



# Pilmeny Development Project ANNUAL REPORT 2010 - 2011

## CONTENTS

|  | <u>Page No</u> |
|--|----------------|
| 1. INTRODUCTION                        | 1              |
| 2. CHAIRPERSONS REPORT                 | 2              |
| 3. MANAGEMENT COMMITTEE                | 5              |
| 4. FINANCE REPORT/FUNDRAISING          | 6 - 7          |
| 5. WORK WITH CHILDREN AND YOUNG PEOPLE | 8 - 12         |
| 6. WORK WITH OLDER PEOPLE              | 13- 33         |
| 7. WORK WITH ADULTS                    | 34- 42         |
| 8. CONTACT DETAILS                     | 43             |
| APPENDIX                               |                |
| 9. AUDITED ACCOUNTS                    | (1 – 12)       |



# INTRODUCTION

## THE PROJECT

Pilmeny Development Project has been operating in the Leith Walk/Leith Wards of Leith since 1979. It is managed by local residents and is funded by the City of Edinburgh Council and through its own fundraising efforts. It employs two community workers (1 full time and one part time), a part time administrator (20 hours) and a part-time bookkeeper (8 hours). In addition, PDP employs a part time worker for North East Edinburgh Older Men's Health & Wellbeing Project (10 hours), a part time worker for North East Edinburgh Care Action Group (8 hours), a part time worker for Connecting Communities Project (8 hours) and provides office accommodation for North East Edinburgh Ageing Well Project part time support assistant (20 hours).

## OVERALL AIMS

The overall aims of the Pilmeny Development Project are:- **To support local residents and groups and to encourage appropriate self-help initiatives towards the identification and resolution of their problems.**

- (a) Children and Young People – overall aim is:- To improve the range and provision of services with children and young people which enables them to meet their social, educational and recreational needs and to develop their capabilities.
- (b) Older people – overall aim is:- To improve the range and provision of services with the older people which maintains and improves the quality of their lives and enables them to remain independent and active for as long as possible.
- (c) Adults – the overall aim is:- To improve the range and provision of services which enables them to meet their social, educational and recreational needs and improves the quality of their lives.

# CHAIRPERSON'S REPORT



I have great pleasure in presenting the Annual Report for 2010 –2011 – **our 32<sup>nd</sup> year of operation.** The Annual Report demonstrates very clearly, the relevance of the Project and its work. I hope you will take time to read about the work of this Project and our challenges over the last 12 months. I'm sure you will agree how much has been achieved and the huge contribution PDP makes to local residents of all ages.

Our services, development and support work with older people, young people and adults continue to be in ever increasing demand from local residents, statutory and voluntary agencies. Pilmeny Development Project also contributes in many ways to City of Edinburgh Council departments of Community Planning, Health & Community Care, Children and Families in this locality. We were delighted for our youth work with young people at risk to feature as an example of good practice in the Council's Believing in Young People: A framework for improving youth work in Edinburgh 2010. Pilmeny Development Project is proud of our links with the Local Authority and we look forward to continue to work in partnership within the current priorities of the Council.

We will be showcasing a new DVD produced by CHEX (Community Health Exchange) at the AGM this year which features the work of the Project. CHEX works with a range of organisations and individuals from across Scotland that are working to improve health in their communities and address health inequalities. Part 1 of the film 'The Picture of Health looks at the work of Pilmeny Development Project as an example of good practice in Scotland – it's even on Youtube! (link - <http://www.youtube.com/user/SCDCteam>)

## FINANCE

The last 12 months have proved extremely challenging. Pilmeny Development Project Management Committee is committed to finding ways to maintain a sound financial base – our negotiations towards a Service level Agreement changed over the last few months to discussions re a 18 month Block Contract (October 2011 till March 2013) which will hopefully enable us to achieve a degree of financial stability – who knows what lies ahead after that!

## ACKNOWLEDGEMENTS

It has been a great help to the Project's Management Committee and Staff to know that Pilmeny Development Project's work is supported and so valued by our local **elected members**. Thanks to Cllr Angela Blacklock, Cllr Deirdre Brock, Cllr Maggie Chapman, Cllr Louise Lang, Cllr Rob Munn, Cllr Gordon Munro and Cllr Marjory Thomas for all their help over the last 12 months. Thanks also to Malcolm Chisholm MSP and Mark Lazarowicz MP who have both given us help and assistance – support for Pilmeny Development Project at these levels is both invaluable and much appreciated! We must also thank our Council representatives for Health & Social Care and Children & Families departments, Eileen McNaughton and Martin Black for their help and support over the year.

I would also like to personally thank my fellow **Committee Members**, Audrey King, Michele Mason, Andrew McKendrick, Jenny McKenzie and Walter Dods, who have given so much of their time to support Pilmeny Development Project. Please accept our warmest thanks and gratitude for all your efforts over the last year!

I would also like to give big thanks to Port of Leith Housing Association (in particular, Keith Anderson and Eddie Dunlop) for their help and support during the last 12 months. As well as improving Boundary Square - they have supported our work with young people at risk of anti-social behaviour, helped us to give the Resource Centre at No 15 Buchanan Street a much needed refurbishment, a new sign outside the centre and **even** a new coat of paint to the dingy exterior of the Project office at 19-21 Buchanan Street... that's what we call a community based housing association!

The success of the Project is also due to the **staff** – Anne Munro, Mo Airnes, Robina Brown, Peter Hextall, Parveen Haider, Anne Dargo and Arthur Cockburn. Their dedication, hard work and enthusiasm have helped us to undertake and achieve an amazing amount of work over the last year with minimal resources!

Thanks also to the many **volunteers**, local groups and agencies with whom we work – there are too many to mention individually – but we appreciate all your help and support and hopefully your group is mentioned more fully in this Annual Report!

Last, but certainly not least, can I give our thanks to all **the local residents** with whom we have worked over the last twelve months – without your time, effort and support (on a purely voluntary basis) the work of this Project would not be possible –

**THANK YOU ALL!**

**PHIL ATTRIDGE - CHAIRPERSON**

**P.S.** If you would be interested in getting involved with the work, joining the Management Committee or would simply like to more information about Pilmeny Development Project do not hesitate to contact the Office.....we need your help!



**MANAGEMENT COMMITTEE**  
for the period 2010 - 2011



Chairperson: Phil Attridge  
 Vice Chair Andrew McKendrick  
 Secretary: Michele Mason  
 Treasurer: Audrey King  
 Committee Members:  
 Jenny MacKenzie, Walter Dods



**Advisors to Committee:**

Jackie Mearns /

Tony Rattray

(City of Edinburgh Council's Director of Children & Families Dept Representative)

(City of Edinburgh Council's Director of Health & Social Care Dept Representative)

**Staff Members:**

- Anne Munro (Manager/Community Worker - Older People)
- Mo Airnes (Community Worker - Children and Young People)
- Anne Dargo (part time administrator)
- Arthur Cockburn (part time book keeper)
- Alex Simpson Office volunteer
- Peter Hextall (part-time Older Mens Health & Wellbeing Project Worker)
- Parveen Haider (part-time NEECAG Project Worker)
- Robina Brown (P/T NE Edinburgh Ageing Well Support asst - based in PDP Office)

**Part time sessional youth work staff:**

- |                 |                |                 |
|-----------------|----------------|-----------------|
| Gail Herculeson | Sarah Lewis    | Louise Ferguson |
| Ryan McKay      | Mike Tattersal | Jay Wardrop     |

# FINANCE REPORT 2010 - 2011



The Project achieved a very modest surplus of £144 in 2010/11, despite the current financial climate, which was mainly as a result of the office and salary savings made by the Project. Pilmeny is a small voluntary organisation and does not have the required resources to fall back on, unlike some other larger enterprises.

It is recognised as good practice that all voluntary groups should retain at least three months full running costs in their Bank Account (net of Restricted Funds) and unfortunately, like many other groups, we are now just below this target, despite the surpluses carried forward from previous years. We continue to retain over £54,738 (Restricted Funds) which we hold and manage on behalf of other groups and these funds are expected to be mainly utilised in 2011/12.

With the scope diminishing for income generating measures and cost cutting practices, the Project will have to manage it's financial situation even more closely throughout 2010/11 and beyond. It is again disappointing that the City of Edinburgh Council has not managed to raise the grant levels to take account of inflation and staff cost of living and pensions, making our task of balancing our budgets increasingly challenging.

Every effort will be made in 2010/11 by Pilmeny Board and staff to attempt to resolve these issues.

**AUDREY KING / ARTHUR COCKBURN**  
**TREASURER / BOOK KEEPER**  
Pilmeny Development Project

**Annual  
Audited  
Accounts  
can be  
found at  
the end of  
the Annual  
Report**

## FUNDRAISING

As mentioned in detail elsewhere within this Report, the past twelve months have been extremely challenging in trying to meet the various financial shortfalls. The Project has had to redress the cut to youth work hours for our sessional staff and as we received yet again a standstill budget from CEC for the past nine years now means no funding is available to allow for inflation or additional staff costs.

This last year the Project had had to spend a greater proportion of time on recruiting and training volunteers and fundraising. The work of the Project would have been impossible without the financial support of the following Trust to which we are very grateful:-

- City of Edinburgh Council Health & Social Care
- City of Edinburgh Council Community Learning & Development
- Cashback for Communities
- CEC Holiday Fund
- Climate Challenge Fund
- Community Food & Health (Scotland)
- Fairer Scotland Fund
- Leith Central Community Council
- Leith Decides
- Lintel Trust
- Leith Neighbourhood Partnership
- Port of Leith Housing Association Wider Role Fund
- Fundraising efforts by local groups and individuals

From us all at the  
Pilmey Development  
Project .....

Thank - you



# Work with Children and Young People

**Youth Worker**

**Part-time**

**MO AIRNES**

# WORK WITH CHILDREN AND YOUNG PEOPLE

**CHILDREN AND YOUNG PEOPLE– the overall strategic aim is to improve the range and provisions of services for and with children and young people which promotes their well being and enables them to develop their capabilities.**



## OVERVIEW

One of the things that I enjoy most about working for PDP is the great diversity that my role as Youth Worker allows me to take part in. The Project is constantly looking at the best ways to develop provision for local children and young people and ways to meet their needs and wants. In short things here are constantly changing as new ideas are explored and existing provisions are adapted for the current users.

This year has again seen some changes to youth provision, the piloted after school youth club at Leith Walk Primary School has become part of our core provision starting in the April of 2011 with one term. It is the start of a hopefully permanent link with Leith Walk Primary with provision for primary 1 and 2 children in both the Jan-Easter and Easter to Summer terms from 2012 and then beyond.

Piloted in the February school holidays of 2011 were a number of youth cafes, held at Number 15 Buchanan Street. They provided our young people under 13 with a 'grown-up feeling' as they attended a café just for them and our members 13+ "somewhere to go in the evenings as everything stops during holidays". Both age categories benefited from low cost toasties and treats and appreciated a space for them in the evenings. Feedback was very positive and both young people and PDP hope to continue this provision into the next financial year.

I feel now that I have had a full year plus in post I have a much better understanding of my role here at PDP. The best thing for me has to be seeing the new developments come and progress.

Seeing new projects from an idea, through the research stages into a pilot and then finding ways to turn pilot projects into ongoing provision is a fantastic feeling and certainly unachievable without the huge support that is ongoing at PDP at all levels.

Its great having the opportunity as I write this to look back at the year that we have had but also to be looking forward and knowing the great things that are currently taking place and how we will continue to change and develop with our young people.

## **YOUTH CLUB PROVISION**

The following sections give a brief description and highlight some of the main points of the clubs over the last year.

### **Junior Club**

Junior Club continues to be very popular and over 30 young people from primary 3- primary 7 have used the club regularly throughout the year. There are strong progression routes with almost all junior club members moving up to senior club at the most appropriate time and this year as seen a big move up. The members have also welcomed a host of special guests and have been involved in projects on the local community, staying fit and active with Edinburgh Leisure, making lanterns for an event at Dalmeny park, learning cooking skills and healthy recipes with Edinburgh leisure and many more. A big thank you to all our visitors and guests who make the year interesting, exciting and engaging for all.

### **Senior Club**

Senior Club really benefited this year from a large number of 'old' junior club members moving up to form the well bonded senior club. So far there has been a very high ratio of girls to boys but the group has a great mix of interests and all get on well together in and out of the club. As such each night has been different with active group games, sports, art/craft activities, cooking skills and more.

**Pilmeny LOSP (Leith Outdoor Spaces Project)**

L.O.S.P has continued well this year with secured funding and development of partnerships with local agencies such as the Leith YMCA/Acorn centre and Lothian and Borders Police. There have been lots of new faces over the year with a core group committed to coming along and really enjoying the format and activities on offer. Many of our young people have been very honest about the issues that affect them the most and LOSP continues to work around these provided advice and resources on topics requested by members such as sexual health, drugs, knife crime, alcohol, general safety, their rights, and advice on moving on such as choosing college courses/careers, preparing CVs and applying for jobs. Topics have been covered in both formal workshops and informal discussions and young people have engaged well with the open format of the group.

We were delighted for our youth work with young people at risk to feature as an example of good practice in the Council's Believing in Young People: A framework for improving youth work in Edinburgh 2010.

**Summer /holiday Programme 2010 –**

Our holiday provision again is one of the most popular and looked forward too parts of the year by our children and young people. 2010 hosted a range of activities from rock climbing and the trampoline centre to an intergenerational trip to New Lanark and what is becoming a firm favorite trip to M&D's theme park. This year saw some new faces joining us for the summer programme and then majority of the 'new faces' coming back after the summer to the weekly clubs where they have quickly settled as members. A full report from the summer is available from the website <http://www.pilmenydevelopmentproject.co.uk/reports>

**Youth Clubs overall**

Again a huge thank you is extended to all of the staff, volunteers, partnership agencies and special guests who have worked so hard over the last year

**Mo Airnes, Youth Development Worker****See Showcase of Events for Children and Young People overleaf.....**

# Showcase of YOUTH WORK



Junior Club



Seniors



Easter Youth Café



Intergenerational Trip to Cooking Bus



Leith  
Walk  
After  
School  
Club



LOSP Trip Away



# Work with Older People

**Community Worker/  
Manager**

**ANNE MUNRO**

# WORK WITH OLDER PEOPLE

**OLDER PEOPLE** – the overall strategic aim is to improve the range and provision of services with older people which maintains and improves the quality of their lives and enables them to remain independent and active for as long as possible in the community



## Objective 2.1

**To promote active citizenship by developing knowledge, awareness access and take up of services to local older people**

We worked with over 100 individual older people in 2010/11, many of whom had complex problems. These included difficulties with housing, pensions, benefits, form filling, health, social care and loneliness/isolation. We had over 95 requests for information, 25 for help with health issues and 30 for help with housing or financial problems. 60 queries were from older people over 60 years old and 40 queries were from older people over 80 years old. In addition, 25 were from Black and Minority Ethnic older people. We also liaised with over 20 organisations to help deal with some of these issues.

## Objective 2.2

**To promote lifelong learning by developing a range of educational and recreational opportunities with older people in the North East Edinburgh Area and to encourage their active participation in Community Planning structures.**

### **Leith Community Learning /Community Planning**

PDP has facilitated Community Learning and undertaken work in line with Neighbourhood Community Planning structures in Leith. PDP currently chairs, services and supports CEC Portlee Resource Centre Healthy Living Group. (see also Community Health Initiative in Leith in this report)

### **Intergenerational Work**

Following successful Intergenerational work developed by PDP and Citadel Youth Centre in 2008/09, a successful bid was made by Citadel Youth Centre (in partnership with PDP), to the Big Lottery to develop the work further for 2 years. The 'New Spin' intergenerational skills sharing project started at the end of 2010 when we welcomed Andy Skea, Rachel Rowan (based at Citadel) and Peter Hextall (based at PDP). This initiative has resulted in some really exciting innovative, new work for old and young in Leith and is developing the generations contact with each other. In its first year, New Spin recruited 41 older service users who, together with 52 young people, attended 53 separate activities. The core of the provision is a New Spin cafe on a Friday afternoon, which brings around 30 older and younger people together in an informal atmosphere, to build relationships, and exchange skills through a range of activities such as cooking, art, table tennis, and indoor curling. In addition, the project has developed a number of short term, thematic projects, which bring the generations together for a specific purpose, such as jewellery making, bowling, and making a radio show.

In addition, PDP organised the following intergenerational activities:

- **Intergenerational Cooking sessions**  
Weekly sessions held Jan 2011 – March 2011 and during Easter holidays 2011
- **Intergenerational Bus Trip** to Almond Valley Heritage Centre (April 2010)
- **Intergenerational Summer 2010 Programme of activities**

### **Tea Dances**

3 Tea Dances were organised in 2010/11 with over 90 local older people and carers attending each one. PDP worked in partnership with Superjam and Edinburgh Leisure. Held in Meadowbank Leisure Centre, these proved highly successful and over 461 older people/ carers came along and had great fun! We evaluated these sessions and comments included:

*'it was a lovely afternoon!'*

*'It gets you out and about and meeting new people – especially if you live on your own'*

*'It brought back memories of going to the dancing!'*

**LMA (Living Memory Association)**

PDP attended management meetings and provided informal help and support to the staff in 2010/11. This included joint working on the development of BME 'Handling Boxes' initiative.

**Objective 2.3**

**.To promote social inclusion by improving uptake of existing services and by facilitating the development of services in partnership with other local/citywide organisations**

**No 15 'Drop In'**

41 Tuesday 'drop in' sessions were held in 2010/11 with over 338 older people attendances. There was an average attendance of 8.45 individual older people per session. There were slightly fewer sessions this year. This was due to a number of reasons including, the refurbishment of the centre; exceptionally bad weather at the end of 2010 and difficulty recruiting volunteers. The sessions are much appreciated by all the older folk who attend. It provides companionship, activities, a cup of tea and a catch up! A huge thank you must go to Walter Dods for all his hard work and support in helping to run this provision on a voluntary basis throughout 2010/11 We are still looking for ways to fundraise to keep the drop in going...so any ideas (or donations) very welcome!!

Comments from recent evaluations include:

*'...I come for blether and a cuppa!'*

*'I look forward coming on a Tuesday'*

*'Not so lonely'*

*'makes you feel good'*

*'enjoy company'*

*'it give me a chance to see folk'*

*'it gies ma daughter a break'*

**Lochend Neighbourhood Centre**

PDP provided support to the staff and management committee in 2010/11. Thanks to the management committee, Phyllis Heriot (Chair) Leanne McNeill (manager) and the staff for all their help and support!

**NE Edinburgh Older Men's Health & Wellbeing Project**

PDP further developed this initiative during 2010/11 PDP provided management support, staff supervision, support to the Advisory Group and helped with fundraising for this work to continue. North East Edinburgh Older Men's Health & Wellbeing Project aims to promote the health and well-being of older men. It seeks to increase the social integration/inclusion of older men by developing and evaluating the potential of referral pathways of identified isolated older men. The project works inclusively with 50+ older men in NE Edinburgh, including Black & Minority Ethnic (BME) and Gay, Bisexual and Transgender (GBT) Community members. It also targets older men who may be on low incomes and who may be deemed socially isolated and 'hard to reach'.

North East Edinburgh Older Men's Health and Wellbeing group is a project that specifically focuses on the needs of older men who may be deemed to be vulnerable or at risk from a number of factors which may lead to, or exacerbate, poor mental or physical health in later life. This successful project continues to deliver much needed and appreciated direct services to older, often vulnerable men in the North East Edinburgh area. The project continues to demonstrate, through robust monitoring and evaluation that it provides a much needed preventative service entirely consistent with current strategy and policies within the 'Mental Health in Later Life' agenda.

The project has provided a vehicle for older, vulnerable men to gain in confidence and to begin to re-engage with their local community. The men have grown in confidence and bonded as a group to the extent that they will engage informally to each other and the group as a whole, within an informal setting, and they are now able to share personal issues such as alcoholism, homelessness, depression and other personal physical health issues. A 'men only' provision is much valued and appreciated....

*“One o’ the good things about coming here is that we’re all men. We can talk about things we wouldnea talk about in front o’ women. We’re mair free here to talk about men’s things”.....”*

*‘Ah get really bored and fed up on my own. Coming to the club gives me something, to look forward to every week and I’m going out and about a lot more doing other things I wouldnea have done. The group’s made aw the difference to me, I’ve made friends wi the guys – friends that I wouldnea have had.’*

*.....”I bring A to the group and although it’s a men’s group and I am a woman, the men see me as one of them and I take part in everything.. It’s made a big difference to me and A’s lives.’*

*‘I enjoy the trips; I go to places I would never go to on my own. Although there are many free things to do and see in Edinburgh, it’s no fun going round them on your own. Having other men to talk to on outings makes all the difference. If I didn’t come, I would be sitting at home, depressed.’*

47 sessions have been held with a total of 745 attendances, this is almost double the original target of 441 attendances per year.

There are 86 older men on the database of participants who are in receipt of the monthly programme of events and activities.

Older men whose ages range from the mid 50’s up to 88 years old participate. At present, there are 77 agencies/groups on the referral pathway database (well exceeding the original target of 40-50). The majority of older men reach the project through self-referrals. Monitoring and evaluation has revealed the participants are not a homogeneous group. They come from a range of different ethnic or social backgrounds and are often reluctant to discuss personal issues on a formal basis.

The impact the project is having on the lives of local older men is apparent:

*“I am going out more to other things and I have made friend here’*

*‘I don’t feel as lonely”*

*..... "D has had to go in to a care home. He misses the group and is always talking about it. Thanks for keeping in touch – it means a lot to him even though he cannot come just now. Maybe we will be able to bring him a few times in the summer' (D's daughter).*

As well as delivering the on-going programme of events and activities, the project continues to develop work in partnership with other agencies in the local area. In the summer of 2010) the North East Edinburgh Older Men's Health and Well-being Group undertook a joint pilot initiative with MECOPP (Minority Ethnic Carers of People Project), which supports black and minority ethnic (BME) older carers. This resulted in the provision of a 10 Week summer programme of events and social activities which ran from June 2010 up to August 2010. The programme was designed to attract vulnerable members of the BME communities and bring them together with members of the North East Edinburgh older men's health and well-being group. (see also Community Health Initiative in Leith in this report)

During the winter of 2010/2011, the project also worked in partnership with Community Food Scotland, Edinburgh Community Food and Edinburgh City Council Health and Social Care department, to deliver a 10 Week food , nutrition and cookery programme.

Many members of the older men's group also now participate in 'New Spin', a mixed gender intergenerational project, an initiative developed by Pilmeny Development Project and Citadel Youth Centre. This project is in the second year of two years funding from the Big Lottery Fund. The project attempts to break down barriers between older and younger people as well to promote and foster community cohesion.

The work of the NE Edinburgh older men's project still needs to be further progressed and ways found with the help of the stakeholders, professional agencies and other interested groups to secure long term, sustainable/ mainstream funding for its continuation.

We were pleased (and grateful) that transition Funding was awarded from CEC Health Inequalities Standing Group (formerly Fairer Scotland Fund) for 2010/11 to keep the work going - but we are still looking at ways to find the extra money needed to continue the work on a more mainstream basis in the longer term. Thanks to all the older men, members of the Partnership Advisory Group, Peter Hextall project worker (and 'Blue' his guide dog!), Susanna Seisededos Diaz (Peter's support worker) for all their hard work in 2010/11.

**EARS (Edinburgh Advocacy and Representation Service)** – Advocacy service for older people in Edinburgh and Lothian. PDP provided support to the management committee and staff throughout 2010/11, which was another challenging year for the organisation.

### **Leith Community Connector 'Pilot' Project 2010/11**

Pilmeny Development Project developed an innovative new initiative for older people in Leith during 2010/11. PDP undertook an initial Feasibility Study/local research, developed the Community Connector Pilot Project itself and started to produce a local data base of older peoples services and activities in Leith. The Feasibility Study and local research enabled us to clearly identify with older people, carers and key service providers what was needed and how it should be done. (copy available [www.pilmenydevelopmentproject.co.uk](http://www.pilmenydevelopmentproject.co.uk)) The purpose of the 'Community Connector' Pilot Project is to provide an innovative new service to socially isolated older people and carers in Leith and North East Edinburgh (including BME elders). The Community Connector pilot project seeks to support older people to re-engage and safely participate in community based opportunities and activities, which improves their quality of life and maintains their independence to remain in their own homes for as long as possible.

Leith Community Connector pilot project has begun to provide a unique service for older people and their carers, who are housebound, socially isolated or have been recently discharged from hospital. We had an initial target of between 16 - 20 isolated older people who have or are receiving services from the project and are currently providing service to over 14 local older people. The project supports older people at transition points in their lives to re-engage and safely participate in community based day opportunities & activities.

Using volunteers and sessional staff (for the most vulnerable elders) the project is a focal point and broker, signposting and facilitating access to activities and community based services in the area to ensure that older people can make better use of these. Referral pathways have been developed with Health & Social Care Reablement Teams and Referral & Resource group in North East Edinburgh which ensures older people in most need of this service are able to access it. Community Connector documentation has now been developed (e.g. referral, assessment, monitoring, baseline data etc) and a monitoring and evaluation framework is being developed to measure benefits to participants, assess self-confidence and social networks. Volunteers and sessional staff have and are being recruited, trained and disclosed. Community Connector matching and activity is now taking place re-engaging older people into community activity.

The following key outcomes have begun to be achieved:

- Participants have greater confidence and self-esteem
- Fewer older people and their carers feel isolated
- Older people feel more supported by other people

We are extremely grateful for the help and support from the Leith Neighbourhood Partnership, the Lintel Trust, Leith Community Health Initiative, and Leith Benevolent Association to enable us to start this innovative project. The project is funded until December 2011 and we are now looking to develop ways to ensure the longer term continuation and sustainability of the project.

#### **Objective 2.4**

**To encourage partnership working with local groups and agencies concerned with the social, learning, health and community capacity building needs of older people**

#### **MECOPP (Minority Ethnic Carers of People Project)**

PDP provided informal support to the staff and management committee and undertook specific development work as required. This included:

- **BME Older Men's/Male Carers Pilot Project**

PDP worked in partnership with MECOPP older male carers and NE older men's group to provide additional day service as a Pilot Project (May – August 2011). This was further developed April – July 2011. (see also older men's work in this report) and ways are being looked at to try to continue this work in some way.

- see also **Community Health Initiative in Leith** in this report

Thanks to MECOPP management committee, Suzanne Munday and MECOPP staff for all their help and support in 2010/11.

**Milan (Senior Welfare Organisation)**

PDP provided mentor service to Milan manager, support to the management committee and carried out specific development work in relation to Policy Development, fundraising, staff recruitment/induction. Thanks to Milan management committee, Neena Agarwal (Manager) and all Milan staff for their help and support in 2010/11 (see also Community Health Initiative in Leith in this report)

**Asian and Chinese Handling Boxes**

PDP previously developed a Polish and Ukrainian handling box (with a range of culturally appropriate activity and reminiscence materials) which proved extremely popular. PDP has now developed similar resources for Asian and Chinese elders. We worked with Living Memory Association (LMA) in developing this work further in 2010/11.

**North East Edinburgh Ageing Well Project**

Partnership work with PDP, Ageing Well and Edinburgh Leisure was developed in 2010/11. Ageing Well promotes healthy lifestyles for older people in North East and South Central Edinburgh. It provides a wide range of free or low cost activities which aim to make physical activity more accessible and enjoyable. Ageing Well activities are led by trained, friendly 50+ volunteers who provide support and encouragement to help local older people achieve a healthier, more active lifestyle. PDP provides office space and day to day support for NE Ageing Well Assistant and participates in the Ageing Well Management Group. Thanks to Robina Brown, Anita Jeffries, Kath Laing, NE Ageing Well Management Group for all their hard work and support for this work in 2010/11 and of course. All the Ageing Well volunteers for their brilliant efforts to keep local older people active in our area!

**Portlee Healthy Living Group**

PDP worked in partnership with CEC Health & Social Care to develop and provide ongoing support to establish a multi-agency Healthy Living group within CEC Portlee Resource Centre which seeks to provide older people, carers and agencies in NE Edinburgh with access to local community based services. In 2010/11 we worked on referral protocols, databases/website for information on local day opportunities and services, publicity leaflets and development of Community Connector Initiative (identified as a local unmet need). PDP successfully initiated a Pilot Project in NE Edinburgh during 2010/11.

**EDG (Edinburgh Development Group)**

PDP provided support to the development of EDG and in particular, 'SOFI' (Support for Older Families Initiative) – a lottery funded initiative for older carers & older people with a learning disability, which sadly came to an end in 2010/11, but it is hoped the work will be able to continue in some way.

**Older People and Nutrition**

PDP organised a range of sessions and activities relating to older people and nutrition which took place throughout 2010/11. These included: weekly cooking classes (April – June 2010, Sept – December 2010 and January to March 2010; information sessions on healthy eating from Edinburgh Community Food project (Feb/March 2011) and a series of focus groups to assist with a community consultation/research initiative on 'Food Services and Older People in NE Edinburgh'. A copy of the Report/Case Study undertaken jointly by PDP and Edinburgh Community Food Project is available on PDP website. This work formed part of a National Report 'Meals and Messages' by Consumer Focus Scotland which was launched in June 2011. We hope to now develop activity and work from the recommendations identified both in the NE Edinburgh Case Study and the National Report in 2011/12.

**CHEX Mentor Scheme**

PDP manager was fortunate enough to be able to participate in a 'pilot' mentoring scheme in 2010/11 (6 sessions) which provided really useful mentoring support and time to reflect on the work of the project.

**Community Health Initiative in Leith**

PDP supported along with VOLT (Voluntary Organisations in Leith Together) a submission of a tender to CEC Health Inequalities Standing Group for funding to develop a Community Health Initiative in Leith focussed on needs of older people in 2010/11. This enabled some short term capacity building work to be developed with MECOPP (BME older male carers and Chinese carers), Milan (SWO) – community planning with older people from Indian, Pakistani, Bangladeshi and Mauritius Communities and further development of PDP's Leith Community Connector Pilot Project.

**Objective 2.5**

**To work in partnership with a range of agencies to contribute to the development/implementation of current local and national government policies and strategic planning.**

**NEECAG (North East Edinburgh Care Action Group)**

NEECAG was formed in 1995. The main purpose of the Group was to give older people the opportunity to discuss Health & Community Care issues in a more organised way and to make their views known to the relevant bodies. The main aim is to improve services for older people in Leith/Portobello areas through increased consultation and involvement of older people and their carers.

Two Groups currently meet on a monthly basis – one in Leith and the other in Portobello. NEECAG currently has a mailing list of over 150 individuals and groups with approximately 25 – 30 older people and those who care for them attending each meeting. PDP provided management support to the Joint NEECAG management committee and groups and undertook specific work as required in relation to funding and joint work throughout 2010/11.

NEECAG Leith & Portobello Older People's Forums provide support and a wide range of activities to enable local vulnerable older people and carers to be informed about and gain access to relevant health, wellbeing and social care services. NEECAG also receives and makes individual referrals to relevant statutory and voluntary service providers. This helps older people to remain in their own homes for as long as possible, preventing unnecessary hospital admissions and results in improved mental, physical health, wellbeing and quality of life.

The need for an older people's forum to share common concerns and to participate in consultation, planning and development of health and community care services was identified by older people and their carers themselves through the Social Work Consumer Involvement officer and PDP local needs assessment work. This included research undertaken by Pilmeny Development Project, 'Beyond the Stereotype – Being Active, Healthy and Safe' – views of 500 older people in North East Edinburgh (Bamber & Loeb) and through development of pilot project work undertaken by Social Work Department, Voluntary Sector (Pilmeny Development Project) and Community Education. Consultation undertaken with local older people and their carers clearly identified their needs and made a number of recommendations as to how they could be addressed. NEECAG was developed in line with these identified needs.

NEECAG is the only service which provides a 'voice' for local older people to express their unmet needs/concerns and contribute to their resolution. NEECAG is a much used resource for NHS Lothian, CEC Health and Social Care providers who also utilise the Forum for consultation, engagement, information sharing purposes. NEECAG is primarily concerned with reducing health and social care inequalities and development of preventative strategies which enable older people and their carers to remain in their own homes and remain active within their local communities, for as long as possible.

NEECAG aims to tackle poverty by providing easy access services (in line with expressed needs) and to support local older people experiencing disadvantage, through age, ill health or low incomes, to access and participate in the development and improvement of older people's service provision in the local area and beyond. NEECAG has developed many working partnerships with key statutory and voluntary sector providers and has provided opportunities to inform and enable older people to influence strategic and preventative direct service provisions. This helps to create a more sustainable, healthy, community of older people, who are able to contribute to the prevention/promotion of healthy lifestyles as well as improving the mental health and wellbeing of local older people and their carers.

Target Group(s) for NEECAG include:

- older people
- older carers
- vulnerable older people in areas of multiple deprivation
- older people on low income
- minority ethnic groups (50+)
- older people with physical and learning disabilities
- LGBT Groups (50+)
- 

NEECAG Older People's Forum also contributes to another CEC anti poverty priority, namely - Early Intervention - through intergenerational work. Older people positively engage with local children and young people to share skills, knowledge and life experience and introduce young people (many of whom have no contact with grandparents) to the benefits of intergenerational activity. They also have the opportunity to address shared issues and concerns around fear of crime, community safety and anti-social behaviour, positive lifestyle choices and making positive contribution to the community. Target groups for this work include:

- Children and young people involved in or at risk of being involved in crime and anti-social behaviour
- Children and young people with poorest health outcomes

Older people and carers have been involved in the development of NEECAG from the outset. As well as participation in the original needs assessment work, NEECAG is a fully constituted group (registered with OSCR) and run by a management committee of local older people. NEECAG members are fully involved in the development of all aspects of their programme of activity and in the monitoring/evaluation of the work of the forum. Minutes of all meetings are taken by NEECAG secretary (who is an older person) and NEECAG members assist with running as many aspects of each session themselves, as they can. Additional support is provided by PDP (for NEECAG overall) and CEC CLD (Portobello only). PDP also has older people representatives on its management committee.

A core element of NEECAG depends on strong partnership working with a wide range of key agencies concerned with older people and their carers. They have provided information, speakers, inputs and support to the Forum and its members.

In return, NEECAG has proved to be an invaluable reference and consultation point for older people, their carers and service providers in North East Edinburgh. It compliments and provides a North East Edinburgh link to CEC city wide Equalities Network, with 'A City for all Ages' and current CEC and NHS Health, Community Care and Community Planning user involvement and consultation requirements.

NEECAG also has strong links and works closely with North Edinburgh CHP PPF, Leith Neighbourhood Partnership Health & wellbeing Sub Group and CEC Health & Social Care Portlee Healthy Living Group & Referral & Resource Groups which enables the views and 'voice' of local older people to be heard and acted upon.

NEECAG has engaged with a wide range of Equalities groups since it began. The initial needs assessment work highlighted a range of unmet needs which NEECAG has sought to address. These include: provision of NEECAG information in community languages (interpreting available where required), availability of information in a variety of formats (Braille, tapes etc), provision of disabled transport, support from LGBT, Carer, Learning Disability agencies, BME organisations and is an active member of CEC Today & Tomorrow Group (BME elders). NEECAG is a member of Age Scotland, CEC Equalities Network and has active links with a variety of agencies dealing with visual, hearing impairment and physical disability. All meetings also have induction loop, hearing aid and PA equipment available.

NEECAG also ensures that sessions are held specifically to address Equality and Diversity issues as part of its core programme of activity.

NEECAG is committed to ensuring best practice in all aspects of its work. NEECAG continuously looks to learn about best practice from others and incorporate into its service provision where appropriate. As part of this commitment NEECAG seeks to ensure older people are directly involved in all aspects of management, planning, delivery, monitoring and evaluation of the Forum and its work. A specific example of this includes: following an evaluation session where some members raised the issue of their difficulty in hearing some speakers – NEECAG consulted with Deaf Action, members raised additional funds themselves and now NEECAG provides portable hearing induction equipment to ensure older members with hearing difficulties can participate equally.

Effective monitoring and evaluation systems are in place which are scrutinised internally and externally by older people themselves, CEC CLD staff member and Leith Neighbourhood Partnership staff - who independently verify work undertaken. Feedback and evaluation from older people and their carers has been undertaken both formally and informally. In addition, there are focus groups and an annual, qualitative member evaluation session (using questionnaires), an NEECAG Annual report is produced (copy available on request), OSCR returns are submitted, CEC SMARS compiled and submitted, attendances and membership statistics are kept and sessional evaluations undertaken. Feedback is also sought from partner agencies with whom NEECAG works. Results of monitoring and evaluation work are acted upon whether it is in relation to policy, procedures or future NEECAG activity.

| <b>Targets for 10/11 – Activities, volumes, outputs and outcomes - LEITH NEECAG</b>  | <b>Actual Delivery against targets 10/11</b>   |
|--|--|
| <p><b>Older people are aware of, and are involved in service planning developments in health, community care, community planning and other issues of relevance to older people.</b></p> <p>11 monthly forum meetings held between April 2010 – March 2011, attended by over 150 older people and carers in Leith.</p>  | <p>11 monthly meetings held attended by over 285 older people and carers.</p> <p>Formal and informal evaluation work has been undertaken with NEECAG members which evidenced their increased knowledge, understanding and awareness of health &amp; wellbeing issues and service provisions for older people and carers in Leith.</p>  |
| <p><b>Older Peoples health &amp; wellbeing needs/issues are identified and ways found to address them.</b></p> <p>2010/11 NEECCAG Schedule available on request which details topics addressed and minutes of meetings available which detail identified needs/issues.</p> <p>Outcomes to date (over and above information and awareness raising) achieved as a result of NEECAG sessions included: 20 older people have had support from Police and Care and Repair Edinburgh re fitting locks/door chains and home security checks. 10 older people have been referred to Age Scotland to get help to make a will. Over 40 individual older people</p> | <p>A wide range of needs/issues were identified and feedback to relevant service providers. Secondary indicators have also been achieved re older people &amp; carers increased knowledge, skills acquisition, learning, levels of self-esteem and confidence.</p> <p>Issues addressed in 2010 included:<br/>Community Safety for older people/fear of crime and what support is available from Lothian &amp; Borders Police. Wills &amp; Legacies. Fuel Poverty, hypothermia and how to access help, Energy Assistance Package, Housing Options for Older</p> |

|  |  |
|--|--|
| <p>were referred to Changeworks, Care &amp; Repair Edinburgh or the Pension service to get help with heating, insulation or help with fuel debt. 15 older people have had adaptations fitted in their homes or applied to Ed index for sheltered housing. 25 older people have been referred to local food co ops, older men's cooking group or to Keep Well for health checks, further information.</p> | <p>People: CEC housing adaptation service and how to apply for sheltered housing, Health issues for Older People.</p> <p>Minutes/ attendance statistics of all meetings were kept and action taken on identified issues/concerns as appropriate (e.g. participation in NHS consultations, CEC ACFAA seminars, feedback into Leith NP Community Plan Action groups &amp; NHS CHP PPF)</p> |
| <p><b>'Hard to reach'/ isolated older people are aware of and participate in Leith NEECAG meetings and activities.</b></p> <p>Over 50 disabled/housebound, BME, older carers attend NEECAG activities in 2010/11 are provided with support to enable them to participate.</p>  | <p>65 disabled/housebound, 8 BME, 12 older carers attended NEECAG activities and were provided with appropriate support to enable them to participate.</p>   |
| <p><b>20 Marginalised older people have support to access relevant health, community care and community planning mechanisms in order to make their needs known to key service providers.</b></p>   | <p>Over 20 Marginalised older people have participated in NHS consultations, CEC ACFAA seminars, NHS CHP PPF re podiatry issues and CEC Review of Advocacy services)</p>   |
| <p><b>Older people are directly involved in managing and developing this initiative.</b></p> <p>Management group consisting of older people themselves meet regularly with average 5 – 6 older people attending.</p>   | <p>4 NEECAG management committee meetings held with 5-6 older people attended.</p>   |

#### Leith NEECAG

- 11 monthly meetings held 2010/11
- Total Attendances: 285
- Average Attendance = 26 per meeting

#### Portobello NEECAG - 10 monthly meetings held 2010/11

- Total Attendances: 183
- Average Attendance = 18 per meeting

Mailing list for both NEECAG Forums = 150

Comments from NEECAG member's evaluations included:

*'Meetings are very good and very interesting'*

*'I like coming to NEECAG – thanks for your efforts!'*

*'helpful info of any fuel payments'*

*'good info on local groups/Services – need more!'*

Special thanks must go to Parveen Haider (project worker) who provided support to both groups and thanks must also go to all NEECAG members and committees for their hard work in 2010/11.

### **Edinburgh Voluntary Organisations Council (EVOC) – Older People's Services Forum**

PDP provided written and verbal reports/feedback on all meetings attended as EVOC Older People's Services Forum representative to other Voluntary Organisations working with older people in Edinburgh.

**A City for All Ages (ACFAA) / Today & Tomorrow Task Group** ACFAA is the CEC City Strategy for Older People in Edinburgh and Today & Tomorrow Task group oversees minority ethnic elder's needs in relation to current Strategies & service provision. PDP worked in partnership with both groups over the year and provided inputs and support with seminars.

### **CEC Strategic Development Group (SDG) – Older People**

PDP attended SDG meetings in 2010/11 and provided feedback as an EVOC Older People's Forum representative.

### **NHS Community Health Partnership – Public Patient Participation Forum**

PDP attended PPF meetings throughout 2010/11 to raise health related issues/problems for local older people. PDP helped raise concerns at the PPF on behalf of local older people re Podiatry services in the area. This led to the development of Podiatry Health Education Sessions. PDP worked with NHS Lothian and Care for Carers to develop 'self help' footcare sessions/work shops in August and November 2010.

**Climate Challenge Fund - Fuel Poverty/ HEAT initiative**

Pilmeny Development Project (PDP), NEECAG older people's forums, Changeworks and Care and Repair Edinburgh undertook a Community Consultation with older people and their carers in North East Edinburgh in 2009/10, which identified concerns about their high energy use, lack of awareness of how to reduce their carbon footprint, how to avoid fuel poverty and the need to tailor energy efficiency/ fuel billing advice for older people. CCF funding was awarded in 2010/11 to undertake and manage the H(EAT) Project. The H(EAT) project directly helped older people and carers to reduce their energy use by giving them impartial relevant information and advice in their homes. The project concentrated on easy opportunities to reduce their energy use and as a result save money, that were compatible with individual older people's different lifestyle and interests – an approach that is the cornerstone of helping people's behaviour changes.

Despite a number of challenges, the H(EAT) project encouraged older people to install energy efficiency measures and to change to more energy efficient behaviour. An energy advisor trained 9 PDP and Care and Repair volunteers to deliver face-to-face advice and help to over 37 individual older people to understand and control energy usage in their homes. This alone resulted in lifetime Carbon Emission savings of 16.11 (tC) and a financial saving of over £18,471. A further 192 older people and carers received energy efficiency information and advice through large and small scale community based activities. The H(EAT) Project partnership provided a unique approach which allowed older people and their carers in North East Edinburgh to engage with energy saving. The H(EAT) project has also resulted in a range of additional environmental, economic and social Impacts for older people and carers in North East Edinburgh. It is hoped a lasting legacy of this work will be achieved through the publication and dissemination of this report which we hope will ensure improved awareness of service providers of older people and carer concerns around carbon footprint reduction and fuel poverty. Copies of the Feasibility study: 'Project H(EAT) Report; Community Consultation/ Feasibility Study on Uptake of Energy Efficiency Measures with Older People & Carers in North East Edinburgh' and the Evaluation report; 'Project H(EAT) Report; Energy Efficiency and Fuel Billing Advice Pilot Project with Older People & Carers in North East Edinburgh' are available on our website:

[www.pilmenydevelopmentproject.co.uk](http://www.pilmenydevelopmentproject.co.uk)

**Partnership Working / provision of information, advice**

Over and above all the other work, PDP also developed partnership working, provision of information, advice, practical support on direct service provision, strategic and Community Planning issues to over 45 local voluntary, statutory agencies and individuals working with older people and carers in 2010/11

PDP was asked to provide help, information and support over the year to many agencies and individuals. These included: LGBT Age, NESTA, Caring Memories, Northfield older People's Project, Alzheimer's Scotland, Calton Welfare Services Project and many more!

**See Older Peoples Showcase of Events overleaf.....**

## **SHOWCASE OLDER PEOPLES EVENTS -**



**Drop In**



**NEECAG Portobello New Year Party**

**Mens Cooking Group**



**Mens Group Outing**



**T Dances**



# Work with Adults

Community Worker/  
Manager

ANNE MUNRO

# **WORK WITH ADULTS**

**ADULTS**– the overall strategic aim is to improve the range and provision of services for and with adults which enables them to meet their social, health, educational and recreational needs and improves the quality of their lives

## **Objective 3.1**

**Provision of support, help and advice on use of office resources/equipment**

## **Objective 3.2**

**Provision of information/advice and support, making referrals to other agencies (where possible). Information will be updated and details of queries/outcomes will be maintained.**

2010/11 saw an increase of over 26% callers to the Project.. There were 660 requests for use of office resources (mainly the Community Computer and photocopier facility) and with the refurbishment of No 15 Buchanan Street we have seen a massive increase in the Lets from 257 to 802!

**(See Summary breakdown of Office Statistics overleaf and see also 2.1 Older People) .....**

**SUMMARY OF OFFICE STATISTICS FOR 2010 -11**

| Year  | 2010/11     | 2009/10     | 2008/09     | 2007/08    | 2006/2007  |
|---|-------------|-------------|-------------|------------|------------|
| <b>TOTAL CALLERS TO OFFICE</b>                    |             |             |             |            |            |
| Morning   | 617         | 402         | 420         | 410        | 356        |
| Afternoon / evening                               | 1018        | 805         | 654         | 469        | 379        |
| <b>TOTAL</b>                                      | <b>1635</b> | <b>1207</b> | <b>1074</b> | <b>879</b> | <b>735</b> |
| <b>TYPE OF CALLER TO OFFICE</b>                   |             |             |             |            |            |
| Youth   | 59          | 45          | 75          | 56         | 41         |
| Elderly   | 162         | 147         | 131         | 109        | 136        |
| Ethnic (elderly)                                  | 32          | 63          | 35          | 17         | 36         |
| Local Group                                       | 580         | 365         | 325         | 374        | 298        |
| Public  | 430         | 420         | 360         | 168        | 89         |
| Agencies  | 372         | 167         | 148         | 155        | 135        |
| <b>TOTAL CALLERS</b>                              | <b>1635</b> | <b>1207</b> | <b>1074</b> | <b>879</b> | <b>735</b> |
| <b>REASON FOR VISIT/CALL</b>                      |             |             |             |            |            |
| Housing Council Tax                               | 3           | 40          | 19          | 24         | 46         |
| Health  | 15          | 35          | 28          | 26         | 39         |
| Finance / Pension                                 | 10          | 29          | 27          | 30         | 48         |
| Agencies /Info                                    | 56          | 89          | 59          | 55         | 76         |
| Information/Referral/other                        | 89          | 123         | 96          | 67         | 59         |
| Office Resources (see below for office resources) | <u>1462</u> | <u>888</u>  | <u>845</u>  | <u>677</u> | <u>467</u> |
| Photocopier                                       | 225         | 220         | 162         | 196        | 97         |
| Computer  | 375         | 354         | 360         | 176        | 48         |
| Telephone   | 10          | 12          | 10          | 6          | 10         |
| Meeting Room                                      | 40          | 30          | 20          | 12         | 6          |
| Dark Room   | 0           | 0           | 0           | 0          | 0          |
| Borrow Equip                                      | 10          | 15          | 8           | 19         | 8          |
| Lets for 15 Buchanan Street                       | 802         | 257         | 285         | 268        | 298        |
| <b>TOTAL QUERIES</b>                              | <b>1635</b> | <b>1207</b> | <b>1074</b> | <b>879</b> | <b>735</b> |

**Objective 3.3**

Management and development of premises at No 15 Buchanan Street as a Community Resource

**PROGRAMME FOR NO 15 BUCHANAN STREET**

APRIL 2010 – MARCH 2011

| <b>DAY</b>       | <b>MORNING</b> | <b><u>AFTERNOON</u></b>  | <b>EVENING</b>   |
|------------------|----------------|--|--|
| <b>MONDAY</b>    |                | <b>Pilmey Positive Health Womens Group</b> (weekly)<br>(75% participation older women)     | <b>Tenants Residents Social Group</b><br>(run by older people)   |
| <b>TUESDAY</b>   |                | <b>OAP's 50+ Drop In</b><br>(weekly)   | <b>Port of Leith Housing Assoc Boundary Square meetings</b><br><b>PDP Management Comm Meetings</b><br>(6 weekly) |
| <b>WEDNESDAY</b> |                | <b>Mens 50+ Health &amp; Wellbeing Group</b><br>(weekly)                                   | <b>Tenants Residents Social Group</b><br>(run by older people)   |
| <b>THURSDAY</b>  |                | <b>50+ BME Handling box sessions</b><br><br><b>NEECAG Management Meetings (bi-monthly)</b> | New Spin Sessions<br><br>LOSP Sessions   |
| <b>FRIDAY</b>    |                | <b>Diversional Youth groups</b><br><br><b>NEECAG/ 50+ Intergenerational meetings</b>       | <b>Youth Cafe</b>  |
| <b>SATURDAY</b>  |                | <b>ADT Group Meeting LGBT</b> (monthly)<br>(75% of participants 50+)                       |  |
| <b>SUNDAY</b>    |                | <b>Girls resource work/session</b><br>( meeting quarterly)                                 |  |

**USAGE OF NO 15 BUCHANAN STREET BETWEEN  
APRIL 2010 – MARCH 2011**

| <b>DESCRIPTION</b>                        | <b>No of Lets</b> | <b>No of Users</b> | <b>TOTAL Users</b> |
|---|-------------------|--------------------|--------------------|
| <b><u>OLDER PEOPLE</u></b>                |                   |                    |                    |
| Drop In – local older people              | 48                | 338                |                    |
| North East Edinburgh Care Action Groups   | 2                 | 24                 |                    |
| Ageing Well Sessions                      | 2                 | 12                 |                    |
| Caire Project                             | 12                | 120                |                    |
| Mens Health Wellbeing Group               | 48                | 576                |                    |
| Steering Group (Older men)                | 2                 | 20                 |                    |
| Intergeneration/NEW Spin                  | 23                | 184                |                    |
| Advocacy joint Meetings                   | 3                 | 32                 |                    |
| Project Heat                              | 2                 | 24                 | 1330               |
| <b><u>MINORITY ETHNIC COMMUNITIES</u></b> |                   |                    |                    |
| Milan (older Asian) Management Meetings   | 2                 | 45                 | 45                 |
| <b><u>YOUNG PEOPLE</u></b>                |                   |                    |                    |
| Youth Café                                | 5                 | 55                 |                    |
| Staff/Training/Management Meeting         | 4                 | 32                 | 87                 |
| <b><u>LOCAL RESIDENTS</u></b>             |                   |                    |                    |
| Womens Group                              | 25                | 260                |                    |
| Spiritualist Group/Social evenings        | 96                | 1440               |                    |
| Leith Central Community Council           | 2                 | 36                 |                    |
| PDP Management Committee/S/W              | 8                 | 80                 |                    |
| ADT Group                                 | 12                | 240                |                    |
| Port Leith/Boundary Square Meetings       | 3                 | 45                 |                    |
| Girls Resource Group                      | 2                 | 30                 |                    |
| Council Meetings/Leith Partnership        | 11                | 99                 | 2230               |
| <b>TOTALS</b>                             | <b>807</b>        |                    | <b>3692</b>        |

**Let Fees raised = £2740**

**Objective 3.4****By running Pilmény Positive Health Group for Women  
Pilmény Women's Positive Health Group**

Pilmény Women' Positive Health Group continued to meet throughout 2010/11. The Group is a very lively and friendly whose membership is at 20 local older women whose ages range from 55+ to over 70 years. This year the group had a total of 276 attendances, with an average of 9 individual older women attending each session. The group undertook a Women's Health & Wellbeing action research initiative was undertaken in 2009/10 and a Report was produced in 2010 which is available on PDP website. It highlighted local women's concerns and issues in Leith as well as the need for this type of group to continue.

They have explored ways of enhancing their health and well-being have including the following: Massage; stress busting techniques; gentle exercise; Thai Chi; relaxation and guided visualisation. In addition, there were speakers on many topics, visit to Dr Neils Garden, trips to Biggar, intergenerational trips, etc. These activities are just as important to mental and emotional well-being as they stimulate discussion, new learning and sharing experiences.

The group has many benefits for the participants, offering an opportunity to socialise and give and get 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. Thanks must go to Susan Watson and Parveen Haider (volunteers) who have been a huge help to the success of the group – but also thanks to all the women who have participated over the year!

An example of the evaluation undertaken includes the following comments:

*“Please keep Group going – we all love the Women's Monday Group and look forward to meeting up with each other.”*

*“I come rain or shine every week – love it!”*

*‘Being in the company of other women lifts my spirits’*

*‘Relaxation tape helps me unwind – I look forward to the Group each Monday’  
‘long may the club continue!’*

### **Objective 3.5**

**By attending meetings of local groups and organisations and carrying out other work/tasks as appropriate.**

PDP participated in a wide range of additional work in 2010/11 including: provision of support to local groups e.g. Leith Central Community Council, VOLT (Voice of Leith together) Voluntary Sector, Edinburgh Leith Festival, Lothian Community Health Projects Forum, Leith Adult Learning Network, Port of Leith Housing Association, Leith Neighbourhood Partnership, as well as provision of student placements.

### **Stop press!!!!**

In March 2011 PDP was fortunate to successfully gain funding (with the help of Volunteer Centre Edinburgh!) to enable us to register with Investing in Volunteers (IiV) – which is the UK quality standard for all organisations which involve volunteers in their work. PDP will spend the next few months working towards this award. It should benefit PDP in the following ways:

- To improve the effectiveness of our work with volunteers in a structured way (and hence maintain or improve the service to users and/or supporters).
- To compare PDP volunteer practices against a recognised standard.
- To increase support from people within PDP for our volunteer programme.
- To encourage more people to volunteer - people will feel more encouraged to volunteer for an organisation that strives towards managing volunteers well.
- To sustain our existing volunteers' motivation and enhance their experience of volunteering.
- To enhance PDP's reputation in the local community.
- To reassure funders that PDP is professional and that their money is being well spent.
- To draw to the attention of PDP's decision makers the need for more effective volunteer management.
- To minimise any potential risks arising from the involvement of volunteers - either to volunteers themselves, and/or to PDP and its users/supporters.
- To achieve the Investing in Volunteers Standard which allows PDP to publicly demonstrate its commitment to volunteering

Thanks must go to the following volunteers for their invaluable help and support over the past year:-

Alex Simpson  
Roger Clark  
Walter Dods  
Suzanne Diaz  
Ryan McKay  
Joan Robertson  
Louise Ferguson  
Haz Hywell  
Andy McLaren  
James Blair  
Nikki Miller  
Joe Hodderism  
Fizz Logie  
Suzanne Mackie  
Catherine McRobbie

**See Showcase of some of our adult work overleaf.....**

**SHOWCASE OF SOME OF OUR ADULT WORK ....**



Womens Group Evaluation Session



Leith Central Community Council



Intergenerational Trip



Pilmeny Youth Centre / Pilmeny Development Project Leaflet Launch

Finally, thanks to all the residents of the Lorne Area who have worked with Pilmeny Development Project over the last twelve months – without the time and effort given by many, purely on a voluntary basis, the work of the Project would be impossible –

**THANK YOU ALL**

If you require any help or further information on the work of the Pilmeny Development Project please do not hesitate to contact us.

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Office hours – The Pilmeny Development  
Project is open to the public  
Monday – Thursday – 8.30am – 1.00pm

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