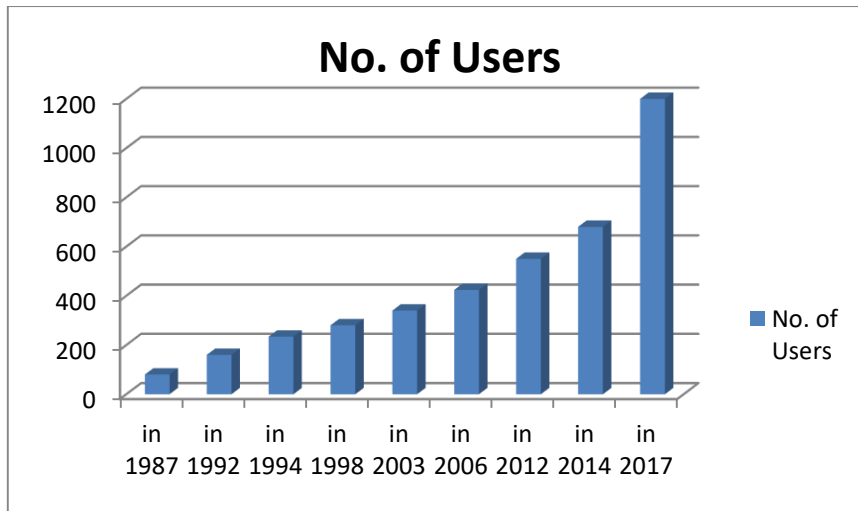


## Thirty years of Nari Kallyan Shangho

Thirty years of community work has earned Nari Kallyan Shangho (NKS) a strong trusting relationship with the local communities that has strengthened its foundations and put it on the local map as a leading grassroots organisation. A journey of three decades has covered a number of milestones to empower grassroots in Edinburgh. NKS has worked passionately and tirelessly to facilitate inclusion and community cohesion by aligning its goals to the priorities set by the local authorities and needs expressed by communities in Edinburgh.

From being a small group of 10/12 women, meeting over a cup of tea to developing and connecting with a mailing list of 1200 individuals, this demonstrates the growth of NKS over the years.



The above figures have been extracted from various NKS reports and mailing lists.

NKS began by providing needs-based services to support women experiencing deprivation and isolation due to the complexity of their needs. NKS along with South Asian communities has come a long way since then where strength-based strategies have become the basis of service provision.

- NKS was formed in 1987 as a health project with financial support from the local authority. It was a local service for Bangladeshi women in the Gorgie/Dalry area.



### NARI KALLYAN SHANGHO "Then"

- In 1989, NKS became a city-wide health and welfare organisation for South Asian women and children.
- A needs assessment to identify the health and health care needs of Bangladeshi and Pakistani women was carried out in 1994 that led to NKS setting its goals based on the needs expressed by women. A number of initiatives using needs-based strategies were planned to raise the health status of South Asian women.

- A health course in collaboration with the Moray House of Education was piloted in 1995 to support South Asian women in understanding their health and welfare needs. The course was run in different parts of Edinburgh.
- In 1997 and 2002, a number of health information booklets in three different South Asian languages were produced for women who can't read English in collaboration with the health Promotion Department of Lothian Health.
- In 1998 a cultural awareness training pack for service providers was developed and a number of sessions were held for various mainstream agencies leading to a better understanding of the cultural needs of South Asians.
- In 1999, 'Assessing the Gap' report highlighting the barriers faced by South Asian women in accessing health services was produced. NKS also started its first newsletter in the same year.
- All of this pioneering work led to NKS winning an award as the Health Promoter of the year in 2000 and the Scottish Empowerment Award for Best Grassroots Community Project in 2005.
- In 2001, NKS was also reviewed as an excellent community project by the City of Edinburgh Council.



### NARI KALLYAN SHANGHO "NOW"

- The years after the millennium led to NKS embarking on the strength-based strategies to empower South Asian women and their families.
- In 2004 six Bangladeshi women with good people skills were identified and trained by NKS as community workers to support developmental process in the Bangladeshi community with a motto *"by the community for the community"*.
- In 2007 NKS collaborated with the City of Edinburgh Council and ran SVQ modules in childcare to support grassroot South Asian women in increasing their employability opportunities. Since then, NKS has been running the course every year and over 30 women have been helped to qualify as childcare workers.
- In 2009, NKS won two awards consecutively; Scottish Charity Award for Community Action and the Scottish Asian Business Awards for Community Award.
- In 2009, NKS also launched its own 'South Asian Women Empowered' Awards to acknowledge women's contribution to Scottish society. A number of South Asian women were identified as role models for the present generation.
- The Parents' Forum was formed in 2011 giving voice to South Asian parents in relation to their children's schooling issues. NKS also received Committed to Excellence Award in the same year.
- In 2013 NKS launched the Changing Cultures health and inequality in the South Asian community in Edinburgh research report.
- Since 2014, NKS is working closely with over 15 agencies to promote and facilitate integration and community cohesion and has involved over 80 women in the process of cultural bridging. The women have been introduced to a number of local projects, and have also been provided with opportunities to lead and facilitate sessions.
- To raise awareness of South Asian communities; their culture and lifestyle, NKS has produced a book 'A Passage to Scotland' and ran a photography exhibition showcasing culture and lifestyle of South Asians in Edinburgh.
- In 2017, NKS identified 20 South Asian women with a range of skills and interests and helped them to seek voluntary work by providing them with training to raise their confidence and by identifying volunteering opportunities in Edinburgh.
- In October 2017 NKS began a six month digital literacy research project looking at the learning needs of South Asian women.
- The year 2017 ended with a positive note; NKS was the winner of the 2017 Self-management Integration Partnership Award and was the finalist for the Herald Society Award.
- We hope to continue serving the local communities and contribute to the Edinburgh City to make it a better place to live.