

# SECONDARY PREVENTION:

*“Action which focuses on early detection of a problem to support early intervention and treatment or reduce the level of harm.”*

Pilmeny Development Project has been operating in Leith since 1979 and its aim is to support residents and groups and encourage appropriate self-help initiatives. It works with adults, older people, young people and local groups and organisations.

## PILMENY DEVELOPMENT PROJECT, LEITH EDINBURGH

Pilmeny Development Project provides a range of activities and opportunities for socially isolated older people, and the following case study details an example of how the Project contributes to tackling health inequalities.

PDP role: PDP received a referral for John during the pandemic from Police Scotland due to suicidal ideation. During the pandemic, PDP provided emergency food parcels & fuel vouchers, and PDP staff member offered weekly telephone support.

Post-pandemic, PDP continues to offer telephone and in-person support, especially when John moved housing providers. Not only did the move cause a lot of anxiety/ stress, but the change of

Housing Officers resulted in John repeatedly having to retell & relive his long-term traumas.

PDP has also supported John with food provision, fuel vouchers and support to help him access/engage in various services e.g. Age Scotland/ CAB (income maximisation), Colostomy UK (got appropriate recipes, radar key, etc), 1:1 digital lessons, etc.

Without PDP: The consistency of support that PDP offers which is most valuable to John. John has experienced many traumas throughout his life. Because of the consistency of the relationship with the PDP worker, John does not have to retell him traumas with different people each time, and we are able to celebrate

These case studies were developed as part of a joint statement on prevention from Edinburgh Community Health Forum, Health and Social Care Alliance Scotland (the ALLIANCE), Scottish Community Development, and Voluntary Health Scotland.

They show what preventative approaches by the third and community sector look like in action.

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the good moments (finally going on a trip) and provide support during the bad times (having no money – offering emergency foodbank vouchers etc.) – preventing his need to call upon statutory services.

[Find out more here.](#)

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