

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*

"a happy woman is a happy family..."

Networking Key Services Ltd (NKS)



Health and Welfare Project for Women and their Families living in Edinburgh

Find us on
social media:



twitter

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Charity Number SC000697 / Company Number 226920



Instagram



YouTube

Why was Networking Key Services (NKS) formed?

Networking Key Services Ltd (NKS) (formerly known as Nari Kallyan Shangho) is a health and welfare organisation originally set up for South Asian women and their families living in Edinburgh. In April 2019 the name of the organisation was changed to reflect that NKS provides services to all people from all communities. It provides a common platform for women to act together to improve the quality of our lives. It provides opportunities for the providers of health and welfare services to hear the concerns and views of women and their families.

Who is NKS for?

NKS is primarily for women and their families but all women, men, young people and children are welcome to come and find out about our services and join in with the groups and activities.

What does NKS do?

NKS is involved in the following activities:

- Current projects include: Long-term Health Conditions; Empowering Communities; Health & Well-being; Climate Action; Smart Meters; gardening; Carers' Forum; phone helpline in English, Bengali and Urdu/Hindi/Punjabi and a volunteering programme.
- Health education and promotion.
- Advocacy, outreach and group work.
- Family Support Work - one to one advice on everyday issues, including housing, benefits, immigration and racism.

- Organising courses and training.
- Arranging open days and seminars to address issues relevant to women and their families.
- Conducting research.
- Promoting multicultural childcare services by way of the NKS Nursery, After School/Homework Club.
- Networking and linking with voluntary and statutory agencies.

What can I do at NKS?

You can join any of the various groups running at NKS:

English classes with Edinburgh College; English Conversation Classes with NKS; Long-term Health Conditions Women's Group; Carers' Group; Carers' Forum; Wednesday Women's Group; Mother & Toddler Group; NKS Men's Support Group; Friday Older Women's Group; Young Peoples Club and Mixed Older People's Group. Please contact NKS for more details about the group that you are interested in.

You can approach the Family Support Officer at NKS for support, advice and information. In addition, you can register your child with the NKS Childcare Facility that runs five days a week - Monday to Friday from 8:30 am till 5:30 pm. This facility also runs an After School/Homework Club. This runs according to the needs of the parents. Please contact NKS for information and about spaces and the fees.

NKS Nursery



Moreover, you can enhance your skills by taking part in different educational activities and sessions such as: health, health related outings, English classes, cookery, sewing, swimming, relaxation, aromatherapy, massage, homeopathy, courses and training.

How can I join NKS?

Phone or visit us at the address overleaf or just come and join the groups of your choice.

We look forward to hearing from you very soon!



Where is NKS?



Buses 27 and 10 go down Gilmore Place. Just get off at the second stop after King's Theatre. If this does not suit you then many buses go to Tollcross, in which case you should get off at King's Theatre and walk down Gilmore Place (away from the theatre). We are at the bottom of Gillespie Street which will be on your left hand side. The NKS signs will be visible.

However, if getting here is difficult for you, then please give us a call and we will see how we can help you.