

Great news!!!!!!The beneficiaries and supporting agencies of the previous 3 years Connects Project have contributed to and supported the successful application to the Big Lottery for a further 5 years of funding for the Connects2Project. Woo hoo! Well done everyone involved. Connects2Project's goals are to support 180 beneficiaries, over 60's, per year, to "help them, help themselves" through individual and/ or group work, positive activities, new friendships and peer networks, skill sharing through volunteering opportunities and generally by being more healthy and creative, together with others, in coping with everyday life.

If you or anyone you know, is 60+ and, could benefit from joining Connects2Project, please phone or refer or just let us know.
Thank you



Class working alongside local artist- Tracy Galloway



Annexe Communities
The Annexe Healthy Living Centre
9a Stewartville St
Partick, Glasgow, G11 5PE
Phone Jane or Angie on 0141-212-3987
Email: info@annexecommunities.org.uk
Web: www.annexecommunities.org.uk

War over in Afghanistan same day Connects Opens Peace Blanket!



Some of the Connects Knit and Natter Class– 34 beneficiaries contributed :)

More nattering than knitting was going on at some points mind you! But this 6 weeks class involved knitting coloured squares or learning to crochet wee squares to sew together to make a Peace Blanket. Each week the progress of the blanket was posted on the Annexe Communities facebook page. As the blanket grew an idea developed. If any Connects beneficiary was not feeling very well, they could have a borrow of the Peace blanket to coorie into to cheer them up and help them to recover quicker.

Connects2Project

"Helping you to help yourself"

January'15– March'15

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	Time	Start Date	Finish Date	Donation	Information
Monday	"Partick Pluckers" - Ukulele Group	10am-12pm	19th January	23rd March	£2	Few spaces left
	Connects2Project Launch	10am-5.30pm	19th January	23rd January		See launch flyer
	Slower Health Walk	11am– 12pm	Ongoing	Ongoing	Free	Leaves Annexe
	Stained Glass Class	3.30pm-5.30pm	19th January	2nd March	£2	60+
	Variety Club - Knit and Natter—Blanket2! Chinese New Year Lanterns Flower Arranging	2pm-4pm	19th January 16th February 16th March	9th March 23rd March	£2	60+
	Burn's Lunch Club	12pm-2pm	26th January		£3	Wear tartan
Tuesday	Intermediate Art Class	10am-12pm	20th January	24th March	£5	Places available for 60+
	Circle Dancing	10.30am- 12.30pm	20th January	24th March	£2	60+
Wednesday	Slow and Gentle Yoga - especially for the over 60's	11am-12pm	21st January	25th March	£2	Staff available to support :)
	Fun Club-Connects Choir	2pm-4pm	21st January	25th March	£2	60+
Thursday	Positive Living Classes	10.30am- 12.30pm	22nd January	26th March	Free	60+
	Not So Slow Health Walk	2pm-3pm	Ongoing	Ongoing	Free	Leaves Annexe
Friday	Beginners Art Class	10.30am- 12.30pm	23rd January	27th March	£2	Places available for 60+
	Group Meditation	11am-12pm	23rd January	27th March	£1	60+
	Relaxing Therapies Reiki, Reflexology, IHM	1pm-4pm	23rd January	20th March	£2/ £5	Phone Jane to book a place.
	Gentle Exercise	2pm-3pm	23rd January	27th March	£2	60+
	Friday Night Film Club	7pm-9pm	30th January 27th February 27th 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+