



The Annexe

Healthy Living Centre

www.theannexehlc.org

Tel: 0141 357 6747

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Calling All Bananas!!!
Healthy Fun @ the Carnival



Have you always wanted to be an outsized fruit or vegetable?

Do you want to take part in this year's West End Festival Carnival procession?

If yes to the above then phone 0141-357-6747 and book your fruit! Go on, join us, you know you want to!

To address the balance we also present :-

International Men's Day !!
 Friday 12th May'06

THANK YOU, MOLLIE!!

After over 6 years of staunch support and dedicated service as the Vice-Chair of the Board of Directors for the Partick Community Association, Mollie Doherty resigned her post at the AGM in November'05.

All the staff, volunteers and Board would like to thank Mollie very much for all her hard work over the years in making sure that the Annexe remained open as a community resource. Her efforts are appreciated, valued and have benefited Partick.

Mollie herself has also benefited through her efforts by meeting others which has also opened up different opportunities and workshops on in the Annexe " I'm still attending computer training, lip reading classes, meetings on local issues, Sunflower cafe and alternative therapies. I'm still going



Julie Fox, Centre Manager and David Cruickshank, Vice-Chair presents Mollie Doherty with tokens of their appreciation for her support.

to keep my hand in as a member of the "Go Forward Group" but I resigned from the Board to let in some fresh blood." Mollie has always had the kids of Partick interests at heart and says " I'm glad to see more children's groups using the

Annexe now." Mollie is now concentrate her energies on the long awaited development of Mansfield Park making sure there will be " stuff for the kids!"
Thank you, Mollie and Good Luck!!!

International Women's Day @ the Annexe

Friday 10th March'06 11am-5pm



Women's Fund for Scotland

Join us for a celebration of women with free day time activities and events including alternative therapies, healthy lunch with Smoothie Bar, talk on healing, live music, yoga, exercise class and organised walk. Also evening entertainment—open to all— featuring "Palavar" a 3 piece accapella group and others 7.30pm BYOB- £4 Definite Date for your Diary!!!




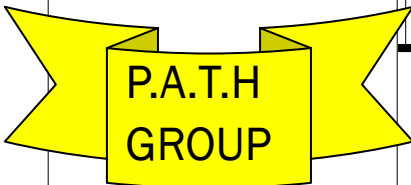
“ If there is light in the soul,
there will be beauty in the
person.
If there is beauty in the per-
son, there will be harmony in
the house.
If there is harmony in the
house, there will be order in
the nation.
If there is order in the nation,
there will be peace in the
world.”

Chinese Proverb

SUNFLOWER CAFE- "RECIPE 4 HEALTH"

Lime and Basil Chicken Couscous

Ingredients	Method	
200g couscous 2 veg stock cubes 1 lime 2-4 chicken breasts Bunch of basil 2 peppers-chopped 1 red onion- chopped Olive oil Honey 1 small bunch rosemary Garlic- optional	Soak couscous in water with one veg stock added+chopped basil and juice and zest of lime. Salt and pepper to taste. Slice chicken and oven roast with vegetables until cooked- time depends on thickness of chicken- check every 10 minutes. To oven roast- place sliced chicken and vegs on baking tray+ rosemary sprigs- drizzle over with olive oil- crumble a stock cube over-	drizzle over with honey (not too much!!!)... can also be sautéed in frying pan if unsure of roasting. Serve chicken and veg mix, mixed with or on top of couscous+ a healthy salad on the side. Seeds and nuts go well with the couscous mix. EXPERIMENT AND ENJOY!! ("Thanks Marion, sounds yummy. I'm salivating just typing this out!!"- Editor) 



The Annexe Healthy Literacies Project

Thanks to the support and funding from Communities Scotland and Partick Housing Association

Looking for New Members!!

Are you disabled, living in Partick or the surrounding area and over 18 years old?

If yes you might like to join the P.A.T.H. group that meet at the Annexe every Monday from 10.30am to 2pm. This is a very supportive and innovative group that are always up to something! Activities in the past have included chair based exercises, writing their own book and song, outings and arts and crafts. Future projects include, photography, sculpture and days out. If you would like to join please phone 0141-357-6747 and leave your details with reception. Thank you.

“David, what has been happening with the Adult Literacy Programme since last November?”
 We run 2 sessions a week for anyone to build up their confidence with reading, writing, spelling and numbers. Two very successful workshops ran during the Partick Folk Festival ,one with 6 learning producing a 10 minute film of the highlights of the festival and 15 learner attended songwriting workshops with a local musician Ian Davidson. Looking

into possible broadcasting these projects! Beginner and intermediate computer classes are running with another beginners starting in March. We are widening the Adult Literacy Programme with funding from the Community Health and social Care Partnership to include healthy cooking on a budget course which will help you build up your confidence with cooking which offers a you practical way to develop your literacy skills.
 We are holding an Open Day @ the Annexe on Monday 13th March'06 for folk who are interested in building their skills. A

Literacy Health Check will be on offer or you can just drop in for an informal chat with either myself or one of the tutors.
 “Sounds good, thanks for that , David!”

Song writing workshops



Who said learning can't be fun?

Partick Half-Stoners

What and who are the Partick Half Stoners?

The Half-stoners came about after a Health Check Day we held earlier on in the year @ the Annexe. Several people came forwards wanting to do something with their excess weight after they had had a health check. The Half-stoners is a supportive network of people who want to either lose Half a stone or put it on over a healthy two months period of time. This slow weight lose or gain supports a healthy lifestyle. Our 4 health suggestions are 1 Drink more water, 2 Drink less alcohol, 3 Watch what you eat and 4 Walk more. All these steps fit into better health choices that the Annexe has on offer. Our Sunflower Café provides healthy eating , if you need help we house an AA group on a Tuesday night and we are also in the process of starting up a walking group and are producing a booklet of 1 hour long walks. Our health goal is to **lose 50 stone of Partick** so if you would like to join Partick Half Stoners and be part of our goal, pop in and we'll get you started. Good luck!

First two-month Goal Date 31/03/06 — Keep focused!!!

Streetcorner Update!

Streetcorner has been busy, busy, busy this term, so busy making pancakes yesterday, on pancake Tuesday, that I had to go back today to get a **Streetcorner Update!**

Presently the children are designing a colourful assault course with Brian and Jen, 2 students from Metropolitan College. It's a **sponsored assault course** and all are welcome to take part and help raise funds for the Victoria Park Inclusion group. Sponsor sheets are available from Rosie and the sponsor takes place Wednesday 29th March 3.30-5.30pm in the Annexe. Good luck with that!

For Valentines Day Streetcorner had a **"Love Africa Day"**, this was inspired by Lysay's recent 2 week trip to Tanzania to help build a school for the local children. Lysay is pictured here helping dress the children in authentic African costume. They had fun dressing up, singing songs and hearing about Lysay's adventures in Africa. Go Lysay!!

Activities coming up soon for the children are master classes in Theatre make-up and ceramics, drama workshops and with the spring coming more trips out

For more details about Streetcorner please contact Rosie Guy @ the Annexe.



Love Africa Day @ Streetcorner

What is Streetcorner like?

"It's pure good, it's fun and you meet new people"
- Sarah

"Best club in the world"-
Jennifer

"You get loads of treats."-
Kayleigh



All new Singing and Dancing Partick Beat!

Partick Beat are a local community festival drum group who are looking for new blood to work towards the West End Festival Carnival Procession and more! Wish list is a backing line of enthusiastic singers and dancers to compliment the existing drummers



and visa versa. Presently we rehearse @ the Annexe every Wednesday 6.45-8.45pm £5/4 for all. Starting on Wednesday 22nd March we will cater for beginners 6-7.15pm and intermediates 7.30pm- 8.45pm. For more information please phone Michelle on 0141-357-6747



Phones for Africa!

Please support The Peoples' Centre in the Gambia by handing into the Annexe all your old, unwanted, broken mobile phones. We have a student on placement with us, **Faye Suso** who can make sure all your old mobile phones get directly to The People's Centre in Africa. Your old mobiles will be put to good use helping the running of after school activities for children and by improving the health of Mothers and Toddlers by providing access to vital communication links. For further information contact Faye Suso on 01389761403 or suusofaye@yahoo.com. Thank you!!

No Smoking Day

Wednesday 8th
March '06

Want to quit? We can
help!
Good Health!!

Visit our website
www.theannexehlc.org

Thought of the day

“ We don't inherit the
earth from our ances-
tors, we borrow it from
our children.”

(California Redwoods)

If you would like to contribute
to the next annexe newsletter,
that will be out end May '06,
please drop you ideas, stories
, events, letters, comments
etc. into the Annexe by the
middle of May '06. Thank you.

What else would you like to
see in this newsletter?

Letter to the editor?

Want and needs article? -
Where people can swap
things or let others know what
they need.

Articles on health issues?

Lonely hearts column?

Agony Aunt?

Write ups and photos of local
events?

This newsletter is a commu-
nity vehicle for communi-
cation.

Editor

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DEFINITE DATES FOR YOUR DIARY !!!

West End Festival Carnival Proce-
sion Sunday 11th June '06



Partick Fayre 3rd – 6th August '06

Partick Folk Festival
30th November-3rd December '06



Partick Lights Switch On with
Victorian Christmas + Santa
Sat 2nd December '06

RED DOT ART ORGANISATION

Two exhibitions on now @ the Annexe
Check them out! Two different styles!



Landscapes
by Billy Docherty

Pop Art
by Jay MacLean



www.reddotart.org 0141-357-6747

Supporting local artists!!