



NARI KALYAN SHANGHO

ANNUAL REPORT 2008-09

Rohini Sharma Joshi
Chair, NKS

NKS Board of Directors
2008 –09

The past year has been full of changes and challenges which created new opportunities and partnerships for NKS. A lot has been achieved and NKS has been recognised for its work in making a difference to the lives of many Asian Women for the better.

There are many highlights to be proud of in the past year. We are delighted to have been awarded the SCVO National Award for community action. Another highlight has been the significant high scoring for nursery services at NKS by the Care Commission. Our Nursery staff always work hard to maintain high standards and we are proud of their achievements.

While delivering day to day services and getting on with regular work, NKS organised the first ever Asian Women Awards to recognise and celebrate the contribution of Asian Women and to highlight their achievements which are normally missed by the mainstream organisations. Women Empowerment is enshrined in one of the objectives of NKS and this was achieved. We are very grateful to all the organisations for their sponsorship and thankful for their continued support to the organisation. The event has helped create new partnerships with many agencies and we are looking forward to working with them.

I would like to take this opportunity to thank Naina Minhas and her team for always ensuring that our meagre resources go a long way and for their hard work and commitment. The NKS Management Board has been very supportive and I thank all my board members for their continued support over the years. Regretfully Anne Munro resigned from the Management committee this year. We are grateful to her for her unconditional support and contributions to NKS over many years and wish her well.

The Staff and the Management committee of NKS will continue to develop and deliver improved services to its users and achieve all its objectives.

Rohini Sharma Joshi
(Chair)

Saroj Lal (Vice Chair)

Nighat Anwar (Secretary)

Jabeen Munir
(J.secretary)

Anne Munro (Treasurer-
Resigned in July '09)

Mrs. Vohra (j.treasurer)

Indumati Pandya

Ann Wigglesworth

Neela Joshi

Iffat Aziz

Rozia Dean

Saleha Karim

Shaheen Ahmed

Fulmaya Lama Harris

I love coming to NKS on Fridays. Its my only chance to get out of the house and meet others. I am house bound and isolated in my day to day life.

Comment

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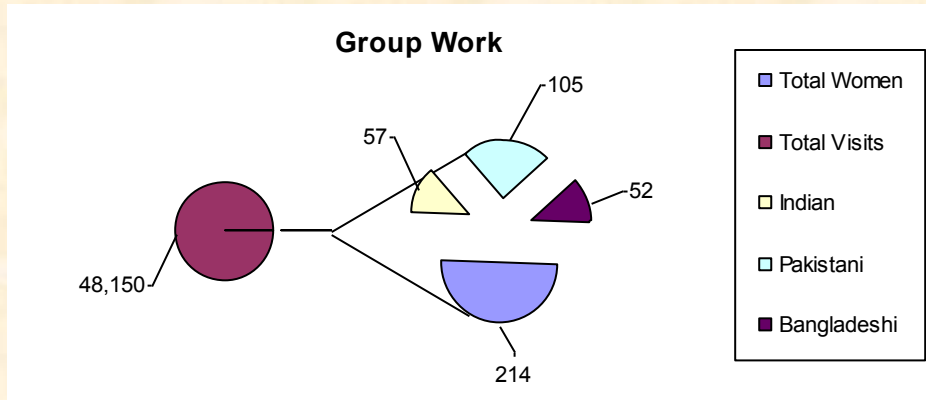
NKS Funders

- ◆ The City of Edinburgh Council
- ◆ Lothian Health
- ◆ Scottish Community foundation
- ◆ Award For All, Lottery Fund

Naina Minhas Manager, NKS

The year 2008/09 has seen remarkable achievements at NKS that culminated in significant opportunities for South Asian women to enhance their skills as well as to make informed choices in leading a healthier lifestyle. This year too the project concentrated on two main aspects—to improve quality of life for South Asian women – health education/ promotion and capacity building among grass root South Asian women.

- ◆ NKS has started the second phase of the HNC in Childcare course where some women have been given opportunity to move to SVQ4 level and many others have joined SVQ2 and SVQ3 level. NKS is hoping that these women will complete their course and move into jobs.



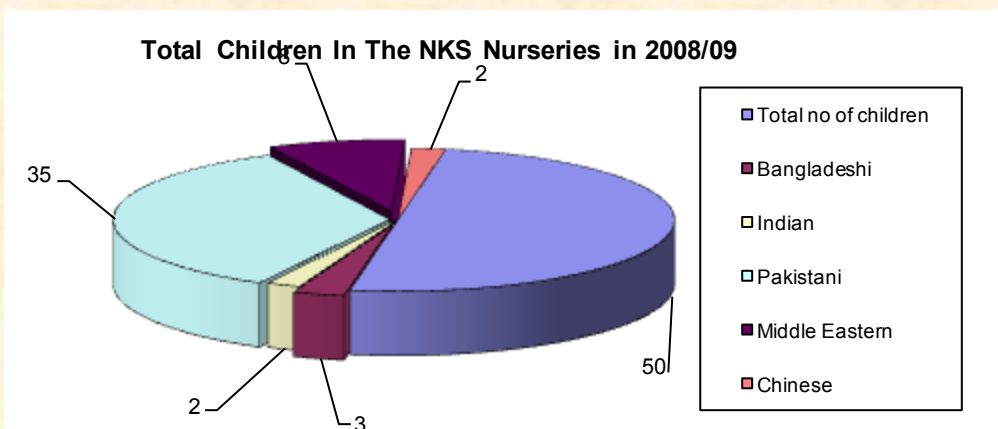
- ◆ A computer course enabled fifteen grass root Bangladeshi and Pakistani women who had little knowledge of computers, to learn Information and Technology. The course encouraged women to have their own email accounts. This opened up a whole new world for them. One Bangladeshi woman has started using the internet and email to run her business. NKS is proud of the women’s achievements.
- ◆ In the year 2008, by securing temporary funding from the Youth Link and the City of Edinburgh Council, NKS introduced young girls to Asian traditional arts. The sessions at NKS ensured a full intensive training to twelve South Asian girls in Henna Hand Painting.

I had never done any course before, but with support from NKS I completed childcare course. I am really happy. This changed my life for better. Thanks to NKS

Comment

The young girls are confidently using their enhanced skills by providing their services at appropriate events. This has boosted their self-esteem and confidence.

- ◆ To encourage active citizenship among South Asian women and to improve their chances in the labour market NKS actively supported interested women in gaining work experience, by offering volunteering opportunities at NKS. In the year 2008/09, NKS offered volunteering to over 25 women with full supervision and guidance. This, the project takes up in addition to student placements, mainly from schools. In 2008, three pupils were taken on placement. NKS is a unique stepping stone to a large number of South Asian women in Edinburgh as every opportunity is provided by the project to help women move forward.
- ◆ The other aspect that NKS has always prioritised and was high on NKS agenda in the year 2008/09 was health education and promotion in the South Asian communities.

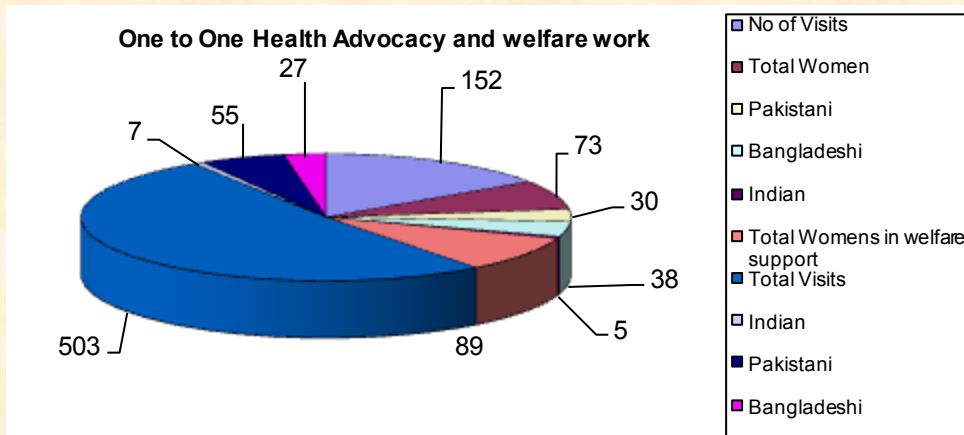


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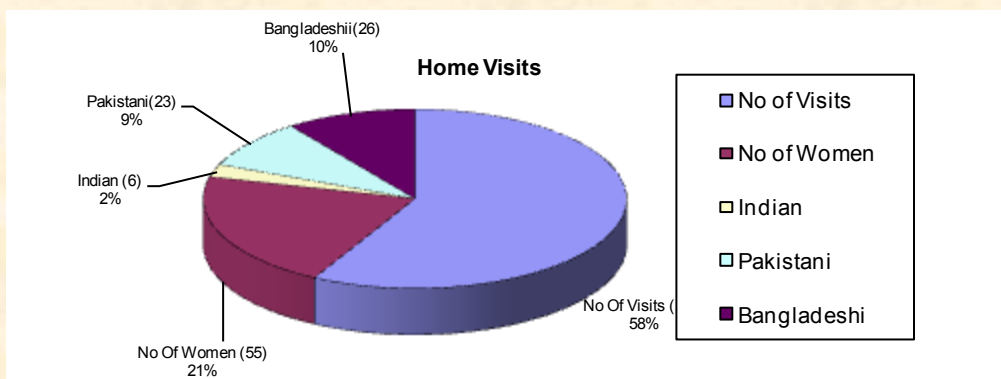
- ◆ The project provided one to one support to over 300 grass root South Asian women in Edinburgh to access health as well as welfare services. NKS has actively promoted healthier lifestyle, mainly through 8 groups running every week, and improved economic circumstances in the South Asian communities in Edinburgh through one to one family support. NKS has worked closely with many health agencies in Edinburgh to provide regular health education sessions to South Asian women. Significant health topics that are relevant for South Asians such as heart disease, cancer, mental health etc. have been covered extensively through these sessions that added to women’s empowerment to help them make informed choices for themselves and their families.
- ◆ NKS supported the PADOSA project – a study project carried out by the Edinburgh University to reduce heart disease risks in the South Asian communities through lifestyle intervention. The organisation through its outreach work in the communities introduced over 175 South Asian people to the study that resulted in majority of these people receiving lifestyle intervention support for the next 3 years.

NKS has given me so much in terms of confidence and self esteem. I am really grateful.

Comment



- ◆ In the year 2008, NKS also joined hands with the Edinburgh Leisure to encourage South Asian women to use gyms and other health and fitness facilities in Edinburgh provided by the mainstream service providers. This resulted in over 20 women regularly attending exercise and gym sessions at various Leisure Centres.
- ◆ NKS has offered full support to older South Asian women through its befriending service as well as regular lunch club. One of the major achievements in this area has been starting older Bangladeshi women’s lunch club with exercise and massage at NKS on a weekly basis. Through extensive outreach work and persistent efforts of staff members, 17 Bangladeshi women have started attending the group regularly. Some of these women have lived in Edinburgh for over forty years and have never attended any group before they joined this group. The women are finding this platform as a great support in their day to day life. Last year over 500 women used NKS services by making over 64000 visits to the project



- ◆ The NKS Childcare Service provision in the community is well utilized by mothers who are in part-time jobs or have taken up further studies. The childcare service is integral to all services offered at NKS. Last year over 12000 visits were made in total.

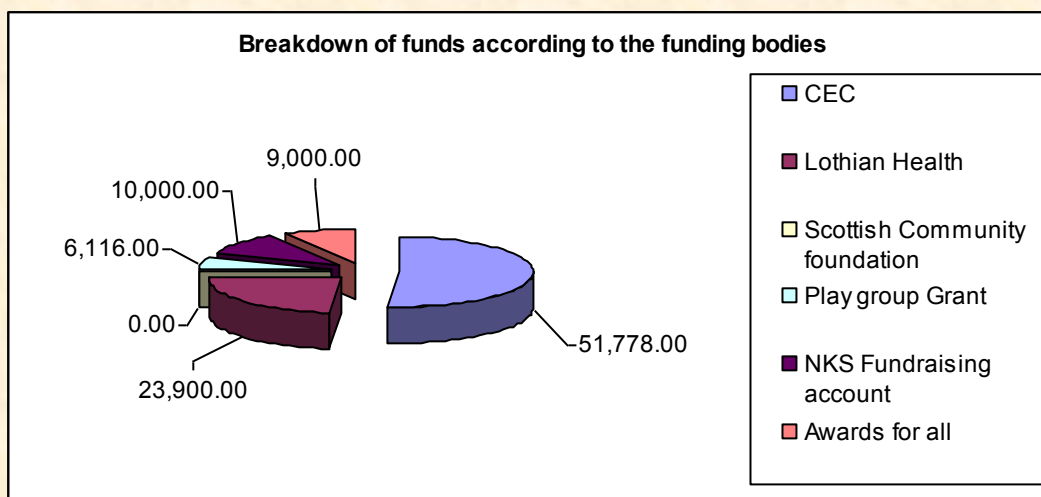
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- ◆ Finally, after serving South Asian women in Edinburgh for over two decades, NKS has reached at a stage where it felt ready to recognise many of these women who may have used the platform as a stepping stone in furthering their skills and careers and have made achievements that deserve celebration. In the year 2009 NKS organised an awards function to celebrate these women of achievement. Eight women were honoured for their achievements evidenced by over 350 people in an awards ceremony. The award ceremony brought many other opportunities to NKS in the form of several partnerships to serve South Asian communities.

Treasurer's Report

Nari Kallyan Shangho worked with a total income of £128,031 in 2008-09, of which the project raised over £21,000.00 independently to sustain the service provision. This demonstrates the project's ability to retain sustainability factor in the current financial climate.

A sum of £11,710.00 has been moved forward to the current financial year which is restricted – mainly to work with older women and to organise the Women's Awards Event held in June 2009. Last year, the project was successful in securing grant award from the Comic Relief (£5000.00) and a three-year funding (£15,900.00 per year) from the Health and Social Care Department of the City of Edinburgh Council that enabled the project to work with older South Asian women, especially Bangladeshi women to combat isolation among them. Currently, NKS is holding £33,871.00 of unrestricted funds that are still below the target equivalent to three months expenditure set in line with the NKS policy. The project will continue to raise funds to increase its reserves to reach its targets by improving its fund raising strategies in the future.



NKS would like to thank all the funding bodies that provided financial support to the organisation last year and would look forward to the support in future.

NKS STAFF

- ◆ Naina Minhas (Manager)
- ◆ Nasim Zaman (Administrative worker)
- ◆ Rohina Hussain (community health worker)
- ◆ Shamsad Rahim (community health worker)
- ◆ Samra Ahmed (Family Support worker)
- ◆ Asma Kassim (Child care Manager)
- ◆ Amina Rahim (Child care worker)
- ◆ Irum Rizwan (Child care worker)
- ◆ Rukhsana Hussain (Health Advocacy Worker)

NKS Volunteers

Rozia Ahmed
Rizwana Rizwan
Sobia Shahzad
Kishwer Rashid
Mehtar Afshan
Asifa Mohammed
Ruksana
Khadijiha Bibi
Nazish Raza
Parveen