

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.

Membership

There are 29 older men on the database.

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

We are saddened of the passing of Alex Mckee in Feb22, a member of the older men's group for years. He will be sadly missed.

Opportunities/ Services provided during 2021/22

	No of Older Men receiving Service	No of service episodes
Telephone Befriending	24	1,248
Newsletter	28	224
Activity Packs (e.g. Xmas Presents, Football Sweep, Healthy Eating Booklets)	28	104
Digital Lessons	10	36
Emergency Food Deliveries	3	3

Group Attendances and sessions: Apr21-Mar22

Group Sessions Venue	No of sessions	No of attendees
Virtual Groups	10	62 participants
In person groups	9	61 attendees

Between Apr21-Mar22, 19 Older Men's Group sessions were held:

- 10 virtual groups mainly held between Apr-Sept21 and
- in-person groups when restrictions allowed between Oct21-Mar22.

The virtual sessions enabled the men to keep in contact with each other, as well as practise their digital skills. We also held a Football Sweep for the Euro Cup in 2021 – all the older men could participate either by joining the zoom meeting, or the Football Sweep was posted out to members.

We also held a virtual New Year Party in Jan22, as unfortunately the Older Men's Group Christmas party needed to be postponed to Mar22 due to the rise of Omnicom in Dec21.

We held 9 in-person group meetings and covered topics such as: Healthy Eating quiz, Games Afternoon and a trip to Living Memory Association.

The project continues to maintain contact and develop partnership work with local agencies and organisations. Many members of the older men's group attended NEECAG Older People's Forum, New Spin intergeneration project and other local projects.

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.

Questionnaire

100% felt ... I have learnt new information (e.g newsletter)

100% felt ... I feel supported by the PDP / volunteer

100% felt ... I have been able to sustain/ gained new contacts/ friends

100% felt ... I feel less isolated since using the project.

100% felt ... My mental and emotional health is sustain/ better

100% felt ... I feel more able to cope with the "ups and downs" of everyday life

Why do you come to the group?

Great companionship and meeting new friends

Company, chat, speak to people going through similar things, "Putting a spring in my step"

Can you describe the group in 3 words

Best Move Ever (I've done) - sorry that's five

Very good organisation

Friendship, company, contacts

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.



Christmas Party in March 2022



Trip to Living Memory Association



Pilmey Development Project
A company limited by guarantee with number SC188129



PDP Older Men's Group

Euro 2021 Sweepstake

As PDP Older Men's Group are unable to meet in person to watch any of the European Cup Matches, we thought here are PDP we would do a Euro2021 Sweepstake.

We have done a draw, with 2 participants per team. It is free to enter and the Winners receive £10 each.

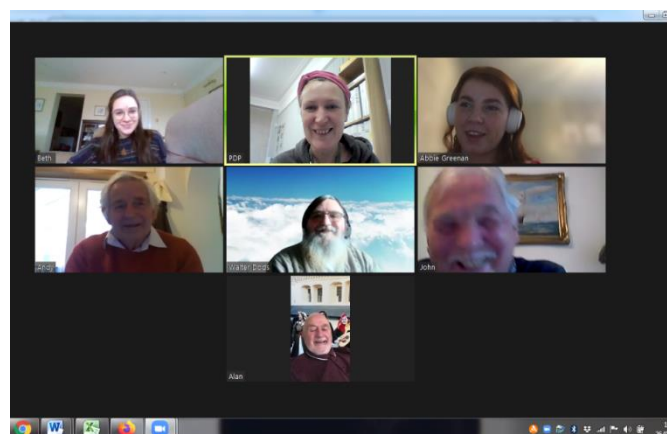
BEST OF LUCK!!!





PRIZE - £20
(£10 EACH)
Free to enter

Older Men's Group Football Sweep



New Year Virtual Party