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





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

"a happy woman is a happy family"

Low Carbon Committes Initiative

Grow Your Own Vegetables, Flowers and Plants

• Growing your own vegetables, flowers and plants is a lot cheaper and it's fun.



• Flowers and plants also help the environment by taking in carbon dioxide and producing oxyden.

• Gardening is really good exercise.



• Use locally grown foods to reduce your carbon footprint.

Reduce, Re-use and Recycle

• Recycling is very important for the environment as this allows



for new products to be made out of used ones.

- Reduce packaging by buying products in larger quantities. Packaging will then take up less space at landfill sites.
- Reduce your food waste by only buying what you need and use up any leftovers.



- It doesn't cost you anything.
- You get fresh air when you go for a walk.
- It's a good way to get free



exercise.







EUROPE & SCOTLAND European Regional Development Fund Investing in a Smart, Sustainable and Inclusive Future

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