



MAJLIS
KHUDDAMUL AHMADIYYA
UNITED KINGDOM

Wellbeing House Visit Campaign

House Visit Campaign- Guide



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TARBIYYAT



MKA Constitution

As part of the MKA Constitution, the following points are mentioned under the Tarbiyyat department that align directly with this initiative:

1. Adopt schemes to inculcate national spirit.
2. Involve parents in the moral training of Khuddam
3. Encourage Khuddam to socialise with each other to strengthen brotherhood within the members

Purpose of Initiative

Wellbeing visits are about building trust, connection, care and not checking, correcting, or lecturing. Success = the young person feels comfortable, valued, and open to future interaction. The core objectives of this initiative are:

1. Increase engagement
2. Create meaningful interactions with Khuddam
3. Building trust over time
4. Making them feel seen and valued
5. Creating a safe space where they choose to open up

If nothing meaningful comes out in the first visit, that's not failure.

House Visit step by step guide

- Regional and local Tarbiyyat Nazimeen to hold regular training on how to conduct house visits. Team must consist of Regional Nazim Tarbiyyat, Local nazim tarbiyyat and buddy system leads. Qaideen and other Amila members are optional.
- On the day of conducting house visits, make Dua before starting and pray fervently for a positive outcome.
- After the visit, fill in house visit feedback form, stop and think for a moment; how did it go? any concerns? if and when a follow up is needed?

How to conduct a house visit

1. Say Salam, Smile, Relaxed Energy
2. Light conversation (school, hobbies, games, latest show they've been watching)
3. Avoid jumping into any serious conversation
4. Ease into meaningful conversation

Use open-ended prompts:

- "What's been keeping you busy these days?"
- "What do you enjoy most at the moment?"
- "What's been a bit stressful lately?"
- "If you could change one thing about your routine, what would it be?"

Core Mindset



- We are here to connect, not control
- We listen more than we speak
- We focus on relationship over results
- Trust is built over multiple visits, not one conversation

If they say something small, that's your doorway, follow it. If it feels forced, they're likely to shut down next time.

You're there so they know: **"There's someone who cares enough to show up."**

What to Avoid

- **✗** Turning it into a religious lecture immediately
- **✗** Asking checklist-style questions ("Are you praying? How often?")
- **✗** Being overly formal or authoritative

Small Things That Make a Big Difference

- Match their tone (don't be overly intense)
- Remember something personal for next time ("You mentioned exams, how did they go?")
- Consistency (repeat visits matter more than one deep talk)

Optional Touches

- Bring something small (snacks, fruit, etc.)
- Invite them casually to future activities, but don't pressure
- If appropriate, involve parents briefly, but keep the focus on the youth

A Simple Mindset to Hold Onto; "You're not there to fix them"

Safeguarding Awareness

If a young person shares something serious:

- Do not handle it alone
- Stay calm
- Do not promise secrecy
- Report through the appropriate channel



Visit Log (After Each Visit)

Recorded on the Regional Tarbiyyat Tracker

Each House Visit must be logged on the feedback form (1–2 minutes max):

Basic Info:

- Name
- Date of visit
- Visitors (team members)

Quick Check (tick or circle):

- Positive / relaxed
- Neutral
- Slightly low
- Concern (flag for follow-up)

1-Line Insight (keep it general):

- Example:
 - “Busy with exams, a bit stressed”
 - “Enjoying football, in good spirits”
 - “Quiet today, opened up slightly”

Avoid writing sensitive or private details

Follow-Up Indicator (Traffic light approach)

-  Green → Doing well → Follow up in 3–4 weeks
-  Yellow → Slight concerns / low mood → Follow up in 1–2 weeks
-  Red → Needs attention → Follow up sooner + escalate if needed

Team Review with Regional Nazim and Regional Qaid sahib

(Weekly or Bi-Weekly)

Quick 10–15 min check-in:

- Who haven't we visited recently?
- Any  or  that need follow-up?
- How to approach the follow up house visit?

Privacy & Respect

- Do not store sensitive personal information
- Keep logs in a secure, limited-access place
- Only share concerns with regional nazim and regional qaid sahib
- Be transparent if needed:
 - “We just keep light notes so we remember to check in”



Example Entry

- Name: Ahmad
- Date: 10 Feb
- Team: Ali & Yusuf
- Mood: 🟡
- Note: “Exams coming up, slightly stressed but engaged”
- Next Step: Follow up in 1–2 weeks

Aim for: Just enough to care, not enough to control

This system isn’t about records. It’s about making sure every young person feels:
“They remembered me.”

House visit Feedback Form

<https://forms.gle/z4gtxMe9PjLWQsv17>



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