



**Pilmény
Development
Project**

A company limited by guarantee with number SC188129.
Scottish Charity Number SC002549



Annual Report 2023-24



Pilmény Development Project ANNUAL REPORT 2023 - 2024

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INTRODUCTION



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 City of Edinburgh Council and through its own fundraising efforts.

OVERALL AIMS

The overall aims of 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 Pilmeny Development Project (PDP) Annual Report 2023/24 **2024 marks our 45th Anniversary, which we are extremely proud of and we are celebrating throughout the year!**

The Annual Report highlights the vital work of Pilmeny Development Project and demonstrates how it contributes to the lives of the most vulnerable, socially isolated, members in the Leith and wider NE Edinburgh community.

PDP is facing an increasingly difficult environment with rising demands and increased costs. These financial pressures are making it increasingly challenging to provide our services for old and young the people and community. We are doing our best to continue to support local people, our staff and volunteers through difficult times.

I hope you enjoy reading about our exciting work over the last 12 months and that you will continue to support PDP in the provision of much needed services and fun activities for old and young in Leith Walk ward, Leith and NE Edinburgh...here's to seeing how we 'Persevere' the next 45 years!

PDP MANAGEMENT COMMITTEE

for the period 2023 – 2024



Chairperson: Phil Attridge
Vice Chair: Sophie Marshall
Secretary: Joan MacLellan
Treasurer: Bruce Heil (from January 2023)
Ex officio: Councillor Jack Caldwell, Councillor James Dagleish, Councillor Amy McNeese-Mechan, Councillor Susan Rae

PDP Staff:

Anne Munro Manager/Community Development Worker – Older People
Nicola Hutchison Youth Development Worker - Children & Young People
Gita Filipova Administrator (part time)
Mary O’Connell Leith Timebank & Older People’s Services project worker (Job Share)
Margaretann Farquharson Older People’s Services project worker (Job Share)
PDP Youth Work Sessional Staff
Steven Drew, David McGuire, Bailey McKail, Louise Ferguson, Lucy MacDonald,
Charlene Fraser, Abbe Greenan

PDP Services/Support:

Nada Hudson Book keeping Services provider
Jai Adami HR Adviso





**Pilmey
Development
Project**

PDP Statistics & Infographic Summary 2023/24



For every **£1** of CEC funding
PDP leveraged in **£1.24** additional
/ matched funding in 2023/24



More than **3,552** local residents including socially isolated older people, young people, children, families, carers, **150** local groups, organisations, **80** volunteers & **209** Leith Timebank members were involved in PDP activities during 2023/24



PDP exceeded or met the targets and outcomes set by Edinburgh Council and had 95-100% user satisfaction level in 2023/24

Pilmey Development Project

April 2023 - March 2024

Older People and Carers

1,803 calls made
for befriending/contact service

213 Befriending Meetings
With PDP volunteers/ staff members

1,320 Newsletters
&
1,290 Activity Packs
e.g. Christmas Gifts, Greeting Cards, etc

252 In-Person/ virtual Groups
With 2,842 in attendance

27 Digital Lessons
with 72 participants

Young People and families

225 Youth Clubs/ Trips
With
2,302 in attendance

- Juniors (age 5-8)
- Inters (age 8-12)
- LOSP (age 12+)
- Girls Health & Wellbeing
- Leith Walk Primary School
- Sikh Sanjog
- Hi 5 Awards
- Easter & Summer Programme
- Bonfire Night & Xmas Trips

2,683 contacts to Parents
& **49** contact via School

Plus Intergenerational Projects - New Spin, Leith Walk Primary, Victoria Primary & HoNC & Leith Timebank - A Skill-Swapping Project

Plus practical support e.g. foodbank deliveries, gardening, accompanying to medical appointments, etc

Over **100** fantastic local volunteers
1,836 Volunteer Hours

PDP Key Achievements – 2023-24

More than **3,552** local residents including socially isolated older people, young people, children, families, carers, 150 local groups, organisations, 80 volunteers and 209 Leith Timebank members were directly involved in PDP activities during 2023/24, providing much needed help and support. For every £1 of CEC grant funding, we levered in **£1.24** additional matched funding in 2023/24.

PDP work in 2023/24 included:

Young people

2,302 sessions/activities were organised for local children and young people. 646 included specific opportunities for young people with Additional Support Needs (ASN) and 556 for BAME community members throughout 2023/24. Activities and opportunities for local children and young people included:

- PDP youth clubs, intergenerational activities and school holiday provisions for local children and young people (aged 5 -17 years) in Leith Walk and Leith area.
- Development of Leith Early intervention Project/ Pilmeny (LOSP) diversionary project for 'hard to reach' young people at risk of offending.
- 1-1 support and developed a targeted after school provision for young people with ASN attending Leith Primary School
- Girl's mental health and wellbeing initiative. PDP in partnership with YMCA Edinburgh, run two gender specific groups (under 12 and 12+ years) which have continued to grow from strength to strength.
- New partnership developed between PDP and Sikh Sanjog enabling access to more youth work provisions for BAME children and young people
- Support to enable 12 young people to achieve Saltire and High 5 Awards and become young volunteers in 2023/24
- Development of PDP Youth Centre. From January 2023, PDP developed an exciting new venue for our youth work provision in this area. This has been challenging – but children, young people and families love the new space!
- Development of stronger relationships with parents, schools, and professionals (including social workers, Schools and NHS), enabling PDP to provide joined up, holistic approaches, which better met the needs of our children and young people in this area.

Older People

PDP provided activities and opportunities for over **1251** older people and **141** Statutory/ Voluntary Sector Service Providers in 2023/24. Activities and opportunities for local older people included:

- Provision of weekly Telephone Befriending service which made over 1,803 calls a 213 visits to over **60** socially isolated, vulnerable older people during 2023/24
- Practical help and support with emergency foodbank deliveries, collecting shopping, prescriptions etc. for over **57** local housebound, vulnerable older people.
- Provision and delivery of 1,320 newsletters and 1,290 Activity/Resource Packs to **150** socially isolated, vulnerable older people throughout 2023/24
- Provision of in-person weekly support to over **20** socially isolated, vulnerable older women with long term conditions and health issues /experiencing carer stress
- Provision of in-person weekly support to **20** socially isolated, vulnerable older men with a range of mental and physical health issues

PDP Key Achievements 2023/24 - Older People cont'd

- Development of activity/social groups within local community venues/sheltered housing for over 442 older people
- Development of Leith Timebank, (which has a focus on older people), with over **209** local members and **12** Local Agencies/Groups, who made over 1,141 exchanges, contributing 1903 hours throughout 2023/24.
- Provision of free IT equipment/data and 27 1:1 support/group learning sessions for 72 older people throughout 2023/24
- Development of new 'Coming out of lockdown Re Connecting Programme' for over 100 socially isolated Older People and carers living in Leith (Aug 2023-March 2024)
- Continued development/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, specialist support to 3 local voluntary organisations providing day opportunities and services for BAME, older people and carers.
- Development of 'New Spin' Intergenerational Project (in partnership with Citadel Youth Project) which involved over **30** local older and younger people in 32 weekly sessions during 2023/24.
- Provision of 3 'Generations' intergenerational projects in partnership with Leith Walk and Victoria Primary Schools and Heart of Newhaven involving over 32 socially isolated older people and 48 children and young people.

Adults

- Pilmeny Development Project provided information/advice and support to many local residents and groups throughout 2023/24
- PDP continued to develop volunteer work. We were delighted in 2023/24, to achieve renewal of our 'Investing in Volunteers Award' (a nationally recognised award re attainment of required standards and quality volunteer work) for a further 3 years. Over **80** volunteers and **209** Leith Timebank members contributed **3,739** hours of volunteering time to support all aspects of PDP work during 2023/24.
- PDP continued to work with Police Scotland 'Keep Safe' initiative. PDP is a 'Keep Safe' point for vulnerable local people and continues to be a local 3rd Party Reporting Centre.
- PDP Partnership work throughout 2023/24 with a wide range of agencies included: Ageing Well, Calton Welfare Services Project, Citadel Youth Centre, Edinburgh Health Projects Forum, EVOC, Fenwicks, Harbour Homes (POLHA), Heart of Newhaven, Hibernian Community Foundation, LAYC, Leith Growers, Leith Trust, Living Memory Association, Lochend Neighbourhood Centre, MECOPP, Milan (SWO), Police Scotland, Sikh Sanjog, YMCA Edinburgh and many more!



FINANCE REPORT 2023 - 2024

TREASURER'S REPORT

The financial position of Pilmeny Development Project remained strong with turnover of £261,507 in the year. We achieved this through the continued support of our funders and the prudent management of our finances.

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 pension deficit continues to improve in 2023-2024 and an ongoing review by the Board exploring options to reduce further this deficit.

It is recognised as good practice that charities 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. The unrestricted reserves are £126,771 and we are retaining £37,466 Creditors, of which £29,306 in Deferred Income (funds received in financial year and released to grant income in 2024). The Restricted funds balance is £80,195, with most of these funds expected to be utilised in 2024/25.

It is important to note that the outlook for future funding remains uncertain and we are still awaiting confirmation of several key funding sources for the next financial year.

BRUCE HEIL / TREASURER

**PDP ANNUAL AUDITED ACCOUNTS FOR 2023/2024 CAN BE VIEWED ON PDP WEBSITE
www.pilmenydevelopmentproject.co.uk OR A COPY IS AVAILABLE ON REQUEST**

FUNDING & FUNDRAISING

The work of the Project would have been impossible without the financial/help in kind support of the many Funders and Trusts in 2023/24 to whom we are very Grateful. They include:



- Age Scotland
- ASDA
- City of Edinburgh Council (CEC)
- CEC Leith Sports Hub
- Edinburgh Community Mental Health & Wellbeing Fund (Young People)
- Edinburgh Community Mental Health & Wellbeing Fund (Adults)
- Edinburgh Health and Social Care Partnership (NHS Lothian)/Edinburgh Integrated Joint Board
- Harbour Homes
- Harry Creswick charitable Trust
- Hilda & Johnny Gibb Charitable Trust
- LAYC
- Leith Benevolent Association
- Leith Gives
- Lindsay's Charitable Trust
- Ponton House Trust
- Radio Forth Cash for Kids
- Scottish Government - Social Isolation & Loneliness Fund
- TESCO
- Trefoil Trust
- **Individuals**
- Colin Lumsden
- **Help in Kind**
- Edinburgh Community Food
- Police Scotland
- **Individual Fundraising 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.



*Nicola Hutchison
Youth Development Worker*

OVERVIEW

2023-24 we moved into our new youth centre located at 44 Buchanan Street. This allowed our service more space for more young people to attend sessions. The new space gives us a large hall space and separate rooms for arts, crafts and workshops, allows us to do more varied and active sessions. The young people's feedback on the new space has been outstanding

"I LOVE the new space it has so much room for more activities!!!"

We continued to strengthen our relationships with agencies and professionals including YMCA Edinburgh, Citadel Youth Centre, The Junction and Community Police.

We felt the impact of the Cost of Living Crisis, which has had a huge negative impact on families in this community, resulting in greater need for extra support. PDP Youth Development Workers role had to be extended to include increased support to families and young people, along with more 1:1 support to individual young people. Support to families included 1:1 meet-ups, phone calls, attending child planning meetings, referring young people to other services (e.g. counselling, mentoring)

We continued to attract young people from BAME communities and those with additional support needs. In addition, we have had an intake of young volunteers across our youth clubs and intergenerational groups. This allowed young people opportunities for them to gain skills to help them into employment and allowed our young people in clubs to engage with and be supported by other young people in their community.

In total 2,302 sessions/activities were organised for local children and young people. 646 included specific opportunities for young people with Additional Support Needs (ASN) and 556 for BAME community members throughout 2023/24.

Activities and opportunities for local children and young people included:

- PDP youth clubs, intergenerational activities and school holiday provisions for local children and young people (aged 5 -17 years) in Leith Walk and Leith area.
- Development of Leith Early intervention Project/ Pilmey (LOSP) diversionary project for 'hard to reach' young people at risk of offending.
- 1-1 support and developed a targeted after school provision for young people with ASN attending Leith Primary School
- Girl's mental health and wellbeing initiative. PDP in partnership with YMCA Edinburgh, run two gender specific groups (under 12 and 12+ years) which have continued to grow from strength to strength.
- New partnership developed between PDP and Sikh Sanjog enabling access to more youth work provisions for BAME children and young people
- Support to enable 12 young people to achieve Saltire and High 5 Awards and become young volunteers in 2023/24
- Development of PDP Youth Centre. From January 2023, PDP developed an exciting new venue for our youth work provision in this area. This has been challenging – but children, young people and families love the new space!
- Development of stronger relationships with parents, schools, and professionals (including social workers, Schools and NHS), enabling PDP to provide joined up, holistic approaches, which better met the needs of our children and young people in this area.

PDP Youth work cont'd

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

PDP provided weekly youth club sessions based at Pilmey Youth centre. The **Junior Youth Club** ran on a Tuesday evening from 4.45pm – 6pm. We ran three terms of 10 weekly sessions during School Term time in 2023/24. The club was advertised on PDP website, PDP Facebook, 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 a total of 377 young people attending throughout the year.

April–June 2023- This term involved topics such as understanding emotions and positive mental health. We done activities such as smoothies, emotions monsters and trips to Dalmeny Park. Young people get involved in these sessions and enjoy the group discussions.

September–December 2023 we done fun activities such as Halloween party, bonfire night and Christmas. We also re-visited mental health and world kindness day.

January–March 2024 - Sessions included celebrating Burns night, Chinese New Year, planting with Leith Community Growers and an intergenerational bingo/curling session. From evaluation young people requested to have an intergenerational session with the older people they make Christmas cards for which builds up the community relationship between young and old.

To develop and manage quality provision for children aged 8 – 12 (P4 – P7)

PDP provides a weekly **Intermediate Youth Club** sessions for children aged 8 – 12yrs, held at PDP youth centre. The club runs Wednesday evenings 4.30 – 6pm. Young people have the opportunity to socialise and do activities in a safe and comfortable environment. PDP has interacted with 417 young people in 2023/24.

April – June 23: Group Games, LGBTQ Pride, Smoothies and Tie Dye.

September–Dec 23: Halloween party, fireworks night sparklers and Christmas trip to Ninja Warrior. Topics covered were anti-bullying and world mental health day.

January–March 2024: Edinburgh Remakery t-shirt making, cake pops, Pokémon and a science session with Edinburgh University.

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

The Easter Holiday Provision in 2023 ran 10 sessions for 194 local young people. PDP provided young people aged (5-12) 2 Easter play sessions, an active sports session, a girl's Trampolining trip and a trip to the museum. We worked in partnership with YMCA Edinburgh in week 2 to provide a Playscheme for both our young people and from the Ukrainian community (many of whom were staying on the cruise liner in Leith docks at the time), to encourage an integration of different communities These sessions consisted of 'play sessions' held in Leith community centre. Each session began with a check –in and food such as breakfast bars and fruit to ensure every young person had something to eat in morning. We then had fun structured activities to follow the remainder of the session such as an Easter Egg Hunt, Easter Relay races, Easter cookies and chocolate egg decorating. An active sports session was held improving young people's health and well-being alongside the Trampolining trip and a trip to the Museum encouraged learning. These activities and trips offered young people new opportunities with their friends that many had not been able to do before.

PDP Summer Programme 2023 ran for 33 sessions and provided a service for 415 young people, during the school holidays across July - August. Our playscheme sessions took place 2 days a week, 10-2pm. We also organised group outings to Portobello Beach, Fox Lake and SKY Academy studios, Ninja Warrior and Bowling. Edinburgh Community Food kindly supported our playscheme by donating lunches to support many of families who are eligible free school meals (not available during school holidays) or are on low-incomes. We were able to work in partnership with YMCA Edinburgh to bring two projects together for an additional week. We were able to allocate spaces to the Ukrainian community living on the Cruise ship in Leith. These additional play sessions encouraged young people to meet new people and learn to play together.

PDP Youth work cont'd

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 our young people. Over the past year, we have worked hard to ensure that we are responsive to current and local issues. We successfully achieved funding as part of Leith Community Mental Health Consortium and are working in collaboration with The Junction, YMCA, The Ripple, Citadel Youth Centre and Multi-Cultural Family Base to provide a range of mental health and wellbeing services for young people in Leith. We have worked to strengthen links with other organisations such as, Young Carers, Police Scotland, Community CEC Sports Hubs, Edinburgh Community Foods and 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.

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 12-17yrs, deemed to be 'at risk of anti-social behaviour'. LOSP runs as an informal weekly youth drop-in provision. Throughout 2023/24, we provided 30 sessions and a service for 266 young people.

April – June 2023 we made brownies, smoothies, pizza making that taught valuable baking/cooking skills. Healthy relationships was also a huge focus this term with C card input from The Junction.

September – December 2023 - Safety in the community and online was a concern so we had visits from the community police. Activities we done: Halloween, Bonfire night, baking and Christmas.

January to March 2024 Sessions included visit from Hibs Community football coaches, baking rocky roads and truffles, cookies and Nutella croissants.

New Areas of Key Youth Development Work in 2023/24

Leith Primary School Additional Support Needs After School Provision

PDP has provided additional support Leith Primary school since the head teacher noticed a gap in provision and identified a need for a group targeting young people not engaging or struggling to engage in mainstream youth services. PDP now runs a youth group (Monday Afternoons from 2.30-3.30pm) within Leith Primary. This is in school time and allowing pupils some respite from their class and helps to build up social development skills in a group setting. We targeted 143 young people across 27 sessions in p3-p4 throughout April 23- March 24 with 96 that had additional support needs, behavioral support or language barriers.

PDP Girls Health and Wellbeing Group

PDP Girl's Health and Wellbeing Group has developed further since starting as a pilot project in 2020 and following consultation work by PDP and YMCA Edinburgh, which identified a need for single gender female only youth provision within the Leith Walk/Leith wards to address their mental health and wellbeing issues. Due to the changing needs of the girls themselves - we have now developed two girls groups, one for 8-12yrs and a second, newer group for girls 12+ yrs.

Girls Group (ages 8-12 yrs) held on Thursdays 3.45-5.15pm at PDP Youth Centre. We ran 32 sessions and supported 288 local girls with 4 on the YMCA mentoring programme during 2023/24.

April to June 2023 - Activities included: Self-esteem & confidence building, Pride month, inclusion & being myself, bracelet-making, fajitas.

September to December 2023 - Topics: black history month, world kindness day, anti-bullying week. Activities included: Halloween Games, Christmas crafts and Gymnastics session at Primal Gym.

Jan - March 2024 Activities Included: Friendship Games, cooking/ baking. Discussions around mental health app with Miricyl, Inclusion for International women's day and period discussions.

Girls Group (12+ yrs) held on Mondays 4.30- 6pm at YMCA Edinburgh. We ran 32 sessions and supported 202 local girls.

April – June 23: Cooking, online safety, hair/nails, make up, Leith gala prep, Anxiety board, Pride/LGBT

September to December 2023: Light up Leith, Kindness/Mental health, older people, self-care boxes.

Jan – March 24: Cooking, Sexual health workshop, healthy relationships, IWD, self-care/period products.



PDP 1:1 and Family Support

Funding via Community mental health (Young People) enabled our development worker to expand their role to offer families and young people 1:1 support. This allowed young people to get 1:1 support in person, over phone or social media platforms to talk - in particular, many talked about poor mental health. Young people were sign-posted to relevant services in the area such as The Junction counselling service or YMCA Mentoring with 6 young people being able to access mentoring support during the last year. Support to parents has also been a focus. Families requiring the support involved PDP to help with visits to GP, attending child-planning meetings, food bank deliveries and applying for individual welfare grants.

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, PDP Youth Team has continued to work to develop intergenerational activities including 'New Spin' – which is a partnership project between PDP and Citadel Youth Centre, running weekly during term time, providing a wide range of intergenerational activities that aim to increase positive intergenerational relationships and address stereotypes. **More information on this work is detailed in the Older People's section of this Report.**

PDP Youth Work Sessional Staff and Volunteer Team

PDP youth team has worked unbelievably hard during 2023/24 by being fully cooperative and supportive to the on-going changes to youth work delivery. The staff team worked together to organise and deliver 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 have been addressed, despite the difficulties with cost of living, funding and resource limitations. We have seen some changes in staff and volunteers and 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 – so let us know if you would like to help!

Young people feedback:

"Everyone should come here" – juniors group (age 7)

"It's my favourite day of the week after school"- girls group (age 10)

"it is really fun and you get to do new stuff and meet new people!" – Inters group (age 9)

"we get to see friends, to play football and have fun" LO SP (aged 14)

We would like to thank all our 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 future we couldn't have done it without you!

YOUTH WORK PHOTO MONTAGE 1



YOUTH WORK PHOTO MONTAGE 2



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 intergenerational work) throughout the last 12 months.

PILMENY DEVELOPMENT PROJECT OLDER PEOPLE'S SERVICES PROJECT

Background: PDP developed North East Edinburgh LOOP Community Navigator Project 2014-2019. At the end of the 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 (OPSP)**, which began in April 2019. The **vision** for Pilmeny Development 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.

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)

Between Apr23-Mar24, PDP provided a hybrid service to **over 1,250 local older people**, offering a blend of pandemic/ pre-pandemic activities.



This was to reflect the changing needs/ wants of older people, Cost of Living Crisis, pandemic recovery/ coming out of lockdowns, etc. During the reporting period, PDP offered a range of service provision for local older people including:

| | |
|---|--------------------------------------|
| 1. Befriending service | 5. Digital inclusion/ Virtual Groups |
| 2. PDP In-reach service | 6. Newsletter |
| 3. Practical Support/ Foodbank Deliveries | 7. Activity Packs |
| 4. Group/ Social Activities | 8. Information provision |

Older People and Carers PDP Risk Register - PDP received 47 new referrals in 2023/24

| Source of Referrals April 23-March 24 | | | |
|---------------------------------------|---|---------------------|---|
| Family & friend | 9 | Housing Association | 7 |
| GP Link Worker/ NHS e.g. OPRA | 8 | Self-referral | 4 |
| Community Mental Health Team/ Service | 8 | Social worker | 2 |
| Community/ Voluntary Organisations | 7 | OT | 2 |

| Status of referrals as of March24 | |
|--|-----------------------|
| Engages in PDP Activities/ Services | Continued Support: 28 |
| Completed | 4 7 |
| Referral Inappropriate - signposted to other service | 3 |
| Offered Service but declined | 4 No service: 12 |
| Referral – No response | 8 |

PDP Older People’s work cont’d

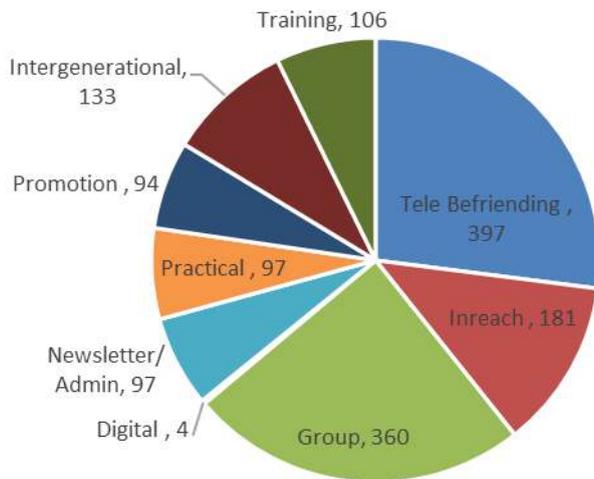
Service Users Statistics

- **Gender** – 49% Men, 51% Women
- **Carers** – 44 service users are carers
- 89% of service users **live alone**
- 8 Service Users have disclosed they are part of the **LGBTQ** Community
- **BME:** 64 Service Users (Eastern European, Asian, African)

| Age Range | |
|-----------|-----|
| 90+ | 5% |
| 80-89 | 29% |
| 70-74 | 43% |
| 60-69 | 20% |

Older People Services Volunteers

“This is magic. I am so happy to have started volunteering with you. I’m really enjoying”
“I am enjoying volunteering with PDP. I am gaining confidence and also getting great training opportunities and meeting new people and keeping busy”



As of Mar24, PDP had **83 Older People Service Volunteers**. During the reporting period, volunteers have given **1,469 Volunteer Hours**. PDP held **9 group volunteer training sessions** (4 volunteer inductions, Dementia Awareness, Sight Loss, Sikh Cultural Awareness, Food Hygiene and First Aid Training), plus each volunteer completed training for each volunteer role.

PDP Older People Services

1. Befriending

PDP volunteers and staff made **1,803 ‘Social/ welfare Contact’ calls to local older people**, to address social isolation and loneliness, with **141 in-person befriending meetings** also taking place. All volunteers received training and support, as well as regular discussions with the Development Workers. All in-person befriending meetings followed PDP Health & Safety Procedures and were risk assessed by staff.

“I can’t thank XXX (volunteer) for all her help. I feel she really listens to what I say and she has helped me speak up for myself. We got to know each other through covid, and we are still pals.And thank you to PDP for all your help. From before and during covid when I just stared at 4 walls, now I am out on a Monday and a Friday, and every second Tuesday. I feel more confident now

2. In-reach service

PDP’s At Home ‘In-reach Service’ supported socially isolated or housebound older people, who are unable to get out of their own home. There may be many reasons why they are housebound including anxiety after the pandemic, access difficulties getting in and out of their property, high levels of physical frailty, mental health issues, loss of confidence, etc. The ‘in-reach service’ is a personalised, person-centered service, which seeks to meet the needs, wants and capabilities of each individual older person

PDP Older People's work cont'd

who is unable to get out of their home. PDP OPS Community Workers did **72 in-reach home visits**, providing information and support to housebound older people to engage in activities/ services in their own homes, or local community. Examples include - Access to Care & Repair, Referrals to SCD re carers/ support workers, Citizen Advice, Foodbanks, VOCAL, and Social Activities within their sheltered accommodation.

3. Practical Support /Emergency Food Provision

Volunteers recruited from PDP & Leith Timebank assisted with daily practical tasks for **47** older people unable to go out and have no one to help. Tasks included lifts to medical appointments, gardening, pharmacy prescription, shopping, etc. PDP also referred older people to a local foodbank, with PDP volunteers / Leith Timebank members collected the food parcels from the foodbank and delivery to the older person home, as many older people were unable to go to the foodbank themselves (poor mobility/ no transport).

4. In-Person Groups

PDP offered a range of in-person groups/ social opportunities, such as PDP Women and Men's Groups, Newhaven Friendship Groups, Christmas Parties, Older People's Week Celebration, Beat the January Blues Event, Intergenerational Projects, In-Person Coffee groups, PDP Re-Connect Programmes. **233 in-person group meetings with attendance of 2,756 in 2023/24.** Additional work was also undertaken to ensure participants safety and comfort when returning back to the groups, which was time consuming but essential. This included risk assessments, phone calls to reassure/support older people (lack of confidence), offering and organising disabled transport (fear of using public transport/ deterioration in mobility), matching older people with volunteers to chum them to activities.

5. PDP Digital Connecting Project/ Virtual Groups

PDP Digital Connecting Project sought to address the digital divide, social isolation and loneliness of older people in Leith, exacerbated by COVID-19, and the CoL crisis, by increasing their digital literacy. Our key digital activities:

- Create a computer library (laptops/ tablets/ wifi) which PDP has given to older people
- Organise digital learning and support sessions (1:1 and group sessions)
- Develop large print/visual information suitable for older people
- Recruit, train and support community-based IT volunteers to match with older people

In 2023/24, **27 digital lessons** were provided by PDP. These included 1:1 lessons and groups lessons (e.g. Edinburgh Library Digital Service, basics of Zoom) and we organised **19 virtual groups, with 86 people in attendance.** Through the offerings of PDP Digital Connecting Project more local older people were able to engage in our virtual groups. Activities during the year included virtual coffee groups, games afternoons, PDP AGM, Volunteer Training, online Scam Awareness by Edinburgh Trusted Trader, etc. As restrictions lifted/ more in-person opportunities opened up, we explored if there was a continued need for the virtual social/ activity groups.

We have discovered whilst some older people are able to access social/ community support in person, many of the older people with whom we work, have experienced a deterioration in their mental and physical health during/post pandemic (anxious to go out into the community/ felt left behind), others have moved to new areas and not made friends, demonstrating a continued need for regular social online activities to reduce their social isolation and loneliness.

PDP Older People's work cont'd

6. PDP Newsletter

PDP created, printed and distributed **4 issues of PDP Newsletters (1,320 copies)** distributed to over **300 older people**. Many of the older people we support do not have smart phones and are not online so it is harder for them to get information or feel in touch. The newsletters contained articles on safety and health issues, crossword, home based activity ideas, handy tips, jokes, etc. Leith Walk Primary School pupils also created Christmas, Easter and Summer Cards for inclusion in the Newsletters.

7. Activity Packs/ Gifts

PDP volunteers have helped with research, creation and delivery of **1,290 activity packs/ gifts** to over **250 local older people**. They helped with Older Men's Group Rugby Sweep, Christmas Gifts, Easter Eggs and so much more. Leith Community Grower provided PDP with plants, which we jointly delivered to housebound older people. We also developed a nature Activity Pack, delivered with a plant, which included quizzes, growing instructions and nature facts. Recipients enjoyed still being able to appreciate and nurture nature whilst being in their home.

"Thank you for the great envelope – as usual lots of things to do (puzzles) and learn, but this one brought back good memories. The chippy (article) - who didn't love or even have one..... Thank you – you made my day. Wishing you a blessed Easter and adding many thanks for all of the help you have given me over a long period of time"

8. Information Provision

PDP Older People Services provided **132 pieces of info about services/ opportunities** and made **98 referrals** on behalf of local Older People. These included:

- Health e.g. Mental Health Assessment Team, Physio at Home, BeAble
- Housing e.g. Edindex, Y-People, Harbour Homes
- Safety e.g. Keysafes, Care and Repair
- Food e.g. Community Meals, Multicultural Cook-Along Sessions, Foodbanks
- Financial e.g. Money Advice shop, Grapevine, Pension Credit, Citizen Advice
- Sensory loss e.g. Sight Scotland, Deaf Action
- Carers e.g. Care for Carers, VOCAL
- Food e.g. Meals on Wheels, Empty Kitchen Full Heart, Community Meals at the Hibs Stadium

Monitoring and Evaluation

We have undertaken Monitoring and Evaluation to evidence project outcomes. Methods used included:

- No of Older People/ Referrals
- No of telephone calls, food deliveries/ practical support/ activity packs/ newsletters/ befriending meetings/ virtual groups/ digital lessons
- Feedback from other agencies, staff, other professionals, families, carers and wider community networks
- Case studies, quotes and stories
- Questionnaires

PDP Older People’s work cont’d

Feedback from Review Questionnaires

| Statement | % of respondents |
|--|------------------|
| I feel less isolated since using the project | 100 |
| I feel more connected to my community (seeing more people, getting out and about more) | 100 |
| I am more able to participate in community activities (eg social activities, adult learning, etc | 99 |
| I feel I have gained new friendships/contacts I can call on | 99 |
| I feel more involved in my community since using the project | 98 |
| I feel more positive about my local community | 98 |
| I have gained in confidence/self esteem | 97 |
| I feel more confident that I will be able to seek support and help when I need it | 97 |
| I have a better understanding of the people and groups within my community | 96 |
| I have gained new skills | 95 |
| I feel of value and/or am valued | 95 |
| I feel more able to cope with the "ups and downs" of everyday life | 95 |
| My mental/ emotional health is better | 95 |
| I feel more in control of my life and able to sustain healthy relationships | 95 |
| I feel that my opinion matters | 94 |
| I am more aware of the importance of physical activity since using the project | 94 |
| I am more physically active than I used to be (eg walking, exercising, dancing etc) | 94 |
| I am more aware of things that affect my mental/ emotional health and wellbeing | 93 |

The last year has had many challenges but PDP Older People’s Services were able to build on their existing infrastructure and strong relationships, to adapt quickly to meet the needs of local older people by offering a hybrid service. The pandemic and the Cost of Living Crisis only further highlighted the need for PDP OP Services to support those who are socially isolated, lonely, live alone and/or on low incomes. In the coming year, we will continue to offer a range of services aimed at improving health and wellbeing, and the quality of life for local older people. A special thanks much got to PDP Older People Volunteers who shown commitment, care and support every week to PDP, local older people and the wider community.....**THANK YOU!**

PDP Intergenerational Work

Development of PDP intergenerational work in 2023/24 included:

- 'New Spin' Intergenerational Project (in partnership with Citadel Youth Project) which involved over 30 local older and younger people in 30 weekly sessions and 3 Summer outings
- Provision of 'Generations' intergenerational projects in partnership with Leith Walk Primary, Victoria Primary Schools, Leith Timebank and Heart of Newhaven involving over 32 socially isolated older people and 50 children and young people.

More detailed reports of our Older Peoples Work and Intergenerational Activities undertaken during 2023/24 available via this link: <http://www.pilmenydevelopmentproject.co.uk/reports>

Picture of a lock – *‘it is locked but unlocks itself when young and old come together’*
‘we nurture each other’

Picture of butterflies – *‘transitioning – coming together – opening up’*
‘Differences in how old and young interact with each other and the learning that comes’
‘Learning from each other’

“Amazing – you feel more responsible as an adult and learn to respect your elders”

PDP Older People's Services Photos 2023/24



Intergenerational Workshop at Leith Walk Primary



Dementia Awareness Training



PDP Activity Pack & Newsletter



Sight Loss Training



PDP Out of Hospital Care Pack



New Age Kurling at Re-Connect Programme



Social Group - Gordon Court Retirement Housing



Mary O'Connell
Project Worker

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

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. Leith Timebank’s 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. Mary O Connell CURRENTLY works 19hrs p/w for LTB (EIJB 12 hrs and GameChanger Transfer Programme 7 hrs)

GameChanger Transfer Programme

In 2019, LTB developed a pilot project, in partnership with GameChanger (GC) called GameChanger Transfer (GCT) Programme. GCT Transfer Programme was inspired by Hibs GC wanting to maximise the skills/time offered by their Christmas Day Meal volunteers. Hibs GC identified an untapped volunteering capacity: many of the volunteers who help on the day had never volunteered before, while others were unable to volunteer with other GC volunteering opportunities (e.g. due to work commitments) thus the volunteers’ willingness and enthusiasm is lost during the year.

The timebanking concept was identified as a method of tapping into this volunteering capacity by offering a flexible volunteering opportunity to GC volunteers. GC volunteers who would like to become GC Transfer volunteers earn Time credits for their time volunteering with GC and with LTB. They are able to exchange their Time Credits with other GC Transfer Volunteers and LTB members. GC Transfer Volunteers are invited to participate in LTB programme of activities/ training opportunities. LTB will promote GC events/ volunteering opportunities to its membership.

LTB Provision of Activities Apr23-Mar24

During 2023-24, LTB provided a hybrid service, offering a blend of pandemic/ pre-pandemic activities such as exchanges, social activities (in-person & virtual), digital support/ lessons, community post, etc. This was to reflect the changing needs/ wants of the membership and community, Cost of Living Crisis, etc. Throughout 2023-24, the types of exchanges and social activities evolved, and so too did our membership, roles descriptions, procedures, risk assessments, training programmes, etc.

Another key achievement of 2023-24 was the further development of Organisational Membership with local organisation/ agencies, where there are mutual benefits of skills/ knowledge sharing, networking, resource allocation, etc.

Deidre Brock MP of Edinburgh North & Leith, is a member of Leith Timebank Advisory Group and an advocate for the project.

HOT OFF THE PRESS!!!!

UK Government agrees that Timebanking holds real merits for UK communities.

On Tuesday 27th February 2024, Deidre Brock MP for Edinburgh North and Leith, and a LTB Advisory Group Member lead the debate entitled “Merits of Government support for Timebanking’ in Westminster Hall (4pm-4.30pm). To view the debate:

<https://parliamentlive.tv/Event/Index/71659b80-6c72-4af9-83f0-50157f0ab167>

Ms Brock said: *“Timebanking deserves much more recognition, so I was delighted to raise the fantastic work of Leith’s Time Bank and the wider network during the debate..... Joining a time bank really can change people’s lives. Time bank members learn new skills; meet new people who are often from different backgrounds, report better self-esteem and self-confidence, and feel healthier—both mentally and physically.”*

Rt Hon Stuart Andrew MP, Parliamentary Under Secretary for Culture, Media and Sport, and Minister for Loneliness responded for the Government during the debate. He recognised the value of Timebanking in reducing social isolation and emphasised the need for innovative approaches to community building.

“It is truly striking to see how time banking can help to foster those social connections and help local communities and economies to thrive.”

Article by Deidre Brock MP in the Leith Magazine (Issue 156)

“I’ve been a long-time supporter of the Leith Timebank....The Leith Timebank has been running for over a decade now and has really been an amazing success story.... Timebanking has been remarkably effective at breaking down barriers and forging connections between ‘traditional Leithers’ and new arrivals, forming friendships between people who might not otherwise have the chance to meet”.

Leith Timebank Output

| | Target Apr23-Mar24 | Total |
|---------------------------------|-------------------------------------|---|
| Social Activities | 120 | 149 Social Activities with attendance of 1,570 |
| New individual members | 25 | 26 New Individual Members Total Individual Members = 222 |
| New organisation members | 1-2 | 2 New Organisation Members Total Organisation Members = 14 |
| Hours exchanged | N/A | Total = 1,903 hours exchanged |
| No of exchanges | 100 | Total = 1,141 exchanges |
| | 15 digital lessons | 17 digital lessons |
| Signposting | 28 | 47 |
| Community Pot | 5-10 older people use community pot | 15 older people/ carers use community pot |

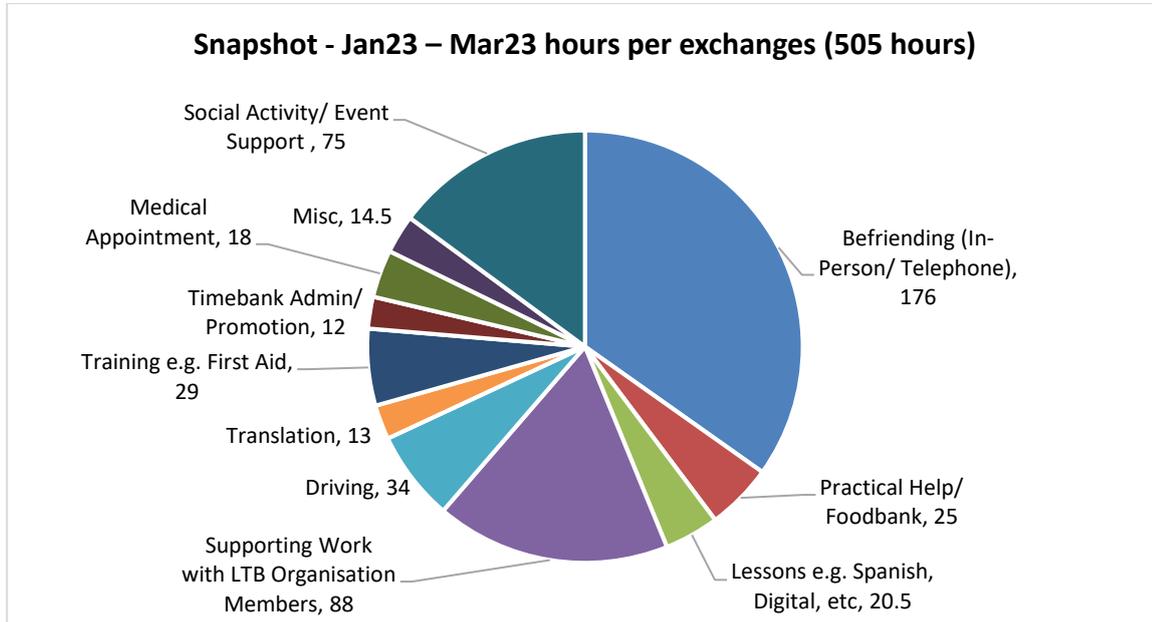
Leith Timebank Membership

At the end of Mar24, Leith Time Bank had a total of **236 members (222 individuals and 14 organisations)**. Between Apr23-Mar24, Leith Time Bank recruited **26 new members**, with 10 members leaving the project (passed away, moved to a different location, etc)

| Leith Timebank Individual Membership Stats (222 individual members) | | | |
|--|--|----------------------------------|--|
| <p>Age</p> <p>Under 60 60+</p> | <p>LIVING STATUS</p> | | <p>Gender</p> |
| | Alone | 115 | |
| | Live with family/ Partner | 83 | |
| | Live with carer/cared for | 24 | |
| <p>123/222 LTB members have multi-morbidities</p> | <p>10 LTB members have disclosed that they are LGBTQ</p> | <p>11 LTB members are carers</p> | <p>20/222 LTB member – English is not their first language</p> |
| Leith Timebank Organisation Membership Examples (14 Organisations in total) | | | |
| <p>Ageing Well - <i>The Ageing Well Project run by Edinburgh Leisure in partnership with NHS Lothian, delivers a range of city-wide activities which support people to become, and remain, active in later life.</i></p> <p>PDP worked in partnership with Ageing Well (Edinburgh Leisure/NHS Lothian) and LTB to develop and delivery “Coming out of Lockdown/ Re-Connect Activity” Programmes targeted at socially isolated, inactive older people on low incomes in Leith and NE Edinburgh, who have been adversely affected by the pandemic and largely home bound as a result.</p> | | | |
| <p>Feniks - <i>Feniks is a grass-roots charitable organisation set up in 2007 to support the Central Eastern European community in Edinburgh and Scotland.</i></p> <p>Following on from successful 2019-23 multicultural workshop programmes with Feniks and Elrec, we continue the workshops in 2023-24 to build on the strong links and connections created. In 2023-24 we developed a programme of Multicultural Cook-Along/ Community Meals, plus ad hoc sessions, such as trip to Killiecrankie, New Age Kurling, etc.</p> | | | |
| <p>Heart of Newhaven Community (HoNC) - <i>HoNC is a local charity that is developing the former Victoria Primary School, Newhaven, as an intergenerational community hub.</i></p> <p>PDP worked in partnership with HoNC and LTB to support the development of a local community hub in the Newhaven area. In 2023-24, we delivered 12 Newhaven Friendship groups, 1 six-week intergenerational programme with Victoria Primary School, joint volunteer/ staff training programme, ad hoc social events, etc.</p> | | | |
| <p>Hibernian Community Foundation (HCF) - <i>HCF is the charitable arm of Hibernian Football Club using the power of sport to improve people's lives.</i></p> <p>LTB, HCF and PDP built on the strong links developed with the GC Transfer Programme to provide a range of social activities and services to combat social isolation and improve wellbeing for local community members. These included: Monday MatchDay (an opportunity for older people to come together, socialise and improve their wellbeing, through playing quizzes, board games, table tennis, pool, etc together), Older Adults Week Celebration/ T-Dance Oct23 and promoting/supporting older adults to community events and social activities e.g. Community Meals, Football Memories, etc. Plus, on Christmas Day 2023, LTB linked in with HCF Christmas Day Meals/ Deliveries. LTB/GC members delivered Christmas Day Meals/ Gifts to older people known to PDP/ LTB, who did not have any visitors on the day.</p> | | | |

Exchanges

Leith Timebank members have exchanged their skills, knowledge and time with other members, PDP service users and the wider community, to address their (sometime urgent) needs and wants. The exchanges have taken place in both group and 1:1 setting. **1,141 exchanges (1,903 hrs)** took place between Apr23-Mar24.



Types of exchanges included:

- **Befriending** – LTB members provided telephone and/ or in-person befriending to local older people, to address social isolation and loneliness which was further exasperated by the pandemic. We were delighted when restrictions allowed for Telephone Befrienders and Befriendees to meet. LTB put in place all the appropriate health and safety measures (e.g. procedures, volunteer kit, risk assessments, etc) to ensure everyone’s safety.
- **Food Delivery and Shopping** – With the CoL crisis and a decreased supply of the emergency food parcels provided during the pandemic, we saw a growing demand for foodbank services. PDP is a registered agency with Edinburgh North East Foodbank. Many of people requesting foodbank vouchers from PDP/ LTB were unable to go to the foodbank themselves (due to mobility issues, long term conditions, single parents who can't physically carry items along with taking child/ children, etc). To address this, we have a number of LTB members who are trained to collect and deliver foodbank supplies.

LTB members have also offering shopping services to local older people unable to get out themselves, with no family/ friends who can support them.

- **Accommodating older people to medical appointments/ activities** - LTB members supported older people to attend their hospital/ GP appointments and Covid booster appointments. Again as many of the older people don't have family/ friends nearby, LTB members offer emotional and practical support (e.g. driving, getting taxi/ bus together) for older people to attend their medical appointments.

LTB Members supported older people to re-engage in LTB/ PDP/ community activities by encouraging and chumming people to these activities e.g. Hibernian Community Meals, Newhaven Friendship Group, PDP Women’s & Men’s Group, etc. LTB members also supported participants of PDP/ LTB/ Ageing Well Re-Connecting Programmes, which support local older adults to re-engage in social and physical activities in their community after the pandemic.

- **Digital Lessons** – Many older people with whom PDP/ LTB work with have neither knowledge nor access to computers or smart phones, which severely impacted their ability to maintain contact with others or access help and support. PDP/LTB got a supply of laptop, tablets, wifi, headsets (for those of hard of hearing), etc which we were able to distribute to local people. LTB recruited, trained and supported members to provide 1:1 and Group Digital lessons not only to LTB members, but also to PDP service users and the wider community.
- **Supporting the work of Leith Timebank and LTB Organisation Members**
 - Membership of LTB Advisory Group
 - Promotion and Awareness Raising of LTB project
 - Sharing their skills and knowledge at group activities e.g, Multicultural Cook-Along sessions, Intergenerational Sessions
 - LTB members contributed to and help assembling PDP bi-monthly newsletter which is posted to over 250 local older people.
- **Practical tasks** – Such as Pharmacy Prescription Collection, Sewing, Gardeningand practical help with many more tasks

Social Activities

During the reporting period, LTB offered **149** social activities, with **1,570** attendees, both online and in person. This included:

- Multicultural Workshops in partnership with Feniks and ELREC.
- PDP/Ageing Well/LTB “Coming out of Lockdown Activity Programmes” for Older People living in Leith, in which GC/LTB members supported older people to engage with the project.
- Monthly virtual and in-person coffee & chat sessions and games afternoons, for members to come along and chat.
- Newhaven Friendship Group which meets monthly in Heart of Newhaven
- Intergenerational Programmes with local primary schools
- Training opportunities for members of GC/ LTB and the wider community e.g. Dementia Awareness, Practical Guidance on supporting people with sight loss, Group Digital Lessons
- Ad hoc social opportunities e.g. Film Showing specifically for LTB/ PDP older participants at Out of the Blue Drill Hall. The film showing was part of the Community Cinema Hubs Project, a pilot programme funded by The City of Edinburgh Council through the Creative Community Hubs, in response to the closure of The Filmhouse.

Community Pot

LTB members who have spare credits or who have left the project, donate their time credits to the community pot. The community pot is then used to help people who need support when they're not best placed to contribute to the Time Bank themselves. The Community Pot has been vital to LTB's COVID-19 response, as it is a mechanism to give credits to members who have helped the membership/ local community, without the need for the recipient of the service to have a positive Timebank account. During the reporting period, approx **15 older people and carers** benefitted from the community pot.

Signposting/ Information Provision

LTB provided advice and information/ made referrals to **47 local and citywide services** and social/training opportunities (e.g. Cost of Living Help & Advice Event, Taxicards)

Leith Timebank Advisory Group

LTB Advisory Group meets approx. every 3 months and helped steer the project, by offering advice and expertise to progress LTB. Members are from a range of organisations across the area, including, the local MP, City of Edinburgh Council (CEC) Libraries, local charities and 3 Timebank members.

Timebanking Scotland

Previously, the Scottish Network of Timebanks was an informal collaboration of Timebank coordinators currently sharing best practice through quarterly meetings. It is agreed a more formal structure could benefit Scottish Timebanks. The network agreed to become a Ltd company and a SCIO, named

Timebanking Scotland. Timebanking Scotland is now a Ltd company and a charity.

Timebanking UK

LTB is a registered member of Timebanking UK and pays a membership fee to use Timebanking UK's software (Time Online2) to record members' details and exchanges.



LTB was awarded the Timebanking UK Quality Mark in 2019 - 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

Monitoring and Evaluation

Monitoring and Evaluation undertaken to evidence project outcomes. Methods used included:

- No of members recruited
- No and type of exchanges undertaken
- No and type of LTB social and training opportunities taken up
- Feedback from other agencies, staff, other professionals, families, carers and wider community networks
- Questionnaire about multicultural activities
- Case studies, quotes and stories.

Outcomes of the project:

1. Reducing perceptions of isolation

By providing a range of exchanges, social activities and services, and supporting those to engage, GC/LTB members and members of the community have reduced perceptions of isolation and loneliness.

Feedback from the Monday MatchDay and Multicultural Cook-Along Participants: All participants strongly agreed/ agreed to the statement... *Since using the project I feel less socially isolated*

"I really look forward to the coming to the Hibs stadium on a Monday. I live on my own, so the weekends are quite lonely if I'm honest, so to be able to spend time with such lovely people over lunch and the games afternoon is great. Thank you so much – I always leave with a smile on my face"

"Everyone is so friendly and really enjoyed the company - thank you for bringing our communities together"

"I really like the friendly social aspect of the group – meeting people I wouldn't otherwise. I also enjoy the perspective of a meal and sharing it in good company"

"The companionship between our nations - Getting to know different cuisines and a lot of laughs together"

2. Improving mental health and wellbeing

By participating in 1:1/ group exchanges and social activities, GC/LTB offers many health and well-being benefits to its membership and the wider community. The personalised nature of 1:1/ group exchanges promotes meaningful connections, reducing feelings of isolation and addresses the needs/ desires of all taking part. We have also been able to help members in times of crisis, with collection/ delivery of food parcels/ foodbanks and accompanying to essential medical appointment. Members have said they know who to call if they need help or support and that was good for their peace of mind. The Group exchanges and social activities promotes physical activity (e.g. PDP/ LTB/ Ageing Well "Coming out of Lockdown Activity" Programmes), opportunities for diverse social interactions/ connections (e.g. Multicultural Workshops) to create a broader sense of community belonging.

Feedback from Review Questionnaire:

- 100% feel more connected to their community,
- 95% feel confident to seek support and help when needed

Informal feedback indicated 100% satisfaction with 1:1 skills exchanges, feelings of increased resilience,

being supported & improved wellbeing

“You got me out of my depression and enjoying life again. I can never thank you enough for all your help”

“We have become like a family – preparing the food together and sitting round the table eating and chatting with each other. And there’s no fights about who’s doing the wash up – everyone just mucks in 😊”

3. Improving self-esteem and confidence

Members said they have felt “useful” and value the opportunities to volunteer and be able to make a positive contribution to their local community. They have identified an increase in their sense of themselves as worthwhile members of society, with the knowledge they have something to offer during such a challenging period. Feedback from Review Questionnaire:

- All respondents agreed with the statement - *“I have learned new skills”*
- All respondents agreed with the statement - *“I feel useful”*
“Good community, sense of belonging”
“I feel I am making a difference while meeting like-minded people “

4. Enhancing volunteering

Members have been given opportunities to learn/ teach new skills through the different volunteer training programmes, group activities and digital lessons. We developed new volunteer roles and training programmes, and offered increased support and supervision sessions for our volunteers so they feel confident in their volunteering roles. Feedback from Review Questionnaire:

- All respondents agreed with the statement - *“I have learned new skills”*
- All respondents agreed with the statement - *“I feel supported in my volunteer role”*
“I enjoy my volunteering work - Giving something back to my community”
“I am enjoying volunteering - I am gaining confidence and keeping busy. There is also great training and social get-togethers to meet new people”

5. Address the COL crisis by offering opportunities for older people to maximise their income

We offered a range of services/ support to help address the CoL crisis. For example:

- Access to skills/ services which they do not have to pay for in the traditional sense e.g. sewing, driving older people to medical appointment
- Offering collection/ delivery of food parcels/ foodbank
- Free access to social/ group activities in a warm space with healthy refreshments/ cooked meal (Multicultural Cook-Along/ Community Meals)
- Referrals to free ready-meals delivered to home (e.g. Meals on Wheels)
- Signposting and offering advice on support available (e.g. Benefits Advisors, Changeworks, Social Security Scotland, Citizen Advice)
- Access to digital devices and free digital 1:1/ group lessons
- Talks from Energy Advisors, Benefits Advisors, Care & Repair

6. Increasing community capacity

Increased networks among local health and community organisations. The work we have done would not be possible without the development of existing and building of new relationships with local health and community organisations. Examples include: Hibernian Community Foundation, Feniks, Elrec, Edinburgh Community Food, Home Energy Scotland, Heart of Newhaven and so many more. We are also increasing digital literacy capacity in the community through our digital inclusion project – distributing devices, teaching IT skills and continued support to participants.

“Hibernian Community Foundation, Leith Timebank and Pilmey Development Project have now been working together for over a year with the Monday Matchday Club leading the way on outreach. This programme, based in the Community Hub at Easter Road Stadium enables social

interaction and provides consistency for local community members who may otherwise be isolated to come along and have some fun with quizzes, board games and other activities involved. Most recently, the partnership has seen the development of Older Person's Events with over 100 attending each event, which included a meal and a range of physical activities. We look forward to the partnership growing further.

Lewis Melee, Head of Community, Hibernian Community Foundation

Key Developments for 2024-25:

- Continue to recruit, train and support LTB members
- Develop and promote LTB activities and opportunities to our membership and wider community.
- Further matches between LTB members to exchange their skills, knowledge and experiences.
- Further development and growth of organisations as members of LTB
- Continue development of the Digital Inclusion strand to increase digital capacity in the Leith area.
- Continue support for the creation and development of Timebanking Scotland.
- Continued awareness raising and promotion of LTB with local health and community organisations.

Conclusion:

The last few years has had many challenges, but we were able to build on the existing infrastructure and strong relationships, to adapt quickly and develop services which addressed the needs and wants of our membership/ wider community post-pandemic/ CoL crisis.

LTB is offering an exciting way for LTB members to come together to increase levels of positive interaction and mutual support among members, developing relationships by sharing commitments, resources, time, and building community capacity. This asset-based approach has obvious benefits to the health and wellbeing of LTB members, as well as enhancing volunteering and community capacity in local community.



Leith Timebank Photos



Newhaven Friendship Group



Multicultural Cook-Along Christmas Party



Leith Timebank Herbal Group



Deidre Brock MP at Monday MatchDay



Trip Out to Killiecrankie



Monday MatchDay Winners at Hibernian Stadium

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



PDP has amazing, dedicated volunteers without whom we could not do our work. Over **80** volunteers and **209** Leith Timebank members contributed over **1,836** hours of volunteering time to support PDP work during 2023/24.

PDP ran volunteer group training sessions plus each volunteer completed individual induction training and receives ongoing support for each volunteer role.– **grateful thanks to you all!**

Investing in Volunteers Award

PDP has held the Investing in Volunteers Quality mark award since 2013. . PDP successfully renewal achieved renewal of this standard in 2023. Achieving the Investing in Volunteers Standard for a further 3 years, publicly demonstrates our commitment to volunteering.

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

Student Placements - PDP provided a number of student placement opportunities along with professional support and supervision throughout 2023/24.

Thanks to - **Maya Bloemhard** Edinburgh University MSW1& BSC3 Professional Social Work Placement (Feb – June 2023), **Andrew Johnston** Edinburgh College NC Working with Communities (Oct 2022 -May 2024), **Alexander Fortune Duff** Edinburgh University MA Learning in Communities (MALiC) (Jan - May 2023), **Louise Gardiner:** (Edinburgh University Comm Ed Student MALiC 1st year) (Jan –May 2024), **Camille Morissette:** Edinburgh University Social Work MSW (Feb –June 2024).

Special thanks also to **John Kerr** for his assistance with our professional support work.



Partnership work

We worked in Partnership throughout 2023/24 with many agencies including: Ageing Well, Calton Welfare Services Project, CEC NE Edinburgh Locality, CEC Sports Hub (Leith), Citadel Youth Centre, Edinburgh Health Projects Forum, Edinburgh Community Food, Edinburgh Remakery, EVOC, Fenwicks, Harbour Homes (POLHA), Heart of Newhaven, Hibernian Community Foundation, LAYC, Leith Growers, Leith Trust, Living Memory Association, Lochend Neighbourhood Centre, MECOPP, Milan (SWO), Police Scotland, Sikh Sanjog, YMCA Edinburgh, local schoolsand many more...**thank you all!**

Showcase of Work with Adults...



Leith Gala Day 2023



PDP Volunteer Digital support



Volunteers help with Newsletter/Activity Packs



Healthy Eating Workshop Edinburgh Community Food



Volunteers Week 2023



Partnership Working

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 you on a voluntary basis, the work of the Project would be impossible



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



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