



If you are interested in Volunteering for the Connects project.

Please contact Michele, our Volunteer Support worker, who will be happy to let you know how you can help

Phone 0141-357-6747 or ask at reception.

Connects is a three year project which is funded by the Big Lottery Fund . It is aimed at people over 60's and or adult carers, provides various classes and activities promoting personal and social development and offering practical support to combat feelings of isolation and increase participation in the community. Give yourself the opportunity to meet new friends, volunteer, improve your sense of self worth, have a bit of time for self and try out new activities. Come and have a cup of tea and a chat with Angie or Jane who will tell you more about the project and how you can become involved. Thanks :)

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

AHOY THERE, ME HEARTIES !



Connects Project sieze the Waverley and take to the " olde briney " heading for Largs with the Jolly Roger flying high on the main brace!
Ohh Arghh!



PROJECT TIME LEFT FROM DEC 2012:
ONE YEAR 6 MONTHS



Connects Project

October—December 2012
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 and support, inspire each other
- combat isolation and help you cope with every day life



Registered Charity: SC002491
Company Number: SC215070

60 +**Connects Project****Adult Carers**

Day	Group	Time	Start Date	Length	Cost	Availability
Monday	"Partick Pluckers" Ukulele Group	10am-12pm	1st October	Ongoing	£2	Few spaces left
	Slower Health Walk	11am- 12pm	Ongoing weekly	1 hour	Free	All Welcome
	Halloween Lunch Club Festive Lunch Club	12pm - 2pm	29th October 17th December	2 Hours	£2	All Welcome
	Simple Meals workshop	2pm-4pm	Till 15th Oct	3 Weeks	£2	Book Place
	Variety Club	2pm-4pm	12th Nov	5 weeks	Free	All welcome
	Time Capsule Burial	2pm-4pm	5th Nov		Free	All Welcome
Tuesday	Connects Art Class	10am-12pm	Till 30th Oct	5 Weeks	£2	Book Place
	Circle Dancing	10.30am- 12.30pm	block starting 30th Oct	7 Weeks	£2	All Welcome
Wednesday	Time Capsule	2pm-4pm	Till 31st Oct	5 Weeks	Free	All welcome
	Fun Club "Connects Choir"	2pm-4pm	7th & 14th Nov	2 Weeks	Free	All Welcome
	Fun Club	2pm-4pm	21st Nov	4 Weeks	Free	All welcome
	Festive Party	2pm-5pm	19th Dec Xmas Party		Free	All welcome
Thursday	Positive Lifestyles Next Steps Course	10.30-12.30 pm 10.30-12.30 pm	8th Nov 4th October	6 Weeks 4 weeks	Free	All Welcome
Friday	Better Brains Class	11am-12pm	Till 19th Oct	10 weeks	£1	All Welcome
	Gentle Exercise	2pm-3pm	New block starts 2nd Nov	6 weeks	£2	All welcome
	Healthy Hearts	11am-12pm	2nd Nov	6 weeks	£1	
	Annexe Open Day	11am-4pm	16th Nov	5 Hours	Free	All welcome
	Relaxing Therapies Reiki, Back massage, Reflexology, IHM	1pm-4pm	Ongoing weekly	1 hour	Minimum £2/£5 donation	Phone Angie to book a therapy
	Friday Night Film Club	7pm-9pm	26th Oct 23rd Nov 14th Dec	2 hours	Free	All Welcome Bring a friend
Also available Monday to Friday	One-2-ones—cup of tea and a chat usually last- ing for an hour. Great as a general introduction to Connects Project	Time suited to both you and staff member	Ongoing weekly	Up to 1 hour	Free	Phone Jane or Angie to book a time For 60+ and or Adult Carers

If you would like to take part in the British Heart Foundation 5k or 10K Winter Warmer walk on Sunday 14th Oct 2012
contact Jane to book a place ASAP