

*Health and Welfare Project Enriching Communities*

*Winner of:*

*GNF Scottish Charity Awards 2009*

*The Scottish Asian Business Awards 2009*

*Scottish Empowerment Awards 2005*

*Contribution to Others Finalist 2005*

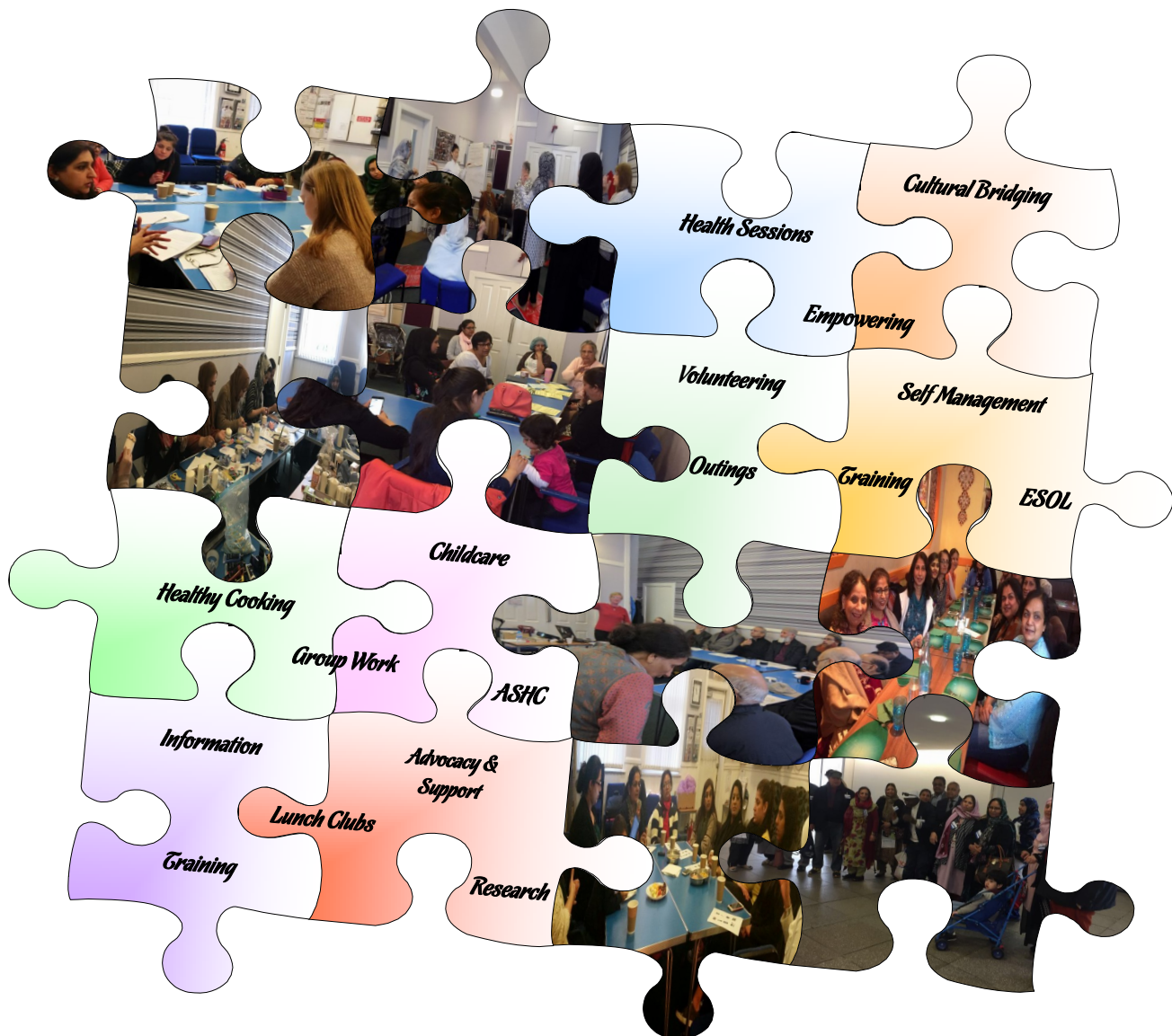
*Empowering Women and Families*  
Since 1987



*Integration Partnership of the Year Award for 2017*

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

# *Nari Kallyan Shangho*



## *Annual Report 2017/2018*

*Nari Kallyan Shangho Ltd (NKS) | Darroch Annexe | 7 Gillespie Street, Edinburgh | EH8 9NH*

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*Charity Number SC000697 | Company Number 226920*





*Councillor Adam McVey (centre) with the NKS Volunteering Project participants just after their award ceremony.*



*Left to right: Jack Marshall, Rohini Sharma Joshi, Councillor Adam McVey, Councillor Alasdair Rankin and Naina Minhas ~ cutting NKS' 30th Anniversary cake. Congratulations!*



*NKS Management Committee meeting ~ July 2018.*

This year has been full of achievements with new ideas and projects creating various new activities with a focus on improving physical and mental wellbeing for women and their families. Nari Kallyan Shangho (NKS) has now become a truly family organisation with women of all ages, children and men participating in groups and there is a lot to choose from. It is evidence of a successful community organisation which can run multiple small projects with limited resources and have a huge impact on individuals' lives. The outdoor events, creativity and ongoing learning have become the core activities for the wellbeing of NKS users.

All this has been possible with the sheer commitment and passion for community work by NKS staff led by the Manager, Naina Minhas. NKS staff continues to deliver with limited resources and determination to help those who need its services most.

A big thanks to fellow committee members for their support over the year.

### *Naina Minhas - Manager*

In 2017/2018, NKS provided a range of services to the local communities and engaged with women and their families to help improve health and well-being. The main priorities were to combat isolation and loneliness and promote community cohesion by collaborating with other local community projects in Edinburgh. Capacity building in the South Asian communities by using asset-based approach was another significant activity taken up last year. Supporting individuals with a long-term health condition and providing services to their families saw a number of South Asians approach NKS for support. Overall, 600 individuals approached the organisation for various reasons i.e. attending support groups, for one to one support, child-care, training/courses etc. Some of the programmes that ran last year are as follows:

- Cultural Bridging Project entailed NKS collaborating cohesively with eleven mainstream organisations to facilitate exchange visits with them in order to create a platform for women from diverse back grounds to share information about various cultures and religions. As part of the project programme and to promote community cohesion, NKS engaged with over 100 women in 20 different sessions introducing them to a range of cultural and educational activities around culture, religion and lifestyle of different communities.



*Transport Charter Roadshow ~ October 2017.*

- Volunteers' Project funded by the City of Edinburgh Council Central Neighbourhood Team was one of the crucial pieces of work last year. The primary aim of the project was to help engage South Asian women and their families with the local communities and service providers to represent their community voice and, as a result, influence the service design and delivery. The aims were also to empower women, resulting in increased participation as active citizens, developing community cohesion and integration. This was to be achieved by raising confidence through enhanced skills gained via training and volunteering opportunities. 23 ethnic minority women with various skills who were interested in volunteering in their local communities were identified. NKS supported the women by providing them training according to their interests and skills, and helped to identify volunteering opportunities in Edinburgh for them. As a result of the work of the project, 12 women managed to get paid jobs with various organisations in Edinburgh.
- Last year, NKS was in the fourth year of providing services to individuals with long-term health conditions. Funded by the Health and Social Care Alliance Scotland (HAS), NKS has already worked closely with 60 families promoting self-management among people with long term health conditions. In 2017/2018, 27 individuals and their families received one to one support from the NKS long-term health conditions team. The project also successfully set up a men's support group for those who suffer from some long-term health conditions. The membership of the group is increas-

ing by the day which evidences the pressing need for a platform for 'men only'.



*Parkinson's Disease Health Session ~ April 2018.*

- NKS managed to secure 15 hours of family support work from The Robertson Trust that helped the organisation to increase work with families to provide one to one support with socio-economic issues faced by them. In the last six months of the start of the project, 75 people have already approached NKS for one to one support and over 200 appointments have been taken up to provide that support.
- A lot of emphasis was placed on domestic violence and its impact on women's mental health. NKS collaborated with Shakti Women's Aid to deliver awareness sessions around forced marriages and domestic violence to 55 South Asian women in four different sessions.
- Over 50 sessions of health education took place with 130 women participating in these. Some of the topics covered were: bowel cancer; breast cancer; mouth cancer; hepatitis; Parkinson's Disease; arthritis; pain management; diabetes; heart disease and screening of hearing and eyesight.
- Eight groups ran at NKS and over 100 women attended group sessions each week. A range of educational and recreational activities were provided to engage with the grassroots and to provide opportunities to people in the community to increase their social networks.
- Two sessions of English as a Second Language (ESOL) took place with 12 women every week in collaboration with Edinburgh College. NKS is one of the leading organisations helping to recruit South Asian women for the ESOL classes.
- NKS is advising and supporting women to access childcare courses and is working in collaboration with Borders College to support them to complete their courses. Five women were supported with childcare SVQ level courses last year.
- NKS conducted a research into the digital learning needs of grassroots South Asian women and piloted a

course that proved to be highly successful. 89 women were interviewed to assess their learning needs as well as challenges faced by them while accessing computer courses and training in Edinburgh. A course piloted with 8 women revealed a number of barriers in the form of a lack of encouragement at home, a lack of time due to their caring duties at home, childcare, low literacy levels and very little access to digital equipment.



*Digital skills training session ~ February 2018.*

- The report - 'Assessing Digital Literacy and the Learning Needs of South Asian women in Edinburgh', was launched in March 2018 by the Leader of the City of Edinburgh Council - Councillor Adam McVey. The launch was attended by 140 people from the community and various organisations.



*Councillor Adam McVey launches the DLLP Research Report with Rohini Sharma Joshi, NKS Chair ~ 23/03/2018.*

- Full time Nursery provided childcare to 57 children last year. Although NKS does not receive any meaningful financial support to provide childcare to women who are seeking to improve their life chances either by going into further education or part-time employment, we stretch our resources to support grassroots women to enhance their personal development. The main aim of the childcare service at NKS is to combat the negative effect of poverty and isolation experienced by parents on pre-school children and to provide a culturally sensitive service where bilingual children are readied

for mainstream education.

## *NKS Group Work Through Photographs...*

Group work is very important at NKS as it's a great way to share information with our users. Here are some more photographs of sessions that took place during 2017/2018.



*Story time in the NKS Nursery ~ April 2018.*

- NKS is constantly meeting a crucial need of extra study support expressed by young people and their parents. Last year, 15 young people received study support in English and Maths with extremely positive outcome of improved results for the participants.
- Finally, NKS has been acknowledged through the two awards received last year for all the good work carried out in the grassroot communities: the HAS Self Management Award for Integration Partnership of the Year for 2017 and the Asda award by people's choice.



*First Aid session with the Volunteering Project participants ~ October 2017.*



*Healthy cooking session ~ January 2018.*



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



*Fire Safety Talk as part of the Cultural Bridging Project ~ January 2018.*

- Although adequate financial resources still remain a huge challenge for the organisation, the crucial services provided are highly appreciated by the local communities. The feedback obtained by NKS has informed us that the services have a major positive impact on people's quality of life. This is evidenced by the increased number of people from grassroot communities joining NKS and engaging in many community activities provided by us. NKS holds a data base of over 1000 people.



*Focus group with NKS users about Isolation with Kiren Zubairi from VHS Scotland ~ April 2018.*



*Saturday Group Diwali Party ~ October 2018.*

The environment that NKS operates in has remained challenging during 2017/2018. Demand for the type of services that NKS provides are growing but funding from traditional sources such as the Council and NHS have become increasingly constrained. NKS has however, been successful in gaining funding from alternative funding providers for new services and activities that support NKS' core aims and objectives. NKS has also continued to make up for 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.

The key financial indicators for 2017/2018 are as follows:

Total income for the year - £226k, a reduction on the previous year's income of just £3k.

This funding is comprised of the following main components:

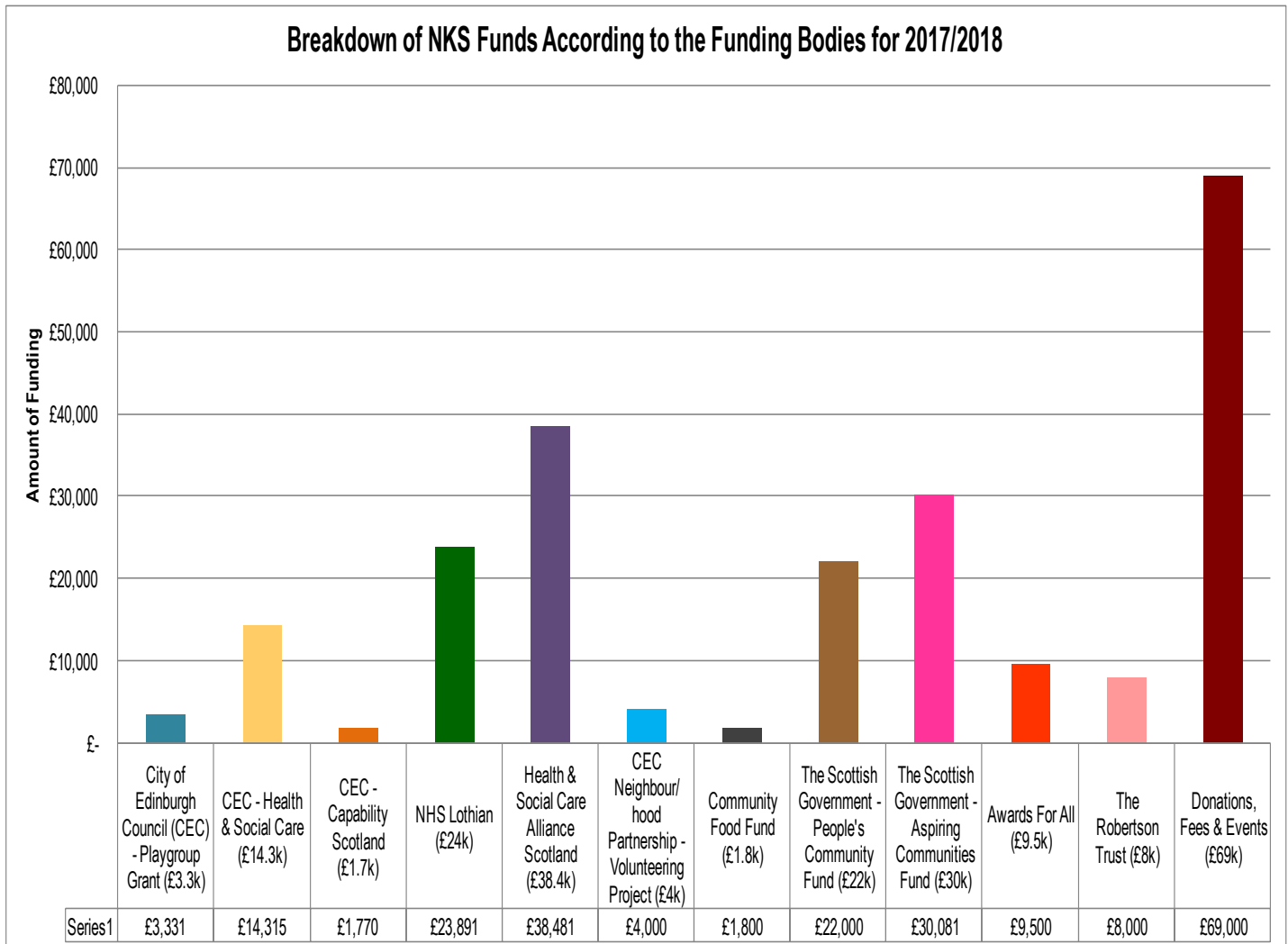
- City of Edinburgh Council funding – £23k
- NHS Lothian funding – £26k
- Health & Social Care Alliance Scotland - £38k
- The Scottish Government - £52k
- Big Lottery - £10k
- The Robertson Trust - £8k
- Donations, fees and events - £69k

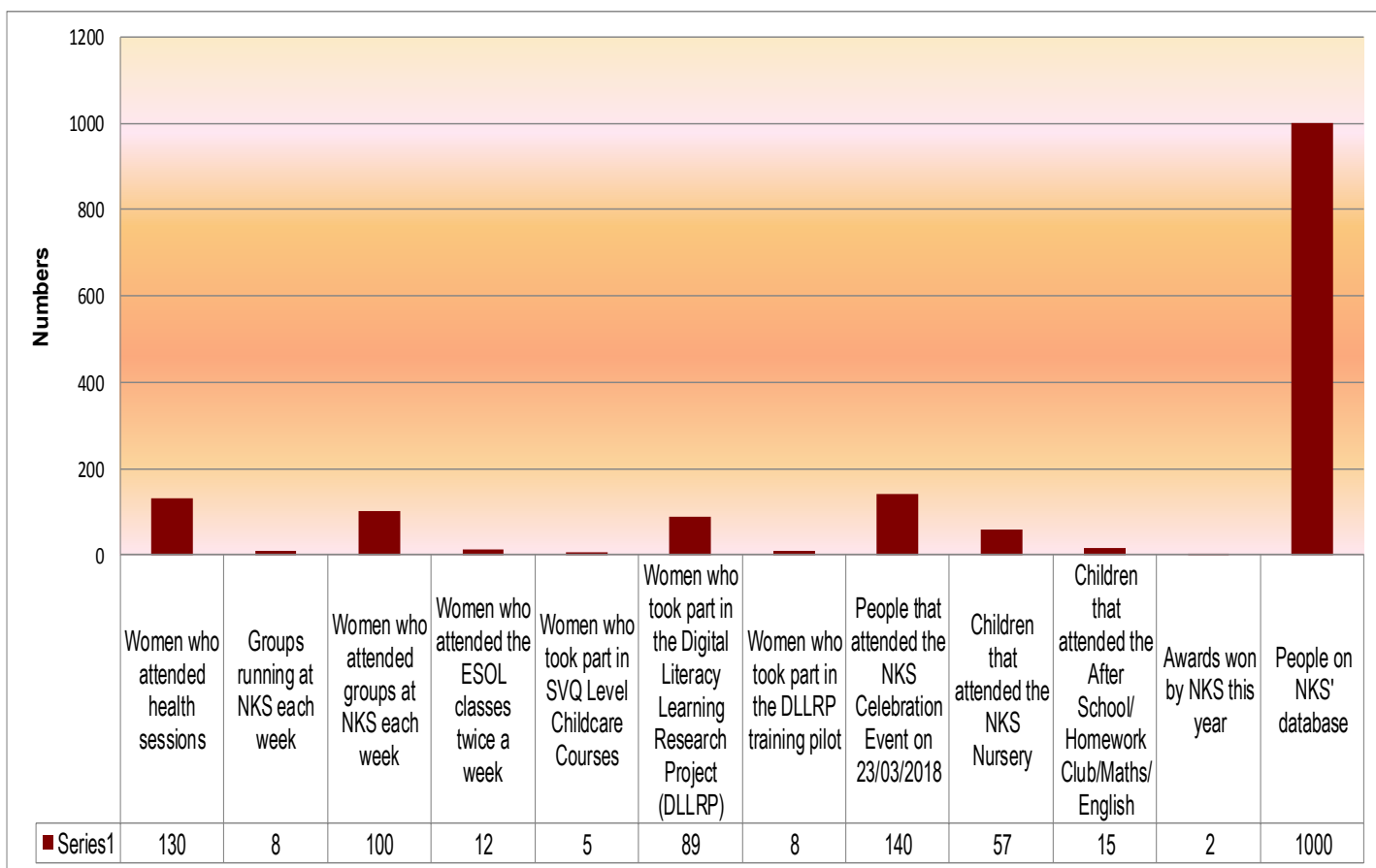
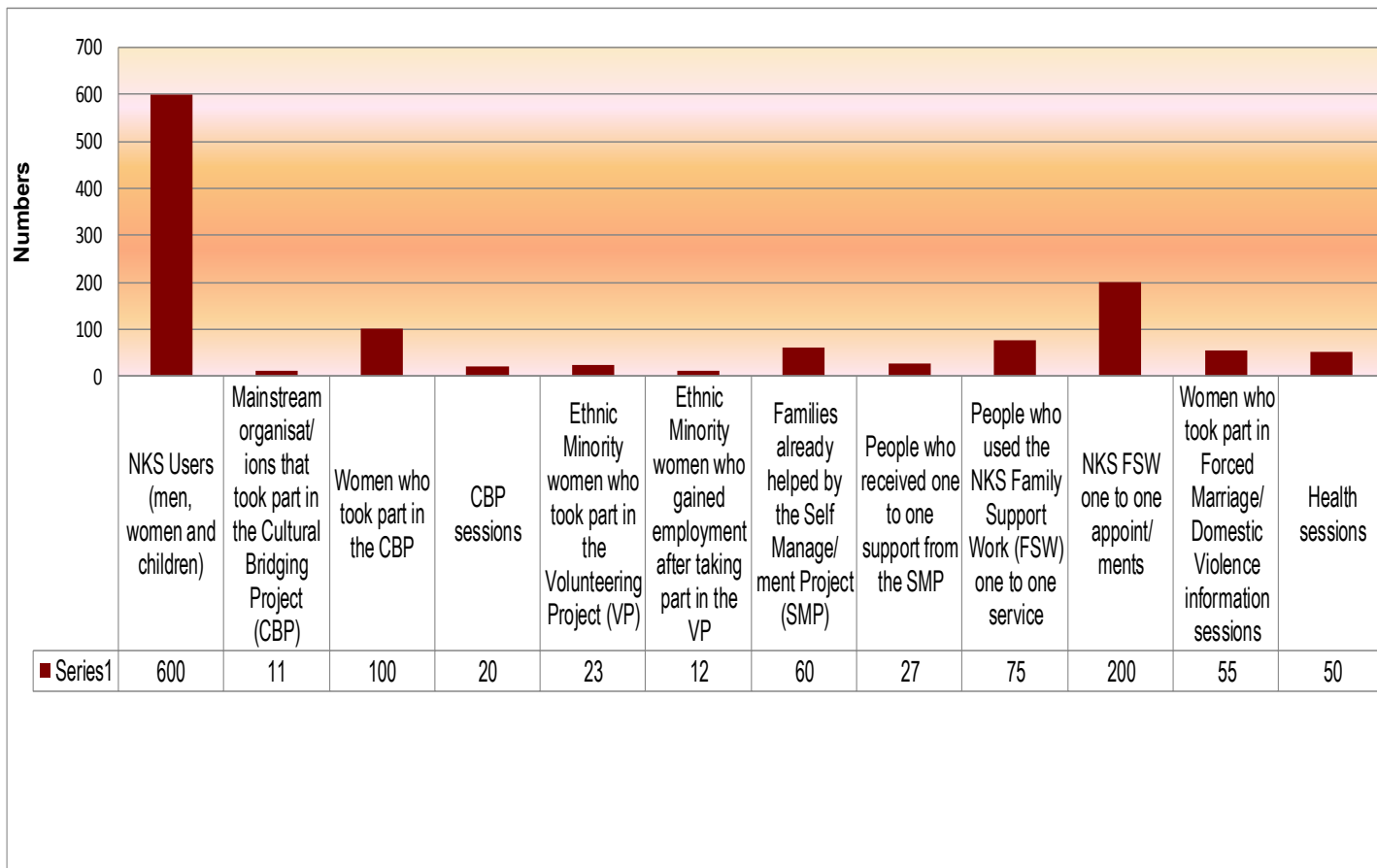
Year End Reserves – Total Reserve Fund balances have reduced from £71k to £59k. Restricted funds have increased from zero to £2k to £6k and unrestricted funds have reduced from £71k to £52k.

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, 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 2017/2018**





## *NKS Management Committee for 2017/2018:*

**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 (resigned 03/01/2018)  
**Lesley Hinds** (co-opted 12/02/2018)  
**Grace Mackenzie** (co-opted 12/02/2018)  
**Kiren Zubairi** (co-opted 12/02/2018)

## *Current NKS Staff:*

**Naina Minhas** ~ NKS Manager  
**Khalda Y Jamil** ~ Administrator  
**Rohina Hussain** ~ Community Health Officer  
**Naseem Suleman** ~ Family Support Officer & Long Term Health Conditions Coordinator  
**Savita Kumar** ~ Cultural Bridging Project Coordinator  
**Neena Agarwal** ~ Long Term Health Conditions Worker  
**Nasima Zaman** ~ Long Term Health Conditions Worker  
**Nazia Majid** ~ Long Term Health Conditions Worker  
**Tatheer Fatima** ~ Climate Challenge Initiative Project Coordinator  
**Manjari Singh** ~ Climate Challenge Initiative Project Worker  
**Nazma Rahman** ~ Climate Challenge Initiative Project Worker  
**Samra Ahmed** ~ Carers' Project Coordinator  
**Humera Adnan** ~ Carers' Project Administrator  
**Samina Fayyaz** ~ Carers' Project Sessional Worker  
**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  
**Rukhsana Ahmed** ~ After School/Homework Club Worker  
**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: Ibrahim Kambi; Rajni Punn; Sugantha Ravindran; Sana Maqbool and Zebon Nisa Hussain.  
Thank you!

## *NKS Nursery...*



## *NKS Funders for 2017/2018:*



*Thank You!*