



# Nari Kallyan Shangho

ANNUAL  
REPORT

2005/2006

## *Why was Nari Kallyan Shangho formed?*

*Nari Kallyan Shangho is a health and welfare project for South Asian women and children 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 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:*

- (1) Health education and promotion*
- (2) Advocacy, outreach and group work*
- (3) One to one advice on everyday issues, including housing, benefits, immigration, and racism*
- (4) Organising courses and training*
- (5) Arranging open days and seminars to address issues relevant to South Asian women and children*
- (6) Promoting multicultural childcare services by way of the NKS Childcare Facility*
- (7) Networking and linking with voluntary and statutory agencies*

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# NKS Wins at The Scottish Empowerment Awards 2005



*NKS Chairperson and Staff with the Scottish Empowerment Trophy. Top row from left to right: Amina Rahman, Khalda Y Jamil, Rohina Hussain, Saroj Lal, Naina Minhas, Samra Ahmed. Bottom row from left to right: Nasima Zaman, Nighat Anwar, Asma A Kassim and Shamsad Rahim who was actually on annual leave at the time.*



## *Saroj Lal JP* *Chairperson*

It gives me great pleasure to introduce the NKS Annual Report for 2005/2006, reflecting the work of NKS over the past year and identifying key issues, initiatives and development in all areas. Reports from individual staff members (elsewhere in this document) provide a more detailed account of the considerable work undertaken over the last twelve months. My aim, therefore, is to give a more general perspective on our organisation and our many activities, and to highlight significant achievements – as well as the inevitable difficulties and challenges we face.

Let us deal with challenges first. Financial instability, as you might expect, has been one of the enduring themes of the last year. A constant question mark hangs over the continuity of secured funding for our work, work which is highly valued by the community at large, the voluntary sector, local authorities and the NHS. It must always be borne in mind that we are a voluntary organisation with limited, part-time staff working with limited funds and on low salaries. The time spent by the Co-ordinator on funding applications bears a disproportionate relationship to time which might otherwise be spent on more grass root activity.

But, as always, there are brighter moments which make all our efforts seem worthwhile: we were delighted to receive the Scottish Empowerment Award in recognition of NKS's excellent track record in working with South Asian women. The accolade was especially well timed in helping to raise the team's morale in the face of continuing insecurity over funding. And of course we simply must acknowledge the financial support that we do receive from a variety of sources, including local authorities – in many ways our lifeline. I would, therefore, like to express my thanks to all

our funders for their support, and also ask them to look realistically at our needs so that adequate finances can be put in place to safeguard our future. We provide a valuable support mechanism for South Asian women, and our needs need to keep pace with the growing needs of the community. Please keep us in mind: we need your commitment now more than ever.

Yet despite the financial constraints, the quality of our output has been maintained and indeed improves year on year. This is evident from the quantitative and qualitative analysis on page 26 in this document and from the analysis in previous annual reports. There has been continued development across all our key areas, as is evident from the staff reports. The entire team needs to be congratulated for its hard work and innovative ideas for group activities and related services, including one-to-one support and befriending. All our group activities are planned with full consultation from our end users, and as we move forward our priorities will focus on older people, youth work and childcare. Special thanks are due to the Edinburgh Community Safety Initiative for helping us to buy laptops, films and games which have been put to good use by old and young users alike.

An undoubted highlight of the past year's activity was a public meeting with Bangladeshi men and women, organised principally to address the communication gap between Bangladeshi men and NKS. It was felt that a lack of understanding of NKS's objectives presented a barrier and prevented Bangladeshi men from encouraging women to participate in our activities. The meeting was frank, open and well attended, and a good discussion took place. We assured the community of our respect for their cultural values and extended fam-

ily system whilst emphasising our role in creating opportunities for women to gain self-confidence, an essential part of living in a multi-racial society. The Bangladeshi community felt that the event was extremely beneficial, and indeed that it should be an annual fixture. We are grateful to Trust Housing Association Ltd for the funding which enabled this to take place.

Opportunities for ongoing training for both staff and the Management Board are important in delivering a more efficient organisation. We are indebted to Steve Kent from EVOC (Edinburgh Voluntary Organisations Council) for an excellent training session which was found to be especially useful by those women who had not been on the Board before. We have also reviewed and updated NKS policies to encompass a range of issues, including diversity and disability, in an attempt to make our organisation more democratic.

Our best wishes go to our administrative worker, Khalda, who leaves us after twelve years of dedication to NKS. She has been one of our most valued and committed team members, and will indeed be sadly missed by all of the staff. We also say goodbye to Megan MacKenzie whose contribution to our Management Board has been immense; we wish her well in her new job and hope she will continue to maintain her links with us.

Finally, some grateful thanks: to our funders, as already expressed above, and to our Management Board for its continued support. To various members of the team (Naina, Khalda, Nighat, Samra, Rohina, Shamsad, Nasima, Asma, Amina, Irum, Samina and Urfolsunu), and not least to our sessional workers and volunteers. We thank you all for your valued input: our success is due to the combined efforts of everyone.

## *Anne Munro*

### *Treasurer*

Nari Kallyan Shangho (NKS) has faced a challenging year in 2005/2006 with a shortfall of funding...in fact a deficit of £13,127... due to various funding streams coming to an end and few new funding sources being found to replace it. This is a serious problem for NKS, as we do not want to reduce current service provision. It is particularly a priority for NKS to try to achieve core funding for the older women's work and the childcare provision...as well as finding ways to reduce the deficit...so any ideas for how we can achieve this are very welcome!

NKS did achieve over ten different funding sources to provide its services throughout 2005/2006 and we would particularly like to thank City of Edinburgh Council and NHS Lothian for their continuing support to the work. Having so many different funders make the bookkeeping and accounting both a complex and time consuming process and we would like to thank Khalda Y Jamil and Naina Minhas and NKS Finance sub group for all their hard work in this area.

As you may notice, the 2005/2006 Audited Accounts are presented in a different way this year, in order to comply with new statutory governance and management regulations and would like to thank the Auditors (Alexander Sloan) for all their help with the extra work they had to do this year.

NKS Committee and staff are working hard to try to find new funding to keep the services NKS currently provides...but this is getting more difficult each year as NKS struggles to cope with standstill budgets, end of funding streams and an ever increasing demand for NKS services. We hope NKS members will work with us over the next year to maintain and hopefully develop the vital work of NKS.

## *Naina Minhas*

### *Co-ordinator*

The prime focus of Nari Kallyan Shangho (NKS) is to serve the grass roots in the South Asian communities to improve their adverse circumstances in life. Through its meritorious services NKS has emerged as one of the most trusted and well-used projects by grass root communities in Edinburgh.

The services and activities in the year 2005/2006 provided at NKS were greatly instrumental in active participation and capacity building among South Asian women in Edinburgh. Although financial resources were a huge constraining factor NKS managed to achieve the targets set for the year. In fact, referring to the analysis on page 26, it is to be noted that the number of users has grown from last year. The activities used have gone up from 2876 in 2004/2005 to 3700 in 2005/2006.

NKS began the year by celebrating its 18<sup>th</sup> birthday as well as the best grass roots project of the year award. The acknowledgement of good work acted as a motivating factor to the staff team to work harder. With the help and support of the management committee the project saw several significant achievements.

To promote active citizenship amongst South Asian women, engaging them in relevant educational, social and health activities in a group setting has always been a high priority agenda at NKS. Hence ten different groups ran under NKS umbrella for women from different South Asian communities, of different age groups and with different needs. The activities ranged from health sessions to complementary therapies, sewing and cookery to discussion groups and focus groups on various issues organised for other agencies. Each group was attended by approximately twelve to fifteen women, and in total well

over a hundred women attended groups at NKS every week. The group work has always been very popular amongst NKS users and is very well utilised by women in Edinburgh. Much of the staff time is taken up to run, organise and facilitate group work in the project, but the outcomes are satisfying and are extremely effective in doing that.

Outreach/befriending service and one to one support to women is another area of work that requires immense staff efforts to cater to this pressing need in the community. Due to the lack of information and low self-esteem/confidence grass root South Asian women need tremendous amount of support to utilise services in Edinburgh. Over four hundred appointments by health workers and well over six hundred appointments by the family support worker were taken up to support women with various individual needs, and without this support from NKS the women would not have been able to address their issues on their own.

Befriending service, one to one support and the group work are all interlinked, as the use of one of the services leads to the use of another by women. It is imperative that these services are provided as a package as the absence of one may affect the use of the other two. At NKS, these form the core of services for the South Asian communities in Edinburgh and being a women's organisation childcare is integral to all these services.

Emphasis on the developmental work with the Bangladeshi community was perpetual to some priorities set by the project to work with the disadvantaged communities. NKS is grateful to the Lloyds TSB for supporting the project in its cause. NKS contrived a training programme geared to work with



the Bangladeshi community and trained six Bangladeshi women to work in the community. All trainees were given placements at NKS. Two of the trainees have been employed by NKS to work with the community and one of them is volunteering at NKS. The other three trainees have been recruited by some projects in Edinburgh to work with Bangladeshi women. One of the workers recruited at NKS provides one to one support to Bangladeshi women according to their cultural and language needs. Last year twenty-five women received support from the new Bangladeshi worker at NKS. As part of prioritising work with the Bangladeshi community an open day for them was organised where Bangladeshi men and women from the community were invited to take part in a dialogue with the project to address some of the issues that have become a barrier for women to use community services. This meeting, which was attended by over one hundred and thirty men, women and children, helped to improve communication between the community and the project. As a follow up from this meeting, an outing was also organised for the community. NKS workers also interviewed forty women individually to get their views on the services that they would like the project to facilitate for them.

Another service that NKS concentrated on due to its high demand was the childcare service. Despite a crisis in the funding situation the project successfully sustained childcare services at NKS. Currently, the project is stretching its shoestring budget to continue this crucial service. Sadly, every attempt to resolve the funding crisis in this area has been unsuccessful. The project sincerely hopes that this service, which is extremely important to the community, could see some light at the end of the tunnel. Providing childcare also allows women to use other services knowing that their children are safe.

Besides providing childcare to combat

negative affects of isolation on pre-school children, NKS is also running SVQ3 childcare modules for South Asian women to help them gain suitable qualifications to work in this area. This is an attempt by the project towards the capacity building in the community and to cater for the language and cultural needs in childcare.

Last year, in order to explore youth work further NKS applied for funds to create a drop-in place for young South Asian girls and secured funds from the Edinburgh Community Safety Initiative. This helped the project to buy laptops, films and games for young people that they could use when ever dropping-in at NKS. This has helped to raise young people's enthusiasm enormously and encouraged them to attend group sessions regularly.

The work with the older South Asian women is another area that the project has struggled with over the last year and is still facing a crisis. There is a huge need and demand for the work with older women, as isolation among them is on the increase and there is not much support around for them to deal with this. Last year the project raised funds by taking up several small pieces of work and managed to run the lunch provision for the older women's group. The funding situation still remains very weak and NKS is working hard to sustain the service that is highly valued by the users.

NKS has some ambitious future plans, but these could only be taken forward if the project receives support from various funding bodies in its cause to address issues for South Asian women in Edinburgh.

NKS would like to concentrate more on courses/training and educational as well as informative sessions for South Asian women. The need and interest for such activities have come up many times through regular evaluation at NKS. The project has already planned and started

two courses for women and a lot of enthusiasm has been shown by the participants to enhance their skills through courses and training. NKS is also hoping to concentrate on women's rights awareness in the current year.

The childcare service, youth work and work with older women are some of the other areas that NKS would like to prioritise in future, but to succeed would really need to draw funding bodies attention towards issues for these age groups in the South Asian communities.

The years ahead place a big funding challenge for voluntary sector projects such as NKS. These projects are invariably getting drawn into the vicious circle of increasingly heavy workload and a lack of financial support. The temporary small pockets of funding programmes for ethnic minority projects, controlled by panels made up of people with insufficient information about grass roots needs in the ethnic minority communities, is not the solution, especially in the long run. More needs to be done for the sustainability of the services of these projects. Until then, the ethnic minority communities cannot celebrate equality, diversity and mainstreaming. These only remain mere words on paper for them.

## *Khalda Y Jamil*

### *Administrative Worker*

The year 2005/2006 is my twelfth year at Nari Kallyan Shangho (NKS). I work very hard to get tasks done as accurately and as much on time as possible. Sometimes this means taking work home. It has been harder this year as now I am doing twenty-one hours a week and can only do so much in that time. From last year I have improved my time management skills.

I am job-sharing with Nighat Anwar and we try to meet deadlines between us. Naina Minhas, our Project Co-ordinator is there to help, support and guide us. I am grateful to Nighat for being here as it allows me to work part-time.

I have done the same kind of work as last year: general office duties, minutes of meetings, banking and cashing, computerised linked Excel bookkeeping, finalising the programmes of activities, formatting newsletter, annual report and so on. I try to help my colleagues because I feel that we should help each other whenever we can. Sometimes, when we are short staffed at NKS, I help out with the group work. I find this very enjoyable. I try to maximise my time at NKS by getting as much work done as possible during my hours.

Some tasks can be time consuming and some can require a lot of thought as to how I am going to take it forward or what changes are needed. It really helps to write down the exact steps that I need to take. Deadlines still come and go and I do my best to meet them.

The following tasks are shared with Nighat as we are job-sharing and work on different days: banking and cashing, dealing with mail in/mail out, dealing with e-mails, getting supplies, deal with invoices and cheques and ordering the fruit and giving it out.

I liaise with the Scottish Council for Voluntary Organisations over the staff wages. I inform them once a month of any changes. I also organise paying the staff every month through the bank.

This year I have been sharing the bookkeeping with Nighat. It was three years ago that I achieved a successful way to link Excel sheets to produce the finished statements. It is so much easier to up-date the bookkeeping because the Excel sheets are linked. I cannot imagine going back to doing the bookkeeping with paper and pencil!!!

Between March and July 2006 I was very busy tying up the finances for 2005/2006, setting up for the 2006/2007 financial year, up-dating and checking the first quarter of 2006/2007 financial year to produce a statement for the Management Committee meeting in July 2006. The linked Excel bookkeeping makes updating (a five minute process once you know what you are doing) easier. I do have to think and plan what changes have to be made to the links and how I am going to make them. I am getting quicker at linking the Excel files every year.

I am involved in the production of the newsletter. I format and proof-read each of the issues of the newsletter once all of the pages have been written and typed up.

I dealt with the Companies House annual return on line this year and it went really well. NKS has come such a long way from having only one computer to now having nine, four of which are laptops.

I would like to thank Nick Steenken, from 2020 IT Services for the training sessions on how to update the NKS website. He also showed us how to make up a PDF

(preferred document format), which allows us to e-mail documents e.g. newsletters as they should be printed. This means that I no longer need to print out a really good quality copy for the printer to work with as he can use the PDF.

I enjoy designing new forms for NKS and updating existing ones from time to time.

The databases and mailing labels are updated whenever someone's details need to be changed. I would like to review these and up-date them. There is a lot that can be done with databases as you can add as many fields as you like and then put filters on them to analyse your data.

I took part in the Khush Dil Healthy Heart Project piloting of a Diabetes Information Pack, which was very interesting and helped me to look at what I am doing in regards to my health and what changes I should make.

On a personal note, I have decided to leave NKS. I plan to take some time off and look at what I really want to do with my life. I want to enjoy my children and look after my health. In the future I will look at going to college to consolidate and further develop my skills. I am very excited about this. Let us see what the future has in store for me.

Finally I would like to thank all of my colleagues and the Management Committee for their support and understanding during the past year.

It has been a real privilege to have worked for NKS for as long as I have. I would like to wish all of NKS staff, Management Committee and users the very best for the future and I sincerely hope that the funders give NKS proper funding so that the project can continue to provide a very crucial service.

*Nighat Anwar*  
*Administrative Worker*

Over the past year I feel that I have progressed in my job as an administrative worker at Nari Kallyan Shangho (NKS). I try to get all of the tasks done as promptly as I can. I am doing fourteen hours a week and try to prioritise my work in two days. I am job sharing with Khalda Y Jamil and I try to do as much as I can to work as a team with her.

This year I have noticed that the office is a lot busier and I am really enjoying working with all of the staff members in the office. My work has varied from last year: general office duties, banking, bookkeeping, secretarial and computing duties. Other duties have included: taking part in special events, organising and attending meetings and organising maintenance jobs.

I have been learning how to do the computerised bookkeeping. I have learnt a great deal at NKS. I am grateful to Khalda and Naina, as they have guided me through my work this year. I enjoy helping all of my colleagues in the office, and think that it is important to work as a team.

I am looking forward to future challenges, as I am learning and exploring new areas in my capacity as an administrative worker at NKS.

## *Shamsad Rahim*

### *Health Worker*

New challenges and adventures have brought me to the end of yet another productive and fulfilling year at NKS. Novel ideas and exciting new ventures have been implemented through various activities and sessions. I am especially proud of myself this year, that through my hard work and dedication and with the support of NKS many of my aims have come to fruition with 100% success.

My success however, has not been achieved alone. It has been accompanied by the full support of the Bangladeshi community, staff team and Management Committee at NKS. This was reinforced when NKS held an open day for the Bangladeshi community on the 9<sup>th</sup> of July 2006, which brought out one hundred and thirty men, women and children. The prime objective of the day was to encourage open discussion of problems or matters Bangladeshi women are facing with NKS, so as to close the gap, which has built up through the years between the community and NKS. The day had a promising outcome as many highly regarded members of the community attended and voiced their concerns and praise of NKS. Many of the Bangladeshi men of the community previously thought that NKS was only an organisation aimed at women with perhaps some sort of hidden agenda, which could have an effect on family life. It was acknowledged from this day that men would like more dialogue about services and other issues at NKS and have also asked for more information days throughout the year. As a result of this request I promptly organised a trip for men, women and children to Blair Drummond Safari Park. Nasima and myself took a whole bus full to the park, which ended up being a very enjoyable day and was helped by the good weather. In addition to this I have already planned for a health consultation session for Bangladeshi men regard-

ing issues such as diabetes and heart disease, so far the response seems encouraging.

#### Advocacy Work

Up until now I have managed to make around two to three advocacy appointments involving a mixture of hospitals and clinics per week. I make appointments on behalf of my clients, so that I can make appointments around a convenient time for me so that I can allow time for other commitments around the office. NKS, I now believe is a well-established voluntary project in Edinburgh that many services acknowledge. I believe that I have built up enough confidence over the years to understand the needs of my clients and therefore I am able to convey their issues appropriately to the service provider, and thus, provide them with the best possible advocacy service. However, there are a small number of cases, which I still have difficulty dealing with due to the cultural and social problems that exist. I have to emphasise to my clients that they keep up to date with medications or further treatments so that their health does not suffer. Whilst undertaking these cases I can clearly see that my community would suffer greatly without this essential service.

This year I visited a number of hospitals and clinics, these included: New Royal Infirmary of Edinburgh, Old Royal Infirmary, Eye Pavilion, Western General Hospital, Springwell House, Leith Clinic, Inch Park Medical Centre, Annandale Street Medical Practice, Tollcross Medical Practice, Wester Hailes Clinic, 20-20 Opticians and Leith Treatment Centre.

#### Home Visits

Due to my constrained working hours and



priority cases, home visits are hard to cover on a weekly basis. I try to fit in one to two home visits a week. It is a very important service for the women in the Bangladeshi community and for the development of my work. My home visits are primarily for those isolated, frail and housebound elderly who do not have moral and physical support at hand, or those who suffer from mental health problems. As I mentioned earlier NKS held an open day earlier this year for the Bangladeshi community, for this day I made eighteen visits and many of them were out of office time so that I could personally go to restaurants to invite the men of the community.

### **Group Work**

Every Tuesday over the course of this year I have held group work sessions at NKS. The number of women attending each week is strongly influenced by the type of group activity and the weather! Cooking and parties seem to be thoroughly popular amongst the women. Recently the group has welcomed some new, young, enthusiastic members who are keen to learn some new skills such as computing and sewing. This year Nargis Baksh, one of our trainee Bangladeshi workers, has started to work with me and assists me with this group. Hopefully with her help a number of women from the Leith area will come and join this group. Group work I believe is an important activity for Bangladeshi women since they can often be caught up in a vicious cycle of multiple responsibilities and can sometimes forget their own needs. Therefore, group work allows them to socialise with other members of the community and also learn valuable skills, which could help to improve the quality of their domestic lives. Some of the group activities we offer include: cookery, health sessions, alternative therapy, focus group, sewing and small outings.

### **Friday Group**

Every Friday NKS holds a group for older women from all three communities. I help out in this group with my other colleagues and I find participating in this group a very enjoyable and valuable time spent. In this group sessions such as light exercise take place followed by a light lunch. Between three to four Bangladeshi elderly women attend this group. Earlier this summer we took this group to the Falkirk Wheel for a day trip and they enjoyed themselves greatly there.

### **Meetings and Liasing with Other Agencies**

The following is a list of meetings I attended this year:

- At the beginning of this year I attended two meetings with the Royal Edinburgh Hospital regarding cookery sessions in the hospital kitchen.
- I was involved in a focus group regarding woodland in Scotland, which took place at the Edinburgh College of Art.
- I was involved in Today and Tomorrow Task Group/Focus group at NKS.
- A student from Stirling University came to NKS for her research and interviewed some Bangladeshi elderly; here I assisted her with facilitating the interviews.
- Sub group meeting about diabetes.
- Launch of older people forum report at the City Chambers.
- Three Khush Dil Healthy Heart Project and Minority Ethnic Health Inclusion Project meetings regarding Bangladeshi health mela were held last year.
- Innovation in Diabetes session at the Scottish Parliament.
- Two meetings with the Social Work Department at Wester Hailes.
- Diabetes Clinical Network Confer-

ence at Heriot-Watt University.

- Three focus groups regarding diabetes information pack.
- Two meetings with Bangladeshi leaders regarding the Bangladeshi open day.
- Meeting with the British High Commissioner at Britannia Spice Restaurant.
- Assisting Naina Minhas for interviews for Bangladeshi elderly on behalf of the Scottish Executive.

### **Future plan**

I hope to organise an Eid party for the Bangladeshi community at NKS this October.

### **Conclusion**

This year for me has been a particular struggle since NKS had a funding crisis and was working with a very low budget. This has made my work of running groups and various activities for the Bangladeshi women very difficult, especially when I am unable to organise transport for those who need it. Despite these problems the Bangladeshi community spirit and support has helped me through this difficult time. Therefore, I would like to conclude by thanking my community; colleagues and co-ordinator Naina Minhas for all their support and also Anne Munro who has given me peer support all year round.

## *Rohina Hussain*

### *Health Worker*

The year 2005/2006 has been very busy and exhausting for myself and I have developed my work in many ways that has helped to raise awareness among women to eat healthily, look after their health and generally become fitter. Most of this has happened through group work.

#### Group Work

The Wednesday group is always buzzing with activity. Through my verbal reporting back to the Management Committee this year I have raised the issue of someone to help me to run the Wednesday group. In regards to funding, I hope that something can be sorted out in the long run. In the meantime I rely on volunteers from my group. I continue to run the Wednesday group once a week. I raise health issues with South Asian women by bringing them together on one platform where they can identify their health problems and needs. I am very grateful to the women, who help me run the sessions. I would also like to thank Nazish Raza and Harvinder Pal Kaur who have worked with myself and the Wednesday group, as volunteers. I inform the women about the activities by phoning them or visiting them at home. I have to inform some of them again on the day. For some health activities I need to book Health Professionals two to three months in advance.

I help to run the Friday Older Women's Group. Each week we provide women with activities such as gentle exercise and complementary therapies. A hot vegetarian lunch is organised, which everyone enjoys together as a group. The women like to socialise with each other and really look forward to coming.

I am still running an exercise class every Thursday with Dalbir Kaur, who is a

worker from the Khush Dil Healthy Heart Project (KDHP). Jagdish Singh provides a Yoga class on the same day. I would like to thank both of them for providing these activities for the women. I used to have six to seven women in the exercise class but after the health screening, I now have fifteen to sixteen women attending the session and they do not want to miss any of them.

The activities and health sessions are listed in figure 1 on page 27.

The women are always keen to participate in health screening and I organised six sessions with Robina Iqbal and Dalbir Kaur from KDHP and Megan MacKenzie who is the Health Visitor at Polwarth Surgery. The sessions were very popular with the women and they took these seriously.

I took the Wednesday group to the Bangalore restaurant in Tollcross for an Eid Party in January 2006. The women said that they would pay for their own meal because they wanted to enjoy themselves. In total twenty-five women attended and they all had a very nice time.

In the sewing classes, the women learnt how to cut outfits and make nice necklines for themselves and their daughters. They are always learning new designs. One week they cut their outfit and the next week they complete it, wear it and show each other. They are very pleased with their efforts.

In the healthy cooking sessions the women learnt how to cook without using oil for some of the dishes and cut down on oil/ghee and to use less spices. They also learnt how to keep their hearts healthy.

One of the health sessions that I arranged was a discussion group about diabetes with

Lesley Barrow from Western General Hospital. She talked to the women about how they could look after themselves and control their diabetes. She also checked everybody's blood pressure and sugar level. A few of the women were found to be diabetic when they went back to their GP's for further tests. Also I arranged one session with Dr Lubna Kerr to talk about diabetes. She informed the women about the women only evening on Wednesdays at Craggs Sports Centre. She runs a diabetes clinic there every three months. She asked the women to come along. I encouraged the women to go there, as it would be very good for them. Sometimes I pick them up from their home and take them there with me. Some of the women have already started to lose weight and their diabetes is under control.

I attended the Lothian Health Diabetes Management Clinical Network Conference. This was very interesting and I learnt a lot from it. I also attended the celebration of Innovation in Diabetes at the Scottish Parliament. I was also involved in the piloting of a diabetes information pack at NKS by Jill Alexander, from KDHHP, and Lesley Barrow. This was very interesting and there was a lot of useful information.

Another health session was with a chiropodist from the Western General Hospital. She told the women how they could look after their feet better and she gave them contact numbers in Musselburgh and Mid Lothian, as some of the women did not know about these clinics.

I have encouraged the women to attend the women only swimming sessions at Leith Victoria Swim Centre, which runs from 3.00 pm until 4.00 pm every Saturday. I keep in touch with the staff there and inform them of the needs of the women as well as trying to sort out any problems that the women have.

NKS took two coaches to Loch Katrine. The

coach was full of women, NKS nursery children, their siblings and their mothers. The scenery was breathtaking! Some of the mothers and their children hired bikes to ride while they were there. Some of them would like to go back.

Nasima and I took some of the Young Awaz Girls Group members on a three-day outing to London. We took the Megabus from Edinburgh to London and Nasima offered us the use of her flat. I would like to thank Nasima for being so generous in offering us her flat to stay in during our stay in London. We all really enjoyed the outing. We travelled on the London Underground and we took in all of the sights. Some of the girls had not been to London before and were really glad to have gone.

### Advocacy Work

I have liaised with the following hospitals and surgeries for advocacy appointments: Western General Hospital, New Royal Infirmary of Edinburgh (NRIE), Leith Treatment Centre, Leith Walk Surgery, Oxbang Surgery, Eye Pavillion, Optical Express, Bangholm Surgery, Trinity Surgery, Tollcross Clinic, Hermitage Place Dental Surgery, Diabetic Retinopathy Screening Programme, X-ray Department of the NRIE and the Gynaecology Clinic at the Western General Hospital. I support my clients to take their medication correctly. Sometimes they try to go to their GP by themselves and they end up taking more medication than they are supposed to. Sometimes I have two to three appointments a day and sometimes I have three to four appointments a day with members of the same family.

### Issues

**Parking** – This is quite an issue for the women. Between twenty-five to thirty women attend the Wednesday group and struggle to find a parking space. There is not enough parking within Darroch Annex and there is nothing outside. It is not

practical for all of the women to come by bus as it would be difficult for them to change a couple of buses just to get here for a two hour session. All of them have commitments after they attend the group and have to more or less rush off home. Some of the women have children that need to be picked up from school and need to go on time. It would make the group run more smoothly if parking were available as at present some of the women are asked to move their cars. This also adds pressure on to our office staff members, who are taken away from their office duties to try to deal with the situation. Sometimes the experience of the Wednesday group can be quite stressful whereas it should be an enjoyable one.

**Befriending Service** – I am doing my best to provide this service to both new and existing clients. Most of these clients are very isolated and need help in a variety of different ways. I take Samra Ahmed (NKS Family Support Worker) along with me when I see a client for the first time so that we can both assess what their needs are. Some clients need more regular visits and it is not always possible to do this. Sometimes I have had phone calls at the weekend as well from women who are feeling very depressed and they want me to go to their house because they need to talk. I spend more time with my elderly clients, as they are lonely and isolated. Sometimes I find myself dealing with several people from the same family. I have to work closely with each client to make sure that they get the right services.

**Funding** – As I have already mentioned above, I have raised awareness with the Management Committee that I need someone to help me to run the Wednesday group. In regards to funding, I hope that something can be sorted out in the long run. In the meantime I rely on volunteers from the Wednesday group. Sometimes I find it very difficult to manage the Wednesday group, as there is a lot to do. A

lot of the time chairs and tables have to be set up and put away. This can be very difficult sometimes as I have a back problem. I am very grateful to the volunteers who help me. Unfortunately they are not always available. I hope that the funders can see that there is a genuine need for extra funding for group assistants.

Next year the women say that they want to go to Dubai for one week and for one week to India. Some of the women said that they wanted to see India because their grandparents used to live there. This outing, if it goes ahead, will be completely funded by the women themselves.

Finally I would like to thank all of my colleagues for their help and support during the past year. I would also like to thank all of the women in the Wednesday group for coming and helping to make this group so successful. I look forward to what next year will bring.

## *Nasima Zaman*

### *Bangladeshi Support Worker*

With a lot of hard work and effort I have successfully completed my first year. I provide one to one services to the community according to their needs. I have spent the first couple of months introducing myself to the community as well as getting to know them. I am still carrying out home visits but not as many as I initially started off with as I am being cautious of being officious or obtrusive. Women were hesitant to accept help from me initially, but thankfully they are now opening up to their problems.

During the last year I have made approximately thirty-five home visits to encourage women to participate in community activities and to use NKS services. During those visits my findings were clear, Bangladeshi women face many obstacles in daily life due to their low incomes, poor literacy and other factors of life. I also became aware of the barriers they come to face while making their way to NKS - lack of transport and husbands not being aware of the services we provide. Due to my findings we organised an open day for Bangladeshi people at NKS. The open day was an exercise to raise awareness of the services we provide to the community. The day was a huge success and was attended by one hundred and thirty men and women. We also organised an outing to Blair Drummond Safari Park where we included men, that too was a success.

Overall Forty women have recently been interviewed by myself along with a sessional worker to ask them about their needs in different areas such as health, childcare, transport, group activities, employment and other areas. The needs identified will be collated and relayed to appropriate agencies and used to improve services for the Bangladeshi community.

I have supported over twenty women with various issues from housing, childcare, employment, English as a Second language, immigration and benefit issues in partnership with other agencies. I am now trying to encourage South Asian women to get into employment for which I am working very closely with Nasreen Amjad, one of the workers at Bield Housing Trust, to provide employment information to Bangladeshi women at NKS.

This year we have been extremely fortunate and managed to attain enough funds to buy a few laptops for our users, which is becoming very popular, women seem very keen on learning how to operate computers and surf the internet.

I have also attended a few health-training courses to help me build my knowledge of my job. I am still learning something new with each case I handle and I take each day as another challenge.

#### Young Awaz Girl's Group

On Fridays Rohina Hussain and I run the Young Awaz Girl's Group where we have about fifteen girls attending. I am trying to encourage more Bangladeshi girls to participate. The girls attending the group are enjoying the time they spend here because they can exchange views on topics, learn how to cook, sew or use the laptops. We also arranged two outings for them this year. The first outing was to London for three days, which the girls enjoyed and they are very eager to do it again. The second outing was to M&D's at Strathclyde Country Park and Glasgow for shopping. We hope to expand the group and introduce new activities in the near future if we manage to attain more funds.

NKS is facing difficult times as Naina is



putting a lot of effort into trying to obtain sustainable funding so that we can accommodate our users needs. I wish her all the best for next year.

My work during the past year has gradually progressed, it has been a very challenging experience yet fulfilling. I would like to thank all NKS staff for their support and guidance since I joined the team.

## *Samra Ahmed*

### *Family Support Worker*

It is that time of year once again when I have to sit down and reflect on the past year, in which I have contributed my Family Support Work (FSW) services to the South Asian community. I have dealt with a lot of tough cases and been successful with the help of Nari Kallyan Shangho (NKS) staff. I deal with the following areas: Welfare Benefits, Child Tax Credits, Housing, Council Tax, Income Support, Disability Living Allowance (DLA), Immigration, Grant Loans, Crisis Loans, Education and Incapacity Benefits. The aim of my job is to identify what each of my client needs and match that with the mainstream criteria so that I can find out what is beneficial to them.

#### Child Tax Credits

The area of Welfare Benefits has obviously expanded since Child Tax Credits have been introduced and I am getting new clients every fortnight. I have to fill out forms on behalf of my clients and get together all of the relevant documents to support their claims. Many of the clients who come to NKS for other benefit matters do not even know that they are entitled to Child Tax Credits until I review their benefits and then they realise. This just helps the families that are struggling.

#### DLA

DLA is an area where I receive many contacts from clients who feel that they are in need of it. But, after a careful review of their past and present medical history I am able to advise them as to whether they are best suited for this particular benefit or not. Sometimes it does become difficult when clients feel that they are eligible for such a benefit when actually they are not. I try my best to make them see the issues in a positive light so that no one's time is

wasted. If the client feels adamant that the wrong decision has been made in their case then I connect them to the appropriate department so that they can hear for themselves.

#### Income Support

Income Support is another area of work that is very well used by clients who are perhaps single parents or those who are unemployed. I have to keep track of any application that I make so as to make sure that they are processed as quickly as possible. When a person makes the decision to go on Income Support the obvious reason is that they have no income. So, to avoid any unnecessary complications for the families I am always in touch with the Income Support Department to get them quicker results.

#### Incapacity Benefit

Incapacity Benefit is an area of work that is much the same as Income Support. Here I advise my clients to liaise with their GP's to get the relevant medical certificates that they would need for their application as soon as possible so as not to miss out on any of the benefits.

#### Pension Credit

When I deal with this kind of work I have to work at a slower pace and keep in mind that these clients are elderly. With these thoughts in mind I try to be considerate and aim to do my very best for them.

#### Housing

This area of work is much more complicated and not a very desirable area to be working in, as the Housing Department is not one of the easiest departments to con-

vince of clients homelessness and requirements. This frustrates my clients as usually they are offered accommodation in the worst areas where there is racism. The Housing Department needs to take these issues in to consideration before they offer housing to Ethnic Minority clients.

The Family Support Work Analysis is in figure 2 on page 27.

### **Multiple Needs Cases**

I have some cases of single parent women where I have to take care of their: Income Support, Child Benefit, Child Tax Credit, Maternity Grant, Child Trust Fund and so on. I find out about all of these benefits and apply for them on their behalf. Then I chase up these benefits to see what they are entitled to.

### **Issues**

My main concern is that the Housing Department should look at their system to give a much quicker response to clients who are obviously looking for a quick answer. It cannot be easy for my clients who forever seem to be on the waiting list for a good, safe house in an area free from racism. The Housing Department seems to find it very easy to allocate houses in areas such as Broomhill, Wester Hailes, Sighthill, Muirhead and Niddrie. Only I know what my clients feel when I go with them to view properties in these areas. Nobody would like to live in a place where they are harassed because of their race, religion and the colour of their skin. The Housing Department should understand that this issue is a very difficult one. I deal with it on a day-to-day basis where I see hesitation and fear in my clients eyes when they are forced to either move into unsuitable areas or go back down the housing list.

### **Other Issues**

It is the nature of my job that I would have

endless issues. A lot of my cases are intimate and I need more time with each client. I have to really concentrate hard when I am dealing with their cases. It is a real struggle to do the amount of work that I do in my eighteen and a half hours. The agencies that I deal with should be more considerate by quickly responding to queries instead of putting me on hold endlessly.

Statutory and other agencies need more workers from the South Asian communities, who can speak languages such as: Hindi, Urdu, Bengali, Punjabi and so on. Most of the time I am not able to obtain the information that I need for my clients. It would be much better if there were bilingual workers on the other side of the telephone. I feel that it would make communication much better between my clients and the agencies.

I would like to finish my report by saying that the skills and experience that I have gained since coming in to the post have really helped me to do what is a really stressful job. I feel that I am always working under pressure, as there is only so much time. I do try to achieve the best result possible for each case that I take on. I am here to put a smile on the faces of my clients, who are struggling to get their words across to the difficult mainstream system.

## *Rukhsana Hussain*

### *NKS Childcare Facility Manager*

Recently I joined the NKS childcare staff team as a maternity cover in place of Asma A Kassim. On behalf of all childcare staff I present this report for the year 2005/2006.

It is a wonderful experience for me to work with NKS. The childcare facility has a great team always striving to provide a high standard of care and support to children and their families. I hope that in the absence of Asma that we continue to promote provision of quality childcare services at NKS.

The primary aim of the childcare service at NKS is to alleviate the negative affects of isolation and depression among South Asian women and this is in the form of providing play opportunities for pre-school children to develop a positive self-image within a comfortable environment.

We work with 0 to 3 years and 3 to 5 years of age curriculum. The 0 to 3 years of age curriculum highlights the importance of early years experience that children are unique individuals and active participants in all that happens around them with particular needs, interests, preferences and capabilities. The children need intimate and flexible environment with adults who will support their learning.

The 3 to 5 years of age curriculum emphasis is upon emotional, personal and social development areas that remain important not only at 3 to 5 years of age stages of children's development, but also at earlier and at a later stage of development.

The curriculum framework refers to the planned learning experiences based on different key aspects of children's development and learning. A curriculum framework helps staff to plan activities and ex-

periences that promote children's development and learning as:

- Emotional, personal and social development.
- Communication and languages.
- Knowledge and understanding of the world.
- Expressive and aesthetic development.
- Physical development and movement.

Based on the above curriculum framework, NKS planned various activities for children in the childcare provision that included arts and craft, music, story telling, free play and other educational activities. Besides, the following activities were specially organised in the childcare facility over the year:

#### Healthy Eating Week

NKS raised awareness of healthy eating and the importance of a balanced diet for children and parents as part of the World Health Day.

The menu was prepared according to the nutritional level recommended for children and served at NKS childcare facility over the week of healthy eating programme. The programme was much appreciated by parents and was seen as a guide to be used at home by mothers.

#### Working with the Sure Start Project

Since last year we have linked with the Sure Start South Central Young Mothers Group. This year we had some joint outings and celebrated some cultural festivals together which was a great success and was appreciated and fully supported by the parents.

### Outings for Mothers and Children

**Botanic Gardens** – We had a joint outing to Botanic Gardens with the Sure Start Project of Young Mothers Group in June. It was a beautiful sunny day. The children enjoyed running around and playing together. The outing provided an opportunity for mothers to share their experiences and worries with each other that helped to develop an understanding in the Child Development area.

**Loch Katrine** – This was another outing, in July 2006, which was a huge success. The parents brought their friends and relatives with them. There was a bike and buggy hiring facility, which gave everyone the opportunity to have fun with children riding on bikes.

**Gorgie Farm** – This was another visit organised by NKS. The children had a chance to see animals on the farm. Seeing tractors was exciting for them. They sat on the tractor. Later on we had a picnic. The children enjoyed playing in the field with wheelbarrows.

The childcare facility organises parents meetings once a month with the local Health Visitor where parents get the opportunity to discuss their child's progress and development. The topics are either chosen by parents according to their concerns or are chosen from the parenting skills programme.

NKS has also organised SVQ3 course in Childcare and Education to help train women to work in the area of childcare.

In the future we are planning to organise training for NKS childcare staff to enhance their skills according to their choice to raise their awareness in terms of latest research and findings in pre-school education.

NKS has applied for permission to take babies in the childcare facility and are still waiting for the full registration for this. Hopefully, we will be able to provide the service soon when we get permission.

The main constraint that NKS has to face in future and has also faced last year is funding for the service. Unless we receive appropriate funds to sustain the much needed service, we will go on struggling and be unsteady in the provision of this service.

## *Rohina Hussain and Nasima Zaman*

### *Youth Workers*

Nari Kallyan Shangho (NKS) works for South Asian (Indian, Pakistani and Bangladeshi) women and children living in Edinburgh. The project provides a range of services for women and children i.e. one to one support, activities of interest in group settings, training/courses and childcare. Currently, there are ten groups running at NKS according to users interests and their age group. One of the groups that runs at NKS is for young South Asian girls called Young Awaz. We run this group, once a week, catering to the needs of South Asian girls.

In June 2006, NKS received a grant award of £7,100.00 to address issues relevant to young South Asian girls in Edinburgh. The main aim of the project is to create a strong platform for young South Asian girls to address issues for themselves and provide a safe learning environment for them. The key tasks set by the project have been to provide activities in a group setting of interest to young girls and encourage them to use drop-in facilities provided at NKS.

The project started by carrying out publicity where girls were invited to NKS to give their suggestions on creating drop-in facilities. The idea of Internet facilities for users was most welcomed by them. The girls were really excited, and very enthusiastically made a list of films, music CD's and PC games that they would like to use at NKS during group work sessions or while using the drop-in facility.

NKS bought three laptops for the girls group and got Internet connection for their use. NKS has bought thirty-five to forty Asian films, and some music CD's. This collection is kept for the users, for when they are using the drop-in facilities. A hi-fi music centre was bought for the music CD collection to be used. NKS also man-

aged to buy a few more sewing machines due to sewing being so popular.

The girls group is not only full of fun-loving activities but is also educational. We invite Health Professionals to come along and give advice to the girls on various health issues, such as: healthy eating, eating disorders and period pains.

In July 2006 three sessions and a trip to London were organised for the young girls group. In the first session the girls were taken out for bowling and then to Pizza Hut for lunch. Fifteen girls attended on the day. Two sessions of complementary therapy were organised where girls learnt how to do pedicure and manicure. The sessional worker demonstrated pedicure and manicure to girls so that they could do that more often at home. Thirty-three girls attended both sessions in total. In August 2006 a picnic on the beach was organised for the girls, which was attended by twenty-three girls and a trip to M&D's at Strathclyde Country Park was organised. Thirty-one girls went for this trip. Two sessions on henna hand painting were organised where girls learnt how to do henna hand painting. Nineteen girls attended these two sessions. In September 2006 two sessions on Bollywood Dancing, one on complementary therapy and one on eating disorders were organised. Seven girls attended the Bollywood Dance sessions, twelve girls attended complementary therapy session and nine attended the eating disorders session. In October 2006 four sessions of sewing have been organised. Two of the sessions have already taken place.

The girls are using Friday as a drop-in session as well. They drop in much before the session starts and stay back to either surf the Internet or just a social chat. They



watch a film or listen to songs etc. when they are engaged in other activities. The girls are also using the drop-in facility on other days, but are coming in small numbers. Two or three girls at a time drop in during the week either to use the laptops for typing their CVs etc. or to use the Internet. Friday is the day of the week that is more popular with young people at NKS. NKS is still looking into buying PC games for them.

One of the girls said: *"I have been a member of NKS for about five years now. Since then I have been taking part in various group activities: health sessions, complementary therapies, sports and outings such as M&D's at Strathclyde Country Park, Glasgow, London and Blackpool. As well as being involved in the activities I also met new friends through the group. Even though being a second year student at University I still take time out for NKS. NKS has helped me to build up my confidence and meet new people."*

Besides all the sessions at NKS, we have encouraged girls to attend women only swimming sessions with female lifeguards every Saturday at the Leith Victoria Swimming Centre. The girls are regularly attending sessions there without any support from the workers. We have also encouraged them to use fitness sessions organised by Dr Lubna Kerr – diabetes specialist. These sessions take place every Wednesday evening at Craggs Sports Centre. Some girls, along with women from NKS, attend them. These sessions are for women only and attended mainly by ethnic minority women. We accompany girls and women to encourage them to use the service.

We provide all kinds of information at NKS about various services that women and girls could use in Edinburgh. The fact is that South Asian women and girls will only use services that are sensitive to their needs. The support and encouragement from NKS workers will not go very far if

the services that have to be accessed by ethnic minority women are not culturally sensitive for them. The responsibility does not lie with NKS to raise women's confidence in other services in Edinburgh. NKS can only provide them information and tell them that these services are available. The services will only be used if the service providers are ready to provide the women with services that are sensitive to their needs. Until then, no amount of encouragement from any agency will help.

Next year we hope to expand the girls group by introducing new users and new activities. We would like to thank all of the Young Awaz Girls Group members and NKS staff for their support and help throughout the year and hope for another interesting and fun-filled year.

## *NKS Work At A Glance*



*Saturday Group ~ Having Lunch Together*



*Young Awaz Girls Group ~ Cutting and Sewing Session*



*Birthday Party Time in the NKS Nursery*



*Bangladeshi Trainees with Councillor Lorna Shiels*



*NKS Chairperson and Staff with the Scottish Empowerment Trophy*



*Focus Group in Friday Older Women's Group ~ 10/02/2006*



*Young Mothers Group - First Aid Training*



*Bangladeshi Women's Group ~ Healthy Cooking Session*



## *NKS Work At A Glance*



*Outing to Loch Katrine ~ Users Cool Their Feet in the Loch*



*Friday Group Outing to Falkirk Wheel ~ 23/06/2006*



*Bangladeshi Women and Children ~ Outing to Vogrie Country Park*



*English as a Second Language Class*



*The Wednesday Group*



*Open Day for the Bangladeshi Community ~ 09/07/2006*



*Taster Session for "Health Issues In The Community" Course*



*Aerobic Exercise Class*

## Quantitative and Qualitative Analysis

| Month                   | Telephone Enquiries | Bangladeshi women's Support Group | Wednesday Group at NKS | Mother and Toddler Group | Aerobic Exercise Classes | Friday Older Women's Group | Young Awaz Girl's Group | Saturday Group | NKS Events/ Functions | Big/ Small Outings | Totals      |
|-------------------------|---------------------|-----------------------------------|------------------------|--------------------------|--------------------------|----------------------------|-------------------------|----------------|-----------------------|--------------------|-------------|
| September-05            | 189                 | 0                                 | 60                     | 38                       | 21                       | 52                         | 65                      | 15             | 120                   | 53                 | 424         |
| October                 | 153                 | 0                                 | 0                      | 28                       | 0                        | 0                          | 0                       | 16             | 0                     | 0                  | 44          |
| November                | 158                 | 67                                | 48                     | 32                       | 9                        | 25                         | 35                      | 0              | 159                   | 0                  | 375         |
| December                | 99                  | 18                                | 0                      | 20                       | 1                        | 45                         | 17                      | 0              | 0                     | 0                  | 101         |
| January-06              | 156                 | 30                                | 56                     | 38                       | 8                        | 24                         | 6                       | 25             | 25                    | 0                  | 212         |
| February                | 207                 | 24                                | 75                     | 40                       | 3                        | 49                         | 35                      | 15             | 0                     | 0                  | 241         |
| March                   | 203                 | 50                                | 61                     | 38                       | 48                       | 50                         | 38                      | 9              | 0                     | 0                  | 294         |
| April                   | 143                 | 9                                 | 76                     | 28                       | 62                       | 44                         | 28                      | 17             | 0                     | 0                  | 264         |
| May                     | 316                 | 35                                | 105                    | 40                       | 38                       | 48                         | 42                      | 12             | 0                     | 0                  | 320         |
| June                    | 174                 | 44                                | 85                     | 48                       | 51                       | 48                         | 60                      | 12             | 0                     | 69                 | 417         |
| July                    | 155                 | 143                               | 71                     | 0                        | 37                       | 47                         | 48                      | 0              | 130                   | 112                | 588         |
| August-06               | 183                 | 28                                | 93                     | 28                       | 39                       | 50                         | 50                      | 11             | 0                     | 121                | 420         |
| <b>Total</b>            | <b>2136</b>         |                                   |                        |                          |                          |                            |                         |                |                       |                    |             |
| <b>Total Attendance</b> |                     | <b>448</b>                        | <b>730</b>             | <b>378</b>               | <b>317</b>               | <b>482</b>                 | <b>424</b>              | <b>132</b>     | <b>434</b>            | <b>355</b>         | <b>3700</b> |

### Notes

- Each woman is counted as a separate woman each time she attends a group/activity.
- Not all telephone calls have been recorded due to a heavy workload.
- There are 9 women registered in the English as a Second Language class, run at NKS on Mondays and Tuesdays by Kay Penman and Debbie Thom from Stevenson College, and an average of 6 women attend each week.
- The aerobic exercise classes are run by Dalbir Singh from the Khush Dil Healthy Heart Project.
- The Mother and Toddler Group is run by Rukhsana Hussain and Alison Conroy from Grassmarket Nursery School. The group runs with the school term.

### Outings

London  
 Loch Katrine  
 Blair Drummond Safari Park  
 Vogrie Country Park  
 M&D's at Strathclyde Country Park and Glasgow  
 Falkirk Wheel  
 Gorgie City Farm  
 Botanic Gardens  
 Picnic

*Wednesday Group Work Analysis (figure 1)*  
*Family Support Work Analysis (figure 2)*

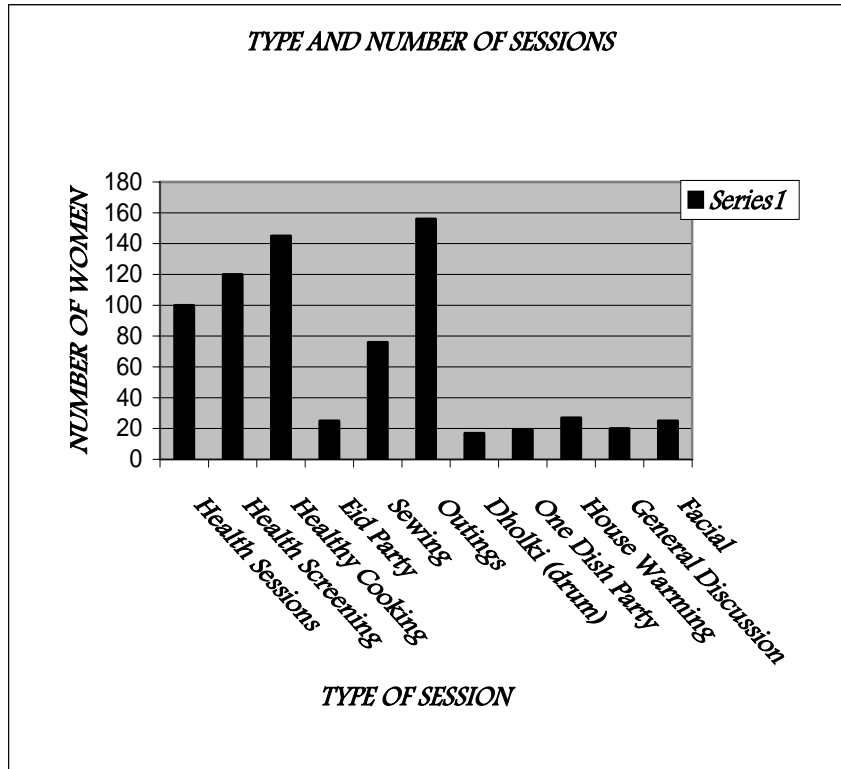


Figure 1

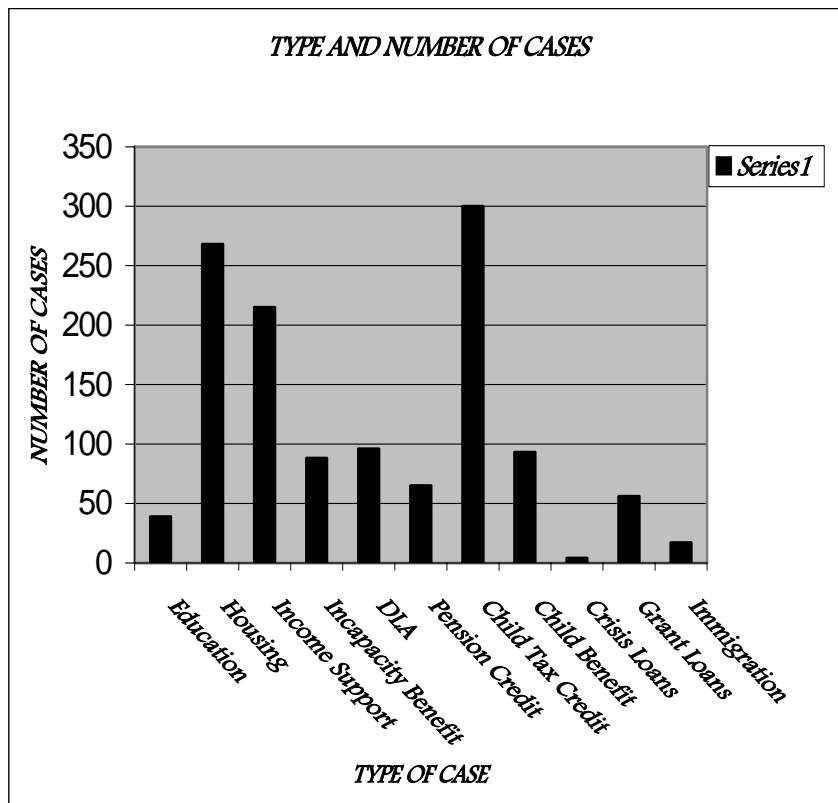


Figure 2

## *Extract from the Audited Accounts*

### Nari Kallyan Shangho

#### Statement of financial activities (Incorporating income and expenditure account)

for the year ended 31 March 2006

|  | Notes | Unrestricted funds<br>£ | Restricted funds<br>£ | 2006<br>Total<br>£   | 2005<br>Total<br>£   |
|--|-------|-------------------------|-----------------------|----------------------|----------------------|
| <b>Incoming resources</b>                            |       |                         |                       |                      |                      |
| <b>Incoming resources from generated funds</b>       |       |                         |                       |                      |                      |
| Voluntary income                                     | 2     | 25                      | 116,787               | 116,812              | 153,452              |
| Activities for generating funds                      | 3     | 5,021                   | -                     | 5,021                | 8,279                |
| Investment income                                    | 4     | 825                     | -                     | 825                  | 777                  |
| <b>Incoming resources from charitable activities</b> |       |                         |                       |                      |                      |
|  | 5     | 1,893                   | -                     | 1,893                | -                    |
| <b>Total incoming resources</b>                      |       | <u>7,764</u>            | <u>116,787</u>        | <u>124,551</u>       | <u>162,508</u>       |
| <b>Resources expended</b>                            |       |                         |                       |                      |                      |
| <b>Charitable activities</b>                         |       |                         |                       |                      |                      |
|  | 6     | (12,627)                | (123,509)             | (136,136)            | (156,725)            |
| <b>Governance costs</b>                              |       |                         |                       |                      |                      |
|  | 7     | -                       | (1,542)               | (1,542)              | (1,767)              |
| <b>Total resources expended</b>                      |       | <u>(12,627)</u>         | <u>(125,051)</u>      | <u>(137,678)</u>     | <u>(158,492)</u>     |
| <b>Net movement in funds</b>                         |       | <u>(4,863)</u>          | <u>(8,264)</u>        | <u>(13,127)</u>      | <u>4,016</u>         |
| <b>Reconciliation of funds</b>                       |       |                         |                       |                      |                      |
| Total funds brought forward                          |       | <u>43,432</u>           | <u>20,484</u>         | <u>63,916</u>        | <u>59,900</u>        |
| <b>Total funds carried forward</b>                   |       | <u><u>38,569</u></u>    | <u><u>12,220</u></u>  | <u><u>50,789</u></u> | <u><u>63,916</u></u> |



## *Extract from the Audited Accounts*

### Nari Kallyan Shangho

#### Balance sheet as at 31 March 2006

|   | Notes | 2006          |               | 2005          |               |
|---|-------|---------------|---------------|---------------|---------------|
|   |       | £             | £             | £             | £             |
| <b>Fixed assets</b>                                   |       |               |               |               |               |
| Tangible assets                                       | 12    |               | 470           |               | 6,651         |
| <b>Current assets</b>                                 |       |               |               |               |               |
| Debtors   | 13    | 9,821         |               | 2,002         |               |
| Cash at bank and in hand                              |       | 42,222        |               | 58,155        |               |
|   |       | <u>52,043</u> |               | <u>60,157</u> |               |
| <b>Creditors: amounts falling due within one year</b> | 14    | (1,724)       |               | (2,892)       |               |
| <b>Net current assets</b>                             |       |               | 50,319        |               | 57,265        |
| <b>Net assets</b>                                     |       |               | <u>50,789</u> |               | <u>63,916</u> |
| <b>Funds</b>  |       |               |               |               |               |
| Unrestricted funds                                    | 16    |               | 38,569        |               | 43,432        |
| Restricted funds                                      | 17    |               | 12,220        |               | 20,484        |
|   |       |               | <u>50,789</u> |               | <u>63,916</u> |

This is an extract from the audited accounts, which were signed on the 9th of October 2006. The audit report is unqualified. The full statutory accounts may be obtained from Nari Kallyan Shangho, Darroch Annexe, 7 Gillespie Street, Edinburgh, EH3 9NH.

## ନାରୀ କାଲ୍ୟାଣ ଝିହାଂଗ୍ଠ

### Board of Directors and Members for 2005/2006

| <u>Name</u>      | <u>Director/Member</u> | <u>Office</u>                     |
|------------------|------------------------|-----------------------------------|
| Saroj Lal        | Director               | Chairperson                       |
| Jabeen Munir     | Director               | Vice-Chairperson                  |
| Rashpal Nottay   | Company Secretary      |                                   |
| Anne Munro       | Director               | Treasurer                         |
| Indra Shishodia  | Director               | Vice-Treasurer                    |
| Megan MacKenzie  | Member                 |                                   |
| Kamuran Malik    | Member                 |                                   |
| Rukhsana Hussain | Member                 | Stepped down in<br>September 2006 |
| Aysha Miah       | Member                 |                                   |
| Rohini Sharma    | Member                 |                                   |
| Mahmuda Boksh    | Member                 |                                   |
| Assia Hussain    | Member                 |                                   |
| Savita Handa     | Member                 |                                   |

## ନାରୀ କାଲ୍ୟାଣ ଝିହାଂଗ୍ଠ

### Main Funders for 2005/2006

The City of Edinburgh Council  
Lothian Health  
BBC Children In Need  
Lloyd's TSB Foundation for Scotland  
Scottish Community Foundation  
Edinburgh Childcare Partnership  
Scottish Community Foundation  
Scottish Executive Ethnic Minority Grant Scheme  
Edinburgh Voluntary Organisations Trust



nari kallyan shangho

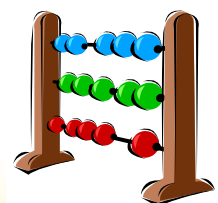
# CHILDCARE FACILITY

**NARI KALLYAN SHANGHO RUNS A  
MULTI-CULTURAL CHILDCARE FACILITY  
FOR CHILDREN BETWEEN 2 AND 5  
YEARS OF AGE.**

**The Childcare Facility runs five days a  
week from  
Monday to Friday 9.00 am to 3.00 pm**



We're based at  
**Darroch Annexe  
7 Gillespie Street  
Edinburgh EH3 9NH  
Tel/Fax: 0131 221 1915  
Email: [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk)  
Website: [www.nkshealth.co.uk](http://www.nkshealth.co.uk)**



नारी कालियान इहान्गो

Darroch Annexe  
7 Gillespie Street  
Edinburgh  
EH3 9NH

Tel/Fax: (0131) 221 1915

Website: [www.nkshealth.co.uk](http://www.nkshealth.co.uk)

E-mail Address: [nks@nkshealth.co.uk](mailto:nks@nkshealth.co.uk)

Registered Charity Number: SC000697

Registered Company Number: 226920