

ANNUAL REPORT ~ 2014/2015

Rohini Sharma Joshi ~ Chair

Naina Minhas ~ Manager



From left to right: Asma A Kassim, Naina Minhas, Naseem Suleman, Jack Marshall, Jackie Husband (Chief Executive of St Columba's Hospice), Rohini Sharma Joshi and Khaldi Y Jamil.

This year has been very successful for the organisation with the completion of various projects including the start of new projects while continuing the day to day delivery of services and running a number of groups.

In addition NKS has not only raised funds for the organisation but has also been very active in raising funds for other worthwhile causes in Scotland, such as raising £4293.00 for St Columba's Hospice in Edinburgh, and other parts of the world.

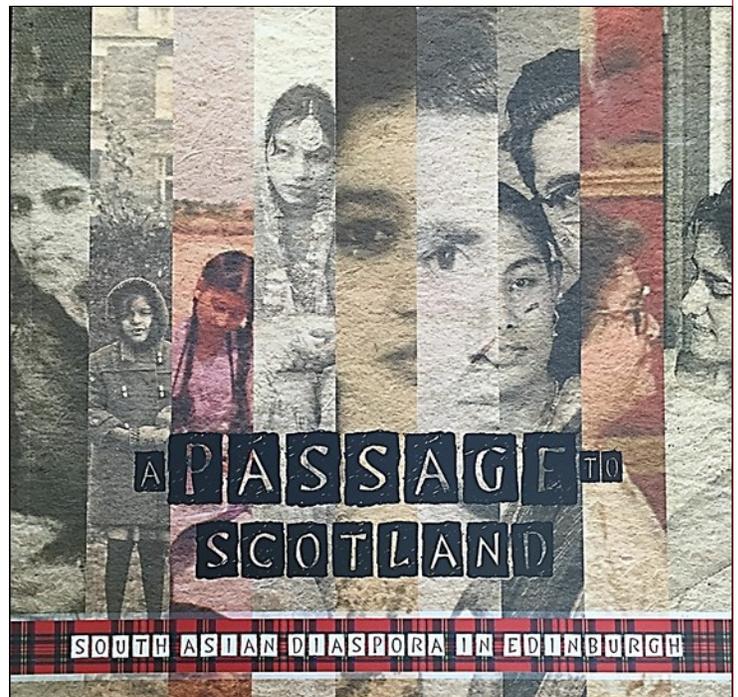
While it is heartening to count the success in project delivery, it is equally important to keep an open mind to grab new opportunities and face new challenges. I believe NKS has done well on both fronts.

And on that point, I would like to take this opportunity to thank and recognise the hard work of the Manager, Naina Minhas, all staff and the support of the management team for their ongoing commitment and positive attitude which ensures that NKS delivers real results in all its aims. I would also like to thank all of NKS' funders for their financial support.

The year 2014/2015 has been an exciting time with an array of innovative programmes taking place for women, children and young people from the grass root South Asian communities in Edinburgh. NKS has successfully engaged with South Asians in Edinburgh to help build capacity in the local communities and successfully achieved outcomes to add value to the priorities set locally and nationally by the Scottish Government.

Highlight Achievements

- Heritage book – 'A Passage to Scotland; South Asian Diaspora in Edinburgh', has been launched. The book tells the stories of 30 individuals who migrated to the U.K. and made Edinburgh their home. The book was launched by Councillor Lesley Hinds and attended by 65 people. NKS ran reading sessions at the Edinburgh Mela which were well attended by many Mela visitors.



The beautiful and unique cover of the book.



Some of the participants with NKS Manager at the launch of *A Passage to Scotland South Asian Diaspora* in Edinburgh in May 2015.

- Climate Challenge Project – ‘Climate Challenge Initiative to lower foot prints in the South Asian Communities in Edinburgh’ began in 2014. Over 100 women and children are actively engaged in a two year programme to make changes in their day to day life to help reduce carbon footprints. The activities involve educational sessions around waste reduction, energy efficiency, growing your own vegetables and learning to ride a bicycle to reduce car occupancy.



Women and children cycling together.

- Two open days to promote the Climate Challenge Project were attended by 150 women and children. An open day was held for Bangladeshi women to find out how they could be engaged in community activities. As a result of the information received, the time and day to run the Young Bangladeshi Women’s Group was changed. The catering menu was changed to include dishes generally eaten by the Bangladeshi communities.
- Self-management of long term health conditions; a three year programme running at NKS entailed one to one support to over 40 individuals and their families in the last two years. As a result, two support groups have

been set up. The groups; one for individuals with long term health conditions and the other for carers, meet once a month each. Over 15 families are waiting to be assessed by the NKS workers for the issues presented by them.



NKS’ Long Term Health Conditions Support Group (NKS’ LTHCSG) ~ Parkinson’s Disease health session.

- Three cycling groups were set up and are running successfully in the current year. Six volunteers received training through Belles on Bikes to become cycle leaders, and four joined the bike leadership course with the Backbone project. NKS bought 10 bikes, and it is intended to continue running cycling groups to encourage women to use bikes more often for short journeys.
- A catering project has been set up successfully by NKS to run in-house catering. The sessional workers are trained in house rules, food hygiene, and generally cooking healthy food. All groups enjoy freshly cooked food. To start the catering project, NKS fundraised to refurbish the NKS kitchen and registered with the City of Edinburgh Council.



Friday Older Women’s Group enjoying lunch from NKS’ newly refurbished kitchen.

- NKS has developed a garden and an outdoor area for children to play in. The Nursery children are enjoying the outdoor area thoroughly. The women and children enjoy gardening and share information with each other

around growing plants while they are at NKS.

- Three courses ran over the year – Childcare, Reflexology and Life Coach, attended by 34 women. Eight women have completed their Childcare modules, thirteen completed Reflexology and six are continuing with the Life Coach course.



Humaira Abdullah (left) and Tracy Patterson (top second right) with some of the childcare students.

- 11 volunteers supported the paid staff to sustain services provided at NKS and in the process gained work experience of working with ethnic minority communities. Seven placements were taken from schools and Napier University.
- NKS worked closely with the local South Asian communities and organised a fundraising event to raise funds for St. Columba's Hospice in Edinburgh.



From clockwise: Naina Minhas (NKS Manager), Rohini Sharma Joshi (NKS Chair), Jackie Husband (Chief Executive of St Columba's Hospice) and Lorraine Wilson (Community Palliative Care Team Leader).

- Study support sessions were organised for young people to improve their English and Maths skills. These sessions are provided at very good rates and with very good tutors. These sessions were attended by 15 young people. Maths and English sessions were organised for pri-

mary school children as well.



NKS Nursery children playing "What's That?"

- Over 60 children used the NKS Nursery and After School/Homework Club (ASHC) services last year.
- 85 disadvantaged families were supported on one to one basis with socio-economic issues experienced by them in their day to day life. Befriending service was provided to 31 women by visiting them at home at least once a month.
- Over 150 women participated in a range of educational group activities benefiting them to improve their life skills.
- Over 40 English for Speakers of Other Languages (ESOL) sessions ran in conjunction with Edinburgh College to help women improve their English language skills.



The ESOL class busy studying at NKS.

- Day care provision for older women was provided by running two groups in a week attended by over 30 women.
- Two carer's break weekends for South Asian female carers took place. Seven women attended these. These were organised in conjunction with the Care for Carers team in Edinburgh.
- NKS worked with a number of organisations to provide relevant and quality services to the South Asian families. The organisations worked with were: Red Cross; Royal Botanic Garden Edinburgh; the Grove Fountainbridge Community Garden; Chest, Heart & Stroke Scotland;

Care for Carers; Christians Against Poverty; CAB; MECOPP; Cyrenians; the Thistle Foundation; Hearing Links; Backbone; Mobile Library; Keep Scotland Beautiful; CEMVO; Housing Associations; Royal Mile Nursery; the University of Edinburgh and many other projects in Edinburgh.

Programme of Activities – 2014/2015

Last year NKS provided a number of educational and recreational activities in group settings over six days a week attended by over 200 women and children. Some of the activities are listed below:

- 40 ESOL sessions for women.
- 70 cycling sessions for women and children attended by 45 women and children.



One of NKS' cycling groups at the Meadows.

- 210 group work sessions providing health and welfare activities.
- 12 waste management sessions raising awareness of recycling and reducing waste at home.
- 9 sessions around energy advice.
- 40 families received one to one advice on how to reduce



Energy Efficiency workshop at NKS.

- energy bills.
- 20 cookery sessions to demonstrate reuse of leftover food.
- 2 consultations with external agencies attended by 35 women.
- 6 sessions in the Young Mother's Group around children's health.
- 17 sessions for carers and 'cared for' identifying and addressing their needs.
- 9 sessions of healthy diet and discussion around nutrition and balanced diet.

Outcomes Achieved Over the Year

- Two support groups for people with long term health conditions have been put in touch with a number of services relevant to group participants' health issues. The information sessions have enabled group participants to make informed choices in accessing services in Edinburgh.



NKS' LTHCSG ~ Hepatitis and HIV/Aids health session.

- Three cycling groups involving over 23 women have led to increased interest in cycling among South Asian women. More and more women are showing interest in joining cycling groups. Due to increased demand from South Asian women, NKS has secured a grant from Cycling Scotland to develop the cycling project further and work towards a bike challenge event next year. Six volunteers are already trained as group leaders and a further six are receiving training with the Backbone project to be cycling group leaders.
- Carers' break organised with the Care for Carers team has encouraged women to participate again this year to get away for a break in a 'women only' carers break project. NKS is looking into the funding possibilities to organise 'women only' carers' break over the summer.
- The Life Coach and Childcare courses have led to build capacity among South Asian women. Eight women have managed to secure either voluntary work or paid work in

mainstream and at NKS after doing the courses.

- The catering project started by NKS is helping women to build their capacity by going through several training sessions around catering, house rules, hygiene etc. The catering project is also helping the women involved to learn about the catering business. One of the women has already been offered a part-time job with a private party for cooking purposes.
- NKS' Parenting Forum is in the process of organising a forum meeting after identifying several issues with parents of young people – either through the NKS Nursery or ASHC at NKS.



NKS' Parenting Forum in action.

- Work experience offered to women and young people is helping to enhance their skills as reported by volunteers themselves.
- The study support sessions provided to high school and primary school children from a disadvantaged background are reported to be of great benefit to young people. The sessions are not only helping young people with their studies, but also helping to identify any other issues in their day to day life through talks and discussions.

Challenges Faced by the Organisation to Sustain Services

- 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 the paper work 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 NKS work.

- Youth work and children's work need to be developed due to increasing demand.



The NKS ASHC children at the Museum on the Mound.

- 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.



NKS staff and volunteers fundraising at the Edinburgh Canal Festival.

Future Work

NKS is hoping to take up issues of inequalities further from the research conducted in 2013/2014 and endeavour to address these by identifying funds.

It is hoped that in the current and coming years NKS will be able to work successfully towards community cohesion and add more value to the work of the local authority and NHS Lothian.

NKS applied for funds to provide cultural bridging services in Edinburgh to connect South Asian communities to main-

stream services. The organisation has been successful in receiving funds from the People and Communities Fund and has already started work to connect with some mainstream projects and discussions are in the process to find a way forward.



NKS users at North Edinburgh Arts making wallets from leftover materials.

NKS also applied for funding for a walking project to encourage women to go for regular walks in and around Edinburgh where they could discover the beauty of their natural surroundings and also take up regular exercise. The organisation was successful in obtaining funding from Forestry Commission Scotland to do the Woodlands Walking Project.

The walks are combined with activities such as photography, basket weaving, painting and creative writing. The women meet up at NKS and then go together from there to places like Hermitage of Braid, Water of Leith and Craigmillar Castle Park to name a few. A lot of them had never been to these places. They are enjoying this project as they are getting to do activities that they had never done before. They enjoy going for walks as part of a group and also enjoy the fresh air at the same time.



NKS' Friday Walking Group at Hermitage of Braid.



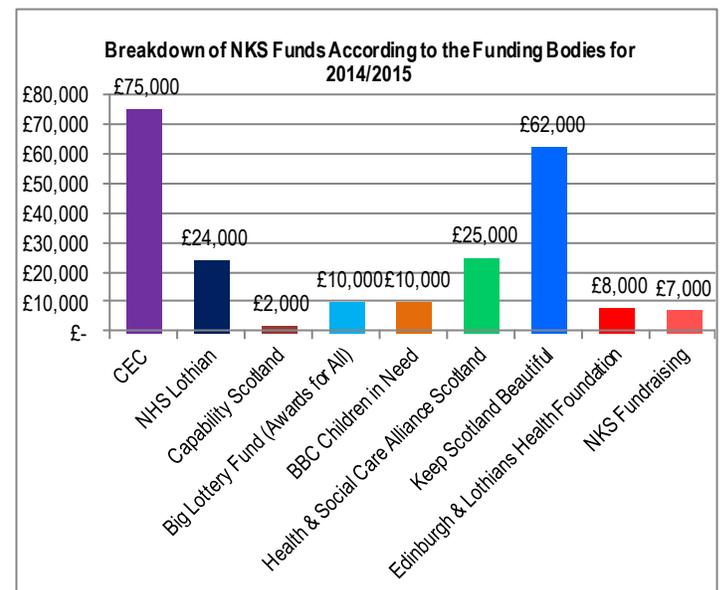
NKS' Tuesday Walking Group at Water of Leith working with willow.

Jack Marshall ~ Treasurer

The continuing austerity measures imposed by the UK government have had a continuing impact in limiting public sector funding, particularly affecting our core funders the City of Edinburgh Council and NHS Lothian who have remained 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 2014/2015 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 service 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 2014/2015 are as follows:



Total income for the year - £262k, an increase of almost 32% on the previous year

The City of Edinburgh Council funding – £75k

NHS Lothian funding – £24k

Edinburgh & Lothians Health Foundation - £8k

Big Lottery Fund – Awards for All - £10k

BBC Children in Need - £10k

Health and Social Care Alliance Scotland - £25k

Keep Scotland Beautiful - £62k

Capability Scotland - £2k

Year End Reserves – Restricted fund balances increased by £6k on the previous year and unrestricted funds were reduced by £4k resulting overall in a balance of £93k, an increase of £2k on the previous year.

It is important to note that it remains essential that NKS retain 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 difficulties, NKS has continued to perform well, to manage budgets well and has the strength to face the financial challenges ahead.

Quotes About NKS

“NKS gives us an opportunity to meet our friends and learn new things once a week.”

“I come here once a week and meet people which refreshes my mind.”

“NKS gives us an opportunity to meet new people, socialise, learn new things, have lunch together and do physical activities etc.”

“NKS trained me and due to that I am able to work and earn money.”

“The NKS nursery has been a wonderful start for my child and we are very grateful for all the support.”

“NKS changed my lifestyle for the better and has always been there for me during the tough times.”

“NKS and the nursery supported us through a difficult family situation.”

“I was getting bored at home before I started to come to NKS. Since then I have made lots of friends and learnt so much.”

“I was unable to do anything. Since I started coming to NKS my confidence has grown immensely.”

“Coming to NKS simply makes me happy.”

“I had absolutely no interest in gardening or cycling before. Now I really enjoy both of these activities.”

“Accessing the Family Support Work service at NKS has been really helpful to me and my family. I feel more empowered since taking part in the Self Management project which

has made me realise that I am not alone. NKS has encouraged me to better myself and I have completed childcare and reflexology courses. My children benefit by attending the After School/Homework Club and the English and Maths studies support sessions at NKS.”

“NKS helped me with so many things and the NKS nursery was very affordable. I was referred to the Family Support Worker at NKS who helped me with finding a house. I wish a long life to NKS.”

“NKS has always been like a second home to me. As a volunteer I've enjoyed my time at NKS greatly. I was able to learn many different aspects of NKS from working with children and the elderly as well as giving a helping hand in the office by doing tasks such as typing, printing and organising.”

“NKS provides so many opportunities and activities for all age groups. The staff is very supportive and friendly and the atmosphere is very healthy as well.”

“The highlight of my placement was joining the ladies in the Meadows for a cycling lesson, everyone was really enthusiastic and after a bit of practice I was almost as good as I was when I was a kid!!”

“...I go to the After School/Homework Club at NKS. I think that the club is amazing! NKS takes us on so many educational and fun trips just like my school does.”

“We are delighted that NKS chose to raise funds for us at their recent dinner and are absolutely thrilled with the fantastic donation. To raise over £4000 in one night is a huge achievement and we are so grateful to everyone who contributed to this total. St Columba's Hospice provides free end of life care to anyone with a life limiting disease who needs our help across Edinburgh and the Lothians. It costs us £8 million a year to care for our patients and their families and without the help of our local community, and groups like NKS we would not be able to continue our vital work. Thank you once again from the staff, patients and families at St Columba's Hospice.”

“NKS helps people to: gain skills to change their circumstances; helps them to understand their rights and entitlements; helps them to meet new people and make new friends and also helps them to become less anxious and more confident. I appreciate all that NKS has done to help me so far and I'm looking forward to the future.”

“It's like coming to a big house with a big family. I love it. Everyone is very polite. I've been coming for over ten years now and it puts a smile on my face. I really like NKS.”

“I have been coming to NKS for nineteen years now. The staff is very friendly and caring. NKS gives us three hours of joy every week. I really look forward to coming to NKS.”

“I look forward to coming to NKS. I like to do yoga and enjoy the company of the other women. I enjoy the freshly made hot and healthy lunch too. NKS staff is very respectful and welcoming.”

NKS Management Committee for 2014/2015:

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
Jabeen Munir ~ Director
Shaheen Ahmed ~ Director
Allison Conroy ~ Director
Sandra Abushabaan ~ Director (resigned)
Jane Jones ~ 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 Project Co-ordinator
Rukhsana Hussain ~ Community Officer
Savita Kumar ~ Cultural Bridging Officer
Humaira Abdullah ~ NKS Childcare Facility Manager
Sobia Shahzad ~ Childcare Practitioner
Nazish Raza ~ Childcare Practitioner
Amina Rahman ~ Senior Childcare Practitioner

Current NKS Volunteers:

Asma A Kassim, Ferdousi Reza, Jabeen Munir, Laiba Khan, Naina Minhas, Nazia Chaudry, Pan-na Akhter, Rimi Malik, Rukhsana Hussain, Savita Kumar, Shabnam Bashir, Sugantha Ravindran, Sumnima Limbu, Tamanna Israt Jahan, Tonderai Musunhe, Yasmin Ahmed and Zeenat Yaqoob.
Thank you!

NKS Funders for 2014/2015:



Thank You!

NEWSFLASH!!!
NKS' website has been redesigned and is up and running again! Check it out!
The website address is: www.nkshealth.co.uk.

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