

North East Edinburgh
**OLDER MEN'S
HEALTH & WELLBEING
PROJECT**

**PROGRAMME
OF EVENTS
(May 2010)**



For further info contact:

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North East Edinburgh Older Men's Health and Wellbeing Project

aims to increase the social integration of older men (50+) in the North East Edinburgh area, by developing opportunities for isolated older men and by providing activities which promote their mental health and well being.

The project seeks to work inclusively with 50+ older men in the NE Edinburgh area, including older men who may be recently bereaved, depressed, on low incomes or who may be deemed socially isolated/lonely and 'hard to reach'. It will also target Black & Minority Ethnic (BME) and Gay, Bisexual and Transgender (GBT) Community members.

It currently offers a range of activities, including a weekly 'drop in', talks, trips and outings...why not come along and give it a try? You can contact us using the details on the front of this programme.

Finding 15 Buchanan Street to help you come along to attend our activities, here is a map to 15 Buchanan Street. Just follow the arrow!



Bus Routes include:

7,
10,
11,
12,
13,
14,
16,
22,
25
49

What's On in May 2010:-

DATE	EVENT	TIME
Wed 5th May	NEECAG – Forum Theatre Performance Speaker – Gavin and group Venue – Gordon Court, Sheltered Housing Complex, Gordon Street	2.00 to 4.00
Wed 12th May		
Wed 19th May	Seated exercise, chair up with Robina. 'Back by popular request' Venue - 15 Buchanan Street	1.30 to 3.30
Wed 26th May	Trip	

Remember, all events are free and some light refreshments are usually served!