

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



Winner - Integration Partnership of the
Year Award for 2017

Finalist - Self Management Digital
Innovator for 2025

Finalist in the Health and Social Care Integration
Award Category for The Herald Society Awards 2017
Winner - Age Scotland Services for Older People
Award 2024

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

Editorial - Naina Minhas, NKS Director

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NKS Carbon Literacy Training in Action

The first half of 2026 has been a period of positive growth and exciting developments for NKS. We successfully delivered the Carbon Literacy training in June 2026 to eight participants. More are planned in the future.

One of the most significant organisational changes has been the appointment of an Operational Manager. We are delighted to welcome Rana Shams, who joins us on a part-time basis to work alongside the NKS Director in managing the organisation. Rana holds an MBA specialising in Human Resources and Marketing, and brings valuable skills and experience to the team. We warmly welcome Rana and wish her every success in her new role. NKS is also embarking on an exciting new chapter following a number of successful funding bids. We have secured, in principle, Regenerative Future funding for the next ten years, as well as Local Growth funding. These achievements will enable us to strengthen our organisational capacity, support grassroots groups, and empower local communities to access opportunities that improve their economic wellbeing and long-term resilience.

Supporting the health and wellbeing of our communities continues to be at the heart of our work. We are making significant progress in addressing the needs of autistic individuals and their carers, while also responding to the growing challenges of dementia within South Asian

communities. NKS provides personalised one-to-one support for families caring for those living with dementia and is actively raising awareness to improve understanding, reduce stigma, and encourage early access to support services.

Whether you are interested in volunteering, participating in our activities, or simply finding out more about the services we offer, we would be delighted to hear from you. Our dedicated team is always available to provide advice, support, and guidance, and we look forward to welcoming you to the NKS 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



CHILDCARE AND FINANCIAL SUPPORT IN SCOTLAND

Scotland provides robust childcare and financial support for families, including 1,140 hours of funded early learning for all 3 and 4 year-olds (and eligible 2 year-olds). This amounts to roughly 22-30 hours per week depending on whether it's used during term-time or all year round.

In Scotland, financial support for childcare falls into two main categories:

1. Direct financial benefits to assist with family costs and funded/subsidized early learning
2. Childcare hours for working parents.

Direct Child Benefits

1. Scottish Child Payment: A benefit for low-income families providing £28.20 per week (£112.80 every 4 weeks) for each eligible child, under 16. You must be claiming a qualifying benefit like Universal Credit or tax credits to apply via Social Security Scotland.
2. UK Child Benefit: A universal, flat-rate payment for eligible parents. It pays £25.60 per week for your eldest/only child, and £16.95 per week for each additional child. You can manage this via the GOV.UK Child Benefit Service.
3. Best Start Grant & Foods: Low-income families can also apply for one-off grants for a new baby, starting nursery, or starting school, alongside Best Start Foods for healthy groceries via the mygov.scot Best Start Grants portal.

Funded & Subsidised Childcare

1. Funded Early Learning and Childcare (ELC): all 3 and 4 year-olds and eligible 2 year-olds in Scotland are entitled to up to 1,140 hours a year of funded childcare.
2. Working Parent Subsidies: for younger children, eligible working parents can access funded childcare hours starting from as early as 23 weeks old through GOV.UK Free Childcare for Working Parents.
3. Tax-Free Childcare: working parents can get up to £2,000 a year per child (or up to £4,000 for disabled children) to help pay for regulated childminders, nurseries, or after-school clubs. Learn more or apply via the Childcare Choices service.
4. Universal Credit Childcare Costs: if you are employed and pay for registered childcare, you can claim back up to 85% of your total childcare costs, up to a monthly cap (£1,071.09 for one child; £1,836.16 for two or more) via the UK Government Universal Credit.

Help with Additional Childcare Costs

For out-of-school clubs, childminders, or hours beyond the funded ELC entitlement, the following schemes can significantly cut your bills.

1. Tax-Free Childcare: for working parents, the government will pay £2 for every £8 you spend on registered childcare. You can claim up to £2,000 per child per year.
2. Best Start Grant and Foods: packages of financial aid for families on low incomes to help during pregnancy and the early years, along with payments to assist with items like prams or clothes.
3. Universal Credit Childcare Costs: if you are working, Universal Credit can help cover up to 85% of your registered childcare costs if you are on a low income.
4. Student Grants: if you are studying full-time, the SAAS Lone Parent Childcare Grant or specific college/university discretionary funds are available for families where the parents are on low income.



The NKS Family Support Service

The NKS Family Support Service is here to help you with lots of different issues such as:

welfare benefits; tribunals; schooling; housing; information; advocacy and advice etc.

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 & NASEEM SULEMAN - LWLTHCS PROJECT OFFICERS



Over the past six months, we have been busy delivering a range of activities that support health and wellbeing, encourage social connections, and improve digital inclusion within our Living Well with Long-term Health Conditions Project (LWLTHCS). We also ran educational workshops, and both participants and their carers enjoyed a variety of engaging activities.

First Aid

Participants completed certified First Aid training with Art Cook from the **British Red Cross**. This enabled users to grow confidence in responding to help someone, in an emergency.



Ovarian Cancer

Two students on placement from the **University of Edinburgh**, Melisa Selcuk and Ayla Ahmed, spent time shadowing NKS staff and gaining hands-on experience in community development and inclusive practice.



They took part in delivering a training session on ovarian cancer to NKS service users. This was followed by an engaging Q&A session.

Free Digital Devices

NKS was involved in the distribution of free laptops, iPhones and iPads to service users. Access to digital devices can make a real difference, by helping people to stay connected, learn new skills and access important services.



NKS provides support to people from all communities. If you know someone who may benefit from our services, please get in touch or make a referral. If you have any questions, concerns or would like more information about Long-Term Health Conditions support, please contact the NKS LTHCs team on 0131 221 1915.

Kidney Disease Session

Our NKS Bangladeshi Women's group held an important and informative session on kidney failure and organ donation.

The session was delivered by Tanvi Vyas, Policy and External Affairs Coordinator (Scotland) from **Kidney Research UK**. She provided valuable insights into the causes, prevention of kidney disease and the importance of organ donation.



SELF MANAGEMENT PROJECT

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



Outings & Educational Visits

Sessions took place with different groups coming together to share joy, laughter, and celebration over scrumptious food. This made for great opportunities for meaningful discussions and vibrant conversations to happen.



Lauriston Agroecology Farm

Regular gardening sessions took place at Lauriston Agroecology Farm, with service users enjoying time outdoors and learning more about growing food sustainably.

These activities reflect our commitment to creating opportunities for people to learn, connect and take part in their community in ways that are meaningful to them.



Men's Support Group:

A long term health condition may not be a curable condition but there are ways to manage the chronic disease and still live well. The NKS men's group participated in the following sessions, in order to make them and their families better understand their health conditions and to encourage living independently for as long as possible. After consulting the service users, the following activities were organised:

- Focus Group - future activities were discussed with the men's group
- Anger Management with Rahila Khalid (Health In Mind)
- Awareness of White Goods with the NKS CAF team
- Autism Awareness session with Sophia Akbar from SEMA
- Eid Party
- First Aid Training by the British Red Cross
- Awareness Session by Care & Repair
- Visit to the Neuro Therapy Place in Edinburgh



Overall, all sessions are running very successfully and are well attended. Services are being provided to the users, according to their care plans. Written or verbal feedback is being obtained after each activity and service users are referred on to other services as and when required.

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.

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.

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/community-support/information-library

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 the tool 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

DIGITAL TOOLS, SERVICES & RESOURCES

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



Mental Health Apps

WYSA

This app promises alternative therapy is WYSA, 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.

Best Mental Health App for Panic Attacks: 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.

leso

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 leso 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



NKS Health and Wellbeing Project supports individuals and families, particularly those from marginalised communities, to improve their mental health and wellbeing while building stronger community connections.

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

The project provides practical support, wellbeing sessions, and opportunities for social engagement, helping people to manage stress, reduce isolation, build confidence, and develop positive self-care habits that contribute to healthier and more connected lives.



AUTISM AWARENESS PROJECT

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



Over the past six months, our autism group has enjoyed a variety of engaging activities that have helped build confidence, develop new skills, and strengthen friendships.

We took part in first aid training where participants learned essential life-saving skills, including how to respond in emergencies and provide basic first aid. The sessions were informative, practical, and empowering.

Our time spent gardening at the allotments has been both enjoyable and rewarding. From planting and caring for vegetables and flowers to working together outdoors, everyone has benefited from fresh air, teamwork, and the satisfaction of seeing our hard work grow.

We also explored creative writing, giving everyone the opportunity to express their thoughts, ideas, and imagination in a supportive environment. Through stories, poems, and personal reflections, participants discovered new ways to communicate and share their creativity.

These activities have provided valuable learning experiences while encouraging independence, wellbeing, and social connection. We look forward to continuing our journey together with many more exciting opportunities in the months ahead.

Please feel free to contact the Autism project team if you require any support or further information. We would like to reassure you that all client information is handled with the strictest confidentiality. You can reach us via the NKS landline on 0131 221 1915 or 0131 659 7837, or by email 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 Breaking Silence Project at NKS aims to make people's lives better. We offer a safe and confidential environment for women to develop their self-esteem and confidence.

In order to increase awareness of various concerns, such as women's health, mental health, and many others, NKS organises interactive sessions. We want to increase awareness by giving them resources and information. We encourage women to join in our gym programmes for the benefit of their mental and physical well-being.

NKS service users participated in an excellent First Aid training session where they gained knowledge on crucial emergency responses. The attendees also took part in an informational session focusing on kidney health, organ donations, and children's illnesses.

The participants truly appreciated a pampering session, where they had the opportunity to unwind with massages and facials, accompanied by soothing music.

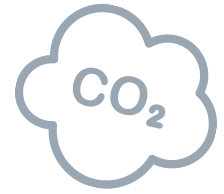
NKS is supporting more new clients who are thoroughly enjoying our services and are looking forward to the activities and opportunities in the coming few months.



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 nksenkshealth.co.uk. We look forward to hearing from you.

CLIMATE ACTION FUND PROJECT

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



The first half of 2026 has been another exciting and productive period for the Communities Reduce, Reuse & Recycle (C3R) project. Working alongside our partners and local communities, we continued to promote sustainable living, reduce waste, develop practical skills, and inspire climate action through a wide range of activities.

The following sessions were held:

- women's awareness on reducing menstrual waste and promoting sustainable alternatives
- recycling centre visits to Millerhill Recycling and power generation plant
- environmental awareness sessions with Men's group
- community litter-picking activities with Indian Young women's group, focusing on general waste reduction.



NKS C3R attended the prestigious networking event **"Towards Inclusive Climate Action"** (TICA) event, where we presented our community-led climate action model and shared project learning, with organisations from across Scotland.

Visits to **Lauriston Farm** were undertaken by 7 different community groups, to ensure successful experimental phase and sustainable growing activities. The programme completed its first year, in collaboration with the Royal Botanic Garden Edinburgh and Agroecological Lauriston farm.

Other activities that took place were:

- Community **cooking sessions** promoting food waste reduction
- **DIY** upcycling and creative reuse workshop
- the continued development of our **Community Swap and Book Swap Library, sewing and stitching classes** to extend the life of textiles
- **Carbon Literacy Training** to build climate awareness and encourage practical climate action,
- a successful **Swap Shop** and
- an eye catching **South Asian Qawali** performance at the Edinburgh Climate Festival, promoting the reduction of food waste and encouraging reuse & sharing.



Together, these activities continue to strengthen community participation, encourage sustainable lifestyles, and demonstrate how local action can contribute to a greener, more inclusive future.

Please get in touch with us if you would like to join in the activities on 0131 221 1915 or 0131 659 7837 or email us at nks@nkshealth.co.uk. We look forward to hearing from you.

GREEN LIGHT PROJECT

"Chai, Samosa and Climate Gupshup"

A New Creative Step Towards Climate Awareness

Through storytelling, creativity, and imagination, NKS is now stepping into the arts via performance shows to deliver heartfelt messages about one of the most pressing issues of our time – climate change.

"Chai, Samosa and Climate Gupshup" is the first-ever NKS stage drama created to inspire community awareness and encourage positive behavioural change around climate action and environmental responsibility.



About the Play

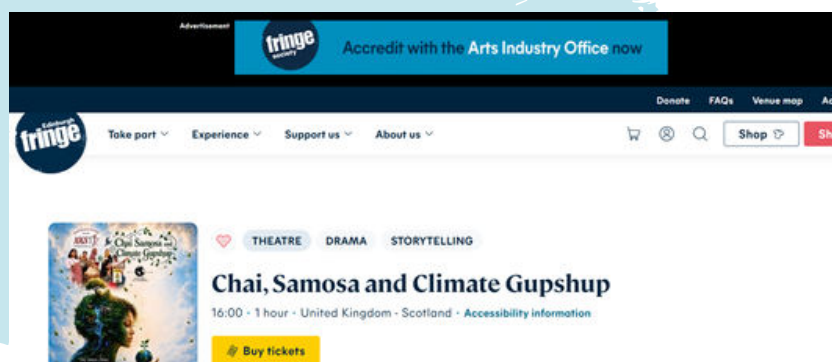
Focusing on the growing issue of global food waste, **"Chai, Samosa and Climate Gupshup"** is a heart-warming drama that explores climate awareness and responsible waste management through the everyday lives of a South Asian family.

The play highlights how reducing food waste and lowering our carbon footprint can begin with simple, mindful actions within our homes, kitchens, schools, shops, and communities. Through relatable family dynamics, the story demonstrates how small everyday choices can create a meaningful positive impact on the environment.

At its heart, the play explores one simple but powerful action that every one of us can take to make a real difference: reducing food waste.

Ultimately, the play celebrates the transformative power of communities and families working together to honour food, protect the planet, and build a more sustainable future.

We are bringing it again in the Edinburgh Fringe. Please do join us and enjoy the show on 19th August 2026 at the Pianodrome. Please check details:
<https://www.edfringe.com/tickets/w-hats-on/chai-samosa-and-climate-gupshup>



LEGENDS OF SOUTH ASIAN HERITAGE PROJECT

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



The Legends of South Asian Heritage Project screened their documentary at Media Education's Global Cafe in January 2026. This was a cross cultural event, bringing people together to share food, creativity and conversations whilst showcasing films and podcasts made by people taking part in the event.

Also in January, the Heritage Exhibition was showcased at the City Chambers for Indian Republic Day. The event was attended by approximately 200 people who also got a chance to view the exhibition displaying the lives of South Asian historical figures.



Our final Heritage screening and exhibition was hosted by the Consulate General of India at their premises in Rutland Square, Edinburgh. The evening event took place in early March 2026 as part of International Womens Day and was attended by nearly 100 people and was thoroughly enjoyed.



In March 2026, the Heritage project ended after two years. This has indeed been a fantastic opportunity to bring forward stories and images of these South Asian legends who made a remarkable contribution and impact to Great Britain.

COMMUNITIES EMPOWERED PROJECT

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



In the final funding period of the Communities Empowered Project, we have continued to provide information and knowledge to help bring positive changes in the lives of all participants, both individually and in groups. The project has continuously ensured we work to enable individuals, who are from grassroots, to have access to opportunities for personal and professional development growth. This has been achieved via training courses, jobs or English Conversation classes to help improve confidence and ability. Groupwork also took place for both women only and mixed older people, led by topics which were relevant and sometimes requested by them.

Upskilling, Skill Enhancing & Capacity Building/English Conversation Classes (beginners/intermediate level and advances level): Both classes have been running weekly with the help of our volunteer, Rachel Clegg, who has supported this initiative for over 4 years now. As a result of being familiar with both the tutor and each other, participants are confident, with improved grammar to help seek jobs as well as normal conversations. Women have made new friendships through this weekly contact.

Pathway to Employment Support: During this period a number of people got the chance to do first aid training as well as volunteering in the nursery. This opportunity highly contributed to their personal development and future jobs. **Feedback:** *"I came to NKS from England with lots of experience in childcare work and hoping to find some. NKS provided me with 6 months volunteering led to being successful in being able to get sessional work. I am really pleased."*

Groupwork: This involved Retirement & Inheritance Planning which included - Understanding Your Retirement Income; Planning for Retirement Spending; Tax Efficient Withdrawal Strategies; Inheritance and Estate Planning and Q&A with Shipra Kohli.



The NKS **Wednesday Women's Group** took part in many different activities during the past six months, such as:

- focus groups
- sewing sessions
- ovarian cancer awareness
- dementia awareness
- autism awareness
- first aid training and
- social sessions too.



They really enjoyed the sessions and found them to be very informative and they learnt a lot from them. This year more women have attended and the group is quite active and very lively.

DIGITAL INCLUSION PROJECT

BY RANA SHAMS - NKS DIGITAL INCLUSION PROJECT OFFICER



We are pleased to report the successful completion of our Digital Inclusion Project, funded by the UK Shared Prosperity Fund (UKSPF).

During the project, we provided digital skills training and support to over 32 participants, helping them gain confidence in using technology and accessing online services. Sessions covered essential digital skills, including using smartphones, Microsoft Office, online shopping, social media, and accessing healthcare services online.



We also received a donation of laptops, mobile phones, and iPads from The Turing Trust, which were distributed to individuals most in need. We are grateful for their generous support.

Although the project has been a success, the funding has now ended. However, demand for digital skills training remains high, and we continue to have people waiting for support. Digital skills are increasingly important for everyday life, and many community organisations like ours depend on external funding to provide these vital services.



As funding opportunities become more limited, it becomes harder to continue this important work, increasing the risk of the digital divide widening further.

We remain committed to supporting our community and will continue seeking funding opportunities to help meet the growing demand for digital skills training.



If you would like to learn more about future sessions or require digital support, please get in touch on 0131 221 1915 or 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



The first half of the year has been a busy and rewarding time at NKS Nursery, filled with exciting opportunities for learning, discovery, and fun. As we reflect on the months from January to June, we are proud of everything the children have achieved and the progress they have made.

Throughout the year, our children have taken part in a wide range of activities designed to support their learning and development. Through imaginative play, creative arts, storytelling, music, sensory exploration, and outdoor experiences, they have developed new skills while building confidence and independence.

Seasonal topics have provided many opportunities for exploration and curiosity. Children have enjoyed learning about winter, spring, plants, animals, and the natural world around them. They have participated in arts and crafts projects, gardening activities, nature walks, and interactive learning experiences that encouraged them to ask questions, investigate, and discover.

Building positive relationships has remained at the heart of nursery life. We have been delighted to see friendships flourish as children learn to share, cooperate, and support one another. Through group activities and everyday interactions, they have continued to strengthen their communication skills and develop a growing awareness of kindness, empathy, and respect.

Outdoor learning has played a key role in our daily routine. Time spent in the garden and outdoor spaces has encouraged physical development, problem-solving, and an appreciation of nature. Whether exploring seasonal changes, taking part in active play, or enjoying outdoor games, the children have embraced every opportunity to learn beyond the classroom.

We would like to extend our sincere thanks to all parents and carers for their ongoing encouragement and involvement. Your support helps create a strong partnership between home and nursery, enabling children to thrive and reach their full potential.

As we move into the second half of the year, we are looking forward to introducing new themes, experiences, and opportunities for learning. We are excited to continue supporting each child on their unique journey and to celebrate many more achievements together.

We wish all of our families a happy, safe, and enjoyable summer and thank you for being such an important part of our nursery community.

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.



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

Lipy Rahman - Director (Chair)
Rashpal Nottay (Vice Chair)
Yasmin Ahmad - Director (Secretary)
Naeema Pervaze - Director (Treasurer)
Mussarat Ahmed Kaneez - Director (Joint Treasurer)
Jabeen Munir - Director
Sugantha Ravindran - Director
Shaheen Ahmed - Director
Alison Conroy - Director
Nahid Aslam - Director
Iffat Aziz - Director
Kirstie Egner - Director

Upcoming Events

NKS summer outings will be taking place during July/August 2026.

Saturday 08/08/2026 ~ NKS will be at the Health and Wellbeing Event organised by Craiglockhart Community Council at Craiglockhart Parish Church.

Your Contacts at NKS

NKS Director: Naina Minhas

NKS Operational Manager: Rana Shams

NKS Administrators: Khalda Y Jamil, Humera Adnan & Saba Ahmed

Manager: Rukhsana Hussain - NKS Nursery

NKS Project Coordinators:

Nazia Majid - Health & Wellbeing Project and Empowering Communities and Skills Development Project
 Samra Ahmed - Breaking Silence Improving Lives Project
 Tatheer Fatima - Climate Action Fund Project

NKS Project Community Development Officers:

Neeru Bhatnagar - Climate Action Fund Strategic Policy Officer
 Manjari Singh - Climate Action Fund Project Officer
 Nazma Rahman - Climate Action Fund Project Officer
 Naseem Suleman - Family Support Officer
 Rohina Hussain - Community Development Officer
 Nasima Hussain - Living Well with Long-term Health Conditions Project Officer
 Nazia Majid - Living Well with Long-term Health Conditions Project Officer
 Neena Agarwal - Living Well with Long-term Health Conditions Project Officer
 Rana Shams - Skills Development Officer
 Gian Kaur - Skills Development Officer
 Shasta Bhatti - Autism Project Officer
 Samina Mohammad - Autism Project Officer & Dementia Project Officer

NKS Childcare Practitioners:

Amina Rahman; Fauzia Ahmed; Kaniza Rahman & Rezwana Khan

NKS Bookkeeper: Lesley Hammond

In Charge of Cleaning: Tahira Ali