

Community Empowerment and Support Initiatives (CESI) - UK

Greenwich Nepalese/Gurkha Integration Project

Project Monitoring Report



March 2015

Table of Content

	<u>Page</u>
Chapter 1: Introduction	1
1.1 Introduction	1
1.2 About CESI	1
1.3 About the Project.....	1
1.4 Objectives	2
1.5 Methodology	2
Chapter 2: Findings	3
2.1 Outcome 1: Employability Skills Enhancement Training and Support for youth	
2.1.1 Level of knowledge/skills of participants	3
2.1.2 Frequency of job application made by participants	4
2.1.3 Participants called for interview.....	4
2.1.4 Job offer received by the participants	5
2.2 Outcome 2: Improvement in Health for Gurkha Elderly people	6
2.2.1 General health conditions.....	6
2.2.2 Frequency of GP visit	6
2.2.3 Healthier Eating (life style)	7
Alcohol Consumption	7
Fruits and Vegetables	7
Meat, Fish, Egg and Pulse	8
2.2.4 Yoga/Keep Fit Exercise	8
2.3 Outcome 3: Increased confidence to access local level services.....	9
2.3.1 Access to Benefit	9
How easy/difficult was to access the benefit	9
2.3.2 Level of Confidence in Accessing Housing and Welfare Benefits	9
2.3.3 Status of Receiving Housing and Welfare Benefits	10
Housing Benefits.....	10
Pension Credit.....	10
2.4 Outcome 4: Reduced Isolation for Gurkha Elderly People.....	11
2.4.1 Participation in community meeting/events.....	11
2.4.2 Role in community meeting/events.....	11
2.4.3 Time Spending	12
2.4.4 Overall Rating of Living.....	12
Chapter 3: Summary.....	13

Annex

1. Questionnaire used for survey

Chapter 1: Introduction

1.1 Introduction:

The monitoring report gives a summary of the changes made as of end of the second year of the project as compared to the baseline survey. The findings of this report are based on the information obtained from the beneficiary survey.

This report contains objectives, methodology and findings of the beneficiary survey carried out by the project.

1.2 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.

1.3 About the Project

Community Empowerment and Support Initiative (CESI)-UK has been awarded a three year long project by Big Lottery Fund, Reaching Community 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. To achieve the above objective following outcomes and indicators were set:

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

Box: 1 (Source: Adapted from CESI, Programme document)

Each of the outcomes above has more than one activities and plan of action in place. These activities have been implemented in collaboration with statutory and local voluntary organisations such as Royal Borough of Greenwich, Greenwich housing rights and Greenwich Gurkha Ex-Servicemen

Association (GGESA) etc. The participation of the beneficiaries who are Nepalese people living within the Royal Borough of Greenwich, has been given utmost priority.

1.4 Objective

The objective of this monitoring report to compare changes made by the project against the baseline information.

1.5 Methodology

Structured questionnaires were used to gather information from the beneficiaries. Both quantitative and qualitative data were collected to serve the purpose. Questionnaires (Annex 1) were designed separately for all four outcomes and administered applying Paper and Pencil Interview (PAPI) mode as data collection tool. Survey was carried out during the second year of the project (2014-2015).

Population for the survey were from among those who have participated in the project activities during the first and second year of the project. Thus, it was a representative sample survey. For the outcomes 2 and 3, a total of 150 beneficiaries on each were randomly selected to conduct the interview. Similarly for the outcomes 1 and 4, a total of 80 beneficiaries on each were randomly selected to conduct the interview. Some of the interviews were carried out during the beneficiaries visit to the CESI, others were carried out at their home and during the events organised such as consultation meetings, Community events, Focus Groups Discussions etc. CESI staff and volunteers were involved in carrying out the survey. Excel package was used for designing database and data analysis. Simple cross tabulation and frequency count were carried out and bar charts, diagrams and pie charts were drawn after data analysis.

Chapter 2: Findings

In this chapter findings from the survey are presented separately for each of the four outcomes.

2.1 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.

The beneficiary survey focused mainly on four areas namely; level of knowledge/skills of participants, job application made by the participants, number of times participants were called for interview and number of participants got job offer.

The following sections give an analysis of the changes made against the baseline information.

2.1.1 Level of knowledge/skills of participants.

The participants' level of knowledge/skills on CV writing, job search, making job application and interview facing techniques was compared with the baseline data to measure the changes made. Scoring system was applied in which 1 was given for the lowest level and 5 for the highest.

In the baseline, most of the participants scored one showing lowest level of their knowledge/skills whereas the beneficiary survey revealed an increased improvement. In the baseline 35-65 percent scored 'one' whereas this has gone down to below 10 percent as per the beneficiary survey findings. This shows a significant improvement in their knowledge/skills. There is not much difference in the percentage under the score 'two', however there is significant change in score 'three'. In the baseline less than 20 percent scored 'three' whereas 35-50 percent scored in the beneficiary survey. This shows significant level of change under score three. There were almost no participants under the score 'four' and 'five' in the baseline survey whereas, the result of the beneficiary survey shows an improvement which is around 10 percent.

On the whole it shows that participants level of knowledge and skills in the areas of CV writing, job search, application writing and interview facing techniques has increased considerably. Figure 2.1 and 2.2 give a comparison of the progress.

Figure:2.1 Baseline

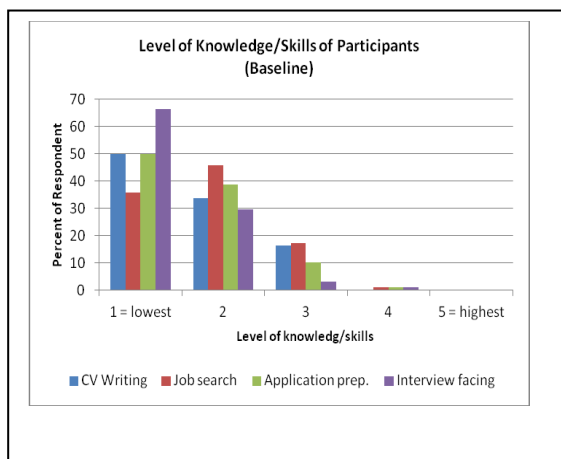
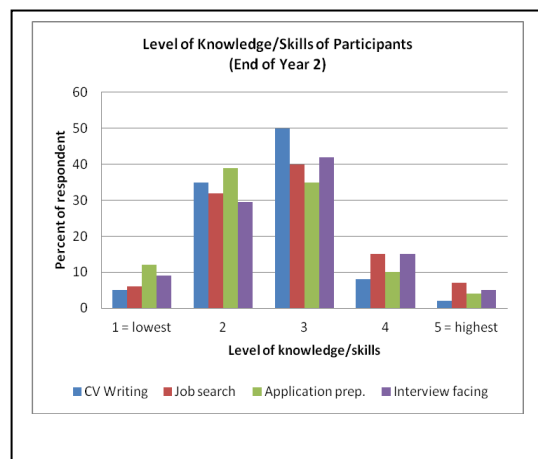


Figure 2.2 Beneficiary Survey (End of Year 2)



2.1.2 Frequency of job application made by the participants:

In the baseline survey nearly 40 percent of respondents were found not making any job application due to lack of their knowledge/skills. However, as per the beneficiary survey this percentage has gone down to 10. This clearly shows that, with the support from the project, a significant number of people have started making job application as compared to the baseline data. There is not much increase in the percentage of people making job application at least one, two or three times, however there is a significant increase in the percentage of the people making job application four or five times.

This clearly indicates a positive impact on the participants of the training and support provided by the project. Figure No. 2.3 shows the changes in making job applications.

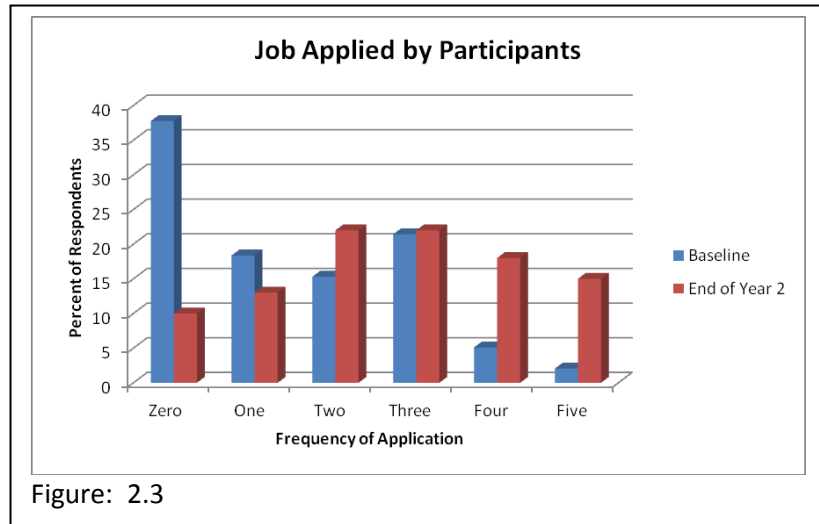


Figure: 2.3

2.1.3 Participants' called for interviews.

The beneficiary survey analysis showed a significant improvement in this area. As per the baseline report, the percentage of people not being called for interview was as high as 65%. However, this figure has gone down to 10% as per the beneficiary survey data. Percentage of people being called for an interview for two, three or four times has increased up to 35 percent. The Figure 2.4 illustrates this change.

This indicates that the participants have been able to present themselves in a more convincing way by being able to write good job application.

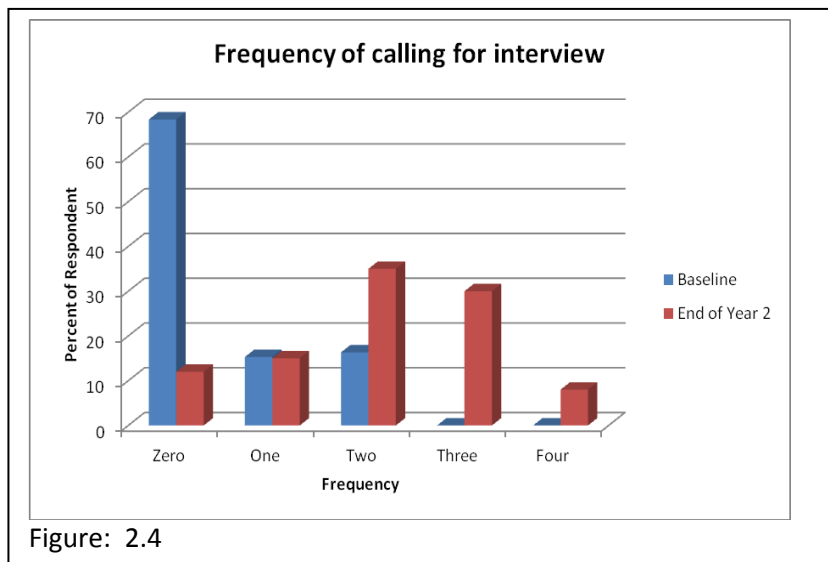


Figure: 2.4

2.1.4 Job offer received by the participants:

The beneficiary survey revealed a significant success in getting a job by the trained people. As per the baseline survey around 80% people were not offered jobs even if they made applications. The current beneficiary survey gave a different scenario. As per this survey, nearly 40% applicants were offered a job.

Figure 2.5 gives a comparative percentage between baseline and the beneficiary survey.

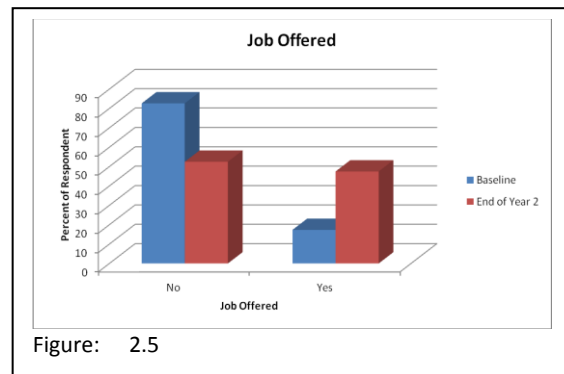


Figure: 2.5

Overall the project is meeting its target of increasing employability opportunities of the youths by enhancing their knowledge and skills through training and support. There is potential of taking it forward in the final year of the project.

2.2 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.

Since the start of the project, a number of training, consultation, awareness sessions and classes on yoga/keep fit exercises have been implemented to give information and knowledge/skills aiming at improving the health conditions of the beneficiaries.

The beneficiary survey has focused on some major areas to compare changes against the baseline data. The areas include self rated health condition; frequency of GP visits; life style including consumption of alcoholic drinks, meat/fish/poultry and pulses, fruit and vegetables; and time spent in physical fitness. Each of these has been analysed in the following sections.

2.2.1 General Health Conditions

Under the general health condition, participants were asked to rate their health condition by themselves under five categories such as Very good, good, fair, bad and very bad. 'Self rated health condition' is a widely accepted health measure.

Compared to the baseline data, the beneficiary survey revealed an improvement in the general health condition of the people. The percentage of people rating their health condition as 'good' and 'fair' has significantly increased as compared to the baseline data. There were only 10 % people who rated as having 'good' condition in the baseline but this has increased to nearly 30% now. Similarly those who rated as having 'fair' health condition has increased from 30% in the baseline to 45% now. On the other hand those who rated as having 'bad' health condition during the baseline survey has decreased from nearly 55% to 21% at present. This shows that the project intervention has played a significant role in improving the health condition of the beneficiaries. Figure No. 2.6 presents the comparison of self rated health condition.



Figure:2.6

2.2.2 Frequency of GP Visit

One of the objectives of the project is to increase access of the beneficiaries to the health services including GP and hospital visits. Various activities were organised to give information, advice and support to the beneficiaries aiming at increasing their confidence to have accessed health services through visits made to GPs and hospitals. To achieve this a number of health consultation programmes, awareness training and interpretation service were organised.

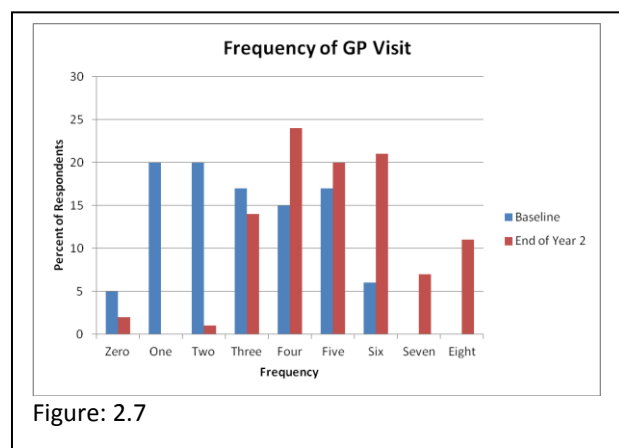


Figure: 2.7

A beneficiary survey was conducted to compare with the baseline information and see the changes in the frequency of their visit to GP if any. The result of the beneficiary survey revealed an increase in their confidence in accessing the health services. It showed a significant increase in the percentage of the beneficiaries visiting GP more than four times a year. Figure 2.6 illustrates the comparison of GP visit between baseline and beneficiary survey. In summary, people's health awareness has increased.

2.2.3 Healthier Eating (life style):

The project aims at improving the health condition of the beneficiaries by supporting them to be able to deal with their health and healthier living issues. In this context a number of programmes including consultations, trainings, yoga/keep fit exercises and healthy eating sessions were organised.

Alcohol Consumption

One of the areas identified and looked at in the beginning of the project was the amount of alcohol consumption by the beneficiaries on daily basis. In the baseline survey, there were more people drinking five or six unit a day. But this beneficiary survey gives a changed scenario. It shows that the percentage of those drinking five or six units a day has gone down to one, two or three units which is in line with recommended limit by NHS. Figure 2.8 gives a comparative analysis of alcohol consumption pattern between baseline and beneficiary survey.

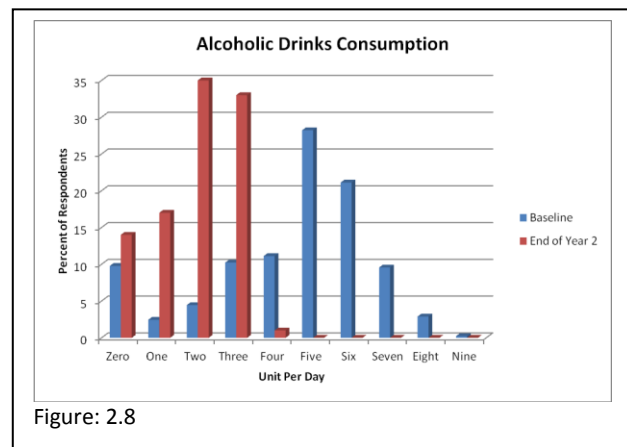


Figure: 2.8

Fruit and Vegetables

The other area looked at the baseline was daily consumption of fruit and vegetable by the beneficiaries. As per the baseline survey the percentage of people eating 3-4 portion of fruit and vegetables on daily basis was around 10% only whereas those eating 1-2 portion was as high as 40%. The result of the beneficiary survey gives completely different scenario. Now the percent of people eating 3-4 portion of fruit and vegetable on daily basis has increased up to 50%.

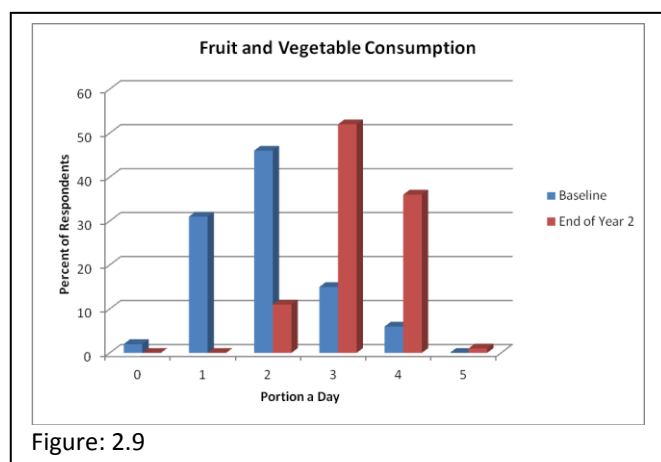


Figure: 2.9

A number of activities has contributed to change the food habit pattern of the beneficiaries. Particularly, healthy eating training (eat well plate), diabetes awareness training and training on managing long term health conditions (Expert Patient Programme-EPP) has played

important role in this regard. Figure 2.9 shows comparison of the fruit and vegetable intake pattern between the baseline and beneficiary survey.

Meat, Fish, Poultry, Eggs and Pulses

We had also looked at the protein consumption pattern of the beneficiaries in the baseline survey. It was found that higher percent of people were consuming four or more portion a day whereas only a small percent was consuming one or two portions. From the beneficiary survey we have noticed a change. Now the majority of the beneficiaries are consuming two to three portion daily. This means there is a obvious change in their food habits lessening the high protein red meat consumption. Figure 2.10 gives a comparative analysis of the beneficiaries meat/fish consumption habit.

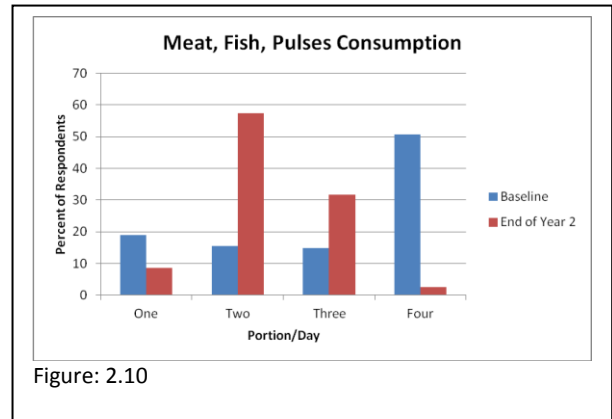


Figure: 2.10

A number of activities has contributed to change the food habit pattern of the beneficiaries. Particularly, healthy eating training (eat well plate), diabetes awareness training and training on managing long term health conditions (Expert Patient Programme-EPP) has played important role in this regard.

2.2.3 Yoga/Keep Fit Exercise:

The project also implemented activities aiming at improving their health condition through yoga and keep fit exercises. As per the baseline 50% of the beneficiaries were not doing any physical activities whereas this situation has reversed now. As per the beneficiary survey result now around 50% people are spending more than 150 minutes a week either with yoga or other physical activities like walking. The regular yoga classes and the training on expert patient programme organised by the project has motivated beneficiaries to do exercises on regular basis. Figure 2.11 distinctly presents a comparison between the baseline and beneficiaries survey.

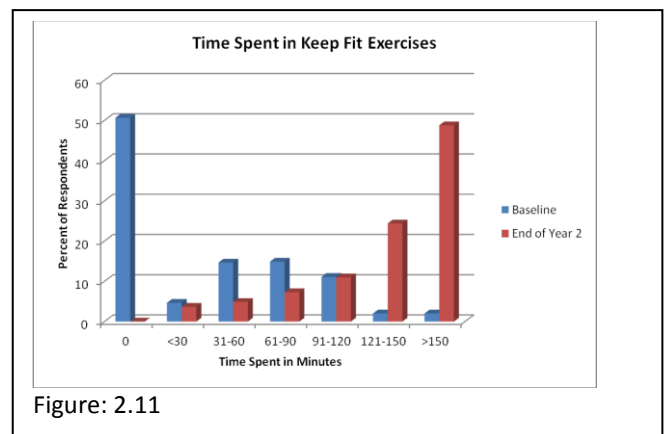


Figure: 2.11

2.3 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.

Since the start of the project, a number of consultation meetings, awareness sessions and guided visits to housing and welfare benefit departments of Royal Borough of Greenwich were organised. Such meetings and visits aimed to resolve the existing issues of the beneficiaries related with housing and welfare benefits. Officials from the housing and welfare benefits; and housing rights were called for facilitating the consultation and interaction programmes in many occasions since the beginning of the project.

Three major areas of data were included in the analysis to compare with baseline data to see the changes in this outcome. These areas were: (1) how easy or difficult they felt to access the benefit (2) how they rate their confidence level to access these services and (3) types of benefits (housing/pension credit) they were able to receive. Each area is discussed in the following section.

2.3.1 Access to Benefit:

How easy/difficult was to access the housing and welfare benefits?

In the baseline survey 93% of the respondents had answered that they found it difficult and only 7% found easy to access the benefits from statutory and voluntary sectors. As per the results of the beneficiary survey this has changed. Now 75% find it easy. These figures show that a significant percentage of beneficiaries have got right information regarding the process and the required documentation to secure such benefits. Figure 2.12 gives the detail of comparison between baseline and beneficiary survey data.

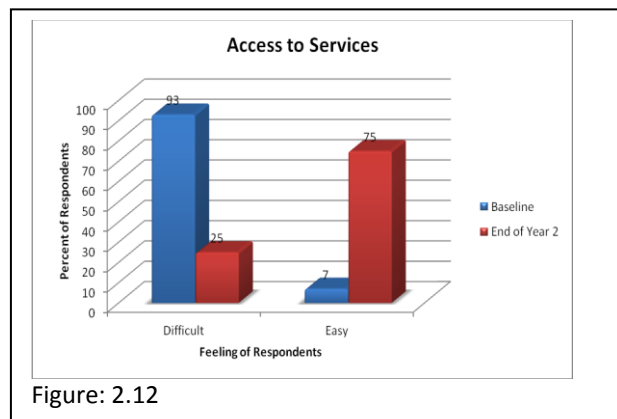


Figure: 2.12

2.3.2 Level of Confidence in Accessing Housing and Welfare Benefits:

One of the major indicators of this outcome is increased confidence level of the beneficiaries to access local level services. In the baseline survey the confidence level of majority of the respondents (87%) were found to have lowest level of confidence i.e. level 'one' or 'two' and a small percent were found to have higher level of confidence i.e. level 3, 4 and 5. The beneficiary survey has revealed that a significant progress have been achieved in the last two years of project intervention. It shows that there is a negligible response in level 'one' and 'two' and majority (90%) have responded in level 'three' and 'four'. Some 8% have even responded under level 'five' which is the

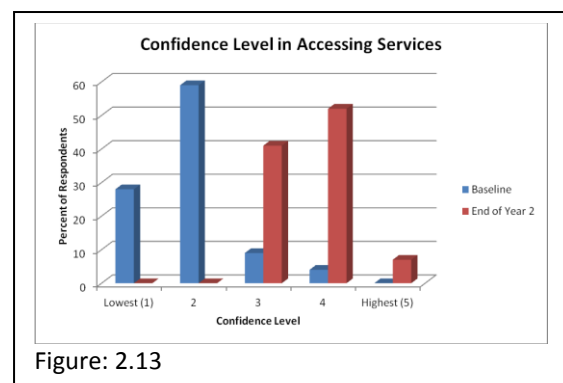


Figure: 2.13

highest level of confidence. This shows that there has been a good progress towards achieving this outcome. Figure 2.13 illustrates the comparison between baseline and beneficiary survey data on beneficiaries confidence level in accessing benefits at local level.

2.3.3 Status of Receiving Housing and Welfare Banefits:

Housing benefit and pension credit are major welfare benefits among all the benefits in UK. Therefore, we have compared the percentage of people who receive these two benefits between baseline survey and beneficiary survey.

Housing Benefits

In the baseline survey percentage of people who were receiving housing benefits was around 40% and the remaining 60% responded some kind of problems in accessing the benefit. The main reasons for it were lack of information and the knowledge. People did not know how to approach, where to approach and the type of documents required. With the support from the project the scenario has changed significantly. It is revealed from the beneficiary survey that around 92% people have been able to solve their problems having increased confidence. Figure 2.14 presents the comparison between the two stages.

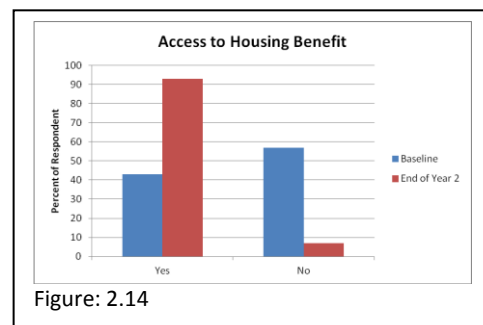


Figure: 2.14

Pension Credit

Similar to housing benefit, the pension credit benefit there has also been the same pattern in the changes between baseline and beneficiary survey. In baseline 60% had access in pension credit and 40% had somekind of problems. However in beneficiary survey it is found that 85% have now access. Figure 2.15 shows the comparison between baseline and beneficiary survey on pension credit benefit.

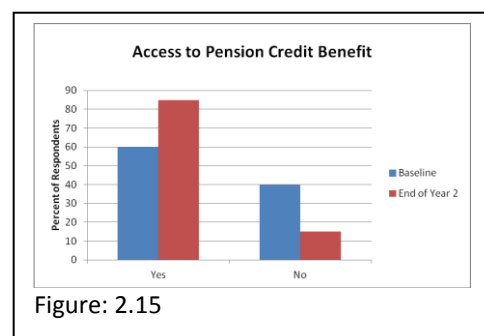


Figure: 2.15

In summary, after the intervention of project with consultation meetings, facilitation with interpretation in Nepali language and guided visits to relevant council departments, people's awareness level have improved and confidence level to have access to services has increased significantly. As a result of this type of intervention, the percentage of beneficiaries to access housing benefit and pension credit have increased significantly.

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

One of the objectives of the project was to work with the elderly Nepalese/Gurkha people to help reduce their isolation and make them able to engage in social activities. To achieve this, the project has implemented various activities including excursions, computer classes and social get together programmes.

The following sections give a summary of the progress made by comparing the data obtained at the baseline survey and the beneficiary survey carried out in the second year of the project.

2.4.1 Participation in Community Meeting/Events:

In the baseline, 95% responded that they had not participated in any form of community events. Whereas the results of the beneficiary survey showed that 100% people reported to have participated in some type of community events. This shows that the project activities such as excursions, computer class, other consultation meetings etc has given them good opportunities to expose themselves in the society. Figure 2.16 illustrates the comparison between baseline and beneficiary survey.

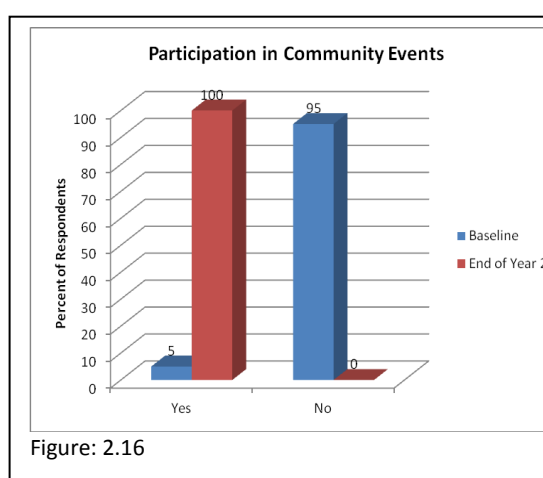


Figure: 2.16

2.4.2 Role in Community Meeting/Events:

One of the objectives of the project was to increase the participation in community meetings/events and hence to promote volunteers so that they can play catalyst role in the community. As per the baseline survey, 84% people were passive participants. In the baseline, less than 10 percentage responded working as volunteers or facilitators whereas in the beneficiary survey, 60% people were as active participants, 30% played voluntary role and 10% played even facilitating role during community events. This comparison shows that after project intervention people's role has been changing gradually. There are more people becoming community volunteers so as to act and support themselves for the long term. Figure 2.17 shows the comparison between baseline and beneficiary survey.

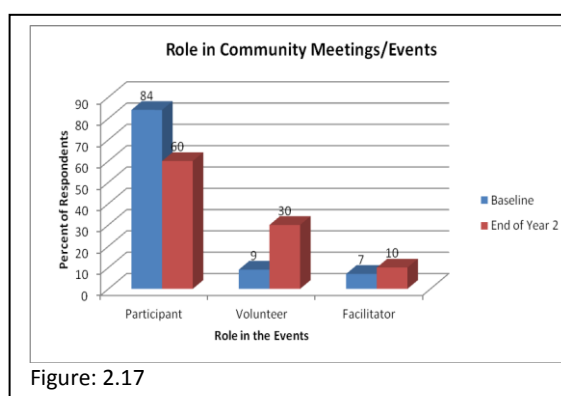


Figure: 2.17

2.4.3 Time spending:

Elderly peoples time spending pattern has also been found changed. In baseline survey it was revealed that most of the people (98%) spend most of their time either at home watching TV or going for shopping and very few people (2%) used to go to community meetings/events. However, the beneficiary survey revealed that now more people (70%) attend community meetings/events, visit friends and families. Figure 2.18 illustrates this time spending pattern comparing the data from baseline and beneficiary survey.

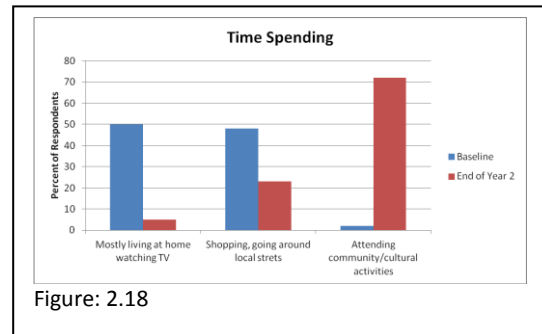


Figure: 2.18

2.4.4 Overall Rating of Living:

In the baseline survey people were asked how they rate their living their life by selecting four different conditions such as sad/lonely, not very happy, mixed feeling and happy. Most of the people (90%) were found under sad/lonely and not very happy and very low in mixed and happy condition. On the contrary, in beneficiary survey it is revealed that around 65% people responded that now they are happy and 20% with mixed feeling. This data shows that people are now more engaged in taking part in different community activities and are having more friends to visit. This has helped them a lot to reduce their isolation compared to the beginning. Figure 2.19 shows this comparison between baseline and beneficiary survey.

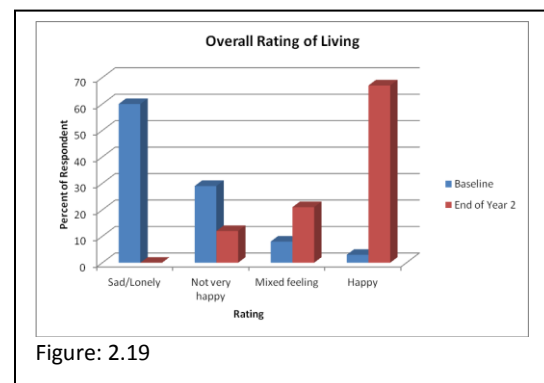


Figure: 2.19

Chapter 3: Summary

3.1 Summary of the findings of the Baseline Survey.

In this chapter summary of comparison between baseline and beneficiary survey has been presented in a concise form. It presents the major findings in figures for each of the four outcomes separately.

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.

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.

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.

- 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 with 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.

Outcomet 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.

- 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 have access in pension credit but after project intervention around 85% people reported to have access on it.
- Similarly, access to housing benefit also has increased significantly after project facilitation. Earlier, only 40% people had access on housing benefit but after project intervention it has increased to 90%.

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

- 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.

Annex:



Community Empowerment and Support Initiatives (CESI)-UK
Greenwich Nepalese/ Gurkha Integration Project
Youth Employment Skills Enhancement Training
Beneficiaries Survey

Name	Sex	Marital Status	Age	Religion	Address	Disability

A. Knowledge and skills

Please tick the following knowledge and skill area in appropriate score box. One indicates very beginning level and five indicates the highest level of your knowledge and skills in the given area.

S/N	Area of knowledge/skills	Score of Responses				
		1	2	3	4	5
1	CV Writing					
2	Job Searching					
3	Application Preparation					
4	Interview Facing					

B. Job Application made by the trainees

How many times have you applied for a job after attending the training? Please tick mark

1. Not applied 2. One time 3. two times 4. Four times 5. Five or more times

C. Frequency of interview calls

How many times have you been called for an interview ? Please tick mark

1. Not called 2. One time 3. two times 4. Four times 5. Five or more times

D. Job offer

Have you been offered a job? Yes No

E. How did the project helped you to secure this job? Please share your success story

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E. If Job applications are not made, please give reasons in detail in the box below:

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Community Empowerment and Support Initiatives (CESI)-UK

Greenwich Nepalese/Gurkha Integration Project

Beneficiaries Survey on Health and Healthier Living

Name	Sex	Marital Status	Age	Religion	Address	Disability

1. Self rated health condition

1.1. How was your health condition before joining CESI programme?

1. Very Good 2. Good 3. Fair 4. Bad 5. Very Bad

1.2. How is your health condition now?

1. Very Good 2. Good 3. Fair 4. Bad 5. Very Bad

2. What were your health and related issues?

.....
.....

3. How did you benefit from attending the health related programmes?

.....
.....

4. How many times have you visited: Your GP.....Hospital.....

5. What specific change did you feel after attending the programme?

.....
.....

6. Changes in life style (Healthier Living)

Healthier Living Indicators	Yes	No	If Yes, how much ?	
			Per day:	Per Week:
Alcohol consumption				
Beer (Can)				
Hard Drinks (Peg, quarter, half, litre)				
Wine (Bottle)				
Fruit and vegetables				
Consumption of Fruits (Number)				
Vegetable (times)				
Consumption of Meat/Fish/Poultry and pulses				
Daal (Pulses)				
Meat/Fish/Poultry				

7. Physical Fitness

Fitness Type	Time Spent Per Week (hours)
Jogging/Walking	
Yoga	
Physical Exercise	
Sports	
Others, (Pls mention)	

How do you rate the support provided to you by the project regarding the housing and welfare benefits?
Tick the appropriate number. 1. Excellent, 2. Very Good, 3. Good, 4. Satisfactory, 5. Unsatisfactory

Any comments/ Suggestions

.....



Community Empowerment and Support Initiatives (CESI)-UK

Greenwich Nepalese/Gurkha Integration Project

Beneficiaries Survey on Housing and Welfare Benefits

Name	Sex	Marital Status	Age	Religion	Address	Disability

What were your problems regarding housing and welfare benefits?

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.....

What benefit did you realise from attending the events?.

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.....

Are your problems solved now? If so, how?

.....

.....

.....

How do you rate the support provided to you by the project regarding the housing and welfare benefits? Tick the appropriate number. 1. Excellent, 2. Very Good, 3. Good, 4. Satisfactory, 5. Unsatisfactory

Any comments/

Suggestions.....

.....

.....

Housing and Welfare Services/benefits

Various benefits					
Do you know about the different types of benefits provided by the local authorities?	Yes	No	Partially		
Do you find it easy or difficult to access the local level services	Easy	Difficult	-		
If easy or difficult, please explain how/why was it easy or difficult?					
How confident are you now to access housing and welfare benefit services? Mention in level of score.	Confidence Level to access services				
(Score 1 stands for lowest level of confidence and increases gradually to 5 for highest level).	1	2	3	4	5

What types of welfare benefits are you receiving? Please indicate in the list given in the table below:

SN	Name of the benefit	Yes or No
1.	State pension credit	
2.	Housing benefit	

**Community Empowerment and Support Initiatives (CESI)- UK
Greenwich Nepalese Integration Project**

**Reducing Isolation
Beneficiary survey form**

Name	Sex	Marital Status	Age	Religion	Address	Disability

A. Have you attended any community activities since you came ?

- 1) Yes= 1
- 2) No= 0

If yes, Type of Activities:

- 1) Festival party
- 2) Ethnic/cultural events
- 3) Ex-army related events
- 4) Community meetings
- 5) Others (mention...)

What was your roles in the events:

- 1) Participant
- 2) Volunteer/helper
- 3) Facilitator

If not, reasons for not being involved in activities:

- 1) Lack of information
- 2) Lack of opportunity
- 3) No invitation
- 4) Others (mention...)

B. How are you mostly spending your time ?

- 1) Mostly living at home/watching TV
- 2) Shopping/going around local streets
- 3) Attending ethnic/cultural activities
- 4) Attending community meetings
- 5) Others (mention...)

C. Overall, how do you rate your living condition:

- 1) Lonely/sad
- 2) Not very happy
- 3) Mixed feeling of sad and happy
- 4) Excited and happy
- 5) Others (mention...)

D. How do you rate the support provided to you by the project regarding the housing and welfare benefits?

Tick the appropriate number. 1. *Excellent*, 2. *Very Good*, 3. *Good*, 4. *Satisfactory*, 5. *Unsatisfactory*

E. Any comments/ Suggestions

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.....
.....

Thank you