. It costs us £8 million a year to care for our patients and their families and without the help of our local community, and groups like NKS we would not be able to continue our vital work. Thank you once again from the staff, patients and families at St Columba's Hospice.'

If you would like more information about the hospice or would like to volunteer then please contact Louise:

Louise Stirton  
Senior Fundraising Manager  
St Columba's Hospice  
Tel 0131 551 1381 Direct Dial 0131 551 7715  
[lstirton@stcolumbashospice.org.uk](mailto:lstirton@stcolumbashospice.org.uk)  
[www.stcolumbashospice.org.uk](http://www.stcolumbashospice.org.uk)

The fundraiser was a fantastic achievement and helped a really worthy cause. Here are some more wonderful photos from the event held on 27 March 2015. Enjoy!



Rohini Sharma Joshi, NKS Chair



Jack Marshall, NKS Treasurer



Jackie Husband, Chief Executive of St Columba's Hospice



Sarah Boyack MSP

MPs, MSPs and Councillors attended the event. NKS really appreciated their support.



The event was very well attended and the hall was full of people. They found the presentation by the hospice very moving.



The Trust Housing Association table.



Some of NKS' staff with a few of the handmade fans.



# Volunteers and Students...

## SVQ Childcare Students



Humaira Abdullah (left) and Tracy Patterson (top second right) with some of the Childcare Students

Thirteen students in total studied for the SVQ Childcare courses. Two students studied SVQ Level 2 with one of them completing it whilst the other one is still studying for it. Eight students studied SVQ Level 3 with six of them completing it and two of them are still studying for it. Three students studied SVQ Level 4 with one of them completing it and the other two are still studying for it.

NKS is really proud of their achievements and would like to congratulate those that completed their courses and to encourage those that are still studying. NKS would like to thank their tutor, Tracy Patterson, from Borders College.

## Shakira Rahman - Modern Apprenticeship



Me doing computer work

The Modern Apprenticeship is part of the Edinburgh Guarantee. I started my Modern Apprenticeship with NKS as a Nursery Assistant in June 2015.

I'm really enjoying my time here at NKS. I'm learning many new things which include caring for very young children and keeping them safe.



Me with two of the children from the NKS Nursery in the NKS Garden

I'm learning to do things professionally from looking after the children, observing them, helping them to develop and learning how to do paperwork such as writing down what the children have been doing and filing things away. At the same time I am doing SVQ Level 3 in Childcare where I am learning important things which I am then applying to the work that I do in the NKS Nursery.

I have so many responsibilities as a Nursery Assistant and I feel very grateful to have been given this opportunity. I am extremely happy that I am able to do my Modern Apprenticeship at NKS.

I am looking forward to all of the new trainings that have been lined up for me in the coming few months. I am really looking forward to completing my course and becoming a Nursery Nurse and follow in my mother's footsteps.

## Arshia Ali ~ Childcare Student



Me out for a walk with NKS staff and other users

NKS provided me with the opportunity to become qualified as a Nursery Nurse. Due to my past experience of working as a teacher in my home country I always wanted to have a qualification that would give me the opportunity of working with children. NKS played a positive role and helped me to fulfil this ambition.

During my SVQ level 3 course I also worked as a volunteer in the NKS Nursery. By working in the nursery I was part of a team that cared

for babies and children up to the age of five. We provided the children with a safe and stimulating environment where they could be looked after and take part in lots of different creative activities and go on outings.

NKS also provided me with the opportunity to work with experienced nursery staff who helped me to develop my skills and my confidence. I enjoyed the chance to gain my qualification in a lively and fun atmosphere. This experience helped me to become a good communicator with the ability to get on with people from different backgrounds.

NKS is a very friendly and welcoming place to come to. The Manager is very supportive and is always ready to advise and support whenever needed. NKS helps people to: gain skills to change their circumstances; helps them to understand their rights and entitlements; helps them to meet new people and make new friends and also helps them to become less anxious and more confident. I appreciate all that NKS has done to help me so far and I'm looking forward to the future.

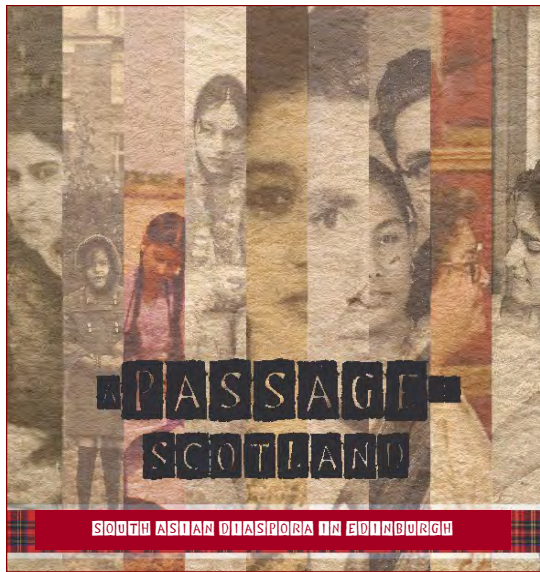
## It's Good To Volunteer!

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.



# LAUNCH OF A PASSAGE TO SCOTLAND SOUTH ASIAN DIASPORA IN EDINBURGH

Rohini Sharma Joshi, NKS Chair, Naina Minhas, NKS Manager and Councillor Lesley Hinds all spoke very well. Councillor Hinds very kindly launched the event attended by 65 people.



The beautiful cover of the book



Some of the participants of the project waiting patiently to be called up to collect their copy of the book.

NKS staff gift boxed a copy of the book with shortbread and a bookmark for each of the participants. This was presented to each of them.



Naina Minhas, Councillor Hinds and Rohini Sharma Joshi with the book before the launch.

Councillor Lesley Hinds addressing the audience.



Some of NKS' staff put their best foot forward for a nice photograph at the launch. They all wore something tartan.

## Reading at Edinburgh Mela ~ August 2015

NKS staff read stories from the book at Edinburgh Mela. This was very well received and people found it really interesting.



NKS users and participants of the Heritage Lottery Funded project listen to the speakers.





# What's been happening at NKS?

## Cultural Bridging Project



Here I am busy at work

My name is Savita Kumar and I am working on a sessional basis at NKS on the Cultural Bridging Project. This is a new project funded by the Scottish Executive to facilitate cultural bridging between NKS and other mainstream organisations to promote social inclusion for South Asian women in Edinburgh.

The project will entail having cultural bridging activities to raise awareness of Scottish and South Asian cultural needs and issues amongst the local communities. Part of my job will be to liaise with other organisations and find out what activities NKS can do with them and vice versa.

Another part of my job will be to arrange two-way cultural awareness activity sessions for both South Asian women and local mainstream communities. Training sessions for South Asian women will be arranged to develop their skills, such as flower arranging and soap/candle making, to be able to work in mainstream projects.

I have met with so many new people from different organisations to try to arrange training sessions. They are quite happy to work with NKS and learn about different cultures and lifestyles. People can learn from each other through the activity sessions. NKS hopes that these sessions will also help to raise their confidence.

I am really enjoying the work that I am doing and really appreciate all of the support that NKS staff is giving me. I am also really looking forward to the activities that will be taking place in the next few months. Please contact me at NKS if you would like to participate in this project.

## Edinburgh Canal Festival ~ 27/06/2015



NKS staff and volunteers busy on the food stall

NKS put up a food stall again this year at the Edinburgh Canal Festival. It was a really good opportunity for NKS to get involved in the local community and also to fundraise at the same time.

The food was delicious and was gone by 3.00 pm! NKS raised a total of £1,343.40. NKS would like to thank all of the staff, volunteers and Management Committee members who helped on the day. NKS would also like to thank Kebab Mahal, the Mosque Kitchen, Vinyasa and Yaseen Auto Services Ltd who all donated food for NKS to sell. Thank you!

## Outing to Glasgow

NKS took some of the women in the Older Women's Groups and some from the Wednesday Group out to Glasgow in August 2015. They enjoyed themselves and had lunch together.

## Parenting Forum



The Parenting Forum in action

NKS set up the Parenting Forum a few years ago. It met in June 2015 at NKS premises. The forum met to discuss relevant issues such as children's studies and aimed to engage parents in their children's education.

NKS staff organises professionals to come to each meeting and talk about relevant topics. For example school staff, such as guidance teachers, are invited to attend the forum meetings and parents are invited to attend too where they can ask questions. NKS aims to engage parents about topics such as Curriculum for Excellence.

## EIA Fundraiser for Nepal Earthquake

NKS supported the Edinburgh Indian Association with their fundraiser to raise funds for the Nepal Earthquake that happened in April 2015. The fundraiser was held at Portobello Town Hall in the evening on 01/08/2015. The entertainment was courtesy of the fabulous Swaryatra Singers who went down extremely well with their wonderful singing of golden oldies. The delicious food was provided by Kebab Mahal and Mrs Unis Spicy Foods Ltd at reduced rates. A total of £1550.00 was raised from the event. A cheque for this amount was handed over to the Nepalese Association in Edinburgh at a later date. Well done everyone!

## NKS' English Class ~ By Debbie Thom



The English Class busy with their lesson

The Community Based English Speakers of Other Languages Department (ESOL) of Edinburgh College has successfully run an ESOL literacy workshop at NKS for many years now. The workshop is

aimed at students who have already acquired a good level of speaking and listening, but would like to further develop their reading and writing skills.

The course programme covers everyday topics such as: form-filling; medicine instructions; dates and times; recipes etc. Students work at their own pace, with in-put from myself as well as extra support from volunteer tutors. The workshop is well-attended and highly valued by the students. We would like to take this opportunity to thank NKS for all the support and encouragement they give to the group. If you are interested in joining English classes, please phone 0131 535 4630 or ask the NKS office for an application form.

## What Else?

- Screen Education has made a video of NKS. Naina Minhas, NKS Manager, talks about the work of the project in the video.
- Some of NKS staff took part in the ELREC bike ride challenge to raise funds for the Nepal Earthquake. Well done!





## After School/Homework Club (ASHC)

*May 2015*

- The senior children were busy revising and preparing for their exams. The younger children enjoyed learning about literature from around the world.

*June 2015*



- The children participated in the Climate Challenge Open Day. They really enjoyed the activities especially the smoothie bike.
- The children helped with the maintenance workshop and also helped to decorate the bicycles.
- The children took part in the cycling and also really enjoyed the bicycle races too.

*July 2015*



- The children went to Edinburgh Castle. They really enjoyed exploring the castle, its grounds and got to check out the cannons. They saw the sights around Edinburgh from the terrace through the telescope.
- The children went to Edinburgh's Camera Obscura and World of Illusions. There they had fun messing about with some of the illusions and found out more about Edinburgh.
- The children went to the National Museum of Scotland on Chambers Street and enjoyed looking at the exhibits there.

*August 2015*

- NKS took the children and their mums to a strawberry farm in Cupar. There they picked and ate delicious strawberries.
- The children went back to school. Some of them started P1 and some of them started S1. You can read about some of their experiences on page 10.
- The children really enjoyed baking cakes and then eating them.

## Study Support Sessions in English and Maths

Maths sessions still take place four times a week at NKS. NKS would like to congratulate Hamza, Talha, Umair and Halima who all did very well in their exams. Well done! English sessions are on Tuesdays and these are going very well. Please contact NKS for more information about either of these for your child.

## NKS Nursery

*May 2015*

- A Dentist visited the children and showed them how to brush their teeth properly
- The children went to the local library for storytelling and song time.

*June 2015*



The Children in the NKS Garden

- The children helped with the gardening in the NKS Garden.
- The children went to the woods and collected different things such as stones and leaves for show and tell.
- The children went to the RBGE. There they saw ducks, big trees and flowers. They collected sticks, acorns and leaves for their display.

*July 2015*



Play Time and Picnic Time

- The children went to the local library for storytelling.
- The children went to the National Museum of Scotland and saw some really good exhibits.
- The children went to the park to play and have a picnic. They really enjoyed their picnic and the fresh air.

*August 2015*

- The children went on an outing to a strawberry farm in Cupar, where they picked and ate delicious strawberries, played in the play area, on the trampoline and the slide.
- Some of the children left the nursery and moved on to state nurseries and some started primary school. The staff would like to wish them all the best for their future.

## NKS Nursery Information

NKS Nursery still has places and is open from 8.00 am until 5.45 pm from Monday to Friday. The morning session is from 8.00 am until 12.45 pm. The afternoon session is from 12.45 pm until 5.45 pm. Fees for children over 2: £10.00 per session, £17.50 per full day or £75.00 per week. Fees for children under 2: £13.00 per session, £25.00 per full day or £123.00 per week. Snack money is 30p per day. Please call NKS on 221 1915 for more information.



# Delicious Healthy Recipes

## *Savoury Chappatis*

### Ingredients

You can use cooked potatoes, cooked rice or cooked daal.

1 cup of boiled, peeled and mashed potatoes, cooked rice or daal

1 cup of finely chopped spinach

2 cups of whole wheat chappati flour

½ cup of gram flour

¼ cup of millet flour

salt to taste

4 tablespoons of fresh yoghurt

1 tablespoon of finely chopped green chillies

½ teaspoon of turmeric powder

1 tablespoon of oil

Whole wheat flour for rolling

Serve with fresh yoghurt and pickle



### Method

1) Combine all of the ingredients in a deep bowl, mix well and make a soft smooth dough using a little warm water as and when required. 2) Divide the dough into equal portions. 3) Roll out each portion of the dough into a 125 mm (5") diameter circle with the help of a little whole wheat flour. 4) Heat a non-stick tava (griddle) and cook the chappati using a little oil, till golden brown spots appear on both the sides. You can also cook it dry with no oil for a healthier option. 5) Serve with the yoghurt and pickle.

## *Handvo*

When you have a few different daals left over in small amounts and do not want to mix them with the fresh new ones that you have just bought you can make Gujrati Handvo. This is a type of savoury cake.



### Ingredients

¼ cup toovar (arhar) daal

¼ cup urad daal (split black lentils)

¼ cup green moong daal (split green gram)

¼ cup chana daal (split Bengal gram)

½ cup rice (chawal)

1 tablespoon whole wheat (gehun) (optional)

1 cup sour curds (khatta dahi)

¾ cup grated bottle gourd (doodhi / lauki) (optional)

¾ cup cabbage grated or cut into small pieces (optional)

3 teaspoons oil

2 teaspoons lemon juice

a pinch of sodium bicarbonate

1½ teaspoons sugar

¼ teaspoon chilli powder

¼ teaspoon turmeric powder (haldi)

1 teaspoon of ginger-green chilli paste

salt to taste

½ teaspoon mustard seeds (rai/sarson)

½ teaspoon sesame seeds (til)

½ teaspoon carom seeds (ajwain)

¼ teaspoon asafoetida (hing)

You can use all of these daals or just some of them or whatever you have in your cupboard. Adjust the amount according to what you have.

### Method

1) Clean, wash and soak the daals, rice and whole wheat together in enough water for at least 4 to 5 hours. Drain and keep aside. 2) Blend the daals, rice and whole wheat in a mixer to a smooth mixture. 3) Transfer the mixture to a bowl, add the curds and mix well. Cover and keep aside to ferment overnight. 4) Add the bottle gourd, 1 teaspoon of oil, lemon juice, sodium bicarbonate, sugar, chilli powder, turmeric powder, ginger-green chilli paste and salt and mix well. Keep aside. 5) Heat the remaining 2 teaspoons of oil in a non-stick kadhai or oven proof saucepan with an ovenproof lid and add the mustard seeds. 6) When the mustard seeds crackle, add the sesame seeds, carom seeds and asafoetida and sauté on a medium flame for a few seconds. 7) Pour the batter evenly to make a thick layer. 8) Cover and cook in the oven on medium heat for 2 hours or until it is done. To check take a knife and insert it into the middle of the handvo and if it comes out clean it is cooked. 9) Cool slightly and cut into square pieces. 10) Serve immediately.

## *Paneer (Cottage Cheese)*

### Ingredients

1 litre of whole cream milk

Juice of 1 lemon



### Method

1) Rinse a large non-reactive saucepan with cold water and then drain. This type of saucepan stops the milk from adhering to the bottom of the pan and is much easier to clean afterwards. 2) Bring the milk to the boil in the saucepan. Add the lemon juice. 3) Stir well and keep on the heat until the milk separates into curds and whey (a watery liquid). This could take about 5 to 10 minutes. 4) Once the curds have completely separated from the whey, strain through a sieve, reserving the whey. 5) Don't pour the whey down the drain. There are lots of things you can use it for, from making a tart and refreshing lemonade or adding it to your chappati dough, to making ricotta cheese or using it in a marinade. 6) Making paneer takes the cheese-making process one step further. Once you have squeezed out the excess water, put the curds in clean cotton tea-towel or muslin cheesecloth. Twist and squeeze the cloth to remove the excess liquid. Put the cloth over a sieve and leave for 3 to 4 hours to drain further. 7) Put the cloth and curds on a plate or chopping board. Top with another plate or board. Add heavy weights, (tins of beans will work). The weights pressing down compress the cheese and squeeze out those final drops of liquid. You will be left with a firm cream cheese. 8) Cut the paneer in to cubes and brown these in a little bit of oil for your recipe.





# Photo Gallery.....



Healthy Diet and Lifestyle Seminar in Dollar on 17 June 2015



NKS Eid Party at Royal Botanic Garden Edinburgh (RBGE) ~ August 2015



The ASHC Children at Camera Obscura ~ July 2015



NKS Children Baking Cakes ~ August 2015



NKS Children having fun at the strawberry farm outing ~ August 2015



Friday Older Women's Group at RBGE ~ August 2015



Wednesday Women's Group at RBGE ~ July 2015



Moulis (radishes) Harvested at RBGE ~ August 2015





# Young Voices.....

## High School Life ~ By Mohsin Jamil S1



Me in my school uniform - I had to learn how to wear a tie.

I used to go to Gracemount Primary School. I enjoyed my transition days in June 2015 when I went to Gracemount High School. After the summer holidays I started S1 at the high school.

I do miss my primary school but I get to see it twice a week because Childcare Connections - my after school club - has shifted there. So, I still get to see the teachers regularly. My Headteacher had asked us not to be strangers and to keep in touch.

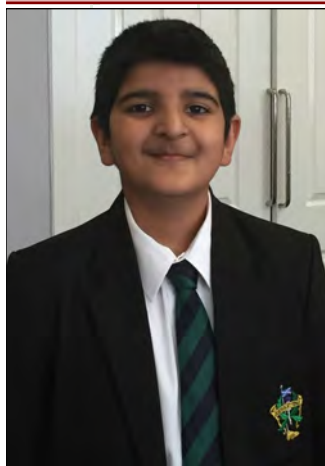
So far I am very happy at school. It is a lot bigger than my primary school with a lot more classrooms and a bigger hall. My teachers are all very kind and understanding. My sister went to the same school. She was very helpful to me.

I am getting used to my timetable and the school. I am studying: Maths, English, Science, PE, RE, Music, Art, Drama and CDT. I like doing science experiments and am trying to get used to doing tests in English and Maths.

I like taking part in sports. I have tried golf and rugby but I really enjoy playing football. I am on the Active Schools football team at my school.

There is a lot more homework for me to do now that I'm in high school. My teachers are very helpful if I have any difficulties. I haven't decided yet what I want to be when I'm older but I know that I'm going to have to work really hard in school.

## High School ~ By Adam Sardar S1



I look very smart in my school uniform

My name is Adam Sardar. I am twelve years old. I live with my parents and older sister. I am in S1 at Boroughmuir High School. I don't really miss Buckstone Primary School because I get to have many different teachers in high school and I like meeting different children.

I like high school and I enjoy all of my subjects. I am studying English, Maths, French, Science, Home Economics, Craft Design Technology and other subjects. My favourite subject is Science because we get to do experiments

with chemicals and do dangerous things. I like all my teachers but some of them are quite strict but some are very funny.

On Fridays I go to the NKS After School/Homework Club and on the other days I go to the Mosque or my Urdu class. I like playing outside and having fun and also like watching TV. I have an Xbox and like to play computer games with my friends. I have a few friends that I hang out with in school but otherwise I like to stay at home with my family.

## Now I'm in P1 ~ By Mariyam Shahzad



Here I am in my school uniform

I used to go to the NKS nursery. I liked the nursery's activities. I liked to play with sand and water. I also liked doing the arts and craft activities too.

I started P1 in St Ninian's RC Primary School in August 2015. The big difference that I have noticed is that my primary school is a lot bigger than the nursery. At primary school there are so many new people for me to get to know. I knew everybody at NKS.

At school I don't get to do the same activities that I did in nursery as much. I like gym time and snack time. I also like to sing in the music class. I like going to school. I also like coming to NKS to see everyone.

## Open All Hours ~ By Neha Sardar



Me at NKS

Edinburgh Leisure has a programme for S1 to S6 pupils called Open All Hours where we can take part in lots of new and exciting activities for £1.00 each. We can try out new sports, work out in the gym, go for a swim, try a dance class or just chill with our friends.

All of the Open All Hours sessions are on Fridays except one and are mixed sessions for boys and girls. The sessions are on between 6.00 pm until 9.00 pm but the start and end times are different in some of the venues. It's best to call your local Leisure Centre and check the timings.

The Open All Hours at Leith Victoria Swim Centre is on Saturdays between 4.00 pm and 5.45 pm and is for girls only. This session ties in very nicely with the women only Zumba and swimming sessions at the same time. Both of these are staffed exclusively by female youth workers, leisure attendants and coaches. I have started going here for swimming. It felt really good to get back in the pool and swim. It was like riding a bike!

I am looking forward to going to the gym and taking part in other sports when Open All Hours starts in September 2015. The sessions run with the school term time. I am going to try to be more active and get myself in to shape. It's really important to look after myself and to get in to the habit of taking regular exercise from a young age.

Open All Hours is available across nine different Edinburgh Leisure venues. You can find more information about this on the Edinburgh Leisure website: [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk). Have some fun and look after yourself!





# Climate Challenge Open Day...



NKS' Climate Challenge Open Day was held on Saturday the 6th of June 2015 at NKS premises. Over a hundred and twenty people came and participated in the event. Here are some really nice photographs from the event.



The Gardening Workshop had lots of different plants and seedlings for people to take home and grow. NKS staff and volunteers were on hand to answer any gardening queries.



NKS' Creative Workshop in action. People had a go at making some really nice things out of things that would normally have been thrown away.

People came to the Home Energy Scotland Workshop and were able to pick up leaflets, ask questions and get information about how to save money on their energy bills.



The Smoothie Bike Workshop was very popular with the young and the old! They all had fun choosing the ingredients for their smoothie, making it with pedal power and then drinking it.



The children and their parents had a lot of fun, and plenty of exercise, on the bicycles in the car park.



People came to the NKS Energy Efficiency Workshop to find out how to save money by insulating their lofts and walls and other things that they could do.

NKS' Energy Efficiency house model showing how much heat is lost prior to insulation.



Bicycle races were organised for the adults and the children. They all had a lot of fun and got plenty of exercise too.



Here are all of the children that won cups and medals in the bicycle races. They really enjoyed themselves. Congratulations and well done to all of them!



NKS' Bicycle Maintenance Workshop with riders learning how to fix their bicycles.

NKS' Climate Challenge Project involves: cycling; walking; energy efficiency; energy monitors; recycling; waste reduction and lots more. If you would like to know more then either call us on 0131 221 1915, email us at [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk) or check out our website. The address is: [www.nkshealth.co.uk](http://www.nkshealth.co.uk).





## 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 Pandya** ~ Director (Joint Treasurer)

**Yasmin Ahmed** ~ Director (Secretary)

**Mussarat Ahmed Kaneez** ~ Director (Joint Secretary)

**Ann Wigglesworth** ~ Director

**Jabeen Munir** ~ Director

**Shaheen Ahmed** ~ Director

**Allison Conroy** ~ Director

## NKS News/Events

**Forestry Commission Scotland** ~ NKS has been awarded funding for a walk project. Women will be combining walking with activities such as photography, basket weaving, painting and creative writing in the next few months.

**Workshops for Using Leftover Foods** ~ More workshops will take place during September/October 2015 where it is hoped that NKS users will share their ideas and tips.

**Waste Reduction Workshops** ~ NKS users will be visiting recycling centres in Edinburgh in October 2015 to see how they operate.

**St Columba's Hospice** ~ Following on from the very successful fundraiser by NKS someone will be coming in from the hospice around December 2015 to inform NKS users of their services and how they can volunteer there. It's a very worthwhile cause.

**Cycling Project** ~ NKS has been awarded funding for a cycling project and women are actively participating in this to improve their skills. Please contact NKS if you would like more information.

## 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

**Sobia Shahzad** ~ NKS would like to congratulate Sobia and her family on the birth of her new baby daughter. Sobia is on maternity leave currently.

**Irum Ashfaq** ~ NKS would like to welcome Irum back to NKS as she covers Sobia's maternity leave.

**Asma A Kassim** ~ Asma has left her post of Climate Challenge Project Co-ordinator at NKS and we would like to thank her for all her hard work and would like to wish her all the best for the future.

**Naseem Suleman** ~ Naseem has taken over as the Climate Challenge Project Co-ordinator and is looking forward to taking the work forward.

**Rohina Hussain** ~ NKS would like to congratulate her on the marriage of her youngest son Mohson to Amy. NKS would like to wish the happy couple all the best for their future.

## Your Contacts at NKS

**Naina Minhas** ~ NKS Manager

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

**Khalda Y Jamil** ~ Administrator

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

**Ishrat Measom** ~ Community Health Officer

**Naseem Suleman** ~ Family Support Officer & Climate Challenge Project Co-ordinator

**Rukhsana Hussain** ~ Community Officer

**Humaira Abdullah** ~ Nursery Manager

**Sobia Shahzad** ~ Childcare Practitioner

**Nazish Raza** ~ Childcare Practitioner

**Amina Rahman** ~ Senior Childcare Practitioner

**Irum Ashfaq** ~ Childcare Practitioner (Maternity Cover)

**Shakira Rahman** ~ Nursery Assistant