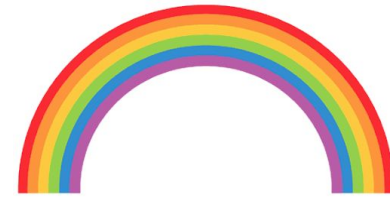




# The Rainbow Questions



Hello, we need your help!

We understand that the coronavirus is making life very difficult for you and we want to ask you how you are.

Please spend a few minutes answering the 7 Rainbow Questions below. We will ask you the same questions again next summer to see if our year together has helped you.

We are asking you to do this because it is important. Money for the Islington Centre comes from charities and people who want to support the work we do. These charities ask us many questions about our work and how it helps people.

We also want to know what you need from us. That way, we can do more.






## **IMPORTANT:**

If you do not understand the questions or would like help then please contact us and we will help you on the phone.

We look forward to hearing from you.

Thank you! 😊

From everyone at Islington Centre for Refugees and Migrants

Full Name: _____						
Questions		Very bad	Bad	Normal	Good	Very good
1	<b>On a normal day how do you feel about your healthcare? Please tick ✓</b> For example: Do you have a doctor? How easy is it to see or speak to a doctor, dentist or go to the hospital if you need to? How easy is it to make appointments with the right people?					
2	<b>On a normal day how do you feel about your confidence? Please tick ✓</b> For example: How confident do you feel in different situations? How confident are you about speaking to different people?					
3	<b>On a normal day how do you feel about your happiness? Please tick ✓</b> For example: How do you feel on a normal day? Are you hopeful for the future? Are there things in your life that make you happy?					
4	<b>On a normal day how do you feel about your physical wellbeing? Please tick ✓</b> For example: How do you feel physically on a normal day? Do you normally sleep ok? How comfortable do you feel about your health? Are you able to exercise?					
5	<b>On a normal day how do you feel about your friendships? Please tick ✓</b> Do you feel like you have people you can talk to? If you have a problem, is there someone who will support you?					
6	<b>On a normal day how do you feel about your community? Please tick ✓</b> For example: Apart from the Islington Centre are you part of any community? Do you go to any groups outside of the Islington Centre like a place of worship or another charity? Or maybe you volunteer somewhere or are studying at college with other people who are interested in the same things as you?					
7	<b>How do you feel about your power to communicate in English Please tick ✓</b> For example: How easy is it to talk to people in English? How happy are you that you can make yourself understood when describing things to people like doctors or lawyers? How do you feel about filling in forms in English?					

**Is there anything you want to tell us which might help us make Islington Centre better for you?**