

*Health & Welfare Project
Enriching Communities*

*Winners of:
GNF Scottish Charity Awards 2009
The Scottish Asian Business Awards 2009
Scottish Empowerment Awards 2005
Contribution to Others finalist 2005*



"a happy woman is a happy family"

Nari Kallyan Shangho

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

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Charity Number SC000697 Company Number 226920*

Why was Nari Kallyan Shangho formed?

Nari Kallyan Shangho is a health and welfare project for South Asian women and their families living in Edinburgh. It provides a common platform for South Asian 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 South Asian women.

Who is Nari Kallyan Shangho for?

NKS is primarily for South Asian women and their families but all women are welcome to come and find out what we do and how they can become involved.

What does Nari Kallyan Shangho do?

NKS is involved in the following activities:

- ◆ Health education and promotion
- ◆ Advocacy, outreach and group 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 South Asian women and their families
- ◆ Promoting multicultural childcare services by way of the NKS Childcare Facility and 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:

Monday - English classes, Older Bangladeshi women's support group

Tuesday - English classes, Bangladeshi women's group

Wednesday - 'Sakhi': Women's group for 25-40 years

Thursday - Young mothers group (Sure-Start)

Friday- Older women's group, 'Young Awaz': Young women's group for 14-25 years

Saturday - Saturday women's group (once a month)

Drop In Centre - Monday to Friday (call NKS for the timings) -

Satellite TV, Asian Channels, Asian Newspapers and Magazines.

You can approach the family support worker 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 5:00 pm. This facility now also runs an After School/Homework Club. This is open from Monday to Thursday from 3.30 pm to 6.00 pm and on Friday from 12.30 pm to 6.00 pm. Please contact NKS for information about fees.

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. You can become a member of NKS for £1 per annum.

Where is NKS?

Bus No. 27 and 10 go down Gilmore Place. Just get off on the second stop after King's Theatre. Many other buses go to Tollcross as well. If getting here is difficult for you, give us a ring and we will see how we can help.

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Health and Welfare Group***

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