



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

Hands up who's having fun ? !



Great News Folks!
 New block
 "Connects Choir"
 sessions
 Starting
 Wednesday 16th January 2013
 2-4pm Free to all

PROJECT TIME LEFT FROM MARCH 2013:
 ONE YEAR 2 MONTHS



Connects Project

January- March 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



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	14th January	10 weeks	£2	Few spaces left
	Slower Health Walk	11am– 12pm	Ongoing weekly	1 hour	Free	All Welcome
	Soup and Smoothie workshop	2pm-4pm	14th January	6 Weeks	£2	Book Place
	Variety Club	2pm-4pm	25th February	4 weeks	£2	All welcome
Tuesday	Connects Art Class	10am-12pm	15th January	10 Weeks	£2	Book Place
	Circle Dancing	10.30am-12.30pm	15th January	10 Weeks	£2	All Welcome
Wednesday	Fun Club-Connects Choir	2pm-4pm	16th January	10 Weeks	Free	All welcome
Thursday	Welcome back	2pm-4pm	10th January	One off	Free	All welcome
	Positive Lifestyles Next Steps Course	10.30-12.30 pm	21st February	6 Weeks	Free	Phone for one2one first!
		10.30-12.30 pm	17th January	4 weeks		
	Valentines Lunch Club	12pm-2pm	14th February	2 Hours	£2	All Welcome
Friday	Burn’s Lunch Club	12pm - 2pm	25th January	2 Hours	£2	All Welcome
	Better Breathing class	11am-12pm	18th January	10 weeks	£1	All Welcome
	Gentle Exercise	2pm-3pm	18th January	10 weeks	£2	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
			18th January			
	Friday Night Film Club	7pm-9pm	18th January	2 hours	Free	All Welcome
			22nd February			Bring a friend
			22nd March			
Also available Monday to Friday	One-2-ones—cup of tea and a chat usually lasting 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

Remember Connects held a Welcome Back after the festive period with tea and cakes so everyone could get together again and catch up with each other? Well due to public demand we will hold another one on Thursday 10th January– so all welcome :)