

North East Edinburgh

**OLDER MEN'S
HEALTH & WELLBEING
PROJECT**



**PROGRAMME OF
EVENTS**

MAY/JUNE 2012



For further info contact:

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Pilmeny Development Project

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Remember, all of our events are free and they include some light refreshments!

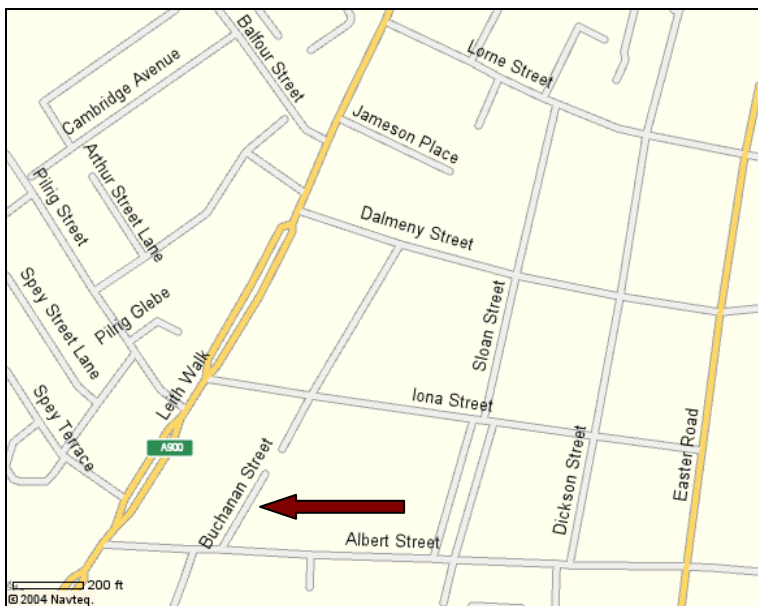
www.pilmenydevelopmentproject.co.uk

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.



Bus Routes include:

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

What's On in May/June 2012:

Date	EVENT	TIME
Wed 2 ND May 2012	NEECAG Older People's Forum Venue – Gordon Court, Sheltered Housing Complex, Gordon Street.	2.00 pm to 4.00 pm
Wed 9 th May 2012	MAP Session – Where have we been in world – Ryan McKay Meeting at 15 Buchanan Street.	1.30 pm to 3.30 p
Wed 16 th May 2012	Tai Chai- Taster Session – Damien Swin Meeting at No 15 Buchanan Street	1.30 pm to 3.30 pm
Wed 23 rd May 2012	TRIP Victorian Mining Museum Meeting at Leith Comm Centre Café, KIRKGATE Cost £3.00 (Limited places)	10.am - 3.00pm
Wed 30 th May 2012	Frank Boyle, Storytelling Centre, Cartoonist Exhibition - Royal Mile Meeting at No 15 Buchanan Street	1.30pm 3.30pm
Wed 7 th June 2012	NEECAG Older People's Forum Advocacy & Older People Venue – Gordon Court, Sheltered Housing Complex, Gordon Street.	2.00pm – 4.00pm
Wed 13 th June 2012	Desert Island Discs Meeting No 15 Buchanan Street	1.30pm – 3.30pm
Wed 20 th June 2012	Trip Anstruther Fisheries Fife Meeting at Leith Comm Centre Café Kirkgate Cost £3.00 (Limited Places)	10.00am – 3.00pm
Wed 27 th June 2012	Trip Botanic Gardens Meeting at No 15 Buchanan Street	1.30pm – 3.30pm