

Guide to Healthy Living Services

Annexe Communities has launched Healthy Living Enterprise, a social enterprise initiative. Utilising our skills and expertise developed over the past ten years in the area of community based health improvement we have a bank of self employed sessional tutors who deliver a range of healthy living services to the public sector, private sector and other voluntary organisations. Annexe Communities has ensured these tutors can deliver a high quality service and are trained in child protection, community awareness and have the skills to work in a range of settings. Tutors are sensitive to the needs of vulnerable individuals and community groups.

Annexe Communities ensures all necessary checks are carried out, public liability insurance in place and that tutors are suitably qualified for the activity they are providing. Costs start from £40 per hour plus the costs of materials e.g. fruit & vegetables and travel costs. All workshops are available from a minimum of 2 hours. The small profit we generate is used to deliver our own charitable activities. Services currently available:

1. Stress management for individuals

Individual one hour treatments: complementary therapies; back massage, Indian head massage, reiki, shiatsu, hand & arm massage, reflexology. See below for further details. Taster sessions (30 min) can also be delivered for open day events

2. Stress management and healthy lifestyle courses for groups

Six week Positive Lifestyle Course: self help and lifestyle coaching
Stress Management Techniques: one off workshops or 6 week courses
Next Steps Course
Healthy Living Course

3. Healthy eating

Fruit Smoothie workshops: one off demos or complete six week course
Souper Douper workshops: (soups) one off demos or complete six week course
Get cooking get shopping 6 week course: basic cooking skills
Healthy eating on a budget 6 week course

4. Physical activity:

Health Walks: guided one hour health walk in your local area including risk assessment
Shoto Budo: gentle martial art that helps develop self awareness, strength & suppleness
Chi Kung: gentle energy exercise used in Chinese health practices

5. Community arts:

Drumming workshops: African hand drums, rhythm workshops, great for teambuilding
Stained Glass workshops: one off or longer, window decorations or creating a stained glass window
Art for All: Art techniques one off workshops or longer courses which are tailored for beginners or advanced

Example of services delivered

Celtic and Rangers football clubs: stress management and healthy eating workshop for 'Fit for Life' courses for men
Richmond Fellowship: six week stress management for staff working towards their Healthy Working Lives award
ASRA: Stress management for older people delivered as individual therapies for males and females
Family Integration Network: Provided smoothie tasters for 1500 people as part of International Family Day
Hyndland Primary School: Healthy eating workshops for senior pupils transferring to secondary school
Breakthrough Youth Project: Healthy eating on a budget, 10 week course for 12 young people

If you would like to make an enquiry about the services please complete a booking enquiry form or telephone Jane Cowie at the number below or email jane.cowie@annexecommunities.org.uk.