



**Annexe Communities**  
The Annexe Healthy Living Centre  
9a Stewartville St  
Partick  
Glasgow, G11 5PE  
Phone Jane or Angie on 0141-357-6747  
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Web: [www.annexecommunities.org.uk](http://www.annexecommunities.org.uk)

**Annexe Connects is a three year project which is funded by the People's 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 isolation and increase participation in the community. Give yourself the opportunity to meet new friends, 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 :)**



**Halloween Arts and Crafts during the first block of Monday afternoon Variety Club.**

**What activities would you like to try out in block 2 of the Variety Club?**

**PROJECT TIME LEFT FROM DECEMBER 2011:  
TWO YEARS AND SIX MONTHS**

## **ANNEXE CONNECTS PROJECT**



**October-December 2011  
Information Brochure**

**Classes , Positive Activities**

**& One to One support**

**For 60+ and  
Adult Carers**

**To improve physical and  
mental wellbeing,  
help combat isolation and  
help you cope with every  
day life**

# Annexe Connects Programme

Day	Group	Time	Start Date	Length	Cost	Availability
Monday	Tea Dance with Annexe Band	12pm-3pm	21st November	3 hours	£2	All Welcome
	Annexe Slower Health Walk	11– 12pm	3rd October	Ongoing	Free	Drop in
	Lunch Club	12pm - 2pm	12th December	10 weeks	£2	Drop In
	Annexe Connects Variety Club	2pm-4pm	8th November	6 Weeks	Free	Drop in
	Stained Glass Class	5pm-7pm	8th November	6 weeks	£2	Drop in
Tuesday	Annexe Connects Art Class	10am-12pm	8th November	6 weeks	£2	Phone Jane or Angie to book a place
	Circle Dancing	10.30-12.pm	8th November	6 weeks	Free	All Welcome
Wednesday	Next Steps Course 2	2pm-4pm	2nd November	6 weeks	Free	Drop in
Thursday	Positive Lifestyles Course 2	10.30-12.30pm	20th October	6 Weeks	Free	Drop in
	Health Walk - Partick	2pm-3pm	Ongoing weekly	ongoing	Free	Drop in
Friday	Gentle Exercise	2pm-3pm	Ongoing Weekly	Ongoing	£2	Drop In
	Complimentary Therapies	1pm-4pm	Ongoing Weekly	Ongoing	£2	Phone Jane or Angie to book a place
	Annexe Connects Friday Night Film Club	7pm-9pm	Starts 16th December	Monthly	Free	Drop In
	Annexe Connects Open Days	11am-4.30pm	25th November	One off	Free	Drop In.
Saturday	Alternative Festive Saturday Night	6.30-10.30	10th December	1 Night	Free	Doors Open 6.30pm

Health programmes also run from Anderston, Knightswood, Netherton and Townhead—  
please ask for info on current activities See also Annexe Leaflet for more classes