

03 Mar 2025



End of Project Report Summary

Reporting Period: Apr 2024 – Feb 2025

Activities: FNC Centre: Healthy Eating & Taichi Wellbeing Programme

Introduction

During the period of April 2024 – February 2025, two key programmes were delivered to promote health and wellbeing within the Folkestone Nepalese Community: the **Healthy Eating Project** and the **Taichi Wellbeing Activities**. These initiatives aimed to improve physical and mental health, encourage community engagement, and enhance knowledge around nutrition, movement, and self-care—particularly for elderly adults.

Acknowledgment is given to Social Enterprise Kent and Kent County Council for funding and supporting this project. Their financial support enabled the successful delivery of these initiatives to our community.

Healthy Eating Project

The Healthy Eating Project was designed to raise awareness about the importance of a balanced diet and its impact on both physical and mental health. The programme included group sessions, dietary surveys, and culturally appropriate discussions tailored for community members aged 50 to 85.

Participation: A total of **25 to 30 individuals** engaged in the programme over the 10-month period.

Key Achievements:

- **Increased Knowledge:** Participants developed a clearer understanding of balanced diets and essential nutrients. Post-project surveys showed 100% of participants could identify components of a healthy meal.
 - **Behaviour Change:** Many participants reported positive changes in daily eating habits, including improved meal planning, increased water intake, and reduced junk food consumption.
 - **Peer Learning:** Participants began encouraging their family members to adopt healthy eating habits, creating a ripple effect of awareness and behaviour change.
 - **Community Empowerment:** The course was delivered in **Nepali and English**, ensuring accessibility, inclusion, and meaningful participation.
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Taichi Wellbeing Activities

The Taichi programme ran weekly and attracted increasing numbers of older adults. Designed to support mobility, flexibility, and mindfulness, it has become one of the most popular wellbeing activities at the Centre.

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Participation: Between **16 to 25 individuals** regularly attended Taichi sessions over the 10-month period.

Key Achievements:

- **Increased Participation:** The growing popularity of the class has led to space limitations, highlighting a need for larger or additional venues.
- **Physical Health Benefits:** Participants demonstrated noticeable improvements in **stability, flexibility, and movement control**. Many who initially struggled with stiffness are now confidently following Taichi sequences.
- **Pain Reduction:** Several individuals reported **less pain** in joints and other problem areas due to targeted movements.
- **Mental Wellbeing & Memory:** Regular practice has supported **stress relief** and **cognitive engagement**, as participants learned and remembered movement patterns.
- **Bilingual Engagement:** Classes were conducted in both **English and Nepali**, with mutual learning and respect between the instructor and participants fostering a warm and inclusive environment.

Overall Impact

The combined effect of these two initiatives has been profound:

- **Holistic Wellbeing:** Participants experienced significant improvements physically, mentally, and socially.
- **Confidence & Inclusion:** Community members, especially elders, gained confidence in learning and participating in group activities.
- **Cultural Sensitivity:** The bilingual and culturally appropriate delivery made both programmes widely accessible.
- **Sustainability & Demand:** The success of both projects has generated strong momentum and growing interest for continued and expanded programming.

Conclusion

The **Healthy Eating** and **Taichi Activities** have delivered lasting benefits to the wellbeing of our community members. While the funded phase of the project has now concluded, we are pleased to share that **these activities will continue on a volunteer-led basis**, reflecting the enthusiasm and commitment of both our participants and local champions.

We extend our heartfelt gratitude to **Social Enterprise Kent and Kent County Council** for making this work possible. We also thank our dedicated staff, volunteers, instructors, and community members whose involvement has made this project a lasting success. Together, we are continuing to build a healthier, stronger, and more connected community.