

Connects2Project Showcase
in Partick Burgh Halls-
Wednesday 26th September 2018



The written Evaluations sheets- (to record your impacts, of the Connects2Project activities on your bettering wellbeing and health, widening social lives and access to local opportunities to discover hidden talents and have some fun whilst pursuing creative endeavours)- have **NOT** really been everyone's favourite part of the funded process **BUT** is very central, needs to be done and shared, is very important and to be honest quite difficult to encapsulate! So, more creative ways to evaluate are called for! The idea for this event came about out of last years evaluation get together, where classes shared activities with other classes. There was such a great buzz created we felt that the same idea should be brought to a bigger stage. We have invited your good selves, staff, tutors, funders and other third sector supporters to showcase, evaluate and enjoy a rare day together. Lunch provided :)

Twinkle Toes Express is a quicker way to get your toes clipped if you can't wait as long as the waiting list. It also is a potential development that would enable a few local volunteers to be paid from their much needed and appreciated toe clipping services. Book through Michele.

If you or anyone you know, is 60+, living in the Central+West areas of Glasgow, and could benefit from joining Connects2Project, please phone/refer or just let us know. Thanks you

Connects2Project
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Phone Jane, Angie or Michele on
0141-212-3980 or
Email: connects@annexecommunities.org.uk
<https://www.facebook.com/Connects2Project/?fref=ts>

Connects2 Year4 in Photographs



Over our year many photos of group activities and events are taken, 1. to share on social media, 2. for feedback to funders and 3., just to try and capture some of the fun and games we have along the way! Well, some folk aren't on Facebook so don't get to see all the photographs taken, so has been decided to host an afternoon of "Our Year in Photographs" with tea and cakes, so we all can "sit back and enjoy" a wee trip down memory-creating lane . I mean, do you know who made this gorgeous butterfly in the stained glass class? Some might not even know that we even have a stained glass class! Also so much fun to be enjoyed with "Operation Penguin" stunning progress photographs coming in daily, from all around the world!!! :) x Magic stuff!!! :) x

Connects2Project

"Helping you, to help yourself"

October-December 2018

Positive individual and group activities

For 60+





- to improve physical, mental and emotional wellbeing.
- to make new friends, support and inspire each other.
- to combat isolation and help you cope better with every day life.
- to work through life issues in a welcoming and supportive space.
- Volunteering opportunities to share your skills and talents with your peers.



Registered Charity: SC002491
Company Number: SC215070

Connects2Project Year4/5

For 60 +

Day	Group/Activity	Time	Start Date	Finish Date	Donation	Information
Monday	"The Partick Pluckers" - Ukulele Group	10am-12pm	1st Oct	3rd Dec	£3	Waiting list- please see Michele or Angie :)
	Slower Health Walk	11am-12pm	Ongoing	Ongoing	£1	Leaves Annexe sharp
Variety Club	Knit and Natter Group- hand knitting + crocheting , with love, for causes in need, at home and abroad	2pm-4pm	1st Oct	3rd Dec	£3 	We supply the wool, needles, tea+biscuits -you bring the natter!
	Connects2 Year in Photos :)	2pm-5pm	10th Dec	Tea+Cake :)	£2	Sit back and enjoy!
Raymond's	Stained Glass Class	5.30pm-7.30pm	1st Oct	3rd Dec	£3/£5	Create masterpieces!
Tuesday	Intermediate Art Class	10am-12pm	2nd Oct	4th Dec	£5	60+
	Circle Social Dancing	10.30-12.30pm	2nd Oct	4th Dec	£3	60+
	Twinkle Toes-happytoenails	11am-1pm	2nd Oct	6th Nov	£2	1st Tuesday of month
	"Twinkle Toes Express"	11am-1pm	16th Oct	20th Nov	£10	3rd Tuesday of month
	Connects2-Men's Group	2pm-4pm	2/16/30 Oct	13+27th Nov	£2	Every second Tuesday
	Creative Writing Group	1pm-3pm	30th Oct	27th Nov	£3	Writing your Life!
	Wellbeing Yoga Plus	2pm-4pm	9th Oct	4th Dec	£3	Under 60's welcome 2
Wednesday	Slow and Gentle Yoga	11am-12pm	10th Oct	5th Dec	£3	60+
	Connects2 Singalong Choir	2pm-4pm	3rd Oct	5th Dec	£3	60+
	Photos are Fun Group	2pm-4pm	31st Oct	28th Nov	£2	Mostly every last Wed.
	MThomsonTalent Showcase	2pm-5pm	12 Dec		£2	Your stage awaits.....!
Thursday	Positive Living Classes	10.30-12.30pm	4th Oct	6th Dec	£2	60+
	Not So Slow Health Walk	2pm-3pm	Ongoing	Ongoing	£1	Leaves Annexe sharp
Lightbulbs	Volunteer Lunch :)	1pm-3pm	11th Oct		free	Thanks for ur support!
Friday	Beginners Art Class	10.30-12.30pm	5th Oct	7th Dec	£3	60+
	Group Meditation	11am-12pm	5th Oct	7th Dec	£2	60+
one hour treatments	Relaxing Therapies include Reiki, Reflexology, Crystal	1pm-4pm	5th Oct	7th Dec	£5	Phone Jane to book a therapy for 60+
	Gentle Exercise Class	2pm-3pm	5th Oct	7th Dec	£3	NB no class 12+19 Oct
	Blanket Stitch up	2pm-4pm	5th Oct	7th Dec	£2	Knit +Natter support!
	Friday Night Film Club	7pm-9pm Start sharp at 7pm :)	26th Oct 16th Nov 7th Dec		Free popcorn provided!	All Welcome Bring a Friend
Monday-Fridays	One2one- cup of tea and a listening ear	Time to suit you	Ongoing	Up to 1 hour	Free	Phone Jane or Angie to book a time slot