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"





- It's a fast and fun way to get around.
- It's also good exercise.





You can reduce the carbon footprint of your car in several ways:

- Accelerating and decelerating slowly and smoothly saves fuel and produces less carbon dioxide.
- If you have anything heavy in your car, try to keep it somewhere else as heavier loads use more fuel.





Things that you can do to save energy:

- Remember to switch off all your appliances when not in use.
- Install a monitor to see just how much energy you are using and how much you could save.
- Only boil the amount of water that you actually need.
- Draught proof windows and doors to stop heat loss.
- Look in to loft insulation and



cavity wall insulation.







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

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