

Health and Welfare Project  
Enriching Communities

Winner of:

TNF Scottish Charity Awards 2009  
The Scottish Asian Business Awards 2009  
Scottish Empowerment Awards 2005  
Contribution to Others Finalist 2005

Empowering Women and Families  
Since 1987



"a  
happy woman  
is a  
happy family"



One of the NKS cycling groups at The Meadows in Edinburgh.

# Nari Kallyan Shangho Annual Report 2015/2016



*One of the NKS walking groups out for a walk at Hermitage of Braid in September 2015.*



From left to right: Naseem Suleman, Robina Qureshi (Director of Positive Action in Housing), Rohini Sharma Joshi and Naina Minhas at PAIH in Glasgow.

It has been a year of successes, opportunities and challenges at NKS. The staff and Management Committee have worked hard to continue to deliver services to those who need them most. The withdrawal of Edinburgh City Council's core funding came as a shock to the organisation. NKS is grateful to all those users, volunteers and community organisations who came to support it. We will continue our dialogue with the Council for future funding opportunities to deliver to this marginalised section of the community.

I would like to thank Naina Minhas, NKS Manager for her perseverance in keeping the organisation going with varied small projects and all the staff working hard to deliver with the limited resources available. Big thanks to all the volunteers for their dedicated and much needed support.

I would like to thank the Board of Management members for their contributions and ongoing support, with special thanks to Jack Marshall, Treasurer for keeping an eye on the budget and providing regular reports.

## Naina Minhas ~ Manager

Improving health and welfare circumstances of South Asian families and combating isolation among them has always been the vision of Nari Kallyan Shangho (NKS), and it was so last year too. To work towards its vision, the organisation had a mission to deliver services in line with the needs of the grass root communities and add value to the services already provided in their local geographical areas to improve quality of life for them.

Some of the goals that NKS had a focus on were; raising health status of South Asian families through education and by providing support for socio-economic issues. Increased

employability - especially for women, through training and courses as well as integration and community cohesion were other objectives that NKS strived to work towards last year.

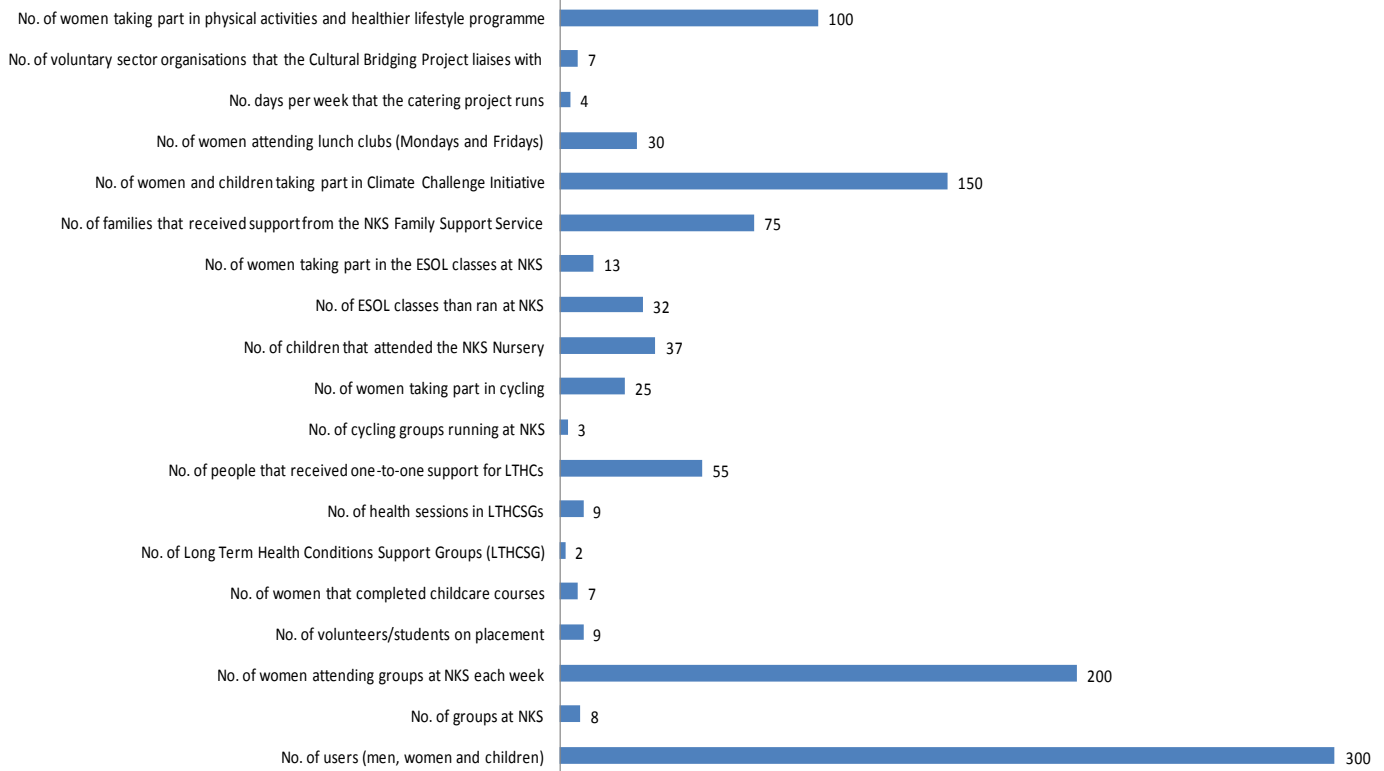
The main highlight achievements of the year are:

- Approximately 300 women, men and children used NKS services.
- Eight groups ran every week attended by over 200 women.
- 7 women completed their childcare modules – SVQ 2, 3, 4.
- 9 volunteers and two school placements received work experience at NKS.
- Two support groups were formed at NKS for people with long term health conditions and 9 sessions were held attended by 20 women and men. Some of the topics covered in the sessions were; bowel cancer, heart disease, Tai Chi, arthritis, and hepatitis.
- Three women's cycling groups are running at NKS, and four volunteers received training as cycling group leaders. The cycling is taken up by 25 women. Most of them have learnt to ride bikes.
- Heritage book – *A Passage to Scotland; South Asian Diaspora in Edinburgh* was launched in May 2015. The book has been widely disseminated.
- NKS catering project is up and running four days a week.
- A cultural bridging project is running successfully. 14 mainstream voluntary sector organisations have been contacted and NKS is currently working with 7 of them.
- A number of activities i.e. gardening, walking, cycling, food waste reduction and energy consumption reduction, have been taking place around climate challenge to raise awareness of reduced carbon foot prints among South Asians. The sessions have been attended by over 100 women and 30 children.
- 37 children attended the NKS Nursery.
- Over 150 women and children were involved in the climate challenge project run by NKS.
- Fundraising events to raise funds in aid of Nepal earthquake disaster appeal and for Syrian refugees were supported by NKS and attended by over 200 people.
- 32 ESL sessions ran for over 13 women participants at NKS.
- Two lunch clubs ran every week attended by approximately 30 women.
- 75 families received support with various socio-economic issues presented by them.
- 55 individuals and their carers/families are receiving one to one support to manage their long-term health conditions suffered by them.

Over 100 women participated in increased physical activities and healthier lifestyle programme to raise their health status.

## Numbers at a Glance

Series1



*Bowel cancer health session in September 2015.*



*Candle making in September 2015.*



*Talk about Heart Health in March 2016.*



*Children in the NKS Nursery in December 2015.*

A number of educational and skill enhancing activities were provided in 2015/16 under the Healthier Lifestyle, Cultural Bridging and the Climate Challenge Programmes. Over 200 women and children participated in a range of community activities to improve their quality of life.

### Healthier Lifestyle Programme



*NKS users at Hermitage of Braid for a health walk.*

As part of a healthier lifestyle programme, NKS set up a walking group and a cycling club. The walk sessions took place twice a week and cycling club operated three times a week. Over 40 women participated in the get fit activities. NKS also ran healthy cookery sessions to demonstrate low fat Asian recipes. A Walk Project funded by the Forestry Commission Scotland and a Cycling Project funded by Cycling Scotland were two successful programmes attended by over 40 women and are still running at NKS. A residential weekend was organised for the participants to gain further experience in cycling and walking.



*NKS users at the residential in Ardgartan in Argyll.*

NKS ran participative and interactive health sessions for women three times a week where women from the groups facilitated sessions and shared information with each other

on many health topics. In addition, yoga and exercise sessions were offered to older women. In total approximately 100 women attended these sessions every week.

NKS offered support to 19 families last year where at least one member suffered from a long term health condition. Support was also offered to their carers in a newly established carers support group.

### Cultural Bridging Project



*Soap making session at NKS in February 2016.*

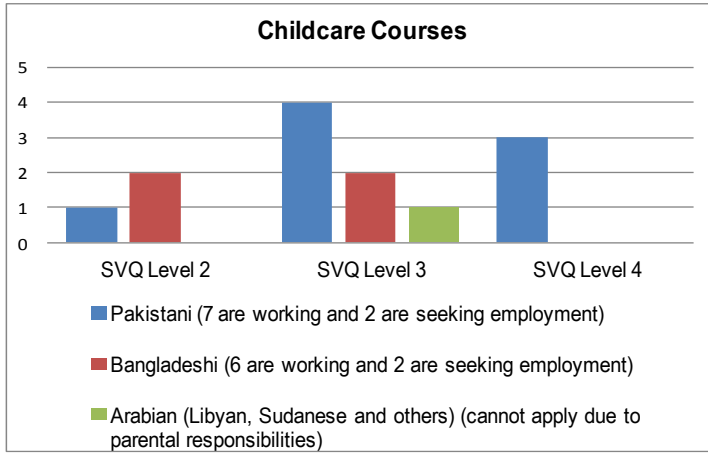
The cultural bridging project funded by the Scottish Government that ran last year and is continuing in the current year had many interesting skill enhancing activities. NKS worked in collaboration with 7 different projects to raise awareness of different cultures and communities in Edinburgh as well as to promote inclusion and integration by bringing communities on to one platform. As part of the programme many activities were offered; candle and soap making, wallet making, flower arrangement, and discussion sessions on different cultures and religions. As a result of it, NKS managed to raise awareness of the issues faced by South Asian families among many community projects and have developed strong links with them to encourage integration and community cohesion.



*One of the flower arranging sessions in January 2016.*

## Training and Courses

NKS strongly believes in empowering women especially women from the South Asian communities by providing them with training and courses that helps them to get vocational qualifications so that they can have increased chances of employability. In the last two years, NKS provided the following courses in conjunction with Borders College to equip staff and volunteers:



Along with all these trainings other vocational qualifications provided to the women in the community are:

- REHIS Elementary Food and Hygiene training.
- Trainings on Autism, Sign Language and challenging behaviour among children.

## Climate Challenge Project



*Save The Planet Talk at NKS in August 2016.*

The climate challenge project was one of the main achievements of NKS. Last year was the second year of the programme, and through evaluation it emerged that NKS successfully raised awareness among South Asian women of the climate change and the importance of reducing carbon foot prints. Activities such as gardening, recycling, up cycling, reduced fuel consumption and low energy use were introduced to seek behaviour change among people in order to reduce CO<sub>2</sub>.

## One to One Support

One to one family support work was much in demand as other years. Over 75 families were supported with many socio-economic issues faced by them in the day to day life. Further, NKS outreached 47 families who were isolated and experienced a number of barriers to come out and use community services and build their social networks. The main issues faced by South Asian families are around; housing, welfare benefits and children's schooling.

## Children's Work



*NKS Nursery children learning about numbers in September 2015.*

NKS uses a holistic approach to provide services to children from birth to 14 years of age. The cultural needs and identity issues are taken into consideration while forming a service provision. The language, cultural and religious needs are catered for by ensuring recruitment of a suitable staff team.



*NKS Nursery staff and parents meeting in December 2015.*

Communication and discussion between staff, parents and child not only help parents to share their concerns and thoughts about child, for instance behavioural issues, teenage behaviour, learning difficulties and any other issues but also it allows us to see the whole picture and enables us to

provide care and support for parents and children.



*NKS Nursery children playing with sand in February 2016.*

A full-time Nursery was offered to 37 children last year, and an After School/Homework Club to 12 children. Thirteen young people were offered extra study support as well as opportunities to do work experience at NKS.

On several occasions NKS is appreciated for their service to take care of the children while parents were going through difficult times (divorce, depression, and work commitments, studies for personal and professional development). Moreover, parents are given support and help with their parental skills through workshops and with other professionals in the parental forums organised around the needs of the child.



*NKS' Parent Forum meeting in December 2015.*

Parental forums are highly appreciated by the parents. Every term an identified topic is covered in the forum, like; Curriculum for Excellence, Bilingualism and its benefit, Enjoy Reading with Children - Cultural and Educational benefits which encourages Lifelong Learning.

In addition to this, for children it provides a platform where they can share their thoughts and concerns believing that

staff understands their social and cultural needs. It allows them to find the balance of what they are learning at school and at home. Currently, based on the needs of children and concerns raised by staff, NKS is running a health and well-being programme with children where issues like low self-esteem, confidence and resilience are addressed for the positive development of the children.

On the other hand, due to lack of understanding of Scottish Culture, having language barrier, limited academic and cultural background some parents are reluctant to get involve with schools and other agencies which hinders children's learning. NKS plays a crucial role to bring awareness in parents by advising them, by organising training and forums for them, to introduce them to the wider communities and showing them a broader picture of the society to enable them to integrate into the mainstream.



*NKS Nursery/ASHC at a museum in July 2016.*

Children who attended NKS Nursery and ASHC are not only confident but also their numeracy, literacy and problem solving skills are improved. It was evident in the SQA result 2015 and prelims results. Children who go from the NKS Nursery to join in mainstream school are considered to be very confident and competent by parents and their teachers.



*NKS Nursery/ASHC children and staff on the Santa Cruise in December 2015.*

## Challenges



*NKS at Edinburgh Women's Interfaith Group in November 2015.*



*NKS at a recycling centre in October 2015.*

The crucial work carried out by NKS is not without challenges. In fact, the organisation is always working with the toughest of challenges around it.



*Pilates session at Care for Carers in December 2015.*



*NKS at the Climate Challenge celebration event in March 2016.*



*Yoga session with Link Up at NKS in November 2015.*



*Health session on HIV/Aids in May 2016.*

In short, NKS provided services in line with the needs expressed by the grass root communities, and successfully liaised with a number of agencies to provide quality services to the South Asian communities in Edinburgh.

NKS works mainly with grass root South Asian families that have complex needs, and on most occasions require intense support. The level of support required by disadvantaged families does not correspond with the time and resources



available. The staff team is carrying a huge pressure of work load which unfortunately is ever increasing.



The Long Term Health Conditions Support Group in December 2016

The emphasis on prioritising geographical areas for support is not helping organisations that have city-wide remits. It's an uphill task to secure funds for small community organisations in the current climate of restricted financial resources. There has to be a support system for small organisations that are at the heart of the communities with a city-wide remit or there is a danger of further exclusion and inequalities for the disadvantaged and marginalised hidden communities.

### Jack Marshall ~ Treasurer

During 2015/16 City of Edinburgh Council and NHS Lothian have continued to limit the resources they provide to NKS in that funding has remained fixed in 2015/16 in cash terms although NKS' operating costs have continued to rise through inflation. NKS has continued to make up the reduction in the funding of core services through surpluses generated in fund raising and fee generating activities.

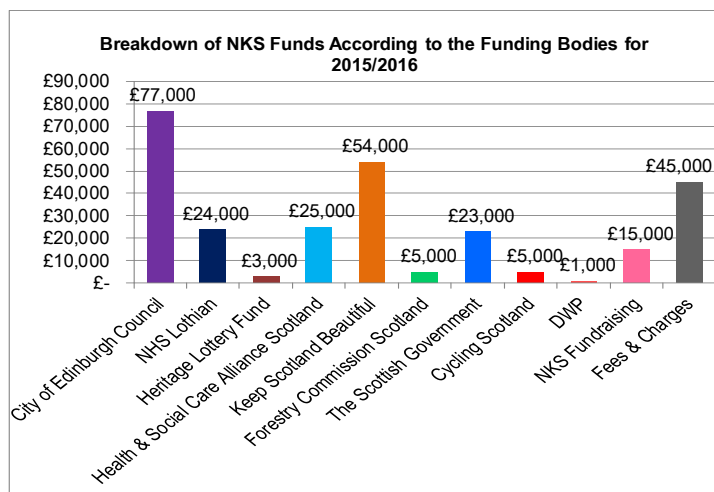
Despite this difficult environment and significantly as a consequence of the fantastic commitment and dedication of NKS staff, NKS has continued to sustain service delivery and a high quality standard in a comprehensive and growing range of services with new funding streams being accessed and new services being delivered. However, the challenge of maintaining services for the next financial year will be much more difficult as a result of withdrawal of City of Edinburgh Council Children and Families funding.

The key financial indicators for 2015/16 are as follows:

Total income for the year - £277k, a modest increase on the previous year.

- City of Edinburgh Council funding – £77k
- NHS Lothian funding – £24k
- Heritage Lottery Fund Grant - £3k

- Health & Social Care Alliance Scotland - £25k
- Keep Scotland Beautiful - £54k
- Forestry Commission Scotland - £5k
- The Scottish Government - £23k
- Cycling Scotland - £5k
- DWP - £1k
- NKS Fundraising - £15k
- Fees & Charges - £45k



Year end Reserves – Total Reserve Fund balances have reduced from £93k to £86k.

Restricted funds have reduced from £21k to £2k and unrestricted funds comprise a general fund of £30k, a salaries fund of £35k to ease the transition following the loss of CEC funding and a fixed asset fund of £19k.

It is important to note that it remains 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, to manage budgets well and has the strength to face the financial challenges ahead.

### Autumn

**A** carpet of golden, rustic, green, red, orange, brown and bronze leaves covers the cold hard ground.

**U**p in the sky the trees are bare and look lonely and bereft.

**T**he tall, twisted and gnarled trees look ancient and wise.

**U**nder the cool, drizzled and cloudy sky I can see different shades of green and brown everywhere.

**M**any people walk, meander, run, jog and cycle past me as I walk briskly along.

**N**aturally I walk in an atmosphere of beauty, peace and tranquillity.

Khalda Y Jamil

After a walk at Hermitage of Braid on 10/11/2015.

## *Our Walk*

We went to the Meadows for a walk with our friends. The sun was shining. The trees looked beautiful and the leaves were pale yellow and green. There were droplets on the grass and these shone like diamonds because of the sun rays.

We saw so many people on the walk. People were walking, jogging, running and cycling. Our surroundings looked beautiful in the morning. We breathed in the fresh air and really enjoyed ourselves.

By Babita Sri & Arshad Khan  
03/11/2015

## *NKS in Photographs*



Walking and photography at Water of Leith in September 2015.



Walking and photography at RBGE in September 2015.



NKS at North Edinburgh Arts making wallets in September 2015.



NKS Nursery at Tollcross Fire Station in November 2015.



French lesson from parents in NKS Nursery in November 2015.



NKS users at Loch Katrine in March 2016.



NKS users harvesting seasonal produce at the Royal Botanic Garden Edinburgh in September 2015.

## NKS Management Committee for 2015/2016:

**Rohini Sharma Joshi** ~ Director (Chair)  
**Sugantha Ravindran** ~ Director (Vice Chair)  
**Jack Marshall** ~ Director (Treasurer)  
**Indumati Pandya** ~ Director (Joint Treasurer)  
**Yasmin Ahmed** ~ Director (Secretary)  
**Mussarat Ahmed Kaneez** ~ Director (Joint Secretary)  
**Ann Wigglesworth** ~ Director  
**Jabeen Munir** ~ Director  
**Shaheen Ahmed** ~ Director  
**Allison Conroy** ~ 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/Climate Challenge Project Co-ordinator  
**Ferdousi Reza** ~ Climate Challenge Sessional Worker  
**Samra Ahmed** ~ Climate Challenge Sessional Worker  
**Savita Kumar** ~ Cultural Bridging Officer  
**Neena Agarwal** ~ Sessional Group Worker  
**Rukhsana Hussain** ~ NKS Childcare Facility Manager  
**Shabnam Bashir** ~ Deputy NKS Childcare Facility Manager  
**Amina Rahman** ~ Senior Childcare Practitioner  
**Sobia Shahzad** ~ Childcare Practitioner  
**Nazish Raza** ~ Childcare Practitioner  
**Rezwana Khan** ~ Childcare Practitioner  
**Fauzia Ahmed** ~ Childcare Practitioner

## Current NKS Volunteers:

Ferdousi Reza, Nazia Chaudry, Nazia Majid, Salma Khan, Savita Kumar, Sugantha Ravindran, Tamanna Israt Jahan and Tonderai Musunhe.

**Thank you!**

## NKS Funders for 2015/2016:



## Cycling Scotland

# Thank You!

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Company Number 226920**

