



NARI KALLYAN SHANGHO

ANNUAL REPORT 2010-11

Indumati Pandya - Chair, NKS

I am pleased to write my first report as chair of Nari Kallyan Shangho. I was on the NKS board of directors for the last two years. Last year I took over from Rohini Sharma Joshi as chair. Rohini made a significant contribution to the development of the organisation and I will be delighted if I can make some contribution towards achieving NKS' goals.

As last year was my first year as NKS chair, a mentor – Jane Jones, was there throughout the year to support me to carry out my responsibilities as a chair. Jane's support and advice has been very helpful. I have learnt a lot from her and her mentoring has also given me a lot of confidence to chair meetings and be a spokesperson for NKS.

NKS is a thriving organisation. Despite cuts in funding, the services provided have been sustained through fundraising and volunteering from community members. I am also a user of the NKS services and have experienced services offered by the project. The staff team are competent skilled communicators who have over the years built trusting partnerships with South Asian communities. The NKS staff team are the organisation's strength and I congratulate and thank them all for the body of good work done by them over the year. It certainly had a positive impact on grass root South Asian communities. Also I would like to thank all committee members who have supported me in carrying out my duties as chair of the organisation.

Naina Minhas - Manager, NKS

Last year, Nari Kallyan Shangho (NKS) had focused on improving management practices and applying innovative ideas to work towards its raison d'être of improving quality of life for women. The intensive work carried out is enabling the project to adapt to the changing external environment. The improved management practices and engaging South Asian communities through a range of participative activities ensured a robust infrastructure and a significant contribution towards the empowerment process among women and their families.

The year 2010/11 was challenging in several ways – using the strengths of the organisation most effectively, and minimizing weaknesses by filling identified gaps. Obtaining the award “committed to excellence” is one of the positive outcomes of the improved procedures at NKS.

Improved procedures at NKS

- ◆ NKS undertook an infrastructure audit last year to identify gaps for the project. To improve the overall business plan of the organisation, NKS sought the support of Pilot light, Scotland. The NKS, management committee and the pilot lighters worked closely together to identify ways of improving the NKS business plan.
- ◆ To produce an effective business plan, NKS reviewed its strategic aims and objectives by reassessing user needs. The whole process was engaging and participative of the users of NKS. An effective NKS three-year business plan was produced last year.
- ◆ NKS worked closely with the Council of Ethnic minority organisations (CEMVO) to work towards obtaining the “committed to excellence” award. NKS was one of the three organisations in Edinburgh selected in the first year of the CEMVO programme to go through the EFQM, quality Scotland award.

As part of identifying gaps through the charity juggler workshop facilitated by quality Scotland, three areas of improvement were chosen by the organisation that required further development. The areas identified were; appraisal system at NKS, a review of the aims and objectives of NKS and the review of NKS monitoring and evaluation methods. The project successfully filled the gaps identified in the areas of improvement over several months.

- ◆ Introducing assessment forms and to reviewing these every six months, along with the reviewed monitoring and evaluation methods has helped NKS to measure short-term outcomes effectively and produce these on the three-monthly report template devised by the project.

NKS service provision

NKS is providing a range of services to support women and their families in Edinburgh to improve their quality of life. One to one services to support families and health advocacy services are well utilized by the South Asian communities in Edinburgh. Families in the BME communities are still experiencing difficulties while accessing many services in Edinburgh. Last year,

- ◆ 73 South Asian families were supported by NKS in accessing various welfare services by taking up over 300 appointments.
- ◆ 29 women were supported by providing health advocacy services over the year. There are many issues that women need support with while attending health appointments. The NKS workers help women to make appointments and support them to keep up with their appointments. They support women to articulate their issues to the health service providers and get appropriate services.
- ◆ 15 women were visited at home who were isolated and required support to come out and engage in community activities. The women visited at home were either referred to NKS by other projects or identified by NKS workers through their work.

The NKS activities

A number of educational community activities were provided over the year to build capacity through community learning among South Asian women. There was an emphasis on healthier lifestyle among women. To promote healthier lifestyles and to encourage active citizenship NKS introduced several educational and informative activities. Some of these were:

- ◆ NKS secured a grant award of £3950.00 from Community Food and Health (Scotland) to promote healthy eating among South Asian women. 17 sessions were organised with 63 women attending, to learn more about low fat South Asian cooking. The recipes demonstrated in the cookery sessions have been put together and printed in the form of a calendar.
- ◆ NKS also ran exercise sessions twice a week for older women and Zumba classes in other groups to encourage women to stay active through exercise. Over 75 women attended these sessions in different groups at NKS.
- ◆ As part of a healthy lifestyle, a number of health education and promotion sessions were organised in collaboration with various agencies as well as volunteers coming in to inform women on relevant health topics. Topics such as arthritis, diabetes, cancer, hepatitis C were covered as part of health education at NKS.
- ◆ 12 counter weight sessions were organised with the Keep well project in Edinburgh as part of healthy living. The participants were checked for their height and weight and advised on a diet to reach healthy weight targets set for them. Most women after 8 weeks had either lost weight or had the same weight as before.
- ◆ Nine Bangladeshi women received health screening, that not only helped identify their physical health status but also mental health issues for them
- ◆ Bangladeshi women were also checked for hepatitis C through blood tests.
- ◆ Health screening for over 70 women was organised at NKS in collaboration with Lesley from the Western General Hospital in Edinburgh.
- ◆ Outdoor activities were organised by visiting different outdoor areas to encourage get active programme among women. The project was funded by Path For All.

To encourage active citizenship and a step forward towards integration, NKS has started a project – Integration through information, where women are given information about Scottish culture and heritage. The project is funded by the lottery heritage for two years and two part-time workers have been recruited to take the project forward.

- ◆ The open day was organised in collaboration with the Adult Learning project and WEA in March to give women information about the project taking place over two years.

- ◆ Several outings to historical places such as Dundee Jute Mill, Dynamic Earth, Broughty Castle, and the Scottish parliament have been organised and attended by over 150 women and children.
- ◆ An informal course has been devised to give diverse information about Scotland, its heritage and culture to women and their families. Due to increased number of women participating in the course sessions, each session takes place three times a week. Over a 100 women are participating in the course sessions and are showing great enthusiasm to learn more about Scotland. NKS is receiving very positive feedback from the participants.

Childcare service

- ◆ The NKS childcare service is running five days a week (Monday to Friday) from 8.30am to 5.00pm.
- ◆ Last year over 80 children were registered to use the NKS Nursery services. Besides, the nursery is also used as a crèche service for women's groups and other events at NKS.
- ◆ The NKS Nursery received a grade 5 for its excellent childcare services last year. Although under-resourced, the NKS childcare service is running to high standards and is a model of good practice.

Awards Event

The 'Women Empowered' awards event organised by NKS in November 2010 was a great success where women of achievement were awarded trophies to celebrate their achievements. The awards event was attended by over 300 people. Sarah Boyack, MSP commended NKS work in her speech as a guest speaker.

Fundraising

Fundraising has become a part of the annual work plan at NKS. Besides offering paid services to other agencies, NKS organises two fundraising days in a year. Approximately £1500.00 was raised by holding a fundraising day in June 2010.

A calendar was produced as part of the healthy eating project and was sold partly to raise funds for NKS groups. NKS users enthusiastically took part in helping to produce the calendar, selling it to friends and relatives to raise funds for the project.

Fit for purpose

As part of staff development, several training sessions were organised.

- ◆ Appraisal training was revisited to remind staff of the appraisal procedures at NKS.
- ◆ Training around report writing, highlighting outcomes was organised
- ◆ Logic model sessions were held for staff and management committee
- ◆ Computer training for the Nursery staff has been organised.

NKS, last year had an exciting programme that kept women engaged in community learning activities to empower them through information. With NKS completing 25 years of its existence, 2012 is special for NKS and it's hoped that the project will celebrate involving communities.

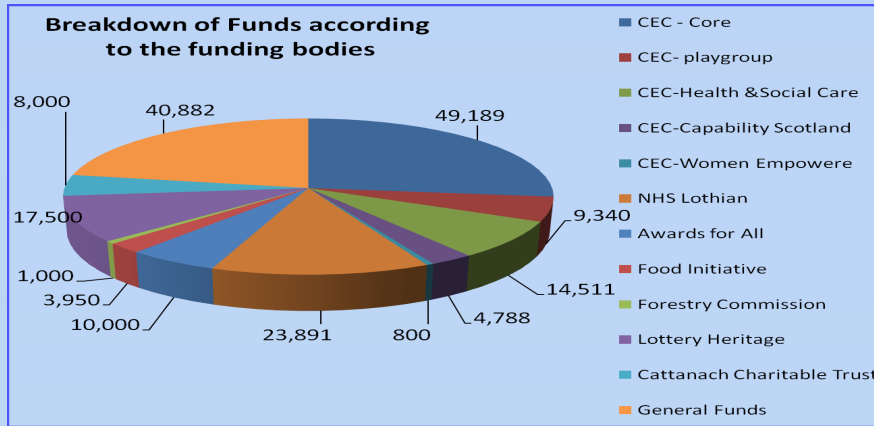
Treasurer 's Report - J Marshall

NKS continued to perform well in 2010/11 in the face of the increased economic difficulties and uncertainties affecting the charitable sector. This is a reflection of the dedication and commitment of NKS staff. Improvements in Governance and Business Development within NKS have flowed from work with CEMVO in gaining the EFQM 'Committed to Excellence' award and with Pilotlight in reviewing our business planning.

NKS generated total income of £183k during the year, an increase of £45k over the previous year, arising through additional income generated through grant funding from The Heritage Lottery Fund, the Catanach Trust and Awards for All and also through creche activities. The majority of regular income for NKS is in the form of funds from the City of Edinburgh Council (£79k) and NHS Lothian (£24k) for whom NKS deliver a comprehensive range of services benefiting South Asian women and their families. NKS looks forward to continuing to work in partnership with our funding bodies in the future to continue the essential services needed to improve the lives of South Asian women and their families

Despite increasing operating costs NKS finished the year with reserves of £89k, an increase of £40k over the previous year, although much of this is in relation to grants received in advance that will be spent in the following financial year. Building up a reasonable level of reserves is essential to support the continued operation of NKS over the coming years and will assist in addressing the further funding pressures anticipated as a result of the unprecedented economic situation facing the UK in the next few years.

In summary it has been another good year for NKS. NKS is financially more stable and has stronger governance and business planning in place which will assist in addressing the challenges ahead arising through the current difficult financial environment.



NKS Board Of Directors 2010-11

- ◆ *Indumati Pandya – Chair*
- ◆ *Ann Wigglesworth – Vice-Chair*
- ◆ *Jack Marshall – (Treasurer)*
- ◆ *Razia Dean – Director*
- ◆ *Jane Jones –Director*
- ◆ *Jabeen Munir—Director*
- ◆ *Shaheen Ahmed –Director*
- ◆ *Sheema Hamid—Director*
- ◆ *Iffat Aziz—Director*
- ◆ *Allison Conroy – Director*
- ◆ *Sugantha Ravindran—Director*

NKS Staff

- ◆ *Naina Minhas - Manager*
- ◆ *Nasima Zaman - Administrative Worker*
- ◆ *Rohina Hussain - Community Health Worker*
- ◆ *Samra Ahmed - Family Support Worker*
- ◆ *Rukhsana Hussain - Community Development Worker*
- ◆ *Sadia Kadri - Heritage Worker*
- ◆ *Rabia Younus - IT Administrator*
- ◆ *Asma A.Kassim - Childcare Manager*
- ◆ *Amina Rahman - Childcare Worker*
- ◆ *Irum Rizwan - Childcare Worker*

NKS Funders

- ◆ *The City Of Edinburgh Council*
- ◆ *NHS , Lothian*
- ◆ *Award For All, Lottery Fund*
- ◆ *Heritage Lottery Fund*
- ◆ *Path for All*
- ◆ *Forestry Commission*
- ◆ *Food Initiative*

NKS Volunteers

- ◆ *Naseem - Office*
- ◆ *Kishwer Sarwar - Groups*
- ◆ *Rabia Ahmed - Office*
- ◆ *Sabra Dhami - Groups*
- ◆ *Afsha Ashraf - Childcare*

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