

Open Space!?

Some Connects2Project beneficiaries have asked if it is possible to have a room in the Annexe to just meet and where no planned activity is taking place. An "Open Space" where folk can just come along and see where the open space takes you as individuals or, if decided, as a group. Chance to meet up, chat, knit, catch up with each other, read, put the world to rights, fundraise, plan, play cards or board games?...the choices are many and are up to yourselves! "Google quotes "Open Space" is a technique for running meetings where the participants create and manage the agenda themselves. This method is ideal if you want participants to gain ownership of an issue and come up with solutions. Participants agree on the areas of discussion that have importance for them and then take responsibility for facilitating the sessions."

Tea/Coffee and biscuits will be provided, but the space is yours to use as the group sees fit! We will give it a try for a term and see what happens. There will be no tutor, just your own good selves and the open space to, who knows what....Watch this, open, space!!! :) "All space is space in which to create." Eric Maisel

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
Annexe Communities- 9a Stewartville St
Partick, Glasgow, G11 5PE
Phone Jane, Angie or Michele on
0141-212-3980 or
Email: connects@annexecommunities.org.uk

Change brings new opportunities

Every cloud has a
silver lining



Part of the Connects2Project journey is to support some of the classes to become sustainable under their own steam, either through folk volunteering or donating or fundraising towards the tutor and class costs. This year 5 of just Connects2Project, is where it starts and changes are inevitable! Some folk embrace change, some don't like change but please bare with us whilst we look for, and find, the new opportunities that change always brings.

Already two silver linings are that Partick Housing Association + CBC have stepped in to save the day with some funding!! And further funding is being sourced so next financial year i.e from March 2019 onwards, could be a different story, if we all stay positive! But at the moment funding is tight and changes need to be in place to reflect that fact.. So hold on tight.... and don't panic Mr Mainwaring!!!

Connects2Project

"Helping you, to help yourself"

January-March 2019

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 Year 5 For 60 +

Day	Group/Activity	Time	Start Date	Finish Date	Donation	Information
Monday	"The Partick Pluckers" - Ukulele Group	10am-12pm	21st Jan	25th March	£3	Waiting list- please see Michele or Angie :)
	Slower Health Walk	11am-12pm	21st Jan	25th March	£1	Funded by PHA!!! :)
Variety Club	Knit and Natter Group- hand knitting + crocheting , with love, for causes in need, at home and abroad	2pm-4pm	21st Jan	25th March	£3	We supply the wool, needles, tea+biscuits -you bring the natter!
Raymond's	Stained Glass Class	5.30pm-7.30pm	21st Jan	25th March	£3/£5	Under 60's welcome2
Tuesday	Circle Social Dancing	10.30-12.30pm	22nd Jan	26th March	£3	60+
*TT-PHA	Twinkle Toes-happytoenails	11am-1pm	5th Feb	5th March	£5	1st Tuesday of month
Funded!!!*	"Twinkle Toes Express"	11am-1pm	19th Feb	19th March	£10	3rd Tuesday of month
	Connects2-Men's Group	2pm-4pm	22nd Jan	5/19Feb/Mar	£2	Every second Tuesday
	Creative Writing Group	1pm-3pm	29th Jan	26thFeb/Mar	£3	Writing your Life!
	Wellbeing Yoga Plus	2pm-4pm	22nd Jan	27thMarch	£3/£5	Under 60's welcome 2
Wednesday	Slow and Gentle Yoga	11am-12pm	23rd Jan	28thMarch	£3	Part Funded by PHA
	Connects2 Singalong Choir	2pm-4pm	23rd Jan	28th March	£3	60+
	Photos are Fun Group	2pm-4pm	30th Jan	27th Feb	£2	Mostly every last Wed.
Thursday	Positive Living Classes	10.30-12.30pm	24th Jan	28th March	£2	60+
Requested	Open Space...	1.30pm-3.30pm	24th Jan	28th March	£2	All welcome :)
	Not So Slow Health Walk	2pm-3pm	24th Jan	28th March	£1	Leaves Annexe sharp
Friday	Beginners Art Class	10.30-12.30pm	1st Feb	29th March	£3	Class Full!
New ClassFree Sounding.....	10am-10.45am	1st/15thFeb	1/15/29March	£1	Sound, voice, singing...
	Group Meditation	11am-12pm	1st Feb	29th March	£2	60+
one hour treatments	Relaxing Therapies include Reiki, Reflexology, Crystal	1pm-4pm	25th Jan	29th March	£5	Funded by Partick Housing Association
	Gentle Exercise Class	2pm-3pm	25th Jan	29th March	£3	Funded by PHA!!! :)
	Blanket Stitch up	2pm-4pm	5th Oct	7th Dec	£2	Knit +Natter support!
Goodnews	Jane's Flower Arranging	Back by public	demand :)	Dates soon	£5	"Teas and Bouquets!"
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
See below-	Activities moving on to	pastures new!!!				
Tuesday's	Intermediate Art Class	10am-12pm	22nd Jan	26th March	tbc	567 Dumbarton Road
Change of Venues	Friday Night Film Club	7pm-9pm Start sharp at 7pm :)	25th Jan 22nd Feb 29th March	Volunteers needed!!!	Free popcorn provided	Now showing in Partick Housing Association 22 Mansfield Street