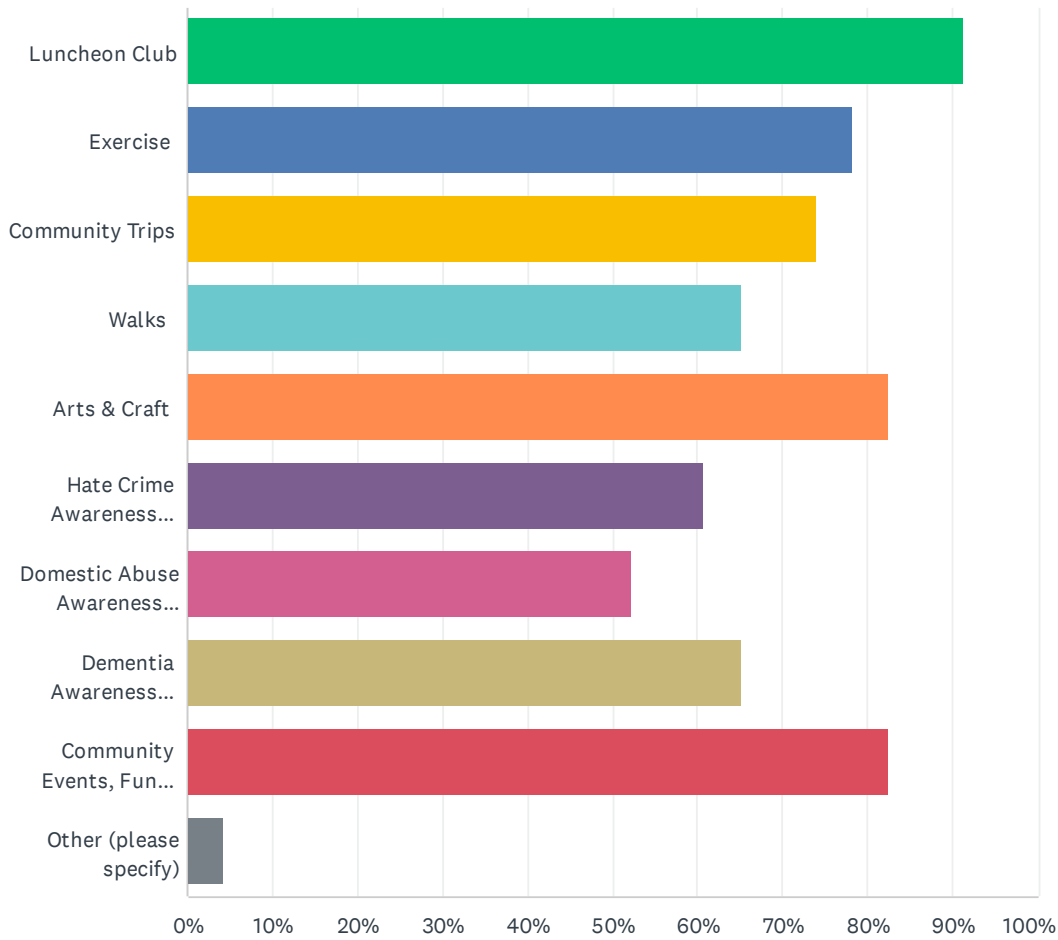


Q1 What activities were you involved with at Khush Amdid last year? (please tick all that apply)

Answered: 23 Skipped: 0



ANSWER CHOICES	RESPONSES
Luncheon Club	91.30% 21
Exercise	78.26% 18
Community Trips	73.91% 17
Walks	65.22% 15
Arts & Craft	82.61% 19
Hate Crime Awareness Workshops	60.87% 14
Domestic Abuse Awareness Workshops	52.17% 12
Dementia Awareness Workshops	65.22% 15
Community Events, Fun Days etc.	82.61% 19
Other (please specify)	4.35% 1
Total Respondents: 23	

#	OTHER (PLEASE SPECIFY)	DATE
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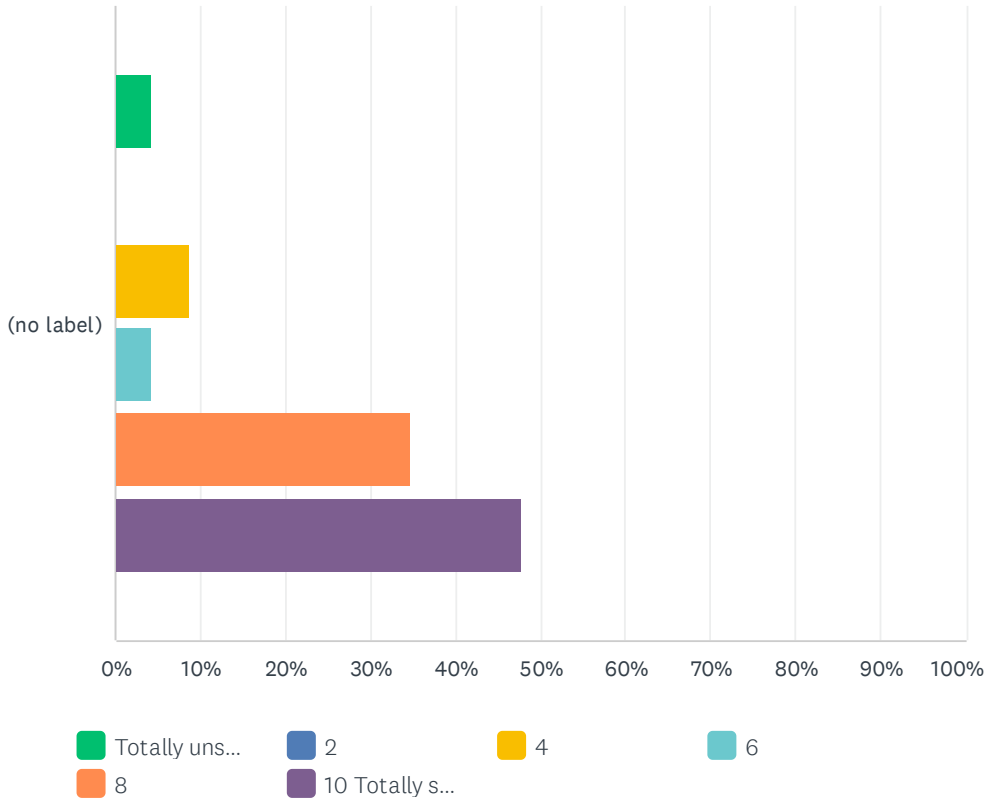
1

25th anniversary celebration

12/21/2023 11:40 PM

Q2 Were you satisfied with the last year's groups/activities put on by Khush Amdid?

Answered: 23 Skipped: 0

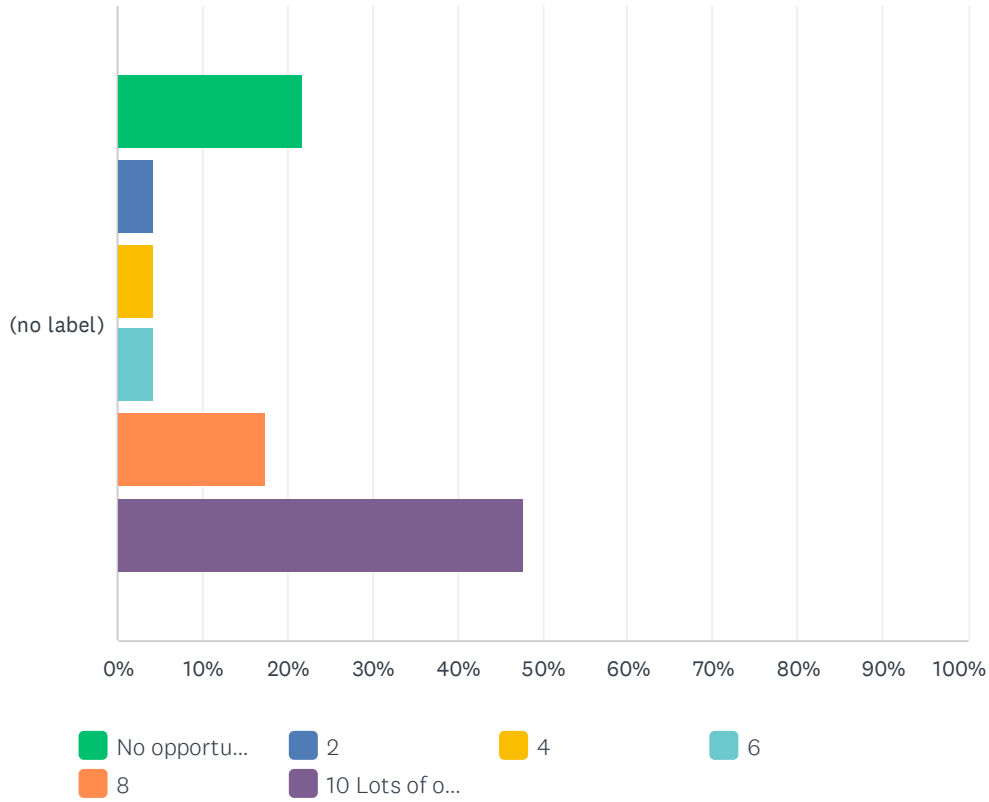


	TOTALLY UNSATISFIED 0	2	4	6	8	10 TOTALLY SATISFIED	TOTAL	WEIGHTED AVERAGE
(no label)	4.35%	0.00%	8.70%	4.35%	34.78%	47.83%	23	8.17
	1	0	2	1	8	11		

#	IF SATISFIED, HOW DID IT ACHIEVE THIS?	DATE
1	Increased knowledge, networking and fun.	1/9/2024 2:51 PM
2	It gets me out off the house	1/8/2024 12:30 PM
3	I like to socialise with the group and makes me happy	1/8/2024 12:14 PM
4	Improved my mental and physical health.	12/21/2023 11:40 PM
5	There is a big range of activities and events and Khush Amdid makes them all easy to attend.	12/20/2023 9:42 AM
6	By collaboration within the group.	12/20/2023 9:22 AM
7	By collaboration within the group.	12/20/2023 9:22 AM

Q3 Did you have opportunity to be involved with planning and delivering the activities?

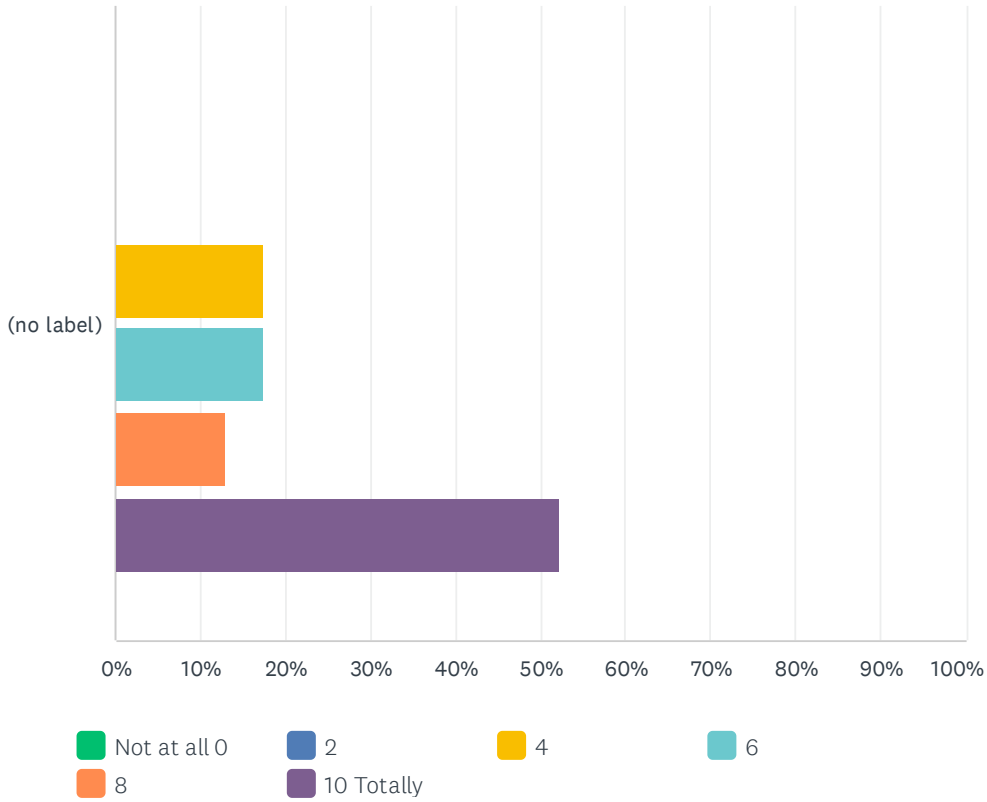
Answered: 23 Skipped: 0



	NO OPPORTUNITY 0	2	4	6	8	10 LOTS OF OPPORTUNITY	TOTAL	WEIGHTED AVERAGE
(no label)	21.74%	4.35%	4.35%	4.35%	17.39%	47.83%	23	6.70
	5	1	1	1	4	11		

Q4 Does the service provided by Khush Amdid meet your needs and interests?

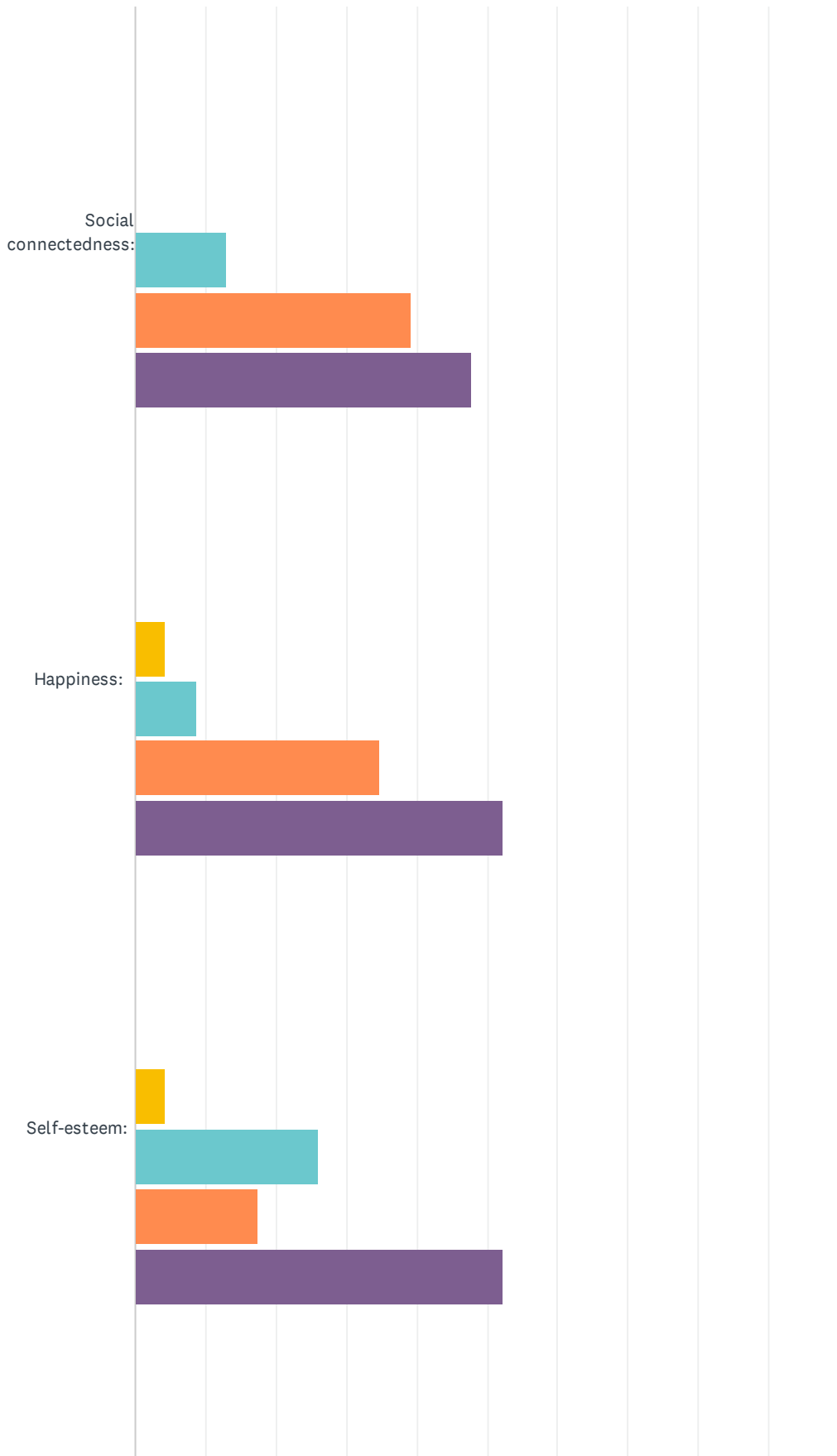
Answered: 23 Skipped: 0



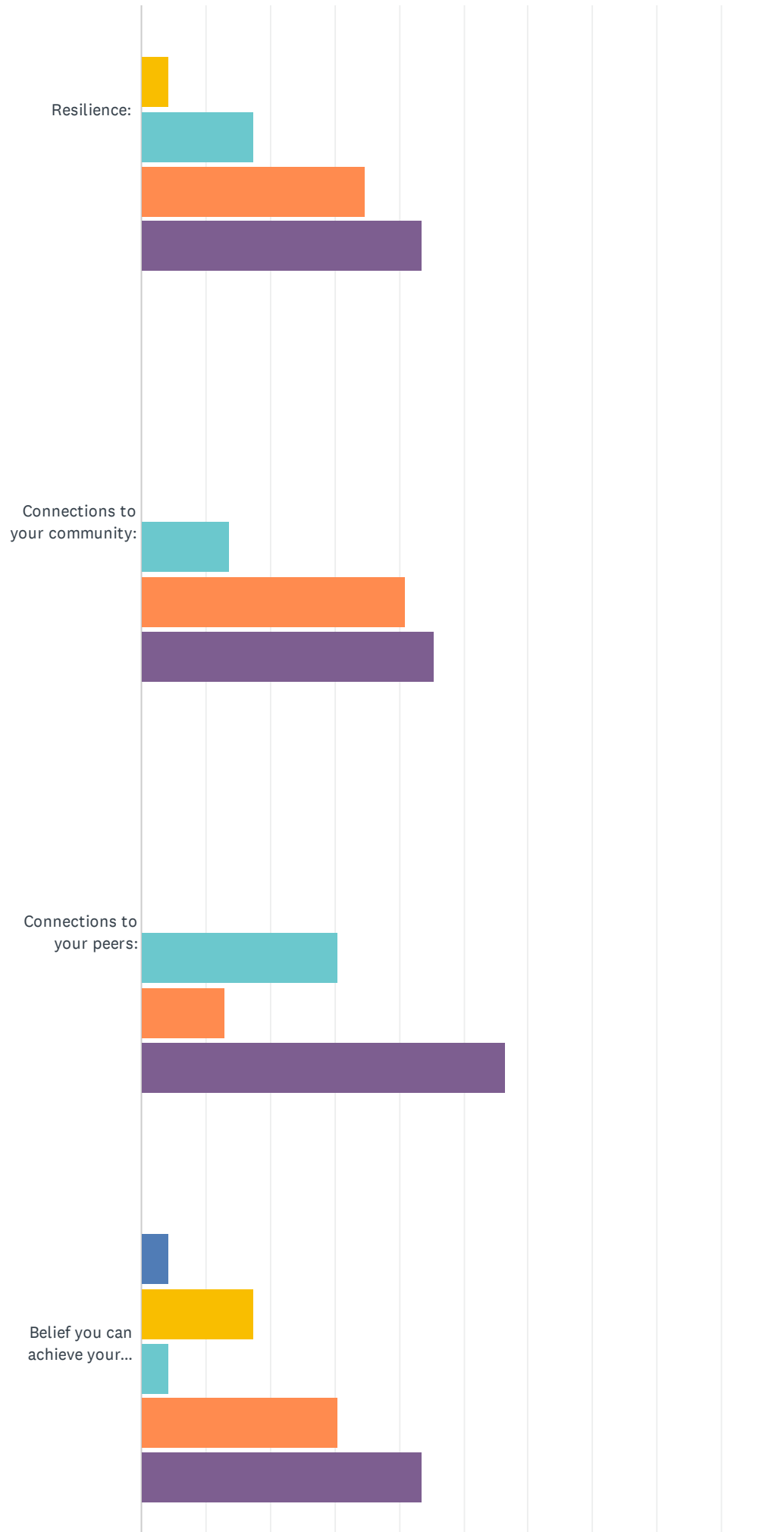
	NOT AT ALL 0	2	4	6	8	10 TOTALLY	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	0.00%	17.39%	17.39%	13.04%	52.17%		
	0	0	4	4	3	12	23	8.00

Q5 Has participating in our activities helped you improve in the following areas?

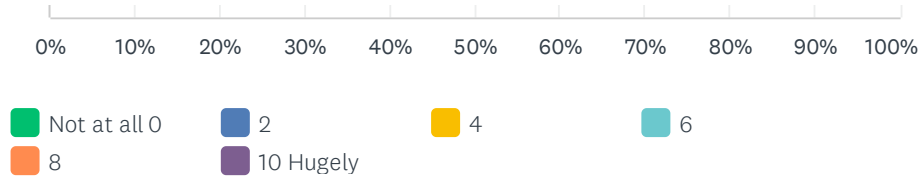
Answered: 23 Skipped: 0



Khush Amdid Evaluation 2023-24



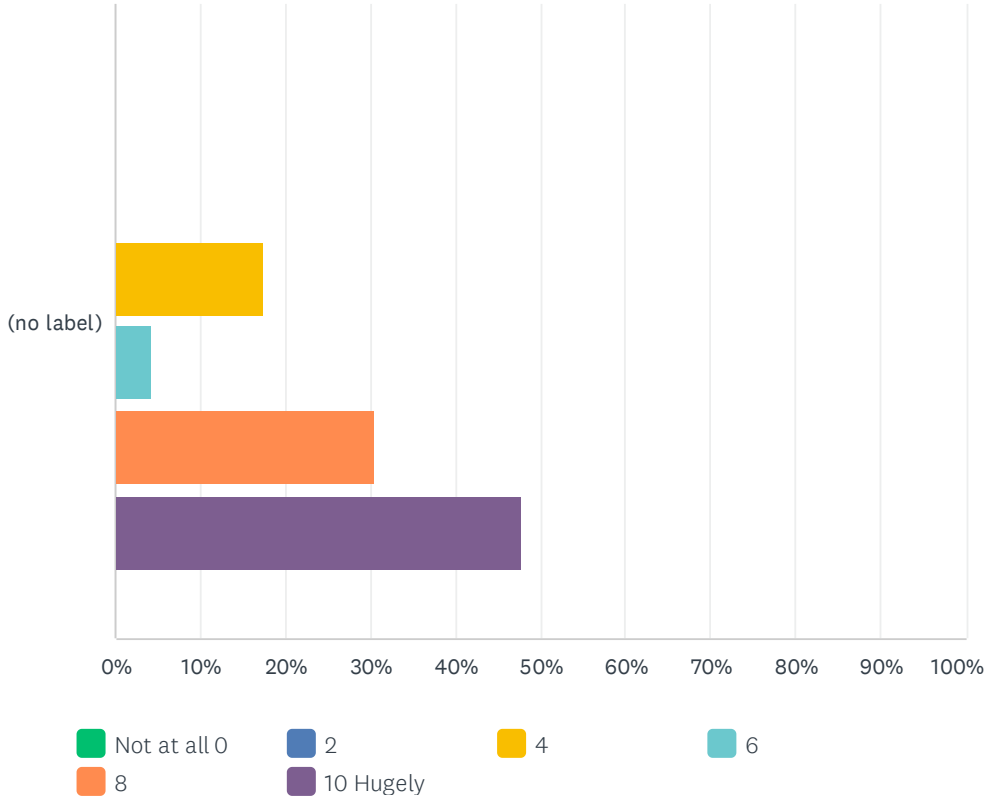
Khush Amdid Evaluation 2023-24



	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
Social connectedness:	0.00% 0	0.00% 0	0.00% 0	13.04% 3	39.13% 9	47.83% 11	23	8.70
Happiness:	0.00% 0	0.00% 0	4.35% 1	8.70% 2	34.78% 8	52.17% 12	23	8.70
Self-esteem:	0.00% 0	0.00% 0	4.35% 1	26.09% 6	17.39% 4	52.17% 12	23	8.35
Resilience:	0.00% 0	0.00% 0	4.35% 1	17.39% 4	34.78% 8	43.48% 10	23	8.35
Connections to your community:	0.00% 0	0.00% 0	0.00% 0	13.64% 3	40.91% 9	45.45% 10	22	8.64
Connections to your peers:	0.00% 0	0.00% 0	0.00% 0	30.43% 7	13.04% 3	56.52% 13	23	8.52
Belief you can achieve your personal goals:	0.00% 0	4.35% 1	17.39% 4	4.35% 1	30.43% 7	43.48% 10	23	7.83

Q6 Has participating in our activities given you a stronger sense of community?

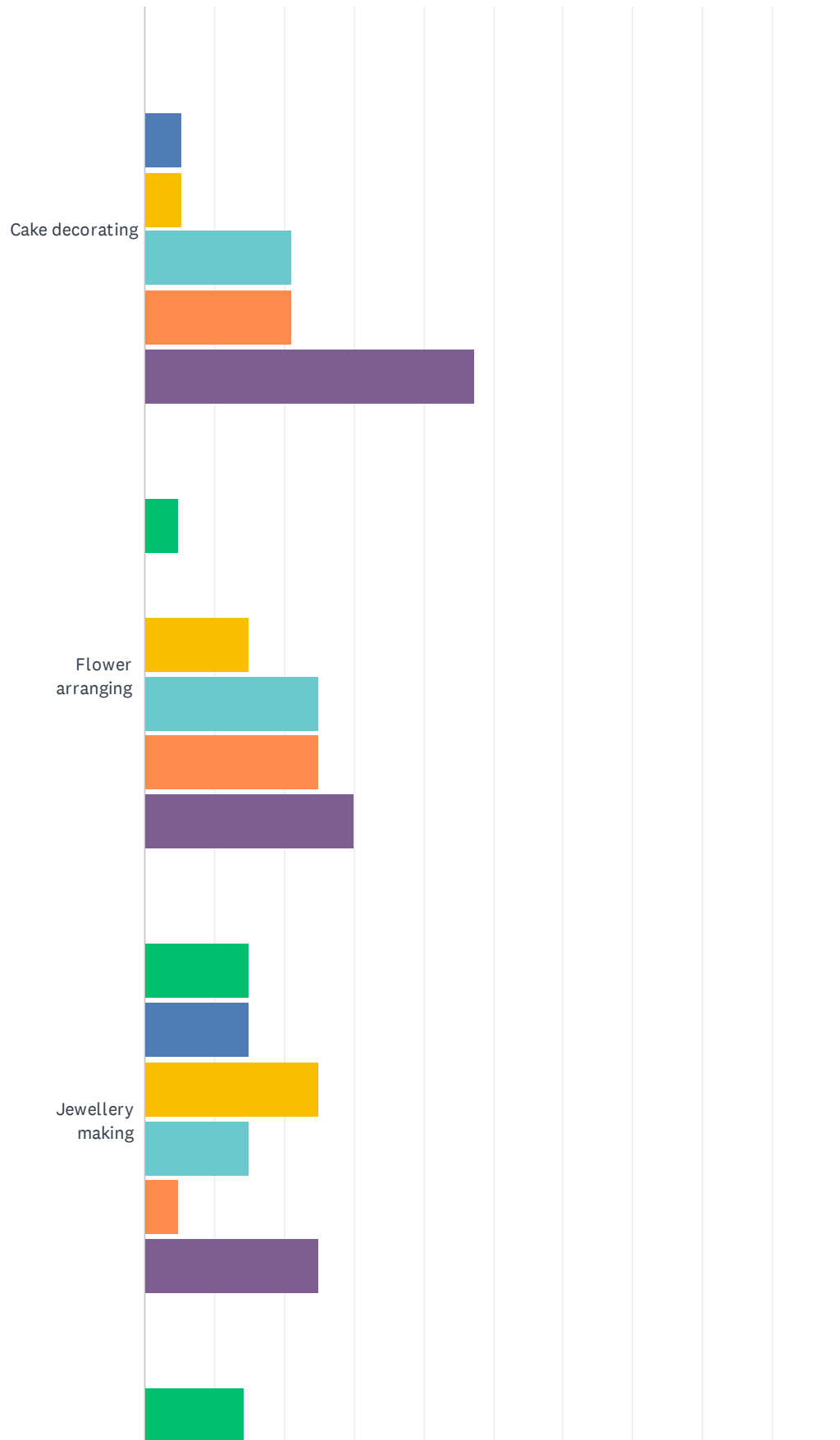
Answered: 23 Skipped: 0



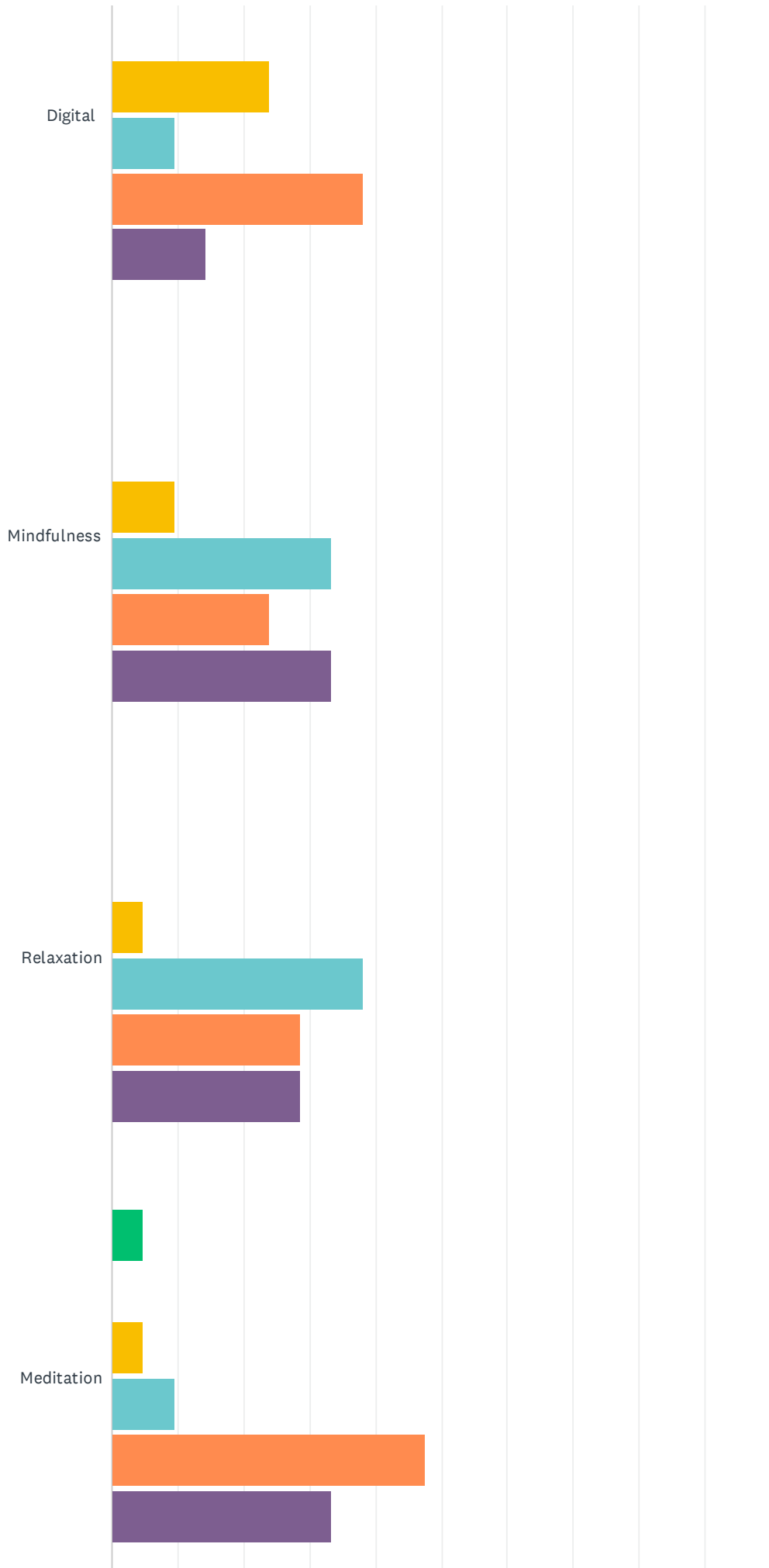
	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	0.00%	17.39%	4.35%	30.43%	47.83%		
	0	0	4	1	7	11	23	8.17

Q7 Has participating in our activities improved your life skills? (only answer if applicable to you)

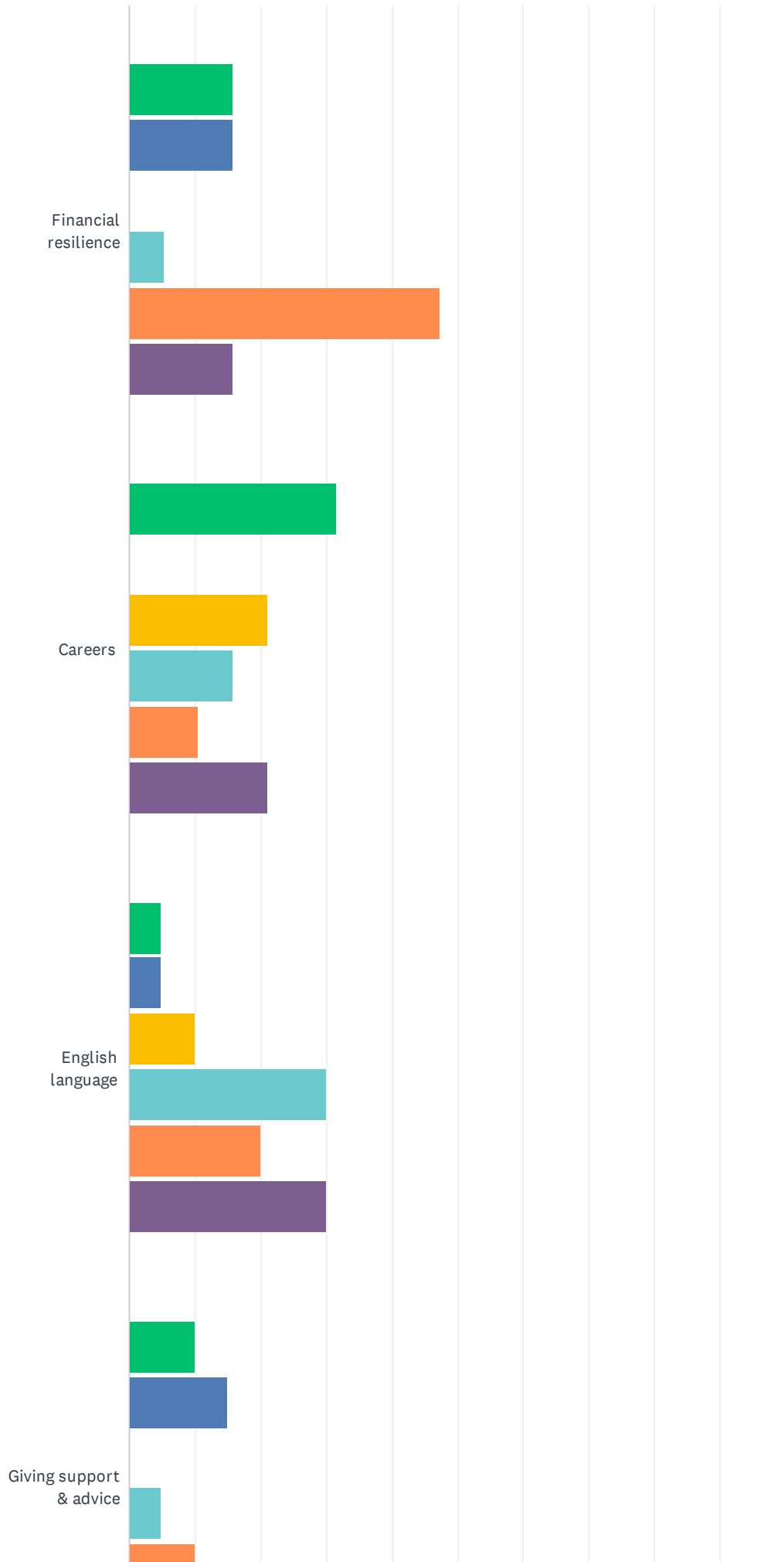
Answered: 22 Skipped: 1



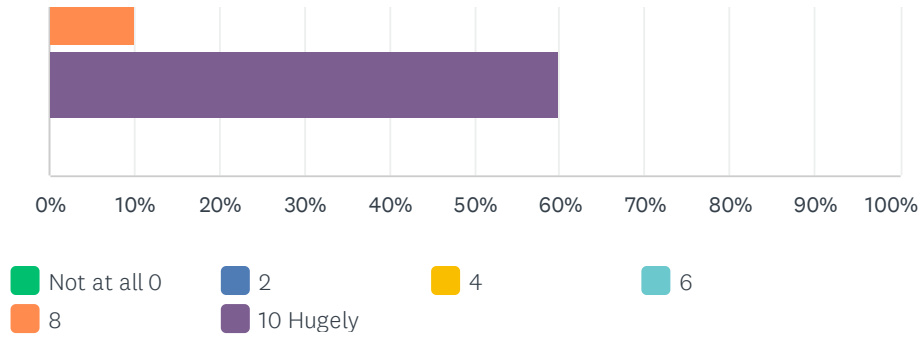
Khush Amdid Evaluation 2023-24



Khush Amdid Evaluation 2023-24



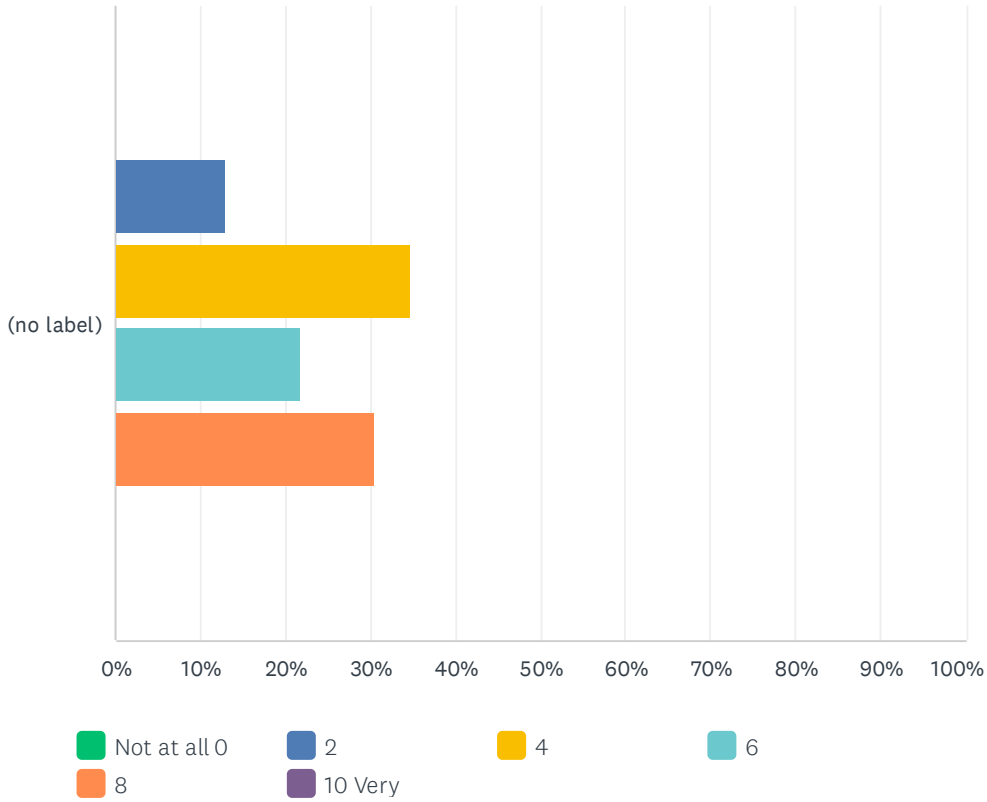
Khush Amdid Evaluation 2023-24



	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
Cake decorating	0.00% 0	5.26% 1	5.26% 1	21.05% 4	21.05% 4	47.37% 9	19	8.00
Flower arranging	5.00% 1	0.00% 0	15.00% 3	25.00% 5	25.00% 5	30.00% 6	20	7.10
Jewellery making	15.00% 3	15.00% 3	25.00% 5	15.00% 3	5.00% 1	25.00% 5	20	5.10
Digital	14.29% 3	0.00% 0	23.81% 5	9.52% 2	38.10% 8	14.29% 3	21	6.00
Mindfulness	0.00% 0	0.00% 0	9.52% 2	33.33% 7	23.81% 5	33.33% 7	21	7.62
Relaxation	0.00% 0	0.00% 0	4.76% 1	38.10% 8	28.57% 6	28.57% 6	21	7.62
Meditation	4.76% 1	0.00% 0	4.76% 1	9.52% 2	47.62% 10	33.33% 7	21	7.90
Financial resilience	15.79% 3	15.79% 3	0.00% 0	5.26% 1	47.37% 9	15.79% 3	19	6.00
Careers	31.58% 6	0.00% 0	21.05% 4	15.79% 3	10.53% 2	21.05% 4	19	4.74
English language	5.00% 1	5.00% 1	10.00% 2	30.00% 6	20.00% 4	30.00% 6	20	6.90
Giving support & advice	10.00% 2	15.00% 3	0.00% 0	5.00% 1	10.00% 2	60.00% 12	20	7.40

Q8 How strong would you say your life skills were before involvement with this project?

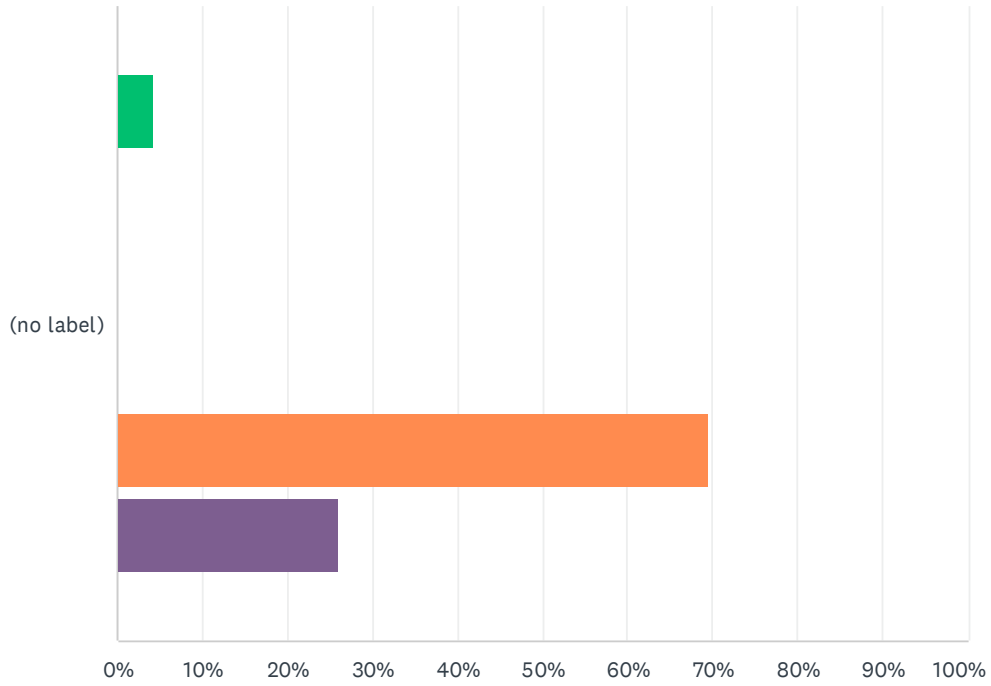
Answered: 23 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10 VERY	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	13.04%	34.78%	21.74%	30.43%	0.00%	23	5.39
	0	3	8	5	7	0		

Q9 How strong would you say your life skills are now?

Answered: 23 Skipped: 0

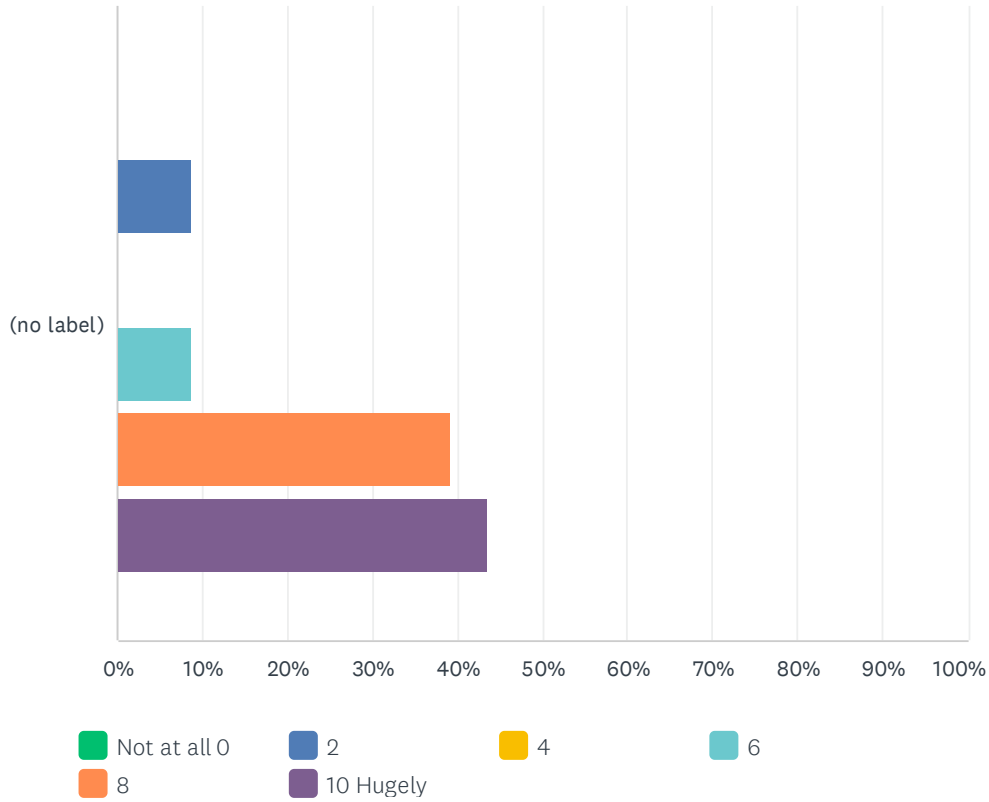


■ Not at all 0 ■ 2 ■ 4 ■ 6
■ 8 ■ 10 Very

	NOT AT ALL 0	2	4	6	8	10 VERY	TOTAL	WEIGHTED AVERAGE
(no label)	4.35%	0.00%	0.00%	0.00%	69.57%	26.09%		
	1	0	0	0	16	6	23	8.17

Q10 Has participating in our activities and trips helped improve your physical fitness?

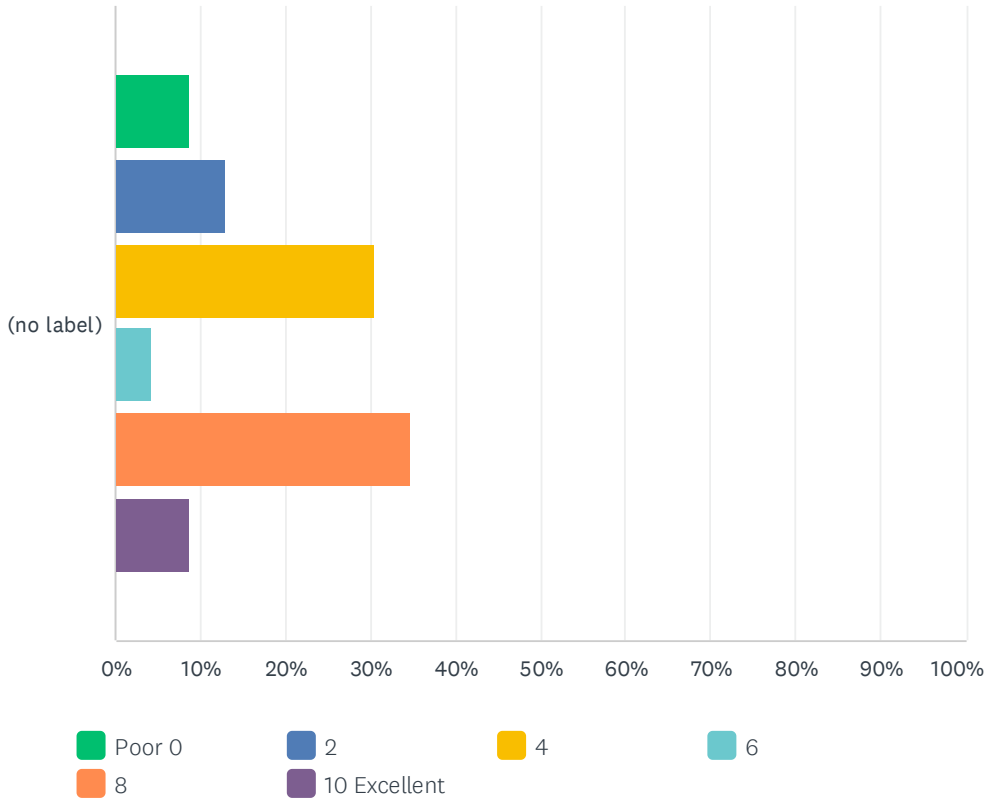
Answered: 23 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10 HUGELY	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	8.70%	0.00%	8.70%	39.13%	43.48%		
	0	2	0	2	9	10	23	8.17

Q11 How would you rate your mental well-being before coming to Khush Amdid?

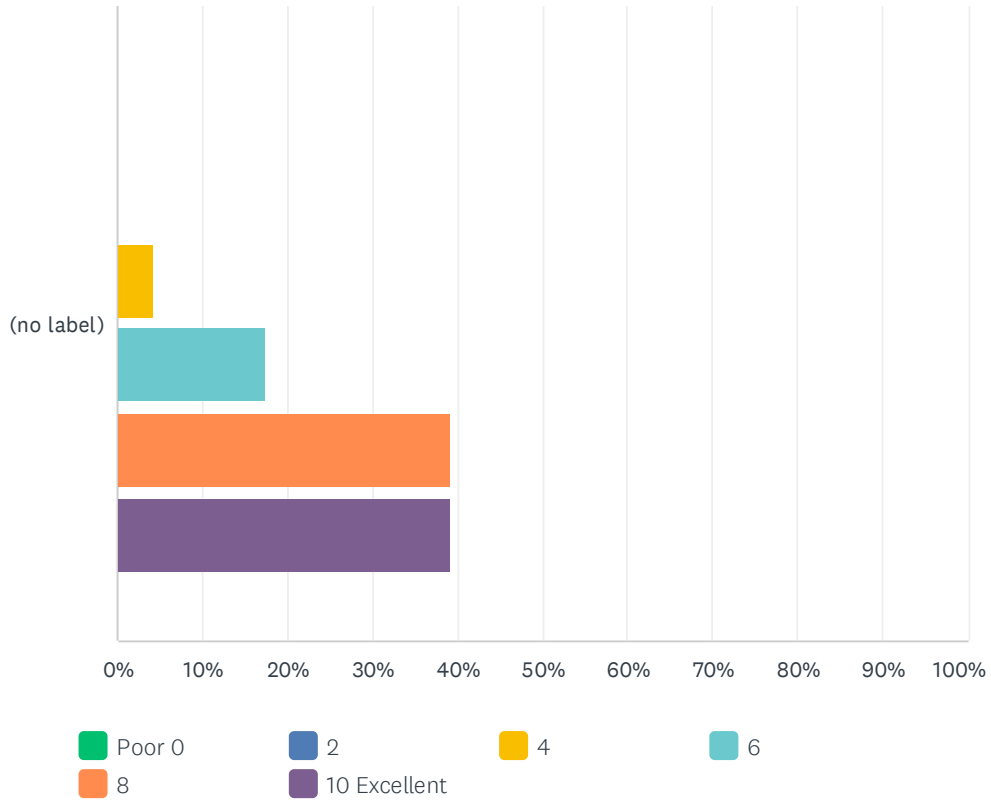
Answered: 23 Skipped: 0



	POOR 0	2	4	6	8	10 EXCELLENT	TOTAL	WEIGHTED AVERAGE
(no label)	8.70%	13.04%	30.43%	4.35%	34.78%	8.70%		
	2	3	7	1	8	2	23	5.39

Q12 How would you rate your mental well-being now?

Answered: 23 Skipped: 0



	POOR 0	2	4	6	8	10 EXCELLENT	TOTAL	WEIGHTED AVERAGE
(no label)	0.00% 0	0.00% 0	4.35% 1	17.39% 4	39.13% 9	39.13% 9	23	8.26

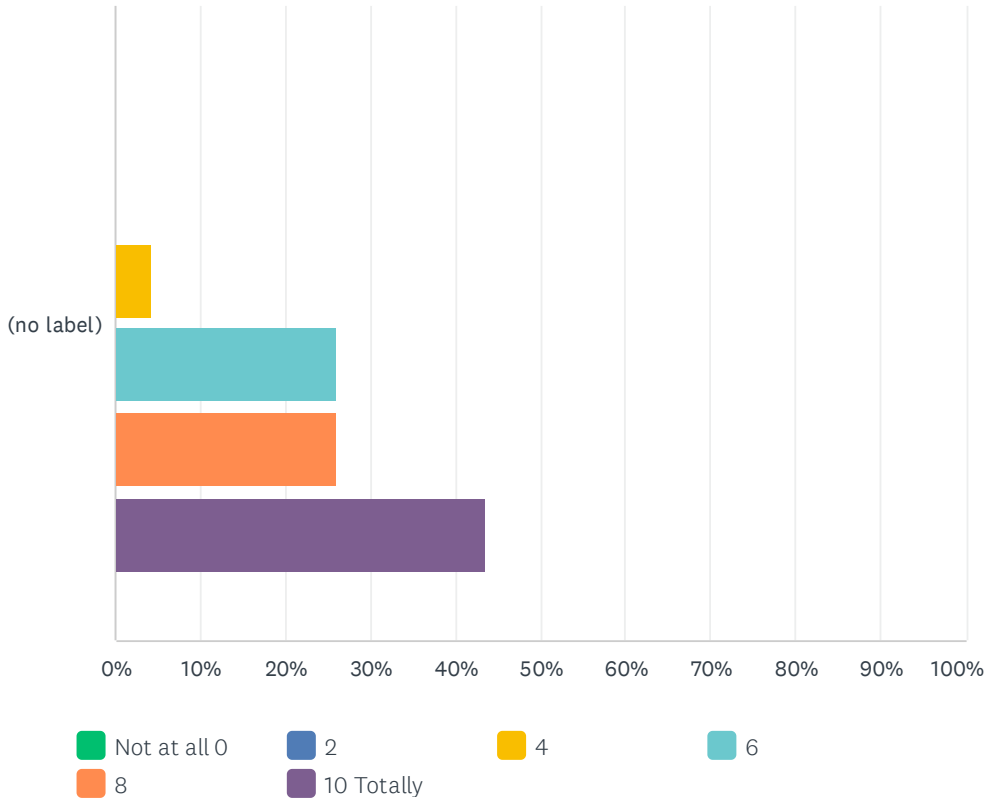
Q13 How has coming to Khush Amdid's activities helped you in improving your health (mental or physical)?

Answered: 14 Skipped: 9

#	RESPONSES	DATE
1	Attending their activities make me happy and feel of my culture. I look forward to cultural events like Eid Celebration, trips to go with community as I cant ho to these places my own.	1/9/2024 2:51 PM
2	Yes both, getting out and about and active	1/8/2024 12:53 PM
3	Yes both, getting out and about and active	1/8/2024 12:52 PM
4	Yes both, getting out and about and active	1/8/2024 12:52 PM
5	It gets my brain working and makes me forget about my mental health because they get me involved in the activities	1/8/2024 12:30 PM
6	Yes a lot	1/8/2024 12:18 PM
7	Yes	1/8/2024 12:14 PM
8	Gained improved mental health	1/8/2024 12:09 PM
9	I enjoy meeting and talking to new people, also would like to get more involved with volunteering.	1/8/2024 11:11 AM
10	More confidence in going out and meeting new people	12/27/2023 9:32 PM
11	Made me more active. Made me more happy.	12/21/2023 11:40 PM
12	Makes me do this because I wouldn't do it on my own	12/20/2023 9:42 AM
13	Given me more options to see every aspect of life.	12/20/2023 9:22 AM
14	Given me more options to see every aspect of life.	12/20/2023 9:22 AM

Q14 Has coming to Khush Amdid made you believe you can do more with your life?

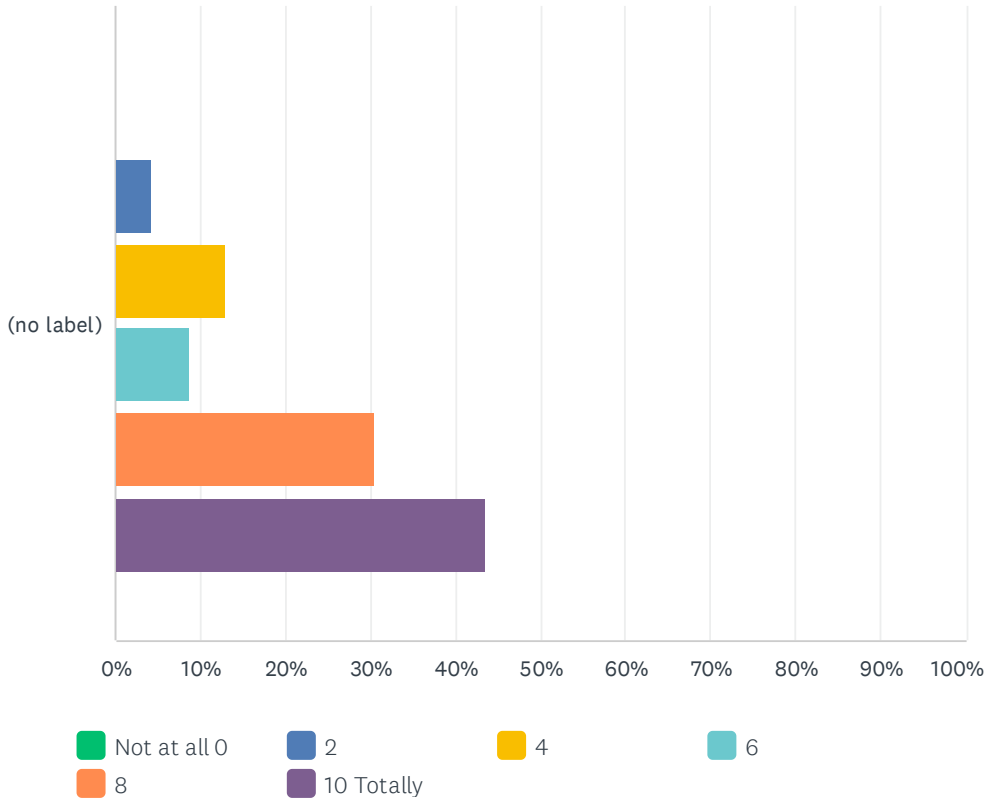
Answered: 23 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10 TOTALLY	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	0.00%	4.35%	26.09%	26.09%	43.48%	23	8.17
	0	0	1	6	6	10		

Q15 Has coming to Khush Amdid made you more likely to volunteer/do things for the community?

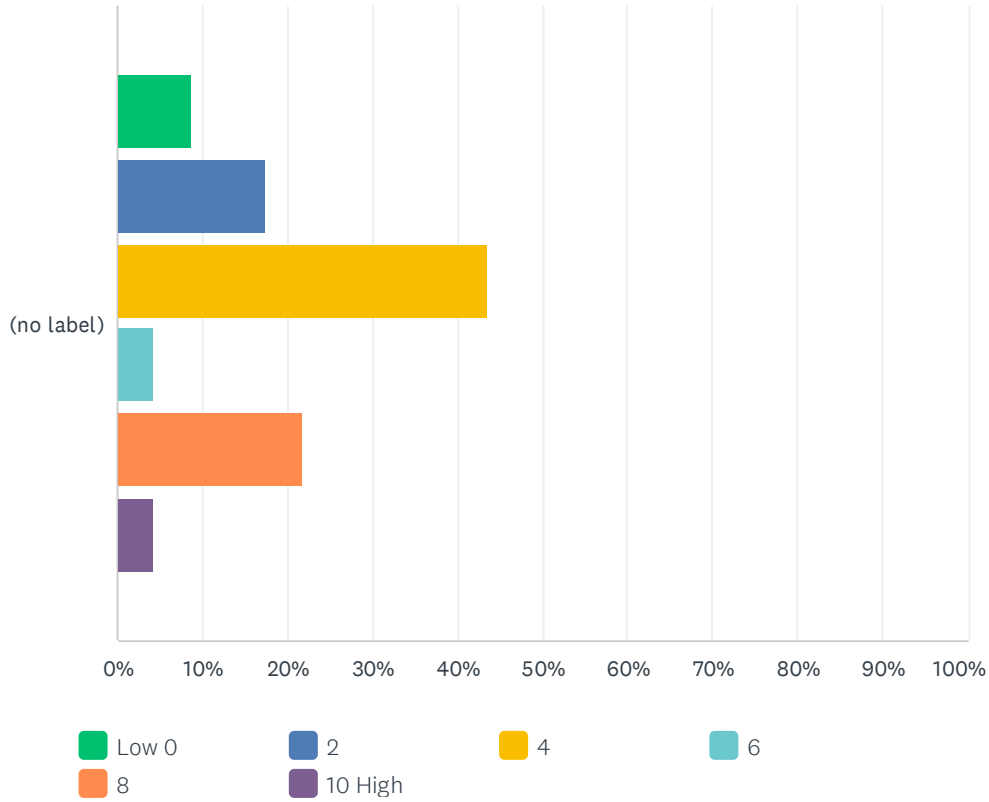
Answered: 23 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10 TOTALLY	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	4.35%	13.04%	8.70%	30.43%	43.48%		
	0	1	3	2	7	10	23	7.91

Q16 How confident would you say you were before coming to Khush Amdid?

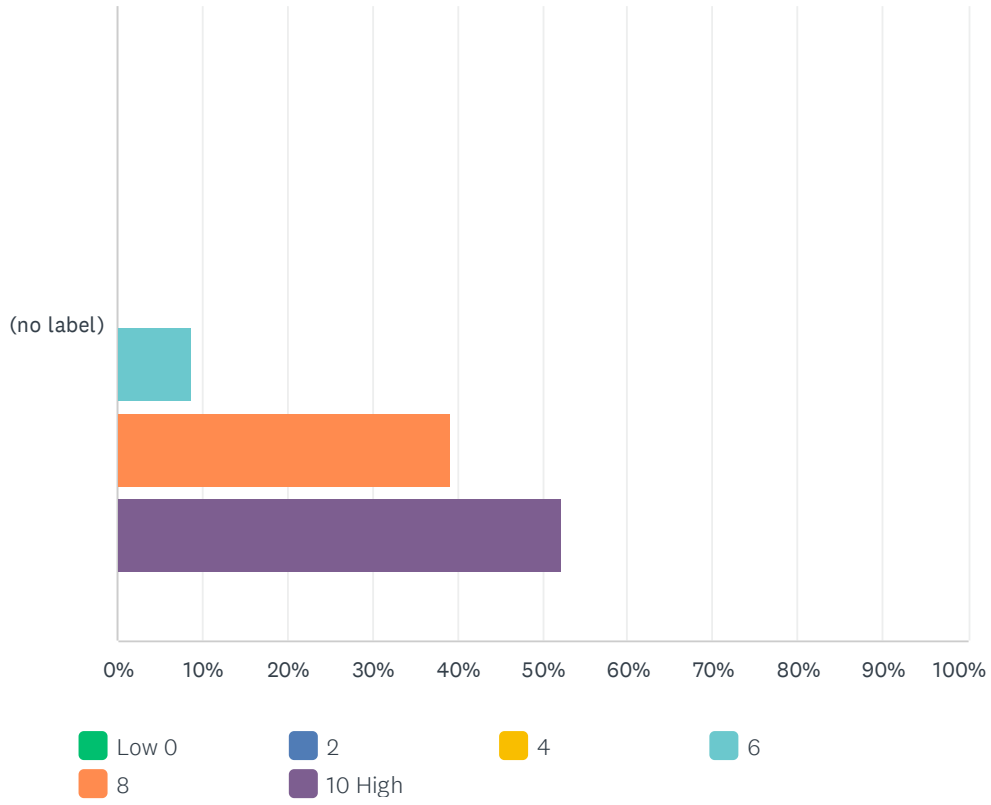
Answered: 23 Skipped: 0



	LOW 0	2	4	6	8	10 HIGH	TOTAL	WEIGHTED AVERAGE
(no label)	8.70%	17.39%	43.48%	4.35%	21.74%	4.35%		
	2	4	10	1	5	1	23	4.52

Q17 How confident would you say you are now?

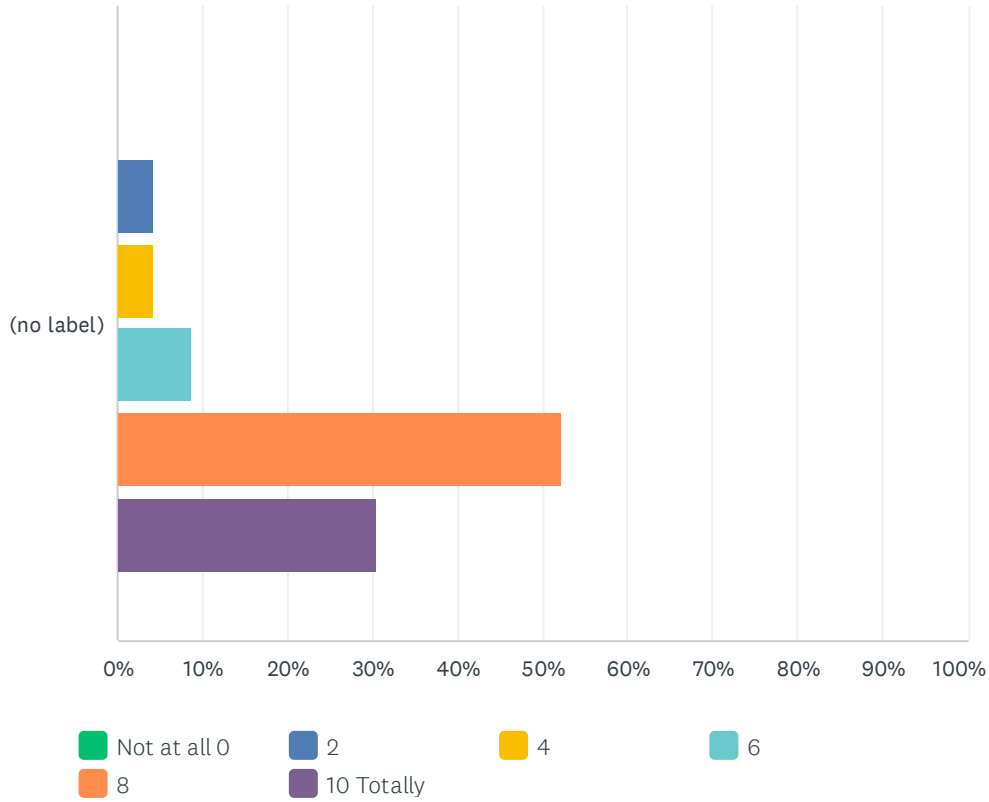
Answered: 23 Skipped: 0



	LOW 0	2	4	6	8	10 HIGH	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	0.00%	0.00%	8.70%	39.13%	52.17%		
	0	0	0	2	9	12	23	8.87

Q18 Has coming to Khush Amdid made you more positive to people from other ethnic groups?

Answered: 23 Skipped: 0



	NOT AT ALL 0	2	4	6	8	10 TOTALLY	TOTAL	WEIGHTED AVERAGE
(no label)	0.00%	4.35%	4.35%	8.70%	52.17%	30.43%		
	0	1	1	2	12	7	23	8.00

Q19 Your details

Answered: 20 Skipped: 3

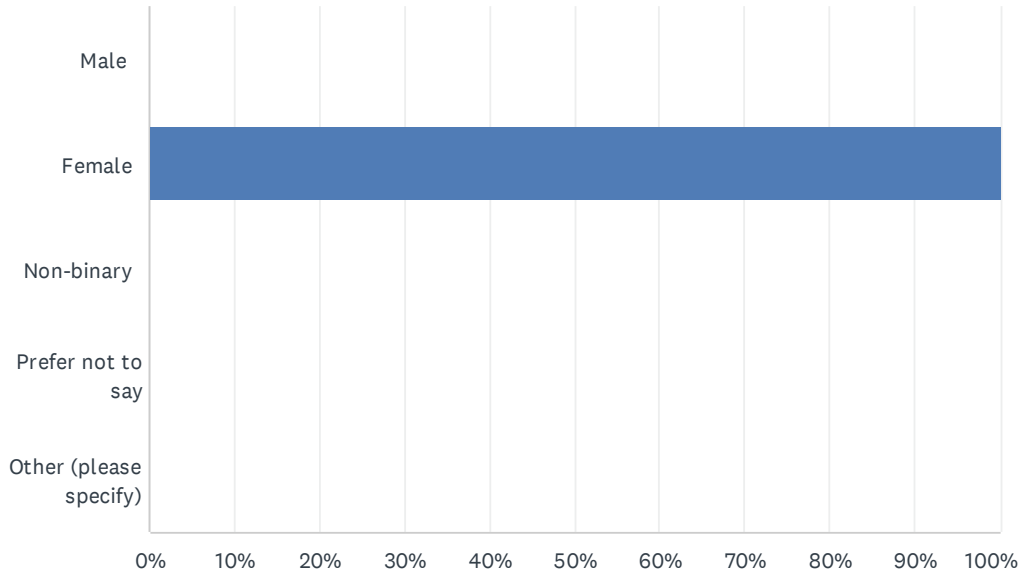
ANSWER CHOICES	RESPONSES	
Name (optional)	40.00%	8
Post Code	100.00%	20

#	NAME (OPTIONAL)	DATE
1	Noor	1/8/2024 12:38 PM
2	Jorna	1/8/2024 12:37 PM
3	Nazma	1/8/2024 12:37 PM
4	Tanveer	1/8/2024 12:35 PM
5	Allahraki	1/8/2024 12:33 PM
6	Zahida	1/8/2024 12:33 PM
7	Yasmeen	1/8/2024 12:30 PM
8	Mariam	1/8/2024 12:14 PM

#	POST CODE	DATE
1	OL6	1/9/2024 2:51 PM
2	OI6	1/8/2024 12:53 PM
3	OI6	1/8/2024 12:52 PM
4	OI6	1/8/2024 12:52 PM
5	OI6	1/8/2024 12:47 PM
6	OL6	1/8/2024 12:38 PM
7	OL6	1/8/2024 12:37 PM
8	OI6	1/8/2024 12:37 PM
9	OL7	1/8/2024 12:35 PM
10	OI6	1/8/2024 12:33 PM
11	OL6	1/8/2024 12:33 PM
12	OI6	1/8/2024 12:30 PM
13	OL7 9AN	1/8/2024 12:18 PM
14	OL7 9AN	1/8/2024 12:14 PM
15	OI6	1/8/2024 12:09 PM
16	OI7	1/8/2024 11:31 AM
17	M43 6pw	1/8/2024 11:11 AM
18	OI64bh	12/27/2023 9:32 PM
19	OI6 8xr	12/20/2023 9:42 AM
20	Sk16	12/6/2023 9:20 PM

Q20 Gender:

Answered: 23 Skipped: 0

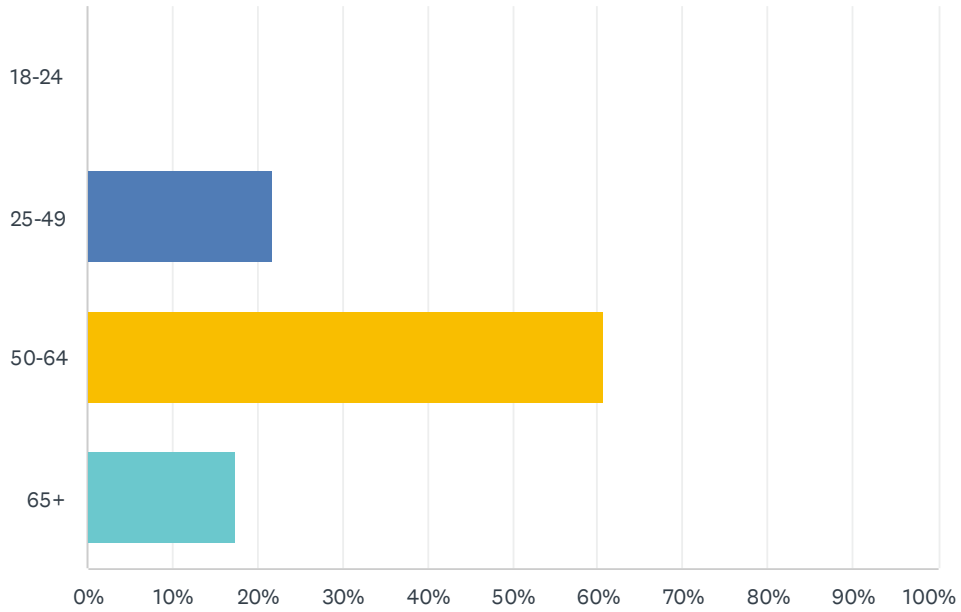


ANSWER CHOICES	RESPONSES
Male	0.00% 0
Female	100.00% 23
Non-binary	0.00% 0
Prefer not to say	0.00% 0
Other (please specify)	0.00% 0
TOTAL	23

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q21 Please indicate your age:

Answered: 23 Skipped: 0



ANSWER CHOICES	RESPONSES	
18-24	0.00%	0
25-49	21.74%	5
50-64	60.87%	14
65+	17.39%	4
TOTAL		23

Q22 What would increase your involvement with Khush Amdid or make the activities put on better?

Answered: 13 Skipped: 10

#	RESPONSES	DATE
1	Feedback by WhatsApp More family activities	1/9/2024 2:51 PM
2	More awareness and information of what's available	1/8/2024 12:53 PM
3	More awareness and information of what's available	1/8/2024 12:52 PM
4	More awareness and information of what's available	1/8/2024 12:52 PM
5	I would like to see more holiday trips, outgoing events	1/8/2024 12:09 PM
6	I would like to see cheaper trips and more advertising and connection / information of what's happening	1/8/2024 11:31 AM
7	Activities that members are more interested in considering their age and hobbies.	1/8/2024 11:11 AM
8	If more events / activities involving children were included(grandchildren)	12/27/2023 9:32 PM
9	Increase the number of luncheon club days	12/21/2023 11:40 PM
10	More activities	12/20/2023 9:42 AM
11	To keep intouch with all the ladies and members, get to know what activities can be more affordable.	12/20/2023 9:22 AM
12	To keep intouch with all the ladies and members, get to know what activities can be more affordable.	12/20/2023 9:22 AM
13	More activities for different ages and interests	12/6/2023 9:20 PM

Q23 Any other comments?

Answered: 11 Skipped: 12

#	RESPONSES	DATE
1	Lovely ladies who support and run these activities. Thankyou for their hard work.	1/9/2024 2:51 PM
2	Really enjoy socialising	1/8/2024 12:53 PM
3	Really enjoy socialising	1/8/2024 12:52 PM
4	Really enjoy socialising	1/8/2024 12:52 PM
5	I have involved/ bought in others members to this group	1/8/2024 12:09 PM
6	All the best, hope they do more for community	1/8/2024 11:11 AM
7	Doing wonderful for loneliness	12/27/2023 9:32 PM
8	Khush Amdid really helps me from feeling lonely and isolated	12/20/2023 9:42 AM
9	Keep up the good work 🙌	12/20/2023 9:22 AM
10	Keep up the good work 🙌	12/20/2023 9:22 AM
11	Thanks for the hard work. Keep up the good work.	12/6/2023 9:20 PM