



The Annexe

Health, Learning and Culture

Partick Community Association
The Annexe Healthy Living Centre
9a Stewartville Street
Glasgow
G11 5PE

Tel: 0141 357 6747
www.theannexehlc.org.uk

Partick Community Association Annual Report 2009



Annexe HLC- Open for business in all weathers

Partick Community Association Company No: 215070
Scottish Charity NO: SC 002491

1. Chairpersons Remarks, Kenny Burns.

Contents

1. Chairpersons Remarks

2. Background

3. Partick

4. Anderston

5. Outreach

6. The People &

Acknowledgements

This report focuses on events up to August 2009, although the accounts and finances will report on our financial year 2008-09.

Around 26,500 attendances were recorded in Partick Annexe during 2008-09, and a weekly average of 530

“My involvement with the Annexe over the year has probably saved the NHS £1000’s.”- one service user

Now, who on earth said “A change is as good as a rest”
There have indeed been plenty of changes, but as always very little time here to rest.

Well, over the past year since we were awarded the CHCP contract we have been delivering and developing our services into 3 new areas, these are Townhead, Netherton and Knightswood. Thus spreading the Annexe Healthy Living range of services and therapies into a wider west end community as per the contract.

Our ‘satellite’ in Anderston – ‘The Anderston Annexe’ is now well established and I can vouch for its success, as I make occasional visits myself and know the presence of such a facility in that community has engaged with many people and consolidated connections with agencies and groups.

The demand for the services we deliver is strong and constant. Now, I have seen people visibly change and sparkle as a result of having a therapy, a walk, or eating a healthy living lunch. That is what it is all about.

We cannot forget Partick, where it all began and where the formula was established and continues to thrive. One of our successful projects – ‘The Studio’ young people’s fashion and design came to the end of it’s run, but a donation from the MCR Foundation will fund new youth activities in Partick.

The learning programme also came to its end, and was handed over to Community Learning & Development and the ALN & ICT programme continues to operate in the Partick Annexe.

Much is happening and much more is planned over the coming months, as ever, watch the activities at your local “Annexe Healthy Living Centre.”



Men's Health Day- making their own curries!

2. Background

- 1996 Partick Community Association (PCA) committee reformed to bring the Annexe building up to standard and aim towards the development of The Annexe as a community facility.
- 1999 The Lottery awarded a grant of £86,000 for building improvements.
- 2000 New Opportunities Funding awarded to operate the Annexe as a Healthy Living Centre. Over the next 5 years working with the local community, PCA established a comprehensive programme of services and activities in health, learning and culture.
- 2006/07 A period of uncertainty and transition as PCA strives to secure the Annexe and its services with a range of funding opportunities.
- 2008 PCA secures a range of financial sources to ensure the sustainability of the Annexe building and its services. New base and full time worker established in the Anderston area.
- 2009 The Annexe engages with a further 3 communities; Townhead, Knightswood & Netherston. New bases are established and activities and services developed and delivered. The Board is strengthened with new member Directors and a stakeholder Vision Day in February establishes the priorities for the future.

3. Partick

Alternative Saturday Nights! - Alcohol Free Social Evenings. This year the Annexe officially became an alcohol free zone. With funding from the CHCP contract and GRAND we ran Alternative Saturday Nights monthly in the 5 areas.

Complementary Therapies – Partick has become HQ for the provision of stress reducing complementary therapies. This involves co-ordination of appointments for the 5 areas and ongoing support for the volunteers trained in Reiki and Indian Head Massage from these areas. Over 1500 free therapies have been delivered, 1100 by qualified, disclosed and insured volunteers! We offer Indian Head Massage, Reflexology, Reiki, Shiatsu, Therapeutic Body Massage and Holistic facials. Big thank you to all involved.

Health Improvement Events – 9 Health Open Days organised in Partick this year with between 40 and 110 attendees. Health information & activity included; complementary therapies, spinal health care, nutrition, health walks, healthy eating, creative arts, exercises, health checks, positive psychology talks, men's health and women's health issues took place in partnership with agencies like GWRA, Public Partnership Forum, Smoking Cessation, Culture and Sport, Live Active Exercise Referral Scheme based in Kelvinhall and Strathclyde Fire Brigade.



Hands up for more exercise classes!

PCA aims:

- To address the problems associated with disadvantage, including social and economic exclusion, individual isolation and poor health.
 - To work in partnership with the local community to develop and provide services in community health improvement, learning & culture.
-



Alcohol Free at The Annexe!



Annexe Café – Tony the café Cook receiving the Healthy Living Award from Nick Naim

Walking Groups:

- 82 new participants joined the Walking Groups in 2008-09
- 1561 people in total took part in Health walks throughout the year, that's 9,366,000 steps in the right direction!



Waiting for a Therapy

Complementary therapies

- 1500 therapies took place this year.
- 1100 by qualified, insured, disclosed volunteers
- "Slept like a log last night—normally wake up 3 times a night."—after just 1 session of Reiki in Netherton

New Health Issues in the Community-HIIC- this year saw two staff become trainers in HIIC which enables groups of individuals from the local communities to have time and space to work through a pack that addresses health issues important to them, in turn supporting community engagement and empowerment with individuals' voices being heard. Group project is also undertaken.

Nutrition / cooking classes- Healthy eating really took off this year with Smoothie workshops, Soup Demonstrations, Community chef led "Get Cooking" workshops with great feedback- from participants. Quote: - evaluation question "Has the (cooking) course been of benefit to you? Answer "Yes, cooking more options rather than rely on take away services." Result!

Recycling at The Partick Annexe: - A lovely recycling opportunity came our way in the shape of a horse allergic to hay. Now all office papers get shredded and become bedding for Yogi!

The Studio - 2 years of Lottery Funding came to an end for "The Studio" this year, topics covered were "Sew What" -Fair-trade project, Pyjama project- health pampering, Carnival Birds of Partick, Kylie Fashion Show looking at clothes making and taking part in two fashion shows. As it was such a success further funding has been secured from Robertson's Trust to offer classes for adults as well!

Volunteering – Local people are supported in accessing volunteering opportunities with the Annexe. Training is provided in Food Hygiene, Walk Leader, C-Card Services, Reiki 1+2 and Indian Head Massage. General courses also run in Nutrition and Thinking Positively all potentially leading to a better skills base, better future employment prospects and more self confidence for volunteers.

C Card Services: 84 people used this service in 08-09.
24 new individuals registered and 60 return visits

West African Health – Juice Project

Main achievements supported by the Annexe, include 2 Women's Groups Vegetable Growing Projects sponsored by Lloyds TSB Foundation and a summer youth class for sixty young people in Wellingara.



Juice Project- The Gambia

4. Anderston



Anderston Walk to the Squinty Bridge

Anderston Annexe Activities: - This year we organised Health Open Days in outreach venues in Anderston as well as in the Anderston Annexe. Healthy living activities included; Nutrition Workshops, Health Walks, Complementary Therapies, ESOL, ALN Classes, Yoga, Aerobics, Country Walks, Craft and Design Workshops, GWRA support, C-Card Services, Alternative Saturday Nights, Children's Nutrition, PC Bytes and Digital Photography. 2000 engagements took place, 207 people registered giving an average of 10 engagements per person.

Wider Action

The Anderston Annexe was successful in applying for joint funding along with local housing provider Argyle LHO. This enabled us to employ a part-time programme assistant to develop existing services on offer, the post being filled in May of this year.

Anderston Winterfest

The Anderston Annexe was involved for the second year in the Winterfest community event, organized by local Councillor Phillip Braat. The Annexe provided healthy fruit smoothies and relaxing therapies.



Smoothies at Anderston Winterfest

G3 Partners – consists of local service providers such as CHCP, CPP, Anderston Annexe, Glasgow City Council, Culture & Sport, Strathclyde Police plus other organisations who meet on a regular basis. The main priority is to identify gaps and inequalities in the Anderston Area, addressing these issues appropriately and cohesively as a partnership. The group meets regularly in the City Chambers and is chaired by Councillors Nina Baker and Philip Braat alternately. There has already been a noticeable difference in the services in Anderston as a result of the work of this group, with future progress due to continue.

"Walking helps with my depression, it lifts my mood. Sets me up for the rest of the day. Thank you."

Anderston Community Council

The above is well underway to becoming re-established in the local area after a spell of several years with no community council. The Anderston Annexe assisted the Community Council Resource Centre by promoting the Council at every local outreach event and all events and classes held within the Anderston Annexe. A Public Meeting was called and further meetings to select Office Bearers. There was a good turn out from the local community at these meetings, with local people keen to come together for the greater good of their community. They are now at the stage where an Election Meeting will officially record all elected members of Anderston Community Council. Giving Anderston a say in services and priorities relevant to local issues can only be a positive step for the future of the area.



Digital Photography Class

5. Outreach in Townhead, Knightswood and Netherton



Cooking classes in Townhead

By end of the first year the following local residents registered with Annexe activities:

*Knightswood 124,
Netherton 74
Townhead 70.*



Knightswood Health Walk
Nicknamed the "Monday March"



Complementary Therapies at Netherton

Outreach: - Annexe secured a contract from West Glasgow Community Health Care Partnership (CHCP), to work in partnership with other local agencies to provide a programme of healthy living initiatives in the communities of Knightswood, Netherton and Townhead, for the next 2 years. These activities are based around 5 key healthy activities; Health Walks, Healthy Eating, Alcohol Free Social Events, C-Card Services and Capacity Building. Each new area brought with them new and different challenges. In venturing into the new areas and meeting the community it became apparent that a weekly presence, other than the Health Walks, was essential to build up relationships with the people and the agencies that served them. To this end, Health Club bases were set up in each area to house the health activities:

Townhead - Tuesday,
Netherton - Wednesday and
Knightswood – Thursday

2311 total engagements took place for the 3 areas giving an average of 9 engagements per person from Jan'09-Sept'09.

Partnerships: - We work in partnership in all 3 areas, building up relations with all involved in knowing what goes on in the areas, building up trust and consistency. We work alongside very supportive Councillors in each area, community activists, Community Councils, Culture and Sport, MSP's, GWRA, Public Partnership Forum.

Netherton: We have worked in partnership with: The 3 Eyes Project, The Gatehouse and The Hut in Netherton,

Knightswood: Knightswood Community Centre and Committee, Alderman Road Allotments in Knightswood

Townhead: Compass Housing Association, St Mungo's Wellbeing Centre, Citizen's Advice Bureau, Credit Union, Community Halls and supported the development of the Townhead Village Project.

Referrals: We have had referrals from GAMH, local GP's, GWRA, Phoenix Centre, GCC Health Walks and word of mouth. We have engaged with a number of people who are the main carer for a family member in all 3 areas and they come for a bit of much needed "time out for themselves"

Engagement story- MS in her 50's came to a Health Day in Townhead in March'09 "just out of curiosity". As a carer she would do everything for everyone else and leave herself out. **Now Tuesdays are her day**, she comes to the Health Club for the Health walk, Smoothies or soups and a relaxing complementary therapy, chat and a cup of tea. She goes home to relax, has now started reading books for the first time. She gets her hair done and occasionally her nails.

"I feel much more 'me' now, happier not so rushed."

6. The People & Acknowledgements

PCA Board of Directors:

Chairperson

Vice Chair

Kenny Burns
 Dr Euan Easton
 David Cruickshank
 Sheila Richard
 Shelia Reid
 R A McGeachie
 Margaret Halliday
 Leanne Clelland
 Gordon Mack
 Peter Taylor
 Lizanne Conway



Farewell Fashion Show for
 The Studio

Staff:

Manager, Co Secretary

Project Development

Café Cook

Admin Staff

Centre Assistants

ALN Development Worker

Youth Arts Workers

Community Capacity Building

J Fox
 J Cowie, S MacDowell, A Wylie
 T Osbourne
 L Docherty M Keenan
 T Gunn, J Mooney,
 D Simpson
 L Wells, J Oly
 C McInally, R Smith



Thanks to BLF for
 The Studio

A Partick born entrepreneur, very timely donated £16,000 for the Partick Youth Programme, essential roof repairs, a much appreciated staff night out and running costs for Partick Boyz Football Club.

This donation also enabled other match funding opportunities for the Annexe to be secured.

Thank you to MCR Foundation!

Finally, a very big THANK YOU to our funders, partners and supporters:

Glasgow West CHCP

Scottish Government

Robertson Trust

Lloyds TSB Foundation

Big Lottery Fund

Culture & Sport Glasgow

Glasgow City Council and Community Planning Partnership

And of course all our Volunteers!

MCR Foundation

Housing & Regeneration

Partick Housing Association

Strathclyde Police

Glasgow Housing Association

Glasgow Community Safety Services

