

Pilmeny Positive Health Group for Women April 2022- March 2023

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

We would like to give a special thank you to PDP Women's Group volunteer, **Sheila Forsyth** for her continued support and time with the group. In a 1:1 Volunteer Support & Supervision session with Sheila our volunteer expressing *"I enjoy the group sessions with the women very much"*.

During the reporting period, PDP offered a range of activities and services to the PDP Women's Group dependent on COVID-19 restrictions. In April 2023, we were able to offer fortnightly in-person group meetings for the first time since the pandemic.

Between Apr22-Mar23, members also 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 for our members.

Group Attendances and sessions: April22-Mar23

Group Sessions Venue	No of sessions	No of attendees
In person groups	27	180

In April22, we were delighted to restart the in-person group meetings on a fortnightly basis and look forward to meeting on a weekly basis in the near future. Additional work needed to be done to ensure participants safety and comfort in returning back to the groups, which was time consuming but essential. These included risk assessments, pre/post sanitising/ ventilating, phone calls to reassure/ support participants, offering/ organising transport (due to tram work in Leith/ fear of using public transport/ deterioration in mobility, etc), matching older people with volunteers to chum them to activities, etc.

During the reporting period, Pilmeny Resource Centre, No 15 Buchanan St was closed for renovations. We would like to say a **special thank you to Jameson Place Sheltered Accommodation** for hosting PDP Women's Group between Nov22-Jan23.

Local women explored ways of enhancing their health and well-being through different group activities such as: Celebration of IWD (International women's day), quizzes, arts and craft, Scam Awareness training, New Age Kurling, Speakers (e.g. Police Scotland Community Safety session) and trips out (e.g Royal Britannia, Portobello Beach, Edinburgh Remakery, etc). The activities are important to provide overall positive mental health and emotional well-being. The discussions add to a new and stimulating learning experience for all.

Opportunities/ Services provided for Women's Group: April22-March23

	No of Older Women receiving Service	No of service episodes
Telephone Befriending	20	1040
Newsletter (4 issues)	20	80
Activity Packs (5 packs each)	20	100
Digital Lessons	12	53

Each fortnight, the women were provided with transport to attend the group, and on the other week received a “check-in” telephone call, plus ad hoc digital lessons, newsletters, activities packs, etc. For members unable to attend we provide a weekly welfare/ befriending telephone call and visits from our in-reach/ volunteer service.

We continue to provide a much needed resource for all our members. The members build relationships with each other and PDP and this even continues on when they can no longer attend the group themselves. The group has many benefits for the participants, offering an opportunity to socialise and provide ongoing 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.



Police Scotland Talk on Community Safety



Breast Cancer Awareness Info Session



Christmas Party



Qigong



Afternoon Tea

Why do you come to the group?

Just so happy to get out of the house and meet people again.

I'm so happy were meeting face to face again.

Love it - meet people, enjoy the outings.

A happy and supportive place

Sense of Togetherness

I look forward to my group on a Monday

Excellent, pleasant and welcoming

The feedback from individual women using Questionnaires/telephone interviews:

- 100% learnt new information (e.g. newsletter)
- 100% felt supported by PDP/ volunteer
- 98% felt they been able to sustain/ gained new contacts/ friends
- 98% less isolated since using the project.
- 85% felt their mental and emotional health was better
- 85% felt more able to cope with the “ups and downs” of everyday life

