

"a happy woman is a happy family"


Annual Report ~ 2013/2014

Rohini Sharma Joshi ~ Chair

The year has been full of innovation and opportunities. Successful funding bids resulted in new projects with new intergenerational, environmental and outdoor activities. The Climate Challenge Fund has brought a new energy to the organisation.


The Heritage project is progressing well and we are eagerly waiting for the book, which will showcase the journeys of some South Asian women in Scotland.


The extra office place has given staff a much needed work space and a meeting room which provides accessibility and confidentiality for discussions with clients. The new kitchen, which has been approved for catering is another asset for NKS.

 **BritishRedCross**


Thank you

to everyone at
Nari Kallyan Shangho
for supporting Red Cross Week 2014,
you helped raise
£ 406.23
to help vulnerable people in crisis.
Thank you for making a difference.


Lisa Dove
Community Fundraiser


RED CROSS WEEK 2014

The British Red Cross Society, incorporated by Royal Charter 1864, is a charity registered in England and Wales (2245816) and Scotland (SC017186). Photos © British Red Cross & Ian Phillips. All Rights Reserved (2014).

 **Refusing to ignore people in crisis**

NKS raised £406.23 for the Red Cross during their fundraising week in May 2014. The staff, Management Committee, and the users participated by cooking and selling food to raise this fantastic amount.

The staff, as always, has worked hard to deliver services to South Asian women and deserve a big thank you for their efforts. Much of the credit goes to Naina for her innovative and creative approach in successful funding bids, which is by no means an easy task. It requires commitment, energy and leadership, which Naina has proved to have as Manager of NKS.

I would like to thank the Management Committee for their input, in particular Jack

Marshall who supports NKS in many ways besides keeping an eye on the budget.

Finally, our grateful thanks to all funders for their support.



Sarah Boyack MSP officially opened NKS' new office on 25/11/2013

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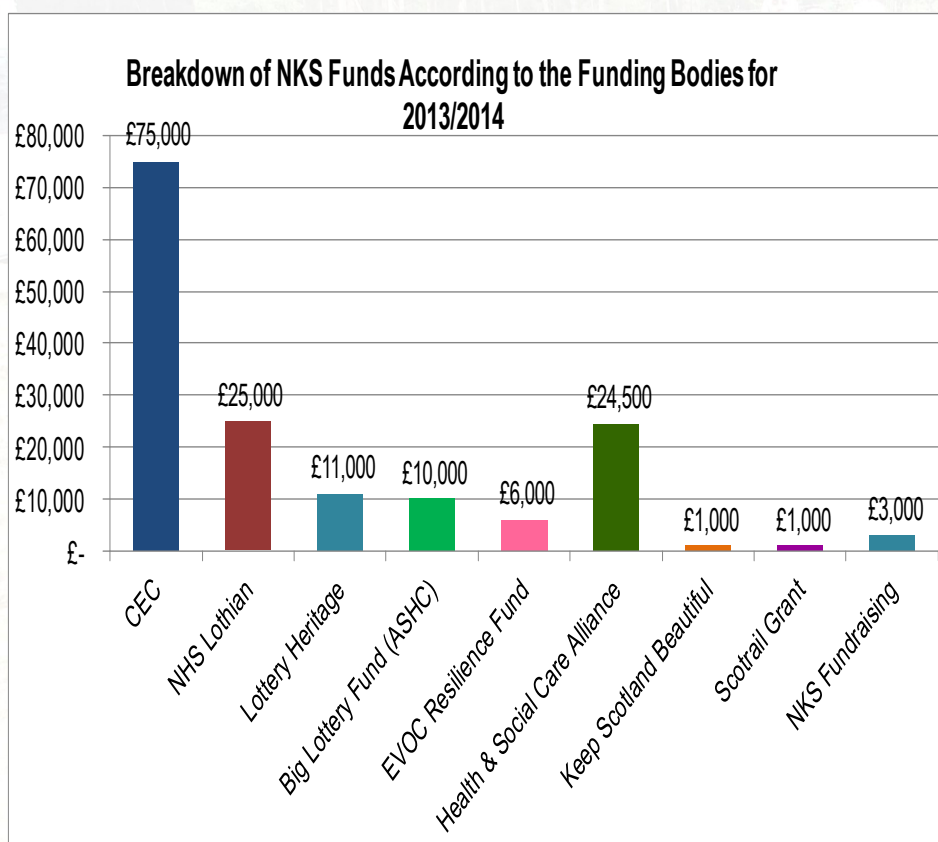
Charity Number SC000697

Company Number 226920

The UK economy has continued to cause problems throughout society over the past few years and whilst there are now signs of improvement our core funders City of Edinburgh Council (CEC) and NHS Lothian have been under pressure to reduce their spend. One impact has been to limit the resources they provide to NKS in that funding has remained fixed in 2013/14 in cash terms although NKS' operating costs have continued to rise through inflation. NKS has continued to make up the reduction in the funding of core services through surpluses generated in fund raising and fee generating activities.

Despite this difficult environment and significantly as a consequence of the fantastic commitment and dedication of NKS staff, NKS has continued to sustain delivery and a high quality standard in a comprehensive and growing range of services with new funding streams being accessed and new services being delivered.

The key financial indicators for 2013/14 are as follows:



Total income for the year - £198k, an increase of £33k on the previous year

CEC funding - £75k

NHS Lothian funding - £25k

Lottery Heritage Fund - £11k

Big Lottery Fund – After School/ Homework Club (ASHC) - £10k (new funding in 2013/14)

EVOC Resilience Fund - £6k (new funding in 2013/14)

Health and Social Care Alliance - £24.5k (new funding in 2013/14)

Keep Scotland Beautiful - £1k (new funding in 201/14)

Scotrail Grant - £1k (new funding in 2013/14)

Year End Reserves – Unrestricted funds were increased by £7k and restricted funds brought forward from the previous year were utilised resulting overall in a balance of £91k, a planned reduction of £1k on the previous year.

It is important to note that it is essential that NKS retains a healthy level of reserves to support continued service delivery over the coming years and as a contingency in the event of unanticipated difficulties.

In summary despite the ongoing economic difficulties NKS has continued to perform well and with strength to face the financial challenges ahead.

Naina Minhas ~ Manager

Through its health and welfare work, NKS has improved the quality of life for South Asian communities in Edinburgh and effectively supported women to empower themselves through information and capacity building. Last year has proved to be extremely successful in the provision of services in a community setting, in line with the needs expressed by women. Increased physical activity, changing lifestyle to improve general health and capacity building were some of the priorities picked up by the organisation to support women in the South Asian communities.

Some of the Main Achievements of Last Year

- 357 women and 23 men used services provided by NKS last year. Of the total number of women, 173 were from the Pakistani community, 112 were from the Bangladeshi community and 72 were from the Indian community.
- Capacity building among women to improve their economic conditions and volunteering opportunities to gain work experi-

ence were prioritised at NKS. Four courses were run last year and 31 women participated in them. The courses that were run included: Childcare course, Care Assistant course, Reflexology and Life Coach Course. A total of 34 volunteers received and some are continuing to receive work experience through placements or volunteering at NKS. Of the total 15 are young women or young mothers.

- A total of 39 school children attended ASHC activities and 11 are receiving tuition in Maths and English.
- A total of 13 children and 11 adults were involved in the intergenerational project at NKS where information was exchanged between young people and older people. Young people facilitated 20 one-to-one computer sessions for older people and older people engaged in cultural and traditional activities with children helping them to learn more about their cultural background.
- A total of 53 children attended the NKS Nursery last year.
- A railway project raising awareness of the history of British and Scottish rail successfully ran last year for the school children.
- A consultation on climate change took place with 73 women.
- A consultation with Edinburgh Leisure to identify issues in accessing services took place with 41 women.
- Four panels for the Scottish Diaspora Tapestry, depicting Scottish Asian links, were prepared by over 50 women at NKS in collaboration with the Prestonpans Project.
- Over 150 women and children are involved in the climate challenge project run by NKS.
- Over 100 women participated in the Heritage Project learning more about Scottish/Asian links.
- A total of 30 women/men have been interviewed to collect stories of migration and people's achievements over the years.
- A total of 42 English as a Second Language sessions ran for over 15 women participants at NKS.
- A total of 12 groups ran attended by over 100 women every week at NKS.
- Two lunch clubs ran every week attended by approximately 32 women.
- A total of 69 families received support from NKS with various socio-economic issues presented by them.
- A total of 32 individuals and their carers/families are receiving one-to-one support to manage their long-term health conditions suffered by them.
- Over 100 women participated in increased physical activities and healthier lifestyle programme to raise their health status.

Services Provided Over the Year

A range of services was provided over the year to improve the quality of life for people and to empower women and children.

Group Work

NKS is always busy and buzzing with groups taking place where women are engaged in a range of activities of interest to them. Twelve groups ran under NKS' umbrella over six days a week last year attended by over 150 women and children every week. The activities and information provided ranged from increased physical activities in the form of walk groups, gentle exercise, yoga sessions, cycling groups and information sessions. The group information sessions involved relevant health topics, income maximisation surgeries, services in Edinburgh, healthier lifestyle i.e. healthy cooking, complementary therapy sessions, meditation and information sharing about home remedies.

Through joint group work with various agencies, women have been introduced to several services. These services include: Thistle Foundation; Christians Against Poverty; Preston Pans Project (the Scottish Diaspora Tapestry); Hearing Link; Chest, Heart and Stroke Scotland; carers groups; Macmillan Cancer Support; Red Cross; mobile and local libraries; Edinburgh Leisure; the Royal Botanic Garden Edinburgh (RBGE); The Grove Fountainbridge Community Garden (GFCG); Belle's on Bike Edinburgh; Mackenzie Health Centre; Alzheimer Scotland; Edinburgh Community Food Initiative; Changeworks; Cyrenians and a number of schools and colleges in Edinburgh.



Kitchen Canny Workshop in the Wednesday Group

One to One Support to Families

A Total of 69 families received support with various issues presented by them under the family support work services at NKS. Over 175 cases were taken up to support with issues such as: housing; welfare benefits; tax credit cases; blue badge for older people; domestic violence; CV writing for young people; employment issues; children's schooling issues; supporting and representing families for appeal hearings; passport issues and citizen tests.

Besides offering support with socio-economic issues, NKS is supporting individuals suffering from long-term health conditions, and is also offering services and support to their families to be able to cope with the pressures of being carers of people with long-term health conditions. Currently, NKS is supporting 32 families where at least one member is suffering from a long-term health condition. One to one support is provided in three different areas: income maximisation advice; managing health and emotional support through befriending. A support group meets once a month and relevant information is passed on to those attending.



One to One Support Group at NKS

Training and Courses



Reflexology Course in Action

NKS organised four certificate courses last year, out of which three are still running, and one course (Care Assistant) is completed. Twelve women are doing the reflexology course and are half way through it. Nine women are doing SVQ Levels 2 and 3 Childcare courses, and six are participating in Neuro Linguistic Programming and Life Coach training. NKS is also encouraging women to take up first aid training and REHIS Elementary Food Hygiene certificate courses.



Induction Day ~ Childcare Course

Training and courses at NKS are proving to be extremely effective in building women's confidence and empowering them to believe in themselves. The feedback obtained from women was very encouraging as they

have reported that they would not have had the confidence to do these courses without the support from NKS.

Lunch Club for Older Women

Older women meet twice a week to: socialise; share information about healthier lifestyle; do yoga; gentle exercise and get one-to-one support whenever required. Over 30 women attend two sessions a week with each session attended by approximately 15 women.

The women who attend Friday Older Women's Group also enthusiastically participated in the intergenerational project engaging effectively with young people to exchange information and skills. A very positive feedback was obtained about connecting with young people and exchanging skills with each other.



Arts and Crafts Session



The Intergenerational Project Participants

Heritage Project – Exploring Scottish/Asian links



One of the Panels

NKS is in the second year of the Heritage Project raising awareness of Scottish/Asian links. A number of workshops took place with over 100 women giving information about Scottish/Asian links history, cultural backgrounds and common elements of two cultures. Four embroidered panels were completed for the Scottish Diaspora Tapestry, in collaboration with the Prestonpans Project, depicting cultural and historical links of Scotland with South Asian countries. Approximately 200 people came to

see an exhibition of all of the panels at NKS in May 2014.

NKS is also looking forward to launching a booklet next year of people's stories in Edinburgh. Thirty South Asian people have already been interviewed to collect their stories of migration and achievements living in Scottish society.



The Friday Older Women's Group at the Tapestry Exhibition in May 2014

Climate Challenge Initiative



Bangladeshi Women at the RBGE

NKS is actively helping to address climate change issues among South Asian families. During the past year, gardening and growing vegetables were promoted intensively among South Asians in Edinburgh. NKS has collaborated with the RBGE and GFCG to support women in learning more about growing vegetables and herbs. NKS has also worked on setting up a garden at the premises for growing plants and flowers and to create an outdoor

space for the Nursery and ASHC children. There are plans in place to raise awareness of waste reduction and reducing energy bills at home.



The Friday Older Women's Group with Andrew Crofts from RBGE in the NKS Garden



*Women and Children Cycling on the Open Day
~ 26 June 2014*



*Cycle Tutor Training on Bike Maintenance at
NKS*



*NKS Users at the Eid Party at RBGE in
August 2014*

NKS After School/Homework Club



ASHC Children with the Lord Provost Donald Wilson at the Eco Schools Event

The ASHC has been running successfully for the last two years. Currently there are 12 children attending the ASHC, and eight children are receiving extra support with their homework and school studies in English, Maths and Science. Four sessions in a week take place providing activities for children ranging from arts and crafts to outdoor activities to games and cooking. Maths tuition takes place four days a week with 11 children taking part and English tuition takes place once a week with 11 children taking part. The ASHC children participated in the inter-generational project organised to engage them with an older generation.



ASHC with British Transport Police at Waverley Train Station

NKS Nursery

The NKS Nursery is running five days a week from 8.00 am to 6.00 pm and is a much demanded service. During the past year, 53 children used the NKS Nursery. The NKS Nursery has been upgraded to suit the needs of pre-school children. The activities provided are according to the developmental needs of the children. The children are involved in outdoor and indoor activities along with gardening by watering plants and playing in the garden area created by NKS. NKS is regularly monitoring the nursery to ensure that high standards of childcare are maintained in the interest of the children.



Playing Games in the Library



Story Time on the Playbus



Nursery Staff and Parents Meeting

The Difference Made Through Service Provision Over the Year

With every passing year, the communities look forward to new things happening at NKS that they could participate in:

- Providing information and raising awareness in a group setting over five days a week is the first step of the learning process at NKS that has made a significant difference in empowering women to make informed choices. Through feedback, the women have reported a huge shift in their attitudes towards adopting a healthier lifestyle by obtaining relevant health information for them and their families. They reported an increase in confidence in managing their health issues. The feedback has been backed up by some health professionals such as GPs and health visitors.
- One of the most empowering strategies that NKS has used has been training and providing courses. Most of the women who have completed their SVQ Level Childcare courses and Care Assistant courses are working in mainstream organisations such as the local authority, schools and private nurseries. NKS has successfully made a difference to people's lives as well as to the mainstreaming agenda of the local authority.
- NKS has offered ample opportunities for young people at NKS to gain work experience and learn more about working with communities. As a result, at least two young people have joined courses related to community work and one has started the NC in Health and Social Care course. The young volunteers reported how enriching their experience has

been to interact with grass root women and to learn about the issues that affect them. NKS is providing references for their CVs and in some cases advising on the future direction for their careers.

- The children's work in the form of the ASHC and NKS Nursery has been reported to be a valuable contribution in the community. Need sensitive childcare support to mothers, extra school work support to children and various indoor and outdoor activities has overall proved to be helpful in women and children's personal development.
- The Climate Challenge Initiative started at NKS is already evidencing the difference made in terms of increased information about gardening, growing herbs and vegetables among South Asian families. The women are showing a keen interest in cycling and waste management. Energy advice offered on a one-to-one basis is taken seriously and women are reported to have been working on reducing their energy bills.



NKS Women and Children Gardening and Painting the Wooden Boxes at the GFCG



NKS Heritage Project ~ A Trip Down Memory Lane with Bangladeshi Women



NKS' Entry at the Harvest Festival at RBGE in September 2014 ~ Everything was Grown by the Users

The Challenges Faced

However, despite all the excellent work done, the year was not without several challenges:

- The majority of the workers are working part-time, and the workload is ever increasing due to issues presented by the grass root communities that often require urgent attention. In addition, all of the paper work that is required for monitoring and evaluation, and producing reports to account for the work done take up a lot of the workers' time.
- Reduced financial resources and increasing workload are difficult challenges that the organisation is constantly struggling to address.
- NKS is increasingly dependent on volunteers to meet its annual targets. That in itself is adding to the workload, as volunteers need to be trained and supervised for them to be able to support the work of NKS.
- Youth work and children's work need to be developed due to increasing demand.
- NKS is constantly raising funds by identifying various funding channels. A lot of time is spent in organising financial resources to sustain the services provided by the organisation.

Conclusion

Overall, last year was a busy one with activities that produced positive outcomes for the communities. The courses facilitated, the healthier lifestyle programme, studies support in the ASHC, promoting increased physical activities, full-time childcare, one-to-one support in many forms i.e. befriending, accessing services in Edinburgh, and numerous opportunities, have gone a long way to improve the quality of lives for disadvantaged women in the South Asian communities.



NKS Fundraising Day ~ 21/06/2014



NKS Garden ~ the First Harvest

NKS Management Committee for 2013/2014

Rohini Sharma Joshi ~ Director (Chair)
Sugantha Ravindran ~ Director (Vice Chair)
Jack Marshall ~ Director (Treasurer)
Indumati Pandya ~ Director (Joint Treasurer)
Yasmin Ahmed ~ Director (Secretary)
Mussarat Ahmed Kaneez ~ Director (Joint Secretary)
Ann Wigglesworth ~ Director
Sandra Abushabaan ~ Director
Jane Jones ~ Director
Jabeen Munir ~ Director
Shaheen Ahmed ~ Director
Allison Conroy ~ Director
Razia Dean ~ Director (Resigned)
Iffat Aziz ~ Director (Resigned)
Sabira Dhami ~ Director (Resigned)
Shabnam Bashir ~ Director (Resigned)
Kamrun Nahar Malik ~ Director (Resigned)

Current NKS Staff:

Naina Minhas ~ NKS Manager
Nasima Zaman ~ Administrator/Climate Challenge Sessional Worker
Khalda Y Jamil ~ Administrator
Rohina Hussain ~ Community Health Officer/Climate Challenge Sessional Worker
Ishrat Measom ~ Community Health Officer
Naseem Suleman ~ Family Support Officer/Climate Challenge Sessional Worker
Rukhsana Hussain ~ Community Officer
Nargis Lalee ~ Heritage Lottery Officer
Asma A Kassim ~ Climate Challenge Officer
Humaira Abdullah ~ Nursery Manager
Sobia Shahzad ~ Nursery Supervisor
Nazish Raza ~ Nursery Supervisor
Amina Rahman ~ Childcare Assistant

Current NKS Volunteers:

Arshia Ali, Asifa Mohammed, Huda Alaskanji, Kaniza Rahman, Khayrun Khan, Kishwer Rashid, Misbah Malik, Nasima Zaman, Rajni Punn, Rehana Islam, Rezwana Khan, Rizwana Rizwan, Saba Shabir, Sajna Begum, Shabnam Bashir, Shagufta Akram, Shazia Ali, Sugantha Ravindran, Tamanna Israt Jahan and Yasmin Ahmed.
Thank you!

NKS Funders for 2013/2014


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 THE CITY OF EDINBURGH COUNCIL


 heritage
 lottery fund


 Keep Scotland
 Beautiful


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 HEALTH AND SOCIAL CARE
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