

Capacity Building and Resilience among  
South Asian Communities in  
Edinburgh, Scotland

*Networking Key Services (NKS)*



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## Preface

The South Asian communities in Edinburgh play a significant role in the social, economic, and cultural fabric of the city. However, South Asian communities face certain challenges and barriers such as socioeconomic deprivation and health inequalities, especially post-COVID-19 pandemic. This study pursues capacity-building and resilience among the South Asian communities in Edinburgh.

The study aims to focus on poverty, health inequalities, emotional well-being, and intersectional issues for the families involved. Additionally, it provides an outlook of need assessment and subsequently adopting innovative learning skills, conducting training, establishing healthier lifestyles, and delivering emotional support to the families impacted by the pandemic or otherwise.

The primary data collection technique is used to gather data in the form of an online survey through distributing questionnaires. The survey was conducted through an online research platform called Survey Monkey, and a total of 190 responses were received from Indian, Pakistani, and Bangladeshi participants. The graphs and their detailed description of responses can be found in the research analysis section.

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## Executive Summary

This research is an attempt to investigate, various aspects of capacity and resilience in the South Asian community in Edinburgh, It is imperative to identify baseline needs and develop key skills to overcome underlying challenges. The important areas, where these communities need additional support are language barriers, education counselling, skill development, health and wellbeing, entrepreneurship, social integration and networking, inter-generational connections, access to resources and services, hardships, poverty, and inequalities experienced in the post-COVID-19 pandemic. Based on need assessment, the research findings help to adopt strategies for learning new skills, training community champions, building capacity, promoting healthier lifestyles, and providing emotional support to families negatively impacted by the pandemic.

The outcome of the study indicates that the communities are struggling to overcome the cost of living issues as all other communities in Edinburgh. Financial issues are surrounded by all other priority needs. Time constraint is the highest barrier that is limiting the participation of community people in attending different activities at NKS, as people do need to work extra hours or additional hours to combat the cost of living. Moreover, courses related to IT skills, language improvement, volunteering training, confidence building courses along with health and wellbeing courses were indicated most by respondents from given options in this study, but there is a list of other income generation training and courses, that were indicated to be part of these learning opportunities.

Shortcomings in activities for men, working class women & and men, and weekend time slot utilizations were highlighted, so that everyone can benefit most out of available resources. Barriers to childcare and expensive child care options are also restricting young parents and child-minding elderly, to be engaged in these learning activities as well. Furthermore, parking issues during the week and increased local transport charges were also one of the mentioned barriers for the community.

Finally, solutions and suggestions are proposed for the above-mentioned needs and barriers, in the recommendation section of this study. So that the organization can devise strategies according to its capacity and limitations. By addressing these baseline needs and fostering the development of key skills, the South Asian community in Edinburgh can enhance their capacity and resilience, leading to greater opportunities and overall well-being.

## **Introduction**

### **Research Methodology**

In this research, a quantitative method of data collection was used. According to Dawson (2019) if it is decided survey is the appropriate method to use for research, then it should be known how to data be analysed, A questionnaire must be properly constructed and worded making sure there are no variations in the way the forms are administered.

### **Research Objective**

The purpose of this study is to identify and investigate the socioeconomic deprivation, poverty, health inequalities, emotional well-being, and intersectional issues for families involved. This study is an attempt at need assessment and afterward adopting innovative learning skills, conducting training, educating healthier lifestyle, and providing people with emotional support affected by the pandemic or people suffering from underlying illnesses.

### **Research Design**

The framework and research technique applied to this study was a quantitative approach using a questionnaire with close-ended and given options of open-ended questions. We provided a digital link questionnaire to all the potential respondents and 190 responded by using the online research platform Survey Monkey. Finally, the dissection of received responses from the questionnaire and its description can be found in the research analysis section.

## Research Analysis

# Capacity and resilience among South Asian communities

### Survey Details

**190**

Total Responses

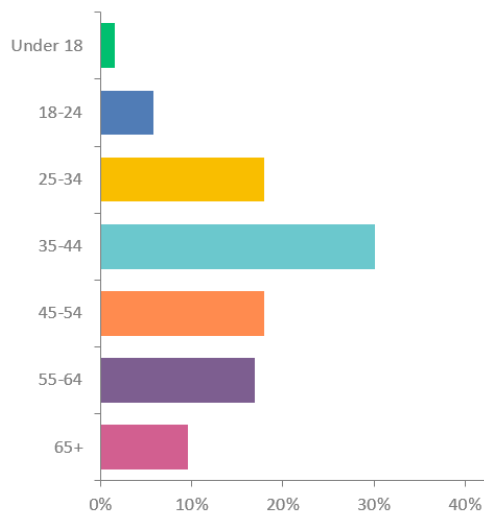
Date Created: Wednesday, April 05, 2023

Complete Responses: 190

### Survey Findings and Analysis:

Networking Key Services (NKS) proposes to build capacity and resilience among South Asian communities in Edinburgh, facing health inequalities due to COVID-19, and support individuals one-to-one via experienced bilingual community workers, known and trusted by communities to empower and help identify recovery pathways leading to improved life chances.

### **Age of the respondents**



Keeping the aim in mind, the survey has been conducted with South Asian communities in Edinburgh, i.e. Indian, Pakistani, and Bangladeshi.

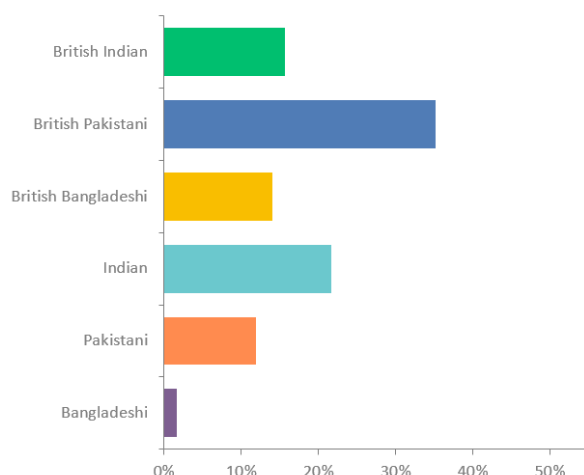
People from age 18 onwards were the main respondents of this survey, and we made the survey easy to understand, and less time-consuming so that anyone could take up easily and respond to the questions.

The survey provided 7 questions with open-ended options so that respondents could add their thoughts in regard to their needs.

The survey comprised of maximum number of respondents from the age group **35-44** years, i.e. 30.16%, and the rest of the 18% were from ages 25-34 and 45-44. The respondents from the age group 18 years and the age group 55-64 were slightly less.

**That means**, that the age group **35-44**, are the ones who need the support most, whereas the category comprising young/ young to middle-aged people, who wanted most of the help in improving their quality of life through different possibilities, improving their expertise and knowledge, through different courses, volunteering opportunities, educational support in getting further admissions and different other opportunities provided by organization's support.

### **Ethnicity of respondents**



It is evident that the survey was developed and executed for the South Asian community in Edinburgh, Scotland, but from these communities, there were mixed respondents for the survey, therefore the respondents had been segregated into the following categories.

Indian, Pakistani, Bangladeshi, British Indian, British Pakistani and British Bengali. The maximum respondents of this survey were British Pakistani, the total was 35.14% of the total respondents, whereas second highest respondents are Indian citizens in Edinburgh who are 21.62% of the total respondents. British Indian and British Bangladeshi respondents are 15.62% and 14.2%, respectively. The rest 13% are from Pakistani and Bangladeshi participants.

**This implies** that the people from the respondents who are British citizens are seeking more help, along with approximately 22% of the non-citizens in Edinburgh. The citizens from approximately 36% of the community seeking help are educated and for them, it should be a favourable situation if

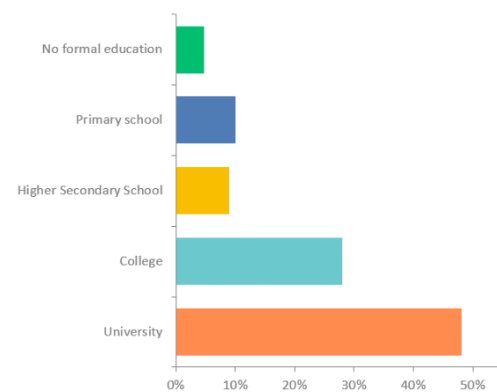


further volunteering opportunities and some additional certified courses are offered, so that they can be ready for the job market.

Whereas, the non-citizen respondents of this study, are in Edinburgh, either for work or they are dependent on their partners, but they need the services to be able to engage themselves positively in society and can be a financial support to the families.

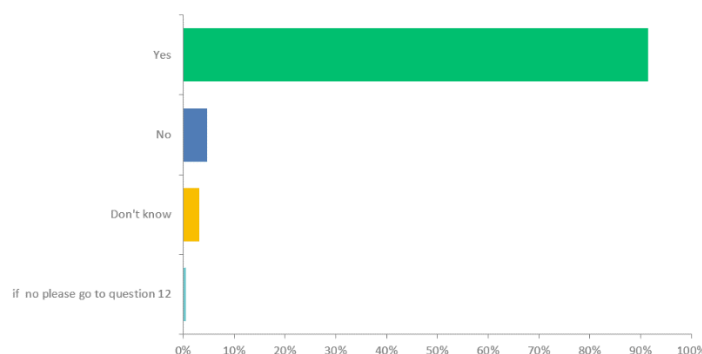
Volunteering opportunities and health and safety, or health and hygiene courses might be a helpful start, for them to be more confident in understanding the job market which can improve their English language fluency and confidence simultaneously.

### Qualification of the respondents



The graph shows that the maximum number of respondents have gone to universities or have attended college levels of education. This implies that it shows a clear picture of the needs and concerns of people from all three communities in this study.

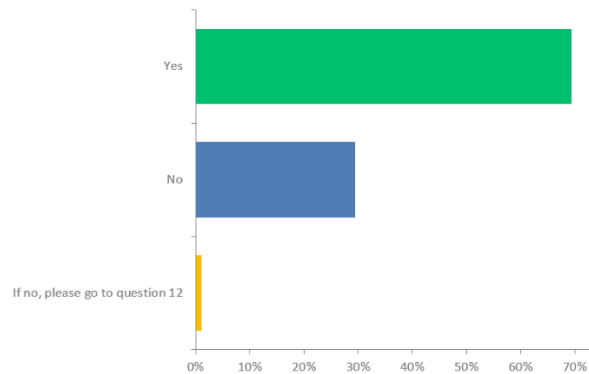
### Participation in NKS activities



And 90% of the respondents are willing to attend NKS services if the services are available.

**That means** that given opportunities will be availed by people from all three communities. Provided, help to eliminate the barriers they are facing.

## Challenges or barriers to participating in activities

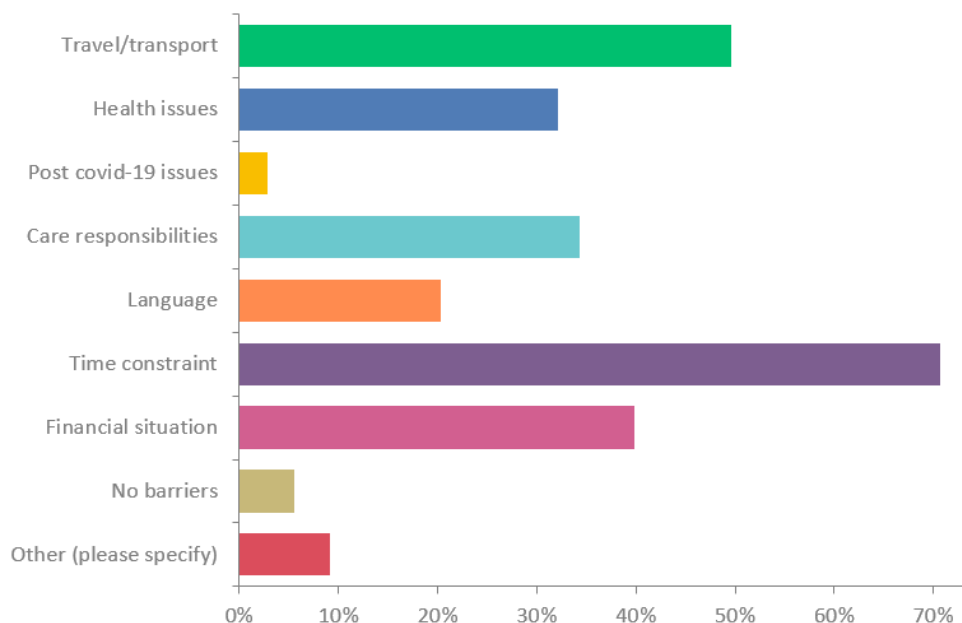


Seventy percent of the respondents feel that there are certain barriers due to which they are not able to attend different activities NKS, that can benefit them.

Suggest that if additional support (travel/transport, one-to-one support, childcare, child minding, etc.) can be provided to the individuals, they will be successful in attending the activities offered by the organization.

Moreover, there are thirty percent of the respondents have fewer or no issues, that can hinder them from attending activities. That implies that the ones who have no hurdles in coming to the organization can be engaged through different outreach procedures. Suggest, that people should know the activity programs in advance, through social media resources, websites, etc.

## Challenges or barriers faced by South Asian Communities



71% of respondents had time constraints, 49.65% had travel/transportation issues, 39.86% said that they had financial situations, 34.49% had care responsibilities, 31.17% had health issues, and 13% had different issues than stated given options. The list of available options as a hurdle, were Travel and transport, health issues, post-COVID-19 issues, care responsibilities, language, time constraints, and financial situation.

An open-ended option was provided in the study, so that people can add their hurdles and limitations that are restricting them to avail intellectual growth in the community, through different provided opportunities. Other hurdles were listed as follows.

- There are not many for men (responded by few mentions requesting for more activities for to be involved)
- Young children are accompanied so it becomes hard to concentrate or even attend the event or any session.
- For working people/ candidates, during the week is a problem to attend activities at NKS
- Parking issues during the week
- I look after my grandchildren regularly so may not be able to do volunteer duties but would like to participate in other activities.
- Full-time work commitments – should have weekend activities.
- No young male groups running.

**This implies**, that there is a dire need to sort people with travel constraints as well as financial issues. The highest is the time constraints, which means that everyone is struggling to manage their time, as the cost of living has created an increased financial worry among people and they are putting their efforts into getting through the situation.

Other shortcomings around activities focusing on South Asian men, in Edinburgh need to be addressed. The organization's leads (managers, Directors, and committee members) should address the issue. Funding opportunities for working men/women should be identified and availed.

Furthermore, young mothers should be given childcare facilities so they can be part of activities with peace of mind.

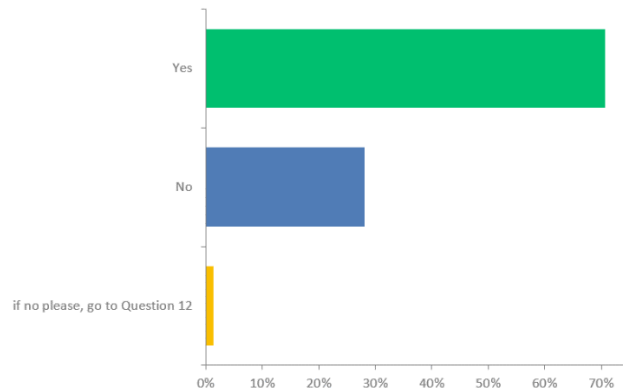
The working class might be included in activities like cycling, walking, health and wellbeing activities and courses. After working, weeklong, and having no healthy activities done, South Asian men can have health implications e.g. physical health, mental health, and well-being, etc.

It can be an alarming indication for young as well as old people from South Asian communities in Edinburgh, regardless of their gender, age, and ethnic origin.

Moreover, From the open-ended responses received from respondents, who were elderly families, some of the feedback implies that, as being part of a joint family system in South Asian families, mostly supporting their young ones (supporting for returning jobs), long hours child minding, is another hurdle to overcome. Continuously being home can pose health risks to such older people.

Furthermore, parking issues are contributing to all these barriers as well. People might need financial support to rectify the issue by paying them some transport fare, or by providing car share options would increase people's participation.

### Requiring support to overcome the barriers



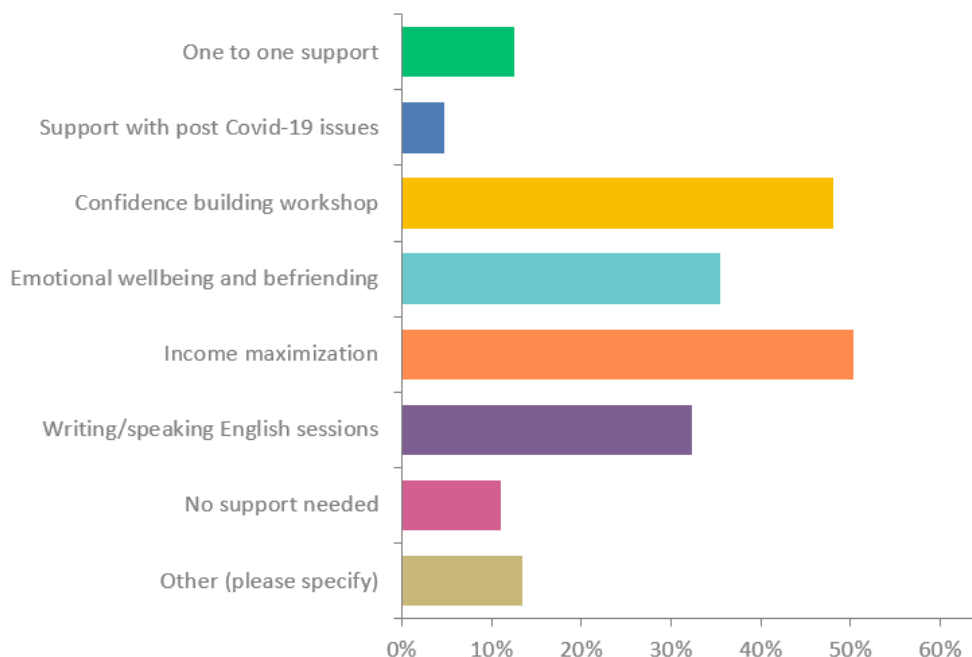
63 people skipped the question and 15 people were unsure, and 73% of people wanted to support eliminating the barriers for them. Shows that 73% of people need help, and they want to do something about it.

**Observed that** 70% of the respondents who said they are facing hurdles discussed their limitations and the support they needed, 29% of respondents did not mention anything, about what sort of limitations they have or what type of support they need. This implies that they are not willing to disclose the type of hurdle due to cultural barriers or some family issues they might facing.

Such candidates can be categorized, as hard-to-reach community people and should devise different strategies to break the ice. It is obvious that the capacities of community organizations are limited as well, but there might be ways to reach these people.

Relevant community workers can be hired and engaged to reach these people so that they can be confident in discussing their barriers and ways that can be determined to eliminate their barriers. Some motivation can help them eliminate their barriers. So, NKS might need to find further ways to reach these people who are in such a situation.

## Required type of support



As depicted by the graph shown below, 50.39% are requesting some Income maximization, 48.63% of the respondents request confidence-building sessions, 35.43% of the respondents are requesting befriending activities and emotional well-being opportunities, 32.28% respondents have language barriers, 12.60% respondents need one to one support and 4.72% needs support with post covid-19 issues.

As shown in the graphs above, 70.70% of people wanted help in overcoming the barriers. With the kind of support that people might need, the answers were kept as multiple choices, so that, respondents could choose more than one option if applicable added a blank space, where respondents could add their needs if it is missing from the available list.

The graph shows that 50% of people wanted income maximization training, and approximately 49% of people wanted confidence-building workshops. This shows that confidence-building and income maximization opportunities are going hand in hand. Therefore, people from the South Asian community need confidence-building training and volunteering opportunities to improve confidence, along with income maximization opportunities.

Moreover, eliminating the language barrier and emotional well-being both have approximately equal percentages, which means that the language barrier has an impact on increased emotional well-being and befriending needs. Whereas, with post covid-19 issues approximately 5% of people needed support. What kind of support specifically they need, might need a further investigation.

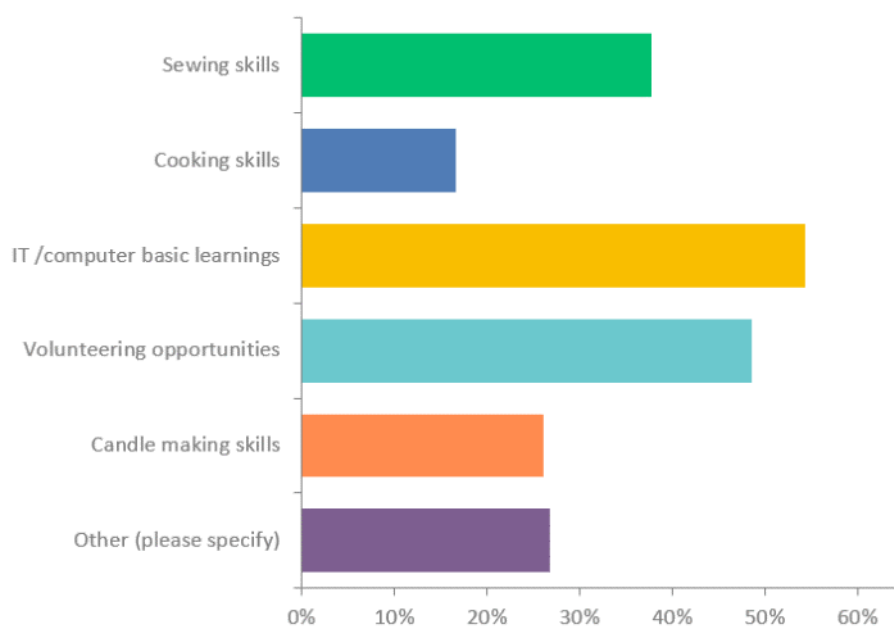
Whereas 13.39% of the respondents used open-ended options to answer the question.

Some of the additional solutions for the barriers are discussed and the suggestions can be considered to organize activities/training/sessions on weekends for working people, sessions or courses offered during kid's holidays, or sessions in the evening so that their partners can help with childcare responsibilities. Moreover, parents with Autistic kids need help with childcare, so that they can attend any of the sessions or courses offered, it is the same for other young mums as well.

Another barrier is transportation needs, which are eminent to attend activities, as there are parking issues and increased transportation charges and parking prices, some of the respondents are referring/requesting for weekend activities to be able to get free parking.

**Considering the responses,** suggest that there should be some finances assigned for transportation or car sharing should be introduced among people interested in attending the courses/sessions or activities whereas, weekends should be availed for people who are working and have other responsibilities so that they can share responsibilities with family members.

### Interested type of training to enhance abilities and skills



37.68% of the respondents need sewing skills to develop, moreover, 26.09% of respondents need to upskill themselves with candle-making sessions or training. Some 16.67% want to enjoy learning cooking skills.

The highest interest shown by the respondents is the IT courses to enhance their IT abilities. It recommends initiating different IT courses for different categories. So that community/participants can benefit according to their skill levels. Approximately 55% of the respondents need IT/Computer courses to help themselves, which is the highest demand from the respondents.

As it is evident that, the maximum respondents are from the age group 35-44, volunteering opportunities are the second highest request from respondents, i.e. approximately 50% of the respondents, want to get involved with NKS or any other organization through volunteering.

Therefore, focusing on the responses, NKS should arrange a facilitation desk, for people to get in touch with the NKS team/workers, and they can be routed to available opportunities in the market, or something can be added to each project so that teams working with different projects can take volunteers and train them, but this will be a limited facility for people from all three communities, therefore, For long term results more collaborative efforts through different funding opportunities can be started to help people from South Asian communities.

NKS had projects in the past, facilitating young people for volunteering but due to funding issues and projects being ended. Such longer-term projects can eliminate depression around these communities in Edinburgh.

People are also aspiring to upskill themselves to be able to start any kind of working-from-home opportunities like sewing skills, candle-making skills, and cooking skills, etc. whereas, approximately 30 new avenues are identified as 26.81% of respondents have their own views and suggestions, which are mentioned below. These suggested training can be added in while executing the learning program.

Some of them are the following; Security Guard Training and licenses, Social and health care training and licenses, income maximization training or sessions, information sessions on how to start own business information session, Autism information sessions for parents, how to grow edible garden sessions, online learning options, holidays kids clubs, Dance/ Music Training courses/ sessions for kids and adults.

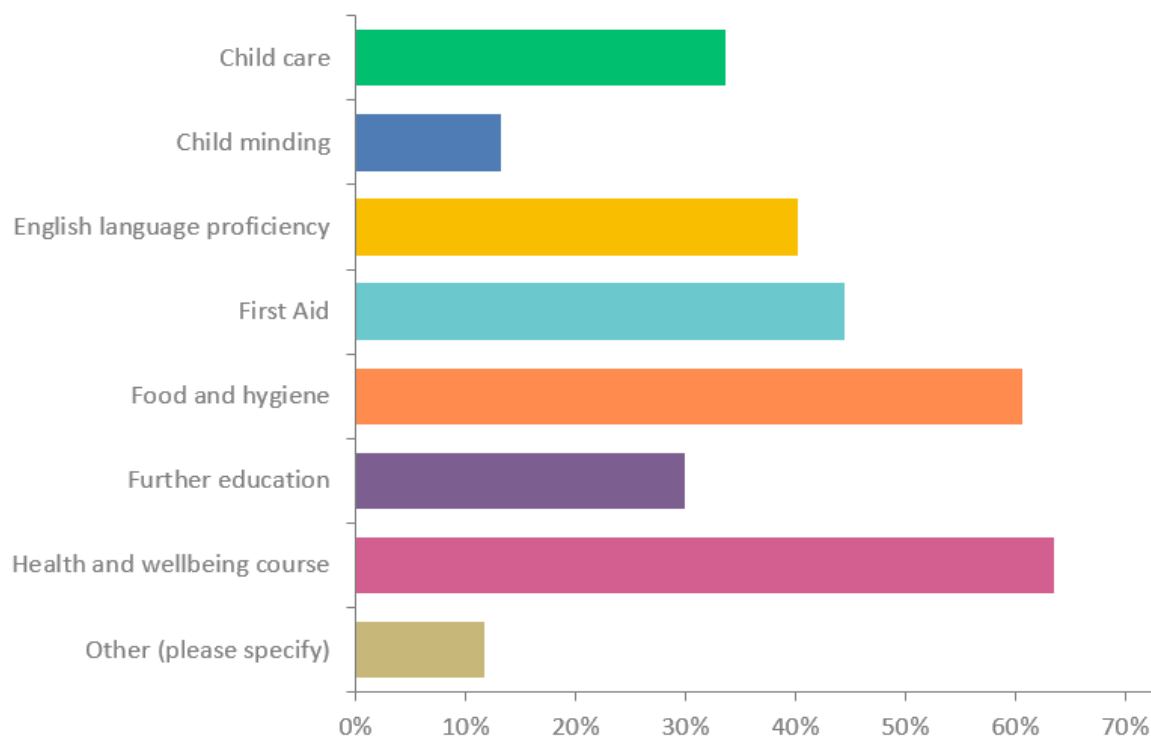
Some of the additional suggestions and barriers were the following:

- Security guards training
- Enhancing abilities and social care training
- Health-related courses
- Information sessions on autism
- Health courses
- Confidence building Workshops.
- English language sessions
- Learning home edible Gardening sessions/ courses
- Life coaching / social activities/ art/ henna/ walking activities
- Free workshops health-related, outings, and mental health
- Skilled work training, other skill improvement courses
- Online workshop/course options
- DIY activities during school holidays for children (*Afterschool clubs, holiday clubs for kids*)
- Best out-of-waste activities to learn something new & and composting.

- Childcare training
- Short courses/Training to get into work.
- Childcare (Childminding course, fostering courses)

## Types of courses

Below is the bar chart investigating the type of courses that can be offered by NKS, that respondents are willing to do. There were other options suggested by the respondents in our previous graphs. That might need to be incorporated while executing the activities.



From the given options to the participants, the first priority of the respondents is to attend a health and wellbeing course i.e. 63.50%, secondly, 60.58% of respondents intended to attend a food and hygiene course, whereas, 44.53% need a first aid course, furthermore, 40.15% people need to learn English or wanting English proficiency courses. 33.58% of people want to attend childcare courses 29.93% of respondents seeking courses that can help them to further their education and 13.14% of respondents want to attend a childminding course.

**From the above graph, we can conclude** that health & wellbeing and health & hygiene courses can be arranged initially, whereas first aid course and English language course can be arranged as second priority. Moreover, support for further education, childcare courses, and child-minding courses can be started simultaneously as these courses and support can help people start earning at some stage or after some time of being involved in these courses.

11.68% of respondents have suggestions added below.

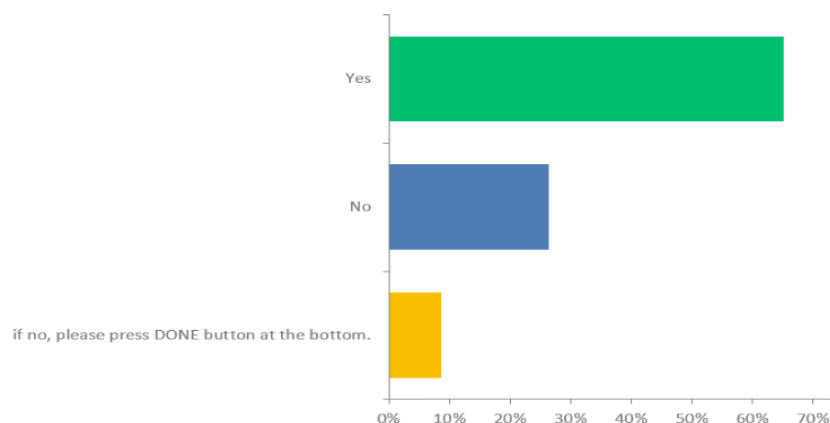


- I am a dance teacher I would love it if something like a Zumba-type class could be organized at NKS. I can teach people and some music can be learned.
- Home-based income generation training.
- Cooking training
- Online workshops
- Carbon literacy training
- English language class
- Confidence-building course.
- Information session on legal requirements for starting a business.
- Financial/Accounts Management Course or Teaching Course

**This implies that** it cannot limit these courses, to a specific number of courses or training. These might have a bigger spectrum, in terms of organizing and delivering them at NKS. These courses can be offered in collaboration with institutions or other universities/organizations that are experts in each category.

These experts can be invited to deliver in partnership with NKS, or as sessional workers so that the level of learning can be kept at a better standard for the South Asian community. This strategy can be applied because, the communities are hard to reach and people do not dare to get involved due to many barriers they face in day-to-day life (Language, lack of self-confidence, culture, education, etc.)

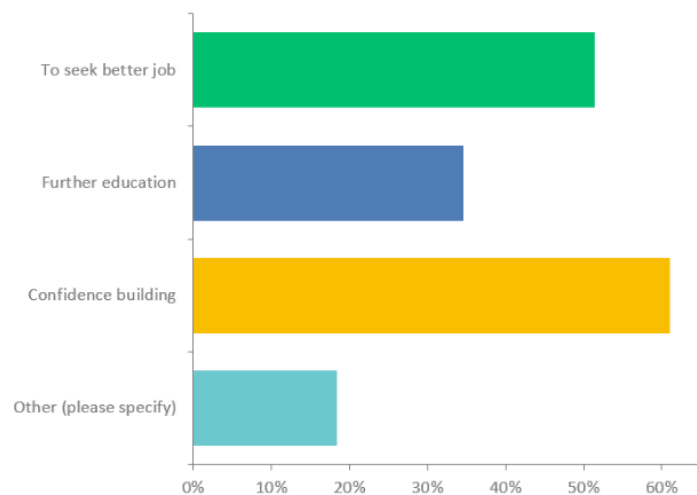
### Volunteering opportunity at NKS



When asked about providing Volunteering opportunities by NKS, 4 skipped the question, and 55 out of 186 people didn't want to do volunteering. Whereas 65.05% of respondents are willing to do volunteering at NKS or other organizations.

**This implies** a willingness to learn something they might feel they need, which will ultimately have a positive effect on generations in the long run.

## Purpose of volunteering at NKS



Above 60% of the respondents are willing to volunteer options if provided. The aim behind the volunteering opportunities is different for all of them. The highest selected option was confidence-building workshops because the respondents wanted to gain confidence by volunteering.

Secondly, 51.47% intend to seek opportunities for better job options, and 34.56% would be interested if there were some options for improving their abilities for further education.

18.38% gave their independent opinions regarding volunteering, the responses are as follows.

- Need to find better income generation ways at home.
- Prefer online courses.
- Childcare issues
- There are not enough volunteering opportunities in the community
- Networking with community members
- Self-motivation
- To help people

**This implies** that confidence-building needs and finding better job opportunities are going hand in hand. Whereas, the need to improve abilities to pursue further education, implies that people do believe that the supporting courses e.g. language courses, self-confidence development courses, or sessions and information about, different open information day college/university events, should be shared with the community through social media platforms. The timely information can help those who need it.

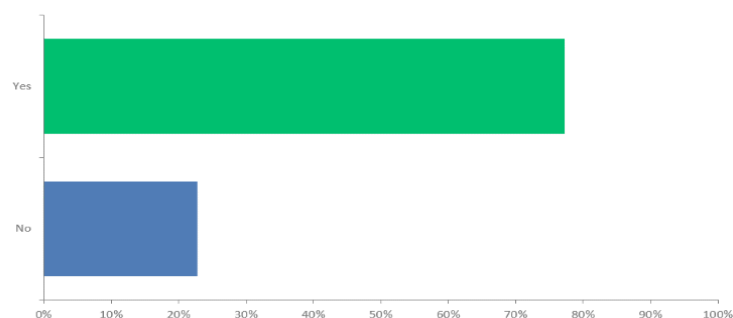
Furthermore, some of the other options people wanted to volunteer because they wanted to find some income generation avenues and a good number of people were happy to help the organization and community as well, which indicates care from community people towards each other and organization.

Some of the respondents also wanted to volunteer and come to NKS for socialization, which implies that people do feel NKS is a meeting place where they can socialize and be engaged in different activities.

Moreover, respondents have also mentioned their limitations, mostly, the mothers who have childcare responsibilities due to which they can't really help the organization or the community through volunteering, which implies that there is a dire need of early age nursery facilities for parents who cannot afford to send their kids to private nurseries or can't afford child minders. Mothers have also mentioned in previous queries that with childcare responsibility, they really can't do anything for themselves.

Another way to accommodate these community people is to fund NKS nursery services so that NKS can devise some subsidized nursery price rates for such people or families so that parents can attend available courses and sessions at NKS.

### **Willingness for Volunteer training**



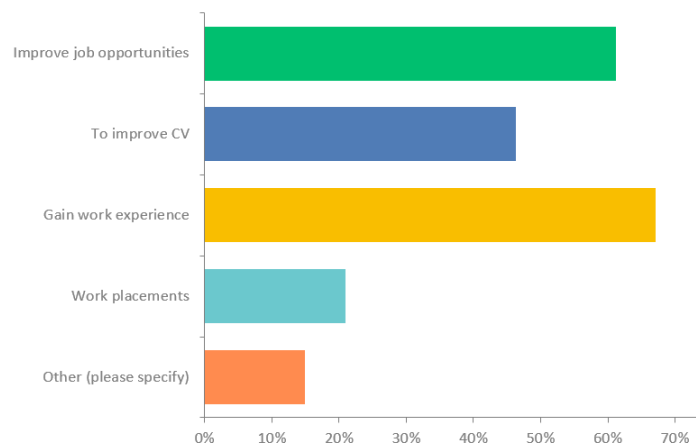
More than 77% of people showed a willingness to do the course, whereas there are more than 23% of people who didn't show interest that was because of the age group they are in, being mums and being a student or being a worker. Whereas, in previous questions, the research shows that everyone with limitations has some sort of way to be engaged in volunteering except the age factor issues.

For instance, weekend activities, cycling activities, walking activities, etc. can be looked after by volunteers as activity leaders. For example, cycling training can be done for volunteers and they can be engaged with people

## Reasons for Willingness to Do Volunteer Training

In the graph below, it shows a clear picture of the reason, that why people are willing to do volunteer training.

67.16% of respondents showed maximum interest in gaining work experience, through volunteering. The second highest response was 61.19%, for improving job opportunities. 46.27% wanted to improve their CVs through volunteering and 20.90% of respondents wanted to help themselves for work placements.



Other 14.93% of respondents have their own vision towards volunteering and the benefits of volunteering. Some of them wanted to meet more diverse people, socialize, build confidence, and learn new skills. Some of them wanted to support the organizations with their time and attend knowledge, about how charities work with minorities.

**This implies that** all the respondents who are willing to give their time as a volunteer, have targets to ultimately improve their skills and abilities to be able to join the job market. Volunteering opportunities can help them in many ways to improve their confidence, self-esteem, language abilities, and language dialects.

Along with all of these opinions, childcare is a limitation for women that they feel, is limiting their access to services and abilities.

## Conclusion:

The aim of this study was to find capacity and resilience in the South Asian community. The study is also helping to understand the needs and barriers of South Asian communities, which are creating hurdles and limiting their opportunities to improve their socio-economic conditions.

The outcome of the study shows that people are concerned about improving their economic conditions through different available opportunities that NKS can provide. IT programs and IT skill-enhancing courses were the most chosen options by the respondents along with volunteering opportunities. The reasoning and feedback on choosing volunteering, indicate that all the respondents who are willing to give their services/time as volunteers, have aim to be able to avail themselves of opportunities to enter better jobs in the future. Time is the biggest constraint in attending courses and trainings, as most of them must feed families and need to work more hours due to the increased cost of living.

Eliminating language barriers and ways to improve confidence-building issues, are the most needed targets along with IT skills improvement needs.

Moreover, people also want to upskill themselves, so that they can earn from their homes, to be able to improve their financial situations.

The training options provided in this research seem limited, as there is a long list of trainings, people want to attend to enhance their abilities, and the ultimate reason is again to improve their financial situations.

The study showed that there are no or very less opportunities available for men to be involved in different activities across Edinburgh. Moreover, working-class respondents are also willing to avail opportunities, if some of the activities are arranged over the weekends. Whereas there are hardly any activities they can be involved in over the weekends. In addition to this, parking issues all over Edinburgh are a huge hurdle in attending sessions and activities. Respondents also complain that the bus fares have also increased and coming to the sessions has been a nightmare for them.

Among all the barriers discussed by the communities in this study, childcare issues and needs, were one of the top discussed barriers. These barriers are for young parents as well as older ones, who are bound to provide long-hour childcare services (this is to help young parents be able to return to work and to help with the childcare cost). This factor is a huge barrier, especially for young and elderly women, in South Asian communities. That is restricting their learning and capacities by every means.

Under this study, the respondents who had barriers, among them around 29-30% are identified as hard-to-reach people from the community. These are the people who identified themselves, as having issues and barriers but when they were further investigated through different questions in this study, they were reluctant to mention or highlight their barriers and challenges. And these

people can be left out, of the whole learning process. This needs more in-depth counselling to find out the issues they are facing. Moreover, many elderly still are fearful and need befriending activities to eliminate post-Covid depression.

Furthermore, there are many people who don't have any issues but are unable to get information about activities in advance, either due to less or no IT skills or any other reason.

## Limitations

- This research was limited by time with only a limited period available, given more time it could have increased the scope of the study by increasing the number of respondents.
- The researcher digitally floated the survey questionnaires; however, 190 responses were received due to a shortage of time scale.
- People were reluctant to answer all the questions in this study, although the research tool was kept short considering the issues in advance.
- People were skipping questions which made the researcher do follow-ups of the respondents.
- Hard-to-reach respondents did not want to discuss their challenges and barriers, although they knew that things were limiting their access to positive opportunities, due to cultural norms. 30% of these respondents skipped detailed questions, investigating in-depth issues in the study.
- Limitations of IT skills among the South Asian communities were observed, they had to reach people personally, most of the time.
- Language barriers, people had less understanding of the English language and had to translate most of the time for elderly respondents.
- Most people wanted a paper copy of the survey to take away although, they had everything on their smartphones.
- The study has been carried out in a portion of the overall South Asian population, in Edinburgh, so the findings may not be identical for the entire population, in Edinburgh. There might be more needs as identified by this study.
- Responses from the Bengali community came very late due to language and IT skill barriers.

## Recommendations

The findings from the study helped to define a few strategies and to develop the recommendation part of this research process. That can help the organization to devise plans in their own capacity to engage more people from the community in this process that NKS aims to provide, to all three community members in Edinburgh. NKS will be a platform for all three communities for individuals to avail opportunities, to excel in their targets and ambitions.

The recommendations are the following:

- There is a dire need for early-age nursery facilities for parents who cannot afford to send their kids to private nurseries or can't afford child minders. To accommodate these community people to fund NKS nursery services NKS can devise some subsidized nursery prices/rates for such people or families so that parents can attend available courses and sessions at NKS or Young mums and elderly providing childcare services should be given childcare facilities (*on some easier/less financial terms*) so they can be part of activities with peace of mind for shorter hours.
- Opportunities to attend language courses, self-confidence development courses, and information about different open information day college/university events, anywhere in the city or within Scotland should be shared with the community through social media platforms, timely. The timely information can help those who want to excel/improve in their education.
- There was a long list of additional courses, suggested by respondents, therefore, the organization should not limit these courses, to a specific number of courses or trainings. This might have a bigger spectrum, in terms of organizing and delivering them but these courses can be offered in collaboration with institutions or other universities/organizations that are experts in each category, or the experts can be invited to deliver these trainings in partnership/collaboration with NKS, or the expert can be hired as a sessional worker, to deliver these courses. This will keep up the level of learning at a better standard for the South Asian community. This strategy can be applied because, the communities are hard to reach and people do not dare to get involved due to many barriers they face in day-to-day life (Language, lack of self-confidence, culture, education, etc.)
- Focusing on the responses, that people want to improve their IT skills, want to volunteer, to avail many income generation opportunities, and build confidence by improving their language dialects, NKS should arrange a facilitation desk, for people to get in touch with the NKS team/ workers, and they can be routed to available volunteering opportunities with NKS project, so that the teams working with different projects can take volunteers and train them, but this will be a limited facility for people from all three communities. For positive, long-term results more collaborative efforts through different funding opportunities or opportunities available at other co-organizations can be availed to help people from the communities.



- For hard-to-reach community people, different strategies can be devised to break the ice. It is obvious that the capacities of community organizations are limited as well, but there might be ways to reach these people. E.g. respective/ relevant community workers can be hired and engaged to reach these people so that they can feel a bit relaxed and confident while discussing their barriers and ways can be determined to eliminate these barriers. The possibilities to eliminate the barriers can be identified by the respondents themselves, as most people know how the barrier can be eliminated. A little motivation can help them in eliminating their barriers. So, NKS might need to find further ways to reach these people who are in such a situation.
- Shortcomings around activities focusing on South Asian men, in Edinburgh that need to be addressed. The organization's leads (Managers, Directors, and Committee members) should have meetings to address the issue. Funding opportunities for serving men should be identified and availed.
- After working, weeklong, and having no healthy activity opportunities, South Asian men/women can have health implications e.g. physical health, mental health, and well-being, etc. The working class might be invited to attend activities over the weekends, like cycling, walking, health and wellbeing activities and courses. Most of these activities are run by activity leaders, volunteers can be trained to lead these activities.
- Suggest that if additional support (travel/transport, one-to-one support, childcare, child minding, etc.) can be provided to the individuals, they will be successful in attending the activities offered by the organization.
- Furthermore, to eliminate financial constraints among participants/respondents, parking issues People might need financial support to rectify the issue by paying them some transport fare, or by providing car share options would increase people's participation in learning activities.
- The ones who have no hurdles in coming to the organization can be engaged through different outreach procedures. Suggest, that people should know the activity programs in advance, through social media resources, websites, etc.

## Bibliography

- Dawson, C. (2019) *Introduction to Research Methods: A Practical Guide for Anyone Undertaking a Research Project*. London: Robinson
- <https://www.nkshealth.co.uk/>  
Accessed on 28<sup>th</sup> July 12:00 pm

## Appendix

# Capacity and Resilience Among South Asian communities NKS Survey 2023

Networking Key Services (NKS) proposes to build capacity and resilience among South Asian communities in Edinburgh, facing health inequalities due to COVID-19, and support individuals one-to-one via experienced bilingual community workers, known and trusted by communities to empower and help identify recovery pathways leading to improved life chances.

We would appreciate it if you could spare some time, to complete our 3-minute survey and help us to find realities around the cause through this research.

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Q. What is your name, age, ethnic background, and home address?

**Name:**

Age: 18-30, 31-45, 46-60, 61-75, 76 and above

**Ethnic Background:**

British Indian,

British Pakistani,

British Bangladeshi,

Indian,

Pakistani,

Bangladeshi

**Home address:** \_\_\_\_\_ **Postcode:** \_\_\_\_\_

Q. What is your qualification?

No formal education

Middle

Primary school

College

University

Q. Would you like to participate in NKS activities?

Yes

No

Q. Do you feel there are any challenges or barriers to participating in these activities?

Yes

No

Q. If yes, what challenges or barriers do you face?

Travel/transport

Health issues

Post covid-19 issues

Care responsibilities

Language

Time constraint

Financial situation

For any other please specify: \_\_\_\_\_

Note: You can choose options as many as you want

Q. Would you require any kind of support to overcome the barrier you are facing?

Yes

No

Q. If yes, what kind of support do you need?

One-to-one support

Support with post Covid-19 issues

Confidence building workshop

Emotional well-being and befriending

Income maximization

Writing/speaking English sessions

For any other please specify: \_\_\_\_\_

Note: You can choose options as many as you want

Q: Do you want to attend courses and trainings offered by NKS?

Yes

No

Q. If yes, what type of training do you want to attend, to enhance your abilities and skills?

Sewing skills

Cooking skills

IT /computer basic learnings

Volunteering opportunities

Candle making skills

Any other please specify: \_\_\_\_\_

Note: You can choose options as many as you want

Q. What type of courses do you want to attend, to enhance your abilities and skills to pursue your career dreams?

Child care

Childminding

English language proficiency

First Aid

Food and hygiene

Further education

Health and wellbeing course

Any other please specify: \_\_\_\_\_

Note: You can choose options as many as you want

Q: Do you want to do volunteering?

Yes

No

Q. If yes what is the purpose of your volunteering?

To seek a better job

Further education

Confidence building

Any other please specify: \_\_\_\_\_

Note: You can choose options as many as you want

Q: Are you interested in attending Volunteer training?

Yes

No

Q: Please indicate your reason for being interested in volunteering training.

Improve job opportunities

To improve CV

Gain work experience

Work placements

Any other: \_\_\_\_\_