

## 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

We're delighted to welcome you to our first newsletter of the year and hope you're enjoying the warm and sunny days of summer. At NKS, we're already making plans for our annual summer outings and a range of outdoor activities, and we look forward to sharing these moments with you.

**Please note a change in our newsletter schedule:** We now produce newsletters **twice a year** – every six months – instead of quarterly. We hope this updated format continues to keep you well-informed and engaged with all that's happening at NKS.

NKS is currently running **11 active projects**, with some having concluded in March 2025 and others seeing high levels of demand. While we are no longer offering dementia-focused services due to the end of funding earlier this year, we remain committed to addressing many other key issues within our communities.



NKS service users at Edinburgh Printmakers.

Our current focus includes: **Autism in South Asian communities** – tackling stigma, raising awareness, and supporting families, **Digital exclusion** – working to bridge the digital divide among grassroots populations.

For regular updates, insights, and behind-the-scenes glimpses of our work, don't forget to follow us on our social media platforms – Facebook, Instagram, and X (formerly Twitter). We

share information about our projects, events, and the dedicated NKS team, so do check us out and stay connected!

NKS continues to provide vital, culturally sensitive services to grassroots ethnic minority communities. If you or someone you know could benefit from our work, or if you'd like to support or volunteer with us, we'd love to hear from you.

Thank you for your continued support and engagement.

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.

**Networking Key Services Ltd (NKS), Darroch Annexe, 7 Gillespie Street, Edinburgh, EH3 9NH**

**Tel: 0131 221 1915 – Email: [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk) – Website: [www.nkshealth.co.uk](http://www.nkshealth.co.uk)**

**Charity Number SC000697 Company Number 226920**

# BENEFITS UPDATES & INFORMATION


BY NASEEM SULEMAN - FAMILY SUPPORT OFFICER



There have been many benefit changes in 2025 and here are the main ones. Keep an eye on our social media for more updates as they happen.




**IMPORTANT UPDATE**  
**BENEFIT CHANGES**  
**SO FAR 2025**



### MARCH 2025

- The deadline to make a claim for the 2024/25 Winter Fuel Payment was 31 March 2025. For more information on key dates and eligibility.
- The Household Support Fund will end on 31 March 2025.
- In Scotland, the transfer of people from Carer's Allowance to Carer's Support Payment is expected to be complete.
- In Scotland, the transfer of people getting Disability Living Allowance to Adult Disability Payment and Scottish Adult DLA is expected to begin.

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**IMPORTANT UPDATE**  
**BENEFIT CHANGES**  
**SO FAR 2025**




### APRIL 2025

- The Tax Credit service will close on 5 April 2025, and all remain accounts are closed
- The earnings threshold for Carer's Allowance will increase from £151 to £196.
- The National Minimum Wage will increase by 6% -
- For people aged 21 and over it will rise to £12.21 per hour.
- For 18- to 20-year-olds it will rise to £10.00 per hour.
- For apprentices and those under 18 it will rise to £6.40.

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**IMPORTANT UPDATE**  
**BENEFIT CHANGES**  
**SO FAR 2025**



### APRIL 2025

- The deadline to pay voluntary NICs for the contribution years 2006/7 to 2015/6, to increase New State Pension entitlement, is extended to 5 April 2025.
- In Scotland, the new Pension Age Disability Payment (PADP) that is replacing Attendance Allowance will be rolled out nationally by 22 April
- The New and Basic State Pensions, and the Minimum Guarantee element of Pension Credit will rise by 4.1%.
- Most Social Security Benefits will go up by 1.7%

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### REMINDER

These benefits have replace previously UK-administered benefits like:

- Disability Living Allowance (DLA)
- Personal Independence Payment (PIP).

The Scottish government also provides support for childcare, carers, and those experiencing financial hardship.




### REMINDER

**Scottish Child Payment**

Benefits for family on low income with children

- Best Start Grant and Best Start Foods: Financial support for pregnant women and families with young children.
- Early Learning and Childcare (ELC): Provides up to 1140 hours a year of childcare for eligible children.



### REMINDER

**For Carers:**

- Carer's Allowance Supplement: Provides extra support for those providing care.
- Carer Support Payment: Assistance for those caring for individuals with a disability or illness.
- Young Carer Grant: Support for young people who are carers. Carer Grant is a payment of £390.25 from Social Security Scotland. It's paid once a year to carers aged 16 to 18 years, who do at least 16 hours of caring a week on average, but don't receive Carer's Allowance or Carer Support Payment.

## The Herbert Protocol

The Herbert Protocol is an information gathering tool to assist the police to find a person living with dementia who has been reported missing, as quickly as possible. There is a form, that has got to be completed by a family member, friend, neighbour, primary carer or other circles of support; with copies of the form being held by all relevant people. This form is designed to be completed after diagnosis, so that you are prepared in case of the said person going missing. Make sure that you have the form available for the attending officers if and when the person you are concerned about goes missing and you dial '999'.

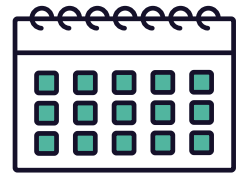
[www.scotland.police.uk/what-s-happening/missing-persons/the-herbert-protocol](http://www.scotland.police.uk/what-s-happening/missing-persons/the-herbert-protocol)

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](mailto:nks@nkshealth.co.uk) to make an appointment.



# SELF MANAGEMENT PROJECT

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



Over the last six months the Living Well with Long-term Health Conditions (LWLTHCS) Team has been dedicated to supporting individuals and caregivers through inclusive, person-centred care by providing tailored information, regular check-ins, home visits and community outings. We are also helping to tackle health inequalities and provide a platform for people to come together to foster friendships and share lived experiences to eliminate isolation.

Through the provision of information, knowledge, and personalised support, we aim to empower individuals to navigate the challenges of long-term health conditions with confidence.



At NKS, we strive to build a community where health and well-being are within everyone's reach. Together, we can move toward a healthier and more empowered future.

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](mailto:nks@nkshealth.co.uk). We look forward to hearing from you very soon.



# DEMENTIA PROJECT

BY RANA SHAMS - PROJECT COORDINATOR



The Dementia Project funded by Age Scotland concluded at the end of March 2025. This initiative laid the groundwork to:

- Eliminate barriers and diminish the stigmas linked to dementia.
- Increase community awareness regarding dementia.
- Recognise individuals at risk of dementia and guide them to appropriate resources.
- Advocate for culturally sensitive services.

At the project's inception in April 2024, we assisted individuals in understanding dementia, mitigating associated stigmas, and identifying signs and risk factors, along with strategies to minimize them.

Throughout the funding period, our efforts encompassed various awareness sessions and home visits, where we offered support to individuals, their caregivers, and families, ensuring they could access the necessary services in their preferred language. We engaged with numerous community groups, including Gurdwara, Hindu Mandir and Clovenstone Community Centre in Wester Hailes among others. Information stalls were also set up at Edinburgh College in Granton and during our Annual General Meeting.

Guest speakers from Age Scotland, Health in Mind, Ability Net, and other organisations participated. Attendees actively engaged and appreciated these informative sessions. Caregivers attended a session on Carer Rights in Scotland, presented by Age Scotland.

Additionally, we organised several dementia-friendly activities, such as quizzes and music sessions, allowing participants to reminisce about their childhood and understand the significance of keeping the brain active to lower the risk of dementia.



# 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 useful to all of our service users.

## WYSA

This app promises alternative therapy, which combines anonymous, personalised AI chat with guided support from qualified mental health professionals. It's essentially a therapist chatbot designed for teens aged 13 to 18 years old. You'll also benefit from hundreds of courses spanning anxiety, depression, self-esteem, and bullying. It is available freely on Apple and Android.

## Rootd

Panic attacks are all too common, sadly, from the minor, tight chest occurrences, to the full-blown suffocation that makes you stop in your tracks. That's where Beat Panic comes in, expertly designed to guide people through a panic attack, wherever you are. By making you focus on something other than your reality and helping you breathe deeply, it promises to help reduce your heart rate—and panic levels—in no time. It is available for 99p on Apple and Android.

## Catch It

If you think you may be suffering from more minor symptoms of anxiety or depression, like nervousness or lethargy, downloading an app like Catch It could be a great way to educate yourself on the many different indicators of an underlying mental health condition and how to identify them in yourself. The app teaches you how to recognise said symptoms, plus how to manage your feelings by encouraging you to look at problems in a different way and, more generally, turn any negative thoughts into positive ones. It is available freely on Apple and Android.

## Chill Panda

The clue is in the name with this one. If you're feeling overworked and run down or have noticed heightened feelings of fear and anxiety, the Chill Panda app will help with a whole host of breathing exercises, distracting techniques and worry management. While it's primarily a game, the app monitors your heart rate and suggests the appropriate tasks for your current state of mind. Suitable for both children and adults. Clever. It is available freely on Apple and Android.

## Ieso

Feel like you need to talk to someone and need to talk to someone urgently? No one is a replacement for the Samaritans hotline, open 24 hours a day on 116 123, but Ieso offers online instant messaging for those who have slightly lesser issues they'd like to chat through with someone. It's totally confidential and will connect you to a trained cognitive behavioural therapy therapist. Therapy is sent via text, so you can read back over your sessions any time, any place. This app is partly free, available via the NHS website.

## Talkspace

Always been keen on the idea of therapy but not so keen on the in-person aspect? Talkspace offers therapy via text – all it takes is filling out a short questionnaire and they'll match you with a qualified therapist, on hand to text you throughout the day. Their therapists cover a broad range of mental health services, offering advice and support for everything from anxiety to depression. The is available on Apple or Android.



# HEALTH AND WELLBEING PROJECT

BY NAZIA MAJID – PROJECT COORDINATOR



**MENTAL HEALTH WEEK**  
MON 12<sup>TH</sup> MAY-SUN 18<sup>TH</sup> MAY 2025

**MENTAL HEALTH MATTERS**

WHAT: CANDLE PAINTING SESSION  
WHERE: LOCHRINE BELL CANAL BOAT  
WHEN: 14<sup>TH</sup> MAY 11:00-1:00PM

COME JOIN US IN GETTING CREATIVE PAINTING AND DESIGNING CANDLES WITH A BEAUTIFUL VIEW OF NATURE

**EVOC**  
Empowering Women And Girls Since 1982

**GroundsWell**  
Groundwork and more from the ground up

**NKS**  
Nightingale Kay Services Ltd

**fountainbridge**  
fountainbridge

**FULLY BOOKED**

The Health and Wellbeing Project, in collaboration with Waterways to Wellbeing, delivered six interactive sessions aboard a canal boat, bringing the community together in a calming, nature-filled setting. These regular sessions included arts and crafts, mindfulness, pilates, music and movement, and gentle exercises using balls and resistance bands, promoting both mental and physical wellbeing.

In recognition of Mental Health Awareness Week, a special candle decorating workshop highlighted the power of creativity in supporting emotional health.

Participants also benefited from relaxed coffee mornings, discussions around the 12 Life Decider Skills, and practical workshops on coping strategies and understanding tenants' rights in rented housing.

Beyond the boat, the project continues to provide one to one support and home visits, access to gym sessions, and updated advice on welfare benefits. This holistic, hands-on approach has created a safe and inclusive space for individuals to connect, build resilience, and develop essential life skills.

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:

[nksnkshealth.co.uk](mailto:nksnkshealth.co.uk).





# AUTISM AWARENESS PROJECT

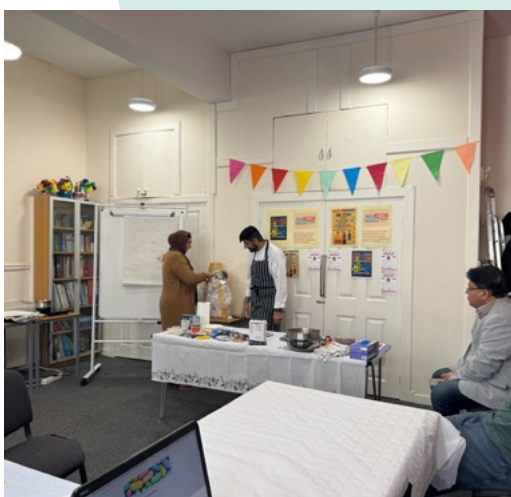
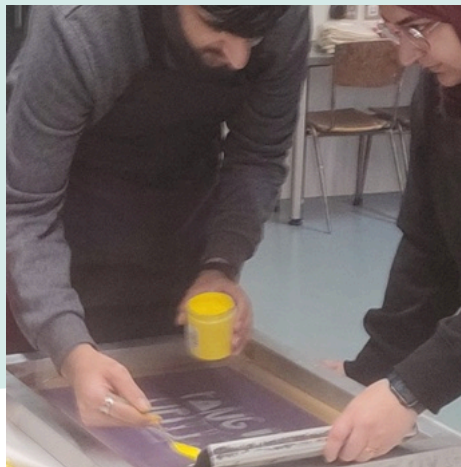
BY NAZIA MAJID - PROJECT COORDINATOR

SHASTA BHATTI, SAMINA MOHAMMAD & NEENA AGARWAL - PROJECT OFFICERS



Our friendly and social Young Adults Group for our Autism Awareness Project is a great opportunity for young people to come together to socialise, interact, enjoy and strengthen their social interactions and communication skills. NKS focused on special interests and fun activities in a relaxed environment at our premises and elsewhere too.

As can be seen from the photos we have had many events up until now. We have had many great sessions at Edinburgh Printmakers. Our service users and their carers really enjoyed these sessions. We have also had many educational sessions such as, oral hygiene, mental health and climate change.



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](mailto:nks@nkshealth.co.uk).

# BREAKING SILENCE IMPROVING LIVES PROJECT (CARERS' PROJECT)

BY SAMRA AHMED – NKS IMPROVING LIVES PROJECT COORDINATOR &  
SABA AHMED – PROJECT ADMINISTRATOR



The goal of NKS' Breaking Silence Project is to improve lives. By providing women with a safe and secure environment we help them to build their confidence and self-improvement.

NKS hosts interactive sessions to raise awareness of a variety of issues, including women's health, mental health and many more. By providing them with information and resources, we hope to raise awareness. For the benefit of their physical and emotional health, we support them to attend gym and swim sessions and urge more women to participate.

Participants have really loved the regular coffee mornings for story-telling sessions, where women have shared with us the difficulties and obstacles they faced after arriving in the UK. The women have really opened up and shared their experiences, and this has been a huge success. Additionally, participants engaged in practical training on coping strategies around the 12 Life Decider Skills along with gaining knowledge about tenant rights in leased homes.

In a natural setting aboard a canal boat, the project participants thoroughly enjoyed six interactive sessions that promoted their mental and physical well-being through arts and crafts, mindfulness, pilates and music.

## Sessions:

- Breast cancer
- 12 Life Decider Skills for Mental Health
- Gym & Swim (at Edinburgh Leisure)
- Coffee Mornings
- Living Rent
- Canal boat

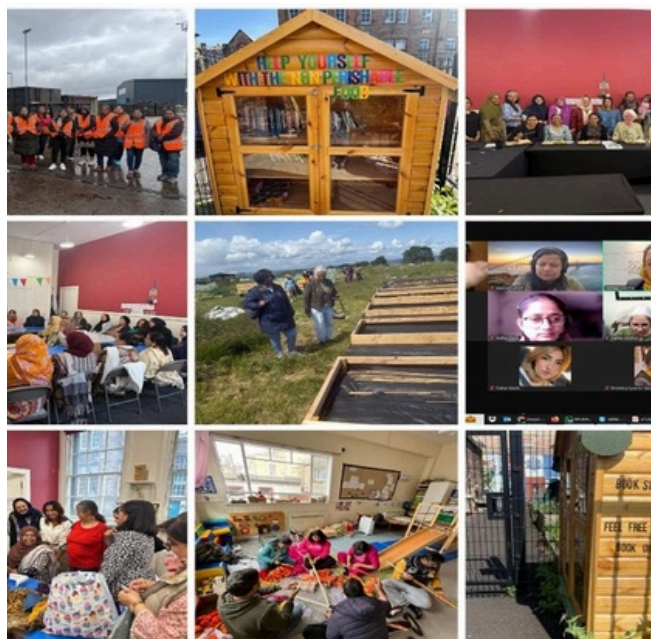
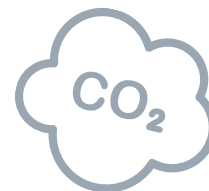


NKS is supporting more new clients who are thoroughly enjoying our services and are looking forward to the interesting activities and opportunities in the coming few months. Please get in touch with us if you would like help and support on 0131 221 1915 or 0131 659 7837 or email us at [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk).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



# CLIMATE ACTION FUND PROJECT

BY TATHEER FATIMA – PROJECT COORDINATOR,  
MANJARI SINGH & NAZMA RAHMAN – PROJECT OFFICERS



Over the past six months, the **NKS Climate Action Fund - Communities Reduce Reuse & Recycle Project** has empowered Edinburgh's ethnic minority communities through a range of creative and sustainable activities. Here's a roundup of our highlights:

## **Regular Sewing & Clothing Repair Sessions**

These sessions have been ongoing, helping participants reuse garments effectively. A total of 45 candidates participated and have been skilled through 8 consecutive, weekly 2-hour sessions.

## **DIY Activities with NKS Service Users**

The project team hosted multiple DIY sessions like pot-making, wall decorations, and mirror decoration, mirror painting, paper work and prop making for different cultural events etc. All of the finished items were created from recycled materials – combining creativity with reuse education.

## **Big Swap-Shop/Give Away Event**

These events enabled community members to exchange pre-loved items, extending their lifecycle and reducing waste, enabled clean, preloved items to circulate locally – a key moment in promoting a circular economy. NKS organised these events quarterly in collaboration with ELREC, SCOREScotland and Granton Goes Greener.

## **Climate Cafés and Information Sessions with Different Community Groups**

The project integrated sessions into the different NKS community groups, including many interactive information sessions around climate change causes. Many interesting topics were discussed e.g. menstrual cups, one time use plastic waste, fabric waste, food waste, circular economy, and filming and video screening held during the last 6 months.

## **Leftover Cookery Sessions**

Twice a month volunteers led leftover cookery sessions in the groups. Weekly cooking sessions turned surplus ingredients into delicious meals, followed by lunch clubs where participants shared dishes and sustainability tips – fostering both environmental awareness and social connection.

## **Gardening & Composting Education**

NKS, in partnership with the Aero-Agricultural Lauriston Farm Edinburgh, started establishing an edible garden at the farm with the aim to enhance the community's ability to grow an edible garden using their own food waste/garden compost and a wormery in the available plot.

## **Recycling Centre Visits**

Four guided tours of local waste-management and recycling centres helped participants understand system operations first-hand and encouraged better household waste sorting.

## **Carbon Literacy Training**

For the first time ever NKS held carbon literacy workshops among volunteers and community participants. These sessions focused on understanding individual and collective carbon footprints and adopting actionable individual and collective change. The educational depth of the carbon literacy training marks a shift towards embedding deeper environmental understanding, not just practical skills.

## **Book Swap Library**

A book swap library has been established and is open for all to use. We welcome book donations and non-perishable food items for the library.

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](mailto: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



We are delighted to announce the upcoming launch of **Legends of South Asian Heritage in Scotland**, our very first event celebrating the rich cultural heritage of the South Asian community. The event will take place on **20th of August 2025** at **City Art Centre** and will feature a **documentary screening** and **photography exhibition**. We are also exploring the possibility of showcasing the exhibition at additional venues across Scotland in the near future. Please contact us if you are interested in taking part.

Preparations are currently underway, including the printing of display boards, sending out invitations, and organising event elements such as catering, decoration, and exhibition setup.

In March 2025 NKS took participants to London to visit different historical sites relevant to this project and here are some photographs from the outing.





# COMMUNITIES EMPOWERED PROJECT

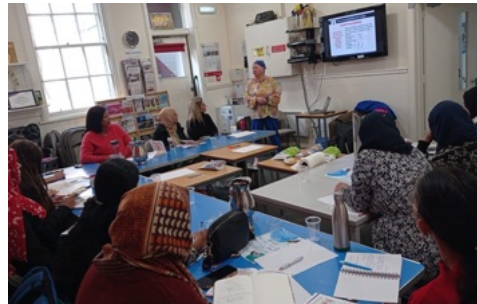
BY NEERU BHATNAGAR & ROHINA HUSSAIN - NKS COMMUNITIES EMPOWERED PROJECT COORDINATORS



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.

We worked with a Business Gateway Outreach Advisor from City of Edinburgh Council and organised one to one meetings. The advisor discussed - step by step guide about how to set up your own business, planning, compliance with health and safety, insurance, premises or any other appropriate queries. Following this NKS also received details about a six-week information course for women to attend. NKS also organised two REHIS Elementary food hygiene training courses which all of participants passed and received their certificates. Well done to all of them!



## Capacity Building

**Weekly Online English Conversation Classes:** These classes have been running successfully at beginners/ intermediate/advanced levels with 6 to 8 people joining each class. Thus, building confidence, upskilling people to start applying for jobs. These classes have immensely helped women to not only build their spoken capacity but given them confidence when dealing with mainstream service providers like schools, shops, travelling, gas and electricity providers etc.

**Pathway to Employment Support:** We have been supporting women by offering them voluntary work experience placements at NKS Nursery to enable them to apply for jobs and some have been successful. In addition, we have supported people with job search, understanding the job description and completing job applications. We have assisted women with mock interview preparation to build confidence resulting in successful outcomes for many.



**Wednesday Women's Group:** The service users took part in many different activities and sessions such as: benefit advice; low rent; Dementia; DIY and upcycling; breast cancer; menstrual cup; Tape Letter Exhibition; canal boat trips; candle decorating and painting; music and movement pilates and mindfulness. They really enjoyed the sessions and found them to be very informative and interesting.

Feedback received about sessions and activities:

*"I came to NKS as I needed support to improve my spoken English and I lacked confidence, needed help to learn how to journal information for my college course. I was also looking for a job to help pay for rent. With joining English conversation classes regularly, not only my confidence improved, I was successful in getting a job as security at door. I feel happier, more able to ask questions. It happened as a result of help from NKS project worker."*

*"I had three months placement at NKS Nursery which I really enjoyed. I had good opportunity to learn a lot about how to work with small children. This experience will be invaluable for me now when I apply for any job. This exposure has also encouraged me to go for further qualifications in this field."*

*"Thank you for organising today's outing at Lauriston Castle. It was most enjoyable, met new ladies and had an awesome lunch and starter recipe demo was tasty. At the end visit to Lauriston Agroecology Farm was good. We do like the idea of growing own food."*



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](mailto:nks@nkshealth.co.uk). We look forward to hearing from you very soon.

## STUDENTS & VOLUNTEERS



### Marysia Wojtylo



As my placement at NKS comes to an end, I have taken time to reflect on the many meaningful learning opportunities I've experienced. Some of the most impactful moments during my time here, as a student on the MA Learning in Communities programme, include:

- Working alongside inspiring staff: I've had the privilege of meeting and working with fantastic members of staff who demonstrate genuine passion and enthusiasm for their work with the South Asian community. Their commitment to supporting people in overcoming barriers and achieving their full potential has been truly motivating.
- Leading digital skills sessions: Being trusted by both staff and a community member to lead one-to-one digital skills sessions was a highlight. It was a privilege to get to know such a wonderful individual and to witness their growth in confidence week by week.
- Engaging with new learning experiences: Participating in the Carbon Literacy training expanded my understanding of sustainability and led me to make changes in my daily life — such as upcycling materials, reducing food waste, and adjusting how I travel.
- Celebrating cultural diversity: I felt welcomed into a space rich in cultural diversity. I enjoyed trying delicious food, learning (or attempting to learn!) words in different languages, and gaining a deeper understanding of Ramadan, Eid, and other traditions. Listening to favourite songs and reading about people's family stories helped me appreciate the power of shared experience.

Overall, I would like to thank every member of the NKS team who dedicated their time to support my learning journey over the past few months. I will carry your feedback, stories, suggestions, and knowledge with me into my future practice.

### Fatima Shams

I'm 18 years old and have just finished high school and I am looking to start University in September to study a degree in Psychology with Management at Heriot Watt University. I'm volunteering at NKS to gain more skills about working in a professional environment and getting along with new people to aid me into adjusting into University and work life. By doing my volunteering at NKS I hope to strengthen my verbal and non-verbal communication skills, confidence and group working, and also my time management as all of these skills will help me successfully progress into the University and work lifestyle and environment. I also aim to gain more experience of working professionally around a group of diverse people, as the staff and community members at NKS are from various different backgrounds and age groups. I believe that this will present me with the opportunity to learn to work with people from different backgrounds and different mindsets, which will prove useful in the degree that I have chosen to study.



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 [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk). We look forward to hearing from you very soon.



# DIGITAL INCLUSION PROJECT

BY RANA SHAMS - NKS DIGITAL INCLUSION PROJECT OFFICER



The Digital Project initiative is designed to enhance digital inclusion and ensure open access to digital services and information for grassroots South Asian communities. The digital inclusion sessions conducted at NKS are thoughtfully tailored to address the specific needs of participants. The course is also adaptable, focusing on various aspects such as improving participants' digital skills, fostering self-management and independence, and boosting self-confidence.



The digital sessions help participants gain a deeper understanding of how digital solutions can be advantageous. All sessions are monitored and evaluated, with feedback collected at the conclusion of the project. Currently, we are providing one-on-one support to our service users.

Participants acquire essential digital skills, including proficiency in Microsoft Office and effective management of social media. They also learn how to navigate their smartphones and register online with a general practitioner, as well as shop online confidently, enabling them to thrive in an increasingly 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](mailto:nks@nkshealth.co.uk). We look forward to hearing from you.

# NKS CHILDCARE FACILITY

BY RUKHSANA HUSSAIN - NKS NURSERY MANAGER



As we reach the halfway point of the year, we're delighted to reflect on all the special memories, milestones, and moments of growth we've shared at nursery from January to June 2025. Thank you for your continued support in helping us to create a warm, happy, and nurturing space for your children.

## Term Highlights

### January 2025

We welcomed new faces to the nursery and focused on helping everyone settle in. Gentle routines, sensory play, and bonding activities helped build a sense of comfort and belonging. Winter-themed arts & crafts, songs, and stories about snow and arctic animals kept us engaged and curious.



### February 2025

This month centred around kindness, emotions, and connection. The children made Valentine's cards, explored different feelings using puppets and emotion charts, and learned about friendship through play and group discussions.



### March 2025

As spring arrived, we planted seeds, learned about baby animals, and went on nature walks to observe seasonal changes. Mother's Day arts & crafts were a lovely highlight, along with dressing up and sharing stories on World Book Day.



### April 2025

This month brought joy and excitement with Easter egg hunts, bunny arts & crafts, and plenty of outdoor adventures. We introduced our mini-beast theme, and the children had fun exploring textures during messy play activities.



### May 2025

This month was all about growth of plants, confidence, and friendships. We looked closely at bugs and gardens, and explored colours, shapes, and patterns through creative, hands-on activities.

### June 2025

With warmer days, we spent more time outdoors enjoying picnics and water play. We celebrated Father's Day with handmade cards and thoughtful discussions. The children practiced turn-taking and teamwork through games and role play.





### Learning & Development

Over the past six months, we've seen so much progress in every area of learning:

- Communication & Language – Children are expressing themselves more confidently and participating actively in circle time.
- Physical Development – Fine motor skills are improving through activities like painting, cutting, and building.
- Social & Emotional Development – Stronger friendships and a growing understanding of routines and shared spaces.
- Literacy & Numeracy – Early writing skills, rhyming games, number recognition, and sorting have all been part of our learning journey.

A heartfelt thank you to all of our families for your ongoing support and involvement. It's a joy and a privilege to watch your children grow, learn, and shine. We're looking forward to all the adventures the second half of the year will bring.

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](mailto:nks@nkshealth.co.uk). We look forward to hearing from you.

### NKS at Edinburgh Canal Festival - Saturday 21/06/2025

The weather was perfect, and it was amazing to reconnect with so many familiar faces from our community. Your enthusiasm and support made our stall the highlight of the event! We had: an information stall; food stall; face painting; henna hand painting and glitter tattoos. This is more than just a festival; it's a celebration of our culture, flavours, and connections.



### NKS at Edinburgh Climate Festival - Saturday 28/06/2025



🌍🌟 What an incredible day at the Edinburgh Climate Festival! Our volunteers put on a spectacular fashion show that shone a spotlight on creativity and sustainability. Each stunning outfit was crafted from upcycled donated saris, dresses and fabric, showcasing how fashion can be both fabulous and eco-friendly! The outfits were upcycled by Nazma Rahman and Samina Mohammad. We are so proud to see our South Asian community come together to celebrate innovation and environmental awareness. A huge thank you to everyone who participated and made this event a success – your passion and dedication are truly inspiring! Special thanks to Isha Arora for capturing these beautiful moments on video. Let's keep the conversation going about sustainability and style!

# 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

**Heritage Project** - The documentary film and exhibition will be launched in an event on 20/08/2025.

**NKS Annual General Meeting**: This is expected to be in November 2025. Please check our social media for updates.

Thank you!

## 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

NKS Bookkeeper: Lesley Hammond

In Charge of Cleaning: Tahira Ali