

# PRIMARY PREVENTION:

*“Action on the building blocks of health which stops problems happening in the first place.”*

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**Positive Futures** operates in specific communities in Edinburgh, targeting communities that are in the highest 10% of deprivation based on the Scottish Index of Multiple Deprivation.

## POSITIVE FUTURES LIBERTUS SERVICES, EDINBURGH

**Positive Futures was set up by Libertus Services in 2009 to support people over the age of 50 to alleviate social isolation.**

Using a community development approach, informed by community needs assessments and outreach in local communities, Positive Futures supports local people to set up and facilitate long-term activity groups in community settings based on the needs and wishes of the local community.

Participants and volunteers are involved at every stage of the development and decision-making process which encourages a sense of ownership of the groups, and increases self-esteem, purpose and commitment to the groups.

There are currently 24 weekly groups covering a range of activities including walking, creative writing, craft, lunch and many more. In 2024/25 230 people over 50 reported reduced social isolation and improved social connection since participating in the project. Regular questionnaires to gather this information as based on the Standard Impact Assessment Questions developed by Edinburgh Health & social Care Partnership.

**[Find out more here.](#)**

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**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.**