

Annexe Local Heritage Project Trips

Trip leader– Tracy

1. Tenement House— 18th June
FULLY BOOKED
meet at Cowcaddens Underground
1.30pm
2. Transport Museum– 16th July
ALL WELCOME meet at either
Partick Underground at 1.30pm or
entrance of museum at 2pm
3. Art Galleries— 13th August
ALL WELCOME meet at
Dumbarton Road entrance of
Galleries at 1.30pm

Two extra Heritage Walks Dates

Tuesday 2nd July

Tuesday 30th July

For Both walks meet at Annexe
for 1.30pm

Come along and enjoy a
“Trip down memory lane.”

Annexe Communities
The Annexe Healthy Living Centre
9a Stewartville St
Partick
Glasgow, G11 5PE
Phone Jane or Angie on 0141-357-6747
Email: info@annexecommunities.org.uk
Web: www.annexecommunities.org.uk

**Friday Afternoon Volunteer Therapies
not running during the building work
(for obvious reasons!)**



So in the meantime just have a wee look at
Betty and Anne’s faces, after a relaxing
therapy, to help keep your stress levels down

Thanks again to Betty, Katie and Grace for
providing much appreciated regular therapy
sessions for their local community :)



Connects Project

July– September 2013
What’s On ?

Classes , Positive Activities,
Training, volunteering opportunities,
and One to One support
For 60+ and Adult Carers

- to improve physical and
mental wellbeing,
- make new friends, support
and inspire each other
- combat isolation and help you
cope better with every day life



60 +**Connects Project-"Out and About"****Adult Carers**

Day	Group	Time	Start Date	Finish Date	Cost	Location
Monday	"Partick Pluckers" - Ukulele Group	10am-12pm	22nd July	9th September No Class 29th July	£2	Re: Hope Church Stewartville Street
	Slower Health Walk	11am- 12pm	Ongoing	Ongoing	Free	Leaves Annexe
Meet Up	Art Galleries Organ Recital	12.30pm for 1pm	22nd July	23rd September	Free	Art Galleries
	Waverley Day Trip to Largs	Meet 9.45am boat leaves10am	26th August	BOOK PLACE:)	Free	Science Centre
Tuesday	Circle Dancing	10.30am- 12.30pm	16th July	10th September No class 30thJuly	£2	Re: Hope Church Stewartville Street
	Two Heritage Walks with Tracy	1.30pm-3.30pm	2nd July 30th July		Free	Meet Annexe then round local area
	Three Heritage Trips with Tracy	1.30pm-4.30pm	18th June 16th July 13th August	SEE OVER FOR MORE DETAILS...	Free	Tenement House Transport/Tall Ship Art Galleries
Wednesday	Fun Club-Connects Choir	2pm-4pm	17th July	11th September No class 31st July	Free	Re: Hope Church Stewartville Street
Thursday	Positive Lifestyles / Next Steps Course	10.30-12.30 pm	25th July	26th September	Free	Annexe
	Not So Slow Health Walk	2pm-3pm	Ongoing	Ongoing	Free	Leaves Annexe
Friday	Group Meditation	11am-12pm	19th July	20th September	£1	Annexe
	Meditation Visit	Bus- 10.30am- 12.30pm	26th July + 30th August		£1	Buddhist Centre 11am-12pm
Get Together	Soup, Sandwiches and Smoothie Lunch	12.15pm- 1.45pm	19th July	20th September	£2	Annexe
	Gentle Exercise	2pm-3pm	19th July	20thSeptember	£2	Annexe
	Friday Night Film Club	7pm-9pm	19th July 16th August 20th Sept.		Free	Annexe All Welcome Bring a Friend
Available Monday to Friday	One-2-ones—cup of tea and a chat for up to an hour as a general introduction to Connects Project or for ongoing support	Time to suit both you and the member of Connects Staff.	Ongoing	Up to 1 hour	Free	Phone Jane or Angie to book a time for 60+ and or for Adult Carers