

Folkestone Nepalese Community

Maha Rai

10 May 2023

Presented at:

NHS Kent and Medway

Lease Cliff Hall

Folkestone

CT20 2DZ



Outline

- 1 Background of the FNC
- 2 Turning Point
- 3 FNC Objectives
- 4 FNCC Objectives
- 5 Our People
- 6 Challenges
- 7 Weekly Schedule
- 8 Projects & Partnerships
- 9 Projects & Partnerships-2
- 10 Projects & Partnerships-3
- 11 Projects & Partnerships-4
- 12 Projects
- 13 Activities, Projects & Events
- 14 Team
- 15 Questions



Background: Folkestone Nepalese Community (FNC)



- 2001 - Royal Gurkha Rifles
- 2004 - Gurkha Right to Settle in the UK
- 2005 - Folkestone Nepalese Community (FNC)

Objectives of the FNC 2005: www.fncuk.org

Folkestone, Hawkinge, Hythe and Dover- urgent sense of need of a Community to bring all Nepalese together to integrate into the wider community by preserving **Nepalese culture, tradition, ethos and identity** and **sharing eventualities** as a community developed.



Folkestone Nepalese Community Centre (FNCC)



- 25 Oct 2020
- Agreed to Sign the Lease with Kent County Council
- Agreed to change the structure of the FNC- legal entity as the Charitable Incorporated Organisation (CIO) Association model



FNC is a Charity Incorporated Organisation that work towards the following primary objectives:

- ① To promote for the benefit of the Nepalese and Gurkha veterans residing in Folkestone and the surrounding area by:
 - The advancement of education and training;
 - The relief of poverty, sickness and distress;
 - The promotion of good health; and
 - The provision of recreational facilities in the interests of social welfare with the object of improving their conditions of life.
- ② To advance the education of the public on all aspects of Nepalese history and culture.
- ③ The relief of financial need and suffering among victims of natural or other kinds of disaster in Nepal in the form of money (or other means deemed suitable) for persons, bodies, organisations.



The main objectives of the FNCC is to fulfill the objectives of the FNC

- FNCC will work towards combating loneliness by promoting wellbeing through education, training, and recreational activities.
- FNCC will provide the activities that are educational and help in enhancement of the skills of the FNC members and other community.
- FNCC will help build strong relationships in and across communities by preserving our **original diverse Nepalese culture, tradition, ethos,** and **community identity**.



Indigenous People of Nepal - 59 Nations Speaking 122/121 Languages

Our people

Many ethnic groups and languages

The Nepalese are some of the friendliest people in the world, with a vibrant culture and strong family traditions. More than 100 different ethnic groups live in Nepal, speaking over 90 different languages.

Namaste - I bow to the divine in you



Challenges

The Main Challenges of the FNCC

- FNC is a Nepalese community with a diverse languages, cultures and traditions.
- Different level of social economic mobility.

How are these Challenges met?

- FNC Members Voluntary dedication & KCV Expert Management on working with Communities & Social Inclusion.
- Securing Fund - Armed Forces Covenant Fund, National Lottery Community Fund, Kent Community Foundation, eK360, Councils & Wards.
- Now, **FNCC has 5 paid staffs** and fund to run the activities, projects and event to meet those challenges.

FNCC - Weekly Activity

- Taichi & Seated Exercise
- Basic English Learning and Digital Support
- Digital Inclusion Program
- Nepalese Traditional Handicraft - Stitch & Chat
- Veteran Drop in Sessions, GWT, DWP & District Councils Officers
- Animation Sessions & Beginners MS Office Class
- Watercolour Painting Classes
- Community Day - Movies/Documentaries, Visitors & FNC Annual Events
- Library Day & Gardening Day
- Golf Fun Session, Pool, table tennis & other sports
- Seminar/Presentation on Health, Culture, Road Safety, Security
- Skills for Volunteers
- Visits - Museum, Castles, Zoo, & Cultural Festivals



Projects

- **Kent & Medway Listen Project by SEK** - 03 March 2022: KCC & NHS Kent & Medway, NHS & Social Care Partnership Trust. Case Study - The Kent& Medway Listens Project focused on engaging with seldom heard communities about their mental health and wellbeing following COVID-19.
- **Kent & Medway Integrate Care Board Chairman Visit** - 30 May 2022: to listen about the service in the FNCC.
- **Hypertension Heroes** - Training Hypertension Heroes & Hypertension Hub by EK360 - 06 May 2022, Report on Oct 2022. Still continuing with Phase 2 - providing free service, advice & training
- **One You Kent NHS** - Weight Management Pilot Program 15 Sep - 16 Dec 2022, Maternity Leave - Feedback?



Projects

- **Activmob:** Kent County Council Public Health to investigate and undertake a behaviour insight study to explore evidence-based approaches to weight management, with a focus on approaches for weight management support for minority ethnic groups. May - Oct 2022.

There is lots of good information here on our culture, history and food and we will keep this in our archive for our younger generations to learn and understand about their culture"

- **NIHR Public Health Research Champions** - Volunteer Recruiting Session - 05 Dec 2022 until Feb 2023



Projects

- **Healthwatch Kent** – Listening Group with accessibility equipment - 16 Mar 2023, Caste Study finding:
We shared the report with both Kent County Council (KCC) and the NHS (who run the Integrated Community Equipment Service). They were alarmed at the lack of awareness of the service, both the misunderstandings and the confusion about how to access it. The ICES team have identified a Senior Occupational Therapist who wants to come to FNC and bring the lead on the ICES service to hear directly from you and make sure they are allowing your community to reshape the service directly.



Projects

- **Cancer Services & Screening** – Survey & listening case -EK360: 25 April 2023
- **Headway Kent**; 02 May 2023 - Brain Injury Support - presentation & contacts
- **NHS Bowel Cancer Screening**: 18 May 2023
- **Free MOT Health Check** - Kent Community Health - Every 3 months annually
- **NHS Health Education England: Community Participatory Action Research** Cohort 2: Training & Mentoring – 22 May 2023 – May 2024
- **King's College London** Research on Gurkha wellbeing: June 2023



FNC - Other Projects with & Activities

Projects

Listening, Surveys, Case studies, Arts & crafts, Skills & basic qualifications, Research Champion & Outreach projects

Community Partners

- University of Kent, **Kent Adult Educations**, Local Schools & Councils
- Charities orgainsiations: Local Schools, Kent Art & Wellbeing, Porch light, ShivaNova Equator Festivals, Royal Gurkha Rifles, Age UK, Royal British Legion, Young Animator Club, Strange Cargo and Freelancers Producers & Cinematographer

Example: www.gatewaypartnership.org.uk/community-partners



For the FNC & FNCC - Activities, Projects & Events
please visit www.fncuk.org

For the picture gallery of Activities, Projects & Events
please visit <https://www.facebook.com/fncc>



FNC & FNCC Project Team

Project Manager: Maha Rai

Senior Activity Coordinator: Kanchan Roka Magar

Digital Champion Coordinator : Abesh Rai

Digital Champion Tutor: Kumar Rai

Digital Help Officer : Sarita Rana

Community Researcher: Roshan Rai & Miraj Limbu

Lead Volunteers: Major (Retd) Deb Pun, Shivadhan Rai, Duanne Poppe
& Padma Begha Limbu

Lead Trustees: Capt (Retd) Ram Pun & Chandra Gurung

Accountability

FNC Chairman, Executive Committee, Trustees, Advisors and FNC Members



Any Questions?

Capt (Rtd) Ram Pun & Maha Rai, PhD
Trustee & General Secretary

Folkestone Nepalese Community Centre
Baker Road
CT19 4NN

Email: communitycentre@fncuk.org

Phone number: 01303 398055

www.fncuk.org

Thank You.

