



Mrs. Indumati Pandya, Chairperson – NKS

It's my pleasure to present my second report as chair of Nari Kallyan Shangho (NKS). During my term as chair, I have been closely and actively involved in improving the management of the already well managed organisation. The achievements of the project deserve a huge applaud as these have benefited and empowered grass root women and their families directly.

The health education/ promotion and capacity building programs have raised awareness of a number of options available to women in raising their health status and improving their life circumstances. NKS has over years built a strong trust with the local communities and the services provided by the project are well utilized by women in Edinburgh.

The current climate of hugely restricted financial support to the voluntary sector has impacted NKS in that more and more time is spent in exploring various funding channels that add to the already high work load of the organisation. Nevertheless, fundraising through social enterprising activities are a high priority within the organisation as this is helping NKS to maintain the level of service to communities despite financial cuts.

The hard work and commitment of the NKS staff team is commendable, as the high standard of services provided are mainly due to the dedication demonstrated by them. The commitment and motivation shown by the NKS Board of Directors is equally highly appreciated. I would like to say a big thanks to all the directors at NKS for the support they have given me over the year.

Manager's Report—Naina Minhas

The year 2011/12 has been the 25th year of the existence of Nari Kallyan Shangho (NKS) in Edinburgh. Over these 25 years, the project has made an immense contribution in raising awareness of healthier lifestyle among South Asians. The women users have also been supported in their learning and personal development. The focus has always been on achieving outcomes that improve quality of life for women and their families.

In 2011/12, increased social capital (confident and active citizens) in South Asian communities was the main focus for NKS. The organisation shares a vision of - vibrant Edinburgh communities, along with the City of Edinburgh Council, and is continuously working to contribute towards this vision.

The strategic aims and objectives of the organisation have been categorised under bonding, bridging and linking – the three main dimensions that contribute to the social capital in communities. All activities and services were aligned with these three dimensions by NKS in its endeavour to increase social capital in South Asian communities last year.

Bonding activities: Nari kallyan Shangho is a well established platform by its 25th year. The project has successfully created a strong bonding among local communities of interest in Edinburgh. This has been done primarily through group work at NKS. The project supports and facilitates eight groups under its umbrella, and in total, over 150 women attend these groups in a week. An array of educational and recreational activities is provided in these groups, to contribute to women's learning and personal development. The educational and health activities play a crucial part in improving women's lifestyle and their health status. Last year, health activities were given high priority for improved and healthier lifestyle. NKS also promoted learning for young mothers to support positive physical and mental development of their pre-school children. An intensive health program was delivered in all groups covering health topics such as heart disease, cancer, arthritis, diabetes, healthy eating, Paan chewing and the importance of physical activities such as Yoga, exercise and walks. Approximately 200 women benefited through raised awareness on health education.



As these women adopt healthier lifestyles, it's hoped that this figure will be doubled to include the families supported by the women.

Tackling the challenges associated with the age factor and isolation; Lunch club is run twice a week for women who are 50 years old and over. The elderly Participants coming to NKS have the full support of the organisation in various ways – attending public events in Edinburgh, attending computer classes in local libraries, various learning experiences through a range of activities in groups and participating in consultations etc.

The full time childcare facility – from 8.30am to 5.00pm for five days a week, is an added advantage for younger women. It makes it much easier for women to be able to take time out for their personal development. The childcare is an integral part of the service provision to women at NKS.

Bridging activities: NKS aims to build capacity in South Asian communities to bridge their way towards mainstream services. The organisation believes that the increased capacity helps raise confidence and raise awareness among people of their rights as well as information about mainstream services relevant to them.

Learning to speak, read and write English is the first step towards bridging women's way towards mainstream services. Learning information and technology skills adds to their ways to connect to the mainstream. Last year, NKS supported twelve women to join ESL (English as a Second Language) classes at different venues in Edinburgh. The project fully supports ESL classes that run twice a week at NKS.

PEEP (Peers Early Education Partnership) program, ESL classes in collaboration with the Stevenson College and Computer classes in collaboration with the local libraries have helped contribute to women's learning and raising their confidence to become active individuals and further support their families to become vibrant citizens in Edinburgh. Ten women attend ESL classes twice a week regularly at NKS and have reported that improving their English has aided them to be able to communicate to some extent with service providers. Thirteen women are regularly taking part in PEEP programme and twelve women attend computer classes. All these activities are certainly helping to raise women's confidence and self-esteem.

During the year, NKS set up email accounts for 15 women. These women have never used email as a means of communication before. The project is closely working with these women. The project enables women to gain new skills in operating emails.

NKS actively encourages and supports women and young people to volunteer at NKS and anywhere else of relevance to them. Last year NKS supported 17 volunteers to gain work experience at NKS. The project offers a full opportunity for students to learn more about ethnic minorities and issues related to disadvantaged communities. NKS offered placement to two university students and to five school students at NKS to allow them to add to their experience of working with the South Asian communities.

NKS offers young South Asian people and other Asian women volunteering opportunities to introduce them to community work. The project also provides support to volunteers to find jobs and help them to write a CV.



NKS ran a Scottish culture and heritage course in two parts at NKS. The course was funded by the lottery heritage fund and attended by 60 women. The women confirmed that the course has helped them to gain confidence as they felt they have more information about the place where they live. This is felt to be a major step towards integration through information.

Linking activities: linking activities are facilitated at NKS to support women to link to mainstream services. NKS is an effective resource for service providers in Edinburgh to learn about grass root South Asian communities' needs. Some of the linking activities taking place at NKS to connect service providers and South Asian women are; consultations, focus groups, and introducing women to local mainstream services of interest to them. One to one support for women to connect them to mainstream services is well utilized through family support work.

In 2011/12 five consultations took place at NKS and seventy one women participated in these consultations to inform service providers of their needs and issues affecting them. A consultation about NHS24 service, a focus group on maternity services, another focus group on dementia and services around this disease, and two focus groups around health services were facilitated by NKS workers.

The formation of the International parents' forum at NKS is a unique platform that has given opportunity to South Asian parents to connect to the mainstream services. The women are also benefiting by learning about various services for young people. Through the forum women have been introduced to parents' involvement and that have encouraged many women to attend workshops organised by the Children and Families department of the City Council and get actively involved in their children's schools.

One to one family support service and one to one health advocacy has successfully connected over 100 women to mainstream services. NKS has also offered dedicated sessions to women informing them how to access health services in Edinburgh. The women reported such sessions as highly effective in increasing their access to mainstream services.

All the above services have helped increase social capital among local communities and successfully supported the vision of vibrant Edinburgh communities. In the year 2012, to mark 25 years of NKS services the City of Edinburgh Council has acknowledged the contribution made by NKS towards building better communities.

All this has only been possible, over the years, with the dedication and hard work of the NKS staff team and the professional and moral support of the management committee members.

Note: The term mainstream mentioned in the report above is in the context of statutory mainstream services such as health services, NHS and services provided by the local authority.

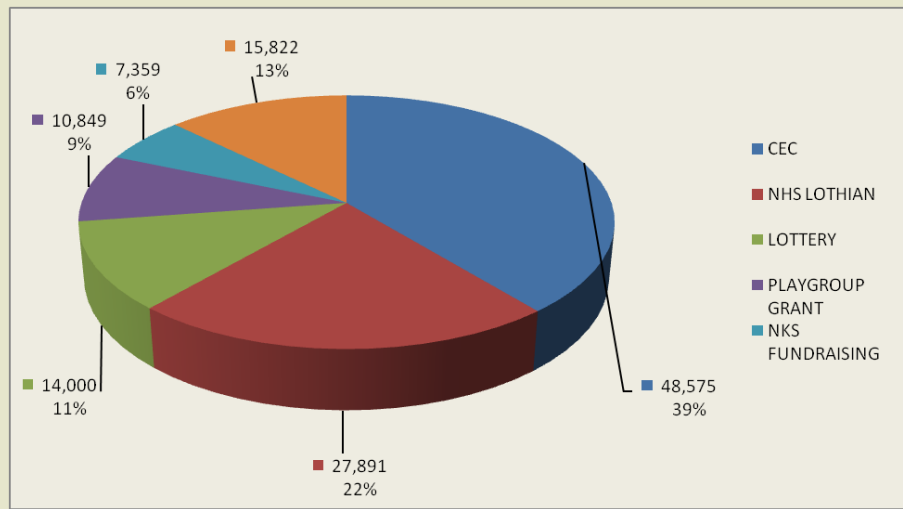
Treasurer's Report—J. Marshall

The UK economy has continued to cause problems throughout society and one impact has been to reduce the resources available to our main funders the City of Edinburgh Council and NHS Lothian. In turn they have had to reduce the funding they provide to NKS. NKS has made up the reduction in the funding of core services through surpluses generated in fund raising and fee generating activities.

*Empowering Women and Families
Since 1987*



Breakdown of Funds according to the funding bodies



Despite this difficult environment and significantly as a consequence of the fantastic commitment and dedication of NKS staff, NKS has continued to sustain delivery and a high quality standard in a comprehensive and growing range of services.

The key financial indicators for 2011/12 are as follows:

Total income for the year - £153k, a reduction of £30k on the previous year

City of Edinburgh Council funding - £75k, a reduction of £3k on the previous year

NHS Lothian funding - £28k, an increase of £4k on the previous year, being a specific re-research grant

Lottery Heritage Fund - £14k, a reduction of £3.5k on the previous year.

Year end Reserves - £97k, an increase of £8k on the previous year

It is essential that NKS retains a healthy level of reserves to support continued service delivery over the coming years and as a contingency in the event of unanticipated difficulties.

In summary despite the ongoing difficulties NKS has continued to perform well and with strength to face the challenges ahead.

NKS Board Of Directors

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