

Greenwich Gurkha Ex-Servicemen Association (GGESA)-UK

Ex-British Gurkha Bereaved Family Support Project (2021-2024)

Supported by

Armed Forces Covenant Fund Trust (AFCFT)

Beneficiary's Case study

A 71-year-old Gurkha widow lives in SE18 Plumstead, Greenwich. Her husband died few years ago. Her grown up children all have settled in Nepal. When she came to the UK, she was alone and felt very isolated.

A project volunteer told her about English language classes and mobile phone use tutorials being organised at the GGESA office hall in Plumstead. She joined the project and now regularly attends the weekly classes of English and mobile phone. She has learned few English words and phrases. Now she can tell her name, addresses and postcode in English. She also can tell her DoB. She also has saved this information in her mobile phone and learned how to retrieve them when needed. She can spell few more names of vegetables and fruits. She is learning to use messenger/viber to make phone call to her children in Nepal.

She wants to know more words and phrases so that she can explain her ailments to her GP herself. In her own words "I am very happy to join this group and to learn and meet my friends of same age and condition".

October-2021

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Beneficiary's Case study

A 68-year-old Gurkha widow lives alone in Plumstead, Greenwich. She is living with the memory of her passed away husband. All children have settled in Nepal. She felt isolated and alone because she couldn't find anybody to support in the beginning. She knew from a GGESA volunteer about the project and activities run by GGESA. She came to GGESA office and knew all details and joined the weekly English and mobile tutorials. She has been attending regularly since August 2021. She says "English language training is the most important and useful for me. I learned to introduce myself and can ask few questions to other people to get basic information. In addition, I learnt using mobile phone and use messenger so that I can make free video call to my children in Nepal."

She further says, "I attended the cultural programmes 'Nepali festival Dashain' and 'New year' events where I enjoyed with many other friends which gave me feeling of homeliness and it helped to reduce loneliness. I joined the Yoga session as well and suggest to other Gurkha Widows to come and get benefit like me."

April-2022