Health and Welfare Project Enriching Communities
Winner of:

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

Empowering Women and Families
Since 1987

NKS
Networking Key Services Ltd
(formerly known as Nari Kallyan Shangho)

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

Integration Partnership of the Year Award for 2017

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 2024/2025



Networking Key Services Ltd (NKS), Darroch Annexe, 7 Gillespie Street, Edinburgh, EH3 9NH
Tel: 0131 221 1915 — Email: nks@nkshealth.co.uk — Website: www.nkshealth.co.uk
Charity Number SC000697 Company Number 226920

facebook/NksNks Instagram/networkingkeyservicesltd /NKS Networking Key Services Ltd X/nkshealthltd

NKS Chair's Report ~ Rohini Sharma Joshi OBE



It's with a heavy heart that I write the chair's report for the last time. It has been an absolute honour and pleasure to be chair and part of this amazing community organisation NKS (Networking Key Services). It has served South Asian women and their families for most of its existence and recently included older men as their service users. This has touched and improved many lives over the years and NKS is continuing with its amazing work.

It has only been possible with hard working and committed staff under the leadership of Naina Minhas, NKS Director. There are a number of new initiatives and projects, successfully delivered by the dedicated staff. To each single one of the staff, please accept my heartfelt, thank you!

My special thanks go to all the committee members past and new, who I have been fortunate to work with for their valuable support and contributions.

Final thanks go to all the funders, without whom NKS would not be able to deliver much needed services to the most marginalised communities in our society.

I wish NKS an ongoing success and that it continues to meet the challenges of the future with the same passion and energy to remain committed to serve the community.

NKS Annual Report ~ Naina Minhas ~ NKS Director



The year 2025 has been another successful and inspiring year for NKS, marked by significant achievements in supporting South Asian communities across Edinburgh. Our work continues to play a hugely important role in helping individuals and families improve their quality of life through holistic support, adult education, empowerment, and wellbeing initiatives.

Over the past year, NKS supported more than 150 families through a wide range of services and projects. A total of eleven projects were delivered under the NKS umbrella, including full-time pre-school childcare, an after-school study support club, and online English conversation sessions that empower grassroots South Asian women to access services independently and overcome language barriers.

Our core aim remains to combat isolation and deprivation by empowering South Asian communities and building resilience. Through collaboration, training, and dedicated outreach, NKS engaged with over 1,000 individuals in various ways during 2024/25.

Project highlights – 2024/2025

Empowering Communities Project



Knowledge and information are the most powerful tools for empowerment.

This project ensured that grassroots and disadvantaged individuals have access to opportunities for personal and professional development.

- 35 women supported to access the job market through CV development, job search, and skills enhancement.
- 10 women received volunteer training and placements in community work.
- 25 women completed the Elementary Food Hygiene Course, with one gaining employment in catering and two volunteering in the NKS kitchen.
- 20 women received one-to-one digital literacy support, learning to use health and welfare apps to enhance their daily lives.

Climate Action Project – C3R: "Reduce, Reuse and Recycle"

This environmental initiative focused on promoting sustainable living and raising awareness of waste management and carbon footprint reduction within South Asian communities.

In partnership with ELREC and SCOREScotland, the project engaged over 1,000 individuals through:

- Sewing sessions to redesign old clothes.
- Leftover food cookery classes.
- Swap shop events.
- Gardening and eco-awareness workshops.



These creative and practical approaches have successfully encouraged behaviour change and greater environmental responsibility.

Breaking Silence Project

A unique and innovative project encouraging grassroots women to share their life stories; both challenges and achievements, in a safe, supportive environment.



- Monthly coffee mornings provided platforms for open conversation and peer support.
- Participants shared personal experiences, often leading to follow-up one-to-one support.
- The project aims to build confidence, promote self-growth, and strengthen community connections.
- Swimming and gym sessions were also introduced, engaging many Bangladeshi women to improve their physical wellbeing and social confidence.

South Asian History and Heritage Project

The NKS Legends of South Asian Heritage Project highlighted the contributions of South Asian historical figures to Scottish society. The project staff and participants took part in media training and conducted research on ten historical figures and prepared a wonderful exhibition and excellent documentary which were very well received in August 2025. The exhibition and documentary are being showcased around Edinburgh and Glasgow.



Long-term Health Conditions Project

This project provided one-to-one support to over 50 families and 200 individuals, including carers of those with long-term health conditions.

Key focus areas included:



- Mental health and stress management.
- Telehealth training and digital inclusion.
- Confidence building and lifestyle management.
- Carers' forums, yoga sessions, and gentle exercise programmes.

Activities were designed collaboratively with service users through personalised care plans, ensuring meaningful and practical outcomes.

Autism and Dementia Projects

These ground-breaking initiatives continue to challenge stigma and raise awareness about autism and dementia within South Asian communities.



- The Dementia Project identified around 20 individuals requiring tailored support and guidance on accessing relevant services.
- The Autism Project completed its second successful year, establishing a robust support group for autistic adults and carers.
- In collaboration with The Edinburgh Printmakers, NKS provided creative art activities that received overwhelmingly positive feedback from participants.

Health and Wellbeing Project

This project supports families facing low health status, economic hardship, or social challenges, helping them adopt healthier lifestyles and manage mental health effectively.



- Collaboration with other Edinburgh-based community organisations expanded NKS's wellbeing outreach.
- The Wellbeing Forum provided a safe platform for open discussion on mental health, mindfulness, and coping strategies.
- One-to-one support and life coaching were offered to individuals facing particularly challenging socio-economic circumstances.

Rising living costs, underemployment, and financial stress have had serious impacts on families, making this project's work more essential than ever.

Childcare Provision

Our childcare service remains a cornerstone of NKS, providing a nurturing environment for young children while supporting parents' ability to work or study.

- An average of 20 children were registered throughout the year, with a waiting list of 4 to 5 children.

- Although self-funded and subject to fluctuating enrolment, NKS continues to uphold high standards of care and education.





Study Support for School Children

- The after-school study support club remains oversubscribed, reflecting strong community demand for extra assistance. Sessions run three days a week, helping children enhance learning, confidence, and school performance.

Community Groups and Engagement

NKS hosts eight regular community groups, including:



- Three older people's groups.
- A Bangladeshi women's group.
- A support group for autistic adults.
- Weekly online English conversation sessions.

These groups provide essential social interaction, learning opportunities, and peer support for community members.

Challenges and the Way Forward

Despite the success and high demand for NKS services, the organisation continues to face funding constraints. Temporary and short-term funding impacts the continuity of projects and limits the scale of support that can be provided.

Nonetheless, the dedication and passion of NKS staff and volunteers remain unwavering. Their commitment to community development, empowerment, and wellbeing continues to drive our mission forward.

Looking ahead, NKS aims to:

- Secure more sustainable funding sources.
- Strengthen partnerships with local and national organisations.
- Expand digital inclusion and mental health support programmes.
- Continue empowering South Asian communities across Edinburgh to thrive with confidence and resilience.

We extend our sincerest thanks to all NKS staff for their hard work in reaching out and provide support to those who need our services the most. We are also very grateful to the NKS Board of Directors for their support in ensuring the smooth running of the organisation. Finally, a very special thank you to all of 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

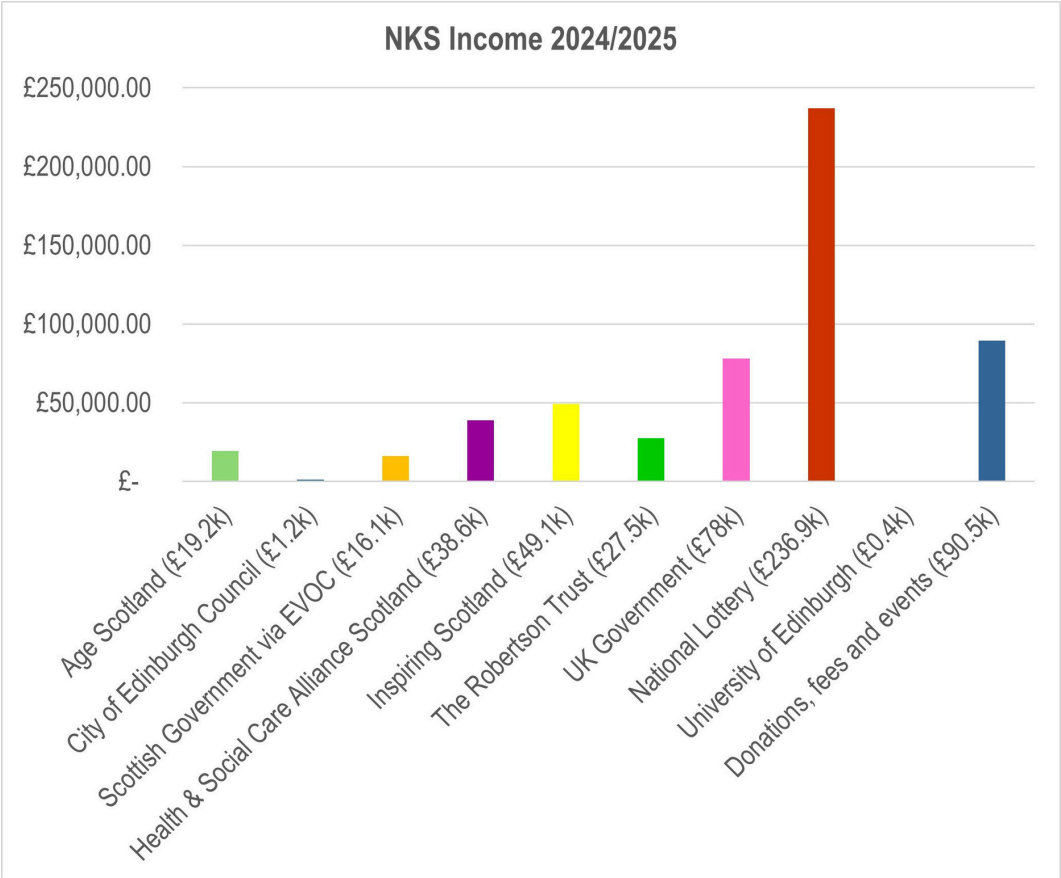


Grant income during the year increased markedly over the previous year, from £409k to £559k. Most of these grants have continued over the end of the financial year, although a few have diminished or ended and grant income is likely to be slightly less in the year 2025-2026.

The year's grant income once again came from a variety of sources, which means that NKS is still not too dependent on one or two funders. The funders and the income from each are shown in the list below. About half the income came from the National Lottery, but the fact that this came in three separate grants is reassuring. The next largest amount came from the UK Government (under its Shared Prosperity Fund), and there is a good spread from other sources. Its own fund-raising activities, especially its nursery, reinforces its financial strength, bringing in £90,552 in the financial year.

Grant funding bodies:

Age Scotland	£19,200
City of Edinburgh Council	£1,260
Scottish Government via Edinburgh Voluntary Organisations Council (EVOC)	£16,150
Health and Social Care Alliance Scotland	£38,680
Inspiring Scotland	£49,120
The Robertson Trust	£27,500
UK Government Shared Prosperity Fund, via Capital City Partnership	£78,000
National Lottery	£236,927
University of Edinburgh	£400
Donations, fees and events	£90,552



Change in Accounting Procedures

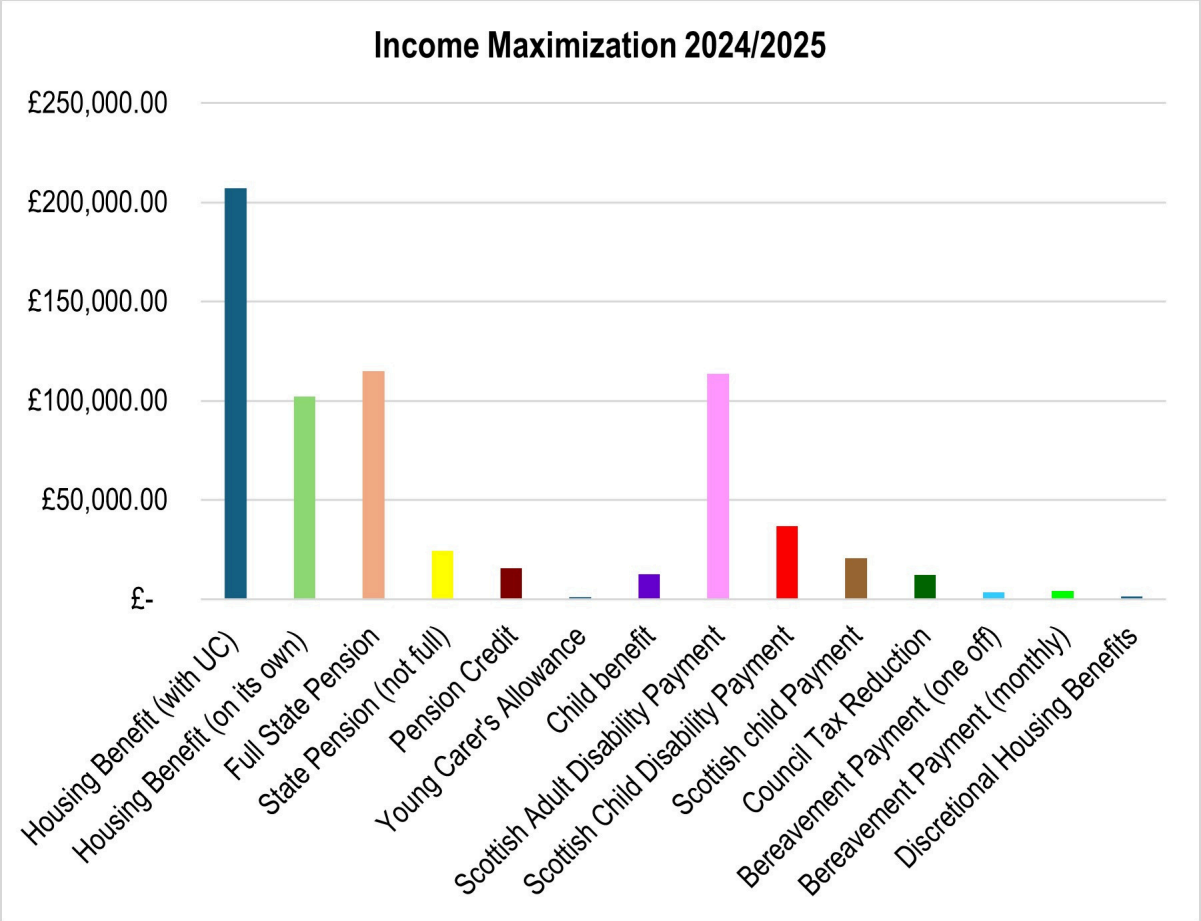
The fact that total income for the year exceeded £500k obliged NKS to have the accounts audited, rather than approved by an independent examiner as happened in previous years. In addition, our previous accountant has retired. Our new accountants are Brett Nichols Associates and our auditors are Nelson Gilmour Smith. These changes have meant a significant increase in our accounting costs, but NKS is able to sustain this.

Year End Reserves

Total Reserve Fund balances increased from £143k to £167k. Restricted funds increased from £30k to £52k and unrestricted funds increased slightly to £115k.

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 £130k) and the end-of-year figure of £108k (excluding fixed assets) falls short of this requirement, though not to an extent to cause too much concern. NKS will seek to rectify this by increasing unrestricted income. 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 2024/2025



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
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
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 Funders for 2024/2025

NKS Management Committee for 2024/2025

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

NKS Current Volunteers

We value and appreciate the following people who gave up their time to volunteer with us: Fatima Shams, Hamza Raza, Jasbeer Kaur, Lipy Rahman, Masudun N Mitu, Rachel Clegg 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!





Thank you for your support!