

*Health and Welfare Project
Enriching Communities*

Winner of:

GNF Scottish Charity Awards 2009

*The Scottish Asian Business
Awards 2009*

*Scottish Empowerment Awards
2005*

*Empowering Women and Families
Since 1987*



*Contribution to Others Finalist
2005*

*Integration Partnership of the Year
Award for 2017*

*Finalist in the Health and Social Care
Integration Award Category
for The Herald Society Awards
2017*

NKS ANNUAL Report 2016/2017

"a happy woman is a happy family"



*"...1987 to 2017...thirty
years on and still
strong..."*

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Charity Number SC000697 / Company Number 226920





The Saturday Women's Group at the Festival Theatre ~ January 2017.



Bike maintenance workshop ~ January 2017.



NKS Nursery children planting seeds ~ March 2017.



Manual Handling Training for NKS staff ~ April 2017.



Party games in the NKS Nursery ~ July 2017.



The Nursery children learnt about the lifecycle of butterflies ~ July 2017.



NKS users at the Scottish Deer Centre ~ July 2017.



NKS Nursery children at Hermitage of Braid ~ August 2017.



NKS users at Loch Katrine ~ August 2017.



NKS Marquee at the Edinburgh Mela ~ September 2017.



NKS Management Committee Meeting at NKS premises ~ August 2017.

I would like to start by congratulating NKS on receiving the award for Self Management Integration Partnership of the Year for 2017 from the Health and Social Care Alliance Scotland awards at the Scottish Parliament. It has been a very rewarding year for NKS not only for winning this award but also for being a finalist in the Health and Social Care Integration Award Category for The Herald Society Awards 2017 and for winning an award from Asda as voted for by the general public during April to June 2017. It was wonderful and validating for NKS to win.

This year has been full of ideas, inspiration and challenges for NKS and throughout, they ensured that they not only provided much needed services but continued to develop new projects by sourcing funding opportunities.

NKS remains a very important part of many South Asian Women as this is the place for them to meet, learn, contribute and get involved in issues affecting them.

My sincere thanks go to NKS Manager, Naina Minhas, for her unwavering determination and passion to secure funding for new projects and all of the staff for their hard work and commitment to deliver the projects with successful outcomes.

I would also like to thank the Management Committee members for their ongoing support over the year.



NKS staff with Jackie Baillie MSP at the Self Management Awards held at the Scottish Parliament ~ October 2017.

Introduction

The raison d'être of organisations such as NKS is to empower women and their families and to build capacity in grass root communities. These values are firmly embedded in the core activities of Nari Kallyan Shangho (NKS). The organisation has completed thirty years of its journey along with the South Asian communities and has witnessed many success stories of women along the way. NKS sits in the heart of the community and works closely with ethnic minority families to help them identify their strengths and use these to improve their quality of life.



The NKS Men's Support Group at the Eric Liddell Centre ~ December 2016.

NKS uses an asset based approach to help build on the existing knowledge and skills of families so that they are able to share these with their local communities. We uniquely recognise the role of men in supporting women and children to become active citizens, and hence include them in a positive manner in helping to achieve successful outcomes for their families. Running a men's group at NKS is the beginning of this new approach to improve socio-economic circumstances for any family unit as a whole.



Information session on funerals ~ May 2017.

Addressing social and health inequalities has always been a priority and as in other years, NKS has used various

innovative ideas to increase the health and welfare status of South Asians. Supporting all genders and age groups – men, women, children, the young and elderly within its modest boundaries is the uniqueness of the organisation and sets NKS apart from the rest. Group work and one to one support to bring isolated communities on board and to collectively work on combating deprivation and isolation is the basis of its strategic approach to bring about development in communities.



NKS Wednesday Women's Group ~ May 2017.

In 2016 and 2017, despite its meagre resources, NKS effectively made a valuable contribution to making community cohesion a reality; assisting in the process of bringing to life a desired principle documented on a shelf by way of applying it in practice in local communities. The cultural bridging project and exchange volunteering project are two successful examples set by the organisation in this regard.



NKS Volunteering Project ~ August 2017.

Cultural Bridging and Volunteering Projects

Funded by the Scottish Government's programme of People's and Community Fund, the Cultural Bridging Project saw NKS working actively with twelve mainstream organisations to bring women from diverse backgrounds on one platform so that they could share information and skills with each other. Over 75 women have been involved in the cultural bridging programme. To add value to the project programme, NKS further secured a small amount of funding from the



Candle making session in the Saturday Group ~ December 2016.

South Central Neighbourhood Partnership and mobilised 20 South Asian female volunteers to channel their skills into a number of mainstream organisations in Edinburgh. All participants reported this as a unique and positive experience for them, and NKS as an organisation views this as a successful model and good practice to make community cohesion a reality. The positive experiences reported by the participants reveals their keenness to be part of their local communities if given the opportunity.

Group Work



NKS users at the German Market ~ December 2016.

Currently, eleven groups are running at NKS that include **English as a Second Language (ESOL)** sessions twice a week. Group work is the foundation of NKS that leads to providing many other services and activities of relevance to women and their families. It is the most successful activity run by NKS and we are one of the leading and possibly the only organisation where over 100 women attend group sessions every week to get involved in various activities. NKS continues to prioritise services for Bangladeshi women, as further to evaluation, it is felt that there is room for development to catch up with other local communities in Edinburgh in certain regards. A day is set apart for Bangladeshi women where they plan and get engaged in activities of interest to

them in their own comfort zone. We have to allow them to progress at their own pace, as being over-ambitious and pushy will lead to demotivation and a lack of trust and confidence among women. Every week 25 to 30 Bangladeshi women use various services at NKS.

pact that social issues can have on the health of both themselves and their families.



Bangladeshi women in a Breast Cancer health session ~ February 2017.

The **walk and exercise sessions** are very popular among them. An NKS Bangladeshi worker is trained in leading gentle exercise that makes it easier to run sessions with older Bangladeshi women. Two lunch club sessions – one for Bangladeshi women and another for all older women run at NKS every week. The groups are very popular with older women and they always look forward to the activities such as various therapies and having a fresh lunch every week. Every week approximately 30 women attend the lunch clubs.



LGBT information session with NKS users ~ September 2016.

Also, surgeries are organised in groups to give women information about **welfare benefits**. Health screenings are carried out in collaboration with health professionals from NHS Lothian. Health screening for Hepatitis B and C, tuberculosis, and eye and hearing tests etc. have been carried out at NKS. A total of 55 people participated in various screenings held at NKS.



Friday Older Women's Group Lunch Club ~ December 2016.

Intensive **health education** is a priority in groups and an asset based approach is used where group workers encourage the participants to take a lead in planning and facilitating the group sessions. Every week two women from the group are supported by workers to facilitate sessions by preparing a topic and giving a presentation to share information with others in the group. A number of health topics are covered where women share information with each other. Topics that the women have chosen to present on include: healthy eating; diabetes; arthritis; aches and pains in old age; Tuberculosis; cancer and general tips on day to day health. NKS also endeavours to educate women about the negative im-



TB health session ~ May 2017.



Eye checks by RNIB ~ June 2017.

A **carers' group**, a group for women with long-term health conditions, and a men's group are running with the help of financial support from Health and Social Care Alli-

ance Scotland. A number of health topics are covered with the groups and various informative sessions are provided to the carers on their rights and services for them in Edinburgh.



CAPS Information session in the Carers' Support Group ~ July 2017.



RNIB health session in NKS Men's Support Group ~ May 2017.



Fit for Health exercise session ~ January 2017.

Last year, the **'Fit for Health' Programme** ran at NKS for women with long-term health conditions. A group of 15 women who are diabetic took part in the twelve week programme that included exercise, healthy lunches and a talk on healthy diets. The group ran in collaboration with NHS Lothian and Edinburgh Leisure. A pharmacist, dietician and diabetic nurse were involved in facilitating sessions to provide relevant information to women. The programme was highly successful leading to improved management of diabetes and other health issues by the participants. The pro-

gramme has become a good practice model followed in other areas in the Edinburgh and Lothian region. The project has also won the **Health and Social Care Alliance Scotland Integration Partnership of the Year Award for 2017**. The programme ran as a pilot on suggestion from the NKS staff team.



A pharmacist visits the Fit for Health Group ~ February 2017.



Dieticians visit the Fit for Health Group ~ April 2017.



Exercise session in the NKS Men's Support Group ~ February 2017.

The men's group is proving to be a unique and highly successful service in Edinburgh. NKS is perhaps the only organisation running an **ethnic minority men's group**. The group is attended by 12 to 13 men once a fortnight and is well received by them. Feedback reveals that most of them had never been to any social group before and felt socially isolated until they came to join this group. The group mem-

bers have requested more sessions so that they are able to attend once a week, but unfortunately NKS resources currently don't allow this. We may look into this in the future if resources permit.

One to One Support



Family Support Work in action ~ July 2017.

One to one support to isolated individuals and disadvantaged families is offered in various ways. Outreach work is an effective way of reaching out to people who are isolated or marginalised due to exclusion experienced by them in their local communities. In the last twelve months 63 families have been assisted by the organisation offering support with issues presented by the families. As a result of carrying out outreach work in the community, thirteen new women have joined various groups, seven women have requested child-care support and all of them presented with issues that required one to one advice and information.



State Pension information session ~ August 2017.

Family support work is a much needed service at NKS and demand for the service has never fallen. The number of families using the support service has always been on the rise. Sadly, however, NKS lost its core funding from the local authority, and so the provision of this service could not be sustained at the level required to meet the needs of the families. Despite families being signposted by NKS, they come back to NKS due to the trust they have and a relationship built with the organisation. Last year, NKS could support

only 30 families taking up over 75 appointments to provide advice and information on socio-economic issues; mainly income maximisation and housing related issues. In previous years, with the financial support received, NKS managed to support over 100 families annually. There are still pressing issues and a need around completing complicated forms for individuals that they are not able to do on their own due to low literacy levels and in many cases due to a lack of information.



Self Directed Support information session at NKS ~ September 2017.

However, NKS continues to provide health advocacy to families, taking up one to one appointments mainly in cases of complex needs. There is more emphasis in building capacity among families via surgeries and other information provided to them that will empower them to be partly independent in dealing with their day to day appointments.

Self-management of Long Term Health Conditions Project



NKS Men's Support Group and their carers ~ August 2017.

The Long Term Health Conditions Project is one of the most successful projects running at NKS. The organisation is truly thankful to the Health and Social Care Alliance Scotland funders who believed in the work of NKS and appreciated the services provided to the families that had almost no support prior to the project being set up by NKS.

Each year, the NKS staff team identifies 20 to 25 individuals; men and women who have long term health conditions

and are struggling in their day to day life due to isolation and a lack of support. In addition, their families and carers also receive support with issues presented by them. The families and individuals with long term health conditions are provided with information and support in their family setting as well as through support groups. The individuals are also assisted by way of support in obtaining equipment, adaptations where required and a befriending service to combat isolation. The main purpose is to help them manage their health through information and by providing facilities to help improve their quality of life. Three support groups are run for families where they get a chance to share information with each other; men's support group, women's support group and a support group for their carers'. The positive outcomes reported by the families is a motivating factor for the staff team and also helps in terms of aligning direction with regard to service provision. NKS is working in collaboration with a number of health and welfare organisations to support individuals with long term health conditions and their families.

in reducing their carbon footprints through getting them engaged in a range of activities. Over 150 women and children were engaged in climate challenge activities that entailed reduced energy consumption, recycling and upcycling of waste material and food, gardening and cycling as well as walking.



NKS users at the Eco House near Motherwell ~ October 2016.



NKS staff with the Mouth Screening Team ~ March 2017.



NKS upcycling of food demonstration at the CCI celebration event ~ March 2017.



Tai Chi demonstration in the NKS Diabetic Women's Support Group ~ September 2017.



The Leftover Makeover recipe book which was launched in March 2017.

Climate Change Initiative (CCI)

With financial support from the Scottish Government under climate change programme, NKS was pro-active in promoting eco-friendly activities and in increasing climate change literacy among South Asians in Edinburgh. NKS made a huge contribution in supporting South Asian families

Training and Courses

To further support women in their development NKS is providing training opportunities to them to enhance their existing skills and also to enable them to learn new skills for their personal development as well as for employability purposes. In the last twelve months 6 women have been of-

ferred childcare SVQ3 and SVQ4 modules and 20 volunteers are training in different areas of work under the NKS training programme. Four women have already completed their childcare courses and are working with different agencies in Edinburgh including NKS. NKS is also supporting two young people by offering them work experience as they have opted for further studies via a work placement. NKS has also signed up with Napier University and University of Edinburgh to take students on placement. Last year, a postgraduate student carried out a survey investigating the needs of paid and unpaid female South Asian Carers in Edinburgh. NKS also provided work experience to two undergraduate students from Napier University. The whole exercise of providing work experience placements is highly fruitful in building capacity in communities and bringing local communities closer to each other by learning from each other. NKS staff also took part in regular trainings to enhance their existing skills so that they could do their work better and for them to gain more knowledge and experience.

Support for Children and Young People



The multicultural week in the Nursery ~ March 2017.

Support for children, young people and their parents is an urgent need in ethnic minority communities due to the disadvantage experienced by families determined by a number of barriers faced by them; some cultural, others personal and some societal. The isolation and disadvantage suffered by families such as these impacts negatively on the lives of children and young people. A number of ethnic minority families slip through the net of local authorities' aim of providing the best start for children and young people in life and early intervention to improve their quality of life.



NKS staff, Nursery staff, students, parents and the Nursery children ~ June 2017.

In collaboration with Stevenson College, NKS also ran ESOL classes twice a week. The classes are supported by college tutors and volunteers. Currently eleven women are attending classes and find the classes to be a positive experience. Many of them have also learnt to book their own appointments and communicate with their GPs. Their efforts are indeed commendable.



The NKS ASHC children doing their homework ~ September 2016.



The ESOL class at NKS ~ December 2016.

NKS, however, has always identified and worked hard to mitigate the negative effects experienced by children and young people. Despite cuts in funding from the local authority NKS is determined to work closely with disadvantaged families to provide support required by children and young people. An after school/homework club, study support for school children, including young people and a full time nursery service are reported to be going a long way to building confidence and fostering positive experiences among children, young people and their families. Higher grades amongst young people, improved competency in English and maths skills and confident pre-school children are some of the outcomes reported by the families themselves. Currently, there are 19 children using pre-school services, 15 children using study support services and 9 children attending

the afterschool/homework club.

The families have reported that they always wonder what they would have done without the excellent support received through the organisation for children and young people. Through feedback it emerges that NKS is essentially one of the strong platforms that is highly successful in understanding the strengths and weaknesses of ethnic communities in Edinburgh and provides effective services in line with the needs presented by communities.

Challenges Faced by NKS

As any other voluntary sector organisation, NKS is not without challenges and constraining factors making the work of the organisation an uphill task on a number of occasions.

The major challenge faced by NKS in the current environment of restricted financial support, is to win the trust of various funding bodies. The organisation, despite its positive relationship with communities and the trust and faith developed with them through work done, has to work very hard to convince a number of major funders to support the cause that we work for which is to build capacity, confidence and faith in the strengths of the communities to make them active and able members of Scottish society. The lack of belief in the strengths of ethnic minority communities and in the ability of the organisation to build on those strengths unfortunately can translate into excluding these communities as well as organisations from the list of priorities of funders.

There is an urgent need to realise the barriers faced by the vulnerable communities and ethnic minority organisations and provide support to this section of society rather than excluding them from decision making processes.

Finally I would like to thank the NKS Management Committee for their continued support in the smooth running of the organisation and the NKS staff and volunteers who continue to work hard to keep the work of the organisation going forward.

Jack Marshall ~ Treasurer

During 2016/2017 NKS faced particularly challenging times following the withdrawal of City of Edinburgh Council Children and Families funding and the focus has been on consolidating the organisation and securing alternative funding sources. NHS Lothian have continued to fund NKS but the resources they provide to NKS have remained fixed in 2016/2017 in cash terms although NKS' operating costs have continued to rise through inflation.

NKS has continued to make up for the reduction in the funding of core services through identifying new funding streams and 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. The key financial indicators for 2016/2017 are as follows:

Total income for the year - £229k, a reduction on the previous year's income of £277k.

City of Edinburgh Council funding – £27k, compared to £77k in the previous year.

NHS Lothian funding – £24k.

Health and Social Care Alliance Scotland funding - £18k.

Scottish Government funding - £24k.

Keep Scotland Beautiful funding - £68k.

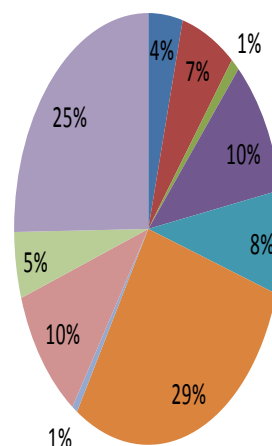
Year end Reserves – Total Reserve Fund balances have reduced from £86k to £71k. Restricted funds have reduced from £2k to zero and unrestricted funds now total £71k.

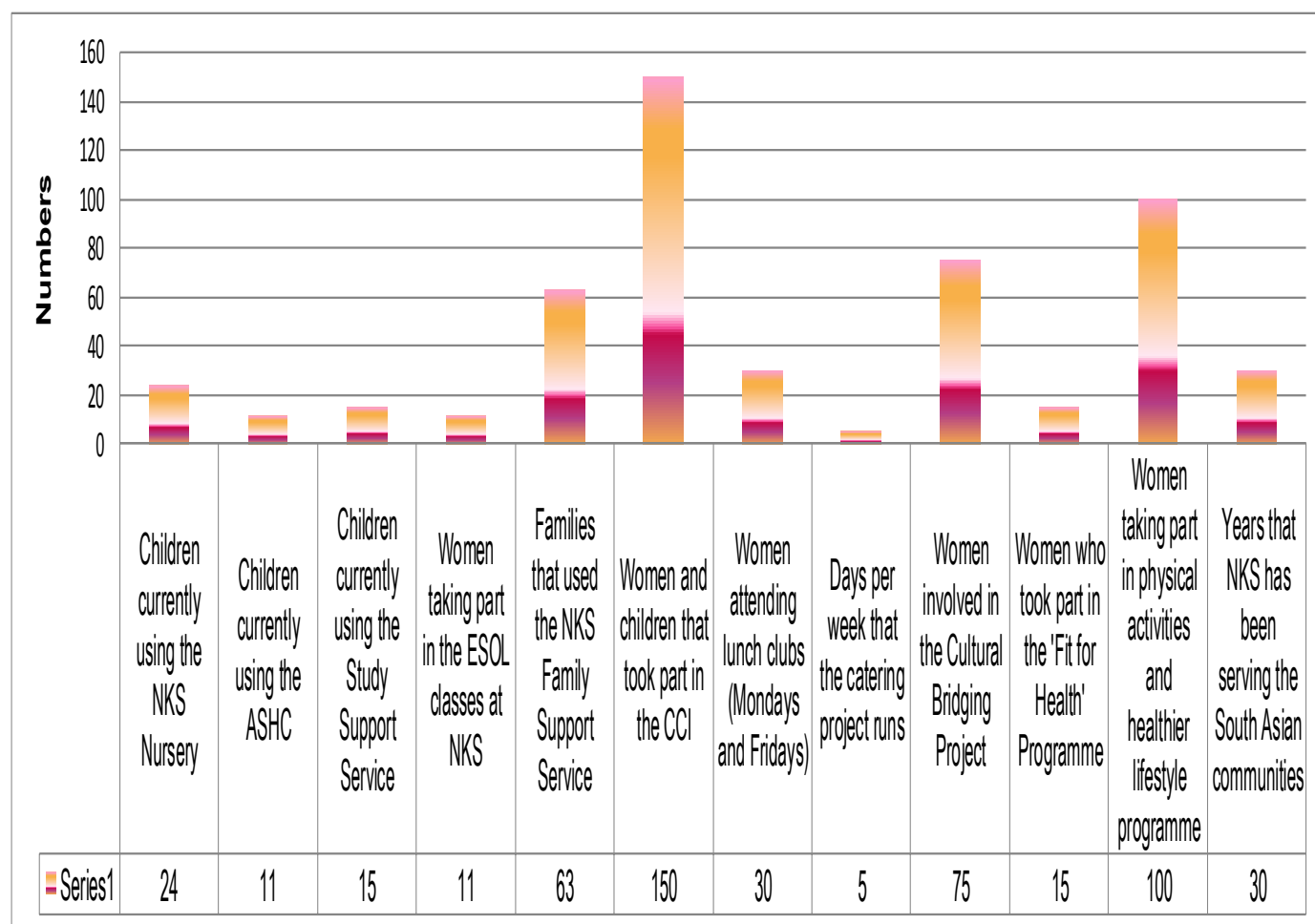
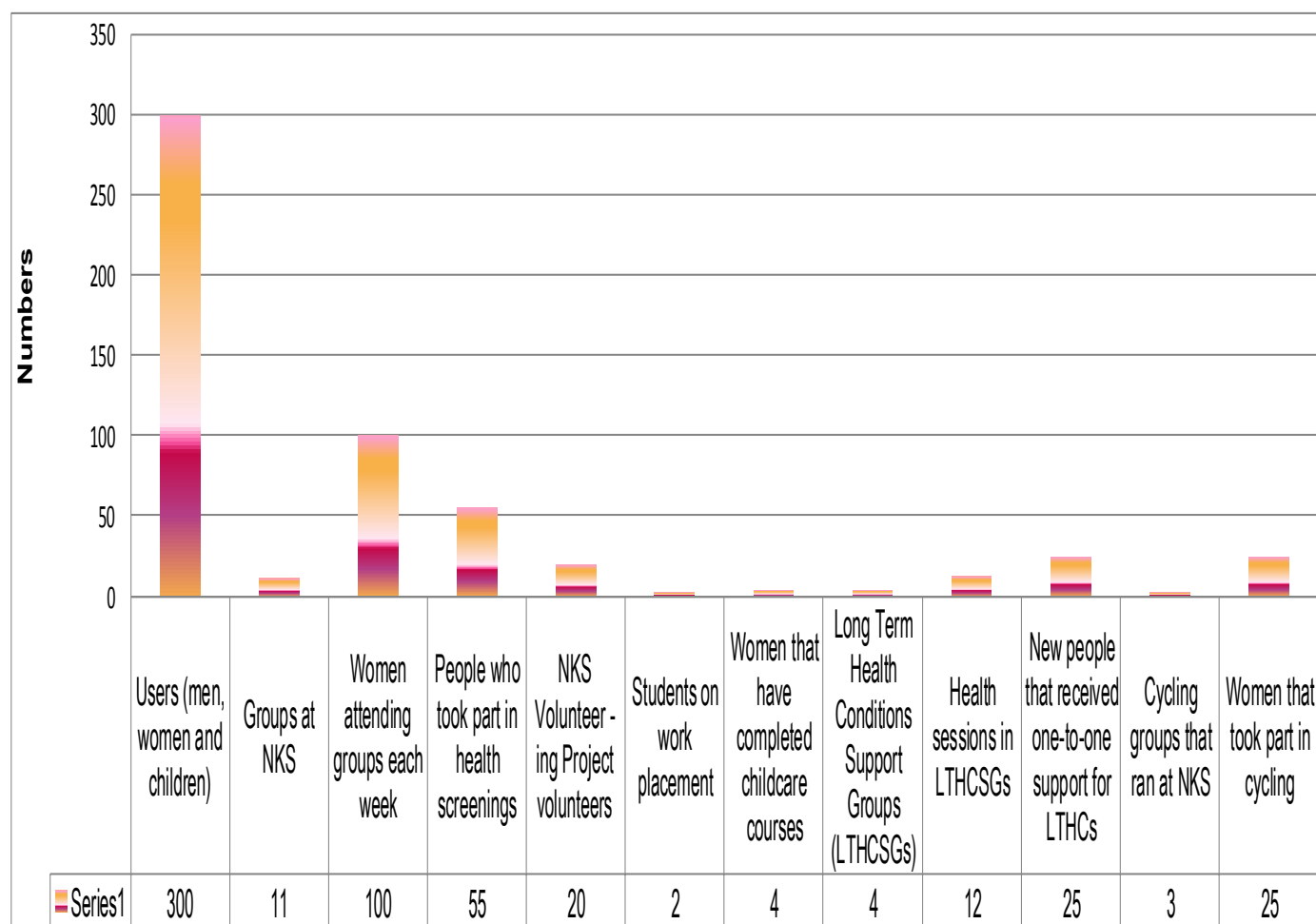
It is important to note that it remains essential that NKS retains a healthy level of reserves to support continued service delivery over the coming years and as a contingency in the event of unanticipated difficulties.

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.

Breakdown of NKS Funds According to the Funding Bodies for 2016/2017

- City of Edinburgh Council (CEC) - Playgroup Grant (£9.5k)
- CEC -Health & Social Care (£15.1k)
- CEC - Capability Scotland (£2.4k)
- NHS Lothian (£24k)
- Health & Social Care Alliance Scotland (£18k)
- Keep Scotland Beautiful (£66.8k)
- Keep Scotland Beautiful (Development Grant) (£1.5k)
- The Scottish Government (£24k)
- NKS Fundraising (£11.4k)
- Fees & Charges (£58k)





NKS Management Committee For 2016/2017:

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
Honor Loudon ~ Director
Fozia Abdullah ~ Director

Current NKS Staff:

Naina Minhas ~ NKS Manager
Khalda Y Jamil ~ Administrator
Humera Adnan ~ Aspiring Communities Fund (ACF) Administrator
Rohina Hussain ~ Community Health Officer
Ishrat Measom ~ Community Health Officer
Naseem Suleman ~ Family Support Officer & Long Term Health Conditions Co-ordinator
Savita Kumar ~ Cultural Bridging Project Co-ordinator
Neena Agarwal ~ Long Term Health Conditions Worker
Nasima Zaman ~ Long Term Health Conditions Worker
Nazia Majid ~ Long Term Health Conditions Worker
Samra Ahmed ~ Volunteering Project Co-ordinator
Vibha Pankaj ~ ACF Project Researcher
Sameena Hussein ~ ACF Interviewer
Leena Khan ~ ACF Interviewer
Rukhsana Hussain ~ Nursery Manager
Shabnam Bashir ~ Deputy Nursery Manager
Amina Rahman ~ Senior Childcare Practitioner
Sobia Shahzad ~ Childcare Practitioner
Fauzia Ahmed ~ Childcare Practitioner
Rezwana Khan ~ Childcare Practitioner
Kaniza Rahman ~ Childcare Practitioner
Rukhsana Ahmed ~ After School/Homework Club
Tahira Ali ~ In Charge of Cleaning

Current NKS Volunteers:

We value and appreciate the volunteers who give up their time to come and help us. The current volunteers are: Asma Bibi; Humera Adnan; Ibrahim Kambi; Jazmine Rana; Neha Sardar; Sana Khalid; Savita Kumar; Sugantha Ravindran; Tasnim Arshad; Tatheer Fatima and Zebon Nisa Hussain.

Thank you!



"Wheels on the Bus" action song in the NKS Nursery ~ May 2017.

NKS Funders For 2016/2017:



THANK YOU!