

Promote social inclusion by improving uptake of existing services and by facilitating the development of older people's day services / opportunities

a) **Support & development of NE Edinburgh Older Men's Mental Health & Well Being Project**

North East Edinburgh Older Men's Health & Well-being Group has continued to deliver a much needed and appreciated service for older men in North East Edinburgh.

Aims and Objectives

1. To increase the social integration of older men (50+) in NE Edinburgh, by developing and evaluating the potential referral pathways for identified isolated older men.
2. To provide increased appropriate opportunities and participation in activities, which promote mental health and well-being amongst the target group.

Staff/ Volunteers

We would like to say thank you to Ian Boardman (Part-Time Older Men's Worker) and Mary O Connell for all their hard work in supporting NE Edinburgh Older Men's Mental Health & Well Being Project.

We would like to give a **special thanks** to our volunteers **John McMillan and Jim Lewis** for all your hard work with the group in the last year!

Membership

There are 24 older men on the database.

We are saddened of the passing of Walter Dods in November 2022, a member of the older men's group for years (and always made the best baked potatoes). He will be sadly missed.

Key Activities

- **Group sessions and Attendance Apr22-Mar23**

32 group sessions took place in 2022/23 with 181 older in attendance.

The group sessions held during this period included trips outs, speakers/ presentations, social get-together, quizzes, football/ rugby sweeps, etc.

Presentations and speakers provided sessions on topics aimed at improving the health and well-being of this vulnerable group. These included: Talk on Prostrate Cancer, Gentle exercise, gardening sessions with Leith Community Growers, nutrition and cooking sessions with Edinburgh Community Food.

Outings included: Deep Sea World, Royal Britannia, Seabird Centre, Christmas meal in Newhaven, Edinburgh Remakery and Trip to Portobello beach.

In addition to the programmed events, the Older Men's group also attended NEECAG Older People's Forum meetings and many of them participated in PDP Intergenerational Projects, PDP/LTB & Ageing Well "Coming Out of Lockdown" Programmes, Volunteering Opportunities and Social Events e.g. "Beat the January Blues" event, etc.

- **Befriending Service**

PDP staff/ volunteers provided weekly befriending meetings/ Calls for 15 men. The befriending service provided men with information on local services/ groups and addressed social isolation and loneliness.

- **Activities Packs/ Gifts and Newsletters**

PDP produced/delivered 120 Activity packs and sent quarterly newsletters to 24 older men. Activity Packs included: Football Sweep Letters with prizes for every participant (Gold medals/ coins), Individualised Christmas Gifts, Tattie-growing kits, etc.

- **PDP Digital Connecting Project**

PDP Digital Connecting Project support 8 older men in the reporting period. These included provision of devices/ mobile data, 1:1 support and attendance of group digital lessons

- **Practical/ Food help and support**

Practical/ Food help and support was also provided for 12 older men. This included: chumming people to medical appointments, shopping, running errands, foodbank collection/ delivery, etc.

Outcomes

1. Reduced isolation, increased participation & inclusion for older men in need of social support.
2. Older men experience improved positive mental health and wellbeing
3. Increased levels of preventative services and anticipatory care for older men.
4. Older men have improved and maintained their independence.
5. Increased social capital amongst older men; increased community participation
6. Older men are valued as assets, for their skills, talent, knowledge and experience and recognised as the real wealth of a community.

Feedback from participants was obtained through evaluation sessions. They demonstrate the ways in which the NE Men's group has had a positive impact on their lives.

'Pilmeny do so much for me and I really appreciate it'

"Hadrn't been before and it was really interesting, thoroughly enjoyed the trip.....even the wagon wheels on the bus!"

"The chance to get out and meet up with the other men is a real highlight for me. Had a great time - it's been a God send"

'I hadn't been to the centre before and wouldn't have been able to get here without PDP organising. Really enjoyed my day'

'I feel a lot better by coming to the group, its good fun and I learn new things'

'I've had some tough times but the group has helped cope'

NE Edinburgh Older Men's Health and Well-Being Project continues to provide a much needed and appreciated service for older men throughout the Leith area.



Nutrition Talk by Edinburgh Community Food



Enjoying bruschetta together



Trip to Portobello Beach



Gentle Seated Exercise



Older Men's Christmas Party



Edinburgh Remakery Activity



Trip to Deep Sea World

