



## **Folkestone Nepalese Community Centre Survey Brief Report for July – August 2022**

### **Introduction**

Loneliness has been an emerging social issue for a large number of years, with organisations such as Age UK highlighting its profile. Jo Cox Commission initiated a national conversation on loneliness and swayed the Government to accept its strategies namely, strengthening local infrastructure, developing community spaces, reducing stigma, assisting community groups and digital inclusion.

This is a follow up survey undertaken six months after the initial survey (October to December 2021), primarily to gauge the efforts of the community activities' impact on the beneficiaries. The survey was conducted from July to August 2022. A total of 61 beneficiaries were interviewed – an increase of 50% from before. It will attempt to compare and contrast the results of the previous survey.

General wellbeing is an extremely complex issue. Therefore, this survey introduced new facets of wellbeing to gain a profound insight: 'Lack of companionship', 'Isolated', 'Feel left out' and 'Loneliness'. 'Anxiousness' and 'Unhappiness' from the previous survey were omitted as it was too broad and did not add depth. Furthermore, anxiousness is prevalent and unsurmountable within the Nepalese society.

### **Demography**

There were near equal genders that took part in the survey with 28 males and 33 females; 72.13% were 65 and over and 16.39% were 56-65. There were a significant number of widows (34.43%), one widower, two single and 60.66% were still married. Nearly a third (36.07%) consider themselves disabled; however, majority (59%) of them selected other.

## Results

The scale employed for each facet of general wellbeing:

0-1: Low, 2: Mild, 3: Moderate and 4-5: High

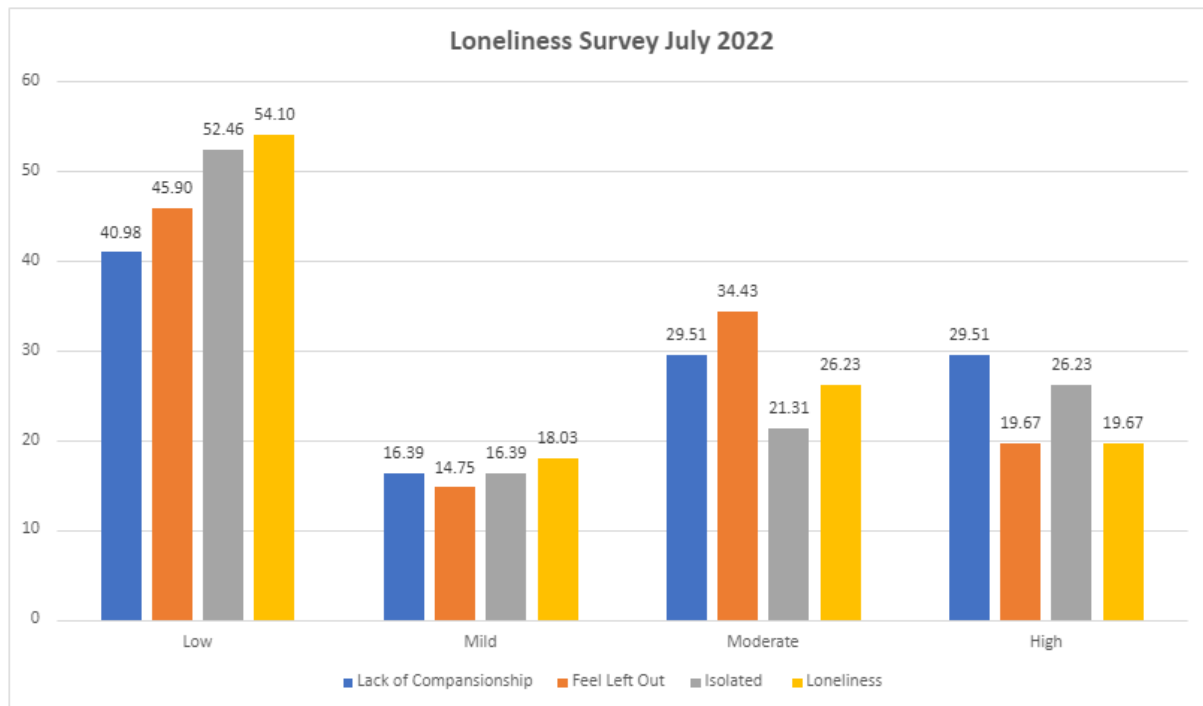


Figure 1. Bar Char displaying the facets of wellbeing namely, Lack of Companionship, Feel Left Out, Isolated and Loneliness.

There was a detectable change for loneliness:

Low: from 42.5% to 54.10%

Mild: from 10% to 18.03%

Moderate: 25% to 26.23%

High: 22.5% to 19.67%

Moreover, it could be concluded that the beneficiaries are feeling lonelier than before. The caveat that should be noted are that the beneficiaries included may have been different from the previous survey and as their involvement within the FNCC grew and build rapport with the surveyor, they insulated themselves from shame and elicited an accurate response.

There was a direct correlation between loneliness and isolation, with a range of 1.64%-6.56% in their difference. Although, the two factors are inextricably linked, they are separate entities, and the beneficiaries may have not been able to distinguish between the two factors.

‘Feeling Left Out’ and ‘Lack of Companionship’ had similar results; half felt moderate to high, and the other half felt low to mild. In fact, this pattern permeated with the other two factors too.

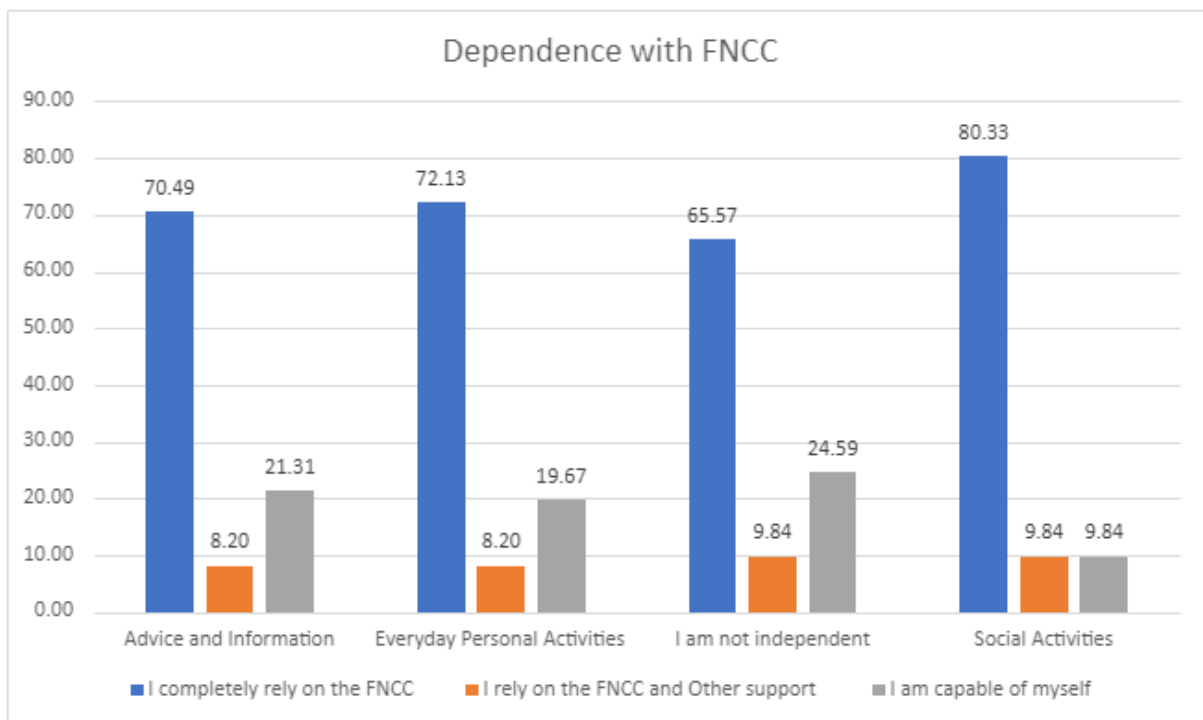


Figure 2. Bar Chart probing the beneficiaries’ dependence with FNC in terms of Advice and Information, Everyday Personal Activities, I am not Independent and Social Activities.

There is a remarkable increase of beneficiaries’ dependence with FNC.

Advice and Information: from 50% to 70.49%

Everyday Personal Activities: from 30% to 72.13%

Social Activities: from 57.5% to 80.33%

There are myriad of factors influencing it such as an increase in the knowledge of the FNCC personnel, appropriate training such as Volunteer Skills, increase in bespoke activities which all help cultivate an ideal environment.

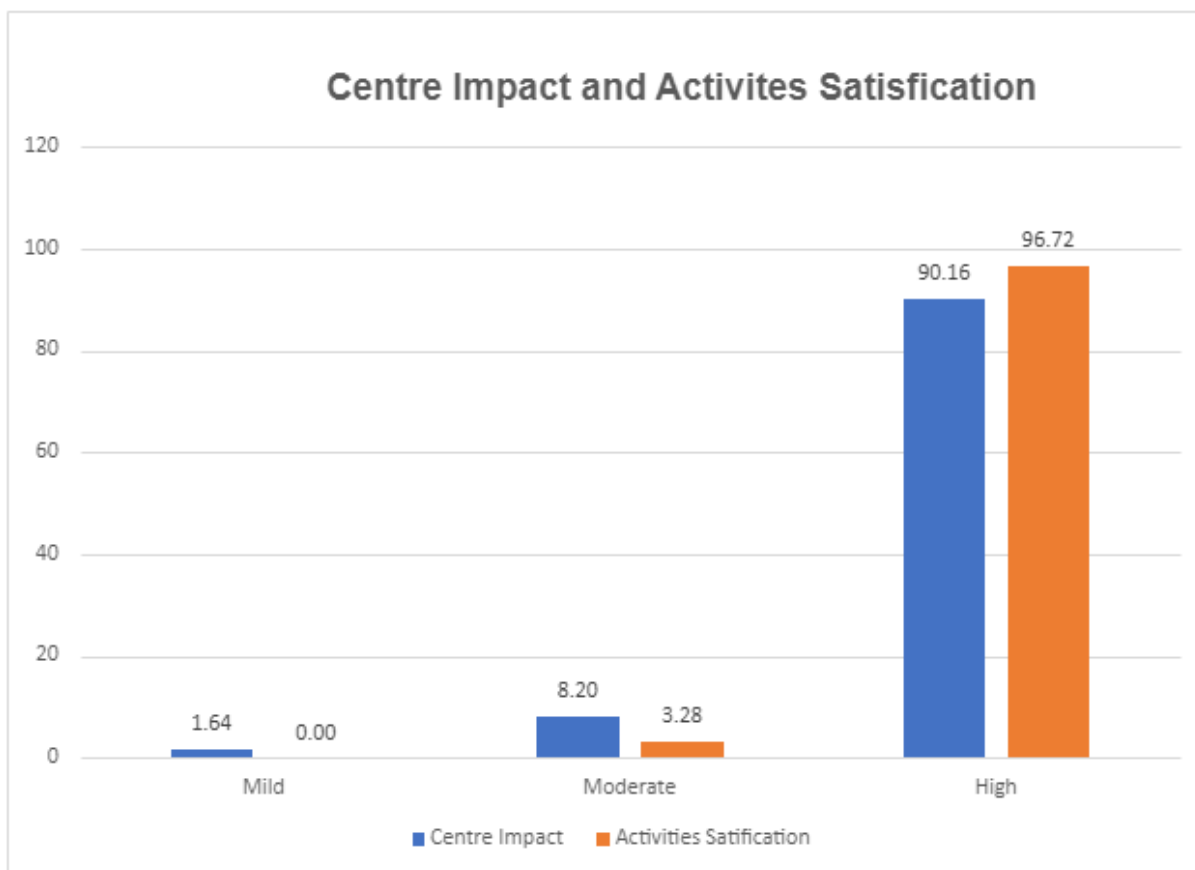


Figure 3. Bar Chart displaying the impact of FNCC in the beneficiaries' life, services and their activities.

There is a clear indication of an increasing positive impact of FNCC with the services and activities. Naturally, FNCC staff will acknowledge and mould the activities and services to the beneficiaries' needs whilst simultaneously the staff will be better equipped and acquire intuition and sympathy for the beneficiaries.

## Conclusion

The FNCC have been successful in designing an infrastructure to facilitate a quality of life. The next phase will be to address niche groups such as widows, widower and entice the younger generations to engage with the community and extend its activities.

Gauging loneliness is a complex issue; the stigma attached to it in an Asian community emphasises it further. Subsequently, it will resist any accurate reflection. Old beneficiaries will always be subservient to loneliness because their demographic will attempt to resist the change in society.

Finally, the survey hearkens back to as the population ages and live longer do we really have an increased quality of life?