



HEALTHY LIVING

PORTFOLIO CASE STUDY

HEALTH and wellbeing are at the heart of Annexe Communities' philosophy for creating better local lifestyles.

Since 2001 our organisation has worked with the local community in Glasgow's Partick to deliver wellbeing initiatives from our Healthy Living Centre base. These activities form the core services of our business.

Over the years we have developed in-depth skills and expertise which have made us confident of delivering highly cost-effective solutions with wide benefits and tangible results.

In 2008 Annexe Communities was contracted by Greater Glasgow and Clyde NHS Community Health and Care Partnership (CHCP) to deliver healthy living initiatives in four neighbourhoods across west Glasgow. During that time we worked closely with residents to develop accessible programmes to meet their needs.

Crucially this included capacity building support to enable residents to take action to improve their own health and wellbeing. Our **Annexe GROWS** service in Anderston was such an example, and led directly to the Back Garden project now run by a formally-constituted group of local residents.

We currently deliver weekly health clubs in community venues in each of the four designated CHCP contract neighbourhoods – Anderston, Townhead, Netherston and Knightswood – offering practical health and wellbeing advice and activities including:

- Weekly health walks
- Nutrition and healthy eating courses
- Stress management group activities
- Complementary therapies
- Exercise classes
- Alternative Saturday Night entertainment
- Capacity building workshops
- Healthy living promotion, information and advice
- Referral to other services such as Keepwell, Smoking Cessation and Carers support

If you would like advice on any of the above topics for your community or would like to discuss taking part in any of these activities, please contact our Administrator, Lainey Docherty at this email address or telephone the number below. We will be happy to hear from you. Email: lainey.docherty@annexecommunities.org.uk