

## **Pilmeny Positive Health Group for Women 2021-2022**

Pilmeny Positive Health Group for Women is very lively and friendly with a membership of over 20 local older women aged 50-85+ years old.

We would like to give a special thanks to the Women's Group volunteer, Sheila Forsyth for her continued support and time with the group.

During the reporting period, PDP offered a range of services to the PDP Women's Group dependent on COVID-19 restrictions.

Between Apr21-22, members received weekly/ fortnightly telephone befriending calls and frequent digital meet-ups, enabling the women to voice their own concerns/issues and keep a sense of togetherness and continuity. Pilmeny Development Project also provided Newsletters, Activity packs, IT lessons and practical support throughout the COVID Pandemic.

### **COVID Alternative Opportunities/ Services provided during 2021/22**

	No of Older Women receiving Service	No of service episodes
Telephone Befriending	20	1040
Newsletter	20	160
Activity Packs	20	80
Digital Lessons	12	53

In early October 21, we were delighted to restart the in-person group meetings on a fortnightly basis and look forward to meeting on a weekly basis in 2022-23. Each fortnight, the women are provided transport to attend the group, and on the other week receive a weekly telephone call, plus ad hoc digital lessons, newsletters, etc.

### **Group Attendances and sessions: Oct21-Mar22**

Group Sessions Venue	No of sessions	No of attendees
In person groups	10	63

Local women explored ways of enhancing their health and well-being through different group activities such as: Library Digital training session, quizzes, arts and craft, zoom training session, cultural afternoons, speakers and trips out. These activities are just as important to mental and emotional well-being as they to stimulating discussion, new learning and sharing experiences.

The group has many benefits for the participants, offering an opportunity to socialize and provide or receive support – which is the key to the success of the group. New friendships have been made and new skills passed on. Hopefully the group will continue to act as a meeting place for women in the community in subsequent years.



**Zoom Training Session**



**Afternoon Tea**

**Why do you come to the group?**

*To get out of the house and meet people.*

*Love it - meet people, enjoy the outings.*

*A very happy place*

*Friendly, Interesting, nice to be out of the house*

*Togetherness*

*Something to look forward to*

*Excellent, pleasant and welcoming*