

Health and Welfare Project Enriching Communities
Winner of:

Empowering Women and Families
Since 1987



Integration Partnership of
the Year Award for 2017

GNF Scottish Charity Awards 2009
The Scottish Asian Business Awards 2009
Scottish Empowerment Awards 2005
Contribution to Others Finalist 2005



"...a happy woman is a happy family..."

Finalist in the Health and Social Care
Integration Award Category for The
Herald Society Awards 2017
Winner - Age Scotland Services for
Older People Award 2024

NKS Annual Report ~ 2023/2024



Networking Key Services Ltd (NKS), Darroch Annexe, 7 Gillespie Street, Edinburgh, EH3 9NH

Tel: 0131 2211915 – Email: nks@nkshealth.co.uk – Website: www.nkshealth.co.uk

Charity Number SC000697 Company Number 226920

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NKS Chair's Report

Rohini Sharma Joshi OBE



It gives me great pleasure to write the Chair's Annual Report for another successful year. I do very well mean when I say that NKS never fails to impress with its work for the communities. I may sound repetitive, but every year NKS does more and more new projects, more new ideas, more new groups, more new partnerships and more information on new and existing projects. It is hugely rewarding for the chair, on behalf of the management committee to recognise and celebrate the significant work undertaken and the enthusiasm, dedication and resilience of NKS staff and its volunteers.

Volunteers play a vital part in any organisation, and I believe that they find NKS to be a friendly, supportive place and provide them learning opportunities with experience.

It seems like plain sailing this year, but there is huge amount of hard work to serve the community by the staff. A special mention as always goes to Naina Minhas, for her leadership, drive and securing the funding for projects and in ensuring successful delivery of these projects.

Finally, my heartfelt thanks to my fellow committee members, who contribute towards the smooth running of the organisation and the funders for their support to enable NKS to deliver the much-needed services for its users and the community at large.

NKS Annual Report ~ Naina Minhas ~ NKS Director



We are delighted to present the 37th Annual Report for Networking Key Services (NKS) Ltd, formerly known as Nari Kallyan Shangho. Over the years, NKS has grown significantly, building trusting relationships with various stakeholders. Today, we proudly stand as one of the most successful community organisations, with an ever-growing mailing list of service users and collaborative partners.

From modest beginnings with one or two projects, NKS has expanded to managing 14 projects that complement and add value to both community and mainstream services in Edinburgh. Receiving the award for Older People's Services from Age Scotland is a testament to the meaningful work being carried out by NKS.

Highlights of 2023/24

This past year has been particularly remarkable, filled with meaningful achievements that have empowered the local South Asian and other ethnic minority communities. Our efforts continue to strengthen the platform that began 37 years ago as a small women's group. The organisation's vision remains focused on building empowered and resilient communities, with the mission of providing a robust platform for South Asian communities to address challenges that act as barriers to an improved quality of life.

In addition to the existing projects, several new initiatives were introduced this year, significantly advancing our mission through community engagement, raising awareness, and skill-building.

Key Achievements:

- Community Engagement Events: NKS participated in or organised three major events this year, including the NKS Open Day/ Information Day, the Edinburgh Canal Festival, and the Edinburgh Climate Festival. These events reached out to over 2,000 individuals from diverse communities, strengthening our ties with local groups. Many attendees expressed interest in volunteering or becoming NKS members. As a result, NKS recruited and trained 10 new volunteers, all of whom are contributing to our services while gaining valuable work experience.



NKS Open Day ~ June 2023

NKS has also effectively engaged communities through various group activities. Last year, the organisation facilitated eight different groups under its umbrella attended by over 100 individuals. These included three lunch clubs for older South Asian people, which attracted a significant number of participants. In addition to a women's group and a men's group, NKS successfully ran a mixed group for older adults, attended by both men and women. To address the isolation and exclusion faced by Bangladeshi women in South Asian communities, a dedicated group was established specifically for them. Two Bangladeshi community workers have been actively encouraging these women to participate in the organised activities.

- Dementia Awareness Project: We have launched a dementia project funded by Age Scotland, which has been well-received by the community. Feedback indicates increased awareness of dementia, and outreach efforts have identified several older individuals concerned about dementia and seeking diagnosis. Awareness-raising sessions were held in six groups, each with at least 10 participants.
- South Asian History and Heritage Project: This project aims to highlight the contributions of South Asian historical figures to Scottish society. It is vital for current generations of South Asian heritage, and the wider community, to learn about these figures and their impact on Scotland's socio-economic landscape. The project involves research, media training, and preparing for an exhibition and documentary. Presentations in South Asian community groups have been successful in raising awareness of these figures and their achievements.



NKS Autism Session ~ July 2024

- Autism Awareness and Support: Another landmark achievement was the increased focus on raising autism awareness and supporting autistic individuals and their families. Presentations about autism were delivered to various community groups, and a taster session led to the creation of a support group for autistic individuals, offering tailored activities.
- Digital Literacy Project: Funded by the UK Shared Prosperity Fund Programme, NKS has taken up a digital literacy project to improve the skills of grassroots South Asian communities. One-on-one learning sessions, tailored to individual needs, have been provided to over 70 participants, with many more on the waiting list. Participants report increased digital skills, allowing them to access relevant information online.

- Upskilling and Job Support: NKS also supported personal and professional development, helping 135 individuals fill skill gaps or search for employment. As a result, 40 participants secured short-term or long-term employment.
- Capacity building: To empower communities by upskilling and building resilience, NKS offered several training programmes and courses. Last year, a number of women completed the REHIS Elementary Food Hygiene Certificate course, and 10 women participated in the "Health Issues in the Community" certification course. Additionally, three online English conversation classes, run by volunteers, were attended by both men and women.
- "Breaking the Silence" Project: This unique storytelling model invites individuals to share their life experiences in group settings, allowing for discussions on topics that may otherwise go unspoken. The project has been well-received, with over 100 participants so far. NKS is in the process of publishing a booklet featuring these stories, which will be available by the end of the year. The project is funded by the National Lottery.
- Mental Health Support: Our mental health project, funded by the Scottish Government via EVOC, has made great strides in addressing mental health stigma in South Asian communities. NKS has encouraged South Asian women, particularly from Pakistani and Bangladeshi backgrounds, to join gym and swimming sessions to improve overall well-being. A dedicated worker provides support, helping women gain confidence in attending the gym and swimming pool. Additionally, mindfulness activities and one-on-one support are offered to both men and women.
- Self-management of Long Term Health Conditions: Over the past few years, NKS has worked closely with individuals managing long-term health conditions. The programme has evolved to raise awareness of assistive technology, online resources, and services that can improve the quality of life for those affected and help them manage their health independently. One-to-one support is available for individuals and their carers, offering services such as befriending, income maximization, and assistance with socio-economic challenges. Monthly support group sessions are also held, covering health topics of interest to participants.



NKS Storytelling Session



NKS Residential ~ September 2023

- Carers' Break: With a grant from Creative Breaks, NKS organised a residential retreat primarily for carers, which also included individuals with long-term health conditions. This much-needed break allowed carers to participate in mindful activities such as yoga, nature walks, evening entertainment, and group dinners. The retreat provided an opportunity for carers to connect and bond with one another.
- Communities Reduce, Reuse, and Recycle: NKS has been actively engaging families and communities to raise awareness of climate change and promote eco-friendly lifestyles. By educating people on how they can reduce their carbon footprint, NKS encourages mindful waste management practices that reduce landfill contributions. This initiative has helped families adopt more sustainable habits.

Network Key Services (NKS)

- Collaborations: Last year, NKS collaborated with several organisations, including the National Museums of Scotland (NMS) and the Edinburgh and Lothian Regional Equality Council (ELREC). One notable project involved the development of a heritage trail highlighting South Asian artefacts and cultural stories. This initiative brought together over 70 women and was launched during South Asian Heritage Month in August. The trail is now available on the museum's website. NKS also partnered with ELREC to promote a greener, cleaner city environment, reaching out to wider communities in Edinburgh.
- Pandemic Helpline: The helpline, established during the COVID-19 pandemic, has been instrumental in reaching isolated families. Available in several South Asian languages, the helpline offers confidential support and has received over 1,000 calls in the past three years, helping people access relevant services.
- Summer Outings: Every summer, NKS organises outings to various locations in Scotland for women, men, and children. These outings are extremely popular, with over 200 people participating last year. They provide an opportunity for social bonding, particularly helping to combat isolation among women and children.



NKS Service Users at NMS



NKS Nursery Children Gardening

- Nursery and Study Support: The NKS full-time nursery and study support services for primary and high school pupils remain popular within the South Asian and wider Edinburgh community. The affordable fees and sliding scale make these services accessible, and they serve as the foundation for NKS's broader community support, particularly for women seeking personal development opportunities.

Challenges and the Way Forward

Despite our many achievements, NKS continues to face challenges, particularly in fundraising. A significant amount of time and resources are invested in securing funds, which can detract from our ability to focus on serving communities. For organisations like NKS to continue addressing pressing community needs, a more sustainable funding model is essential.

In conclusion, Networking Key Services remains committed to building empowered, resilient communities by addressing the diverse needs of South Asian and other ethnic minority groups in Edinburgh. We look forward to another year of growth, collaboration, and meaningful impact.

We extend our heartfelt thanks to all NKS staff for their tireless efforts in reaching out to those who need our services the most. We are also deeply grateful to the NKS Board of Directors for their support in ensuring the smooth running of the organisation. Lastly, a special thank you to our funders, whose belief in our mission and financial support allows us to continue serving the local communities.

NKS Treasurer's Report ~ Lyn Jones ~ NKS Treasurer



Grant income during the year stabilised to a slightly lower level than in the previous year, dropping from £428k to £409k. Grant applications continued to be successful, however, as the year progressed, and income is likely to increase again in the year 2024-2025.

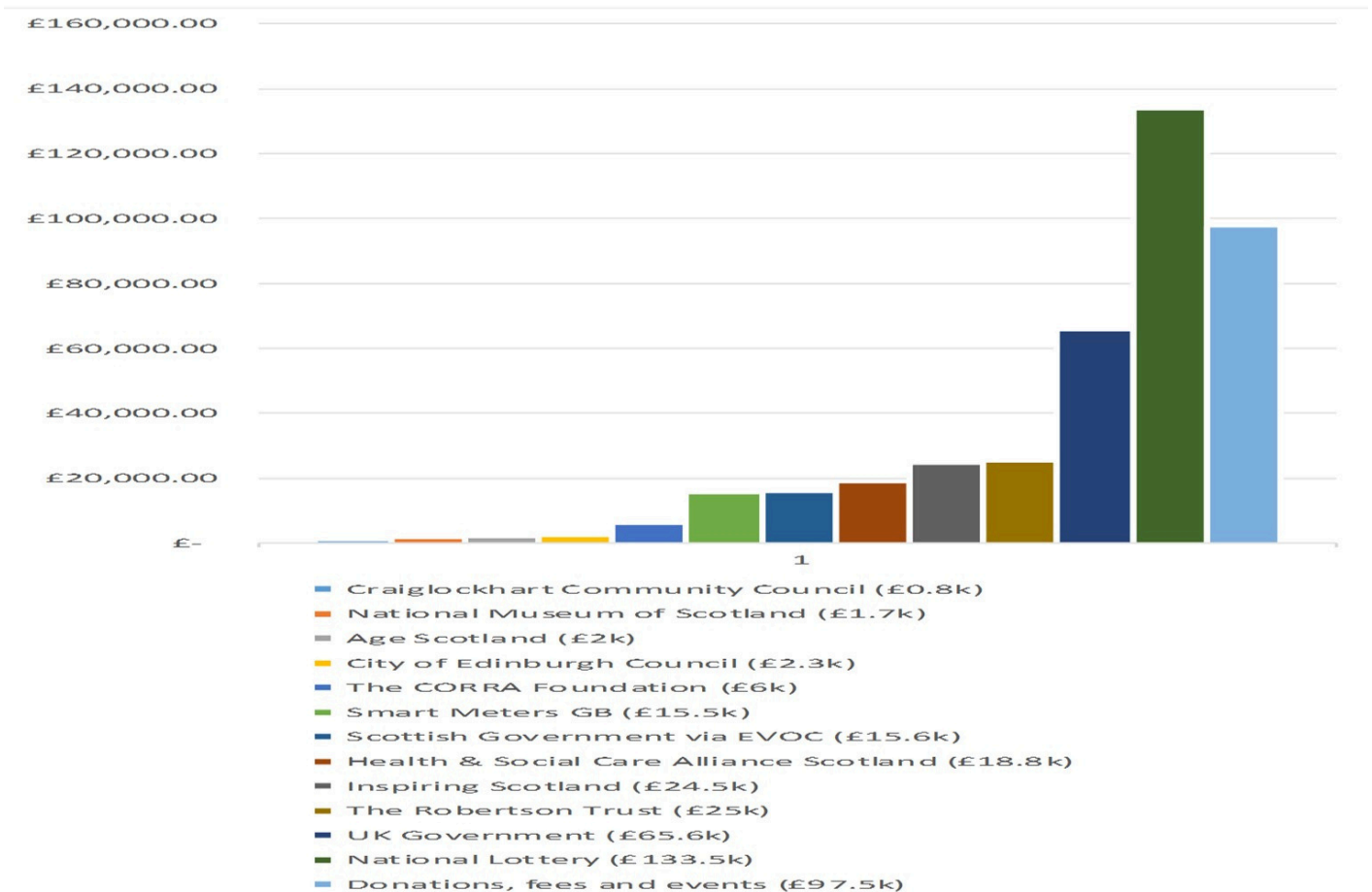
The year's grant income came from a variety of sources, which means that NKS is not too dependent on one or two funders. The funders and the income from each are shown in the list below. The largest amounts came from the National Lottery and the UK Government (under its Shared Prosperity Scheme), but there is a good spread from other sources. Its own fund-raising activities, especially its nursery, further reinforce its financial strength, bringing in £97,534 in the financial year.

Grant funding bodies:

Craiglockhart Community Council £800
 National Museums of Scotland £1,707
 Age Scotland £2,000
 City of Edinburgh Council £2,314
 Corra Foundation £6,000
 Smart Meters GB £15,493
 Scottish Government via EVOC * £15,680
 Health and Social Care Alliance Scotland £18,800

Inspiring Scotland £24,560
 The Robertson Trust £25,000
 UK Government ** £65,650
 National Lottery £133,505
 Donations, fees and events £97,534

* Edinburgh Voluntary Organisations Council
 ** Shared Prosperity Fund, via Capital City Partnership

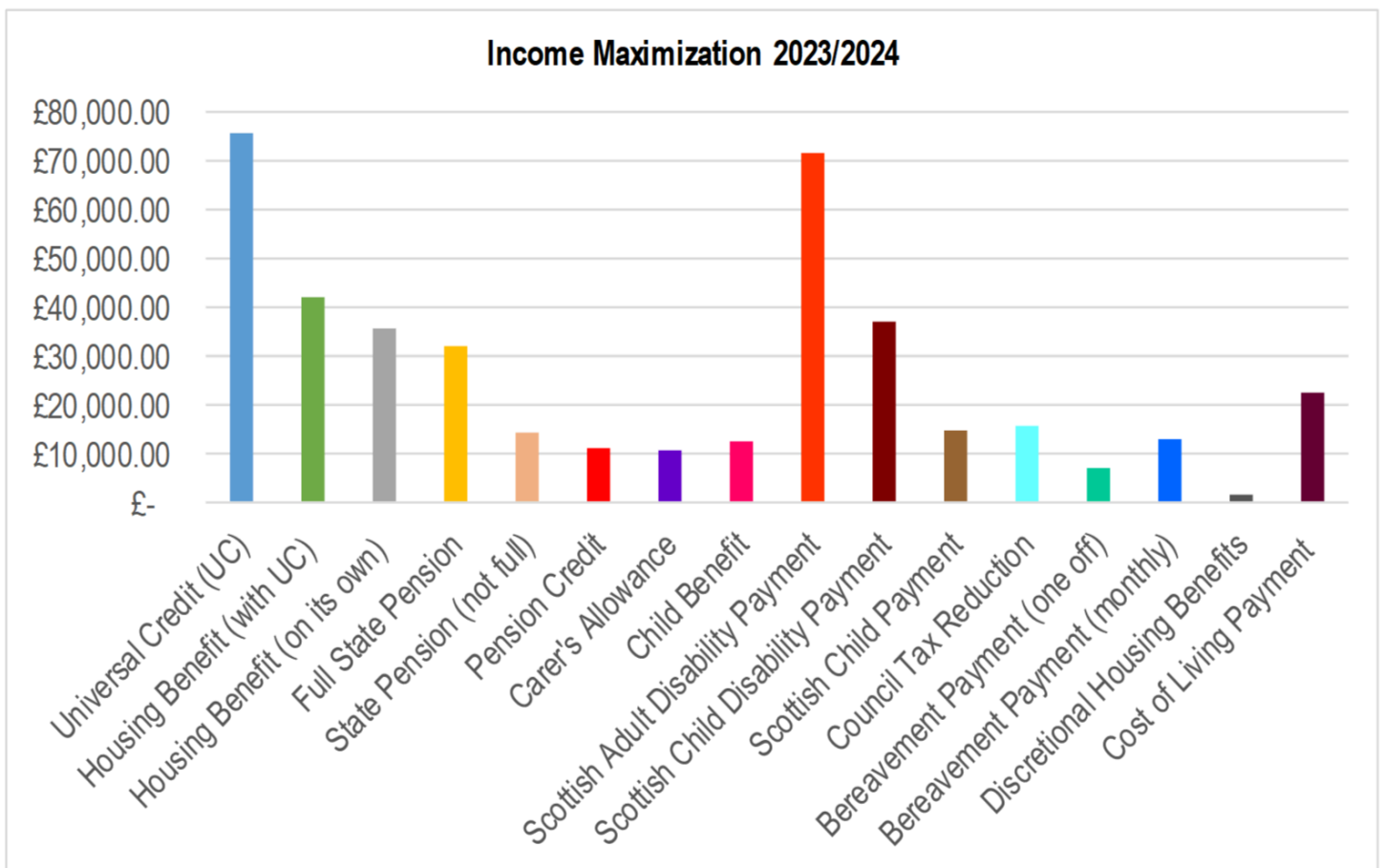


Year End Reserves

Total Reserve Fund balances dropped slightly from £170k to £143k. Restricted funds dropped from £56k to £30k and unrestricted funds stayed stable at £114k.

It remains essential that NKS retains a reasonable level of unrestricted reserves to support continued service delivery over the coming years and as a contingency in the event of unanticipated difficulties. As such we are aiming for a reserve of approximately 3 months operating costs (approximately £100k) and the end-of-year figure of £109k meets this requirement satisfactorily. In summary, NKS has continued to perform well, manages its budgets well and has the strength to face the financial challenges ahead.

NKS Family Support Work Income Maximization for 2023/2024



Benefit Talk with NKS Service Users

The NKS Family Support Service is here to help you with lots of different issues such as: welfare benefits; schooling; housing; information; advocacy and advice. NKS can help you.

Please get in touch with us on (0131) 221 1915 or email us at: nks@nkshealth.co.uk to make an appointment.

Current NKS Staff

Naina Minhas ~ NKS Director
Khalda Y Jamil/Saba Ahmed ~ NKS Administrators
Rukhsana Hussain ~ NKS Nursery Manager
NKS Project Coordinators:
Neeru Bhatnagar ~ Communities Empowered Project
Nazia Majid ~ Health & Wellbeing Project and Autism Project
Rana Shams ~ Digital Inclusion Project and Dementia Project
Samra Ahmed ~ Empowering Communities - Breaking Silence Improving Lives Project
Tatheer Fatima ~ Climate Action Fund Project
NKS Project Community Development Officers:
Manjari Singh ~ Climate Action Fund Project Officer
Nazma Rahman ~ Climate Action Fund Project Officer
Naseem Suleman ~ Family Support Officer & Long Term Health Conditions Project Officer
Nasima Hussain ~ Long Term Health Conditions Project Officer
Nazia Majid ~ Long Term Health Conditions Project Officer
Neena Agarwal ~ Long Term Health Conditions Project Officer & Autism Project Officer
Neeru Bhatnagar ~ Community Development Officer
Rohina Hussain ~ Communities Empowered Project Officer
Humera Adnan ~ Heritage Project Officer
Gian Kaur ~ Heritage Project Officer
Sadia Shah ~ Heritage Project Officer
Samina Mohammad ~ Autism Project Officer
Shasta Bhatti ~ Autism Project Officer
NKS Childcare Practitioners:
 Amina Rahman; Fauzia Ahmed; Kaniza Rahman & Rezwana Khan
Tahira Ali ~ In Charge of Cleaning

NKS Management Committee for 2023/2024

Rohini Sharma Joshi OBE ~ Director (Chair)
Alison Conroy ~ Director (Vice Chair)
Mussarat Ahmed Kaneez ~ Director (Secretary)
Lyn Jones ~ Director (Treasurer)
Jabeen Munir ~ Director
Lesley Hinds ~ Director
Sugantha Ravindran ~ Director
Shaheen Ahmed ~ Director
Lipy Rahman ~ Director
Nahid Aslam ~ Director
Yasmin Ahmad ~ Director
Jack Marshall ~ Director (resigned 27/11/2023)

NKS Current Volunteers

We value and appreciate the following people who gave up their time to volunteer with us:
 Amita Chandra, Asma Hussain, Hamza Raza, Huma Malik, Husneara Parvin, Masudun N Mitu, Rabia Akther, Rachel Clegg, Shagufta Akram and Sehar Mashiyat. Thank you!

NKS Nursery

The NKS Nursery is open five days a week from Monday to Friday from 8.30 am until 5.30 pm as following:

- 8.30 am to 1.00 pm for the morning session
- 1.00 pm to 5.30 pm for the afternoon session
- 8.30 am to 5.30 pm for the full day

Please contact us on nks@nkshealth.co.uk or call us on 0131 221 1915 or 0131 659 7837 for more details about our wonderful nursery. Thank you!



NKS Funders for 2023/2024



Thank you for your support!