

Tower Hamlets

LinkAge Plus

Neighbours In Poplar – Mens' Social Group

This Project is about bringing older men together and providing them with their own 'space'. Older men, especially those who have been widowed, can be particularly vulnerable. Men's health issues have been addressed through health professionals. The men feel valued with their own 'space' – some felt dominated by women. They have their own area where they meet.

Neighbours In Poplar – Mens' Social Group

Objective

To allow men the opportunity to meet together in a male only environment to take part in social activities, to overcome loneliness and isolation.

Activity

We allowed space for men to come together as part of a larger gathering. They then began to decide on activities which particularly interested them. The group allows them to talk about health concerns which affect men only.

The men have organised outings to places which interest them, remembering that they are all East Enders, including some ex-Dockers. Activity included a tour of the Museum in Docklands – which revived memories of life on the river, and contributed to further social engagement by providing food for conversation for many weeks thereafter. They have also paid a visit to the Tower of London and also to the British Museum, where they were intrigued by the Terracotta Army. Other trips and outings are planned.

Achievements against objectives

The Project is successful in that it picks up on the needs of a marginalized group who often fall through the net and become victims of alcohol or mental illness.

Wider achievements

The men went out on trips of their own choice. Their wishes were taken seriously and several have expressed their appreciation of having something of 'their own'. They have had a talk from a Health Visitor about issues particularly pertinent to them regarding which they would have been too embarrassed to raise in any other environment.

Resources

Employed driver and hired Minibus to provide transport to:

- Museum in Docklands;
- Tower of London;
- British Museum and Terracotta Army tickets (12).

Two Members of staff went as Escorts.

Key lessons learned

A 'space' in which to discuss male health issues has proved far more valuable than anticipated. It has been very comforting for those who live alone and have no one to share their worries with. We need to be more aware that like women, men too have their own issues which are often overlooked because of ageism. The most important lesson learnt was that older men have their own range of issues and fears which are often unrecognised. We are determined to keep this group going and to involve PCT professionals, also Safer Neighbourhood Team members and LBTH sports Departments. This latter group has a wide selection of activities which we hope to introduce our men to in the coming summer months.

Further information

Contact: Matilda Joseph and Amanda Molyneux

Tel: 020 7987 0257

Ref to website: neighboursinpoplar.org

www.neighboursinpoplar.org/linkageplus.php

Related documents

Healthy Living diary

