

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

**PROGRAMME
OF EVENTS
(March 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 March 2010:-

DATE	EVENT	TIME
Wed 3rd March	NEECAG, Older People Forum Topic – Scottish Storytelling Centre. Speaker – Jackie Carothers Venue – Gordon Court, Sheltered Housing Complex, Gordon Street.	2.00 to 4.00
Wed 10th March	Visit to Royal Yacht Britannia. MEET 1.00PM SHARP 15 BUCHANA STREET	MEET 1.00PM SHARP 15 BUCHANAN STREET
Wed 17th March	Drop-in. 'We have come to the end of the programmes year, where is our group going from here? Bring your ideas.'	1.30 to 3.30
Wed 24th March	Alan McDonald – Piping 'Never again be told to pipe down, pipe up with Alan McDonald'	1.30 to 3.30
Wed 31st March	DVD Day	1.30 to 3.30