# COMMUNITY EMPOWERMENT AND SUPPORT INITIATIVES (CESI) -UK GREENWICH NEPALESE/GURKHA INTEGRATION PROJECT

THE BIG LOTTERY FUND -REACHING COMMUNITIES

REF: RCP/5/010431497

## A FORMATIVE EVALUATION REPORT

#### PREPARED BY





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# **Project Activity in Pictures 2014-15**













# COMMUNITY EMPOWERMENT AND SUPPORT INITIATIVES -UK GREENWICH NEPALESE/GURKHA INTEGRATION PROJECT

#### **EXECUTIVE SUMMARY**

This is the second evaluation which reflects the impact position at the end of the second year of the project.

Building on the work of the first year evaluation and reviewing a range of information, case studies, baseline indicators, monitoring reports and project staff interviews, this evaluation reviews the work undertaken by CESI and its partners.

The project is delivering its outcomes and moving forward, one of the overarching aims of the project is for the Gurkha/ Nepalese community to access mainstream services and to increase the confidence of the community to access local services, which in turn will support their integration into the local community, through such interactions.

With regard to the four outcomes and their relevant indicators, outcomes 2, 3 & 4 have already seen substantial achievement (see below) and with regard to outcome 1, which focuses on work with young people, after some initial challenges the project is on track to achieve its outcomes and indicators

This process is evolving and will be measured and analysed more fully in the end of project evaluation. CESI project staff and volunteers have now built up a significant level of skills and experience in terms of project management, project development and working in partnership and this should augur well for the final year of the project and its development beyond this.

The project is continuing to develop well and is consolidating and building on support from key stakeholders and partners in the community, public and health sectors. This work is key to providing more access for the Nepalese/Gurkha community to local service provision from public agencies and to address and prevent issues before they escalate or the community becomes more isolated.

This has been particularly important with older people from the Nepalese and Gurkha community many of whom do not speak English and have cultural and basic skills issues which can make communicating with others and accessing mainstream services more difficult. These issues are reflected in a different way with younger people, although their language and IT skills are often more advanced than older people, there are often cultural and identity issues which prevent them from accessing the help and support they need.

The challenge is still to promote more engagement and to increase opportunities for the increasing number of Gurkha/ Nepalese community to access mainstream services and improve levels of integration and community engagement. In addition, continuation of the services and sustaining the achievements after the life time of this project is another issue that needs attention.

Overall, though, there has been significant progress in the second year of the project and this is reflected in the outcome achievements detailed below.

#### 1. Introduction- About CESI

Community Empowerment and Support Initiative (CESI)-UK is a charitable organisation established in 2007 in response to the needs of the Nepalese Community within the Royal Borough of Greenwich, London. Its goal is to improve the quality of life of the Nepalese community in the UK in general and particularly in the Royal Borough of Greenwich. The objective of CESI is to facilitate the integration and wellbeing of the ethnic minority groups in general and Nepalese community groups in particular into the broader community within the Royal Borough of Greenwich.

#### **Mission**

Support for the development of capacity and skills for the Nepalese community; to be better able to identify and help meet their needs and to integrate more fully in local community and to share best practice with other communities.

CESI aims to achieve this by providing information, advice, signposting and implementing community development projects to enable the community to access a wide range of services available by statutory and voluntary service providers at different levels.

#### 2. Purpose of the Evaluation

This evaluation aims to measure the impact of the project with the beneficiaries and communities involved. It deals with the effectiveness of project outcomes and activities and the change that results. This formative evaluation appraises the impact at the end of the second year of this project and draws upon a broad range of information forwarded to the Evaluator by the project team.

#### These include:

Application to Reaching Communities
Project Monitoring report 2015
Quarterly monitoring reports 2014-15
Employability training Report Aug 2013
Employability training report Dec 2013
Youth (employability) Focus Group Discussion report March 2014
Health Awareness report- August 2013
Report on Drugs Awareness Workshop at Woolwich 13 Dec 2013
Report on health and Healthier living Workshops Sept and Oct 2013
Report on healthy eating workshop March 2014

Housing and Welfare benefit Event Report 20 July 2013

Housing and Welfare benefit Event Report 25 October 2013

Housing and Welfare benefit Event Report 13 Nov 2013

Housing and welfare benefit event Report Feb 2014

RC Quarterly Progress report April –June 2013

RC Quarterly Progress report July -Sept 2013

RC Quarterly Progress Report October-Dec 2013

Report on Beneficiaries Focus Group Discussion on Housing and welfare

benefits, Health and Healthier living and reducing Isolation March 2014

Annual progress monitoring form

Quarterly progress monitoring form

Beneficiaries survey (sample)

Event wise feedback form

Feedback from statutory and voluntary service providers

Video clips on event and beneficiaries feedbacks

Event photographs

Report on baseline analysis

#### 3. Evaluation Methodology

The evaluation methodology used includes the followings:

- Review of the project quarterly reports, events reports, focus group discussion reports, events feedback reports.
- Interview with project staff and volunteers.
- Evaluation of the responses to the beneficiaries survey carried out by project staff.
- Interview with the selected beneficiaries
- Analysis of the feedback from the Statutory and Voluntary organisations.

#### 4. Project Background

Community Empowerment and Support Initiative (CESI)-UK has been awarded a three year long project by Big Lottery Fund, Reaching Community strand in April 2013. The project has been implemented within the Royal Borough of Greenwich. The overall aim of the project is to facilitate the integration and wellbeing of the Nepalese/Gurkha and their families into the

Royal Borough of Greenwich broader community through targeted facilitation to access employment, training and health services and services from statutory and voluntary organisations.

The expected outcomes and the impact of the project was described in the application as:

Outcome 1	The number of Nepalese/Gurkha Youths identified and registered who take part in the project to improve job search skills.  Number of youths who have demonstrated their increased skills in job search for employment through making job applications.  The number of youths who have	150	By the end of the first quarter of year one. By the end of year one and two second quarter of year three By the end of
	demonstrated their successful job search skills by publicly sharing their success stories.		the project.
Outcome 2	The number of Gurkha Elderly people identified and seeking support to deal with their health and healthier living issues.	450	By the end of the first quarter of year one.
	The number of Gurkha Elderly who have demonstrated their confidence to have accessed health services through visits made to GPs, Hospitals and health centres.	300	By the end of year two and six month of year three.
	The number of Gurkha Elderly who have exhibited improvement in their health by publicly sharing their stories.	200	By the end of the project
Outcome 3	The number of Gurkha families identified and taking part in the project to have increased access to services provided by Statutory and Voluntary organisations.	450	By the end of the second quarter of year one.
	The number of Gurkha families who have demonstrated their confidence to have accessed services through the support provided by the project.	300	By the end of year two and first six months of year three
	The number of Ghurkha families who have benefited to have accessed services by publicly sharing their stories.	200	By the end of the project

Outcome 4	The number of Gurkha families identified and taking part in the project to have increased confidence in mixing with other communities.	225	By the end of the second quarter of year one.
	The number of Gurkha families who have demonstrated their confidence to take part in social activities in the community.	150	By the end of year two and first six months of year three
	The number of Gurkha families who have exhibited their confidence as an active member of society by playing catalyst role.	100	By the end of the project

#### 5. Analysis of Project Outcomes and Indicators

The information /reports forwarded to the evaluator for activities in the first two year of this project reveal a high level of engagement and action against the targets. In most cases, activities have resulted in positive feedback on the content and context of the well planned events. The reports forwarded reveal a high level of satisfaction with the learning and activities organised.

The project is well managed and is on course to meet its intended measurable output results as detailed in monitoring reports. Activities as described in the activity reports are clearly appropriate, well organised and well received by beneficiaries.

The project has chosen to measure impact through quantitative forecasting – dealing with the number/volume of instances against a desirable outcome. Qualitative outcomes are being assessed against the comprehensive baseline being recorded and analysed.

The following is an analysis of the project outcomes.

Outcome 1: 75 Youths of Gurkha families, both male and female, per year will have increased employability opportunities through training support provided by the project.

**Year 1 Indicator 1:** 225 Nepalese / Gurkha youths identified and registered who take part in the project to improve job search skills, 100% of target achieved.

Year 1 Indicator 1: 31 youth interventions

Year 2 Indicator 1: 128 youth interventions

#### Total 159 - 70% of target achieved, on track to achieve by year 3

**Year 1-2 Indicator 2:** 103 youth interventions, 68% of target achieved, on track to achieve by year 3

**Year 1- 2 Indicator 3:** 49 youth interventions, 49% of target achieved on track to achieve target by year 3

#### Knowledge/skill level in employability opportunity

- Knowledge/skill level of beneficiaries was found at a very low level in the baseline survey whereas beneficiary survey shows increased level of knowledge/skills in CV writing, job search, application preparation and interview facing techniques.
- The beneficiary survey also reveals an increased confidence in making job application resulting into increased level of job offer.

Engagement with the young people was a challenge in the first year, but the project is now on track to achieve its targets, the project is also working with Royal Borough of Greenwich and other community partners to improve engagement and achieve the target.



Presentation by Youth Training Participants

Outcome 2: 150 Gurkha Elderly people, both men and women, per year will have reported improvement in their health through specialised health and healthier consultations provided by the project.

**Year 1 Indicator 1**: 450 Gurkha elderly identified and registered, 100% of target achieved

Year 1 Indicator 1: 260 Gurkha elderly attended various health meetings

**Year 2 Indicator 1:** 294 Gurkha elderly attended various health meetings

Total 554 - 123% to date, which is in excess of the target

**Year 1-2 Indicator 2:** 214 Gurkha Elderly demonstrated increased confidence, 71% of target achieved, on track to achieve by year 3

**Year 1 – 2 – Indicator 3:** 142 success stories documented so far, 71% of target achieved, on track to achieve target by year 3

- As per the beneficiary survey, self rated general health condition of beneficiaries has improved a lot compared to the baseline data. Those who rated as having bad condition in the baseline have changed to fair or good condition.
- The number of GP visits has also increased significantly compared to the baseline survey. Higher percentage of beneficiaries are visiting their GPs three or more times a year as opposed to one or two times before.
- The project intervention has contributed to the life style of the beneficiaries. Alcohol drinking habit has been found improved. Those who used to consume 5-6 units a day have lowered down to three or four units.
- Likewise, meat/fish/pulse consumption habits has also been found changed. Higher percentage of beneficiaries used to eat four portion a day but now this has gone down to two or three portion only.
- Similarly, percentage of beneficiaries eating fruit and vegetables has also increased from 1-2 portion a day to 3-4 portion a day.
- The beneficiaries have increased spending their time in yoga and keep fit exercises. Earlier, majority of them had not done at all any exercises or did

very short time period in a week. The beneficiary survey revealed that nearly two third of the responded spending 150 minutes or more in a week.

The project is reaching and over- achieving in some aspects of the outcome indicators and is on track to achieve all this outcome target.



Participants during the Yoga exercise

Outcome 3: 150 Gurkha families per year will have demonstrated their increased confidence to access local level services through specialised thematic consultation support provided by the project.

**Year 1 Indicator 1**: 450 families identified and registered, 100% of target achieved.

**Year 1 Indicator 1:** 287 elderly Gurkhas attended a variety of meetings on local services

**Year 2 Indicator 1:** 282 elderly benefitted from such meetings, a total of 569, in excess of the project target

Total 569 - 126% to date, which is in excess of the target

**Year 1-2 Indicator 2:** 204 Gurkha Elderly demonstrated increased confidence, 68% of target achieved, on track to achieve by year 3

**Year 1-2 Indicator 3:** 155 success stories have been shared, 77.5% of target, on track to complete target by year 3.

- Beneficiary survey revealed that confidence level of beneficiaries to access services has been increased significantly after the project intervention. Earlier, majority of them (86%) had reported lower level of confidence (level 1 and 2) whereas the beneficiary survey shows that majority of people(90%) showed higher level of confidence level (level 3, or 4).
- Before project starting around 60% people had access in pension credit but after project intervention around 85% people reported to have access on it.
- Similarly, access to housing benefit has also increased significantly after project facilitation. Earlier, only 40% people had access on housing benefit but after project intervention it has increased to 90%.

Progress on achieving this outcomes and its indicators is substantial and likely to result in overachievement of this outcome and its indicators. The participants confidence to access services is improving and the access to mainstream services is increasing.



Facilitator briefing about Housing and Welfare Benefits Consultation Meeting

Outcome 4: 75 Gurkha families per year will have reported reduced isolation and are able to participate in wider community activities per year.

**Year 1Indicator 1:** 225 Gurkha families identified and registered– 100% of target achieved

**Year 1 Indicator 1:** 98 elderly participated in activities

Year 2 Indicator 1: 212 elderly participated in activities

Total 310 - 138% to date, which is in excess of the target

**Year 1-2 – Indicator 2:** 129 elderly participated in activities, which is 86% of target

**Year 1-2 – Indicator 3:** 66 success stories have been documented, 66% of target achieved, on track to complete target in year 3.

- Beneficiary survey shows that project intervention has reduced people's
  isolation significantly. In the baseline survey, it was reported that 95% of
  beneficiaries had not participated in any community meeting/events or
  cultural programmes. But the beneficiary survey reveals that almost all
  people who have been surveyed have participated one or other type of
  community events such as consultation meetings, trainings, tours,
  computer classes, new year celebration etc.
- After project intervention, participants have developed volunteer skills so as to act more actively in mobilising community people for social/community benefits.
- A significant proportion(70%) of beneficiaries now spending their time attending community/cultural activities and meeting up friends in the community as opposed to staying at home watching TV and going for shopping as used to do before project started.
- Because of isolated situation, around 60% the beneficiaries had reported sad/lonely in the baseline but around 65% reported happy feeling after project intervention as per beneficiary survey.
- Elderly Nepalese people have been learning how to use computers in the CESI Training hall. Everyday 25-30 people including women spend their time using the computers doing different things of their interest including listening music and songs in their own ethnic dialects, reading and listening news in Nepali language, some of them using Face book to chat and send messages to their relatives back at home. Thus, CESI training hall has been like a day centre for these isolated people where they meet and greet with their fellows.

Isolation is being reduced and there has been a significant increase in people attending community and cultural activities, this needs to be sustained into the final year of the project and beyond it, so that it can have some significant community/ social impact.

This outcome and its indicators are being achieved and they are on track to full achievement by the end of the project.



Elderly People learning basic computer skills and Enjoying listening to and watching Music and News.



Elderly People Enjoying playing Lottery During Excursion Visit

#### 6. Success Stories

#### 6.1 Youth Employability Skills Enhancement Training

#### Youth-1

A full time student, 23 years of age, lives with his parents in Plumstead. His mother is a house wife. His father, a security officer, had a limited income hardly enough to pay mortgage and the utility bills. They had a very tight budget. So, he wanted to take up a part time job. But due to lack of proper job search skills and the knowledge of developing a good CV he could not find a job.

One day, while he was watching Nepali TV, he came across an advert from CESI. Through this advert, he came to know that CESI was organising free training courses for youths to increase their employability opportunities. He, then, registered with CESI and attended a three days training in August 2013.

From this training, this young man not only learnt job searching skills but also the essentials of writing a good CV. He also had an opportunity to know and practice some of the interview techniques. This training helped him to increase his confidence as well. As a result, he got a part time job with the local Morrisons.

This young man was proud to share his success with others during a follow up session organised by CESI. In his own words, "The training was really useful for me. I knew how to write a short but complete CV. Also the interview techniques were helpful."

#### Youth-2

A dependent of a full time overseas student from Nepal did not know how to write a good CV. Job searching was another problem. Due to lack of basic knowledge and skills she could not find a job even though she was allowed to work full time.

In one of the high street shops window in Plumstead she saw a leaflet which was posted by CESI informing about the training programme for the Nepali youths. She contacted CESI and eventually she attended the training.

From this training, this young lady gained basic knowledge and skills required for writing good CV and job searching. She also prepared her CV during the training. She also learnt how to tailor-made the CV as per the requirement of different employers. With the help of this training she finally got a cleaning job, two hours a week, at a local accountant's firm.

She shared her success with others in a meeting organised by CESI. In her own words, "I was hopeless but this training helped me to get a job. This is only two hours in a week. But this experience will help to get, may be a full time job."

### 6.2 Health and Healthier living

#### **Beneficiaries-1**

63 years old lady, with multiple chronic illnesses, lives with her husband in Woolwich. She is suffering from diabetes, high blood pressure as well as arthritis. Even though she was taking medicine as prescribed by her doctor, she was very much worried and always stressed. Her condition was made worse because of arthritis. She had severe joint pain, swelling and stiffness. Even the medicine was not helping so much. She was living a miserable life.

One day, through a friend, she heard about the Yoga and keep fit classes organised by CESI. She decided to join the free classes. After attending couple of classes she started feeling better. So, she attended the classes regularly. She continued the Yoga and keep fit exercise at home regularly.

She realised that this type of exercise was useful and very much relaxing for her health. Now, the swelling and stiffness in her joints has disappeared. Now, she feels better even with her blood pressure and diabetes.

This lady shared her story in a feedback session organised by CESI. In her own words, "The Yoga and keep fit classes have helped me a lot to reduce my pain. I will practice the exercises regularly at home and will suggest others as well to join the Yoga class."

#### **Beneficiaries-2**

74 years old, house wife, from SE18 Plumstead area had a very good health until 2001. Since then, she started developing different chronic diseases including high blood pressure and diabetes. Stomach disorder was her another problem. She was advised by her doctor to change her dietary habits and to eat a balanced diet. Despite many advices, she could not figure out the types of food, varieties and the right amount needed for her health.

She participated in a 'Healthy Eating Workshop' organised by CESI in March 2014. This workshop was facilitated by the experts from Greenwich Healthy

Living Services. The main objective of this workshop was to give the participants a clear idea of the type of food, variety and the right balance. The experts used the NHS Eatwell Plate that highlighted the different types of food making up the diet, and showed the proportions people should eat them in to have a well balanced and healthy diet. This was demonstrated clearly and was explained in Nepali language by the translator. This workshop was followed by a cookery class where participants, under the guidance of the expert, cooked their food and ate.

This lady, for the first time in her life, got a clear idea on what to eat, how to cook, how much to eat and when to eat etc. She followed this at home regularly. Now, she knows what to eat and what not to eat. As a result, not only her health but her husband's health is also improved a lot.

This lady shared her success story in a feedback session organised by CESI. She said," Due to the knowledge and information that I got in the health workshop, my health has improved a lot. Now, I know about the balance diet. I can teach other people as well"

#### 6.3 Increased access to housing and welfare benefits

#### **Beneficiaries-1**

74 years old beneficiary lives with his wife in SE18 Woolwich/ Plumstead area. On his arrival, he started living with his friend in a privately rented house. He had heard that the local government provides some benefits but had no knowledge and information about it. He did not know anything about the different benefits. Accessing the benefits was a remote thing for him. His poor English was another problem.

While he was struggling to access the benefits, his friend helped him to go to the CESI office. He then, explained his problems to CESI staff. He was advised to attend the forthcoming Housing and Welfare consultation to be facilitated by the council officers. He attended the meeting and raised his issues before the council officer. The council officer gave him all the information and explained the process of accessing the benefits. CESI helped him to make an appointment to see the council officer on the following Monday in the afternoon. CESI's project staff accompanied him to the council and helped him by translating his issues to the council officer as well as in preparing the paper works. The council officer made a note of his case.

After about 10 days, he received a letter from the council confirming his housing and pension credit benefits.

This gentleman shared his success story in a feedback session organised by CESI. In his own words, "CESI helped me a lot in getting my housing as well as pension credit benefit. CESI not only gave me information but also helped me to go to the council and deal with the council officer. I am very happy."

#### **Beneficiaries-2**

This 76 years old illiterate widow from SE2 Abbey Wood area did not know anything about housing benefits or other welfare benefits. She did not know where to go and who to speak to for help. To communicate in English and to fill in the forms in English language to claim benefits was impossible for her.

It was in the mean time she came to know about CESI. She came to the CESI office and explained her problems in tears. Next day, CESI staff took her to the council office and booked an appointment to see an officer the same day afternoon. During the meeting with the officer, CESI staff helped her with translation. Her case was recorded by the officer. The council officer also asked for some other documents to submit. The following day, CESI staff again helped her to submit the required documents to the council.

In two weeks time this lady got letter from the council confirming her weekly house rent as well as pension credit.

This lady shared her success story in a feedback session organised by CESI. She said," CESI people helped me to get the benefits. If I have any problems I will again consult the CESI people. I will suggest other people the same."

#### 6.4 Reducing Isolation

#### **Beneficiary No. 1**

A 79 year old elderly Gurkha lives with his wife in SE2 Abbey wood. His grown up children are all settled in Nepal. He has five grand children and all of them are well settled in Nepal. When he came to the UK, he started to feel very isolated. He was not very much familiar to the area and poor English made him more vulnerable and prevented him to enjoy his life. He used to spend most of his time at home and sometimes go around local shopping. In a sense he was living a miserable life.

Some of his friends told him about computer class at the CESI office. Immediately he came to the CESI office and asked if he could join the computer class. CESI staff welcomed him and taught him how to open computer and use internet to have access to Nepalese news, songs and videos. He started to come every day where he used to meet with other Nepalese friends. He was able to learn basics of computer.

He used to read Nepalese news, listen to the songs and videos of his choice and keep himself updated with the recent news. He opened his own e-mail and face book account and use Skype to speak and chat with their children and grand children. Now he is passing his time in a more productive way. He was also one of the participants in the excursion visits.

Now the 79 year old elderly Gurkha is very happy as he keeps himself busy. In his words " Now a days I am a changed man. Due to CESI and this project my life has changed. I do not feel isolated anymore and I do not feel like going back to Nepal. I have made a lot of friends and I now feel confident that I can help other friends and engage with CESI activities"

He very confidently shared his story in Focus Group discussion session and expressed his interest to work as a CESI volunteer. He is now one of the community catalysts and helping his peers to get involved in social activities.

#### Beneficiary No. 2

A 64 year old elderly widow female lives in SE18 in Plumstead. Her husband served in British army. After retirement, he died in Nepal due to sever health complications. This lady came to the UK with a view to settle down here. Her two grown up children are in Nepal. She was feeling very isolated as she was away from her children. She was new to the area and did not know what to do to pass her time. Due to her poor English, she was unable to go around, so most of the time she was confined in her house. Thus she was in a distressed situation and even thinking to go back to her country, Nepal.

Some of her friends told her about CESI and about its activities to support elderly people. She came to the CESI office and discussed about her situation. CESI staff told her how CESI can help her to make her active and get engaged in social activities. She showed her interest and started to participate in consultation events organised by CESI. She started to come to the CESI office and keep herself updated about the forthcoming events. She did not miss any events organised by CESI.

Now the 64 year old elderly widow is one of the active members of the Nepalese community and passing her time in a more productive way. She also participated in the excursion visits which she described very good as she enjoyed the whole day with her friends in a sea beach. In her own words "Now I am very happy and keep myself busy. I do not feel like going back to

Nepal. It was all because of CESI and the project that I have been able to lead active life. I feel confident and I can help other friends to get engaged in the community activities".

She shared her story in one of the consultation events and appealed all the female participants to lead an active life by keeping themselves busy by taking part in the social activities. She is now one of the community catalysts.

#### 7. Volunteering & Other Partnership Work

Participation of volunteers and stakeholders from the Gurkha and Nepalese community has been an integral feature of the project. Partnership working has also been integral to the development of the project in the first two years. This has been achieved by:

- representation of participants and community representatives on the steering group
- participation in the monitoring process including active participation in feedback surveys and focus groups providing qualitative information and data on the communities and individuals' perception of the quality of the services
- involvement of 22 participants as project volunteers to support the activities of the project
- 12 volunteers acting as project champions currently assisting project beneficiaries to attend meetings at the council, general practitioners, hospitals and supporting their mobility
- Two volunteer are assisting elderly people to learn computer skills on daily basis with 25-30 beneficiaries at the CESI Training Hall. This venue which has now become as a place for elderly participants to come together, learn computer skills. This has proved a productive way to help reduce their isolation by enabling them to communicate with families abroad
- CESI has also consulted statutory and voluntary partners widely, to get their feedback with regard to improving their access to local services and a report of this should be included in the next evaluation.

- Volunteering has continued into the second year of the project and needs to be sustained into the third year, in order to support the project and its impact.
- The participation of partnership organisation in the development of the project has provided significant added value.
- Support by partners to access mainstream services, including housing benefit, pension credit, health services and employment and training services
- Partner organisations have included, Royal Borough of Greenwich, Greenwich Housing Rights, Social Action for Health, Department of Work & Pensions, GP's and clinical commissioning groups, faith groups like the Salvation Army (use of premises), other community groups, to support training and development. Local councillors and other community leaders.
- Further support and information, advice and guidance from partner organisations, has improved the knowledge and skills of CESI staff and volunteers with regard to local services and education, employment and training opportunities

# **Conclusions**

The CESI project is well managed and embedded into the community in which it serves. Participants, staff and volunteers show a high level of commitment to vulnerable members of the community and strive to add value to the activities of the project.

The challenge is still to promote more engagement and to increase opportunities for the Gurkha/ Nepalese community to access mainstream services and improve levels of integration and community engagement. In addition, continuation of the services and sustaining the achievements after the life time of this project is another issue that needs attention.

The project is delivering its outcomes and moving forward, one of the overarching aims of the project is for the Gurkha/ Nepalese community to access mainstream services and to increase the confidence of the community to access local services, which in turn will support their integration into the local community, through such interactions.

Substantial and significant progress has been made with regard to outcomes 2, 3 & 4 and the project is on track to achieve outcome 1 after some initial difficulties in the first year.

Work with partner organisations will be crucial in the achievement of this aim and the project has already developed and built on existing links it has with other partner organisations, including the Royal Borough of Greenwich, the NHS, local councillors and others who are influential in the community. They are also seeking to develop their links with other community organisations, who have already supported the project and others in the community who can aid its development

This process is developing and will be measured and analysed more fully in the end of project evaluation.