



Folkestone Nepalese Community Centre Survey Brief Report For October - December 2021

Introduction

Folkestone Nepalese Community Centre (FNCC) was formally opened on the 7th of October 2021. The following activities were run between 15 October to 24 December 2021 at the FNC centre:

- Digital Inclusion Programme
- Community Day
- Nepalese Traditional Handicraft
- The Armed Forces Veteran support group
- Stitch and chat

The average number of 120 beneficiaries took part in a week's activities and the survey was conducted from the 21st to the 24th of December 2021 at the FNC Centre. A total of 40 beneficiaries of the FNCC participated in the survey.

The aim of the survey is to find out the feelings and thoughts of the beneficiaries, gain feedback on improving services and the impact of the activities provided by the FNCC during this three-months period. The survey will also help in assessing the health and wellbeing of the beneficiaries for which we used scaling questions method where the beneficiary was asked to rate the statement from 0 to 5.

Participants Demography

57.5% of the response was from the age group of 65 and over which is the highest in the age category and the lowest response was from 16-25 age group which was 2.5%. This shows that more of the senior citizens visit and participate in the activity at the FNCC. There were 27.5% of the beneficiaries who have disability or health conditions. Almost 45% beneficiaries selected physical impairment, this shows the beneficiaries have restriction on their lifestyle choices which can affect their quality of life. Overall, 62.5% of the beneficiaries who participated in the survey were male and 37.5% were female. Among the beneficiaries, 80% of them are married, 10% are single, 7.5% are widow and 2.5% are widower.

Result of the Survey

On our scaling question method, we categorised 0 to 1 as low, 2 as mild, 3 as moderate and 4 to 5 as high for loneliness, anxiety and unhappiness. But the survey is not looking at the health and mental severity and symptoms of the loneliness and anxiety. These were the general question to find out the general wellbeing of the beneficiaries.

One of the major aims were to find how lonely, anxious and unhappy beneficiaries were feeling in general during the time of survey. The result of the survey on loneliness, anxiety and unhappiness are shown in Figure 1. The survey shows almost half of the beneficiaries feel they have moderate to high level of loneliness and unhappiness and almost more than half of them felt anxiousness.

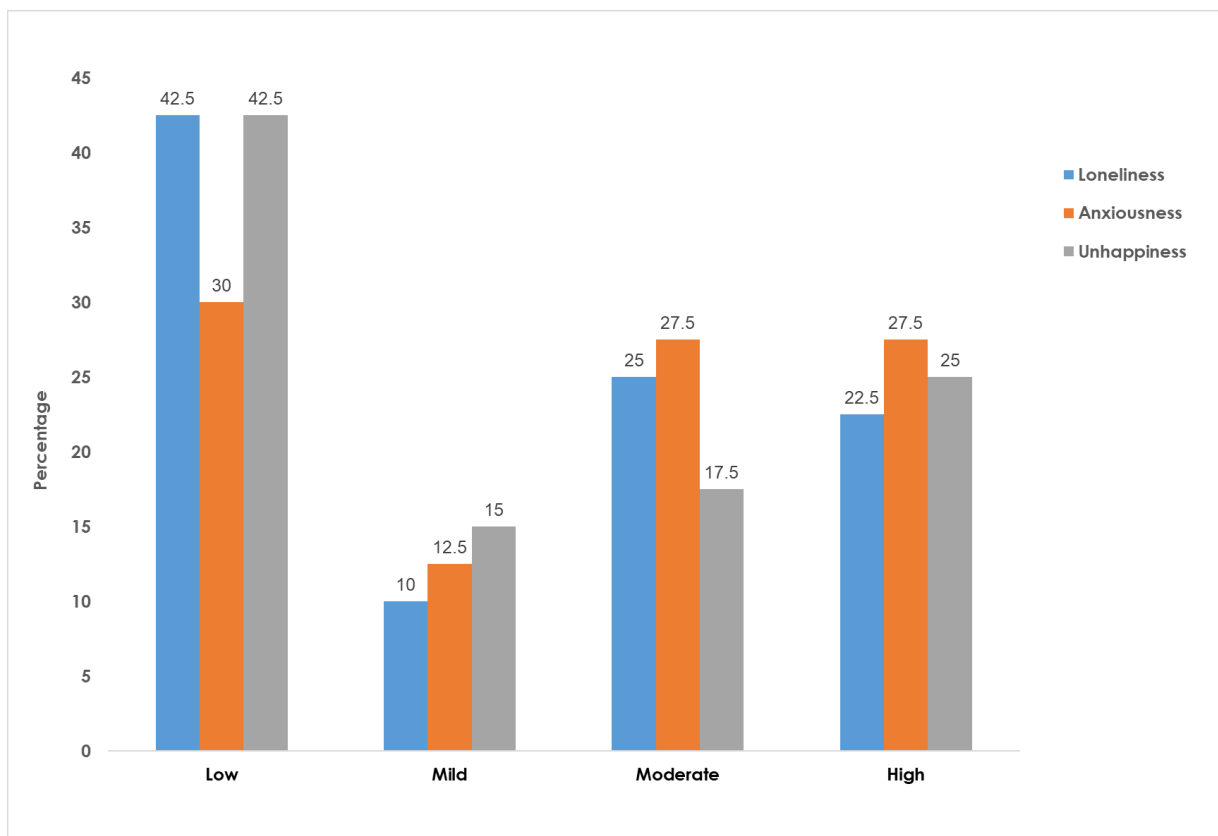


Figure 1 The result of the survey for loneliness, anxiety and unhappiness

The survey also looked at the role of the FNCC within the Folkestone Nepalese Community by asking them to response on the FNCC as the community hub for advice and information, and for personal and social activities. Figure 2 shows the result of the survey on role of the FNCC as the community hub.

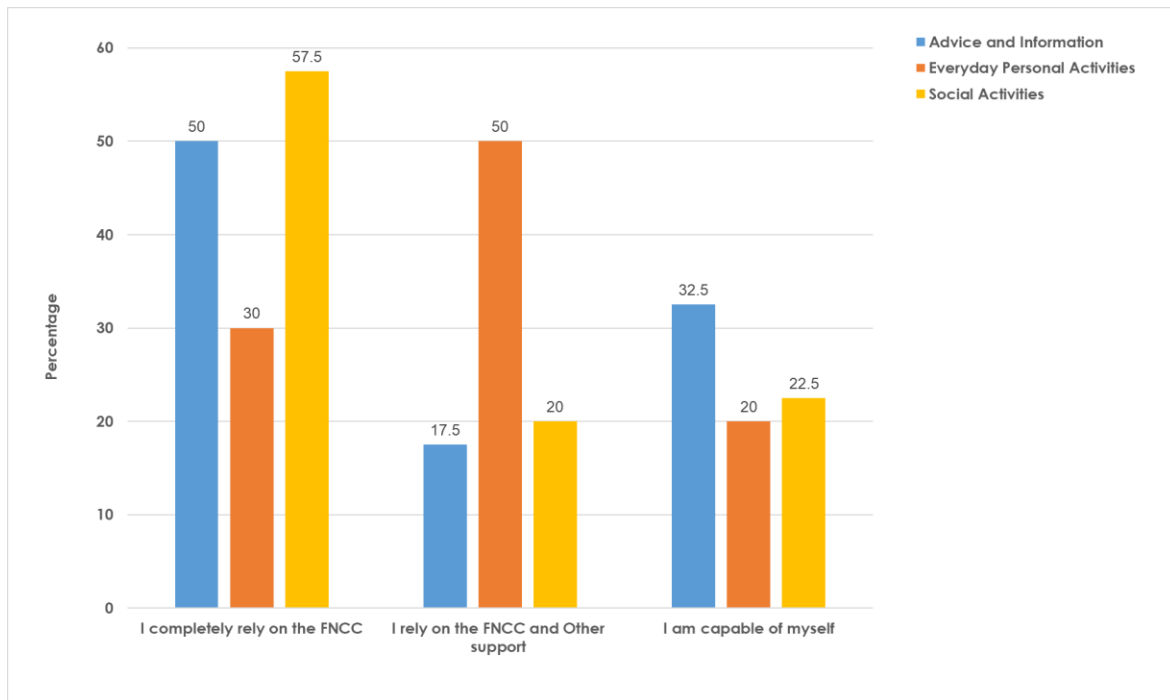


Figure 2 The result of the survey of the role of the FNCC played as the advice and information centre, and personal and social activities.

The survey shows that more than half of the beneficiaries completely rely on the FNCC for advice and information and for social activities. More than half of them rely on the FNCC and other Support for their personal activities. Overall, few beneficiaries are capable of themselves while many beneficiaries rely on the FNCC and other support.

We also looked at the family and other supports that the beneficiaries receive to live safely and independently. It shows that 35% said they have no other support, 45% said they were not sure and 20% rated they have other support. Majority of the beneficiaries are not sure whether they are supported to live safely and independently. Only a few beneficiaries have other support in place. Based on the result we can see that a lot of the beneficiaries are either unsure or have no other support.

Final two survey was done on the impact that the FNCC is making on lives of beneficiaries by providing the activities and services. Figure 3 shows the survey result on the FNCC impact and beneficiaries' satisfaction. The survey result shows that the many beneficiaries are positively impacted by the activities provided by the FNCC and almost all the beneficiaries are satisfied with the FNCC's activities and services.

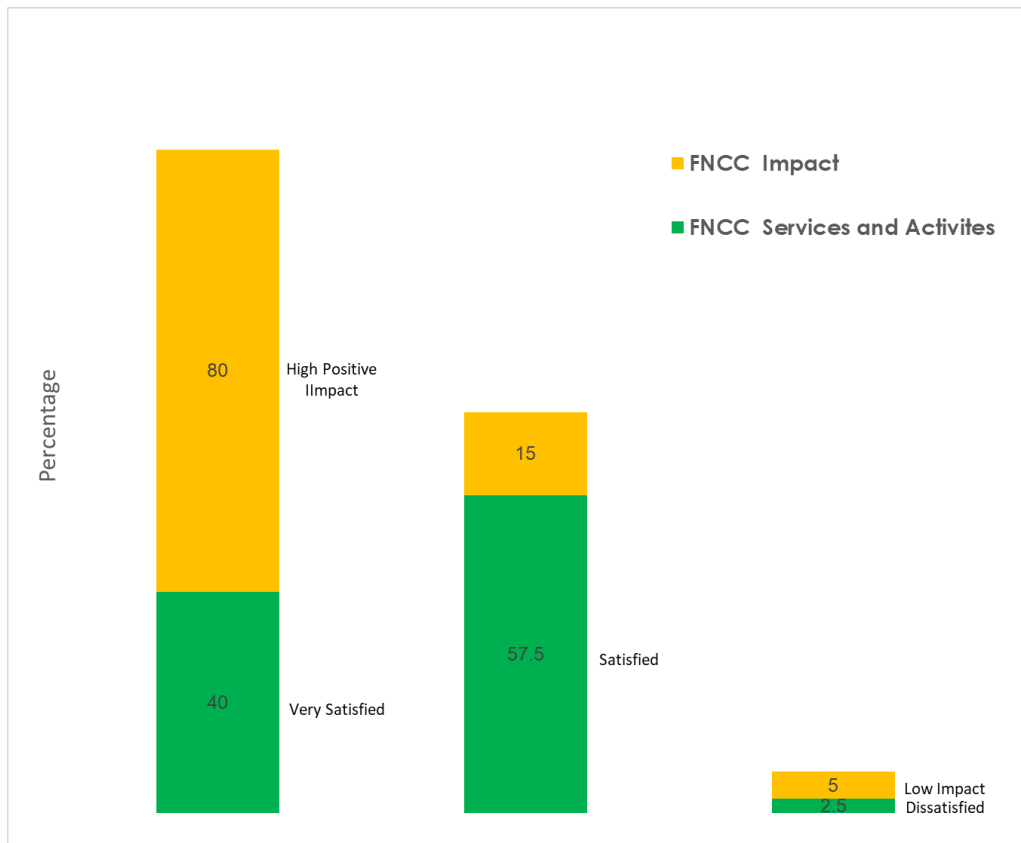


Figure 3 the survey result on the FNCC impact and beneficiaries' satisfaction.

Conclusion:

In conclusion, the survey result shows that we have beneficiaries from a wide range of age group involved at the FNCC but majority of them are senior veterans. To address the age gap, we could research what kind of support and activities they would like and find a way to involve more age groups veterans in the FNCC to make sure we cater activities and provide support according to the needs and abilities.

The survey shows that there are beneficiaries who feel completely lonely and anxious who need help and support from the FNCC. The survey result shows that the FNCC has made a significant impact in the lives of the beneficiaries, and they do find the activities and services provided by the FNCC of great satisfaction.

Appendix:

The table below provides all the total responses and scores of participants that took part in the survey.

FNCC Survey Data Entry October-December 2021

AGE	RESPONSE
16-25	1
26-35	2
36-45	2
46-55	7
56-65	5
65 AND OVER	23

SEX	RESPONSE
MALE	25
FEMALE	15
LESBIAN/GAY	0
BISEXUAL	0
OTHER	0

MARTIAL STATUS	RESPONSE
SINGLE	4
MARRIED	32
WIDOW	3
WIDOWER	1

DISABILITY	RESPONSE
YES	11
PHYSICAL IMPAIRMENT	5
SENSORY IMPAIRMENT	0
MENTAL HEALTH CONDITION	1
LEARNING DISABILITY	1
LONG-STANDING ILLNESS	1
OTHER	4
NO	29

STATEMENT	Score					
	Not at all				Completely	
	0	1	2	3	4	5
HOW LONELY DO YOU FEEL ?	11	6	4	10	4	5
OVERALL, HOW ANXIOUS DID YOU FEEL YESTERDAY ?	7	5	6	11	9	2
OVERALL, HOW HAPPY DID YOU FEEL YESTERDAY ?	2	0	15	6	12	5
WITHOUT THE HELP OF FNCC, I KNOW WHERE TO FIND INFORMATION AND ADVICE THAT I AM CONFIDENT IS ACCURATE AND I CAN EASILY UNDERSTAND.	18	2	3	4	9	4
WITHOUT THE HELP OF FNCC, I AM ABLE TO CARRY OUT THE EVERYDAY ACTIVITIES THAT I CHOOSE.	8	4	9	11	5	3
WITHOUT THE HELP OF FNCC, I AM SUPPORTED TO LIVE SAFELY AND INDEPENDENTLY.	12	2	6	12	7	1
I AM ABLE TO ACCESS SOCIAL ACTIVITIES THAT I ENJOY NOT NECESSARILY IN THE FNCC.	22	1	1	7	6	3
OVERALL, HOW SATISFIED IMPACT HAS THE FNCC MADE IN YOUR LIFE NOWADAYS ?	0	0	2	6	13	19
OVERALL, HOW SATISFIED ARE YOU WITH THE FNCC SERVICES AND THEIR ACTIVITIES ?	1	0	0	7	16	16