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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 Nebsite: www.nkshealth.co.uk



#### NARI KALLYAN SHANGHO

## **BOARD OF DIRECTORS FOR 2006-07**

ROHINI SHARMA JOSHI	DIRECTOR	CHAIR PERSON
SAROJ LAL	DIRECTOR	VICE-CHAIR PERSON
MEGAN MACKENZIE	DIRECTOR	COMPANY SECRETARY
		Stepped down 06/11/06
JABEEN MUNIR	DIRECTOR	COMPANY SECRETARY
		Appointed 06/11/06
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KAMRUN NESSA	DIRECTOR	
SHUMONA AZAD	DIRECTOR	

<i>Extrac</i>	t from	the Au	dited Ac	ccounts	,	
	Nari	Kallyan Shan	gho			
		Balance sheet t 31 March 20	07			
		200	7	20	06	
	Notes	£	£	£	£	
Fixed assets						
Tangible assets	12		1,575		470	
Commente						
Current assets	13	15,559		9,821		
Debtors Cash at bank and in hand	15	37,398		42,222		
Cash at bank and in hand				· · · · ·		
		52,957		52,043	1	
Creditors: amounts falling				(1.50.4)		
due within one year	14	(4,363)		(1,724)		
Net current assets			48,594		50,319	
Not equate			50,169		50,789	
Net assets						
Funds						
Unrestricted funds	16		42,878		38,569	
Restricted funds	17		7,291		12,220	
			50,169		50,789	

This is an extract from the audited accounts, which were signed on the 17h of June 2007. The audit report is unqualified. The full statutory accounts may be obtained from Nari Kallyan Shangho, Darroch Annexe, 7 Gillespie Street, Edinburgh, EH3 9NH.

# Extract from the Audited Accounts

#### Nari Kallyan Shangho

Statement of financial activities (Incorporating income and expenditure account)

#### for the year ended 31 March 2007

		estricted funds £	Restricted funds £	2007 Total £	2006 Total £
Incoming resources					
Incoming resources from					
generated funds					
Voluntary income	2	-	116,528	116,528	116,812
Activities for generating					
funds	3	10,623	-	10,623	5,021
Investment income	4	935	-	935	825
Incoming resources from					
charitable activities	5	1,150	-	1,150	1,893
Total incoming resources		12,708	116,528	129,236	124,551
Resources expended					
Charitable activities	6	(7,425)	(120,470)	(127,895)	(136,136)
Governance costs	7	(170)	(1,791)	(1,961)	(1,542)
Total resources expended		(7,595)	(122,261)	(129,856)	(137,678)
N					
Net resources expended before transfers		5 1 1 2	(5 722)	(620)	(12 127)
Gross transfers between funds		5,113 (804)	(5,733) 804	(620)	(13,127)
Gross transfers between funds		(004)		-	-
Net movement in funds		4,309	(4,929)	(620)	(13,127)
Reconciliation of funds					
Total funds brought forward		38,569	12,220	50,789	63,916
Total funds carried forward		42,878	7,291	50,169	50,789



## NKS Work At A Glance



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



Bangladeshi Women and Children ~ Outing to Vogrie Country Park



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



English as a Second Language Class



The Wednesday Group



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





Aerobic Exercise Class

# 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



Girls group - Young Awaz



NKS Chairperson and Staff with the Scottish Empowerment Trophy



Women's group at NKS



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



Bangladeshi Women's Group ~ Healthy Cooking Session

The meetings were held with girls regarding the trip about getting consent forms signed by their parents and also sorting out their travel insurance that was a vital aspect of the job. The trip was a huge success and full of enjoyment, it was informative and educational to some extent. The girls know help is at hand and they could take advantage of it when required. It is hoped that at NKS we manage to find and maintain resources through hard work required to facilitate the group and to take it forward in the future.

#### Future plan

NKS is working closely with the Edinburgh Leisure Centre to organise fitness sessions along with many other activities to improve lifestyle of young South Asian girls. Shiela of Edinburgh Leisure Centre seems optimistic about getting the funds in order which will enable us to start the sessions in the coming months.

NKS is pleased to announce that it has successfully managed to secure funds from the Edinburgh Community Safety Partnership Local Initiative Fund and Youth Link Scotland to provide services and support to Asian girls.

#### Conclusion

At NKS we cater for all areas of our users needs, be it building their self esteem, breaking isolation, passing relevant information on to them, help them with job opportunities or simply encourage them to take on different tasks live through at them.

## Rohina Hussain and Nasima Zaman Youth Workers

Youth group at NKS (Young Awaaz) is a group for young girls between the age of twelve to twenty years. It provides South Asian girls with a platform to voice issues, find place to explore their hobbies, learn from each other with the support and direction from NKS staff. The activities are developed which are of interest to the users of this group.

The last twelve months have had full of fun, information, debate and very exciting activities as well as discussions on various issues relating to them.

There are around fifteen Bangladeshi and Pakistani girls attending the group on regular a basis, although some girls have started university they still take every opportunity they get to attend the group and meet the other girls. Last year NKS managed to obtain funds to help run the group which went a long way. NKS bought laptops, games and film CDs, two caram boards and other board Unfortunately this year games. there was a struggle due to lack of resources.

### Activities taken place

• Every six weeks there are discussions as to what to arrange for the coming weeks.

- In March a picnic was arranged at the Arthur seat which was enjoyed by everyone as the weather was perfect.
- Sessions were held to raise awareness on healthy eating and exercise.
- Help girls with accessing job opportunities, advising them accordingly on other aspects of life which they find hard to discuss with their families.
- In June secondary schools were visited to promote the group to Asian Girls.
- Few meetings with parents and girls were held to discuss the Dubai trip
- The much awaited disco night took place in December, it was a great success as around 50 girls from our Asian community turned up and enjoyed time together. Eid party was celebrated in November and several birthdays too were celebrated in the group.
- Few sessions on beauty therapy were held, which is on their top priority list and something they all can relate to.
- Arranged two sessions on looking after hair, girls showed a lot of interest in it.

Due to immense pressure and request NKS arranged to take the girls to Dubai in June which they and their parents agreed to pay for.

## NKS Childcare Facility Manager Asma .A. Kasim

The New Year started with the rejoicing news of full registration for the NKS childcare facility. This means that the NKS Nursery could give places to children under the two years of age and begin to follow the Birth to three years of age documents, which highlights the importance of early year experiences.

The NKS Nursery emphasize on three key elements - relation ship, responsive care and respect. We believe that children are unique individuals and active participants in all that happens around them with particular needs, interest, preferences and capabilities. The children need intimate and flexible environment with adults who will support their learning. We recognize that effective practice is implemented by understanding the central importance of relation ship and need sensitive approaches towards developing the relationship and learning.

The NKS childcare facility is providing the placements for the students of SVQ2 and SVQ3 in childcare and education. The placements are co-ordinated and supervised by NKS. These students are bringing fresh ideas and individual skills to the childcare facility. This is giving children the opportunity to explore more new activities and innovative ideas. Children had many local outings to explore their environment such as walk to the canal to feed the ducks, library, local shops, dental surgery etc. In March Children had exciting opportunity to do multicultural fashion show in the NKS culture Diversity show. They performed in the show by showcasing dresses of different regions and cultures where they were greatly appreciated and had good fun too. Children had good party time as we celebrated the birthdays of children and given the farewell to the children who move on to the mainstream nurseries.

To improve the quality of service Staff is going through the training such as SVQ 3, HNC and PDA in childcare and education. It is giving workers more understanding of their roles and responsibilities, which lead to improved performance in their jobs. These qualifications meet the set of general principles of Scottish credit qualificagoverning tion framework, the qualification required, which are integration of practice and learning, recognition and importance of underpinning knowledge and value base that is consistent with the code of practice for social services workers.

## Phone calls made and received regarding cases.

Pakistani	Indian	Bangla- deshi	Others
207	10	10	3

(Other clients are Middle East and African Clients)

New Clients since April 2007 to Oct 2007 are 5

Clients left Nks services Of Family Support Work since April 2007 to Oct 2007 are 2

Since Oct 2006 until May 2007 other work that has an array of issues including:

- 1 Immigration
- 2 National Insurance
- 3 Inland Revenue
- 4 Working /Family tax credit
- 5 Marital Issues
- 6 Unemployment/Job/ Search
- 7 Tribunals /Hearings attended

In the last six months I have had women come to me with a high interest in seeking jobs. I have helped them to achieve national insurance numbers also helping them with their interviews. Many of my clients now feel confident enough to fill out benefit applications and check their progress with the relevant departments.

Finally I would like to thank all my colleagues for their help and support during the past year. I would also like to thank all women coming to NKS for help for remaining patient with regards to there pending work.

lone parent with two young chil-By assisting her I ensured dren. that she had followed all the correct procedures to get a good response from the housing. She was offered an accommodation in the East Edinburgh side (Niddrie). When the client went to view the accommodation, the neighbours gave her abuse which greatly upset her. On returning she got in touch with me explaining that she could not take her two young children and live there. As she had refused for the property she had been told if she was very desperate for a place she should have taken it. I got involved in the case as her advocate. Later I had to submit an appeal explaining a valid reason for refusing the offer.

The issue here is that of the lack of understanding of issues faced by ethnic minorities. There should be a better understanding. A lone female parent with two young children should not be expected to be living in an area full of youths who would harrass her from time to time. Resulting that a person has to live in fear if they want a roof over their head. Despite having many meetings with the housing authorities making them understand situations from the client's view still I come across these issues on a regular basis.

#### work done At the ending year of 2006/2007

Claimants for hous-77 ing Claimants for council 69 tax benefit Claimants for in-98 come support Claimants for child 69 tax credits Claimants for pen-35 sion credit Claimants for debt 36 related Claimants for dis-15 ability living allowance Claimants for Atten- 10 dance allowance

Since November 2006 I have had attended 7 tribunals 1 attended was for income support, 4 for Disability Living allowance and 3 immigration related.

#### <u>clients</u>

Pakistani	Indian	Bangla- deshi	Others
99	4	10	3

This information is about the appointments attended by clients in office and my out of office appointments regarding their cases. Appointments Taken

Pakistani	Indian	Bangla- deshi	Others
400	9	8	13

## Samra Ahmed Family Support Worker

Nari Kallyan Shango(womens organisation) has been established since 1987. After identifying the needs of the South Asian community in **1994**, a request was put forward for a family support worker. The post of a family support worker was greatly needed as the worker would have one-to one contact with many users at NKS. This would enable the worker to closely recognise a lack of communication between the user and the service provider. Family Support work consists of helping women and their families to attain their benefit rights, to alleviate homelessness and poor living conditions within the south Asian community to bridge the gap between and the user and the service provider.

This is my fourth annual report of the family support work I have completed for the south Asian community; Benefits area is an area of considerable expenditure and high public profile. An annual report assists in bringing together the various changes that have occurred over the year in the family support work at NKS. It also gives a breakdown of my delivered services to the service users of NKS.

There has been a marked increase in the number of Asian people who now live in Edinburgh and there has been continuing flow of recent arrivals who have come from the south of England and settled in Scotland. It is hoped that the increased number and pattern of minority ethnic representation in Edinburgh will prompt local and national policy makers to give greater recognition and attention to the needs of this diverse and changing community.

The wider area of work that I find myself more involved with is welfare benefits consisting of - Income Support, Incapacity Benefit, Disability living Allowance, Pensions, Child Tax Credits, Housing, and Housing benefit, Immigration Education, and other.

When I do offer assistance with making an application for a benefit, on many occasions it works out in that many other doors open with positive outcomes. Other times, it is a negative response where I have to use my skills to show other options to the clients.

The field I have concerns about is in the area of housing. When an application is made for housing the clients are given a choice of where they could be housed, but where they actually go would be the housing sector's decision, and if the client raises any concerns, their needs for housing are considered less important.

One recent case involved that of a

Job Opportunity Support Officer and accompanied clients to the interview in search of suitable employment for them.

• Made housing applications for clients

· Registered 4 clients for the voters list

• Helped 3 clients obtain their national insurance number (male and female)

• Liaised with Wilson Terris Solicitors for a client due to domestic problems.

• Started working on obtaining British Citizenship for clients.

• Allocating information on indefinite leave and passing it on to clients, and helping them prepare for 'The life In The UK Test'.

• Accompanied a number of clients to the hospital, clinics and doctors

• Provided interpretation at two focus group discussions on sheltered housing for older women.

Other than all the work listed above women are also helped to combat day-to-day problems they face. Whether its trying to read a letter or understanding it or simply filling in forms sent from schools, doctors, local authorities etc. Clients were also signposted to the appropriate agencies according to their demands. Making applications for various benefits is very time consuming and can require a lot of thought on how to deal with certain cases. Housing is a major issue that needs to be addressed. Overcrowding remains a major issue as they cannot afford to buy bigger properties due to their low

Income. Applying for council housing is not an option for them due to the long waiting lists and bidding procedures and the availability of housing in desirable areas. This is an area that the housing sector should look in to and find its core reason and emphasis on it. Housing sector needs to work along-side appropriate organisations who are willing to deal with issue of living in overcrowding and poor housing conditions which contributes to ill health.

Bangladeshi women are now using our drop-in-facility to their advantage, whether it be just for a friendly chat for isolated women or wanting one to one discussions regarding various issues, or looking for help, advice and information concerning various aspects of their day to day life.

I have also participated in a health related course (health in the community) at NKS, along with my colleagues, including taking advantage of other health related sessions taking place on our premises such as healthy eating, combating obesity and dealing with diabetes and keeping it under control.. All staff from NKS have also done one-day training on mental health, which we found extremely helpful and thoroughly enjoyable.

I would like to thank all my colleagues for their continued support.

## Nasima Zaman Bangladeshi Support

This year has started off with a lot of educational courses and activities for staff and our users. The job has been very fulfilling as through effective befriending work trust is established with the clients. The number of clients has and is increasing by the day. The clients are now fully aware of the services NKS provides, and are now taking full advantage of it.

NKS is an organisation based on women's needs, however exceptions are made when a wife or mother cannot approach us due to a disability or severe illness which creates a barrier for them to access other mainstream services available to them . In such instances the husband or son becomes a contact person.

A large number of clients want more activities at NKS premises such as cooking, sewing, massage and most popular of all, healthy eating and fitness sessions, as a vast number of community have issues in this area. Holding various sessions at NKS, which women request for, is the perfect way of breaking isolation and barriers and also it is a way for them to interact.

Clients are becoming more assertive, and are aspired to bring themselves into the 21<sup>st</sup> century. They are very much aware of the importance of learning to speak English and to use a computer. Some women have been given lessons on surfing the Internet and now they can do simple tasks such as shopping and banking.

Work with clients has expanded over the year and NKS is trying to accommodate their support needs. Below is a list of activities carried out in the past one year:

• Filled in ESL application forms for eighteen clients (male and female)

• Filled out job application forms for various jobs for 7clients (male and female)

• Applied for income support for 3 clients.

Applied for incapacity benefit for
3 clients for and worked closely
with their GP.

• Applied for maternity grant for 2 clients.

• Applied for child benefit for 3 clients

• Applied for child tax and working tax credit for 5 clients.

• Accompanied a client to the maternity ward whilst giving birth to her first child.

• Accompanied a number of clients to give interviews for ESL classes.

• Arranged appointments with the Bield, Trust and Hanover's ,

#### **Conclusion**

As was mentioned at the beginning of this report, I still do enjoy doing my work and find it very rewarding every time I help someone. I always look forward to getting on with the work at hand. I would like to end by thanking all of my colleagues and Management Committee members for their support during the past year.



Bellevue Clinic, Marchmont Dental Surgery, Liberton Medical Group, Oxgangs Surgery, Western General Hospital Rheumatology Department, Western General Hospital Diabetes Clinic, Gorgie Dental Clinic, Victoria Hospital, Leith Walk Dentist, Tollcross Medical Centre, Bangholm Surgery, Polwarth Surgery, Chronic Pain Clinic (NRIE), Leith Link Dental Surgery, Gynaecology Department (NRIE), Ultrasound Department (NRIE), Leith Treatment Centre, Joppa Surgery, Optical Express Optician in Cameron Toll and the Eye Pavilion at Chalmers Hospital.

I worked very closely with Kiran Duggal from the Minority Ethnic Health Inclusion Project (MEHIP) who helped to arrange health sessions for me. I also worked with Rashpal Nottay from the REH who referred clients to me with mental health problems. Rashpal accompanied me to home visit these clients and sometimes we brought them to NKS for further help.

#### Other Work

All NKS staff and volunteers took part in the NKS Cultural Celebrations Day on the 17<sup>th</sup> of March 2007 at Thomas Morton Hall. A lot of planning went in to this event from all NKS staff and we were rewarded with a very successful event. Attending the KDHHP International Women's Day celebrations was a good experience. 1 have been involved in running the Older Women's group at NKS. also went to meet women at the Dosti Muslim Women's Group on the closing down day of their group. We invited their women to NKS so that they could use our services.

With NKS colleagues a workshop was done with Abha Rodrigues from the IDP Project (Scottish Parliament) on the changes made to the voting process. Women came to NKS for the workshop and they found it very informative.

Asma went with me to attend a meeting with Stenhouse Child and Family Centre. Staff from the family centre came to NKS to find out how we could help them to deal with a South Asian child and their mother. We offered the staff from the child and family centre more help for the mother if it was needed.

However, the biggest piece of work was taking the Young Awaz Girls Group to Dubai with my colleague, Nasima. We took a total of fourteen girls to Dubai for a week. It was a huge step for us to take the girls abroad. The trip was funded entirely by those who went. The trip was very enjoyable and successful. NKS staff and the women that completed the "Health Issues in the Community" course went to Birmingham to visit several projects. This was very interesting as we were able to see how other projects were being run and what kind of work they were engaged in.

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I could go with the client. Sometimes the clients had two to three appointments a week. Some of the clients had five to six children and sometimes work was done with six to seven members from one family.

It was really hard work to accompany clients with two to three children for appointments (especially if the children were under the age of eight) as it became very difficult to handle them. They just went in to the room and touched the clinical things and annoyed the health professional. The mothers could not leave their children in the house and they had to bring the younger ones with them. Sometimes two to three children from the same family had appointments together as this was easier for the mothers rather than coming on separate days.

Sometimes more attention needed to be paid to the clients because they did not realise how important it was to look after their health e. g. their teeth. One family was regularly accompanied for dental treatment and it was hard work because the situation became so bad that the children's teeth had to be removed. However, the dentist was very happy with the service provided by NKS. He said that without this help he would not have been able to continue to provide the children with dental care, as the mother could not speak English.

Sometimes a lot of really hard work was needed when working for the elderly such as: making appointments for them, picking them up from their home, taking them to their appointment, bringing them back home and making arrangements for their medicines. Sometimes, in cases of emergency, their prescription had to be picked up from their GP and handed in to the chemist and arrangements had to be made for the chemist to drop the medicine to the patient's home. Despite all of the hard work it was very satisfying and rewarding to help the elderly clients.

Although the workload at NKS was very challenging and the clients could be very demanding, I still enjoyed doing the work. I especially liked to work for those women who were isolated and needed help to build up their confidence. It was very rewarding when they felt that they were able to put their trust in me and could confide in me, whatever their problems might be. I did my utmost best to help them, and always will.

A total of 16 home visits and 83 appointments were done during this year. The following surgeries and hospitals were liaised with for these appointments: New Royal Infirmary of Edinburgh (NRIE), were positive then they were taken on. They will be monitored regularly for the next two years and advised on what changes they could make to their lifestyle to lessen their risk of developing diabetes. The women that attended the Wednesday Women's Group were very happy to take part in this project.

The aerobic exercise classes were still running with Dalbir Kaur from the Khush Dil Healthy Heart Project (KDHHP) every Thursday and between eight and ten women regularly attended. I would like to thank her for the help in running this group with me. I would also like to thank her for arranging a small plot of land for this group to grow their own vegetables at Bridgend Allotment Farm. Between seven and eight women regularly went to the allotment, once a week for seven weeks, and grew their own vegetables. When the vegetables were ready the women cooked potato and spinach curry and made chutneys. They even had lunch with some of the other allotment farmers! The women really enjoyed growing their own coriander, mustard, kadu, spinach, methi and radishes.

Asma A Kassim (NKS Childcare Facility Manager), Shamsad Rahim (NKS Health Worker for the Bangladeshi community), Dalbir Kaur and myself took part in the Health Week at NKS during July 2007. This involved planning healthy meals each day and taking part in exercise. A total of twenty women and NKS Nursery children took part in the Health Week. Dalbir checked the weight of each woman at the start of the Health Week and at the end. Each day the women started off by doing thirty minutes of yoga then they had their healthy breakfast. After this they went for a long walk. We prepared a healthy lunch for them each day. The women really enjoyed taking part in the Health Week and several of them planned to keep up with eating more healthily and taking more exercise. Some of them even planned to walk together which would make it easier for them to motivate each other and it would help to pass the time.

A summer outing was organised for NKS users to the Craigtoun country park and was thoroughly enjoyed by them.

## Advocacy Work and Home Visits

This year has been a very busy one for advocacy work. Advocacy support was provided via clients being accompanied to various appointments e.g. hospital, clinic, dentist, GP and so on. If a hospital appointment for one of the clients was not suitable for me to accompany them then it was changed to a more suitable time so that I could go with them. The other types of appointments were made to suit my availability so that

## Rohina Hussain Health Worker

This year the type of work done has been the same as in previous years such as: group work, health advocacy and befriending service. The work has been enjoyable and I tried my best to do as much as I could within my hours.

Since November 2006 new activities have been arranged for the Wednesday Women's Group in consultation with the users. Health sessions were organised along with other activities of interest. Sometimes it took four to eight weeks to book the health professionals.

Referrals were made from Royal Edinburgh Hospital (REH), Bruntsfield and Leith. I worked very closely with health workers. Women were visited at home and they were informed of the services provided by NKS. As a result, these women came to NKS and started attending the sessions.

On the whole, the issues most relevant to the women who used the services available at NKS were: the lack of transport, need for more moral support and language barrier. NKS has always tried very hard to deal with these issues and will continue to do so.

### Group Work

A total of 32 sessions took place on Wednesdays and 702 women attended these sessions. More details about the activities and health sessions can be found in the chart at the end of this report.

The women that attended the Wednesday Women's Group learnt a lot from the health sessions and healthy cooking classes. They gained more knowledge and awareness about how they could keep themselves and their families fit and healthy by learning how to cook healthier meals and exercise. They have learnt that it is very important to control their blood pressure, get enough of the right exercise and to eat more healthily.

Most of the women that attended the Wednesday Women's Group were going through the menopause and after the menopause health session they felt more equipped to deal with it. The health session dealt with the symptoms and changes that occur during the menopause and also informed the women of what they could try to do to make it easier for them.

The Padosa Project was conducting a two-year research project and they came to NKS looking for people who are at risk of developing diabetes because they have a family history. The people that took part in this project had to fast and then get tests done. If the tests tem for future service use.

Over the years there is a clear understanding of client to convey their needs and concerns to the service providers appropriately. However a small number of setbacks in the elderly community still exist due to strong cultural and religious beliefs.

I participated in one full day training course regarding mental health, facilitated by the Royal Edinburgh Hospital.

Due to time constraints usually one or two home visits were done per week. Home visits are particularly aimed at the housebound and frail elderly.

At the beginning of the year a very successful Eid party at NKS brought a large turnout of women including Cultural Diversity Event.

During the summer when Naina Minhas our Co-ordinator was on leave for three weeks, I was in charge of safety of the NKS premises, and supervised the staff and activities.

#### Conclusion

I would like to thank all my colleagues and also Naina Minhas Coordinator of NKS for all her support throughout the year. Also my thanks goes to Anne Munro for her peer support all year round which has been greatly appreciated. two sessions covered the topic of healthy cooking advice and how to cook tasty food in a healthy way whilst avoiding excess oils, salt and fat. Following this, one dish parties were organised – where each woman was encouraged to bring in a dish which they cooked in a healthy way, allowing others to share their dish, which turned out to be thoroughly enjoyable.

A session with MEHIP regarding the Menopause was arranged which was suggested by several women at a focus group earlier in the year. This session covered the symptoms of the menopause and how to overcome the difficulties associated with this. Another further session with MEHIP involved First Aid and Life Saving COordinated by the Red Cross. The young women were eager and enthusiastic to learn, as many of them have young children and elderly parents at home and learning these skills could make them more knowledgeable in the event of an accident.

During the summer holidays small outings were organised to the exhibition at the Central Mosque, Chalmers Street Museum, Botanical Gardens and Fountain Bridge Library. Eight sewing sessions were also organised which the women found highly productive and which turned out to be very popular.

During the summer NKS was involved in a health week, Bangladeshi women turned out for four of these days. The women took part in yoga sessions followed by a healthy breakfast. The women then grouped together and went to the Meadows for a walk which lasted for around 1.5 hours and was followed by a healthy lunch.

Every Friday over 50's older women's group is held at NKS. For this group several Bangladeshi older women participate along with other communities. During summer we organised trip to Doune Castle for this group. Age Concern further co-ordinated a focus group for the elderly group on two occasions, one covering housing for the older people and the other community care.

#### Advocacy Work

Advocacy work remains an important part of the work with 2-3 advocacy appointments each week. These include various hospitals and clinics visits e.g. Western General Hospital, New Royal Infirmary, Old Royal Infirmary, Eye Pavillion, Springwell House Clinic, Tollcross Medical Centre, Inch Park Clinic, Leith Clinic, Bruntsfield Clinic and Bellvue Medical Centre. Advocacy services have proved an essential part of the work as some of the clients will miss out on vital treatments due to the lack of understanding and language barrier that still exists in many cases. Through ongoing assistance my clients are able to understand the health sys-

## Shamsad Rahim Health Worker

### Introduction

After over two decades at NKS, search for new initiatives to develop work as well as to assist the Bangladeshi community to help themselves in all areas of society continues. There has always been encouragement from communities' eagerness to learn and to improve their own lifestyles.

What has been inspiring this year is that the young Bangladeshi women are preparing themselves fully to enter the job market. For this they have already enrolled in several training courses/classes e. g. English classes, childcare and computing courses. This has helped the community come out of their isolated and confined lives and integrate into society, whilst also encouraging others to follow in the same manner.

Group work

The Bangladeshi women's group work is held at NKS every Tuesday. From the beginning of this year, a series of Health sessions were organised for this group. The first three health sessions were facilitated by Lesley Barrow the Diabetic Specialist from the Western General Hospital. The first of these sessions concerned the implications of Diabetes, whilst the remaining two sessions were concerning health screening for glucose level, cholesterol, height and weight. These sessions were very successful since the clients were able to receive easily understandable knowledge and information concerning these various issues. Furthermore as these sessions were held at NKS the women felt they were in a familiar and comforting environment.

A further six sessions were organised with Gill Alexander - Dietician from Khush Dil. Two of her sessions involved providing information regarding nutrition, followed by a session on physical exercise whilst, the remaining sessions, covered healthy cooking. The clients found these sessions greatly informative as Gill Alexander was able to share her knowledge of South Asian cooking and eating habits and therefore, was able to inform them directly on matters relating to this. After these sessions Gill Alexander took the women to the Meadows to demonstrate how to exercise (walk/jog) in a safe manner since some of the individuals in this group are diabetic and/or suffer from other medical conditions. She was also able to provide them with a walk meter for a week which helped encourage the women to reach their own potential and goals, whilst also helping them to maintain a healthier lifestyle. The remaining

## Nighat Anwar Administrative Worker

I have been working at NKS for the last eighteen months. I found the job quite challenging as there was a lot to learn, and as the time passed I progressed very well. My job as an administrative worker had many interesting aspects. Before January 2007 I was jobsharing with Khalda Y Jamil, but after she left, I started working for 22 hours a week and carried many responsibilities on my shoulders. I tried to get all of the tasks done as promptly as I could. This year, time just flew with all the work and pressure that went along with it. I decided its time to leave and do something with less pressure and especially of interest to me.

This year I have found that the office is a lot busier and I was really enjoying working with all of my colleagues in the office. I had varied duties such as general office work, banking, book keeping, secretarial and computing duties. Other duties have included: taking part in special events, organising and attending meetings and organising maintenance jobs. I have learned computerised book keeping at NKS. The project has an important role to play in my learning.

I am grateful to Khalda and Naina, as they have guided me through my work this year. A new member of staff Manjari Singh has joined this year, she has replaced me at NKS.

Thanks a lot to all the staff members at NKS. My message to them is - keep up the good work in future for Asian women's Welfare channels of funds to fill the gap.

Combating isolation is one of the primary aims of NKS. Last year, the project provided a number of community based leisure and social activities to create numerous opportunities for women and children who otherwise are socially isolated to a large extent. By organising summer outings and celebration of cultural festivals women and children enjoy social contact with others from the same background and culture which subsequently help combat isolation among them. Last year, a cultural event was organised in March, attended by over 300 women and children. The event was to celebrate different cultures in Scottish society.

NKS helped many service providers in Edinburgh to identify the needs of South Asians by holding focus groups. As an example, some of the focus groups organised by NKS were in regards to the needs of older people, employment issues for black ethnic minority women, housing issues for older people and focus groups to identify the needs of women as users of NKS services.

NKS organised a few training sessions for staff and the management committee members **to provide opportunities for personal development**. Information about the company limited rules, legislation and duties of the members of management committee were <u>giv</u>en through training sessions attended by most of the committee members. NKS would like to thank EVOC for providing the training free of charge. A few training sessions such as child protection, minute taking, mental health legislation and other health issues in the community were organised during the year.

Although NKS is meeting the pressing needs of the South Asian communities by providing valuable services and filling the gaps in service provision, a great deal of time was spent over the year to raise funds to sustain services for communities provided by the project. This was due to the lack of funds and financial crisis faced by the project. In the current year NKS is faced with an uphill task of communicating with the funding bodies of the difficulties experienced by the project to sustain the valuable services that are well used by the South Asian communities in Edinburgh.

NKS has funding issues that need to be resolved. Nevertheless, the project would like to thank all the funding bodies that provide financial support and help in the cause of improving the quality of life for the South Asian communities.

In the end, my personal thanks to all NKS staff team and the management committee of NKS in assisting me to take the project forward and helping in the smooth management of the day to day work.

betes, blood pressure, healthy eating, menopause, benefits of exercise, first aid etc. These workshops were organised in most of the ten groups that run at NKS and were attended by over 150 The workshops at NKS women. were conducted by using interpreters to address the language barrier. A lot of information given in the workshops is in line with their lifestyle. Written information in the South Asian languages have been provided.

Last year, a survey was conducted to identify the needs of NKS users in order to seek direction for the future health work. The users expressed a number of needs that have been recorded by the project and workers are currently working to address these needs. NKS staff team also organised a health week which was an innovative idea piloted to monitor the impact of direct intervention on the health and habits in relation to the health of the participants. Although, it involved a great deal of hard work, the health week was successful and has motivated workers to hold more of such events in future. The health workers went a step further and helped South Asian communities by organising screening for men along with the women in the families. All the valuable work is successful at NKS due to the highly committed staff team. The staff team is always ready to push the boundaries a little further if it is for the benefit of the communities. NKS organised several training and courses to increase

South Asian women's access to a bour market and to help improve socio-economic circumtheir The childcare modules stances. were organised jointly with the City of Edinburgh Council's Childcare Partnership Strategy Department. Eight women have attended and completed their modules. The workers supported the course participants in their written work and provided full supervision in their placements at NKS. A health course was organised jointly with Khushdil at NKS. Ten women participated in the first module and five in the second module. The women who have completed the course are getting support in producing their assignments. The Bangladeshi women participated in the First aid training organised jointly with MEHIP. NKS in collaboration with Khushdil ran a certificate food and health course attended by more than ten women. The courses organised are not only helping women to access labour market, but also to make informed choices.

Last year, the project also priorisupport to Bangladeshi tised women on one to one basis. More than ten women have been supported to join ESL classes, five women were helped to apply for jobs and many others with childcare issues. The Bangladeshi support worker's post funded by TSB Lloyds will end in March 2008. This will present challenges to the project in prioritising the work with the Bangladeshi community in future. NKS is exploring other

## *Naina Minhas Co-ordinator*

Since the conception of Nari Kallyan Shangho (NKS) in 1987, the project has worked intensively as well as extensively to improve the health and well being of South Asians living in Edinburgh. The project has done this by using a range of innovative ideas and effective strategies that has led to awareness of positive health and created numerous opportunities for South Asian communities to participate in many health intervention activities. To promote positive health among South Asian communities, NKS has organised health days, health exhibitions, health seminars, health courses, produced relevant health information in the form of booklets, organised health workshops, and conducted a few research projects into the health issues and needs of South Asian women living in Edinburgh. The project, over all these years, has continuously and successfully filled the gap in service provision for South Asian women and children. NKS has promoted preventative measures in the communities to help improve the quality of life for South Asians. The services provided have been cost effective and user friendly which reflects in the popularity and success of the project. The success, that is measured by the number of users using NKS services (over 200 per week) and the overall impact of services in improving the quality of their day to day life, evidenced in the feed back given by the users.

Despite operating on the edge in relation to the financial resources last year, the increased use of services and the immense popularity enjoyed by NKS is an evidence in itself of the pressing need for its services in the South Asian com-In the year 2006-07, munities. the staff team and the managecommittee collectively ment worked hard to sustain services of the project in the face of financial crisis that continue in the current year.

Last year, the main priorities of NKS were:

- Healthier lifestyle among South Asians.
- Increased access to labour market for South Asian women.
- Increased one to one support to Bangladeshi women.
- Combating isolation that is still wide-spread among South Asian women.
- Encourage personal development among staff team and the management committee members at NKS.

Healthier lifestyle has been promoted among South Asian communities in ways identified by NKS as most suited to them that in turn has led to increased awareness of positive health. A number of workshops were organised on various health topics to address health issues of relevance to the South Asian communities i.e. dia-

## Anne Munro Treasurer

NKS has faced a challenging year in 2006/07 with a continued shortfall of funding. Thanks to careful financial management we had deficit of £620. We still face difficulties due to funding streams coming to an end and no new funding sources being found to replace them. It remains 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 our overall funding deficit.

We accumulated reserves of £50,169 as at 1<sup>st</sup> April 2007. Of these, £42,878 are unrestricted. NKS as a company has a reserves policy and in line with current good practice guidelines, we are aiming to have unrestricted reserves of at least three months running costs (which is approximately £50,000), to be used to meet legal liabilities of winding up its affairs or other contingencies. So you can see, we are still over £7,000 short of our target.

NKS In addition, management committee agreed to use some of the unrestricted reserves in 2007/08 to offset projected budget deficits in current fieldwork, whilst trying to find new funding to cover these costs over the year. The budget deficits are mainly due to standstill budgets and end of funding streams with no new funding to replace them. Unfortunately, it

is likely that the unrestricted reserves figure in the forthcoming year looks likely to be significantly reduced further, but we are doing all we can to try to minimise this.

However, NKS did manage to achieve funding of over £116,528 from over 8 different sources to provide its services throughout 2006/07, and we would particularly like to thank all the funders including: 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, Nighat and Naina and NKS Finance sub group for all their hard work in this area.

The 2006/07 Audited Accounts are presented in the new format 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 Audited Accounts.

NKS committee and staff are working hard to find funding to keep the services currently provided, but this is more difficult each year as NKS struggles to cope with an ever increasing demand for NKS services. We hope NKS members will continue to work with us to maintain and hopefully, develop the much needed work of NKS.

## Rohini Sharma Joshi Chairperson

It gives me a great pleasure to present my first report as the chair of NKS. As other years, the year 2006-07 has been full of achievements and positive outcomes as a result of the hard work and commitment of Naina and the staff at NKS. I am fully aware that NKS staff has to struggle with ever decreasing resources and yet endeavour to sustain services to the users, ensuring that the quality of service provision is not affected in any way. I take this opportunity to express my personal and the management committee's gratitude to wards all the staff. I would also like to highly commend the determination and passion of Naina Minhas and her team for their patience and zest in continuing to deliver outcomes, sometimes in extremely testing times.

Although insufficient funds to deliver and to expand our services remains at the top of our list and we undergo a continuous struggle to survive, it has to be recognised that NKS staff not only managed to deliver quality services to its over 200 users per week but also managed to remain innovative by organising events and information exchange visits by securing small funds from other sources. The work of the management Committee is critical to the success and development of NKS. As the chair I have benefited enormously from the support, advice and guidance of the committee members. I would like to add my personal thanks to the members of the Management Committee for their contributions throughout the year and in particular to Mrs Lal, Anne Munro and Ann Wigglesworth. Α considerable amount of time was spent on updating and reviewing the existing policies and practices by the committee. I am sure that these will benefit the organisation in the long run. We, as the management committee will always endeavour to support the work of Naina and her team, and are confident that quality service will be delivered to our users.

I have no doubt that NKS will continue to go from strength to strength.

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Why was Xari Kally<mark>an</mark> 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 involv<mark>ed.</mark>

# **Wha**t does Xari 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) Phomoting multicultural childcare services by way of the NKS Childcare Facility (7) Networking and linking with voluntary and statutory agencies