

**“Breathworks”- Mindfulness Based
Pain Management with Vimalanandi**

- see leaflet for more details and contact Michele

Are you one of the 1.5 billion people in the world
living with chronic pain?

“Breathworks” course is a great opportunity to
learn how to manage this pain in daily life
through breathe, gentle mindful movements,
relaxation and mindfulness meditation practices

“Making your Mark”

Printing workshops with Glasgow Print Studios

**N.B. Monday 11th April- Variety club will
take place in Partick Library 2pm-4pm with
an introduction to the Printing workshops**

Mondays 9th, 16th and 23rd May -slight
change to Variety Club time to 1.30pm-4.30pm
Glasgow Print Studios will run the Printing work-
shops in the **McCartney Hall- Annexe**

6 places available for Art Class beneficiaries 6th
+7th 13th June- 2 days visit 10am-5pm to Trongate
Printing Studio for screen printing- See Jen

4th August - 103 Trongate-Centre for Arts - there
will be an Exhibition Opening of the work-
everyone welcome 6pm-8pm

**If you or anyone you know, is 60+, living in the
Central and West areas of Glasgow, and could
benefit from joining Connects2Project, please**

Connects2Project
Annexe Communities- 9a Stewartville St
Partick, Glasgow, G11 5PE
Phone Jane, Angie or Michele on
0141-212-3980 Email:
connects@annexecommunities.org.uk
https://www.facebook.com/
Connects2Project/?fref=ts
Web: www.annexecommunities.org.uk

**Variety Club- Knit and Natter
Connects2 women in Malawi !!! :)**



The Knit and Natter group are currently knitting their way
around the world, spreading love , colour and warmth
through their knitted squares, big and baby blankets,
cardigans, hats, scarfs, hand puppets and teddy /cats
toys. So far the natterers have sent parcels off to families
in Syria, a local community in Nepal, women recovering
from surgery in Malawi and to the Uchira Children’s Fund
in Tanzania to go for presents towards their 3rd
Christmas celebrations. Great work, everyone! :)

The Arts of Wellbeing Project
positive activities, with much
appreciation, are funded by:-



Connects2Project

“Helping you to help yourself”

April-June 2016

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 For 60 +

Day	Group/Activity	Time	Start Date	Finish Date	Donation	Information
Monday	"Partick Pluckers" - Ukulele Group	10am-12pm	11th April	27th June	£3	Please put name on the waiting list 60+
	Slower Health Walk	11am-12pm	Ongoing	Ongoing	£1	Leaves Annexe sharp
Variety Club	-Knit and Natter-: blankets squares/teddies	2pm-4pm	Ongoing	6th,13th,20th 27th June	£3	60+ *see overleaf for more information on the Printing workshops
	"Making Your Mark" *Printing workshops	1.30-4.30pm	11th April 9/16/23 May			
Tuesday	Intermediate Art Class	10am-12pm	19th April	14th June	£5	60+
	Circle Social Dancing	10.30-12.30pm	19th April	21st June	£3	60+
	Grow stronger, Live longer2	2pm-4pm	19th April	21st June	£3	60+
Wednesday	Slow and Gentle Yoga - especially for the over 60's	11am-12pm	20th April	22nd June	£3	Staff available to support :) 60+
	Connects2 Singalong Choir	2pm-4pm	20th April	22nd June	£3	60+
Thursday	Positive Living Classes	10.30-12.30pm	21st April	23rd June	£2	60+
	Not So Slow Health Walk	2pm-3pm	Ongoing	Ongoing	£1	Leaves Annexe sharp
	Breathworks- Mindfulness Based Pain Management	1.30pm-4pm	28th April	16th June	£3	Booking is essential :) 10 places for 60+
Friday	Bring and Buy Sale	1pm-4pm	8th April			Fundraising
	Beginners Art Class * 60+	10.30-12.30pm	15th April	17th June	£3	* No class 22nd April
	Group Meditation	11am-12pm	15th April	24th June	£2	60+
	Relaxing Therapies include Reiki, Reflexology, Crystal	1pm-4pm	15th April	24th June	£5	Phone Jane to book a place. 60+
	Gentle Exercise Class	2pm-3pm	22nd April	24th June	£3	60+
volunteers	Photos are Fun Group :)	1pm-3pm	29th April	20th May	24th June	Last Friday of Month
	Friday Night Film Club	7pm-9pm	29th April 20th May 24th June		Free and popcorn provided!	All Welcome Bring a Friend
Available Monday to Friday	One2one- cup of tea and a chat as an introduction to Connects2Project or for ongoing support if needed	Time to suit both you and the member of Connects2 staff	Ongoing	Up to 1 hour	Free	Phone Jane or Angie to book a time slot for 60+