

*"a happy woman is a happy family"*

# **Nari Kallyan Shangho (NKS) Ltd**

## **Annual Report**

### **2012/2013**

#### *Rohini Sharma Joshi ~ NKS Chair*

I am delighted to present this report as a returning chair after two years. I have always enjoyed being part of NKS and believe that it is an excellent organisation which works directly with South Asian women of all ages through various projects.

This year has been full of achievements with the development of new projects. This has all been possible with the dynamic and strategic thinking of NKS Manager, Naina Minhas whose forward planning and hard work has successfully secured new funding for the organisation.

Special thanks go to Jane Jones on leading the Changing Cultures report on Health and Inequality in the South Asian community in Edinburgh and its subsequent launch. A big thank you also to NKS Manager Naina and all of the staff for facilitating the consultation process and the users for their participation. This of course would not have been possible without an input from the users with their open and independent views. Thank you to NHS Lothian for funding the research.

All of these achievements have been the result of good team work, involving NKS Management Committee members and staff. I would like to take this opportunity to recognise the hard work and commitment of the staff and the management in making sure that NKS is run smoothly and professionally and delivers its objectives. I look forward to a successful year ahead.

Sincere thanks to all of our funders, without whose support the work carried out by NKS would not be possible.

Thank you.

#### *Naina Minhas ~ NKS Manager*

NKS has consistently worked for women and their families who experience poor mental and physical health, poverty and alienation and experience marginalisation from the mainstream society in Scotland. The vision of the organisation is to improve the quality of life for South Asian women and their families and the mission is to provide a common platform for women to act together to address health and welfare issues.

#### **NKS in the Year 2012/2013**

The four strategic aims that informed the work of the organisation are:

- To develop social capital within the community in order to increase the protective factors which have a bearing on health and welfare through bonding and bridging activities.
- To address issues of inequality and accessibility of the South Asian community to health and welfare services in Edinburgh, through linking activities in order to influence change.
- To provide good quality childcare which offers a holistic approach through early years intervention in order to meet pre-school children's needs. The service also provides opportunities for the positive development of pre-school children through play and allows mothers to participate in various activities of interest to them at NKS or anywhere else in Edinburgh.
- To develop NKS as an organisation that is fit for purpose.

## **Main Achievements Over the Year**

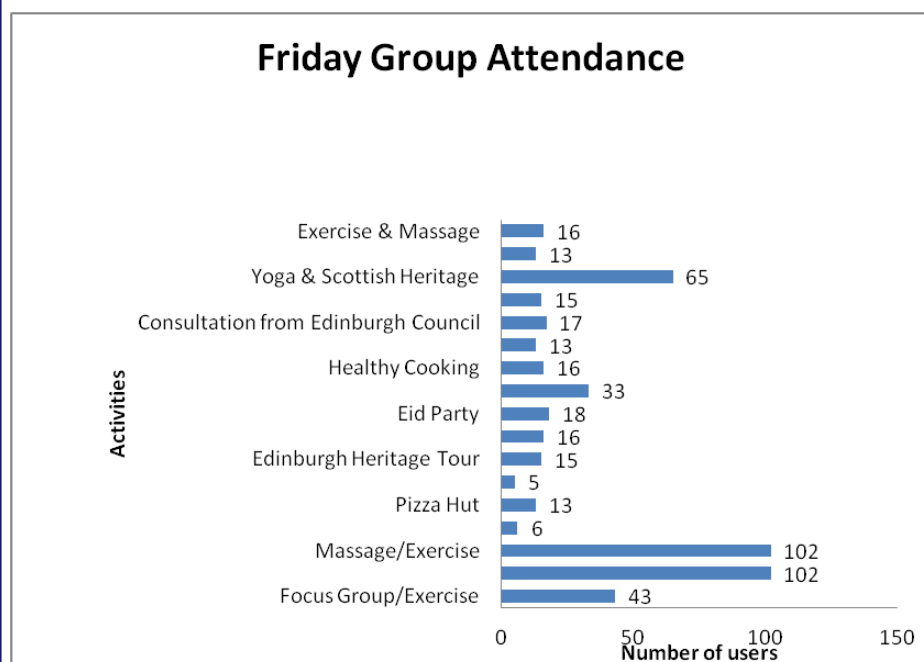
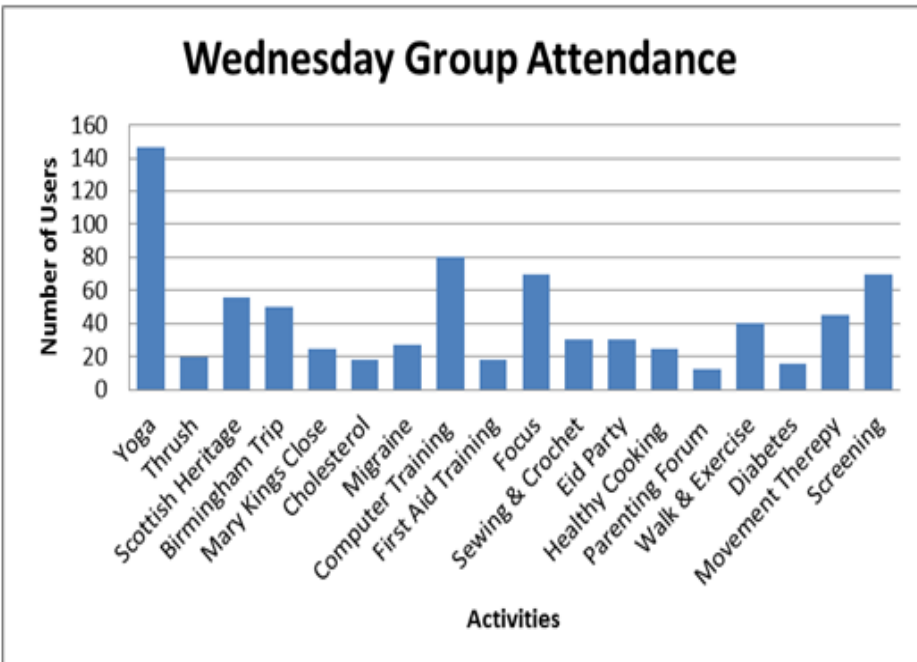
Following is the overview of some of the achievements for the year 2012/2013:

- Promoted parenting skills and bonding between a parent and child by holding 33 PEEP sessions with mothers and toddlers at NKS.
- 47 pre-school children received full-time childcare last year at NKS.
- Set up and started an After School/Homework Club for school children from Pakistani and Bangladeshi backgrounds to support them with their educational needs.
- Promoted school children's and young people's issues by setting up an international parents forum and involved parents and schools as well as the local authority to exchange information.
- 6 school pupils, 5 young people and 3 university students received work placements at NKS over the year.
- Devised and delivered volunteer training and trained 13 volunteers to work in the ethnic minority communities.
- Started 2 courses for grass root women at NKS attended by 15 women – SVQ levels 2, 3 and 4 in Childcare and SVQ level 2 in Care Assistant.
- Organised a basic computer course for South Asian women attended by 18 women in collaboration with Morningside and Fountainbridge libraries.
- 2 lunch clubs for older women ran every week, with activities such as: gentle exercise, yoga, health sessions and walks along with a healthy hot lunch.
- Organised a health week and health information day led by volunteers at NKS and attended by approximately 100 women and children.
- Conducted research by interviewing 120 South Asian women who are regular users of NKS services and produced the *Changing Cultures – South Asian Women and Health Inequalities* report.
- Collated one to one 110 assessment forms and produced evaluation of NKS services.
- Completed 25 years of NKS services to the South Asian communities and organised a celebration event attended by over 300 people.
- Produced 25 years of NKS services magazine giving an overview of NKS services to marginalised communities.
- Organised 2 in-house training days for staff to update their skills.
- Produced and distributed 3 issues of the NKS newsletter.
- Provided support to 73 families living in Edinburgh facing socio-economic issues.
- Provided befriending service to 37 families in the South Asian communities who suffer from isolation and deprivation.
- Provided one to one health advocacy to 51 individuals over the year to access health services in Edinburgh.
- Promoted integration through information where 60 South Asian women completed a 16 week Heritage Programme that informed them about Scottish heritage and culture.
- Held 53 health sessions over the year attended by 115 women to promote a healthier lifestyle among South Asian women.
- Supported 48 English as a Second Language (ESL) sessions at NKS attended by 15 women and helped to recruit a number of South Asian women all over Edinburgh to learn English.
- Ran 8 groups every week at NKS over the year where 137 women engaged in various community activities.
- 8 educational outings took place to raise awareness of various Scottish historical places among South Asian women.
- NKS networked with over 20 agencies to provide relevant services to South Asian women and their families.
- 11 referrals were made last year to other organisations such as Saheliya, Milan, Christians Against Poverty, ESL classes, Trust Housing Association, MEHIS, Thistle Foundation etc.
- 8 women joined as new members at NKS.

NKS provided a range of services last year in the form of one to one work as well as in a group setting. Following are the services and activities provided to women and families:

### Programme of Activities in a Group Setting

- 18 yoga sessions.
- 15 gentle exercise sessions for the elderly.
- 24 Scottish Heritage sessions.
- 13 healthy cookery sessions.
- 14 swimming and gym sessions.
- 7 First Aid training sessions.
- 8 sewing sessions.



- 4 energy efficiency workshops.
- 2 debt management workshops.
- 3 recycling sessions to promote waste management.
- 12 diabetes sessions.
- 4 paan chewing sessions.
- 3 information to access health services sessions.
- 2 benefit surgeries.
- 2 sessions on mouth cancer.
- 1 session on dental health took place attended by over 100 women.
- Health screening for 50 women took place at NKS.
- Screening for hepatitis C for 37 women took place at NKS.

### Quotes from NKS Users:

**Social Support:** "I have made so many friends since coming to NKS. Before I didn't have friends in Edinburgh."

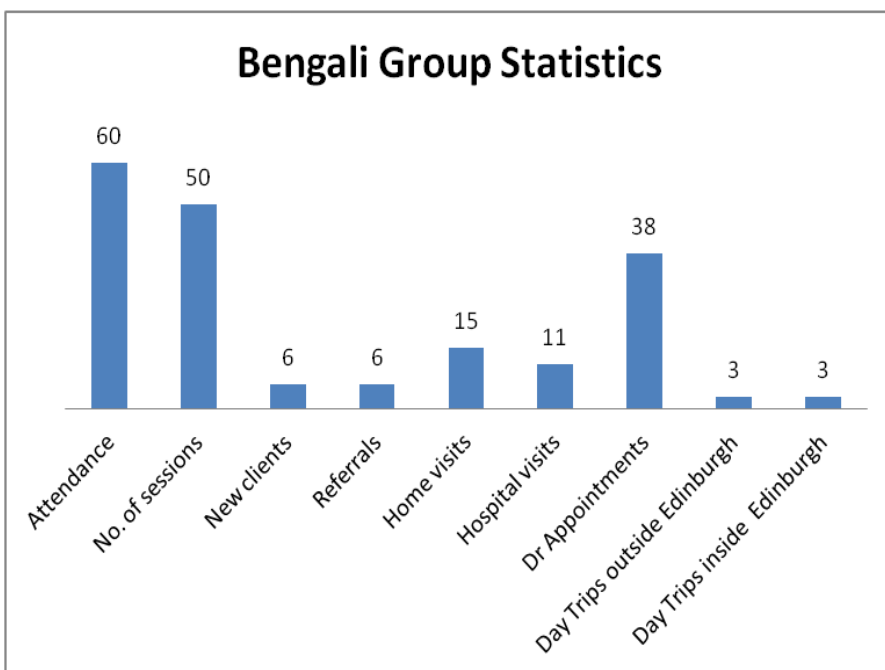
**Family Support:** "NKS is always there whenever I need support. I am so grateful."

**Health Information:** "I have learnt so much about a healthier lifestyle and ways to improve my health by attending the health sessions."

**Health Advocacy:** "I very much look forward to meeting service providers and discuss issues that need addressing."

**NKS Nursery:** "A unique childcare facility that has always cared about my child's needs."

**Education/Training:** "I had no formal qualifications. With support from NKS I have completed a HNC in Childcare."

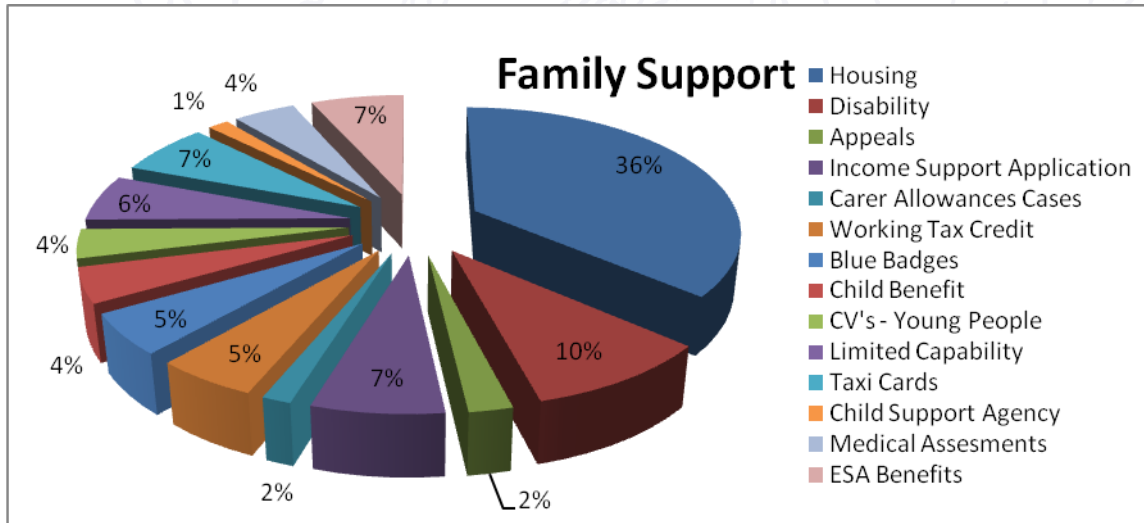




## One to One Support

NKS offers one to one support to South Asian women and their families in various ways; befriending through home visits, one to one advice/information through family support work and one to one support to access health services through the health advocacy service.

73 individuals from the South Asian communities were supported with socio-economic issues through the Family Support Work service (advice/information) at NKS. The following pie chart shows the types of cases taken up.



It is evident from the figures, that housing, disability, income support, carers allowance and employment support allowance (ESA) benefits are some of the main issues faced by families in the South Asian communities.

53 women (26 Pakistani, 3 Indian and 24 Bangladeshi) received one to one independent health advocacy service from NKS, where they were supported to access health services according to their needs. 57 GPs appointments, 21 hospital appointments, 13 dentist appointments and 15 other health appointments were taken up last year by NKS workers.

## Training and Courses

A number of training and courses have been organised last year for staff, users and volunteers at NKS. Training and courses have given women a range of opportunities for further education and have helped to enhance their skills for employability purposes. The users received full support from the NKS staff to identify and explore their abilities to access the labour market. Work experience has been offered to women as volunteers to give them a taste of the various tasks that they could get involved in. The volunteers at NKS have received full support to find career direction for themselves. The training and courses that were taken up last year were:

- Heritage course by 60 women.
- First Aid course by 33 women.
- Childcare courses by 10 women.
- Care Assistant courses by 5 women.
- Group leader/volunteer training by 11 women.
- Computer course by 23 women.
- Food hygiene course by 15 women.
- Walk leaders training by 11 women.



*Food Hygiene Training*



*Group Leader/Volunteer Training*

## Childcare

NKS offers full-time childcare to pre-school children in the form of a nursery. The NKS Nursery is open 5 days a week from 8.30 am to 6.00 pm. The primary aim of the NKS Nursery is to promote high quality childcare provision incorporating Curriculum for Excellence and the pre-birth to three frame work, and to enhance pre-school children's bilingual skills and to encourage integration through a programme of activities. Isolation and deprivation experienced by disadvantaged grass root



*NKS Nursery Children*

families have a negative impact on pre-school children. By offering play opportunities for children's positive physical and mental development, NKS is helping to reduce the negative impact on them.

Last year, NKS offered full-time childcare to over 40 children. A range of activities was offered to support their learning.

### **After School/Homework Club**

Due to the demand from the South Asian communities NKS started an After School/Homework Club in February 2013. Currently, there are 25 children using the service.

The primary aim of the After School/Homework Club is to support and nurture each child's individuality and personality development by catering to their individual needs. The club aims to provide learning support to those disadvantaged children who have very little help at home due to the low literacy level of parents/guardians.



*NKS After School/Homework Club*

### **Health Week at NKS**

The health week was organised as part of the International Women's Week. The project entailed empowering women by enabling them to plan, co-ordinate, manage and run activities for the whole week and to support each other to adopt a healthier life style. The primary aim of the project was to encourage women to adopt a healthier lifestyle and to take the learning back home to convince their families to adopt a similar lifestyle. The programme for the health week was constructed to raise the health status of South Asian communities. Over 100 women participated in the project over the course of one week.



*Reiki Session During the Health Week*



*Information Day ~ 09/03/2013*



*Information Day ~ 09/03/2013*

### **Challenges and Issues to be Addressed**

- Restricted time and resources makes it harder to narrow the gap between demand and supply for services. This makes it difficult to provide services to the full satisfaction of the users.
- In some cases there are cultural issues that stop women from engaging with organisations, and it takes a lot of persuading and negotiating with families to communicate the benefits of engaging with community projects.
- Due to lifestyle and parenting reasons, some children take longer to adjust in the childcare facility which makes it harder for mothers to get time for themselves to engage in activities for their personal development.
- The language issues faced by South Asian women result in an increased workload for bilingual community workers.
- Due to cultural barriers South Asian women are reluctant to discuss certain personal issues in group settings that result in more one to one work which is again time consuming.
- Poor lifestyle among grass root women takes the baseline far below and that makes a community worker's job more challenging and time consuming.
- There is still a large hidden community with widespread isolation and deprivation who are not using the services of any community project.

### **Future Work**

Currently, time and resources are restricting NKS to provide services to 'hard to reach' families and to narrow the gap between demand and supply for services. NKS has future plans to explore funding to provide more one to one work with hidden communities where women are suffering from deprivation and have little support. Also, NKS has managed to create package services for the South Asian communities for different age groups except youth work in group settings. Although a lot of one to one work with young people takes place, NKS still has to successfully create youth work activities at NKS. The project will explore funding in this area too.



The UK economy has continued to cause problems throughout society over the past few years 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. However, NKS has continued to make up the reduction in the funding of core services through surpluses generated in fund raising and fee generating activities.

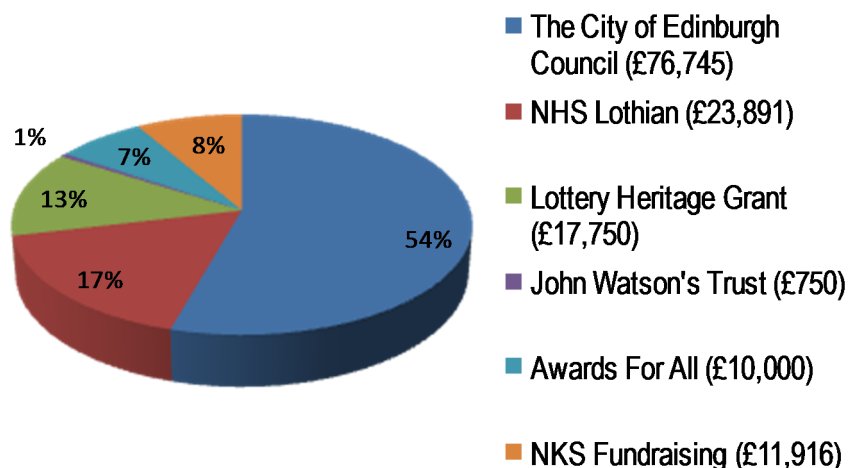
Despite this difficult environment and significantly as a consequence of the fantastic commitment and dedication of NKS staff, NKS has continued to sustain delivery and a high quality standard in a comprehensive and growing range of services.

The key financial indicators for 2012/13 are as follows:

Total income for the year - £165k, an increase of £13k on the previous year

City of Edinburgh Council funding - £77k, an increase of £2k on the previous year

### **Breakdown of NKS Funds According to the Funding Bodies for 2012/2013**



NHS Lothian funding - £24k, a reduction of £4k on the previous year, being a specific research grant paid last year

Lottery Heritage Fund - £18k, an increase of £4k on the previous year

Awards for All - £10k, a new grant in 2012/2013

Year end Reserves - £92k, a planned reduction of £5k on the previous year

It is important to note that 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 and unforeseeable difficulties.

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



NKS' website was redesigned during 2012/2013. You can find out more information about NKS through the new website. The NKS leaflets, newsletters and annual reports can be found on the website.

You can look in the Gallery to see photographs of the work that NKS has done.

You can even contact NKS through the website.

Check out our new look website at: [www.nkshealth.co.uk](http://www.nkshealth.co.uk).



# NKS' Silver Anniversary ~ October 2012



## NKS' Work in Photographs...Every Picture Tells a Story...



**NKS Nursery Children Planting**



**International Parent's Forum**



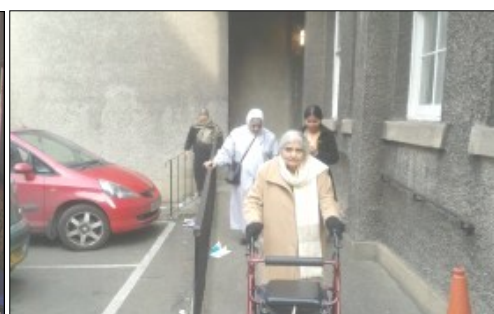
**NKS Management Committee in Action**



**Walk Leader Training**



**Health Week ~ Healthy Breakfast**



**Health Week ~ Walking**



**Young Mothers Group ~ Information Session**



**Bangladeshi Women ~ Heritage Session**



**Fundraising Day ~ 30/06/2012**



## *NKS Management Committee for 2012/2013*

**Rohini Sharma Joshi** ~ Director (Chair)  
**Sugantha Ravindran** ~ Director (Vice Chair)

**Jack Marshall** ~ Director (Treasurer)  
**Indumati Pandaya** ~ Director (Joint Treasurer)

**Yasmin Ahmed** ~ Director (Secretary)  
**Mussarat Ahmed Kaneez** ~ Director (Joint Secretary)

**Ann Wigglesworth** ~ Director

**Razia Dean** ~ Director

**Iffat Aziz** ~ Director

**Sandra Abushaaban** ~ Director

**Sabira Dhami** ~ Director

**Shabnam Bashir** ~ Director

**Jane Jones** ~ Director

**Jabeen Munir** ~ Director

**Shaheen Ahmed** ~ Director

**Allison Conroy** ~ Director

**Kamrun Nahar Malik** ~ Director

## *Current NKS Staff:*

**Naina Minhas** ~ NKS Manager

**Nasima Zaman** ~ Administrator

**Khalda Y Jamil** ~ Administrator

**Rohina Hussain** ~ Community Health Officer

**Ishrat Measom** ~ Community Health Officer

**Naseem Suleman** ~ Family Support Officer

**Rukhsana Hussain** ~ Community Officer

**Nargis Lalee** ~ Heritage Lottery Officer

**Humaira Abdullah** ~ Nursery Manager

**Sobia Shahzad** ~ Nursery Supervisor

**Nazish Raza** ~ Nursery Supervisor

**Amina Rahman** ~ Childcare Assistant

## *Current NKS Volunteers:*

Iffat Aziz, Shamshad Akbar, Shafkit Rasheed, Rimi Malik, Mariah Zulfiqar, Tamanna Israt Jahan, Aishah R Jamil, Savita Kumar, Shamim Akhter, Ghazala Sardar, Rezwana Khan, Kaniza Rahman, Farzana Khan, Fahmida Huczewska, Shama Khan, Kishwer Rashid, Shahida Jalil and Shabnam Bashir.

## *NKS Funders for 2012/2013*



John Watson's Trust



UK