



**Pilmény Development Project**  
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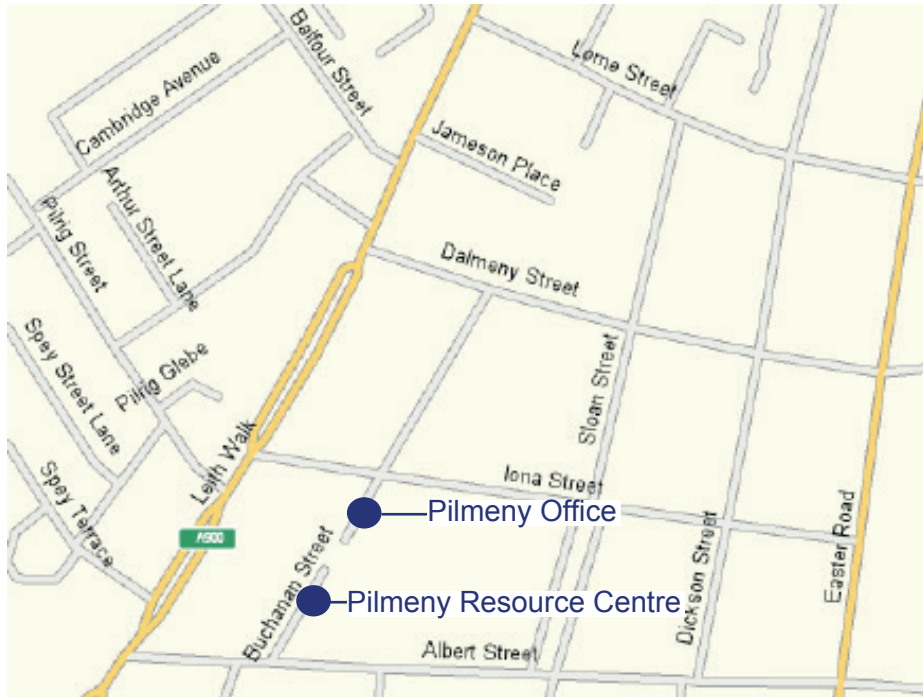
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# Pilmény Development Project Older People Services

40 YEARS  
supporting local  
people



**Bus Routes include:** 7,10, 11, 12, 13, 14, 16, 22, 25 and 49



### VOLUNTEERS NEEDED!

We are always on the lookout for new volunteers to join our fantastic friendly team.

Volunteering opportunities include social activities, marketing, befriending and much more.



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The main emphasis of the project has been to work primarily with young and old.



## PILMENY DEVELOPMENT PROJECT OLDER PEOPLE SERVICES

We welcome referrals from health workers, family/friends and self-referrals.

### PILMENY'S OLDER PEOPLE INFORMATION SUPPORT

- **Information Stations:** Each month we hold information stations at local venues and local events around the North East to help find local activities and services available to you.
- **At Home Inreach Service:** Our At Home Inreach Service supports socially isolated and/or housebound older people in their own home, for a time limited period. The Development Worker along with a volunteer will support the older person to engage in local groups and services, and provide useful information, which the older person can access within their own home.



### NORTH EAST EDINBURGH OLDER PEOPLE SERVICE PROVIDERS NETWORK

A multi-agency network of over 150 agencies and service providers working with older people in North East Edinburgh. It provides an opportunity for professionals to come together to share information, ideas and perspectives. The Network meets every 3 months.



### PILMENY'S OLDER PEOPLE WEEKLY GROUPS

- **Pilmény's Older Women's Positive Health Group (Over 50s)**  
*Every Monday between 1.00-3.00pm*  
This lively and friendly group explore ways of enhancing their health and well-being through a variety of ways.
- **Pilmény's Drop-In Group (Over 50s)**  
*Every Tuesday between 1.30-3.30pm*  
The Drop-In group provides companionship, activities, a cup of tea and a catch up!
- **North East Edinburgh Older Men's Health & Wellbeing Group**  
*Every Wednesday between 2.00-4.00pm*  
This over 50s group offers a range of activities, including a weekly "drop-in", talks, trips and much more...

All groups are held at Pilmény Resource Centre,  
No. 15 Buchanan Street, Edinburgh EH6 8SJ.

### INTERGENERATIONAL PROJECTS



Pilmény Development Project works with a number of partner organisations to develop and deliver intergenerational projects. A range of activities are provided for local older and young people. For further details please contact Pilmény.



### NEECAG - NORTH EAST EDINBURGH OLDER PEOPLE'S FORUMS

The main purpose of NEECAG (North East Edinburgh Care Action Group) is to give older people the opportunity to discuss health and community care issues in a more organised way and to make their views known to relevant bodies.



- **Portobello Community Centre**, 3 Adelphi Grove, EH15 1AP  
Last Tuesday of the month: 2.00-3.30pm
- **Gordon Court Sheltered Housing**, 31 Gordon Street, EH68TB.  
First Wednesday of the month: 2.00-4.00pm