



Connects2Project visits
Science Centre for CSI course

For 4 Thursday afternoons -2pm-4pm, there is space for, first come first served, 15

beneficiaries to take part in a CSI course at the Glasgow Science Centre.

We will be analysing and solving puzzles through science using fingerprinting techniques, producing a DNA sample from cheek cells and gathering evidence to support a conclusion. Something different and sounds fun, just hope no one has any skeletons in their cupboards!!! :) Bus leaves 1.30pm :)



Twinkle Toes



New Personal Foot Care Service ran by **NHS trained Connects2Project beneficiaries**, volunteering their time to attend to your tootsies!!! Sessions run 1st Tuesday of the month and please contact Michele on 0141-212-3984 to book an appointment. Personal use NHS clippers provided free

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

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](https://www.facebook.com/Connects2Project/?fref=ts)
Web: www.annexecommunities.org.uk

**Connects2Project Health Walk,
walking towards the light!!! :)**



Come join us!!! All more than welcome to come along for a one hour walk around Partick and the surrounding areas. Partick Health walks continue quietly behind the scenes taking in all the joys of the seasons, the weathers, the good company and all the health benefits that comes with it, free, by just the simple act of walking.!!! :) Slower health walk on a Monday 11am-12pm and a slightly faster paced walk on a Thursday 2pm-3pm both led by Joe, a local, born and bred, so knows all the interesting wee nooks and crannies.

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



Connects2Project

“Helping you, to help yourself”

January-end March 2017

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	16th Jan	20th March	£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 Group - (hand knitting, with love, for causes in need, at home and abroad) :)	2pm-4pm	16th Jan	20th March	£3	We supply the wool, needles, tea and biscuits, you bring the natter! 60+
Tuesday	Intermediate Art Class	10am-12pm	17th Jan	21st March	£5	60+
	Circle Social Dancing	10.30-12.30pm	17th Jan	21st March	£3	60+
£1 a foot!!!	Twinkle Toes	11am-1pm	17th Jan	7th Feb	7th March	1st Tuesday of month
	Wellbeing Yoga Plus	2pm-4pm	17th Jan	21st March	£3	Two hours with Linda!
Wednesday	Slow and Gentle Yoga - especially for the over 60's	11am-12pm	18th Jan	22nd March	£3	Staff available to support :) 60+
	Connects2 Singalong Choir	2pm-4pm	18th Jan	22nd March	£3	60+
Thursday	Positive Living Classes	10.30-12.30pm	19th Jan	23rd March	£2	60+
	Not So Slow Health Walk	2pm-3pm	Ongoing	Ongoing	£1	Leaves Annexe sharp
CSI course	4 x Visits to Science Centre	2pm-4pm	2nd Feb	23rd Feb	Free	15 places so FCFS
	Volunteer Inspiration Lunch	12pm-3pm	9th March			See Michele for details
Friday	Beginners Art Class 60+	10.30-12.30pm	20th Jan	24th March	£3	60+
	Group Meditation	11am-12pm	20th Jan	24th March	£2	60+
one hour treatments	Relaxing Therapies include Reiki, Reflexology, Crystal	1pm-4pm	20th Jan	24th March	£5	Phone Jane to book a place. 60+
	Gentle Exercise Class	2pm-3pm	20th Jan	24th March	£3	60+
volunteers	Photos are Fun Group :)	1pm-3pm	27th Jan	24th Feb	24th March	Last Friday of Month
	Friday Night Film Club	7pm-9pm Start sharp at 7pm :)	27th Jan 24th Feb 24th March		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+