

Health and Welfare Organisation Enriching Communities
Winner of:
TNF Scottish Charity Awards 2009
The Scottish Asian Business Awards 2009
Scottish Empowerment Awards 2005
Contribution to Others Finalist 2005



Integration Partnership of the Year Award for 2017

Finalist in the Health and Social Care Integration Award Category for The Herald Society Awards 2017

NETWORKING KEY SERVICES NEWSLETTER

formerly known as Nari Kallyan Shangho

Health and Welfare project for women and families living in Edinburgh, providing them with a platform to act together and improve the quality of their lives. At NKS we firmly believe that

a happy woman is a happy family

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Editorial - Naina Minhas, NKS Director

Through its comprehensive range of services and activities, NKS has successfully created a safe and encouraging environment for families of South Asian and other ethnic minority communities. Through our multilingual expertise, active health and wellbeing promotion, and capacity-building initiatives, NKS has made a significant impact on the local communities in Edinburgh. We remain committed to continuing these efforts in our future endeavours.

The diverse projects run by NKS serve as effective platforms for people to connect, meet, and discuss common challenges. This not only educates the community but also provides a support network for individuals who might feel isolated in their struggles. By bringing people together, NKS is able to extend its support to a wide range of individuals, addressing various needs and concerns. Some of our notable projects that add value to the development of local communities include:

- Autism Awareness
- Health and Wellbeing Forum
- Dementia Support
- History and Heritage



Information Session with Luminare - February 2024.



NKS Open Day - April 2024.

Currently, NKS is also actively involved in enhancing digital literacy among grassroots and older populations, promoting digital inclusion and improving access to information and services. Capacity building is a key priority, as evidenced by our volunteer training programme, which currently engages 20 volunteers dedicated to skill enhancement and gaining valuable work experience.

If you would like more information about NKS or any of our projects, please get in touch. We welcome everyone to become a part of the NKS family and contribute to our mission of creating a supportive and inclusive community.



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 Networking Key Services.

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Charity Number SC000697 Company Number 226920

BENEFITS UPDATES & INFORMATION

BY NASEEM SULEMAN, FAMILY SUPPORT OFFICER



Carer Support Payment

A new benefit called Carer Support Payment is replacing Carer's Allowance in Scotland. This is happening as part of Scottish devolution. This only effects people living in Scotland.

CARER ALLOWANCE will move from the Department for Work and Pensions (DWP) to Social Security Scotland. This new benefit will be called '**CARER SUPPORT PAYMENT**'.

- You do not need to apply for Carer Support Payment, if you get Carer's Allowance. DWP and Social Security Scotland will move your benefit for you.
- The amount you get will stay the same.
- You will be paid the same amount of Carer Support Payment as you get from Carer's Allowance.
- If you get Carer's Allowance Supplement, you will still get payments twice a year.
- Some people's benefits have already moved to Social Security Scotland. The process started in February 2024. It will take until spring 2025 to move everyone's benefits across.
- When you move from Carer's Allowance to Carer Support Payment, you will keep getting the same amount.
- Before you move to Carer Support Payment, Social Security Scotland will write to tell you how your payments will work and when you will get them.
- Social Security Scotland will pay your Carer Support Payment the same way as you get your Carer's Allowance. This may be into a bank account or a different way of paying you have agreed with DWP.

Challenging a Decision about your Benefit

When you move from Carer's Allowance to Carer Support Payment, you will keep getting the same amount.

If you think your Carer Support Payment is wrong, you can ask Social Security Scotland to look at your benefit again. This is called a 're-determination'.

If you live outside Scotland

If you live in England, Wales or Northern Ireland, you will stay on Carer's Allowance.

NKS Family Support Service

The NKS Family Support Service is here to help you with lots of different issues such as: welfare benefits; schooling; housing; information; advocacy and advice. NKS can help you. Please get in touch with us on (0131) 221 1915 or email us at: nks@nkshealth.co.uk to make an appointment.



SELF MANAGEMENT PROJECT

BY NAZIA MAJID, NASIMA HUSSAIN & NEENA AGARWAL -
LTHCS PROJECT OFFICERS



NKS LTHCs Team, working in collaboration with Susanne Mueller from the Fountainbridge Canalside Community Trust, took NKS service users for regular walking sessions in the local area.

Walking in a group not only benefits your physical health but also contributes to your mental wellbeing. Connecting with others, laughing, and feeling a sense of belonging can boost your mood and help you to sleep better and feel happier.

"We looked at pictures together and we visited a small hidden garden and smelt the flowers."



MEHIS came along and delivered presentations on vaccinations against flu, shingles and pneumonia. Nurses were on hand to give eligible participants vaccinations. MEHIS also came and delivered information talks on heart disease and diabetes. Regular health sessions were held to raise awareness amongst the service users.



The NKS Men's Support Group had health sessions too and information sessions as well on topics such as dementia, digital literacy and welfare benefits and activities that were of interest to the group members. The group also enjoyed having lunch together after the sessions and socialising with each other.



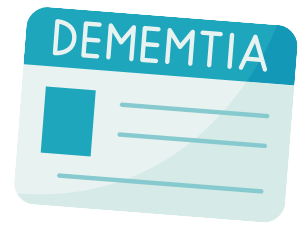
As part of the Mental Health Awareness Week in May 2024 NKS organised activities such as Pincushion Making. The service users really enjoyed creating pincushion jars. It was a therapeutic and mindful activity, which required them to focus on what they were doing. The activity helped to reduce stress and promoted relaxation, while also providing a sense of accomplishment and satisfaction.



If you are interested in joining any of the groups/sessions then please get in touch on NKS landlines 0131 221 1915/0131 659 7837. You can also email us at: nks@nkshealth.co.uk. We look forward to hearing from you very soon.

DEMENTIA PROJECT

BY RANA SHAMS, PROJECT COORDINATOR



The main aims of the Dementia Awareness Project are to: break down the cultural and religious barriers; raise awareness; identify individuals at risk of Dementia and to promote cultural sensitive services. By doing so, we are providing a platform to the South Asian communities to advocate for their needs to access information and services in relation to Dementia.



NKS is actively working to raise awareness about Dementia among the South Asian communities. Dementia is misunderstood as a condition of old age. NKS is working with South Asian families, carers and the communities in general to break barriers that exists around Dementia. We have conducted various awareness sessions within the groups running at NKS. We plan to have more sessions within the different South Asian communities in their own settings.

We have also done some home visits to assist and signpost people to access the right support and service in their own language. We held a Dementia information stall at the NKS Open Day in April 2024 and Edinburgh Canal Festival in June 2024.

Please do not hesitate to contact NKS:

- If you know anyone living with Dementia and need more information or help
- If you are a carer and need help and support
- If you in general, want to learn more about Dementia and how it affects and impacts a family



If you are interested in joining any of the groups/sessions then please get in touch on NKS landlines 0131 221 1915/0131 659 7837. You can also email us at: nks@nkshealth.co.uk. We look forward to hearing from you very soon.

NKS HELPLINE PROJECT

BY NAZIA MAJID, NKS HELPLINE PROJECT COORDINATOR



**A PROBLEM SHARED IS A PROBLEM HALVED
CALL THE NKS HELPLINE**

- DO YOU HAVE ANXIETY AND WORRIES, DUE TO COVID-19.
- WORRIED ABOUT MENTAL HEALTH, DOMESTIC VIOLENCE, UNEMPLOYMENT, BENEFITS.
- YOUNG PEOPLE, WHO NEED SUPPORT WELCOME.
- NEED A LISTENING EAR

**ALL CALLS AND ADVICE IS
CONFIDENTIAL!**

NKS MAIN OFFICE 0131 221 1915.
ENGLISH NUMBER 07737 576 054.
URDU/ HINDI/ PUNJABI/ NUMBER 07828 171 261.
BENGALI/ SYLHET NUMBER 07828 167 614.
LINES ARE OPEN BETWEEN MONDAY TO FRIDAY
9AM TO 5PM.

In January 2022, we launched the NKS Helpline Project to serve our diverse communities with dedicated phone lines in multiple languages, addressing communication challenges and the impact of the COVID-19 pandemic. This helpline provides a supportive, culturally sensitive space for South Asian individuals to seek help with various issues, including mental health, domestic abuse, immigration, and housing. The initiative has proven effective in offering essential information and ongoing support, recognising the unique needs and situations of each caller.

हेल्प लाइन सहायता केंद्र
साझा की गयी समस्या आधी समस्या है।
आप एन. के. एस. (NKS) के हेल्पलाइन पर फ़ोन द्वारा संपर्क कर सकते हैं

- अगर आप कोविड 19 की वजह से चिंतित हैं या परेशान हैं।
- अगर आप अपनी मानसिक स्थिति की वजह से, घरेलू हिंसा, बेरोजगारी, सरकारी अधिक मदद को लेकर चिंतित हैं।
- नौजवानों को भी मदद दी जाएगी।
- अगर आप चाहते हैं की कोई अच्छी बात सुने।

हर फ़ोन कॉल और फ़ोन पर दी गयी सलाह गोपनीय रखी जाएगी, आप बिलकुल निश्चित रहे

बोली जाने वाली भाषाएँ

अंग्रेजी नम्बर - ०७७३७५७६०५४ (07737576054)
उर्दू / हिंदी/पंजाबी नम्बर - ०७८२८१७१२६१ (07828171261)
बंगाली/सिलहेटी नम्बर - ०७८२८१६७६१४ (07828167614)
एन.के.एस. नम्बर - ०१३१-२२१ -२९१९ (0131- 221- 1915)
फ़ोन लाइन हर सप्ताह सोमवार से शुक्रवार तक सुबह 9 बजे से 5 तक उपलब्ध होगी।
(9 am - 5 pm)

It is important to recognise the diverse reasons individuals within South Asian communities may reach out to helplines. Each person's situation and needs are unique and the NKS helpline is dedicated to providing assistance and support across a wide spectrum of areas.

ALL CALLS AND ADVICE IS CONFIDENTIAL!

بریشائی بانٹنے سے بریشائی اڈھی ہونائی ہے بلب لائنیں NKS پر کال کریں

- اگر آپ کو کوئی یہ جلدی یا فکر ہے COVID 19 کی وجہ سے۔
- اگر آپ فکر مند ہیں، اپنی ذہنی حالت کے لئے، گھریلو تشدد، بے روزگاری کی وجہ سے یا کسی دوسری BENEFITS کے لئے۔
- جوان لوگ حکومت کی صورت سے، ہم ان کی مدد کے لئے حاضر ہیں۔
- اگر آپ کسی سے بات کرنا چاہتے ہیں تو ہم آپ کی بات سنیں گے کہ وہ موجود ہے۔

تمام کالز اور مشورہ دینے میں مکمل رازداری کا خیال رکھا جائے گا۔

- دفتر میں بات کرنے کے لئے نمبر 01312211915

- انگریزی میں بات کرنے کے لئے نمبر 07737576054

- اردو، ہندکو اور پنجابی میں بات کرنے کے لئے نمبر 07828171261

- بنگالی اور سلیھٹی میں بات کرنے کے لئے نمبر 07828167614

آپ ہم سے جھمک 9 سے 5 بجے تک کال کر سکتے ہیں

NKS MAIN OFFICE
0131 221 1915

Languages:

ENGLISH 07737 576 054

**URDU
HINDI
PUNJABI 07828 171 261**

**BENGALI
SYLHETI 07828 167 614**

**LINES ARE OPEN FROM
MONDAY TO FRIDAY
9.00 AM TO 5.00 PM**

एकटि समस्या जाग करार माने समस्याटि आर्थेक हये याओया
एन के एस (NKS) हेल्पलाइन कल करन

- केविड-19 एर कारणे यदि आपनार उद्वेग ऽ उदकठा घाके
- घारा मानसिक बाधा, पार्षद सविसेता, बेकारप, ऽ विविध सुविधा निये चिन्तित
- तरुण घादनेर सहायनितर प्रयाोजन आदनेर बागत जनाई
- शेनार जना सब समग्र कान घेला राधा सारकार

समस्त कल एवं परामर्श एकांत गोपनीय

जाभा सुभर :-
इलेजि नम्बर - ०१९०९ ६९६ ०६८

उर्दू/हिंदी/पंजाबी नम्बर ०१३१ २२१ २९१९

बंगाली/सिलहेटी नम्बर ०१३१ २२१ २९१९

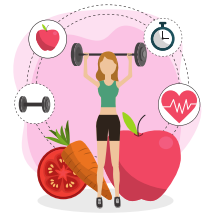
एन के एस (NKS) प्रधान कार्यालय - ०१३१ २२१ २९१९

साईनवलि सेवामार देके वक्रवार सकास ९ ठे घेके विकस ६ ठे पर्यंत घेला घाके

Please call us, we are here to listen!

HEALTH AND WELLBEING PROJECT

BY NAZIA MAJID, HEALTH AND WELLBEING PROJECT COORDINATOR



The Health and Wellbeing Project, started in April 2022, helps communities, especially those in need, by providing personalised mental health support. It offers activities like yoga, massage, and workshops to improve overall health. The goal is to help people lead more balanced and fulfilling lives by focusing on all aspects of their health.

Sessions that took place:

Meditation/Anxiety/Mental Health

Mental Health Week

Glasshouse & Edible Garden

Visit Visa & New laws

Optimistic/Pessimistic/Meditation

Eid Party

Life Coaching/Storytelling

Wellbeing Walks

Coffee Mornings

GUPshup (socialising) & Cooking Demonstration

Leftover Cookery

Domestic Abuse

Strawberry Garden

Gym/Swim



If you are interested in joining Health and Wellbeing sessions then please get in touch on 07737 576 054 or NKS landlines 0131 221 1915/0131 659 7837. You can also email us at: nks@nkshealth.co.uk.

AUTISM AWARENESS PROJECT

BY SHASTA BHATTI & SAMINA MOHAMMAD, AUTISM PROJECT OFFICERS



INSPIRING SCOTLAND
The Scottish Government
Inspiration for the future

- Autism Spectrum (ASD)
- Would you like Assistance and Support
- We Can Help
- Adults (18 years and over)

Please Get In touch if you need further Information

Empowering Women And Families
Since 1987
NKS
Networking Key Services Ltd.

Networking Key Services Ltd (NKS)
7 Gillespie Street, Edinburgh
EH3 9NH
Email: nks@nkshealth.co.uk
0131-2211915

www.nkshealth.co.uk

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The NKS Autism Project is advocating to support individuals and families in the autism spectrum. We are strongly focusing on individuals who are seeking help in education, employment and the social sector. NKS is seeking to promote inclusivity, equality, and full participation for ethnic minorities in society.



Our main objective is to offer the following framework of activities:

- Encouraging local authorities and service providers to engage with individuals with autism
- Improve access to healthcare and social services
- Raise awareness and understanding with ethnic minorities within the community



Project work carried out so far:

- Set up the NKS Autistic Adult and Carer's Social Group
- Autistic adults and carers took part in the Learning Disabilities, Autism and Neurodivergence (LDAN) Bill consultation
- Gathering information of clients on the autism spectrum
- Engaging and meeting clients for their viewpoints on their future developments
- Sharing past experiences and their struggles with discrimination at school and employment

Our next social get together will be held at mr Basrai's Restaurant in July 2024.

Please do not hesitate to reach out to the Autism Project Team for assistance. We want to assure you that client information is treated with the utmost confidentiality. You can contact us on the NKS landlines 0131 221 1915/0131 659 7837. You can also email us at: nks@nkshealth.co.uk.

BREAKING SILENCE IMPROVING LIVES PROJECT (CARERS' PROJECT)



BY SAMRA AHMED, NKS IMPROVING LIVES PROJECT COORDINATOR



In a society where discussions about families' migration journeys are often met with discomfort and stigma, storytelling emerges as a powerful tool for fostering understanding, empathy, and support. At NKS, we recognise the transformative potential of sharing personal experiences, and we invite you to join us in harnessing the power of storytelling to challenge stigma and reshape the narrative.

Edinburgh University arranged workshops at the Open Door in Edinburgh where carers focused on identifying the unmet support needs and priorities of informal caregivers, collaboratively exploring potential support pathways and creating initiatives and materials to turn these ideas into reality.



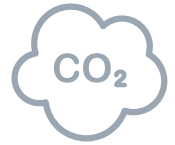
NKS supported service users to attend Edinburgh Leisure facilities for gym and swim sessions to take part in regular exercise. It's an excellent way to exercise and make friends at the same time. Regular exercise is very important for body and mind. Regular walking sessions also took place exploring the local area too.



NKS is supporting more new clients who are thoroughly enjoying our services and are looking forward to the interesting activities and opportunities in the coming few months. Please get in touch with us if you would like help and support on 0131 221 1915 or 0131 659 7837 or email us at nks@nkshealth.co.uk. We look forward to hearing from you.

CLIMATE ACTION FUND PROJECT

BY NAZIA MAJID, NKS CLIMATE ACTION FUND PROJECT COORDINATOR



NKS is enhancing its efforts to address climate change by promoting behavioural changes in South Asian communities. The Communities Reduce, Reuse and Recycle (C3R) Project, a collaboration between NKS, ELREC, and SCOREScotland, aims to support diverse communities in Edinburgh to minimise waste, increase reuse and repair, and adopt sustainable consumption practices. The project seeks to transform attitudes and behaviours regarding waste and consumption through various activities, including clothing repair and alteration sessions, DIY upcycling, community gardening sessions, swap shop events, recycling workshops and visits to recycling centres, trainings and participation in the Edinburgh Climate Festival.

NKS took part in the Edinburgh Climate Festival which is a free, family-friendly event designed to inspire and celebrate climate action and sustainability through community participation. The festival aims to bring communities together, strengthening the resilience of the climate movement in Edinburgh.



- Planting seeds in recycled pots
- Basket making
- Storytelling with recycled rag material for children
- Rag Doll making
- Storytelling and puppet
- Models showcasing dresses made from recycled materials

Please get in touch with us if you are interested in joining in this project or any of the activities. You can call us on 0131 221 1915 or 0131 659 7837 or email us at nks@nkshealth.co.uk. We look forward to hearing from you very soon.

LEGENDS OF SOUTH ASIAN HERITAGE PROJECT

BY HUMERA ADNAN, GIAN KAUR & SADIA SHAH - NKS HERITAGE PROJECT OFFICERS



The recently launched Heritage Project aims to highlight historical figures of South Asian background, who have made a positive contribution to Scotland. The Heritage Officers are Humera Adnan, Sadia Shah and Gian Kaur. We will be working alongside a number of participants to compile information and create a short documentary film and photography exhibition. Participants will build on their skills, which will involve research and analysis; digital resources; media training; interviewing/ presentations and more.



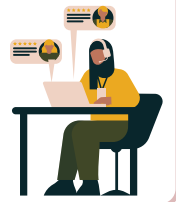
The Heritage film will be launched in South Asian Heritage month in 2025.



Please contact us if you would like to take part. We would love to hear from you!

COMMUNITIES EMPOWERED PROJECT

BY NEERU BHATNAGAR, NKS COMMUNITIES EMPOWERED PROJECT COORDINATOR



Using various marketing techniques we reached 40 people keen to join courses or look for work. We worked with people to get their CV done, to search for jobs and helped them to apply for jobs, complete the application forms and get their own personal statements done, according to their qualifications and work experience. Many were successful in getting jobs. During this period 19 people attained REHIS Food & Hygiene certificates. Achieving this course allowed 10 women to start their own businesses baking and cooking from home. Volunteering at NKS within groups, NKS Nursery and other projects is also supporting people to build appropriate skills.

Feedback received: *"It gave me real confidence when I got a chance to do mock interview a number of times. This helped me to understand how to calmly answer questions in a clear and concise way. I know this helped me a lot when I was facing the interview third time. I felt less nervous. I know I only succeeded as a result of this support."*

The NKS Mixed Older People's Group took part in health sessions on diabetes and cardiovascular disease. The group also took part in a consultation session with Luminato to give their views on quality arts and creative experiences in Scotland. These sessions were very informative.



The NKS Older Women's Group took part in educational activities such as health sessions on diabetes, diet and nutrition. Storytelling sessions took place which went down very well. There was a visit to the National Museum of Scotland to see the Heritage Trail exhibition.



Both groups enjoyed the activities which included welfare benefits information sessions and digital literacy sessions too. They enjoyed lunch as part of the sessions and the opportunity to catch up and socialise. These are very important too as they are really good for our health and wellbeing.

The NKS Wednesday Women's Group has had information sessions to raise awareness about: voting rights; the importance of vaccinations; health issues; mental health; welfare benefits; looking after your body and improving gardening skills at RBGE. The group enjoys the activities together and socialising over lunch too.



Two English Conversation Classes are taking place online at NKS thanks to a volunteer. One class is for Beginners and Intermediate Level students and the other one is for Advance Level students. Participants are taking part and are learning essential everyday skills to speak, understand and write better English. The classes are raising their confidence too.

Please get in touch with us if you are interested in joining in this project or any of the activities. You can call us on 0131 221 1915 or 0131 659 7837 or email us at nks@nkshealth.co.uk. We look forward to hearing from you very soon.

STUDENTS ON PLACEMENT



Victoria Burns



I have been on placement at NKS for the last 17 weeks from Edinburgh University. I have loved every minute of my experience and being involved with the South Asian community. I have gained so much and now have a deeper understanding of the cultural and language issues that this community experiences. During my time at NKS, I have been involved in group work and co-facilitating sessions. I have been able to build up good relationships with staff and service users. One of the things I found challenging was the language barrier. Being the only white Scottish person in the groups made me reflect on how it must feel for members of the South Asian community when English is not their first language. This can be isolating and make people feel excluded.

I have found this organisation to be an inspiring and special place to be at and to be a part of. One of my favourite activities was the Educational Canal Walks, which I took part in twice. Hearing about the history of the canal and Fountainbridge was very interesting. Walking with the women's groups gave me a chance to spend time and connect with them and, even though English was not the first language for some of them, we were able to connect while being out in nature and this was great. Susanne from Fountainbridge canal trust was a brilliant guide and I have arranged to collaborate with her and the Fountainbridge Canalside Community Trust in the future, which is exciting.

I would like to thank Naina Minhas for being an amazing and supportive placement supervisor and also the entire staff for welcoming me into their community. Thank you for the experience, the chats and the laughs. I take away so many memories and I will transfer what I have gained to the organisations I work with in the future.

Students from Grand Valley State University (GVSU), Michigan in USA



We had two American writing students recently on placement at NKS. They were from GVSU - Madison Hooker and Grace Locke. You can read about their experiences below.

NKS Director, Naina Minhas, and Neeru Bhatnagar, Communities Empowered Project Coordinator met with their professors - Christopher Toth and Samantha Dine - at the end of their placements for coffee and a chat. It was the first time that any students had been on placement at NKS from outside the UK. It was quite an honour as NKS had been chosen for this opportunity.

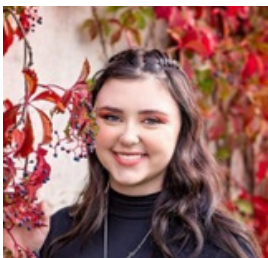
Madison Hooker

I am a recently graduated student from Grand Rapids, Michigan. Through GVSU, I have had the gracious opportunity to study abroad and complete a writing internship through NKS.

As I study writing in the professional context, I am grateful for the wonderful experience that NKS gave me. Their staff, projects, and services have made me beyond exhilarated to join the workforce when I go back to the United States.



Grace Locke



My time at NKS has been incredibly interesting and insightful for myself both professionally and personally. I was so lucky to be able to have my world opened to such a diverse community and organisation, and I am honoured to have been able to contribute to NKS' goals. Working for NKS as a writing intern will certainly serve me well in the future. I hope that my time here has served the organisation well, because to me, being a part of it was incredibly rewarding and eye opening.

DIGITAL INCLUSION PROJECT

BY RANA SHAMS - NKS DIGITAL INCLUSION PROJECT OFFICER



The NKS Digital Inclusion Project began in April 2024. The main aim of this project is to reduce the digital exclusion within the South Asian community and to empower the community members to be able to access digital services and information better. NKS strives to build individuals' confidence in using digital technologies. This includes basic digital literacy skills, such as understanding how to use email, browse the internet, and use productivity software. Through this project, we aim to bridge the digital divide and eliminate barriers existing within the communities. The pandemic has further brought many challenges around connecting digitally with families and friends.

Courtesy of Ability Net, we also distributed five Samsung tablets to some of the service users who have attended training sessions with NKS. These devices will help them to reduce dependency on others and raise their confidence to learn more and be digitally capable in the future.

We have already conducted numerous one to one sessions with the service users. These digital sessions support them to understand a bit more about where digital knowledge can help. The sessions that run at NKS are tailor made to their requirements and are flexible. Sessions have focussed on:

- Upskilling their digital knowledge
- Self-management
- Educational
- Learning to make choices between digital or person-centred approach
- Improving knowledge on digital health tools
- Increasing accessibility to digital health and care
- Eliminating the risk of missing out on the benefits to the individual's digital health



This project enables our service users to gain more confidence and skills and be amongst people to get used to accessing information and using technologies confidently.



Please get in touch with us if you are interested in joining in our group sessions or need one to one support to improve your digital skills and literacy. Everyone is welcome no matter what your digital literacy level is. Please contact NKS on 0131 221 1915/0131 659 7837 or email us at: nks@nkshealth.co.uk. We look forward to hearing from you.

NKS CHILDCARE FACILITY

BY RUKHSANA HUSSAIN, NKS NURSERY MANAGER



Activities in the NKS Nursery

We kicked off the New Year with a vibrant celebration of the Chinese New Year. The children enjoyed making party hats, singing songs, and sharing snacks with their friends, marking a joyful start to 2024! Their creativity shone as they made paper lanterns and dragon masks. They also listened to stories about the Chinese zodiac and traditional tales, gaining insights into the culture. The children loved wearing colourful costumes and playing with musical instruments, mimicking the dragon dances. We explored Chinese cuisine with simple, safe versions of traditional foods that the children eagerly tried.



February was all about love and friendship. The children crafted beautiful Valentine's Day cards for their families and friends. The children had a special snack with heart-shaped cookies and fun games! We also learned about different community helpers, with the kids dressing up as doctors, firefighters, and teachers. With the cold weather, our creative winter activities continued. The children had a blast playing with fake snow, building paper snowmen, and learning about winter animals. We read winter-themed books and enjoyed cosy warm cocoa as a treat.

In March, the children created special gifts and cards for Mother's Day, excited to show their love and appreciation for their mums. This month, we also explored the world of bugs and insects. The children learned about butterflies, ladybugs, and ants, and went on a bug hunt, observing them up close with magnifying glasses!



As the weather warmed up, we observed the changes in nature. The children planted seeds and learned about plant growth. We went on a nature walk to observe the first signs of spring. St. Patrick's Day was a day full of green! The kids made arts and crafts and learned about the traditions and stories of this fun holiday. Moving into April, we celebrated Easter with egg hunts, egg decorating, and making bunny masks, filling the time with laughter and creativity.

June was dedicated to celebrating the amazing dads. The kids made creative arts and crafts and cards for Father's Day.





As we approached summer, we celebrated with a week of water play and outdoor fun. The children delighted in splashing in the water, playing with water toys, and having picnics in the sunshine. We had an amazing first half of the year filled with learning, fun, and new experiences. We look forward to more adventures and discoveries in the coming months. Thank you for your continued support and involvement in our activities!

We would like to thank all of the parents for entrusting us with the care and education of their children. We look forward to another year of growth, learning, and shared moments.



If you would like more information about our nursery or would like to enquire about a place for your child, please contact us on 0131 221 1915 or 0131 659 7837 or email us at: nks@nkshealth.co.uk. We look forward to hearing from you.

NKS EVENTS

NKS Open Day



NKS organised an open day on Saturday 20/04/2024 at Holy Cross Church Hall. All NKS projects had their stalls there and the staff were on hand to speak about their work. Over a hundred people attended and it was a huge success.

NKS at the Edinburgh Canal Festival



NKS took part in the Edinburgh Canal Festival on Saturday 15/06/2024 at the Union Canal. NKS had an information stall, a food stall, face painting and henna hand painting on the day. It was a beautiful day and the event was very successful with a lot of people in attendance.

LOOKING FORWARD WITH NKS



Groups at NKS

English Conversation Classes

- At the moment the English Conversation Classes run online at NKS, thanks to a dedicated volunteer. Please contact us for details about the days and timings of the classes.

NKS Bangladeshi Women's Support Group

- This group runs on Mondays between 11.00am and 1.00pm at NKS.

NKS Men's Support Group

- This group runs fortnightly at NKS from 11.00am to 1.00pm. Please check for the day it's running.

NKS Carers' Support Group

- This group runs once a month at NKS from 11.00am to 1.00pm. Please check for the day it's running.

NKS Women's Long Term Health Conditions Support Group

- This group runs once a month at NKS from 11.00am to 1.00pm. Please check for the day it's running.

Wednesday Women's Group

- This group runs on Wednesdays between 11.00am and 1.00pm at NKS.

Older Women's Group

- This group runs fortnightly on a Thursday. The time is indicated beforehand to the group members.

Mixed Older Peoples Group

- This group runs fortnightly on a Thursday. The time is indicated beforehand to the group members.

NKS Health & Wellbeing Forum

- The Health and Wellbeing Forum has been set up and is up and running. Please contact NKS for dates/timings.

Please note that the group activities are organised in consultation with the group members and include activities such as: health/discussion sessions; cookery; gentle exercise; yoga; lunch club; music and art appreciation; sewing; complementary therapies; outings and social functions etc. Please contact NKS on 0131 221 1915 for more details. Please pass on your contact details to your group leader in case any sessions may be cancelled or venues changed. Thank you.

NKS Services

- Outreach/Befriending
- Family Support Service offering one to one support, advice and information
- Health education/promotion
- Group work
- Training/courses
- Research
- Seminars/conferences/information days
- Advocacy work
- Volunteering opportunities
- After School/Homework Club - for children from 5 to 14 years of age. Please contact NKS for more details.

NKS Nursery

NKS Nursery is for children from 3 months to 5 years old. The NKS Nursery runs five days a week from Monday to Friday from 8.30 am till 5.30 pm. We follow the City of Edinburgh Council Curriculum for Excellence and we have low community rates. Please contact us for more details.

NKS Board of Directors

Rohini Sharma Joshi OBE - Director (Chair)

Alison Conroy - Director (Vice Chair)

Mussarat Ahmed Kaneez - Director (Secretary)

Lyn Jones - (Treasurer)

Jabeen Munir - Director

Yasmin Ahmad - Director

Sugantha Ravindran - Director

Shaheen Ahmed - Director

Lesley Hinds - Director

Nahid Aslam - Director

Lipy Rahman - Director

NKS Helpline

You can call the NKS Helpline numbers if you need advice and support about any issues that you are worried about. All calls are treated as confidential. The numbers are as following:

English: 07737 576 054

Urdu/Hindi/Punjabi: 07828 171 261

Bengali/Sylheti: 07828 167 614

NKS Main Office: 0131 221 1915

NKS Community Office: 0131 659 7837

We are here to listen and help. Please call us. Thank you.

NKS Staff/Committee News

Tatheer Fatima: Congratulations to Tatheer and her husband on the birth of their new baby daughter. She's gorgeous!

Your Contacts at NKS

NKS Director: Naina Minhas

NKS Administrators: Khalda Y Jamil & Saba Ahmed

Manager: Rukhsana Hussain - NKS Nursery

NKS Project Coordinators:

Neeru Bhatnagar - Communities Empowered Project

Rohina Hussain - Communities Empowered Project

Nazia Majid - Health & Wellbeing Project and Helpline Project

Samra Ahmed - Improving Lives Project
Tatheer Fatima - Climate Action Fund Project

NKS Project Community Development Officers:

Manjari Singh - Climate Action Fund Project Officer

Naseem Suleman - Family Support Officer

Nasima Hussain - Living Well with Long-term Health Conditions

Nazia Majid - Living Well with Long-term Health Conditions

Nazma Rahman - Climate Action Fund Project Officer

Neena Agarwal - Living Well with Long-term Health Conditions

Neeru Bhatnagar - Community Development Officer

Humera Adnan - Heritage Project Officer

Gian Kaur - Heritage Project Officer

Sadia Shah - Heritage Project Officer

Shasta Bhatti - Autism Project Officer

Samina Mohammad - Autism Project Officer

NKS Digital Inclusion Project Officers:

Neeru Bhatnagar & Rana Shams

NKS Childcare Practitioners:

Amina Rahman; Fauzia Ahmed; Kaniza Rahman & Rezwana Khan

In Charge of Cleaning:

Tahira Ali