



NARI KALLYAN SHANGHO

ANNUAL REPORT 2009-10

Rohini Sharma Joshi- Chair, NKS

It is my fifth and final report as the chair of NKS. I have decided to stand down from my position as Chair of NKS. As I step down and make room for a dynamic and forward thinking Chair I feel deeply honoured and privileged to have been a part of the organisation and also it's Chair.

During my term as chair I have been a part of some truly excellent events and awards won by NKS. I would specially like to mention the Asian "Women Achievement Awards" which has been a pioneering work by NKS to highlight the achievements of Asian women.

NKS has taken some initiatives on board to strengthen its foundations by seeking support from organisations like The Pilot Light and working towards achieving Quality Standards. On behalf of NKS I thank all these agencies and in particular all those individuals who have committed a lot of time and energy in making sure that NKS can and has the ability to cope and face any challenges in the future.

We are living in a changing world and these changes have a huge impact on voluntary organisations who have to constantly deal with these changes.

There are difficult and challenging times ahead with change in how NKS is funded, introduction of tendering for funding regimes and reduction in existing funding. The demand for our services may change but will not be reduced. The Communities are overcoming some of the barriers but then these barriers change at different levels.

I believe and have full confidence that NKS is a strong organisation and will go from strength to strength in the coming years. At this juncture I would like to say that what has been achieved during my period as chair has been possible due to the hard work of the exceptionally dedicated staff and committee members. I would like to thank Naina and all members of the staff for all their hard work in always going beyond the call of duty and supporting me in every way and giving me an opportunity for being part of the organisation for five years.

I wish NKS the best of luck in the future.

Naina Minhas - Manager, NKS

The year 2009/10 has been a notably successful year for Nari Kallyan Shangho (NKS) in terms of making remarkable progress in adopting several good practices as well as taking significant steps in addressing unmet needs of BME women and children in Edinburgh. Working towards a kite mark 'commitment to excellence' has enabled the organisation in its endeavour to plug many gaps, leading to improved infrastructure as well as management structures at NKS.

The achievements of NKS last year made valuable contributions towards community learning, active citizenship and in improving the health and well being of women and children in Edinburgh.

Community Engagement

- ◆ The major strengths of the organisation – a positive relationship and strong trust with the South Asian communities, have enabled the project to promote and facilitate community engagement effectively in South Asian communities.
- ◆ Eight public participation sessions with over 70 women have organised and enabled them to participate more in informing service providers of their needs.
- ◆ Two consultations have taken place with women; a) palliative care - living and dying well, attended by 35 women b) maternity services and information in different languages with the specific client group of young mothers. These consultations have facilitated information sharing between women and service providers.
- ◆ Over 40 women were supported to attend a public meeting organised by CEMVO (Council of Ethnic Minority Voluntary Organisations) for BME (Black and Minority Ethnic) communities to facilitate dialogue with politicians about the future of BME organisations in Scotland.

Capacity Building

To promote community learning NKS liaised with various organisations to facilitate capacity building workshops for women by way of courses and training. Such courses and workshops included:

- ◆ An eight week course on confidence building organised in partnership with Jewel and Esk College that is attended by nine young mothers who are interested in further education.
- ◆ The young mothers group and the NKS Nursery jointly organised the John Muir Award training for mothers and pre-school children. The ten week course was attended by six women with their children and was successfully completed by all who attended.
- ◆ A basic ten week course in calligraphy was organised in partnership with the Stills Gallery and was attended by 14 women at NKS. The cultural needs of women were taken into consideration and the Arabic language was used for calligraphy. It has been agreed to run the second part of the course after the success of the first one.
- ◆ Several sessions were organised in partnership with the Edinburgh Mela. Women at NKS were able to try block printing. This culminated in the production of a banner which was displayed at the Edinburgh Mela.
- ◆ A job opportunities session with Trust Housing Association was organised with young Bangladeshi women and seven of them were referred to the project for further advice.
- ◆ There are further plans to run similar courses in partnership with other organisations such as Skillnet.
- ◆ NKS is pleased to be a member of the Equality Advisory Committee of local colleges.

Community Activities

To combat isolation, raise self-esteem through information and to support women to enhance their skills, NKS organised a range of activities in group settings involving well over a hundred women. These comprised of:

- ◆ A number of outdoor activities that were facilitated for women in partnership with several organisations such as Backbone, Path For All, The Forestry Commission and Edinburgh Mela limited.
- ◆ Immigration workshops to provide information about various aspects of immigration.
- ◆ Child maintenance information sessions to inform mothers of their rights as well as those of their children. Feedback was provided and the sessions were found to be very informative.
- ◆ Several healthy cooking demonstration sessions as well as discussion sessions were run to inform women of the significance of healthy eating for them and their families.
- ◆ A number of opportunities were created through social networking sessions to encourage bonding among women from different South Asian communities.

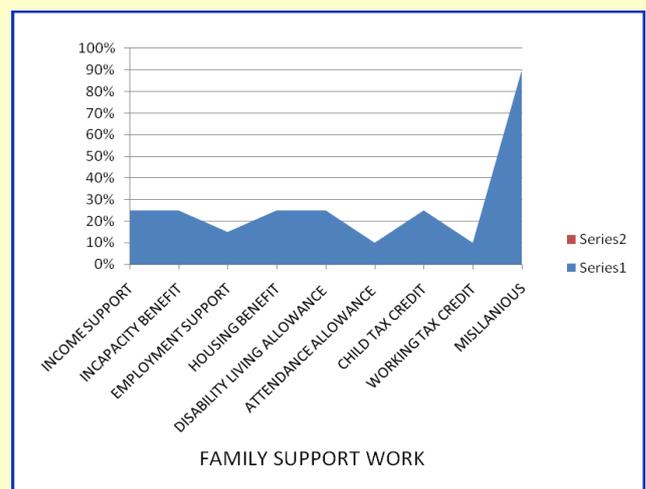
Befriending, Advice/information and Advocacy

One to one support in the form of befriending and an advice/information service has been well utilized by women using NKS services. Over 50 families have been supported on a one to one basis to access various services in Edinburgh and to address socio-economic issues faced by them.

Health Education & Promotion

Promoting a healthier lifestyle has always been a priority at NKS, especially for the last few years. In the year 2009/10, a number of health education and health promotion activities involving over a hundred women led to effective outcomes in terms of raising the health information status of South Asian women. Such activities included:

- ◆ A number of health sessions covering topics such as diabetes, heart disease, incontinence, mental health and meningitis were organised to inform women of health issues.
- ◆ Health screening in conjunction with the Western General hospital was organised for approximately 70 women with the outcome that a number of women discovered that their sugar and cholesterol levels required further investigation. NKS health workers supported women to organise appointments with their GPs as a follow up after the screening.
- ◆ Six counter weight sessions have been organised for 30 women to support them in managing their weight in conjunction with MEHIP. The sessions are found to be extremely useful by women.



- ◆ NKS actively participated in the ecofusion multicultural festival organised by the Backbone project in Edinburgh.

Work with young girls

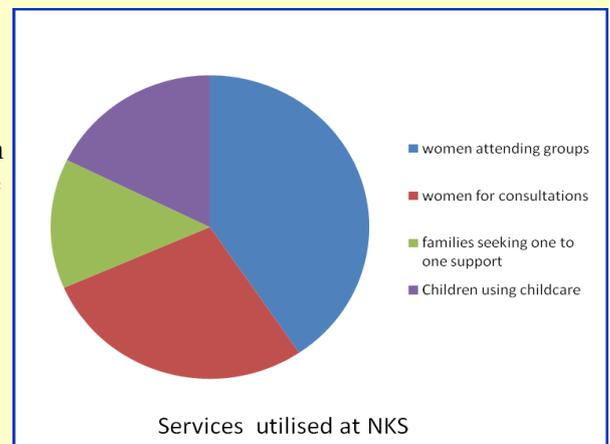
Last year, NKS took further steps to prioritise work with young girls. These were taken in the form of initiatives that included:

- ◆ A survey that was conducted with 35 Bangladeshi girls to assess their needs and to collate information regarding issues faced by them while living in Scottish society. A report will be finalised in the current year.
- ◆ Eight school placements were accepted to provide young people with the opportunity to work in a community organisation
- ◆ Five young people were given volunteering opportunities at NKS last year. This included two volunteers from VOS.
- ◆ Ten young girls were supported with job opportunities through support in relation to health issues, writing a CV, dealing with job centres and in researching financial support available to them in further education.

17 referrals were received and 8 referrals were made to other organisations for various services required by women. 16 volunteers were given opportunities to work at NKS in order to obtain first hand experience of working with communities.

Childcare Provision

The NKS childcare service has been registered with the Care Commission to provide all day childcare from 8.30am to 6.00pm and last year 45 children were registered with the NKS childcare facility. The NKS Childcare manager is also a member of the Equality Consultation panel of the Care Commission. The nursery is also registered with the Ecofusion School to promote an environmentally friendly Nursery. NKS Nursery Manager is part of Care Commission’s eQuality advisory Committee.



Fit for purpose

NKS has encouraged the staff team and volunteers to enhance their skills and to improve their personal and professional development by attending suitable training sessions. The NKS manager and the Nursery manager both attended a ten week management and leadership course and worked successfully to gain certificates. The Nursery staff as well as the NKS manager attended a child protection training session to improve their knowledge of child protection issues. First Aid training and food hygiene training was also facilitated. Training around staff appraisal was conducted by the NKS manager to begin the process of staff appraisal. Monitoring Evaluation training sessions were organised for NKS staff and the management committee and the system reviewed to plug gaps in evaluating the services provided.

In summary, NKS has had a busy year, conducting activities to promote community learning and promote development in the South Asian communities. The current year as well as the coming year is packed with exciting plans to build capacity in the communities and to work towards integration into mainstream society.

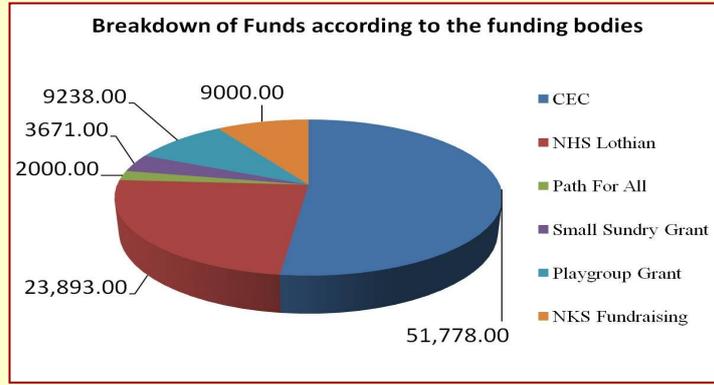
Treasurer’s Report - J Marshall

NKS performed well in 2009/10 in the face of the increased economic difficulties and uncertainties affecting the charitable sector. This is a reflection of the dedication and commitment of NKS staff.

NKS generated total income of £138k during the year, an increase of £10k over the previous year, mainly arising through additional income generated through Creche activities.

The majority of funding for NKS is in the form of grants from the City of Edinburgh Council (£77k) and NHS Lothian (£24k) for whom NKS deliver a comprehensive range of services benefiting South Asian Women and their families. NKS looks forward to continuing to work in partnership with our funding bodies in the future.

Despite increasing operating costs NKS finished the year with reserves of £49k, an increase of £4k over the previous year. This level of reserves is essential to support the continued operation of NKS over the coming years and will assist in addressing the further funding pressures anticipated as a result of the unprecedented economic situation facing the UK in the next few years.



NKS Board Of Directors 2009-10

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- Saroj Lal (Vice-Chair)*
- Jack Marshall – (Treasurer)*
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- Suracksha Vohra – Director*
- Shaheen Ahmed – Director*
- Neela Joshi – Director*
- Saleha Karim – Director*
- Ann Wigglesworth – Director*
- Iffat Aziz – Director*
- Razia Dean – Director*
- Indumati Pandya – Director*
- Fulmaya Lama Harris – Director*

NKS Staff

- Naina Minhas – Manager*
- Nasima Zaman – Administrative Worker*
- Rohina Hussain – Community Health Worker*
- Shamsad Rahim – Community Health Worker*
- Samra Ahmed – Family Support Worker*
- Rukhsana Hussain – Community Development Worker*
- Asma A. Kassim – Childcare Manager*
- Amina Rahman – Childcare Worker*
- Irum Rizwan – Childcare Worker*
- Urfol Dewan- In charge of cleaning*

NKS Funders

- The City Of Edinburgh Council*
- NHS , Lothian*
- Award For All, Lottery Fund*

NKS Volunteers

- Shabnam - Office*
- Nessa - Groups*
- Rabia - Office*
- Tania - Groups*
- Kishwer - Childcare*
- Meenakshi - Childcare*
- Rizwana – Office*
- Tamana Singh Baraik (Overseas)*
- Kirsty Rogalla (Overseas)*

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