



Pilmeny Development Project

Annual Report 2019 - 2020



Company Limited with Guarantee SC188129





Pilmeny Development Project ANNUAL REPORT 2019 - 2020

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INTRODUCTION



THE PROJECT

Pilmeny Development Project (PDP) has been operating in the Leith Walk/Leith Wards of Leith since 1979. It is managed by local residents and is partly funded by the City of Edinburgh Council and through its own fundraising efforts. It employs two community workers (1 full time manager and one part time youth development worker), a part time administrator (20 hours) and a part-time bookkeeper (8 hours).

In addition, in 2019/20, PDP employed a part time worker for North East Edinburgh Older Men's Health & Wellbeing Project, a part time development worker for Leith Timebank Project, 2 part time workers (17.5hrs each -Job Share) for PDP Older People Service's Project, along with sessional Youth work staff.

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 Pilmey Development Project (PDP) Annual Report for 2019 /2020 - our 41st year.

I hope you will enjoy reading about our work over the last year. Our **key achievements in 2019/20** in furthering our charitable aims included:

Provision of services and activities for over **2,640** local people of all ages old and young throughout Leith and NE Edinburgh

- Recruitment and support to over **85** volunteers.
- Provision of youth clubs, intergenerational activities and holiday provisions for over **475** local children and young people aged 7 -18 years
- PDP Older People's Services Project supported 3,766 socially isolated local older people and carers
- Leith Timebank now has 188 members providing much needed help and support
- For every £1 of CEC funding **PDP leveraged in over £1.57** additional matched funding in 2019/20 and means we provide excellent value for money!

We have faced many funding challenges during the last year.

I am delighted PDP was able to reconfigure and find 12 months funding to continue our much needed Older People's services Project which reduces social isolation and loneliness experienced by local older people, particularly those who are unable to get out of their own homes. We are now trying to find sustainable funding options to continue this work in 2020/21 – so will be working hard to raise the funds needed!

Our funding challenges also included seeking further funding from CEC for our Youth work provisions and I am delighted to report that this has been successful (as at May 2020) – so we look forward to this work continuing in 2020/21 and beyond.

I hope both the funders and you will see from this report that Pilmey Development Project contributes so much to vulnerable members of this community, that all of you will support us to continue to be able to provide these much needed services and activities in this area of Leith.

STOP PRESS:

Lockdown due to Covid-19 happened during the last 2 weeks of 2019/20

PDP is delivering alternative services in line with government guidelines. Emergency and resilience funding has been sought and awarded in order to provide much needed services in this emergency situation.

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 Amy McNeese-Mechan, Cllr Robb Munn, Cllr Susan Rae and Cllr Lewis Ritchie.

Thanks also must go to Ben McPherson MSP and Deirdre Brock MP, who provided support which is both invaluable and much appreciated!



I would also like to personally thank my fellow **Committee Members** - Walter Dods, Bruce Heil, Sophie Marshall and Joan Maclellan, who give so much of their time to manage Pilmeny Development Project overall. Please accept our warmest thanks and gratitude for all your hard work in 2019/20!

The success of the Project is also due to the **staff and volunteers** – Anne Munro, Claire O'Brien, Mary O'Connell, Margaretann Farquharson, Arthur Cockburn, Gita Filipova, Lynne Maughan, our youth work sessional staff.

Thanks also must go to the local groups and agencies with whom we work.

But it is our brilliant **volunteers**, (there are too many to mention individually) we need to offer special thanks...we really appreciate all your hard work, dedication and enthusiasm. You helped us to undertake and achieve an amazing amount of work over the last year with minimal resources...well done!

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 our work, joining the Management Committee or to become a volunteer or would simply like to more information about Pilmeny Development Project do not hesitate to contact the Office.....we would love to have your help!!!!

MANAGEMENT COMMITTEE

for the period 2019 – 2020



Chairperson: Phil Attridge
Vice Chair: Sophie Marshall
Secretary: Joan MacLellan
Treasurer: Walter Dods
Committee Member: Bruce Heil



Ex officio:
Councillor Amy McNeese-Mechan,
Councillor Susan Rae,
Councillor Lewis Ritchie,
Councillor Robb Munn (from April 2019)



CEC link workers:

CEC Children & Families –
Caroline Lamond (Jan 2019 to present)
and CEC Health & Social Care



Staff Members:

Anne Munro (Manager/Community Development Worker – Older People)
Claire O'Brien (Youth Development Worker - Children and Young People – part time)
Gita Filipova (part time administrator – from March 2018)
Arthur Cockburn (part time book keeper)
Mary O'Connell (part-time Leith Timebank development worker and job share
PDP Older People's Services project worker)
Margaretann Farquharson (part-time job share PDP Older People's Services project worker)
Lynne Maughan (volunteer cleaner)

Part time sessional youth work staff:

Louise Ferguson, Alex Callaghan, Steven Drew, David McGuire, Jemma Eveleigh,
Nicola Hutchison, Bailey McKail

It is with great sadness we report the untimely death of John Marr in March 2020, who was our 1st Youth worker when the project started in 1979. He will be much missed – our sympathies go to his family



**Pilmeny
Development
Project**

Key achievements – Summary 2019/20



For every **£1** of CEC funding
PDP leveraged in **£1.57** additional /
matched funding in 2019/20.



More than **2,640** older & younger residents
and **85** volunteers were directly involved in
PDP activities in 2019/20



PDP exceeded or met all the targets and
outcomes set by City of Edinburgh Council
and had 95-100% user satisfaction level
in 2019/20

PDP also managed NE Edinburgh LOOP Project (Local Opportunities for Older People) and Leith Timebank in 2018/19

**PDP Older Peoples
Services Project
Supported over**

3766

**Older People and carers in North East
Edinburgh** through information
provision, inreach service, “Discover”
Magazine and social activities.



LEITH TIME BANK
PART OF THE EDINBURGH **timebanknetwork**

Leith Timebank
Worked with over **188**
**local older people &
carers** in 2019/20



Key Achievements - 2019/20

More than **2,640** older and younger local residents, local groups, organisations and **85** volunteers were directly involved in PDP activities during 2019/20.

In addition, PDP Older People's Services Project supported **3,766** socially isolated local older people and carers and 188 Leith Timebank members provided much needed help and support.

Young people

- PDP continued to develop the provision of youth clubs, intergenerational activities and holiday provisions for over 475 local children and young people aged 7-18 years in Leith Walk and Leith areas.
- Further development of PDP /Leith Early intervention Project (LOSP) - a diversionary project and street work with for over 90 'hard to reach' young people at risk of offending.
- Partnership working with a Leith and St Mary's Primary schools to develop work with over 71 Primary pupils including development of specialist provision for children with ASN (additional support needs)
- Involvement of over 50 young people in Intergenerational work
- Development of a new specialist Girls Health & Wellbeing project involving 47 girls in the Leith area in 2019/20.

Older People

- PDP Older Person's Project developed the provision of services opportunities and intergenerational activities for over 3766 local older people and carers in Leith Walk, Leith and NE Edinburgh Locality. This work targeted socially isolated, housebound older people in NE Edinburgh through the provision of 'information stations' and an 'in reach' service for housebound older people in NE Edinburgh.
- Development of NE Edinburgh Older People's Service Providers Network (a multi agency Network for those working with older people in North East Edinburgh). Over 155 agencies and service providers were involved during 2019/20.

- Development of a new Intergenerational Project in partnership with Zero waste Leith involving over 30 pupils from St Mary's primary schools and 20 older people in Manderston court sheltered housing complex resulted in the production of a toolkit.
- Development of Leith Timebank, (which has a focus on older people). Timebanks there are over 188 local members of Leith Timebank in 2019/20 along with 12 Local Agencies and Groups. Over 639 'exchanges' and 159 social/group activities took place, with over 873 hours exchanged during 2019/20.
- Coordination of a NE Locality multi agency event & Tea Dance at Hibs Football Stadium, for over 200 local older people, as part of Older People's Week in October 2019.
- Continued development and support to: NE Edinburgh Older Men's Health and Wellbeing Project; two Older Peoples Forums - North East Edinburgh Care Action Group (NEECAG) in Leith & Portobello; Pilmeny Older Women's Health & Wellbeing Group, a weekly 50+ drop in provision (involving over 250 older people and carers directly and indirectly) and support to other local voluntary organisations/groups providing day opportunities and services for local older people and carers.
- Continued development of 'New Spin' Intergenerational Project (in partnership with Citadel Youth Project) which involves over 40 local older and younger people.

Adults

- Pilmeny Development Project provided information/advice and access to local meeting /activity rooms and equipment to local residents and groups.
- PDP has continued to develop its work with volunteers, in line with achieving its 'Investing in Volunteers Award' which is a nationally recognised award that recognises PDP has attained the required standards and quality in its work with volunteers. Over 85 volunteers contributed 4346 hours of volunteering time to support all aspects of PDP work during 2019/20.
- PDP continued to work with Police Scotland as part of their 'Keep Safe' initiative. PDP is a 'Keep Safe' point for vulnerable local people and continues to be a local 3rd Party Reporting Centre.
- A range of Partnership work was undertaken throughout 2019/20 with many agencies including: Ageing Well, Living Memory Association, Citadel Youth Centre, YMCA, EVOG (Edinburgh Voluntary Organisations Council, Inspiring Leith Project, CEC NE Edinburgh Locality Group, Lochend Neighbourhood Centre, Calton Welfare Services Project, MECOPP, Milan (SWO) and POLHA.

FINANCE REPORT 2019 - 2020



The Project generated a modest surplus of £ 4,211 in 2019/20, with office savings continuing to be made by the Project. PDP itself, is a small voluntary organisation and still has limited required resources to fall back on, but these cannot be utilised indefinitely.

The Accounts continue to be illustrated in a different format due to the introduction of FRS (Financial Reporting Standard) 102, which has led to the recognition of the Pension Past Service Deficit, currently faced by Pilmeny and other affected voluntary organisations. This Deficit has improved in 2019/20, although the Board is still reviewing their options with regard to reducing or eliminating this deficit.

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 Creditors, Pension Liability and Restricted Funds) and fortunately, unlike some other groups, we are above this target due to surpluses carried forward from previous years. We are retaining £ 27,573 Creditors, £ 36,231 Pension Liability and £ 43,560 of Restricted Funds which we hold and manage on behalf of other groups with most of these funds expected to be utilised in 2020/21.

With the scope continuing to diminish for income generating measures and cost cutting practices, the Project will have to manage it's financial situation even more closely throughout 2020/21 and beyond. It is again disappointing that the City of Edinburgh Council has not managed to raise the grant levels to take account of rising inflation, staff cost of living increases and increasing pension auto-enrolment contributions, making our task of balancing our budgets increasingly challenging. Every effort will continue to be made in 2020/21 by Pilmeny Development Project Board and Staff to attempt to address these issues.

WALTER DODS/ TREASURER

ARTHUR COCKBURN / BOOKEEPER

**ANNUAL AUDITED ACCOUNTS
FOR 2019/20 AT END OF THIS
ANNUAL REPORT**

FUNDING & FUNDRAISING

The work of the Project would have been impossible without the financial support of the Funders and Trusts in 2019/20 to whom we are very grateful and who include:

- Cashback for Communities
- CEC Holiday Activity Fund
- CEC Physical Activity Grant
- CEC Choose Youth Work Grant
- CEC (EIJB/Health & Social Care)
- CEC (Children & Families)
- Hibs GameChanger (NHS Lothian)
- Leith Chooses
- Leith Benevolent Association
- LAYC Micro Grant
- One City Trust
- POLHA Community Trust
- Ponton House Trust
- Scottish Government – Fair Food Scotland Fund
- **Individual Fundraising efforts by local individuals and groups**



From us all at Pilmeny Development Project



WORK WITH CHILDREN AND YOUNG PEOPLE

The overall strategic aim is to improve the range and provision of services for and with children and young people which promotes their well being and enables them to develop their capabilities.



Claire O'Brien - Youth Worker

OVERVIEW

2019/20 saw a number of changes including a rise in numbers within all the clubs and holiday provision, resulting full capacity. We adapted our club ages, following consultations with young people to addressing their needs within the community. We reached out and developed stronger relationships with professionals such as local community police officers, Leith Primary School, Crew 2000, The Junction, YMCA, Citadel Youth Centre, Inspiring Leith, Destiny's Angels, Fast Forward, Edinburgh Recovery Activities to name a few.

We continued to attract young people from BAME communities and those with learning difficulties. This year presented challenges with the changes within clubs and continued high attendance while working with reduced funding levels. We are developing ways to overcome this through additional fundraising. In addition, 3 of our LOSP members, 4 of our Intermediate members have now become young volunteers which contributed so much to the younger clubs.

In total, we engaged with 426 young people through carrying out 148 sessions, 82 of those young people with Additional Support Needs (ASN) and 103 of those from BME community in 2019/20.

We continued to provide wide range of activities and opportunities for local young people including:

- Continued provision of PDP youth clubs, intergenerational activities and holiday provision for over 426 local children and young people aged 5 -17 years in Leith Walk and Leith area.
- Further development of Leith Early intervention Project/ Pilmeny (LOSP) a diversionary project for 'hard to reach' young people at risk of offending.
- Participation in CEC Leith Youth Work co production developments
- PDP youth development worker has developed stronger relationships with parents and professionals including social workers, enabling us to provide a more joined up and holistic approach to better meet the needs of local young people
- A new partnership was established with Leith Primary School, which involved two key areas of work. PDP provided 1-1 support service for young people within the school and developed a targeted after school provision for young people with ASN.
- In addition to this, we were also awarded funding through CEC Choose Youth Work funding to develop a new girls health and wellbeing group, addressing an unmet need identified through PDP research with local girls.

To develop and maintain quality provision for children aged 5-8 years (P1-P4)

PDP provides weekly youth club sessions based at PDP Resource Centre in Buchanan Street. The **Junior Youth Club** runs on a Tuesday evening from 5pm – 6.30pm. We ran three blocks of 10 weekly sessions during School Term time in 2019/20. The club was advertised on PDP website, via local primary schools and posters in the local community. The past year has been a very positive one for the Junior Youth Club with over 69 young people taking part.

April – June 2019 term saw lower numbers than previous term due to a number of young people moving up to the higher age group. This term involved a science session, gala day costume making sessions, cooking sessions, outdoor play sessions, scavenger hunt and self-portrait art activity. The set-up of the club included a healthy snack, hall sports games, general art activities and chill out room. We also provided an additional 1:1 specialist service for 3 young people who required extra emotional support.

September – December 2019 term saw us moving the junior club from Pilmeny Youth Centre to PDP Resource Centre. This change saw more structure being implemented and a more targeted approach to integrate young people with ASN's which proved successful. Sessions included autumn crafts, Halloween crafts and party, bonfire night crafts and how to keep safe, fruit kebabs, pitta bread pizzas, games night, Christmas crafts and Christmas party.

January to March 2020 saw a continued success of slightly younger age group and more structured and tailored space at PDP Pilmeny Resource Centre. Sessions included: Chinese New Year crafts, valentines peg bug craft, film night, pancake decorating, sports night and Easter baking. NB: We had a reduced number of face to face sessions from mid March 2020 due to Covid19 lockdown. However online and telephone contact was made with all families and young people to support them through the pandemic.

To develop and manage quality provision for children aged 9 – 12 (P5 – S1)

PDP provides weekly **Intermediate Youth Club** sessions for children aged 9– 12. These sessions are held in the Pilmeny Resource Centre at number 15 Buchanan Street on Wednesday evenings, during Term time from 6 – 7.30pm. Young people are given the opportunity to socialise with their peers in a safe and comfortable environment. Over the past year PDP has interacted with over 78 young people.

April to June 2019 term saw steady numbers and good attendance to the point that were at capacity and have a waiting list for Intermediates. We carried out 2 outdoor sessions at Dalmeny Park as there were high volumes of anti – social behaviour with this age group. This did help to dissolve the issues while we were present. We also carried out a workshop surrounding bullying and cyber bullying. We carried on providing a 1-1 service for young people who require emotional support as it was still a key issue for some.

September – December 2019 was a very busy term with high numbers and high levels of need from ASN young people. Staff had discussions to move young people to LOSP in order to manage sessions better. The complex needs within the group required extra attention and as a result of this we implemented the following: buddy systems, visual timetables, compliments session, appreciation session, team building and a 'who am I' workshop. This enabled the young people to cope and feel safe in the environment. Overall this group has developed over

the past 6 months and will continue to do so in the next financial year. We carried several workshops during this term which worked really well we explored alcohol, race, sexual health, self-esteem and stereotypes. Sessions included STEM science sessions, building forts, pumpkin carving, Halloween party sparklers and fire safety, games night, Christmas crafts and baking and end of term party.

January to March 2020 saw steady numbers and new young people settling in well moving up from junior club. Sessions included: Chinese New Year crafts, poem recital, pancake making, games night, relationships workshop, fruit kebabs, we gave out emergency supplies to young people as face to face work had to finish early due to Covid 19 lockdown in mid March 2020.

To offer a School Holiday Programme for young people 12 – 15 yrs and children 7-11 years

PDP developed an **Easter Holiday Provision** during April 2019 for over 57 local children and young people. PDP provided a 5 day provision running daily from 10am – 4pm. Each session began with breakfast and free play with structured activities to follow the remainder of the day. Activities included: crafts, visits to local parks, egg decorating, raft building, baking, scavenger hunts, board games, sensory play and much more.

PDP developed a **Summer Holiday provision** over 8 weeks between July and September 2019 for over 83 local children and young people, which were all at full capacity. Activities included: 4 summer fun days, wonder world soft play, arts and crafts day, Blair Drummond safari trip and Portobello beach day. We also had 4 sessions for ages 10 + which included the following activities: Cinema trip, Gravity Trampolining, paintballing and Edinburgh Fringe Trip. In order to engage our LOSP young people we carried out 4 youth cafés which included a drop in and visits to the park to do outdoor games. All were well attended and feedback was that it was a great variety of activities and spreading them out across the 8 weeks enabled all young people to attend some of the sessions as many go to visit family or holidays etc.

To work collaboratively with other agencies to build local capacity for meeting the needs of children & young people as per the Community Planning priorities for Leith

PDP is strongly committed to partnership and multi-agency working as a means to improve local services and opportunities for young people. Over the past year we have worked hard to ensure that we are up to date on current and local issues. We have worked to strengthen links with other organisations such as YMCA, Inspiring Leith, Citadel Youth Centre, Police Scotland and Pilmeny Youth Centre, Leith Primary School to name a few, in order to share skills and resources as well as continuing to attend local community meetings and networking meetings such as Leith Youth Services Network. Our youth development worker also worked in partnership with NE Youth Development Worker at Citadel Youth Centre to develop participation of PDP young people in CEC and NE locality community planning structures.

To promote the social, health and wellbeing of children and young people through collaborative work in the Leith area

Leith Open Spaces Project (LOSP)

LOSP aims to work with young people aged 13-17yrs, deemed to be 'at risk of anti-social behaviour'. LOSP runs as an informal weekly youth drop-in provision. Throughout 2019/20 we had contact with 79 local young people.

April – June 2019 term was a quieter start to the term than expected with this age group and the better weather. We carried out outreach sessions which allowed us to connect with previous members and to support young people in the community. This saw numbers in the club rise again and we carried out a range of workshops including crime, alcohol, drugs, employability and sexual health. We also carried out a focus group session with Edinburgh Council regarding the young people's views about what services they would like or what they would like to change about current services.

We supported the young people within the NEET category this term as many were preparing to leave school but had not made decisions about what they would like to move on to.

September – December 2019 term saw a significant rise in the numbers of young people attending LOSP and an increase in the older members (who had been engaging in anti – social behaviour) re engaging, which gave us the opportunity to work with them on safe choices and carry out a number of workshops around Drugs and alcohol, sexual health, CV writing, Edinburgh Leisure, healthy relationships, college applications and age of consent issues. There was also a healthy eating element to this term enabling us to teach the young people basic cooking skills making toasties, smoothies, milkshakes, lasagne, burgers and pasta dishes.

January to March 2020 term saw a shift up until February break where we continued to work with the older age young people (15-18 years). They had begun to move on to jobs, college and work. There was then a transitional period for a move of some of the young people (12-15yrs) out of PDP Intermediate club to LOSP group. This worked really well and we carried out a variation of workshops and activities including: Pancake making, sexual health workshop, arts and crafts, alcohol workshop and healthy relationships workshop. The sessions finished mid March 2020 due to Covid -19 but we continued to provide online and telephone support to LOSP young people and families.

New Areas of Key Youth Development Work

Leith Primary School Additional Support Needs After School Provision

PDP were approached by the head teacher at Leith Primary school as there was a gap in provision and a need for a group which would target young people who were not engaging or struggling to engage in mainstream youth services. The After School group ran on a Monday Afternoon from 3pm – 5pm within Leith Primary (September 2019 – June 2020). The group consisted of 13 young with profound ASN's who are not accessing any other services due to barriers. Each young person had an individual plan and routine tailored to their needs. It took a few weeks to form and create a structure, as this was a new concept for the young people and staff. The sessions involved following a visual timetable to create routine within the group - essential in order to keep the young people safe and happy.

Group activities included: sensory play, singing, making musical instruments, making sensory toys, water play, dancing, yoga, arts and crafts, Lego challenges, sensory stories, parachute games and outdoor play, scavenger hunts and Christmas party. The young people were really starting to adapt to youth work model, but we unfortunately had to finish early due to Covid-19 lockdown in mid March 2020. We are still providing remote support including sensory packs to create a safe space within the home and online video contact where appropriate.

PDP 1-1 Emotional Health Provision in Partnership with Leith Primary School

PDP were also approached by Leith Primary school to address the need for 1:1 emotional health support for young people within the school that a youth work approach would be more beneficial than a formal approach.

October to December 2019 saw PDP Youth Development Worker carrying out two 1:1 sessions (1 hour each) per week, with 1 young person. This was really successful and we explored areas such as relationships, confidence, self-esteem, resilience, coping strategies and coping tools. This young person now attends PDP youth groups and volunteers 2 evenings a week in other clubs within PDP.

January to March term 2020 - PDP Youth Development Worker held 1:1 session per week on a Tuesday and also carried out 2 small group sessions with 5 young people in each group. Topics included: relationships, confidence, self-esteem, resilience, coping strategies and coping tools. We did not complete this term due to Covid 19 lockdown. However the young people are still receiving continued support from PDP.

PDP Girls Health and Wellbeing Group

PDP Girl's Health and Wellbeing Group was a new area of work developed in 2019/20 through direct consultation carried out by PDP, which identified a need for single gender youth provision within the Leith Ward. The Girls group was held on Thursday afternoons (3.30pm – 5pm) at PDP resource centre. Two groups were held Group one was for ages 6-9 years and Group 2 for ages 10 plus. 41 local girls engaged in both groups, none of whom had accessed a girls group previously.

April to June 2019 saw the first term of our new project for both staff and young people. The structure of the group consisted of collecting the girls from school, preparing and eating healthy snacks, workshop surrounding emotional health and then free time for the girls at the end of the session. The topics covered included: what are feelings and emotions, what the body does when experiencing emotions, coping strategies, bullying and friendships and confidence. The group dynamics settled after a few weeks which was positive as the girls came from different schools and social circles.

September to December 2019 focused on developing emotional health kits and exploring the different senses. Week 1 and 2 surrounded developing their own boxes. Week 3 -7 focused on the senses: taste, touch, smell, sound and see. Each week explored the girls senses that they thought helped to make them calm. We collated all of these and added to their boxes each week. Activities included: making bath bombs, making play lists of favourite music, compliment session, taste tests. The final week was a celebration party where completed

boxes were handed out to take home and certificates presented and party games and food.

November 2019 to March 2020 introduced the group consisting of several different friendship groups from different schools and it posed challenges for the first few weeks. The girls did start to form a good group and friendship which was very positive. A number of the girls had chaotic home lives and as a result their confidence and emotions at times were strained. We carried out a series of sessions in order to support the girls and find ways to cope with difficult emotions. We played self – esteem board game, sexual health workshop, sports and exercise sessions, friendships and respect workshops, international women’s day celebration and making emotional health kits.

The group finished early due to **Covid-19** but support continued to be provided online and by telephone, with which all the girls engaged well.

Intergenerational Work

PDP is strongly committed to intergenerational work and we strive to provide opportunities for local older people and young people to work together. Over the past year the Youth Team has continued to work to develop intergenerational activities including ‘New Spin’ and ‘Generations’ Projects which aimed to increase positive intergenerational relationships and address stereotypes. New Spin is run as a partnership between PDP and Citadel Youth Centre, which runs weekly during term time and includes a wide range of activities. More information on this work is detailed in the Older People’s section of this Report.

PDP Youth Work Staff and Volunteer Team

The PDP youth team has worked very hard during 2019/20 to ensure that we organised and delivered an exciting and varied youth programme both during term time and holidays to all the young people involved. The dedication of the youth team, both sessional staff and volunteers, has ensured that the needs of all young people during the year have been met, despite the funding and resource limitations. Although we have seen some changes in staff and volunteers, it has of course been sad to see them go; we wish them all the best in their future endeavors we are always keen to recruit more volunteers and will continue in our recruitment drive for the coming year!

We would like to thank all our members - children and young people - for their hard work and continued dedication to the success of the youth provision here at PDP and within the local community of Leith. We wish all those who have left over the last year the best of luck for the futurewe couldn’t have done it without you!

See Showcase overleaf of some of the youth work activities throughout the year...

SHOWCASE OF EVENTS 2019/20 FOR CHILDREN AND YOUNG PEOPLE



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 enable them to remain independent and active for as long as possible in the community



Anne Munro, Manager

Pilmeny Development Project aims to reduce isolation and promote participation and inclusion for older people in need of social support. We provided a range of older people's services and activities including Supported Group Day Opportunities throughout the last 12 months. Those based at Pilmeny Resource Centre, 15 Buchanan Street included:

(a) Older Women's Positive Health Group (Mondays)

Pilmeny Women's Positive Health Group is a very lively and friendly with local older women 50+ to over 80 years. In 2019/20 we held 50 sessions an average attendance of 12 older women at each session. (More details of this group are given in the 'Adults' Section of this report)

(b) Drop-in for isolated older people (Tuesdays)

50 'drop in' sessions were held in 2019/20 with over 1000 attendances and an average of 10 older people at each session. The sessions are much appreciated by all the older folk who attend. It provides companionship, activities, a cup of tea and a catch up. Comments from recent evaluations included:

'I enjoy coming to the group and meeting new people'
'I love dropping in to have a blether because I am so lonely'
'If there was no Tuesday group, I'd be lost'

(c) Older Men's Health and Well-being Group (Wednesdays)

This work is more fully reported on later in this report (See pages 35-36)

(d) Short-term course opportunities for local older people

Intergenerational sessions, activity and reminiscence sessions were undertaken throughout 2019/20 and are detailed later in this report. (see pages 26,27, 36 & 37)

PDP delivered Collective Advocacy, Support and Development with local older people throughout 2019/20 in the following ways:

a) Bi-monthly meetings of two Older Peoples' Forums in North East Edinburgh (North East Elderly Care Action Group (NEECAG) Leith & Portobello

The work of both older people's forums is more fully reported on later in this report.(See pages 24 -25)

b) Undertaking two involvement / consultation events for older people each year

Consultation exercises undertaken with local older people throughout 2019/20 included:

- Consultation sessions organised with local older people re Community Transport in 2019 (held as part of CEC Review and new Transport strategy work)
- Consultation sessions with older people were held on Joint Strategy for Policing (2020) Policing for a safe, protected and resilient Scotland
- Organised older peoples sessions in August 2019, to contribute to Scottish government consultation on Falls and Fracture Prevention Strategy for Scotland, 2019-2024
- We organised older peoples engagement in Scottish Government Health and Sport Committee inquiry looking at the future of Primary Care in Scotland - What does primary care look like for the next generation? (May 2020)

c) Supporting the activities of the EVOC Older People's Service Providers Forum

PDP attended meetings throughout 2019/20 and provided inputs to EVOC Older Peoples Service Providers Forum and NEECAG Older Peoples Forums in Leith and Portobello.

Outcomes of this work included:

- Reduced isolation, increased participation and inclusion for older people in need of social support.
- Older people, their carers had greater opportunities to develop/take part in Lifelong Learning activities/Community Planning developments in Leith & NE Edinburgh and fed into the strategic level of Community Planning in line with their identified needs.

PDP provided Support and Management of local Community Connections related work.

1. PILMENY DEVELOPMENT PROJECT OLDER PEOPLE'S SERVICES PROJECT

Background: PDP developed North East Edinburgh LOOP Community Navigator Project between 2014-2019. At the end of the project funding period, PDP had identified additional gaps in services for older people in North East Edinburgh.

To address this unmet need, PDP developed its **Older People Services Project** which began in April 2019. The **vision** for Pilmeny Development Project Older People's Services Project (OPSP) is to deliver a service that will prevent deterioration in health and wellbeing and reduce the overall impact of social isolation and loneliness experienced by older people, through preventative engagement in their local community.

PDP Older People's Services Project aims to build on existing infrastructures by:

- 1) Increasing the availability and visibility of information relevant to older people and their carers
- 2) Improving communication between the community and local services
- 3) Engaging with vulnerable, 'at risk', socially isolated older people in their own homes.

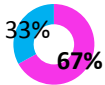



Margaretann Farquharson and Mary O Connell are employed (job-share) 17.5 hours each per week = 35 hours, with management support provided by Pilmeny Development Project (PDP).



Activities and Key Achievements/Outputs In the reporting period April 2019 – March 2020

- **Provided support to 3766 Older People and Carers in North East Edinburgh, through information provision, inreach service, “Discover” Magazine and social activities.**
- Recruited and supported 25 volunteers (**10** volunteers are 65+) who contributed **507.5** volunteer hours during the reporting period.
- Held 51 information stations, providing 2723 pieces of information to **1074** older people and carers, with an additional **43** office enquiries. PDP OP Service ran 2 information stations as part of the Community Pharmacies and Third Sector Health Promotion Project.
- Development of 2 “Discover” Magazine to provide information about local groups and services for local older people in NE Edinburgh and citywide and distributed **2000** copies
- Identified over 900 activities, groups and services available for older people in NE Edinburgh Locality and has produced a local database which is available via PDP website
- Organised and delivered 31 social activities with **465** older people/ carers participating
- Held 22 NEECAG meetings, with 350 attendees and **112** members
- Received **62** referrals, with 55 older people either completing or receiving the inreach service, with 91 home visits with numerous follow-up phone calls.

Statistics re PDP Older People Service Project Users:

<p>Gender</p>  <p>33% Female 67% Male</p>	<p>Supported 185 carers.</p> <p>We believe the number of carers we have supported is higher than this – 185 people have disclosed they are carers.</p> 	 <p>Supported approx. 75-90 older people from BME Communities.</p>
 <p>7 people identify themselves as LGBTQ to NE LOOP Community Navigators.</p>		

ACTIVITIES:

Pilmey Development Project Older People’s Services Project key activities and services include:

1) Increasing the availability and visibility of relevant information

- a) Provision of information to older people, carers, family, friends and professionals via ‘**Information stations**’, talks and office enquiries.
- b) Development of **NE Edinburgh “Discover” Magazine** to provide information about local groups and services for local older people in NE Edinburgh.
- c) Development of **NEECAG (North East Edinburgh Care Action Group)** – 2 forums for older people, which meet monthly in Leith and Portobello.
- d) Development and updating of **database of Older People’s activities and services**

2) Engaging with vulnerable, ‘at risk’, socially isolated older people in their own homes.

Provision of ‘in house’ **person-centred support** to socially isolated and/or housebound older people in their own home, over a time limited period (normally up to 4 - 6 weeks)

3) Recruitment, training and support of volunteers underpin each strand of work of Pilmey Development Project Older People Services. Volunteer roles include: Information Station volunteers, Inreach Volunteers, Database volunteers, Social Activities volunteers, Magazine volunteers or a combination of the roles.

4) Improving communication between the community and local services through NE Older People Service Provider Network (hosted by Pilmey Development Project), Development Sessions and Awareness-raising/ training sessions.

5) Monitoring and Evaluation: PDP OP Services uses a range of a range of methodologies to provide evidence of impact. Please see appendix 1 for methodologies used.

COVID-19: PDP office and Resource Centre closed on Tuesday 17th March 2020 until further notice, following City of Edinburgh Council decision to suspend older people’s day opportunities. PDP continues to provide an Alternative Service Provision for older people, carers and their families over the next period of time. This includes: Risk Register, Telephone Befriending, Practical Help/ volunteer support with basic tasks regular newsletter and partnership working.

1a) Information Stations: The provision of information to older people, carers, family, friends and professionals via ‘information stations’, talks and office enquiries.

During the reporting period PDP Development Workers, along with volunteers:

- Developed **51 ‘Information Stations’** in NE Edinburgh locality, using available space in Libraries, community centres, local events (e.g. Feniks, Thistle Foundation, GameChanger #4 event, VOCAL, Police Scotland Safer in Leith Xmas, Newhaven Church, and Volunteer Fair).
- Ran **2 information stations** as part of the Community Pharmacies ‘Pilot Project’.
- Provided community information and dealt with a further **31** enquiries, via phone, email and in person.
- Assisted with dissemination of community information to **878** older people and carers in NE Edinburgh.
- Provided, assisted with the marketing and promotion of **2413 pieces of information** on older people’s activities and services in NE Edinburgh Locality.
- Shared local knowledge about services and link-in potential service users (e.g. follow up on information regarding potentially isolated older people in NE Edinburgh).
- Supported older people and carers in NE Edinburgh to understand and use information
- Participated in a range of monitoring and evaluation methodologies.

Analysis of geographic spread of ‘Information stations’ throughout NE Edinburgh Locality

Neighbourhood Partnership	No of Info Stalls
Leith	26
Leith Gala Day, GameChanger #4 event	
Craigmillar/ Portobello	15
Portobello GP, Portobello Library, Thistle Foundation	
Craigtinny /Duddingston	8
Feniks, Piershill Library, Ripple Project	
City-wide	2
City-wide VOCAL event, NE Edinburgh Health and Wellbeing Network	

Analysis of most requested information:

1	Local social groups/ lunch clubs (e.g. H&W Activities)	9	Minor Ailment Service
2	Local event (e.g. Older Adult Event, N&W Summer Programme)	10	Carer Group (e.g. VOCAL, Carer Support Team, classes at Eric Liddell Centre)
3	Promoting the Voice of the Older Person (e.g. Consultation H&SC phone no leaflet, NEECAG)	11	Falls Prevention
4	Food Clubs/ Meal Makers	12	Arts and Crafts
5	Home e.g. care and repair, cleaner	13	Befriending
6	Dementia	14	Mobility related groups/ services (e.g. BeAble, Dial-a-bus, taxi cards, etc)
7	Scam Awareness	15	Financial advice (e.g. Attendance Allowance, Grapevine, Benefits, Funeral Costs, Insurance)
8	Fitness /Exercise classes		

Information stations focus on a specific theme/ topics each month. The topics can be chosen for a number of reasons, including:

- Seasonal (e.g. Stay hydrated during summer)
- Health promotion campaigns (e.g. Falls Prevention).
- Other partner organisation campaigns (Scam Awareness, Energy Advice Scotland)

During 2019/20 the type of information requested by Older People changed:

- There has been an increase in the number of older people and carers requesting information about help with financial issues e.g. benefits, Carers Allowance, Attendance Allowance, etc.
- There has been an increase in the number of people asking about Wills, Power of Attorney and Advanced Directives.

As a result of the increased requests for this type of information, PDP OP Services Project invited Solicitors for Older People to two NEECAG Older People's forum meetings to talk about Wills, Power of Attorney and Advanced Directives and directly answers their queries/concerns.

Information Stations Feedback

3 focus groups were held with 23 participants in November 2019 and January 2020 with Library Link Service users in Craigmillar and Portobello Libraries and Milton Court Sheltered Housing tenants, to discuss the impact PDP OPSP had on these groups.

Statement (EIJB)	Target	Actual	Achievement
Have increased knowledge of activities in the local area.	90%	100% (strongly agreed/ agreed)	Exceeded
Supported to find information about services, groups and activities which meet my needs.	90%	100% (strongly agreed/ agreed)	Exceeded
Take part in local groups and activities	75%	100% (strongly agreed/ agreed)	Exceeded
Know who to ask for help when I need it.	90%	100% (strongly agreed/ agreed)	Exceeded
feel more able to ask for help when they need it	80%	100% (strongly agreed/ agreed)	Exceeded
I feel less isolated since using the project	70%	100% (strongly agreed/ agreed)	Exceeded
I feel I have increased choice and control of how to spend their spare time	80%	92% (one person said transport dependent)	Exceeded

Information Station Case Study :

Background: Sheila, 80s lives alone and is isolated from the community because she struggles with her mobility, using a walking frame around the house.

Situation: The PDP OP Service Development Worker held an information station at the Library Link service held at Craigmillar Library, giving out information about local groups and services. One of the services being promoted was the Phonline service and daycare services provided by Caring in Craigmillar. Another lady who was attending the group was already receiving a service from the Caring in Craigmillar lunch club service. Sheila was very keen to receive this service too, especially when the service provides transport to and from the house.

Outcome: The Development Worker made a referral through SCD and Sheila is now attending the lunch club once a week and is thoroughly enjoying the food, the company and the transport service provided for this club.

Improved Communication/Information Provision with Service Providers Case Study

Dementia & Memory Support - Post Diagnostic Support in General Practice, East Edinburgh GP Cluster Programme

Previous research undertaken in July 2017 for the East Edinburgh GP Cluster highlighted that people with dementia considered group work to be a positive way of delivering post diagnostic support, especially if it was combined with individual support. East Edinburgh GP Cluster decided therefore to run a test group to see how it worked in practice. The Dementia and Memory Support project is a 6 session programme delivered to people affected by dementia and carers. The sessions included topics such as Understanding Dementia, planning for the future, etc. The last session is called “Keeping Connected” which PDP OP Services hosts. The Dementia and Memory Support Worker informs the Development Worker on the interest of the participants, and the Development Worker researches different groups/ services which are appropriate to the specific needs and wants of the participants e.g. carer information, dementia social groups, singing, exercise, etc and then attends the session to talk through the different groups and services.

Feedback from Participants:

“Awareness of what is available and “out there” for the carer and individual; the leader was excellent and very approachable; helpful and personal”

“Keeping connected – lots of very useful printed information provided to allow assessment at own pace. Very engaging presenter who made it all very interesting”

Feedback from co-coordinators:

“Thank you so much for your contribution to the latest group work session for the Dementia & Memory Support service. We were really pleased by how it went, and your session, as always, was just perfect and extremely well received. Thank you so much for all your preparation for it and tailoring it to the needs/interests of the group. The people I have seen since the meeting have been raving about you, how much they enjoyed your talk and how they hope to get along to some of your activities/meetings”

		
<p>Pharmacy Info Station</p>	<p>Partnership stall between PDP and Home Energy Scotland</p>	<p>Magazine Promotion</p>

1.b) North East Edinburgh “Discover” Magazine provides information about local groups and services to older people in North East Edinburgh. In 2019/20 we:

- Purchased ‘In Design’ Programme Publishing license and provided staff training
- Distributed **1,250 copies of Discover Magazine** citywide (April 2019)
- Published **750 copies of “Discover” Magazine** in NE Edinburgh Locality (Winter 2019/Spring 2020)
- Held a soft launch at the NE Edinburgh Older Adult Event in October 2019, with over **200 NE Discover magazines** distributed to the older adults attending the event.
- **Promoted over 60** different groups, services and opportunities for local older people within the magazine.
- Have over **35 older people** requests to join mailing list to receive future editions of “Discover Magazine”
- Developed a range of **monitoring and evaluation** methodologies to obtain older peoples feedback.

Link to NE Discover Magazine (Winter 2019/Spring 2020)

<http://pilmeny.wdfiles.com/local--files/olderpeople/Discover%20Magazine%203%20-%20Nov19.pdf>

Breakdown of Information provided in NE Discover Magazine (Winter 2019/Spring 2020)

25 Activities/Social groups (e.g. Duddingston Kirk, Magdalene Community Centre, Portobello Community Centre, Inverleith St Serf’s, South Leith Parish Church), 18 physical activities e.g. Ageing Well, dance groups, 5 LGBT Groups, 5 Coffee groups, 4 History groups, 3 Timebank projects , 3 Energy/ Heating advice services e.g. Home Energy Scotland, 2 Dementia groups , 1 Reminiscence e.g. Living Memory Association, 1 BME group

NE Edinburgh Discover Magazine Feedback

PDP OP Service received 17 written feedback forms about the NE Edinburgh Discover Magazine

Statement (EIJB)	Target	Actual	Met
Will have increased knowledge of activities in their local area	85%	100%	Exceeded
Go onto take part in local groups and activities	60%	82%	Exceeded
Know who to ask for help when they need it	90%	100%	Exceeded
Feel more able to ask for help when they need it	80%	100%	Exceeded

“Really like the telephone numbers on the back page find this very useful. And list of local Social activities in my community is helpful too”

“I enjoyed the stories and would enjoy seeing more reminiscence stories”

“I found the magazine very interesting. It also helps with my anxiety”

“The contrasting colour is good for me and helps with my overall reading”

“Look forward to the next issue”

“Keep it going?”

<p>Magazine distribution at local women’s group</p>	<p>LGBT Age groups Article</p>	<p>Guest Speaker: Deirdre Brock MP Article</p>

Case Study:

Background:

Paul (mid 70s) and his wife moved to Edinburgh around 4 years ago. Paul's wife was "more of a home bird" and Paul mainly stayed at home to care for his wife. When Paul's wife died, he became very socially isolated as he didn't have a wide social network in Edinburgh.

Situation:

Paul picked up one of our **Discover Magazines** in a library and found out about the GameChanger Transfer Programme. This appealed to him as he has an interest in football. He contacted the Development Worker about the pilot project and she arranged a GameChanger Transfer Volunteer to chum him to a GameChanger Lunch. He really enjoyed the lunch and continues to attend the group, meeting more GameChanger Transfer Programme, Leith Timebank volunteers and attendees. From this, he now chums people to the lunches earning time credits for his time, which he spends at the Leith Timebank weekly Spanish class.

Outcome:

As the relationships grew, Paul was informed of other GameChanger/ Timebank/ Pilmeny groups.

Now Paul has something to do every week day:

Mon – GameChanger Lunch (weekly) and Football memories (every second week)

Tues – Pilmeny Drop-In and Leith Timebank Spanish Class

Wed – NE Edinburgh Older Men's Groups

Thurs – Citadel Intergenerational project

Fri – New Spin – a Citadel and Pilmeny Intergenerational project

Plus other ad hoc events e.g. Big Slipper event, Polish Dumpling Making session, etc.

When speaking to Paul he told us:

"if it wasn't for finding out about the GameChanger Transfer Programme in the magazine, I wouldn't have found out about all the wonderful groups available. Now I have something to do every day. And I have met loads of new people"

Because of the NE Edinburgh Discover Magazine, Paul has now met and has contact with approximately 90-100 new people in his local area, greatly improving his social isolation and loneliness.

1c) NEECAG (North East Edinburgh Elderly Care Action Groups):

NEECAG was formed in 1995. The main purpose is 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 and to improve services for older people in Leith and Portobello areas through increased consultation and involvement of older people and their carers. 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 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 active within their local communities, for as long as possible.

Two Groups of older people currently meet on a monthly basis – one in Leith and the other in Portobello. NEECAG older people forums currently have a mailing list of 112 individuals and groups with approximately 15 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 working throughout 2019/20.

NEECAG receives and makes individual referrals to relevant statutory and voluntary service providers. This helps prevent unnecessary hospital admissions and 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.

NEECAG Older People's Forum members are also involved in PDP 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.

Leith NEECAG

12 monthly meetings held 2019-20
 Total Attendances (service episodes): 214
 No of members: 71

Portobello NEECAG

10 monthly meetings held 2019-20
 Total Attendances (service episodes): 136
 No of members: 41

Mailing list for both NEECAG Forums: 112

Outcomes of NEECAG Older People’s forums work included:

Older People, carers and those who work with them have participated in and learnt about new services which has enabled them to:

- **Sustain physical or mental health** (e.g. oral health and older people research, stay nourish campaign by Home Instead, Stay safe during summer campaign, distribution of Minor Ailment Service Leaflets, Carer Support Team)
“it helps with my anxiety - makes me worry less”
“helps me go out independently”
- **Have their voices heard:** Participated in local consultation and community planning activities (e.g. What does primary care look like? Experiences of poverty in Edinburgh - Focus Group).
- **Promoting community safety:** Police Scotland held a session at both NEECAG meetings
- **Capacity Building:** Learning about new services (e.g. Solicitors for Older People, Affordable Warmth. information from SOPA -Scottish Older People’s Assembly),
- **Reduced Social Isolation:** Meet and social with local people at different events (e.g. New Year’s Party, Christmas Party and older peoples week event)

‘Many thanks Mary, and your helpers for yesterday afternoon. It was the first relaxed time I've had for a while without any stress. I had to get home before dusk in my wheelchair or I would have enjoyed staying for longer. Warm wishes’



Portobello and Leith NEECAG Older Peoples Forums - Feedback : In November 2019, Leith and Portobello 19 NEECAG members completed the SIAQs questionnaires.

Statement (EIJB)	Target	Actual	Achievement
Feel more knowledgeable about services on offer within the locality	85%	95%	Exceeded
Feel more connected to their community	70%	100%	Exceeded
Feel they have a say in the planning/development of their services	50%	100%	Exceeded

“I really enjoyed my short time with the group and they are a great bunch. You have done amazing work to get such service going and especially maintaining groups like these”.

Barry Wilson, CEC North East Hub Coordinator

“I just wanted to send a little email to say thank you for having me along to chat at the NEECAG groups about our nutrition campaign. It was lovely to meet everyone and it was great to hear stories from the past, concerns with in the community and I also took away some ideas in connection to healthy eating within the elderly”.

Isla Blucher (Home Instead) Speaker of the Stay Nourished Topic.

1 d) Community Events/ Short Term Groups

A range of community events /activities will be organised. The focus of groups/activity is in neighbourhoods where there are few services or gaps have been identified. They will be co-produced with local older people and will focus on:

- Sharing information about local services, groups and activities e.g. providing information about service provision during Christmas/ New Year
- Promoting healthy lifestyle choices
- Digital inclusion
- Reducing stigma of asking for help

4 community groups/ short term groups plus ad hoc social activities were held in 2019/20, with 31 sessions and approx 465 attendees.

These included:

- **Manderston Court Sheltered Accommodation** – Partnership work between PDP, Bield Housing Association, St Mary’s Primary School and Zero Waste Leith, to develop an intergenerational project with a zero waste theme. Sessions included: “Love Food Hate Waste” and a “Make Do and Mend” session which was filmed. <https://www.youtube.com/watch?v=g6v2gYjCdyw>

During holiday times, contact between residents and PDP staff continued at reduced levels. Through this work, PDP OPSP was also able to hold a number of ‘information stations’ and social events in Manderston Court residential housing scheme, as well as receiving new referrals to work with a number of vulnerable residents as part of our ‘inreach service’

- **Portobello Coffee Meet-Up Group** – PDP OPSP and Portobello Timebank worked in partnership to develop a social meet-up group in the local area, to address a gap which was identified in service provision for local older people in that area.
- **Newhaven Coffee Meet-Up Group** – PDP OPSP identified a number of clients who would benefit from a very local social group in that area and a lack of any other provisions which could meet this identified need. A group was established and met regularly throughout 2019/20.
- **‘Generations’** – an intergenerational project developed by PDP, working in partnership with POLHA Jameson Place Sheltered Housing residents and Drummond High School. Sessions included: getting to know each other using “human Bingo”, dementia awareness using a resource called “A Day in your Community Board Game” and awarding Certificate of Achievement to the children for their participation.

Community events/ short term group feedback. In February 2020, 15 Manderston Court Residents and 6 attendees from Newhaven Coffee Meet-Up provided feedback on the group activities.

Statement (EIJB)	Target	Actual	Met
Feel a great sense of connection to others with their community	80%	100%	Exceeded
Feel less lonely and isolated as a result of attending a community group	85%	100%	Exceeded
Have increase knowledge of local groups, services and activities	85%	95%	Exceeded

Case Study: Intergenerational Workshops – Partnership between PDP OP Services, Zero Waste Leith, Manderston Court Sheltered Housing and St Mary’s Primary School

Background: PDP NE Edinburgh LOOPS, in partnership with Manderston Court Sheltered Housing Scheme provided taster sessions of different activities to Manderston Court sheltered housing residents and to the wider community in 2016. An unmet need was identified by residents of a lack of activities in the Sheltered Accommodation. Following on from the success of this pilot project; PDP developed a programme of activities for the residents and wider community.

Activity

In 2019, PDP OP Services, Manderston Court, St Mary’s Primary School and Zero Waste provided intergenerational workshops around the theme of reducing waste. Sessions included: “Love Food Hate Waste” and a “Make Do and Mend” session, which was filmed.

Link: <https://www.youtube.com/watch?v=g6v2gYjCdyw>

“Conversation were great - real friendships were made - Mary really looked forward to seeing her new friend Olive”.

“There is nothing that you could do that would improve it, it is perfect as it is”

“Gives you something to look forward to’

‘ Gets me out’

“Kept the fridge magnet which we made”

“Loved the goodie bags”

During holiday times, contact between residents and PDP staff continues at a reduced level. Through this work, PDP OP Services are able to hold a number of ‘information stations’ and social events in Manderston Court residential housing scheme, as well as receiving new referrals to work with a number of vulnerable residents as part of the ‘inreach service’



1e) Database Of Groups And Activities

PPD OP Services has identified over **900** organisations, activities, groups and services available for older people in NE Edinburgh Locality and has produced a local database which is available via PDP website. This is updated continuously and is an invaluable local resource for older people and services providers in NE Edinburgh. The database information is available online, as hard copy and in other formats as required. The database of Activities and Opportunities for Older People in NE Edinburgh can be found at:

<http://www.pilmenydevelopmentproject.co.uk/olderpeople>

We ensure local information is regularly updated and included in other web based directories and databases, as well as showing service providers how they can best use them. The localised NE based information on our database is an invaluable resource for both ‘information stations’ and the ‘inreach service’. Volunteer feedback is very positive on its ease of use.

PDP OP Services Project found it challenging to frequently update the database, largely due to time constraints. However, to combat this, we now have a volunteer who helps update the database with new services and groups.

“PDP OP Services database is good because it has the up to date, local information about what’s specifically on in this area and is easy for me to use’

Social Worker

2. Older People's At Home 'In Reach' Service

PDP At Home 'Inreach Service' supports socially isolated or housebound older people, who are unable to get out of their own home. The 'inreach service' is a personalised, person centred service which seeks to meet the needs, wants and capabilities of each individual older person who is unable to get out of their home. There may be many reasons why they are housebound including access difficulties getting in and out of their property, high levels of physical frailty, mental health issues, loss of confidence, agoraphobia social isolation, loneliness etc.

PDP Older People Development Worker, along with a volunteer, arranges a home visit with the older person. They provide pre and post assessments, useful information and support or help to bring local community opportunities to the older person **within** their own home.

PDP 'inreach service' supports older people in their own homes, for a time limited period (normally 4-6 weeks) to ensure the older person does not become dependent on a volunteer or the service. Clear boundaries are identified at the outset with each older person and reiterated throughout the process.

An in-house, confidential database has been created to record 'inreach service' client information, which includes: contact details, GP, referral source, end of service date. This enables us to record both quantitative and qualitative information for each individual in a more systematic way

Feedback received from Professionals indicates our At-Home Inreach Service is a much needed, valuable service, which fills a real gap in current service provision. In 2019/20, referrals were mainly received from NHS, CEC Health and Social care workers, family, friends and self-referrals.

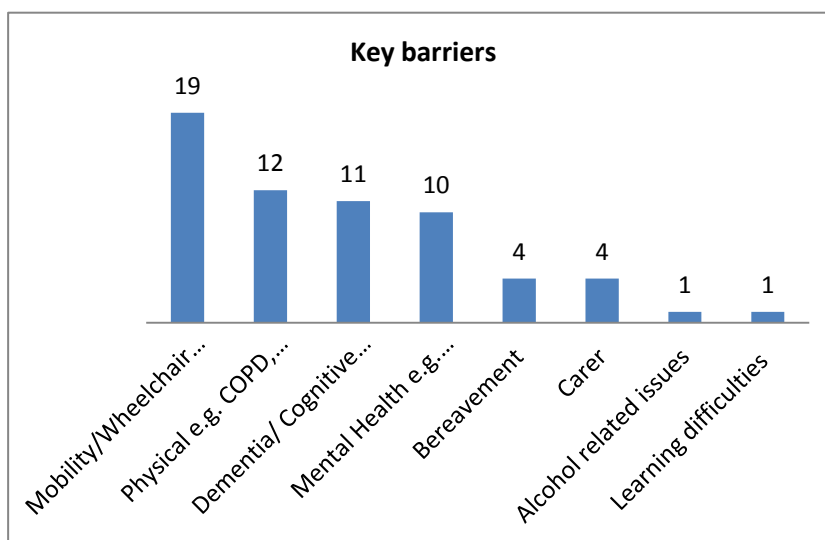
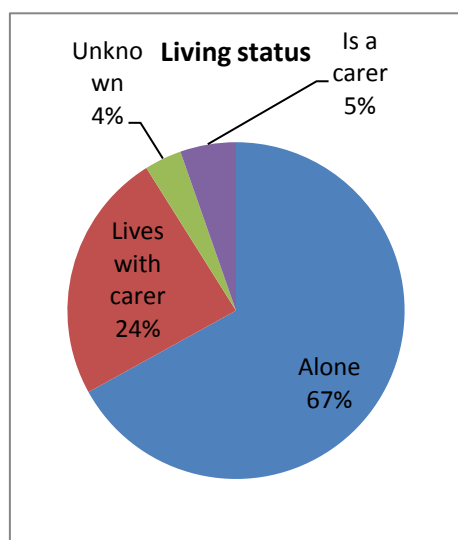
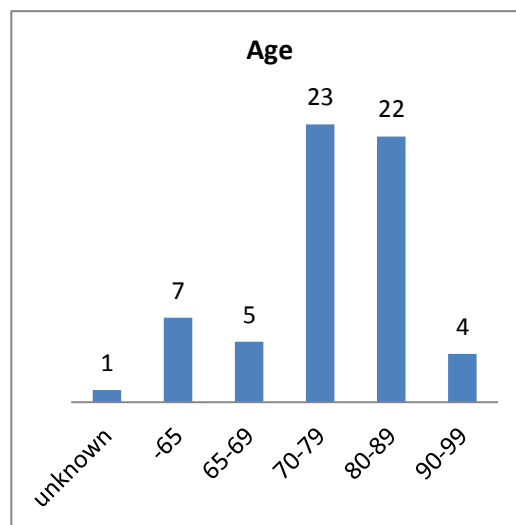
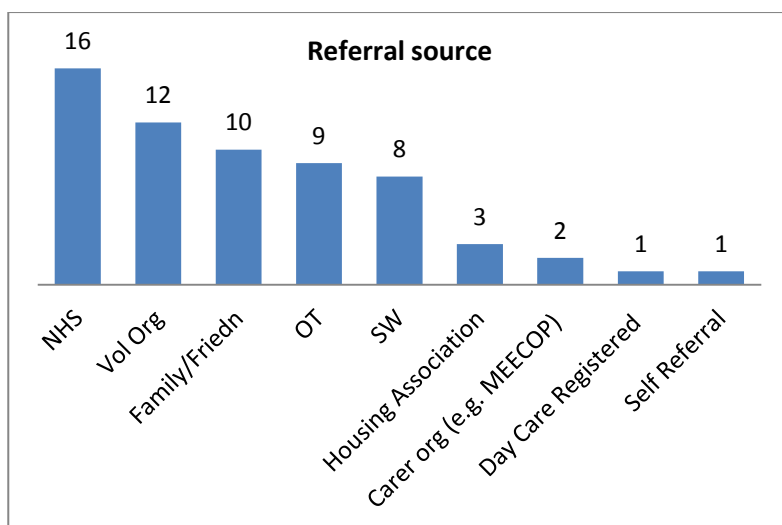
During the reporting period, PDP Older People Services Project received 62 referrals. 55 older people either completed or received the inreach service. We undertook 91 individual home visits and carried out numerous follow-up /support telephone calls.

COVID-19: On March 17th 2020, PDP suspended all group and face-to-face activities due to lockdown. PDP Older People Service Project Development Workers continued to offer an alternative service to inreach clients by offering Telephone Befriending and Information Support services.

Status of Inreach clients (as at March 2020)

Ongoing Contact	19	COMPLETED SERVICE 38
Completed service	19	
Connected	13	RECEIVING SERVICE 17
Assessment Completed	2	
Awaiting Assessment	2	
Referral inappropriate - signpost	2	NO SERVICE PROVIDED 7
Health Issues – pending	4	
Decline Service	1	

Inreach Service referrals



Key barriers: It must be noted many of the referrals received are complex with a number of barriers resulting in the older person unable to get out. However the chart shows the primary barrier from preventing an individual from getting out into the community.

Services Inreach Clients have engaged with through the support provided by At Home Inreach Service and its volunteers

The Development Worker **liaised** with numerous organisations on behalf of the older person to enable them to engage with the service/ group. For example:

- A Carer and a member of the Carer Support Team used Pilmeny office as a meeting place so the carer could freely talk about her situation
- Liaison with a number of solicitors to organise meeting with inreach clients
- Liaison with inreach client, sheltered accommodation manager, solicitor and Alzheimer Scotland Link Worker to ensure there was no duplication of effort

Community groups (e.g. Lifecare History Talk, Portobello Coffee Meet-Up group, Ripple project)	35
Transport and mobility (e.g. g transport, BeAble, dial-a-bus, blue badge, vulnerable list on Trams to Newhaven	14
Carer Information	11
Befriending e.g. matching with volunteer, vintage vibes, phone link daily welfare phone call, etc)	10
At home services (e.g. Lifecare cleaning service, Meal Makers, etc)	8
Finance/ Benefits (e.g. Attendance Allowance, Grapevine, Granton Information Centre, help with Edinburgh council tax bill)	9
Library Services	8
Dementia group	7
Dementia services	6
POA, Wills, Advanced Directives	5
Ad hoc e.g. help changing BBC license address	5
Home repairs services (e.g. Care and Repair, Home Energy Scotland)	3
Disability services (e.g. Ecas)	2
Mental Health	2

Inreach Service Feedback

10 inreach clients provided feedback on the service

Statement (EIJB)	Target	Actual	Met
Feel that barriers to participation have reduced	70%	100%	Exceeded
Have increased knowledge of activities in their local area	90%	100%	Exceeded
Supported to find information about services, groups and activities which meet their needs	90%	100%	Exceeded
Go onto take part in local groups and activities	70%	90%	Exceeded
Know who to ask for help when they need it	90%	100%	Exceeded
Feel more able to ask for help when they need it	80%	100%	Exceeded
Feel less lonely/ isolated as a result of attending groups, activities and services	70%	90%	Exceeded
Feel they have increased choice and control of how they spend their time	80%	80%	Met

Inreach Case Study 1

Background: Lady in her 80s, poor mobility, socially isolated and lives alone

Situation

Sandra* has lived alone since her mother passed away. Sandra's mobility has deteriorated (walks with a walker) and has had cancer twice. Sandra did have carers coming in twice a day, but once her health had improved the carers completed their service, which was when PDP OP Services received a referral to identify social activities for Sandra.

What we did

Sandra* didn't go out much unless her older friend (also in her 80s) gave her a lift to the shops. PDP OP Services Development Worker met with Sandra to identify different activities and services which would benefit her.

- Social activity which provided transport: Transport was the biggest barrier for Sandra to engage with other groups. The Development worker referred Sandra to the library link service which provides transport. AS there was no waiting list, Sandra was able to engage with the service very quickly. And to support Sandra, the Development Worker held an information station at the Library on the same day to give Sandra some moral support. This "quick win" helped build a trusting relationship with the Development Worker, where she felt she could ask for advice/support.
- Practical Support: Sandra told the Development Worker how she was unable to get to her back garden as she was afraid of falling. The Development Worker coordinated with Care and Repair and Sandra to organise a visit to install handrails and also fix a garden bench. From this Sandra is now able to spend time enjoying her garden without worrying about falling.
- Blue Badge: As the trusting relationship grew, Sandra was able to identify other services which she needed support to engage with. The Development Worker printed out and help complete a blue badge form with Sandra. The application was successful which meant there was less risk of her falling as she had to walk/ stand less to get to/ from her friend's car.

COVID-19 Support: Sandra was unable to get shopping as she was self-isolating and the person who previously helped her was also self-isolating. The Development Worker contact a local project who were distributing food parcels and coordinated with the organisation and Sandra to get a weekly food delivery. Sandra also receives a weekly telephone befriending call.

Inreach Case Study 2

Background: Lady in her 60's lives alone with no family support. The lady was isolated and did not go out much due to confidence and mobility issues.

Situation:

The lady has had a series of leg operations and was finding it difficult to attend all appointments without using a taxi service. The cost of taxi services was eating away at monies for other essential items. This was having a detrimental effect on the lady's overall health and wellbeing.

The lady was also having difficulty walking due to the length of her toenails and waiting on an appointment through the NHS podiatry services.

What we did:

The lady was given information for a taxi card and other transport services which would save some money for her.

We referred the lady to a private podiatrist who provides a home visiting service for people with mobility issues. The lady now has a regular podiatrist who makes home visits at a reasonable cost and can have treatment needed without travelling out.

There are a few of her neighbours in the complex who have recently taken up the offer of the podiatrist too! This is a preventative measure and may save the NHS resources/ monies.

3. Volunteer Support And Management

Recruitment, training and support of volunteers underpin each strand of work of NE Edinburgh OPS Project, which identified 5 different roles for PDP OP Services volunteers: 1) Information Station volunteers, 2) Inreach service volunteers, 3) Database Volunteers 4) Social Activities Volunteers and 5) Magazine design and distribution volunteers.

COVID-19: At the end of March 2020, PDP OP Service Development Project Workers created two new COVID-19 volunteer roles 1) Telephone Befriending and 2) Practical Help and Support Volunteers. Many of the PDP OP service volunteers are older and many were self-isolating/shielding. Some of the self-isolating older volunteers became Telephone Befrienders, while others became recipients of the Telephone Befriending service.

During 2019/20:

- **25 volunteers** were recruited, trained and supported
- **507.5 volunteer hours** were undertaken by volunteers e.g. distributing NE “Discover” Magazines, assisting at community groups/ activities, help hosting information stations in NE Edinburgh, etc.
- Held ‘information sessions’ , to provide an opportunity for a more detailed discussion with potential volunteers about the project, expectations, any support needs etc. (PDP Older People’s services held **6 volunteer recruitment information sessions**)
- Organised and held a further **7 Volunteer skills training sessions** with **35 attendees**. Training session topics included: boundaries and confidentiality, lone working, communication skills and falls prevention. One-to-one training was also developed and undertaken according to identified need
- Provided **60 support and supervision sessions** with volunteers, as well as providing informal support when required by volunteers.
- Recruitment of volunteers via number of methods (e.g. ‘information stations’ themselves, University open days/events, adverts on Gumtree, VCE, etc.)
- Production and dissemination of PDP Older People Services Volunteer leaflets
- Following up **expressions of interests** from potential volunteers, **reference checking and completing PVG application process**.
- In 2019, Pilmeny Development Project successfully renewed our **Investing in Volunteers Award** (A UK quality standard for good practice in volunteer management).

Volunteer Feedback

In 2019/20, 8 volunteers completed the review questionnaire

Statement (EIJB)	Target	Actual	Met
Feel they have the knowledge for their role	100%	100%	Met
Feel supported in their role	100%	100%	Met
Feel they have learnt new skills	70%	100%	Exceeded
Feel more connected to their community	60%	100%	Exceeded

“A reason to do things!”

“New direction - Just what I needed at the time”

“Career changer”

“Felt lost before volunteering”

“Learning new skills”

Case Study

Background: Gentleman in his early 60's lives on his own with no family near. The gentleman has a history of homelessness and mental health issues.

Situation:

The gentleman telephoned the project to enquire about volunteering opportunities within Pilmeny Development Project. He explained that he was volunteering somewhere else but was looking for a more positive experience now. I spoke about the different opportunities that may be of interest and more in line what he was looking for. He hoped to have an opportunity to meet new people and have a more challenging role volunteering than what he had at the moment. We arranged a time to come into the office and discuss further and complete the application form.

The gentleman was very withdrawn and lacked confidence and had other issues in regards to his housing needs. We looked at the different roles within Pilmeny Older People project and there was an opportunity to come along and try different volunteer roles.

What we did:

The gentleman now volunteers on a weekly basis and is enjoying his new found role volunteering. He is more engaged and contributes greatly to the training and regular meet ups we hold for all our volunteers. His appearance and confidence has greatly improved too.

We continue to support him and this is shown by his ongoing personal development and new contacts and friends he has met.

Overall the feedback from the gentleman is very positive as he continues to grow in confidence and engages with our project.

He has come a long way and now wishes to support older people in their homes too.



4. Improving Communication Between The Community And Local Service

PDP OP Services aim to improve communication between the community and local services via

- NE Older People Service Provider Network (hosted by Pilmeny Development Project)
- Development Sessions and Awareness-raising/ training sessions.

4a) NE Older People Service Provider Network

Managed and run by Pilmeny Development Project NE Edinburgh Service Providers Network provides a forum for over 150 local organisations to come together to share information, perspectives and ideas in order to increase the uptake of all local community services by local older people.

4 NE Edinburgh Older People Service Providers Network meetings were held in 2019/20, with 41 attendees. Meetings covered topics such as NE Edinburgh Locality, Lothian Community Transport Service, How to access CEC/NHS/HES LearnPro courses, EIJB Transition monies, etc.

Thurs 20 June19	10am – 12pm	Northfield & Willowbrae Community Centre	9 attendees
Tues 10 Sept19	2pm – 3.30pm	Thistle Foundation	9 attendees
Thurs 28 Nov19	10am-11.30pm	Craigentiny Community Centre	10 attendees
Mon 24 th Feb20	2pm – 3.30pm	Piershill Library	13 attendees

The Network has provided an extremely useful opportunity over the reporting period for a range of older people’s service providers to meet and share their information or experiences. The feedback both formal and informal has highlighted how useful they have found this opportunity. This in turn, has helped everyone to provide a quality service for older people and their carers in NE Edinburgh.

1b) Development Sessions, Awareness Raising Sessions and training

Between April 2019-March 2020, 119 Development Sessions, Awareness-raising/ training sessions were held with a range of professional staff including: NE Locality Health & Social Care Team, NE Locality Subgroup Social Connections, Long term conditions and self–management conference, NE Edinburgh Health and Wellbeing Networking event, EVOC Older People’s Service Providers Forum, East Neighbourhood Hub Team, Edinburgh Phoneline, 3 conversation briefing and Feniks. The sessions promoted the project’s service and helped to coordinate contact and support between older people services providers and older people themselves.

5. Monitoring and Evaluation

Both qualitative and quantitative research methods and tools are used to evaluate the delivery of the project and provide evidence of impact towards achieving the planned outcomes. These include:

	Quantitative	Qualitative
Communication	<ul style="list-style-type: none"> No of attendees 	<ul style="list-style-type: none"> Feedback from Attendees
Information Stations	<ul style="list-style-type: none"> No of info station (types of venues) No of people (Age range, gender, etc) No and type of enquiries SIAQs 	<ul style="list-style-type: none"> Feedback from recipients of information Feedback from volunteers/ venue staff Follow up on enquiries Case study examples
Inreach	<ul style="list-style-type: none"> No of people (Age range, gender, etc) No and type of enquiries No and type of referrals to NE Edinburgh LOOP No of inreach clients Baseline data from assessment form Post-service questionnaire No and types of referrals to other org SIAQs 	<ul style="list-style-type: none"> Feedback from inreach client Feedback from family/friends Case study examples
Social events and Group Activities	<ul style="list-style-type: none"> No of social events/group activities Types of social events/group activities No of attendees SIAQs 	<ul style="list-style-type: none"> Feedback from attendees, partners and other organisations Case study examples
Volunteers	<ul style="list-style-type: none"> No of volunteers No of volunteer info sessions No of training sessions (no of attendees) SIAQs 	<ul style="list-style-type: none"> Feedback from information sessions Support and supervisions records
Databases	<ul style="list-style-type: none"> No of entries Analysis of entries 	<ul style="list-style-type: none"> Feedback from volunteers and other organisations
Magazine	<ul style="list-style-type: none"> Type of information provided No of magazines distributed Areas of distribution SIAQs 	<ul style="list-style-type: none"> Feedback from older people and organisations

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

PDP worked with individual older people in the area throughout 2019/20 who were experiencing difficulties with a number of issues including: housing, pensions, benefits, form filling, health, social care, loneliness and social isolation. We had over 400 requests for information and we liaised with over 200 organisations to help deal with some of these issues. Outcomes of this work included:

- Local older people & carers were provided with support, information/advice and were signposted or referred to appropriate agencies (where possible) on issues of concern to them.
- Increased knowledge, awareness and confidence of socially isolated local older people, as well as encouragement of self-help initiatives to enable them to access services themselves in future.

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

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
3. Promote mental health and well-being amongst the target group.

Attendances and sessions: 2019/20

50 weekly group sessions were held in 2019/20. Currently there are over 26 older men on the data base. The group sessions held during this period included 12 outings, 17 speakers and presentations, 10 drop-in sessions, along with 12 wider community engagement sessions.

Presentations and speakers provided sessions on topics aimed at improving the health and well-being of this vulnerable group. These included: Gentle exercise, relaxation, mental health and wellbeing, suicide prevention, Reminiscence, diet, nutrition and cooking sessions. Outings included: visits to the People's History Museum, mini bus trip tour to Holyrood, Hill End and a picnic, Glenkinchie distillery, Ratho Canal boat trip, Edinburgh fringe festival, Sea Life Centre, Christmas meal at Toby Carvery and the Scottish National Portrait Gallery.

In addition to the programmed events, the Older Men's group also developed a partnership with Living Streets, investigating the accessibility of pedestrian areas in this local community. The group carried out 3 consultation sessions, 3 filming sessions, produced a film and trailer and carried out a 'film launch' at McDonald Road Library. This work will continue to be developed in 2020/21.

The Older Men's Health and Wellbeing group continues to maintain contact and develop partnership work with local agencies and organisations. An exciting new partnership was formed in 2019 with PDP and Sikh Sanjog to work with older men from the Sikh community. Members of the older men's group also attended NEECAG Older People's Forum meetings and many of them participated in New Spin intergeneration project throughout 2019/20.

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 recognized as the real wealth of a community.

Feedback from participants was obtained using formal and informal evaluation methodologies, which help to demonstrate the ways in which the older men's group has had a positive impact on their lives. When asked what they liked best about the group, older men's responses included:

"Referred by social services, it's been immeasurable to get me where I am today"

"I can now help others whereas before PDP I couldn't even help myself"

"The group has helped me so much, being in good company and good fun it has made me more confident in life"

"I LOOK FORWARD TO Wednesday group outings and particularly the Christmas party."

"I really liked the cooking sessions – I remembered how to make the coronation chicken at home...the wife loved it!"

"Glenkinchie and the bus tours were really good – it's the only time

I get out of Edinburgh when we go on trips"

Claire O'Brien (part- time Project Worker) continues to develop and run this group. Thanks to her and to our volunteers for all their hard work with the group in the last year!

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.

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

Developing Intergenerational initiatives with local older and young people, towards the further development of Intergenerational work.

(i) 'NEW SPIN' Intergenerational Project - Over 40 older and young people were involved in a wide range of intergenerational activities and outings throughout 2019/20. The project continued to develop sessions around dignified approaches to food poverty with sessions on intergenerational healthy cooking sessions, multicultural food themed celebrations, The project offers healthy snacks and a meal, along with food to take home if required. In addition, an exciting programme of intergenerational trips and outings were delivered during summer 2019 including: Blair Drummond Safari Park, Edinburgh Fringe Family Show and a trip to Edinburgh Foodies Festival! The group also visited Dynamic Earth in December 2019 for an unusual Christmas social! Older people have reported they feel less socially isolated and that they are valued members of the Leith community. Younger and older people have reported increased confidence both generations have reported improved physical and mental health and wellbeing as a result of their involvement.

Evaluation Comments from older and young people included:

"Noisy, friendly, accepting, inclusive, fun" *"Fun, exciting, **YOLO!**" (you only live once)*

"What I like, is that you can spend some of your time and even get some knowledge!"

"Wonderful eating with company just like a huge family"

"I like to come because I can talk to people; sometimes it is very lonely if you are alone at all"

"I owe Pilmeny such as a lot over the last 3 years, my husband and all my family"

"Love meeting kids, they just prove that youngsters are a valuable part of our society"

COVID-19 – Unfortunately, due to lockdown, face to face sessions had to stop in March 2019, but telephone contact has been maintained with Older People and some ZOOM sessions have been held with young people.

Thanks to Citadel Youth Centre and our volunteers for their hard work and support over the past 12 months.

(ii) PDP INTERGENERATIONAL WORK - PDP also ran intergenerational sessions as part of our school holiday programme in summer 2019 including an intergenerational outing, involving older and young people.

(iii) 'GENERATIONS PROJECT' - Targeted at socially isolated, 'hard to reach' older people and carers in the wider Leith area, within 3 Port of Leith Housing Association (POLHA) sheltered housing complexes. PDP was asked again to organise this project with Drummond pupils and a new group of older people at POLHA Jameson Place Sheltered Housing complex.

iv) Manderston Court, St Mary's Primary School & Zero Waste Leith – INTERGENERATIONAL PROJECT

A new intergenerational initiative was developed in 2019/20. We developed monthly intergenerational sessions with socially isolated tenants in Manderston court Residential Housing Scheme and St Mary's and worked in partnership with Zero Waste Leith. Pilmey Development Project brought together young people and older Leithers to share ideas and experiences across the generations as they explored different ways of putting 'zero waste' principles into action, through a series of practical workshops and activities.

This intergenerational project brought together more than 130 people from across Leith, including six partner organisations and a dedicated team of volunteers.

The opportunity to meet the same group on a monthly basis led to new friendships being made and participants reported improved wellbeing. Volunteers commented that the experience was very enjoyable and one older person said: *"It's been such a long time since I was able to feel useful – more please!"*

The primary class teacher observed: *"Conversations were great – real friendships were made – 'M' really looked forward to seeing her new friend"*.

As a result of the project the partner organisations now have a greater awareness and understanding of intergenerational approaches. And 51% of Leithers feel that since the Zero Waste Leith project started the overall community is now working together better to reduce waste, particularly community groups, schools, organisations and residents. A toolkit and case study has been produced and is available online. (See also pages 26 - 27 of this report)

v) Volunteers

PDP was very lucky to have dedicated volunteers to without whom we could not do our intergenerational work. In 2019/20 more than 15 volunteers contributed over 740 hours to support this work – grateful thanks to you all!

Outcomes of PDP Intergenerational work include:

- Increased awareness of young and old in Leith, between the generations, leading to improved services which make a difference to the quality of life for both age ranges.
- Models of good practice re our intergenerational work has been developed

Work in partnership, provide support and develop work with a range of BME agencies concerned with needs of older people and carers.

Throughout 2019/20, PDP developed discrete project work with older people from Chinese, Indian, Pakistani, Bangladeshi, Mauritian, Polish and Ukrainian communities as well as providing staff training/support where appropriate. This included:

(i) Minority Ethnic Carers of Older People Project (MECOPP)

PDP is part of MECOPP management committee and attended board meetings in 2019/20. MECOPP has been responsible for some really innovative work with BME Carers and the Gypsy/Traveller community.

Thanks to Maggie Chiwanza for her help and support throughout 2019/20.

(ii) Milan (Senior Welfare Organisation)

PDP is a co-opted member of Milan management committee and attended board meetings throughout 2019/20. We worked with Milan (SWO) to provide staff support, committee work, help with funding issues etc. Thanks to Sophia Latif, all Milan staff and committee for their support over the last 12 months!

Outcomes of BME older peoples work included:

- Minority Ethnic older people and their carers received support and assistance in the development of culturally appropriate resources and services.

Work in partnership with NHS Lothian & Edinburgh Leisure on the development and support to Ageing Well Initiative, along with development of discrete projects/areas of work as appropriate

A wide range of activities are provided in NE Edinburgh area by Ageing Well Peer mentors/older volunteers, which greatly contribute to the physical health and wellbeing of local older people. PDP remains active on advisory group to oversee and ensure Ageing Well service provision maintained in NE Edinburgh. PDP also worked in partnership with Ageing Well, Edinburgh Leisure and CEC to develop our work around Tea Dances. We had very positive feedback from older people and their carers who attendedThanks to all concerned!

Outcomes of work with Ageing Well included:

- The health and wellbeing of older people in NE Edinburgh was improved and enhanced through the development of a range of Ageing Well activities.
- Local older people also had the opportunity to become directly involved in their own Health improvement by becoming Senior Health Mentors. This enabled them to provide a range of health and well being activities with local older people and carers through the NE Ageing Well Project

Work in partnership with Lochend Neighbourhood Centre to support the development of a day service provision for older people in Leith/Lochend area of NE Edinburgh, who are frail/ housebound or have mental health needs

PDP provided a range of help and support throughout 2019/20.Thanks to the management committee, Leanne McNeill (manager) the staff and volunteers for all their help throughout the year!

Outcomes of this work included:

- Older people's health and wellbeing was improved through continued provision of Day services for frail older people and those with mental health difficulties in Leith, Lochend and NE Edinburgh area being maintained and develop



LEITH TIME BANK
PART OF THE EDINBURGH **timebanknetwork**
Mary O'Connell Project Worker



To establish and develop Leith Timebank with an initial focus on older people and carers

Leith Time Bank

Time Banks link local residents, to exchange time and skills with each other. Members voluntarily carry out work for each other and earn "time credits" in return. These credits can be exchanged for other member services.

The projects main focus is to work with older people, carers and adults with multi-morbidities; however, this is not exclusive and other demographic groupings are members.

The project meets both NHS and Edinburgh Council's strategic priorities, tackling health inequalities among older people and carers.

Funding

Start (2012) - Mar14: Innovation Grant Change Fund

Apr14-Mar19: Prevention Investment Fund (continuation of the Innovation Grant Change Fund)

Apr19-Mar 2020:

- The PIF came to an end in Mar19, with funded project recommended to apply for **EIJB Grants**. PDP applied for funding for LTB under the PDP umbrella, and the grant application was successful.
- LTB will be funded by the EIJB until March 2022.

In Jan19, LTB was approached by GameChanger to pilot the GameChanger Transfer Programme. The programme was inspired by GameChanger wanting to maximise the skills and time offered by their volunteers. The timebanking concept was identified as a way of achieving this. Rather than GameChanger setting up a separate Timebank, it was more apt to tap into the established local Leith Timebank project, which has established infrastructure. LTB received funding from GameChanger to pilot the project between Mar19-Feb 2020. A meeting was held in Feb 2020 about the future of the pilot project, and LTB was successful in securing funding until 2022.

Present staff hours and funding

At present, Mary O Connell works on Leith Timebank for 19 hrs p/w.

- CEC for staff time (12 hrs)
- GameChanger Transfer Programme (7 hrs)

Key Statistics for Timebank members:

<p>Gender</p> <p>Male, 50</p> <p>Female 115</p>	<p>Leith Timebank has supported 11 carers during Apr18-Mar19.</p>	<p>155 older people are supported by Leith Timebank</p> <p>75 LTB members are 65+. A further 80 older people have been indirectly supported by Timebank, but are not a member</p>
<p>English is not the first language of 19% of Leith Timebank membership</p>	<p>Live Alone</p> <p>No 39%</p> <p>Yes 61%</p>	<p>74/160 of Timebank members have multi-morbidities</p>
<p>6 Timebank members have disclosed that they are lesbian, gay or bisexual</p>		

Leith Timebank outputs

Activity	Target Apr19-Mar20	Total
Social Activities	120	159
	4 training opportunities for 10-15 older people	4 training opportunities for 32 older people
	15/20 individual LTB/ GC vol engaging in GC social and vol opportunities	15 individual LTB/ GC vol engaging in GC social and vol opportunities e.g. GameChanger Lunch
New individual members	25	28 Total individual members – 188
	GameChanger Inclusive of 10-15 GC Transfer Vol	Total – 12 GC Transfer Vol 23 on mailing list
Organisation members	1-2	1 organisation member – Esol Class Total organisation members – 12
Hours exchanged		873.5 hours Total hours since 2012: 4213.25 hrs
No of exchanges	100	607
	GameChanger Inclusive of 20-30 GC Exchanges	32 exchanges 63 hours
	15 1:1 digital lessons	15 1:1 digital lessons
Signposting	28	28
Community Pot	5-10 older people use community pot	176 hours for 17 Older People
Dev Session	200	199

Key Achievements:

★ LTB was awarded the Timebanking UK Quality Mark

The Timebanking UK Quality Mark™ is awarded to time banks that adhere to the core values of timebanking and operate in such a way that they develop, support and celebrate good timebanking practice as recommended by Timebanking UK.



"I am thrilled to tell you that our Board of Trustees have approved your application for our Quality Mark. I shall be writing to you with your certificate, but for now, here is the official logo that you can display on your publicity and paperwork. We will provide you with national recognition on our newflash and include you on our website too. Congratulations on such a strong application!"

★ Leith Time Bank is happy to announce it has been awarded **funding from Edinburgh City Council Grants Programme** until 2022. Pilmeny Development Project applied to the grant programme, and Leith Timebank was encompassed in this grant application.

★ Leith Time Bank is happy to announce it was successful in receiving 2 further years funding to continue the **GameChanger Transfer Programme**, until Feb 2020.

GameChanger Transfer Pilot Programme

The GameChanger Transfer Programme was inspired by GameChanger wanting to maximise the skills and time offered by their volunteers. GameChanger has identified an untapped volunteering capacity. The timebanking concept was identified as a way of achieving this. Rather than GameChanger setting up a separate Timebank, it was more apt to tap into the established local Leith Timebank project, which has established infrastructure.



GameChanger volunteers can become GameChanger Transfer volunteers and be able to earn Time credits for their time volunteering. They will be able to exchange/ transfer their Time Credits for other people's skills and time. By joining the GameChanger Transfer Programme, the volunteers will have the dual opportunities offered by both projects.

At Mar20, LTB has recruited **12 GameChanger Transfer Volunteers, with 32 exchanges** (63 hours) happening e.g. GC volunteers chumming older people to GC lunch which takes place at the Hibs Stadium.

★ At the end of Mar20, Leith Time Bank had a total of **188 members**. Between Apr18-Mar19, Leith Time Bank recruited **28 new members**.

★ 607 exchanges (873.5 hrs) took place between Apr19-Mar20. As at Mar20, **4213 hours** have been exchanged since the beginning of the project. These have included giving lifts, providing moral support, accompanying people to health appointments, gardening, befriending, teaching IT skills, home repair, facilitating meet-up groups and much more.

★ Every month a programme of activities is sent to existing and potential members. Leith Time Bank has offered **159 social and training activities** between Apr19-Mar20. These have included weekly activities, such as Spanish class and weekly meet-ups, monthly cinema outings and ad hoc activities, such as shared meals, PDP Older Men's film launch, etc. LTB offered training on Falls Prevention, Communication skills and much more.

- ★ Between May-August 2019, LTB, Inspiring Leith and Esol Students piloted **7 conversational English sessions**, which included 3 group activities (speed friendship, human bingo, Scottish phrases) and 5 social summer activities (Portobello Walk, Shared Meal x 2, Flamenco Show, Gorgie Farm). In total 15 LTB members and 8 Esol students took part. Additionally, from the pilot sessions, an Esol student and a LTB member have engaged in 3 one-to-one sessions together.
- ★ In 2019, LTB did 2 talk to participants from **Feniks** re LTB and other local services/ activities. LTB and Feniks decided to pilot a polish dumpling making in Jan2020. Feniks successfully applied to Leith Chooses to do multi-cultural activities and trips outs for Fenik and partner organisations service users, including LTB and PDP).
- ★ **199 development sessions** were undertaken in 2019/20. These sessions were to organisations, community groups and networks. A few examples of these included: NE Edinburgh Locality Social Connections Subgroup, NE OP Network meetings, Older People Service Provider meetings, Scottish Timebank Network, VOCAL Opening Day, etc.
- ★ An exciting development in 2019/20 was the continued development of **“Promoting Health in Leith Walk - Community Pharmacy & Third Sector Organisations”**. This has resulted in LTB being invited to have information stalls in Leith Walk pharmacies, to promote the project among health practitioners, Third sector representatives and pharmacies’ customers. LTB has held 2 information stalls in community pharmacies.
- ★ A development strategy for 2019/20 is the continued growth of the Community Pot, which provides free help to people who need support when they’re not best placed to contribute to the Time Bank themselves. Between Apr19-Mar20, **17 older people, carers and people with multi-morbidities utilized 176 hours**.
- ★ **Group Membership** was another development strategy identified for 2019/20. This is when organisations can earn Time Credits by exchanging with other organisations or people. By the end of Mar20, 12 projects were registered members of the Time Bank.
- ★ Leith Time Bank has provided **advice and information on 28 local and citywide services and social/training opportunities**. Many of the sessions, which promote mental health and wellbeing, have been taken up by at least 1 or 2 Time Bank members.
- ★ **Leith Timebank Advisory Group** meets approx. every 3 months and helped steer the project, by offering advice and expertise to progress Leith Timebank. Members are from a range of organisations across the area, including, local MP, City of Edinburgh Council (CEC) Libraries and 3 Timebank members.

COVID-19: PDP office and Resource Centre closed on Tuesday 17th March 2020 until further notice, following City of Edinburgh Council decision to suspend older people’s day opportunities. PDP continues to provide an Alternative Service Provision for older people, carers and their families over the next period of time. This includes: Risk Register, Telephone Befriending, Practical Help/ volunteer support with basic tasks regular newsletter and partnership working.

LTB members have been instrumental with helping to provide PDP Alternative Service Provision. LTB members have become Telephone Befrienders and have provided practical help and support to LTB members and members of the local community.

As of the end of Mar2020, **LTB members earned 22 time credits for COVID-19 exchanges**.

Leith Time Bank’s outcomes and feedback from members included:

Leith Timebank distributed a review questionnaire to the membership, which included EIJB statements to evaluate Leith Timebank impact.

EIJB statement	Target	Actual	
Feel equal and accepted (age, culture, race, disability)	85%	100%	Exceeded
<i>“I now feel I am part of the community, even being a foreigner. I would like to thank you once again for these months. I really enjoyed teaching the Spanish lessons and I am really happy I have got to know such a great people there. All of you are amazing”</i>			
Feel part of the community	70%	100%	Exceeded
<i>“I just wanted to say many thanks once again for the time you spent making arrangements for mum's birthday get-together and the cake. Mum enjoyed herself thoroughly and it meant so much to her to see everyone again”.</i> LTB arranged a birthday party for a member who had recently moved into a care home.			
Feel they have skills which are useful	60%	95%	Exceeded
<i>“It was great to give/use my skills, I found it self-affirming that I had skills that are useful.”</i>			
Feel less isolated	70%	100%	Exceeded
<i>“I found it very useful with my loneliness”</i>			
Feel they have increased levels of resilience	60%	78%	Exceeded
<i>“The Timebank has given me a new direction. Last year I committed myself to an arts project, which took up all my time. I felt at a loss when it had finished...also there were some family difficulties which made me very low. The Time Bank is a breath of fresh air”</i>			
Feel emotionally better	60%	95%	Exceeded
<i>Leith Timebank gave me an enhanced feeling of connectedness, security and emotional well-being. I am most struck that Timebank has been able to offer these important supports where other agencies and services have failed. Before Timebank I was left feel abandoned to my fate and isolated, now I have welcome social contact, support and reassurance, as well as practical help. Thanks so much to Timebank and Mary-I am so very grateful.</i>			
Have learned new skills/ information	50%	84%	Exceeded
<i>“I noticed that my English skills have improved”</i>			
Have made new connections/ friends	70%	100%	Exceeded
<i>“I have made new friends, and this has had a positive impact on my social life, and life in general.”</i>			
Access to other support services and social opportunities	70%	89%	Exceeded
<i>“Every month the Timebank has a very diverse and interesting plan of activities that you can join for free. The thinking behind the activities is to revolve around local culture and your wellbeing. I couldn’t imagine a better of helping people, without money being involved”</i>			

The development of Leith Time Bank during 2020/21 will include:

- LTB and PDP will continue to monitor the COVID-19 situation and will continue to provide an Alternative Service Provision for LTB members and the wider community.
- Development and further expansion of existing Time Bank infrastructure, members, activities and the number of 'matches' in the Leith area.
- Development of the GameChanger Transfer Programme by recruiting GameChanger Volunteers and match members/ volunteers to exchange their skills, knowledge and experiences.
- Continue to work in partnership with Feniks to provide multi-cultural activities and trips outs to LTB membership and the wider community.
- Further development work with Leith Walk Pharmacies through the pilot project - "Promoting Health in Leith Walk - Community Pharmacy & Third Sector Organisations".
- Development of creative and innovative ways to recruit new Time Bank members
- Further promotion and marketing of Leith Time Bank, through increased publicity and awareness building sessions with local older peoples groups.
- Further development of training and social opportunities for group activity for potential and existing members of the Time Bank
- Further development and promotion of Leith Time Bank's community pot.
- Further development of the infrastructure required for group membership and promotion to appropriate community groups/agencies to enable them to apply for Group Time Bank membership and activity.
- Further development and implementation of appropriate monitoring and evaluation tools (both quantitative and qualitative)
- Exploring and implementing longer term sustainability options for the continuation of Leith Time Bank

Conclusion:

Leith Time Bank is going from strength to strength. During Apr19-Mar20, we met and exceeded the targets, and are progressing steadily with increased membership and exchanges, and stronger links with local organisations and agencies. We believe for a modest investment, Leith Time Bank has made a huge return which is impacting positively on its membership and the wider community. In 2020/21, we are looking forward to continuing our work by supporting older people, carers and adults with multi-morbidities and partner organisations.

See overleaf for photos of Leith Timebank activities throughout year:



Conversation English Session



Trip to Georgie Farm



LTB members at GameChanger Event



3 amigos at GameChanger Event



LTB members helping at Older Adult Event



LTB members at Falls Prevention Training

“This showed me that time banking has far wider effects than just the immediate exchange, it is like a stone being dropped in a pool of water and the effect rippling outward.”

Leith Time Bank Member

To work in partnership with Living Memory Association (LMA) to raise awareness of benefits of Reminiscence with older people and those who work with them

PDP is part of LMA management committee and attended board meetings and continued to work together to incorporate reminiscence as a core part of or work throughout 2019/20. Thanks to Heather, Miles, John and all the LMA team for their help!

Outcomes of this work included:

- Older people in NE Edinburgh live longer, healthier lives through the provision of information, advice and practical support with their heating and fuel poverty issues.
- Older people's health and well being was improved through having had the opportunity to participate in specialist reminiscence activities and training events organised by Living Memory Association.
- Socially isolated older people with protected characteristics including those with physical disabilities, mental health issues, minority ethnic elders and those from LGBT communities have had equality of access and are included in PDP service provisions.

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 By participating and carrying out advocacy/co-operative work including: -

a) Development, servicing and support of North East Edinburgh Elderly Care Action Groups (NEECAG) - Leith & Portobello Older People's Forums (See pages 24-25)

(b) Edinburgh Voluntary Org Council (EVOC) Older People's Service Providers Forum

PDP provided input and feedback on all meetings attended as EVOC Older People's Services Forum representative to other Voluntary Organisations working with older people in Edinburgh in 2018/19.

Outcomes of this work included:

- Older people, carers and voluntary sector service providers had the opportunity (directly and indirectly) to make their views, concerns and issues known to relevant national and local government strategy and policy/ statutory service providers.

Undertake other areas of work undertake re older people not covered within existing work

PDP has continued to develop partnership working, provision of information, advice, practical support on direct service provision, strategic and Community Planning issues to over 50 local voluntary, statutory agencies and individuals working with older people and carers in 2019/20.

PDP was asked to provide help, information and support over the year researchers, agencies and individuals. These included: Edinburgh University, Health & Social Care staff, NHS and voluntary sector agencies, Calton Welfare Services Project, Sikh Sanjog, Milan (SWO), MECOPP, Port of Leith Housing Association, Age Scotland, SCDC, EVOC, NE Edinburgh Locality, Inspiring Leith, Edinburgh Remakery, Changeworks/Zero waste Leith and many more!

See Showcase of Older people Activities overleaf

SHOWCASE of OLDER PEOPLES EVENTS 2019– 2020



Includes activities from NEECAG, Older Men's Group, Drop-In Group, New Spin' T-Dance and 'Generations' inter-generation projects to name just a few.....



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

(a) Provision of support, help and advice on use of office resources and equipment. Provision of information, advice, support, making referrals to other agencies (where possible). Information will be updated and details of queries/outcomes will be maintained

PROGRAMME FOR PILMENY RESOURCE CENTRE, 15 BUCHANAN STREET APRIL 2019 – MARCH 2020

DAY	MORNING	AFTERNOON	EVENING
MONDAY	PDP Staff/Volunteers session	Pilmeny Positive Health Women's Group	LOSP Youth Group
TUESDAY	Local residents group /meetings	OAP's 50+ Drop In	Leith Timebank Classes
WEDNESDAY	Calton Welfare Services Project	Men's 50+ Health & Wellbeing Group	Inters Youth Group
THURSDAY	Local residents group /meetings	NEECAG Management Meetings PDP Management Comm Meetings	Tenants /Residents Social Group
FRIDAY	Older Men's Project support worker/staff session	Holiday Youth groups NEECAG/ 50+ Intergenerational sessions	
SATURDAY	PDP Volunteer Training /development sessions		

Pilmeny Womens Positive Health Group

Pilmeny Women' Positive Health Group continued to meet throughout 2019-20. The Group is a very lively and friendly with a membership of over 20 local older women from 50-85+ years old. Local women have explored ways of enhancing their health and well-being which has included the following: Gentle Exercise; arts and craft, cultural afternoons, speakers and trips out. 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 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.

"I really like coming along to the women's group.....we help each other feel better!"

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 2019/20 including: **provision of support to local groups** e.g. Police Scotland, Leith Festival Gala Day, Edinburgh Community Health Forum, Port of Leith Housing Association, CEC NE Edinburgh Locality Groups, EARN (Equalities and Rights Network), Scottish Community Development Centre (SCDC), Living Streets, as well as working with volunteers and provision of student placements.

Police Scotland ‘Keep Safe’ initiative – work was undertaken with Police Scotland to establish PDP as a ‘Keep Safe’ point for vulnerable people. This is in addition to our current status as a 3rd Party Reporting Centre for hate crimes.



Investing in Volunteers Award

PDP has held the Investing in Volunteers Quality mark award since 2013 and we were delighted to have this extended for another 3 years in October 2019, following an independent review of our volunteer work by Volunteer Scotland. The Investing in Volunteer Award has benefited PDP in the following ways:

- Improved the effectiveness of our work with volunteers in a structured way (to maintain and improve our service).
- Compares PDP volunteer practices against a recognised standard.
- Increased support from people within PDP for our volunteer programme.]
- Encourage more people to volunteer - people hopefully feel more encouraged to volunteer for an organisation that strives towards managing volunteers well.
- Sustains our existing volunteers’ motivation and enhance their experience of volunteering.
- Enhances PDP’s reputation in the local community.
- Reassures funders that PDP is professional and that their money is being well spent.
- Draws to the attention of PDP’s funders the need for effective volunteer management.
- Minimises any potential risks arising from the involvement of volunteers - either to volunteers themselves, and/or to PDP and its users/supporters.
- Achieving the Investing in Volunteers Standard allows PDP to publicly demonstrate its commitment to volunteering.



d) Student Placements

PDP provided a number of student placement opportunities along with professional support and supervision throughout 2019/20:

Steven Drew – Edinburgh University BA Community Education Year 3 Professional Practice Placement 2019: *“Thanks for everything to yourself and the entire PDP team. I recently found out I'm finishing with a first-class pass. My dissertation 'Food banks & Community Education: A Recipe for Dignity?’ was heavily guided by my experiences at PDP! It grew directly from my experiences with PDP and the work around 'Dignity in Practice' ”*

Catherine Hendry (Jan-March 2020) – Edinburgh University BA Community Education Professional Practice 2 Placement: *“I feel lucky to have experienced the opportunity to be part of this organisation and will take what I have learnt along my way.*

Maya Cohen & Lixia Yu (Feb - March 2020) - Edinburgh University MSW1& BSC3 Professional Social Work Placements (finished early due to COVID-19 Lockdown)

Thanks to everyone for all their hard work for the project!

Showcase of Work with Adults overleaf

SHOWCASE OF OUR WORK WITH ADULTS



PDP Women's' Group & our Banner with Nicola Sturgeon at 6VT 'Bessie Watson Launch, Belly dancing!...Leith Gala 2019 and Bill with Steven our



Finally, thanks to all the residents of the Leith Walk/Leith Wards and throughout NE Edinburgh 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.



Pilmeny Development Project

19 – 21 Buchanan Street

Edinburgh,

EH6 8SQ

Tel: 0131 553 2559

E-mail: pilmenyproject@btconnect.com

Website: www.pilmenydevelopmentproject.co.uk

Twitter: @PilmenyDevProj

Office hours – Pilmeny Development

Project office is open to the public

Monday – Friday – 9am – 1.00pm

Pilmeny Development Project is a Scottish
Charity with number SC002549

Company limited by guarantee with
number SC18812



REGISTERED COMPANY NUMBER: SC188129 (Scotland)
REGISTERED CHARITY NUMBER: SCO002549

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March
2020
for
Pilmeny Development Project

Pilmeny Development

Contents of the Financial Statements for the Year Ended 31 March 2020

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Pilmeny Development

Report of the Trustees

for the Year Ended 31 March 2020

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Pilmeny Development Project is a community based voluntary organisation which has been working in Leith since 1979. The main emphasis of the Project has been to work primarily with young and old. The project also provides an important community development and support role to a wide variety of local groups and organisations in the Area.

The charitable objects, as stated on the charitable constitution, of Pilmeny Development Project during the year were:

- The advancement of education.
- The furtherance of the health and relief of poverty, distress and sickness.
- To promote and organise co-operation in the achievement of these objects and to bring together individuals and representatives of relevant authorities and bodies and to co-operate with any other body

STRATEGIC AIMS

The charitable objects of Pilmeny Development Project during the year were:

Support and development of local residents by:

- Encouraging appropriate self-help initiatives towards the identification and resolution of their problems.

Lifelong aims:

Children and Young People:

- To improve the range and provision of services with children and young people to assist them to meet their social, educational and recreational needs and to develop their capabilities.

Older people:

- To improve the range and provision of services with the older people to maintain and improve the quality of their lives and enable them to remain independent and active as long as possible.

Adults:

- To improve the range and provision of services to assist them to meet their social, educational and recreational need and improves the quality of their lives.

PRINCIPAL ACTIVITY

The principal activity of the charity in the year under review was that of the promotion of any charitable purpose for the benefit of the inhabitants of the Lorne area of Leith and surrounding areas.

Pilmey Development

Report of the Trustees

for the Year Ended 31 March 2020

ACHIEVEMENT AND PERFORMANCE

More than 2,640 older and younger local residents, local groups, organisations and 85 volunteers were directly involved in PDP activities during 2019/20. In addition, PDP Older People's Services Project supported 3,766 socially isolated local older people and carers and 188 Leith Timebank members provided much needed help and support.

Young people

- PDP continued to develop the provision of youth clubs, intergenerational activities and holiday provisions for over 475 local children and young people aged 7 -18 years in Leith Walk and Leith areas.
- Further development of PDP /Leith Early intervention Project (LOSP) - a diversionary project and street work with for over 90 'hard to reach' young people at risk of offending.
- Partnership working with a Leith and St Mary's Primary schools to develop work with over 71 Primary pupils including development of specialist provision for children with ASN (additional support needs)
- Involvement of over 50 young people in Intergenerational work
- development of a new specialist Girls Health & Wellbeing project involving 47 girls in the Leith area in 2019/20.

Older People

- PDP Older Person's Project developed the provision of services opportunities and intergenerational activities for over 3766 local older people and carers in Leith Walk, Leith and NE Edinburgh Locality. This work targeted socially isolated, housebound older people in NE Edinburgh through the provision of 'information stations' and an 'in reach' service for housebound older people in NE Edinburgh.
- Development of NE Edinburgh Older People's Service Providers Network (a multi agency Network for those working with older people in North East Edinburgh). Over 155 agencies and service providers were involved during 2019/20.
- Development of a new Intergenerational Project in partnership with Zero waste Leith involving over 30 pupils from St Mary's primary schools and 20 older people in Manderston court sheltered housing complex resulted in the production of a toolkit.
- Development of Leith Timebank, (which has a focus on older people). There are over 188 local members of Leith Timebank in 2019/20 along with 12 Local Agencies and Groups. Over 639 'exchanges' and 159 social/group activities took place, with over 873 hours exchanged during 2019/20.
- Coordination of a NE Locality multi agency event & Tea Dance at Hibs Football Stadium, for over 200 local older people, as part of Older People's Week in October 2019.
- Continued development and support to: NE Edinburgh Older Men's Health and Wellbeing Project; two Older Peoples Forums - North East Edinburgh Care Action Group (NEECAG) in Leith & Portobello; Pilmey Older Women's Health & Wellbeing Group, a weekly 50+ drop in provision (involving over 250 older people and carers directly and indirectly) and support to other local voluntary organisations/groups providing day opportunities and services for local older people and carers.
- Continued development of 'New Spin' Intergenerational Project (in partnership with Citadel Youth Project) which involves over 40 local older and younger people.

Adults

- Pilmey Development Project provided information/advice and access to local meeting /activity rooms and equipment to local residents and groups.
- PDP has continued to develop its work with volunteers, in line with achieving its 'Investing in Volunteers Award' which is a nationally recognised award that recognises PDP has attained the required standards and quality in its work with volunteers. Over 85 volunteers contributed 4346 hours of volunteering time to support all aspects of PDP work during 2019/20.
- PDP continued to work with Police Scotland as part of their 'Keep Safe' initiative. PDP is a 'Keep Safe' point for vulnerable local people and continues to be a local 3rd Party Reporting Centre.
- A range of Partnership work was undertaken throughout 2019/20 with many agencies including: Ageing Well, Living Memory Association, Citadel Youth Centre, YMCA, EVOG (Edinburgh Voluntary Organisations Council, Inspiring Leith Project, CEC NE Edinburgh Locality Group, Lochend Neighbourhood Centre, Calton Welfare Services Project, MECOPP, Milan (SWO) and POLHA.

FINANCIAL REVIEW

Reserves policy

The charity's policy on reserves is to hold sufficient funds in reserve to ensure the charity's ability to fulfil its charitable objectives. The charity continues to develop its Reserves policy to take account of restricted funding expenditure, pension liability, 3-6 months running costs to cover staff redundancy and any future funding uncertainties.

Pilmeny Development

Report of the Trustees for the Year Ended 31 March 2020

FUTURE DEVELOPMENTS

During the next financial year Pilmeny Development Project (PDP) plans to continue to fulfil its charitable objects. PDP will continue to work with City of Edinburgh Council, within the current funding cycle and undertake additional fundraising to enable the fieldwork to be carried out.

Covid-19

In early 2020 the UK has been hit by a pandemic of Covid-19. The charity is delivering alternative services in line with government guidelines. Emergency and resilience funding has been sought and awarded in order to provide much needed services in this emergency situation.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The company operates under the name Pilmeny Development Project. The company registered with Companies House and was incorporated on the 20th July 1998. It has charitable status and is recognised by the Office of the Scottish Charity Regulator as a Scottish Charity.

Recruitment and appointment of new trustees

All the trustees, being eligible, offer themselves for election at the Annual General Meeting. Trustees are appointed at the AGM or co-opted. The Board is responsible for training new trustees.

Organisational structure

All major operating decisions are decided by the Executive Board and day to day management has been delegated to Anne Munro, Manager.

Risk management

The trustees have examined the major strategic business and operational risks which the charity faces and confirms that systems in place enable regular reports to be provided so that the necessary steps can be taken to minimise any potential risks. PDP has developed a Business Continuity Plan, a Feasibility Study for Liability Management of Pension and updated Safeguarding Policies to ensure appropriate levels of insurance cover.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

SC188129 (Scotland)

Registered Charity number

SCO002549

Registered office

19-21 Buchanan Street
EDINBURGH
EH6 8SQ

Trustees

W D Dods

P J Attridge Chair

B G Heil

J M Maclellan

S E Marshall

Company Secretary

J M Maclellan

Pilmeny Development

Report of the Trustees

for the Year Ended 31 March 2020

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Cowan & Partners Limited
60 Constitution Street
Edinburgh
EH6 6RR

Solicitors

Shepherd & Wedderburn
Saltire Court
20 Castle Terrace
Edinburgh
EH1 2ET

Bankers

Royal Bank of Scotland
Plc 36 St Andrews
Square Edinburgh
EH2 2AD

Approved by order of the board of trustees on 11 June 2020 and signed on its behalf by:

P J Attridge - Trustee

Independent Examiner's Report to the
(Incorporating an Income and Expenditure
Account) Pilmeny Development Project

I report on the accounts for the year ended 31 March 2020 set out on pages six to fifteen.

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under Section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention :

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
 - to prepare accounts which accord with the accounting records and to comply with Regulation 8 of the 2006 Accounts Regulations

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

John W Kennedy, CA
Cowan & Partners
Limited 60 Constitution
Street Edinburgh
EH6 6RR

11 June 2020

Pilmeny Development

Statement of Financial Activities

(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2020

			31.3.20	31.3.19
	Notes	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies		-	-	-
Charitable activities				
Grant awards		108,693	28,409	137,102
Headquarters earned		28,863	47,909	76,772
Total		137,556	76,318	213,874
EXPENDITURE ON				
Charitable activities				
Charitable		159,053	51,911	210,964
NET INCOME/(EXPENDITURE)		(21,497)	24,407	2,910
Transfers between funds	9	(614)	614	-
Other recognised gains/(losses)				
Actuarial gains on defined benefit schemes		1,301	-	1,301
Net movement in funds		(20,810)	25,021	(11,456)
RECONCILIATION OF FUNDS				
Total funds brought forward		131,112	18,539	149,651
TOTAL FUNDS CARRIED FORWARD		110,302	43,560	153,862

Pilmeny Development

Balance Sheet

31 March 2020

		Unrestricted	Restricted	31.3.20	31.3.19
	Notes	funds	funds	Total	Total
		£	£	funds	funds
				£	£
FIXED ASSETS					
Tangible assets	6	25	-	25	29
CURRENT ASSETS					
Debtors	7	3,195	-	3,195	-
Cash at bank and in hand		170,886	43,560	214,446	248,818
		<u>174,081</u>	<u>43,560</u>	<u>217,641</u>	<u>248,818</u>
CREDITORS					
Amounts falling due within one year	8	(27,573)	-	(27,573)	(56,831)
		<u>146,508</u>	<u>43,560</u>	<u>190,068</u>	<u>191,987</u>
NET CURRENT ASSETS					
		<u>146,533</u>	<u>43,560</u>	<u>190,093</u>	<u>192,016</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>146,533</u>	<u>43,560</u>	<u>190,093</u>	<u>192,016</u>
PENSION LIABILITY	10	(36,231)	-	(36,231)	(42,365)
		<u>110,302</u>	<u>43,560</u>	<u>153,862</u>	<u>149,651</u>
NET ASSETS					
		<u>110,302</u>	<u>43,560</u>	<u>153,862</u>	<u>149,651</u>
FUNDS	9				
Unrestricted funds				110,302	131,112
Restricted funds				43,560	18,539
				<u>153,862</u>	<u>149,651</u>
TOTAL FUNDS				<u>153,862</u>	<u>149,651</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

Pilmeny Development

Balance Sheet - continued

31 March 2020

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 11 June 2020 and were signed on its behalf by:

P J Attridge - Trustee

Pilmeny Development

Notes to the Financial Statements for the Year Ended 31 March 2020

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life. Plant and machinery - 15% on reducing balance

Taxation

The charity is exempt from tax under Section 505 Income and Corporation Taxes Act 1988.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Project costs

Costs are divided between projects on a percentage basis based on current ongoing projects.

Grants Receivable

Grants receivable are recognised when claims have been provided and the right to consideration has been earned. Income from grants awarded on an individual project basis are solely used for the project intended.

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.20	31.3.19
	£	£
Depreciation - owned assets	<u>4</u>	<u>5</u>

Pilmeny Development

Notes to the Financial Statements - continued for the Year Ended 31 March 2020

3. **TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2020 nor for the year ended 31 March 2019.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2020 nor for the year ended 31 March 2019.

4. **STAFF COSTS**

	2020	2019
	£	£
Salaries	128,952	122,728
National Insurance	6,248	5,324
Pensions	3,222	2,015
Total	138,422	130,067

The average monthly number of employees during the year was as follows:

	31.3.20	31.3.19
Staff	23	22

No employees received emoluments in excess of £60,000.

5. **COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted	Restricted	Total
	funds	funds	funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	(1)	1	-
Charitable activities			
Grant awards	163,819	9,687	173,506
Headquarters earned	10,987	9,225	20,212
Total	174,805	18,913	193,718
EXPENDITURE ON			
Charitable activities			
Charitable	182,992	34,517	217,509
NET INCOME/(EXPENDITURE)	(8,187)	(15,604)	(23,791)
Transfers between funds	(1,032)	1,032	-
Other recognised gains/(losses)			
Actuarial gains on defined benefit schemes	12,335	-	12,335

Pilmeny Development

Notes to the Financial Statements - continued
for the Year Ended 31 March 2020

Net movement in funds

3,116	(14,572)	(11,456)
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Pilmeny Development

Notes to the Financial Statements - continued
for the Year Ended 31 March 2020

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	127,997	33,110	161,107
TOTAL FUNDS CARRIED FORWARD	<u>131,113</u>	<u>18,538</u>	<u>149,651</u>

6. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1 April 2019 and 31 March 2020	<u>3,348</u>
DEPRECIATION	
At 1 April 2019	3,319
Charge for year	4
At 31 March 2020	<u>3,323</u>
NET BOOK VALUE	
At 31 March 2020	<u>25</u>
At 31 March 2019	<u>29</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.20 £	31.3.19 £
Other debtors	<u>3,195</u>	-

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.20 £	31.3.19 £
Social security and other taxes	2,636	3,703
Other creditors	22,693	50,986
Accrued expenses	2,244	2,142
	<u>27,573</u>	<u>56,831</u>

Pilmeny Development

Notes to the Financial Statements - continued for the Year Ended 31 March 2020

9. MOVEMENT IN FUNDS

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
General fund	131,112	(20,196)	(614)	110,302
Restricted funds				
NEECAG	-	(614)	614	-
Older Men	7,671	(229)	-	7,442
Intergeneration Fund	2,968	(1,000)	-	1,968
Community Connector Leith	7,083	(2,675)	-	4,408
Community Food Project	545	(545)	-	-
Youth Clubs	272	1,598	-	1,870
Older People Services	-	27,872	-	27,872
	<u>18,539</u>	<u>24,407</u>	<u>614</u>	<u>43,560</u>
TOTAL FUNDS	<u>149,651</u>	<u>4,211</u>	<u>-</u>	<u>153,862</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	137,556	(159,053)	1,301	(20,196)
Restricted funds				
NEECAG	237	(851)	-	(614)
Older Men	8,551	(8,780)	-	(229)
Intergeneration Fund	-	(1,000)	-	(1,000)
Community Connector Leith	-	(2,675)	-	(2,675)
Community Food Project	-	(545)	-	(545)
Youth Clubs	10,728	(9,130)	-	1,598
Older People Services	56,802	(28,930)	-	27,872
	<u>76,318</u>	<u>(51,911)</u>	<u>-</u>	<u>24,407</u>
TOTAL FUNDS	<u>213,874</u>	<u>(210,964)</u>	<u>1,301</u>	<u>4,211</u>

Pilmeny Development

Notes to the Financial Statements - continued
for the Year Ended 31 March 2020

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.18	Net movement in funds	Transfers between funds	At 31.3.19
	£	£	£	£
Unrestricted funds				
General fund	127,997	4,147	(1,032)	131,112
Restricted funds				
NEECAG	3,095	(4,127)	1,032	-
Older Men	14,305	(6,634)	-	7,671
Intergeneration Fund	3,848	(880)	-	2,968
Community Connector Leith	10,876	(3,793)	-	7,083
Community Food Project	986	(441)	-	545
Youth Clubs	-	272	-	272
	<u>33,110</u>	<u>(15,603)</u>	<u>1,032</u>	<u>18,539</u>
TOTAL FUNDS	<u>161,107</u>	<u>(11,456)</u>	<u>-</u>	<u>149,651</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Gains and losses	Movement in funds
	£	£	£	£
Unrestricted funds				
General fund	174,804	(182,992)	12,335	4,147
Restricted funds				
NEECAG	1,019	(5,146)	-	(4,127)
Older Men	8,736	(15,370)	-	(6,634)
Intergeneration Fund	-	(880)	-	(880)
Community Connector Leith	-	(3,793)	-	(3,793)
Community Food Project	-	(441)	-	(441)
Youth Clubs	9,159	(8,887)	-	272
	<u>18,914</u>	<u>(34,517)</u>	<u>-</u>	<u>(15,603)</u>
TOTAL FUNDS	<u>193,718</u>	<u>(217,509)</u>	<u>12,335</u>	<u>(11,456)</u>

As a condition of the grant, the grant award for North East Edinburgh Care Action Group (NEECAG), Older Men's Health and Wellbeing Group, Intergeneration Fund, Community Connector Leith, Community Food Project, Youth Clubs and Older People Services are separately identified within the restricted funds. The grant awards were made for the ongoing running costs of the groups with the outstanding balances at 31 March 2020 being made available for use in 2020/21.

Pilmeny Development

Notes to the Financial Statements - continued for the Year Ended 31 March 2020

10. EMPLOYEE BENEFIT OBLIGATIONS

Pilmeny Development Project participates in the Scottish Voluntary Sector Pension Scheme (the scheme), a multi-employer scheme which provides benefits to some 102 non-associated employers. The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore, it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 2004 which came into force on 30 December 2005. This, together with documents issued by the Pensions Regulator and Technical Actuarial Standards issued by the Financial Reporting Council, set out the framework for funding defined benefit occupational pension schemes in the UK.

The scheme is classified as a 'last-man standing arrangement'. Therefore, the company is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawal from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity purchase basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out with an effective date of 30 September 2017. This actuarial valuation was certified on 19 December 2018 and showed assets of £120.0m, liabilities of £145.9m and a deficit of £25.9m. To eliminate this funding shortfall, the trustees and participating employers have agreed that additional contributions will be paid in combination from all employers, to the scheme as follows

Deficit contributions

From 1 April 2019 to 30 September 2026: £1,404,638 per annum (payable monthly and increasing by 3% each year on 1st April)

From 1 April 2019 to 30 September 2027: £136,701 per annum (payable monthly and increasing by 3% each year on 1st April)

The contributions to 30 September 2027 are in respect of those employers that have agreed concessions (both past and present) with the Trustee.

The recovery plan contributions are allocated to each participating employer in line with their estimated share of the scheme liabilities.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

Present Values of Provision

	31 March 2020	31 March 2019
resent Value of provision	£36,231	£42,365

Reconciliation of Closing Provision

	Period end 31 March 2020	Period end 31 March 2019
Provision at start of period	£42,365	£58,405
Unwinding the discount factor (interest expense)	£576	£1,126
Deficit contribution paid	(£5,409)	(£4,831)
Remeasurements - impact of any changes in assumptions	(£1,301)	£854
Remeasurements - amendments to the contribution schedule	-	(£13,189)
Provision at end of period	£36,231	£42,365

Pilmeny Development

Notes to the Financial Statements - continued
for the Year Ended 31 March 2020

Income and Expenditure Impact

Pilmeny Development

Notes to the Financial Statements - continued for the Year Ended 31 March 2020

10. EMPLOYEE BENEFIT OBLIGATIONS - continued

	Period end 31 March 2020	Period end 31 March 2019
Interest expense	£576	£1,126
Remeasurements- impact of any change in assumption	(£1,301)	£854
Remeasurements - amendments to the contribution schedule	-	(£13,189)

Assumptions

	31 March 2020 % per annum	31 March 2019 % per annum
Rate of discount	2.57	1.46

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2020.

Pilmeny Development

Detailed Statement of Financial Activities
for the Year Ended 31 March 2020

	31.3.20	31.3.19
	£	£
INCOME AND ENDOWMENTS		
Charitable activities		
Grant awards	83,088	83,088
Older Men Project	8,552	8,736
NEECAG Income	236	1,018
Older People Services	28,525	-
15 BS Income	3,938	3,093
Management fees	7,000	21,000
Other Income	82,535	76,783
	<hr/>	<hr/>
	213,874	193,718
	<hr/>	<hr/>
Total incoming resources	213,874	193,718
EXPENDITURE		
Charitable activities		
Staff costs-Older Men Project	7,512	3,571
Staff costs- CEC	78,112	78,060
Staff Costs- NEECAG	-	4,353
Staff costs - Older People	27,571	-
Property costs NEECAG	-	325
Property costs - CEC	10,308	9,133
Project costs	56,177	80,931
Project Costs CEC	20,964	22,307
Project costs NEECAG	851	468
Project costs - Headquarters	4,018	3,289
Project costs- Older Men	1,268	1,799
Project costs - Older people	1,359	-
Management Charges - Older Men	-	10,000
Pension	576	1,126
Plant and machinery	4	5
	<hr/>	<hr/>
	208,720	215,367
Support costs		
Governance costs		
Accountancy and legal fees	2,244	2,142
	<hr/>	<hr/>
Total resources expended	210,964	217,509
	<hr/>	<hr/>
Net income/(expenditure)	2,910	(23,791)
	<hr/>	<hr/>

This page does not form part of the statutory financial statements