

The impact on the cost-of-living crisis on the Nepalese community in Folkestone

Introduction:

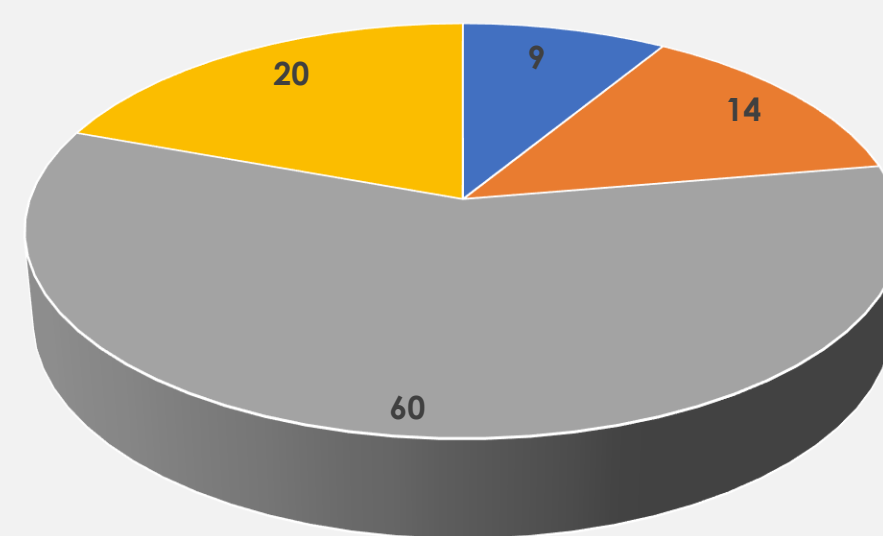
The Folkestone Nepalese Community (FNC) is a charitable organization that was founded in 2005.

The purpose of the research was to examine how the Nepalese (Gurkha veteran) people living in Folkestone were affected by the crisis of rising living costs. The research was carried out by a team of community researchers who received support from NHS England South East, Scottish Community Development Centre, University of Reading and were led by Folkestone Nepalese Community (FNC).

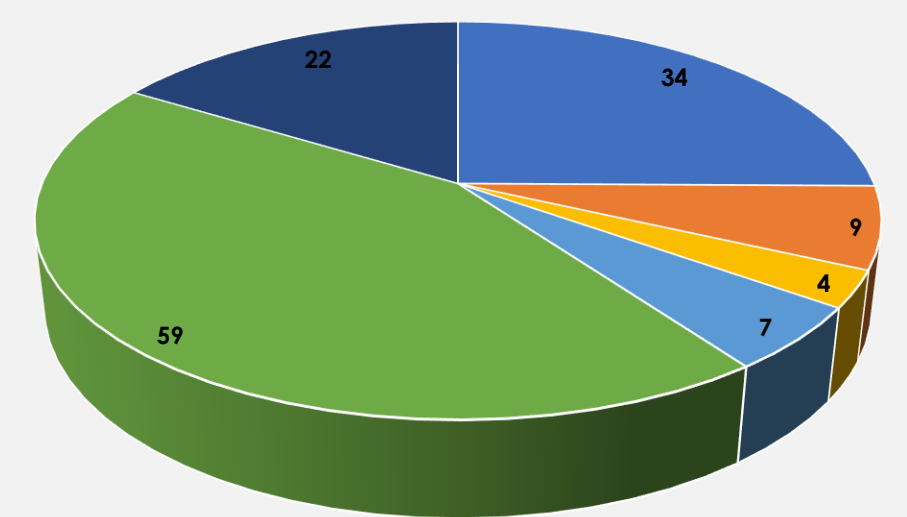
Methods and participants:

The research used a survey with both closed and open questions. The surveys were conducted face-to-face with 103 beneficiaries of the Folkestone Nepalese Community (FNC) Centre, who were mostly elderly, married, and living on Pension Credit. The surveys covered their income sources, living situations, bill payments, mental well-being, and remittance practices.

The Age Groups of Participants



Health Conditions



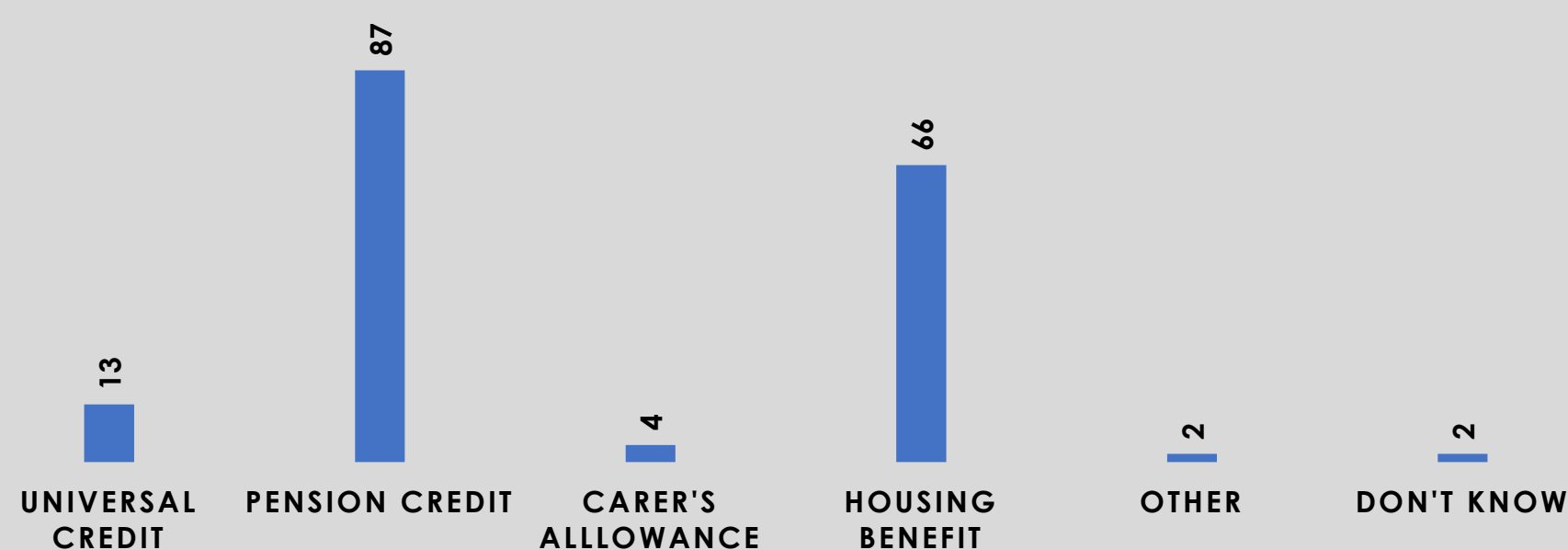
■ 50 - 59 ■ 60 - 69 ■ 70 - 79 ■ 80 and over

■ PHYSICAL IMPAIRMENT
■ SENSORY IMPAIRMENT
■ MENTAL HEALTH CONDITION
■ LEARNING DISABILITY
■ LONG-STANDING ILLNESS
■ OTHER
■ NO

Results:

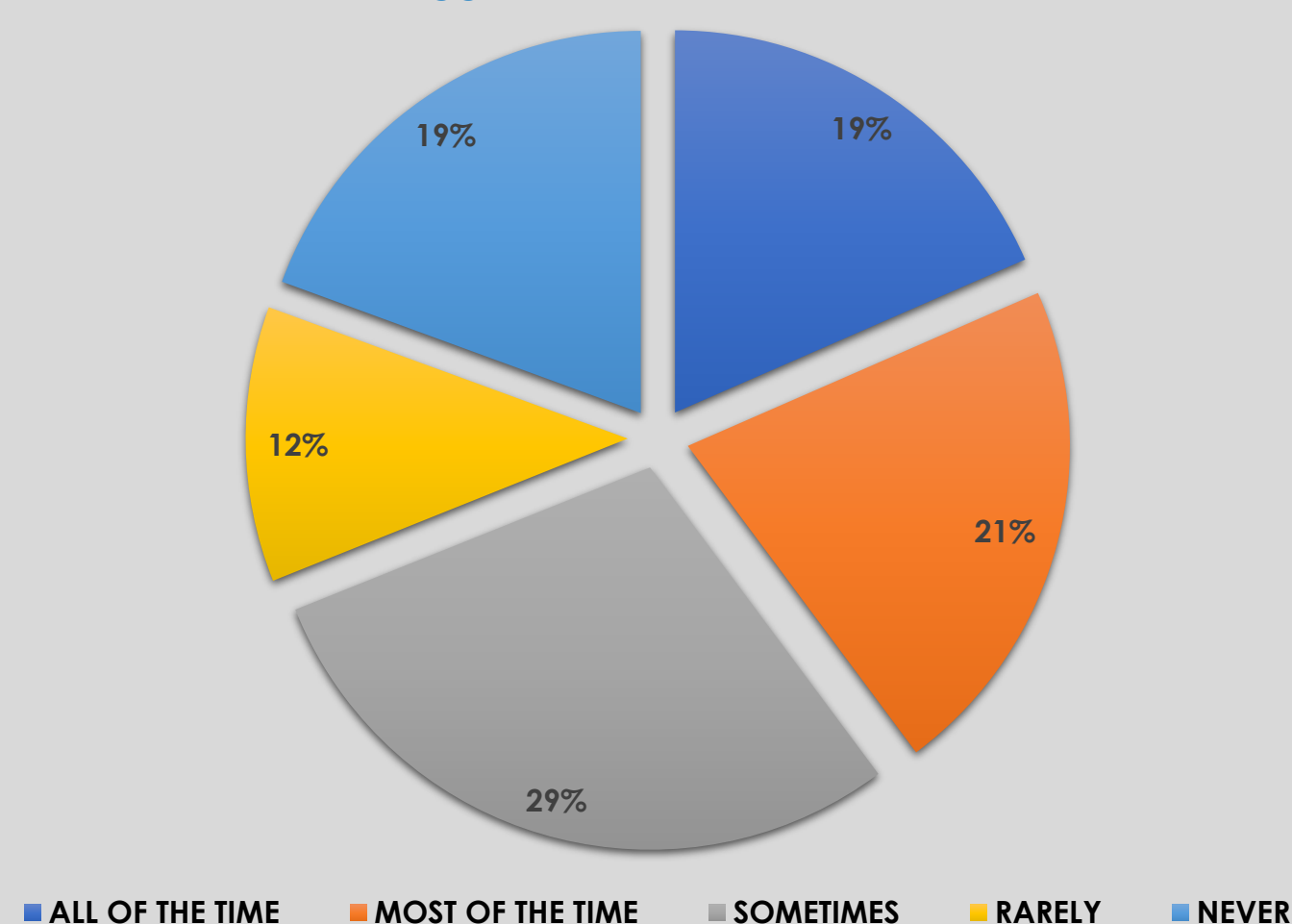
- Most of the FNC Centre's beneficiaries get Pension Credit, a benefit for low-income retirees. It boosts their weekly income to a minimum level. They are considered relatively poor by the government.

HOUSEHOLD INCOME



- Compare to the previous year many of them stated that they struggle to pay at least one of their household bills.

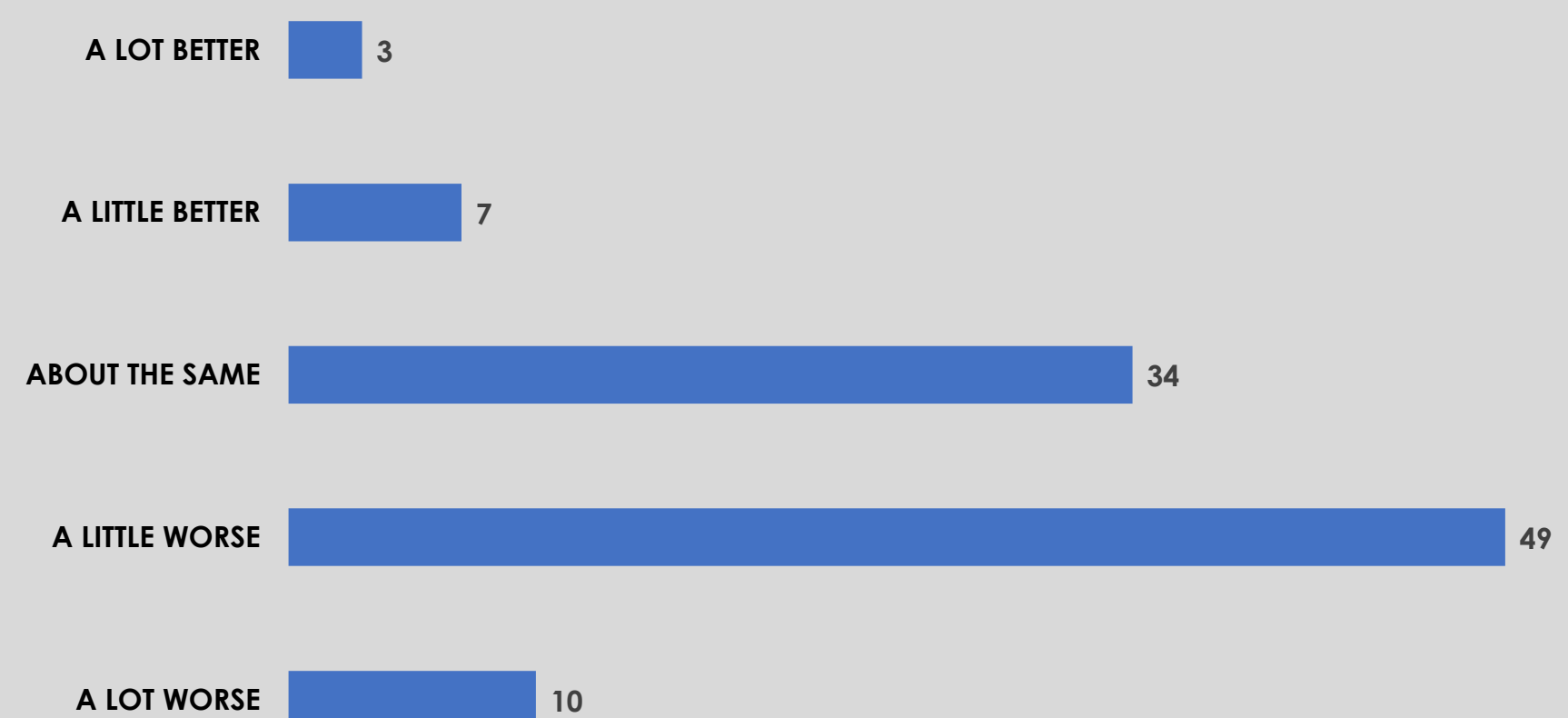
Struggle to Pay Household Bills



- Most people were negatively affected by the cost-of-living crisis with 62% of beneficiaries thought their spending habits had changed with a lot of the comments describing how everything had become more expensive.

- More than 60% found the access to the NHS hard or very hard. A lot of the concerns were about how difficult it was to communicate due to the language barrier and how there should be more interactions at the GP.
- There were responses discussing how the isolation from the COVID 19 pandemic impacted their mental health and how the cost-of-living crisis made it worse.

Mental Health Well-being



- One of the main findings of the survey is that most of the FNC Centre's beneficiaries, regularly send money to their relatives in Nepal, despite their own financial struggles. This shows their commitment to helping their family members who face even worse economic conditions in their home country. The survey also reveals the diversity and complexity of the beneficiaries' financial situations and needs.

Conclusion:

The research shows that the rising cost of living has had a significant impact on many Nepalese people who live in Folkestone, even if they did not realize this until we explained it to them. This shows the importance of sustaining support either through official services or through community work, especially to those that have the lowest income level like many of those who come to Folkestone Nepalese Community Centre. It also emphasizes the need for cultural understanding for this community.

Community Participatory Action Research Cohort 2 (CPAR 2)

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A video interview that highlights some of the participants' experiences of hardship during the cost-of-living crisis is available. The complete report and the video interview link are accessible at www.fncuk.org