



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



As we step into the year 2025, NKS extends its warmest wishes for a happy and prosperous New Year to all our readers. This first issue of the year reflects on the accomplishments of 2024 and highlights some exciting projects lined up for 2025. NKS' work was recognised with winning the Age Concern Services for Older People 2024 award.

We began the year with a review day, bringing together the entire staff team to reflect on the challenges we faced in 2024. This exercise allowed us to explore ways to enhance our service provision and better meet the needs of the communities we serve.

NKS is thrilled to continue its valuable contribution through its work in 2025, with several innovative projects aimed at empowering and building capacity among the most disadvantaged in our local communities. Among these, the **Empowering Communities Project**, funded by the Capital City Partnership (UKSPF Programme), has been particularly successful. This programme, which focuses on upskilling and enhancing life skills at the grassroots level, supported a significant number of individuals in 2024. It is expected to remain one of our busiest programmes this year, as many young people and grassroots women approach NKS for assistance. Our **Climate Change** and **Breaking Silence** projects, both funded by the National Lottery, have also been well received. The storytelling model adopted by the Breaking Silence project has proven particularly effective in highlighting the challenges faced by local communities.

In addition to these programmes, setting up a support group for autistic adults stands out as a significant achievement for NKS. Our one-to-one **digital support services** remain as busy as ever, and we are proud to see the continuous growth of

the **NKS Nursery**, which is expanding day by day.

Overall, NKS continues to build its reputation as one of Edinburgh's leading organisations, providing meaningful and effective support to hard-to-reach communities. We look forward to another year of making a positive impact and thank you for your continued support in this journey.

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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BENEFITS UPDATES & INFORMATION

BY NASEEM SULEMAN - FAMILY SUPPORT OFFICER



Coming Out of Hospital

For most people, coming out of hospital or being discharged will be quick and straightforward. But for older people or people with complicated and complex long-term health conditions, advanced planning may be needed to make sure that the right support is available, at the right time and right place e.g. **Their Home**. For this there is **'DISCHARGE PLANNING'**.

What is Discharge Planning?

Planning for your discharge from hospital should begin as early as possible in your stay in hospital, sometimes even before you are admitted. This discharge planning should identify what services and support you may need when you leave hospital. By the time you are ready to leave the hospital, a clear discharge plan should be in place. Discharge arrangements will vary depending on whether you are returning to your home, or moving into a care home or any other care setting. When you leave hospital, you and your carer, if appropriate and with your permission, should know about the following;

- 1) Your medical condition, including information on treatment, medication and future medical appointments and also details of your GP and consultant.
- 2) Services and support that have been agreed and that will be in place for you returning home - for example, home care, community nursing, day care services and any adaptation or equipment for your home.

What should a discharge plan include?

A hospital discharge plan should include:

- 1) The name of the member of staff at the hospital who is responsible for checking your discharge properly.
- 2) Arrangement for an assessment of your care needs, if applicable.
- 3) Details of any support, help, equipment or adaptation which are to be set up at your home before discharge and information about who is responsible for providing these.
- 4) Details of the contact to be made to the community health services e.g. GP, district nurse or social worker.
- 5) All the above should take into consideration for the after help needed at home for you. Arrangements should be made by the hospital before you get discharged as it becomes very difficult to get these arrangements in place once you are home. Ask for a copy of your discharge plan, so that you, your carer and you family or your representative (if you have one) have an idea of what help you will be getting once you leave hospital.

Who is involved in discharge planning?

- 1) Nurse in charge (hospital) - they are the main contact person while you are in hospital. Nurse in charge will oversee the care provided and plans made for leaving hospital.
- 2) Consultant - they decide what medical care should be provided and decide when you're well enough to leave hospital.
- 3) Discharge co-ordinator (hospital) - they are responsible for co-ordinating your discharge at the hospital. They will arrange for what after care will be needed for you e.g. social worker, care package, adaptation, and also help highlight carer organisation in the community.
- 4) Pharmacy - they provide the medication required for you and information on how and when it should be taken.

With your permission, an assessment about how you will manage daily activities will be carried out in the hospital by an occupational therapist and possibly a social worker.

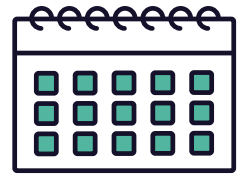
Other people who may be involved when requested and when necessary include: hospital social worker; community psychiatric nurse; physiotherapist; speech and language therapist; dietician and incontinence advisors.

The Scottish Government has a leaflet called 'Ready for Discharge? What Happens Next' or you could call Care Information Scotland on 0800 011 3200.

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: nksnkshealth.co.uk to make an appointment.

SELF MANAGEMENT PROJECT

BY NAZIA MAJID, NASIMA HUSSAIN, NEENA AGARWAL & NASEEM SULEMAN - LWLTHCS PROJECT OFFICERS



The NKS Living Well with Long-term Health Conditions (LWLTHCs) team is particularly proud of our success in achieving goals which included engaging isolated individuals to commit to a six-week volunteer programme, where they openly shared personal stories and learnt how to work within South Asian communities. We have also helped participants to regularly attend gym and educational sessions, improving their mental and physical health while also securing financial grants to support families with the rising cost of living.

The team is delighted that NKS was recently honoured with an award from Age Scotland for delivering outstanding care services to elderly people in Edinburgh.

Activities and sessions have included:

- Telehealth training
- Digital inclusion
- Income maximisation
- Volunteer training and confidence building
- Managing a healthier lifestyle
- Coping with grief and loss
- Focus groups
- Breast cancer awareness
- Carers rights
- Dementia
- Yoga and gentle exercise



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



NKS has been working to raise awareness about dementia among the South Asian communities since the beginning of the project in April 2024. The project is helping people to understand about dementia, reducing the stigmas associated with it and look out for the signs, and the risk factors and how to reduce them.

The project aims to:

- Break down the barriers and reduce the stigmas associated with dementia.
- Raise awareness about dementia within the South Asian communities.
- Identify individuals at risk of dementia, support and signpost them to the right place.
- Promote culturally sensitive services.



Our work during this period included numerous awareness sessions and home visits where we provided support to the people and their carers and families so they could access the right support and service in their language. We visited many community group settings such as Gurdwara, Hindu Mandir, Mosques and Clovenstone Community Centre in Wester Hailes etc. Information stalls were also held at the Granton Campus of Edinburgh College, and also at our Annual General Meeting.

Guest speakers from Age Scotland, Health in Mind, AbilityNet, and other organisations came and discussed dementia and its risk factors and other related topics. The service users actively engaged in and enjoyed these informative sessions. The carers had a session about Carer's Rights in Scotland from Age Scotland. It was a very well-attended event. We had several quizzes and music sessions with our service users where they got a chance to reminisce about their childhood and also understand the importance of how keeping our brain active can reduce the risk of dementia.



Please contact us:

- 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 please don't hesitate to contact NKS on our 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.

DIGITAL TOOLS, SERVICES & RESOURCES

BY RANA SHAMS - NKS DIGITAL INCLUSION PROJECT COORDINATOR &
NASEEM SULEMAN - NKS FAMILY SUPPORT WORK OFFICER



In this issue NKS brings you information to help you get the most out of digital tools and apps. We hope that this information is really useful to all of our service users.

SLEEPIO

It is a six-week clinically proven programme used to treat insomnia, available free on the NHS. Sleepio is the NICE-recommended online sleep improvement programme proven to help you clear your mind, get better sleep, and have better days. Sleepio isn't a one-size-fits-all approach. It incorporates your unique needs to create a customised six-week programme that you complete at your own pace.

www.sleepio.com/nhs

ALISS

'A Local Information System for Scotland' only. It is a national digital programme enabling people and professionals in Scotland to find and share information on health and wellbeing resources, services, groups, and support in their local communities and online.

www.aliss.org

ADAM

'About Digital And Me'. For people living with dementia, their families and carers. It is your digital friend who will help you to find the right pieces of technology at the right time. ADAM has been co-designed by people living with dementia at every step.

www.meetadam.org

Alzheimer Scotland App Library

A Health apps library website for people living with dementia, their families and carers.

www.alzscot.org

Telecare Self-Check Online Tool

This is an easy to use online tool that allows you to find helpful information on telecare services in your area that could help you live independently at home for longer. The tool asks 6 - 12 questions and will take about 5 minutes to complete. Once you have completed it you will be given useful information relating to your answers.

www.telecareselfcheck.scot

NHS Inform

Considered the primary source of health information in Scotland, providing details on illnesses, symptoms, treatments, healthy living advice, and access to "Mind to Mind" for mental wellbeing support.

www.nhsinform.scot

The iThrive Edinburgh

This support directory can help you find support available for adults living and/or working in Edinburgh.

www.ithriveedinburgh.org.uk/find-a-service

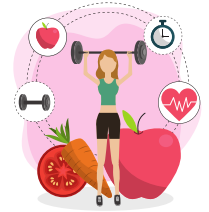
My Computer My Way

Developed by AbilityNet, it is an interactive web-based tool providing step by step guide to individuals to make tech adjustments to their device. For example, making text larger, using text to speech, etc.

www.mcmw.abilitynet.org.uk

HEALTH AND WELLBEING PROJECT

BY NAZIA MAJID - PROJECT COORDINATOR



The Health and Wellbeing Project is dedicated to reaching isolated families and individuals, especially in hard-to-reach areas, by partnering with community leaders, cultural institutions, and other organisations to provide help. Rising living costs are compounding mental health challenges, particularly in South Asian communities where immigration struggles, large households, and limited finances add to the strain.

To provide help, we are including financial support resources in our outreach efforts, such as referrals for housing, food and job assistance. The project also supports communities in need by offering personalised mental health care through activities like yoga, massage and workshops etc. These are all helping individuals lead more balanced and fulfilling lives. If you or someone you know is struggling, please get in touch, we are here to help.

Activities have included the following:

- Mindfulness and complementary sessions
- Welfare walks/gym and swim sessions
- Life coaching
- Arts and crafts
- One to one support
- Home visits
- Welfare and benefit advice
- Coffee mornings with the NKS Breaking Silence Project
- Focus groups
- Health and information sessions
- Volunteer training
- Outings



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 NAZIA MAJID - PROJECT COORDINATOR
SHASTA BHATTI, SAMINA MOHAMMAD & NEENA AGARWAL - 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

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The Autism Project at NKS is dedicated to sharing resources, stories and insight about autism. Whether you are an individual on the autism spectrum, a parent, educator or carer, our goal is to create an inclusive space to support the autistic community.



Sessions completed so far with our autism clients and carers:

- Lunch at Mr Basrai's
- Board games
- Outing to Blair Drummond Safari Park
- Storytelling and sketching
- Information session with Caesar and Howie Solicitors
- Edinburgh Printmakers (etching and collage-making)
- Coffee morning

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 &
SABA AHMED - PROJECT ADMINISTRATOR



The NKS Breaking Silence Project is working towards improving the lives of our service users. We offer a safe and confidential environment by giving women a platform for self-growth and confidence. NKS is empowering them to become active citizens in Scottish society by running sessions and activities to create awareness on a range of topics such as: mental and physical abuse; child abuse; health and much more.

Our goal is to create awareness by giving them the knowledge and the resources to help themselves. We run weekly gym and swimming sessions and encourage women to attend these for their physical and mental well-being. Additionally we introduced coffee mornings for storytelling sessions, where women shared the challenges and barriers that they encountered on their journeys to the UK. This has been extremely successful and they have really opened up and shared their experiences.

Information and activity sessions:

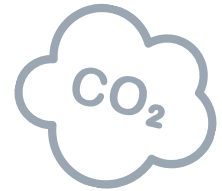
- Fraud and online scams
- Physical and mental abuse
- Gym and swimming (Edinburgh Leisure)
- Coffee mornings
- Rape
- Dementia



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 TATHEER FATIMA - PROJECT COORDINATOR,
MANJARI SINGH & NAZMA RAHMAN - PROJECT OFFICERS



Communities Reduce, Reuse and Recycle (C3R): is a joint project between NKS, ELREC and SCOREScotland which aims to encourage and support diverse communities in Edinburgh to reduce waste, increase reusing and repairing, and to shift to a more sustainable consumption.

Overall, it aims to change attitudes, behaviours and awareness towards waste and consumption through activities including: clothing repairs and alteration sessions, swap shop events, food parcel distribution to vulnerable families, community gardening sessions, DIY upcycling, visits to recycling centres, Edinburgh Climate Festival, training and more.

C3R is a 5 year long project that is enabling NKS to deliver more in depth activities around tackling climate change and focusing on behavioural changes in South Asian communities.

The NKS project team has successfully completed the first year of the project, engaging 1,775 participants through 65 project staff and volunteer-led activities. The project was successful in redirecting 450 kg of waste from landfill.

During the second year of the project we are aiming to include extensively certified courses, e.g. Carbon Literacy trainings, food and hygiene courses, sewing sessions, volunteers training along with our regular activities at NKS.

We have an open invitation process for all these courses. Please contact the project team or NKS office to get registered. We will assess the basic ability of the participants for the enrolment process. Please keep in touch with NKS through our social media: Facebook, website, Instagram and X for further updates.

Our regular activities are also happening weekly or at regular intervals. Most popular activities are our beginner level stitching classes, repair sessions, restaurant staff meetings and trainings, 3 monthly swap shop activities, hot meal arrangements, Royal Botanic Garden Edinburgh (RBGE) winter harvest and Halloween celebration, regeneration and bio-diversity outdoor activities in collaboration with the RBGE team, weekly Fareshare distribution, leftover cookery sessions and DIY sessions at NKS.

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 Heritage Project Officers have spent the last six months conducting intensive research on the ten selected South Asian historical figures. Along with their participants, they have been visiting a number of places to review and analyse information, such as:

- The National Library of Scotland
- The National Museum of Scotland
- The National Museum Collections Centre
- The Royal Archives at Windsor Castle
- Dundee City Archives



The staff has also been engaging with authors and historians regarding the historical figures to gather and compile lots of information. They have also been outdoors visiting and filming locations and places of interest. The next steps will be to compile draft scripts for the documentary, gather material for the photography exhibition and to search and select a venue for the launch.

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

COMMUNITIES EMPOWERED PROJECT

BY NEERU BHATNAGAR & ROHINA HUSSAIN - NKS COMMUNITIES EMPOWERED PROJECT COORDINATORS



The **aim of the project** has been to **build capacity and enhance skills** for women and their families living in Edinburgh. To improve socio-economic circumstances of families through:

Upskilling and Skill Enhancing: We supported a number of people who wanted to set up their own business but had little knowledge of the steps to reach this goal. To enable this, we worked with a Business Gateway Outreach Advisor from Edinburgh Council by conducting one to one meetings. At each meeting the advisor discussed: step by step guide to setting up for self-employment; business planning; compliance with health and safety; food safety legislation; insurance; premises or any other appropriate queries. After the meeting a summary of the discussion along with appropriate links were emailed to the people to follow.

Capacity Building: We offered six weeks' volunteer training. At the end of which a number of people were offered placements at NKS. During the training people learnt what community development is and built their confidence to help apply for jobs in various fields at the end of it.



English Conversation Classes: To further build capacity our weekly online English Conversation Classes have been contributing to building confidence and upskilling people to help apply for jobs. These classes have been running for over three years with the help of Rachel Clegg, our volunteer Tutor at NKS.

Pathway to Employment Support: We have been engaged in supporting people in job search, completing job application as per essential and desirable criteria and assisting those who have been called for interviews and supporting them with interview practice to build confidence. Some people who have been successful in gaining employment are supported with sustaining their jobs as well.

The NKS Wednesday Women's Group had information sessions to raise awareness about: arthritis; the menopause; welfare rights and benefits; dementia; local libraries and online scams and how to avoid them.

Activities included: walking; yoga; massage; strawberry picking; leftover cookery sessions; reflexology and a Christmas party.

The sessions and activities were very informative and well-attended. The feedback from the service users was very positive.



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 & VOLUNTEERS



Marysia Wojtylo

I am a second year student at Edinburgh University studying the MA Learning in Communities Programme. I recently began my placement at NKS and will be on my educational journey here until May 2025. My experience lies predominantly within youth work therefore, I decided to do my placement in NKS because I am eager to step out of my comfort zone and work with adults in a community setting. The diversity of cultures which come together at NKS creates a rich community of different experiences and perspectives. I believe that the opportunity to engage with projects formed based directly on the needs voiced by the community, will be a fantastic way for me to learn, develop and build my cultural awareness.

Asma Hussain

I took part in the recent volunteers training at NKS. This is the first time that I have done something like this and I am really enjoying the experience. I am on placement at NKS at the moment and am volunteering with Rana Shams and the Dementia Project. She is guiding me on how to research and collect information both online and through other sources on dementia and how to put it in to a presentation. I have helped with information sessions and am learning how to work with the communities. I am enjoying helping other people and would like to help more of them, especially those who care for loved ones with dementia. After speaking to some of them in the sessions I realised that it is very hard and stressful for them. I am hoping to continue volunteering in the future.



Shagufta Akram

Volunteering with NKS has been a truly transformative experience for me, offering opportunities to engage deeply with the community and make a real impact. Through my work with Nazia Majid on the Living Well with Long-term Health Conditions Project, I've helped with organising and managing data, ensuring client information was accurately recorded and easy to access for her. With Nazma Rahman, I've been part of the sewing classes in the NKS Climate Action Project, where I had the chance to share my skills and creativity, teaching others how to alter and upcycle clothes. These experiences have been far beyond just volunteering; they've allowed me to connect with people and contribute to something greater. NKS has proven to be a true pillar of support, empowering individuals and fostering skills that go beyond typical social services. Their dedication to creating inclusive spaces where people can learn, grow, and contribute is truly inspiring.



Please get in touch with us if you are interested in volunteering with us. You can call us on 0131 221 1915 or 0131 659 7837 or email us at nksnkshealth.co.uk. We look forward to hearing from you very soon.

DIGITAL INCLUSION PROJECT

BY RANA SHAMS - NKS DIGITAL INCLUSION PROJECT OFFICER



The Digital Inclusion Project began in April 2024 after receiving new funding from the UK Shared Prosperity Fund. The goals are to empower the South Asian community to access digital services and information and lessen its digital marginalisation. NKS works to increase people's self-assurance when utilising digital tools. This covers fundamental digital literacy abilities such as knowing how to utilise technology be it, email, apps, MS Office and or the internet. The goal of this initiative is to remove obstacles that are present in the communities and close the digital divide.

Numerous one-to-one sessions have been held with our service users. More than 28 users have utilized and benefitted from this service. These workshops assist users in learning more about how digital devices can be useful. The tools that they learn about assist them in lowering their inhibitions and dependency on others and will help them to become more knowledgeable and tech-savvy. Upskilling service users' digital expertise is the main goal of the flexible, specially designed sessions offered by NKS. It gives them self-management skills and teaches them to choose between a digital approach and a person-centred plan. Moreover, it increases the accessibility to digital health care thereby reducing the chances of missing out on the advantage of digital health for the individual.

This project enables our service users to alter their behaviour and acquire new skills and confidence thereby empowering them with the much-needed skills so that they can excel in a rapidly evolving digital world.



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

As we reflect on a fantastic year at our nursery, we're excited to share the wonderful moments that made it so special. From playful learning to festive celebrations, every day has been filled with joy, discovery, and happy memories.

Summer Fun

This summer, the children embraced the sunshine with nature walks, garden play, and water-based activities, creating opportunities for exploration and a love of the outdoors. One of the highlights was bug hunting, where the children used magnifying glasses to discover the tiny world of insects. Alongside this, they enjoyed captivating stories about nature that sparked their imagination and curiosity.



Our trip to the local park was another memorable adventure. The children explored the natural surroundings, played on the playground, and joined in group games. A shady spot under the trees became the perfect setting for a delicious picnic. After lunch, we relaxed with a storytelling session and a short rest before ending the day. The outing was full of joy and learning, creating memories that the children will treasure.

Harvest Time

Harvesting potatoes, tomatoes, and apples at the nursery was a delightful hands-on experience. Digging up potatoes felt like uncovering hidden treasures, while apple and tomato picking offered a sensory-rich experience with their vibrant colours and fresh flavours. These activities helped the children understand the journey of food from soil to table, while encouraging teamwork and a deep connection to nature.

Halloween Fun

Halloween at the nursery was a day full of excitement and creativity. The children came dressed in their favourite costumes, adding a magical touch to the celebrations. The day was packed with fun, from dancing to lively Halloween songs to engaging in storytelling sessions featuring friendly ghosts and magical adventures. The children enjoyed exploring "spooky" sensory materials like gooey slime and wriggly spaghetti "worms," which brought lots of giggles and fun. Festive treats and healthy snacks rounded off the day, making it a celebration to remember.





Diwali Celebrations

Our Diwali party was a joyous occasion, filled with vibrant colours and cultural exploration. The children learned about the festival through storytelling and created beautiful diyas (lamps) and lanterns during arts and craft sessions. They danced to traditional music in their colourful outfits, adding a festive energy to the day. We ended with warm wishes of "Happy Diwali!" and smiles all around, leaving everyone with cherished memories.

Christmas Joy

The festive season was truly magical at the nursery. The children enjoyed Christmas arts and crafts, snowy play, and enchanting seasonal stories that brought the spirit of winter alive. Our Christmas party was a day of fun and laughter, filled with games, delicious treats, and a special visit from Santa, who delighted everyone with gifts.



Thank you for being part of our wonderful year. We look forward to creating even more cherished memories together in the months to come.

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 ANNUAL GENERAL MEETING (AGM) - 11/11/2024



The NKS AGM took place on Monday 11/11/2024 from 11.00 am onwards at Lauriston Hall in Edinburgh. Rohini Sharma Joshi, NKS Chair, welcomed all to the AGM. A two minutes silence was held to mark Remembrance Day. The guest speaker was Foyso Chowdhury MSP and he spoke about how long he has known about NKS and supports the good work done.

The new Management Committee was announced. There was a cultural programme and lunch was provided at the end. The AGM was well-attended by service users, other agencies and some of the funders too.

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/Friday. The day and time is indicated beforehand to the group members.

Mixed Older Peoples Group

- This group runs fortnightly on a Thursday/Friday. The day and 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)

Lesley Hinds - Director (Vice Chair)

Mussarat Ahmed Kaneez - Director (Secretary)

Lyn Jones - (Treasurer)

Jabeen Munir - Director

Yasmin Ahmad - Director

Sugantha Ravindran - Director

Shaheen Ahmed - Director

Alison Conroy - Director

Nahid Aslam - Director

Lipy Rahman - Director

Upcoming Events

Training - NKS will be organising REHIS Elementary Food Hygiene training very soon.

Open Day & Fundraising Day - These will be advertised on our social media nearer the time.

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 Autism Project

Samra Ahmed - Breaking Silence 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 Project Officer

Nazia Majid - Living Well with Long-term Health Conditions Project Officer

Nazma Rahman - Climate Action Fund Project Officer

Neena Agarwal - Living Well with Long-term Health Conditions Project Officer & Autism Project Officer

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