

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

Networking Key Services



*Annual
Report
2018/2019*

Networking Key Services Ltd (NKS) / Darroch Annexe / 7 Gillespie Street, Edinburgh / EH3 9NF

Tel: 0131 221 1915 / Email: nks@mkshealth.co.uk / Website: www.nkshealth.co.uk

Charity Number SC000697 / Company Number 226920





NKS Management Committee meeting ~ April 2019.

It gives me immense pleasure to write this message and am reminded that, yet another year has passed. NKS (Networking Key Services) is currently full of activities with many successful projects with - individuals, groups and organisations. This report gives an insight into how things are going, how it all fits together and where we are headed. As an organisation, we produce Strategic Plans, Annual Reports and Business Plans but what really matters is whether we have made and continue to make a positive impact on people's lives. NKS embraces new challenges and showcases its resilience to serve those who are most in need.

Thank you all - the committee, staff and volunteers for your hard work and support over the past few years and for being such an important part of this journey going forward. Special thanks to Naina Minhas for her perseverance in keeping NKS going - from securing funding to managing the successful delivery of all the projects.

I would like to thank all committee members for their ongoing commitment to the organisation and would like to extend my sincere gratitude to Jack Marshall for his support and in being an excellent Treasurer.

Also, I would like to acknowledge and show appreciation to our volunteers for their contribution. Looking forward to an even more accomplished next year.

NKS embarked on the new financial year (2018/19) with many challenges as well as opportunities that saw significant changes to the way the organisation operates. NKS widened its scope by changing the name of the organisation. We are now called; Networking Key Services (NKS) Ltd which means that we work for all; men, women and children. The name change was agreed by relevant stakeholders during the Annual General Meeting (AGM) of the organisation in November 2018 and a resolution for this was passed by the NKS Management Committee in February 2019.



NKS AGM ~ November 2018.

NKS as an established platform engaged with ethnic minority communities; mainly South Asians to bring awareness and education to the community to enable them to make better choices in life. All of our projects/programmes are community-led. The Self Management of Long-term Health Conditions Project, Carer's Project, Empowering Women Initiative through cultural bridging, Low Carbon Communities Initiative and Digital Literacy Project were some of the programmes that the local communities benefited from. The NKS pre-school nursery, After School/Homework Club for school going children and extra study support are some of the services that were offered to children and young people that have had positive im-

pact overall for them. English as a second language (ESoL) sessions, in conjunction with Edinburgh College, twice a week have proved to be a confidence building tool for grass root women who have always felt isolated due to the language barrier. Lunch club for older people; men and women has enabled us to address the issue of loneliness and isolation to some degree.

food waste by reusing left over food.



One of the lunch clubs ~ December 2018.

Currently, NKS is also engaged in screening and raising awareness of malnutrition among older people that further brings on board several issues such as, the importance of a healthy diet and issues of food poverty among older people. Overall, NKS engaged with over 600 people in 2018/19 that included big events (annual general meeting and community gathering event in June 2018).

The projects that ran last year in collaboration with the local communities:

Low Carbon Communities Initiative (LCCI)

As part of the LCCI NKS engaged with South Asians in Edinburgh to develop sustainable wide range of activities that help to change behaviours to reduce CO2 emissions produced by them in their day to day life. Over 400 men, women and children have participated in the project activities last year. A number of upskilling and changed behaviour activities were facilitated i.e. cycling, arts & crafts, gardening, recycling and reducing



NKS Swap Shop ~ October 2018.

A total of 20 women received one to one support to learn cycling that has had positive outcome where women were encouraged to cycle in their day to day life. Over 50 Women and children worked in collaboration with the Royal Botanic Garden Edinburgh (RBGE) to develop a gardening project that helped to enhance people's skills and encouraged families to grow their own herbs and vegetables. The swap shops organised by NKS were very popular with women and were well attended. These helped to reduce things going in to landfill. A total of 200 women and children attended swap shops at NKS last year. Energy advice and information was offered to over 40 families.

Empowering Women Initiative (EWI)



Basket weaving session ~ March 2019.

Collaborating with ten local community or-

organisations in Edinburgh and introducing Asian women to the services of other local community organisations was well received by both parties. The EWI entailed exchange visits with local community projects and created opportunities for over 100 women from diverse cultures to get together on one platform. The sustainable community cohesion process started by NKS is benefiting the local communities and is helping to celebrate diversity in Edinburgh.

Carer's Project



Reflexology session ~ September 2018.

Health Education and Healthier lifestyle



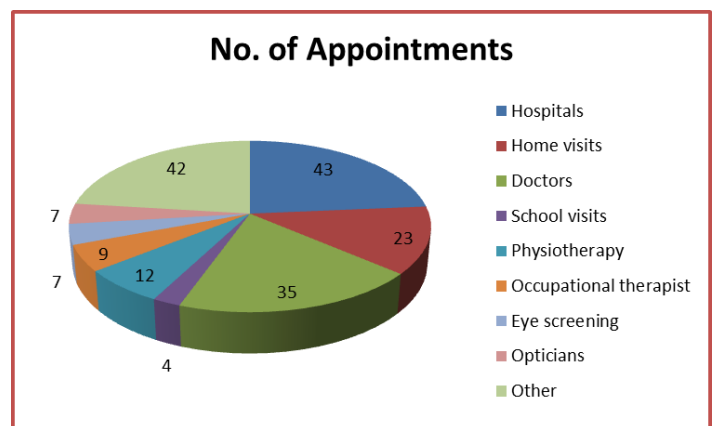
Dementia awareness health session ~ May 2019.

A number of health education sessions relevant to different age groups were held for 150 women and 40 men; bowel cancer, prostate cancer, kidney diseases, breast cancer, first aid, Dementia Awareness, Alzheimer's disease and diabetes along with healthy eating. The sessions proved to be very informative.

The walk and cookery sessions held with the RBGE using local produce, engaged and encouraged communities to adapt to a healthier lifestyle. The feedback obtained was extremely positive where the participants strongly felt the need to continue the healthier lifestyle programme as it encourages them to sustain the habits formed by being part of the sessions and helps to address the issues of health inequalities.

NKS successfully engaged over 25 female carers last year and gave them many opportunities to voice their opinions about the services for carers in group advocacy sessions. A number of female carers were identified through outreach work in the South Asian communities and encouraged to participate in community activities. One to one support is offered to the carers in line with their needs, and the individuals they care for are referred to the SMP at NKS.

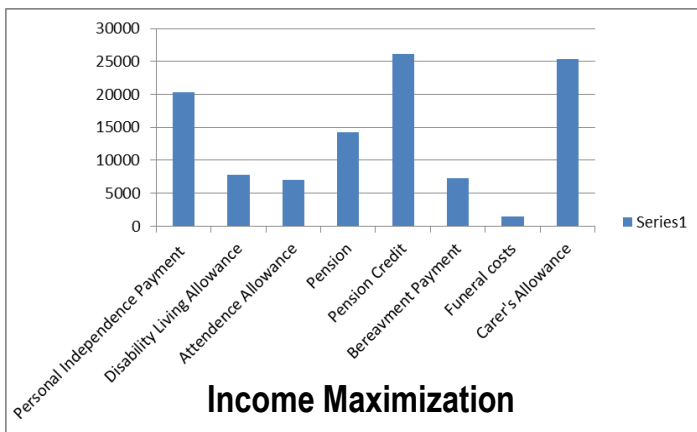
Self Management of Long Term Health Conditions (SMP)



As other years, NKS reached out to families in the South Asian communities to people suffering from long term health conditions and provided one to one support to them. A total of 30 families were identified that were isolated and had very little information about the help and support they could re-

ceive. NKS worked with a number of health professionals and other agencies and offered support to individuals with health conditions and their carers. Families were provided with a platform where they could share information to increase their social networks. The NKS family support worker supported the families with issues of income maximisation and community workers helped them to access services relevant to their needs. Self-management is encouraged actively among individuals with long term health conditions to reduce dependence on health professionals.

Family Support Work



In addition to providing support to individuals with long term health conditions, the worker also reached out to families experiencing deprivation and felt excluded due to the lack of information and language barrier. Poverty, inadequate housing, inadequate information about services and their rights in general resulted in marginalisation and exclusion for them. To address issues for them, NKS conducted outreach work to identify such families and empowered them with information and knowledge along with the practical support to access services in Edinburgh.

Groups at NKS

Last year, 8 groups ran on a weekly basis at NKS which included women's groups, mother and toddler group, ESoL classes, lunch club for older people and men's support

group. Over 200 people attended group activities last year. The men's support group at NKS is developing fast with many South Asian men showing huge interest in attending the group. They feel a huge gap for them as older men in social networking. The group sessions give them a chance to meet each other and reduce isolation and loneliness so widespread among them. A range of community engagement activities are facilitated in groups that help build capacity in the grass root communities. Over 100 people participate in group activities every week leading to increased social bonding.

Computer Classes



Computer class in progress ~ January 2019.

With a small funding from the Scottish Council for Voluntary Organisations, NKS ran basic computer classes for women who have little access to digital technology and are missing out on information due to the lack of digital skills. A total of 50 women attended the sessions. The women enjoyed learning about computers and surfing various information websites on the internet.

Pre-school Children

The full-time NKS Nursery is well utilised by the local communities. Last year 45 children used childcare services. The NKS Nursery offers cultural and religious sensitive services where many communities feel

comfortable as their children's needs are catered for. Childcare is an integral part of the services offered to women. The service is also used as a crèche too.



NKS Nursery ~ February 2019.

After School/Homework Club (ASHC)

The ASHC caters for school going children offering extra study support out of school hours. Younger children were supervised with their school work and older children received extra study support in English and Maths. The feedback obtained was very positive where parents have informed us that children have achieved better grades with the support received.



Arts & crafts in the ASHC ~ November 2018.

In summary, NKS is one of the leading community organisations working closely with grass root communities experiencing multiple deprivations, to improve their quality of life and enable them to make better life choices.

Among many challenges faced by the organisation, the financial challenge is a serious constraining factor posing a threat to the quality services offered to the grassroots in the ethnic minority communities. There is a pressing need to address these financial issues that subsequently result in shaky foundations for the organisation that are needed most to combat isolation and deprivation in the marginalised communities.



Consultation with older people ~ January 2019.

Jack Marshall - Treasurer

The environment NKS operates in has remained challenging during 2018/19. 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 ser-

vices being delivered.

The key financial indicators for 2018/19 are as follows:

Total income for the year - £287k, an increase on the previous year's income of almost 27%.

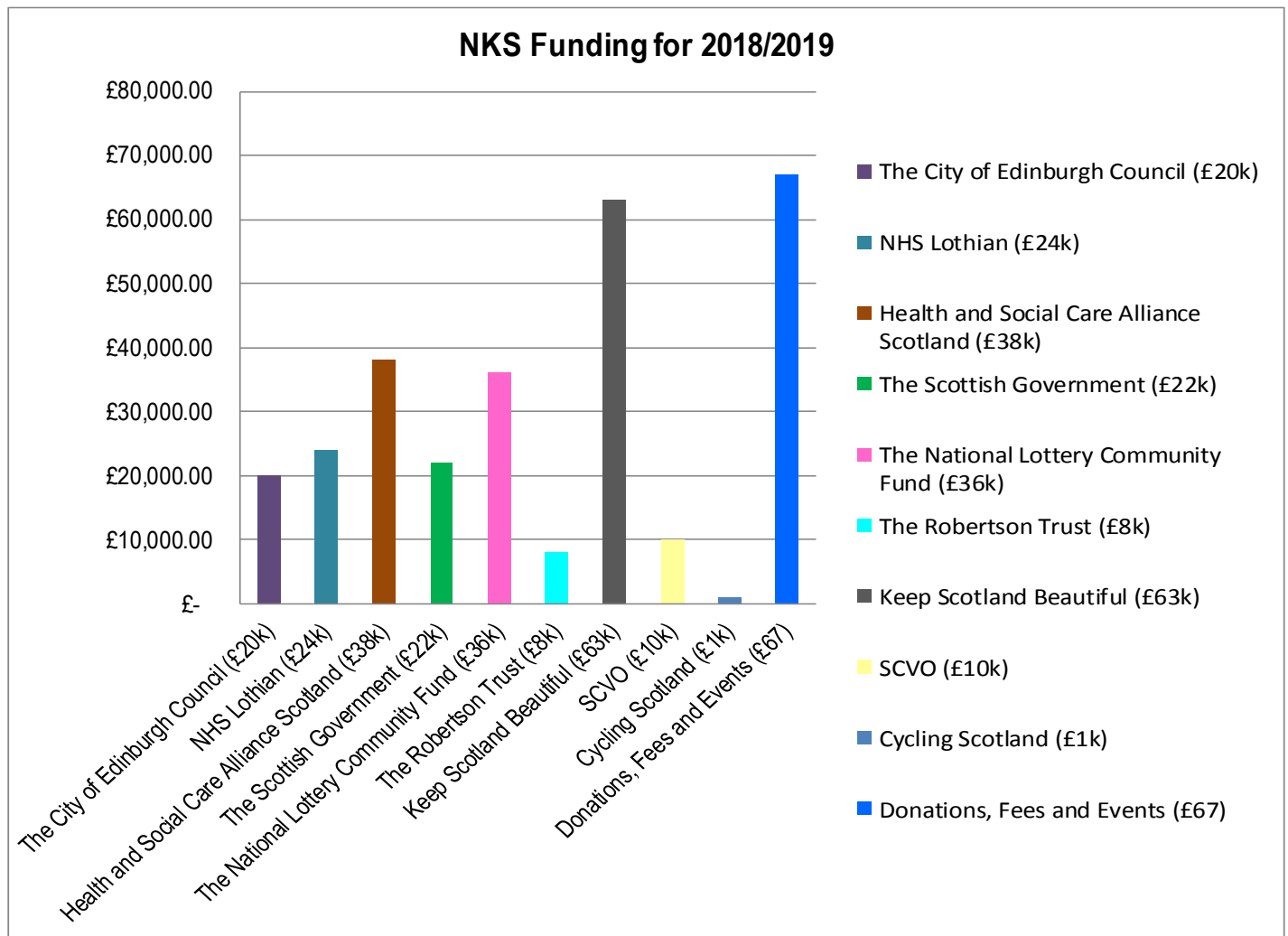
This funding is comprised of the following main components:

- City of Edinburgh Council funding - £20k
- NHS Lothian funding - £24k
- Health & Social Care Alliance Scotland - £38k
- The Scottish Government - £22k
- The National Lottery Community Fund - £36k
- The Robertson Trust - £8k
- Keep Scotland Beautiful - £63k - **New funding this year**
- SCVO - £10k - **New funding this year**
- Cycling Scotland - £1k - **New funding this year**
- Donations, fees and events - £67k

Year End Reserves - Total Reserve Fund balances have increased from £59k to £65k. Restricted funds have increased from £6k to £8k and unrestricted funds have increased from £52k to £57k.

It is important to note that it remains essential that NKS retains a reasonable level of unrestricted reserves to support continued service delivery over the coming years and as a contingency in the event of unanticipated difficulties. As such we are aiming for a reserve of approximately 3 months operating costs (approximately £67k) and the good performance in the current year makes positive progress towards this target.

In summary, NKS has continued to perform well, to manage budgets well and has the strength to face the financial challenges ahead.



- 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
- Lesley Hinds ~ Director
- Grace Mackenzie ~ Director
- Kiren Zubairi ~ Director



July 2019.

Cycling takes place regularly at NKS throughout the year. Please get in touch with us if you would like to join in and learn how to ride or improve your skills. It's a lot of fun and great for the environment!

Current NKS Staff:

- Naina Minhas ~ NKS Manager
- Khalda Y Jamil ~ NKS Administrator
- Rohina Hussain ~ Community Health Officer
- Naseem Suleman ~ Family Support Officer & Long Term Health Conditions Worker
- Neena Agarwal ~ Long Term Health Conditions Worker
- Nasima Zaman ~ Long Term Health Conditions Worker
- Nazia Majid ~ Long Term Health Conditions Worker & Heritage Project Worker
- Neeru Bhatnagar ~ Heritage Project Coordinator
- Tatheer Fatima ~ Climate Challenge Initiative Project Coordinator & Digital Literacy Project Coordinator
- Manjari Singh ~ Climate Challenge Initiative Project Worker & Digital Literacy Project Tutor
- Nazma Rahman ~ Climate Challenge Initiative Project Worker & Oral Health Project Sessional Worker
- Savita Kumar ~ Digital Literacy Project Support Worker
- Meghna Saxena ~ Cultural Bridging Project Coordinator
- Samra Ahmed ~ Care for Carers' Project Coordinator
- Humera Adnan ~ Care for Carers' Project Administrator
- Samina Fayyaz ~ Oral Health Project Worker
- Rukhsana Hussain ~ 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

NKS Funders for 2018/19:

Current NKS Volunteers:

We value and appreciate the volunteers who give up their time to come and help us. The current volunteers are: Naz Rathore; Rajni Punn; Sonya Peres; Sugantha Ravindran and Suriya Hussain. Thank you!