



The Annexe Healthy Living Centre

www.theannexehlc.org

Tel: 0141 357 6747

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*Volunteers needed 4
Partick Fayre '06 !!!*

Plans for Partick Fayre '06—4th-6th of August—are firmly underway with lots of fun and entertainment booked for all to enjoy. What we still need are volunteers to help on the days with stewarding, setting up and generally another pair of hands. If you would like to help out please phone Jane Cowie on 357-6747 or Marion Morris 357-3773 and don't worry it is not obligatory that you dress as a banana!!!



Eat at least five portions of fruit and vegetables a day for a healthy, shiney body!!!
Smoothie recipe inside!!

ANNEXE FRUIT MEETS MINISTER FOR HEALTH!

Last month saw the Annexe fruit out and about and meeting Andy Kerr the Health Minister for Scotland.

Andy Kerr and Councilor Aileen Colleran were supporting the free fruit in schools initiative and alongside loads of school children and the Annexe fruit celebrated the 40 millionth piece of free fruit in schools!!

Launched in 2001, Fruit Plus sees all primary and nursery pupils in the city receive a piece of fresh fruit five times a week. What an excellent health initiative and long may it continue!!!

At least five portions of fruit or vegetables a day is recommended for a healthy diet but why is this the case? What are the health benefits?

We need the vitamins, minerals from fruit and vegetables to:-

1. keep brain activity normal
2. keep skin glowing
3. replace skins cells, replace all cells!



Annexe helps celebrate 40 millionth piece of free fruit in schools

4. keep organs functioning
5. keep hair thick and shiney
6. keep joint healthy
7. help build muscle
8. help detox your body
9. keep metabolism healthy
10. keep healthy digestion
11. keep bowels regular as contain roughage

12. helps fight infections
 13. energizes you.
 14. good source of water
 15. contains antioxidants which help slow down cellular aging.
 16. keeps immune system working
- Good health to you all !!!

Annexe Healthy Open Day

Friday 23rd June '06 12pm-6pm

Free

Women's Fund for Scotland

Come along for some free taster health activities (12-4pm). View two exhibitions— Red Dot Art and Indian Art. Yoga 4pm-5pm to solidify all your now healthier habits. Then Grande Finale!!! Sit back, enjoy and support "The Studio" the young people of Partick— with their first ever Annexe Fashion Show @ 5.30pm. Not to be missed!!!



"A Smile"

"A smile costs nothing, but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it. A smile creates happiness in the home, fosters goodwill in business and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give."

By Anon

SUNFLOWER CAFE- "RECIPE 4 HEALTH"

Delicious Hummus

Here is a recipe for all you "Smoothie Operators" our there!

Ingredients

- 1 tin of chickpeas
- 2 cloves of garlic
- 1/4 lime with the skin
- 1/2 veggie stock cube
- As much oil as needed to make a thick paste- recommended oil is grapeseed oil

Method

Blend all the ingredients together with your blender and that's it, easy peasy and delicious on toast or in a sandwich or on rice cakes or in pitta bread with salad or in a baked potato with olives and sundried tomatoes or as a dip at parties!
Hummus is very versatile and a taste sensation that is good for your health!!

Health benefits of hummus

You get protein from the chickpeas so especially good if you are a vegetarian, energy and your essential fats from the oil. Garlic is a super food that is good for your blood, helps cleanse the liver and helps fight infection. You also benefit from the vitamin C in the lime. So knock yourselves out!!!



The Annexe Healthy Literacies Project

ALN Project progressing well. Any info contact David @ Annexe.

Partick Boyz Club celebrate a victory over rival team!!

Last Saturday saw the Partick Boyz Football team earn a deserved victory after an exciting well matched game against Muirton. Muirton scored first but half time saw the score line 3-1 to Partick boyz. Muirton fought back to level 3-3 then in the last two minutes Partick boyz scored again to clinch the match at 4-3! Well done ,team!!

Partick Boyz Youth Sports Club is funded by the Local Action Fund which supports local man Joseph Mooney to run the training sessions and transport the team to their league matches. Donations have also been handed in by local pubs and businesses.



Partick Boyz pictured here after their victory, Looking very professional in their new strips sponsored by the Annexe Folk Club-TAPP



Joseph photographed here with the younger boys and girls and coach Joanne in Mansfield Park

Training for all on Thursday nights in Mansfield park and St Peter's gym
5pm-6pm Primary 1-3s
6pm-7pm Primary 4-7s
7pm- 8pm Youth

All welcome

Go on, go along, have some fun, learn some new skills, meet some new friends and keep healthy all at the same time!!!

Partick Half-Stoners

Update on progress so far!!!

Well, how are we doing? Up to today 19th May '06 we have lost 155lbs of Partick which is over 11 stone!!! Well done all you losers out there. Weight loss for some now is getting a bit more difficult but folk are happy to stay focused, level off and not put the weight back on. Still need more people to sign up to help reach our 50 stone for the year target. We have also come up with a cunning plan to supply a bit more incentive and encouragement to the half-stoners. Every lb lost will be matched by £1, by the Annexe, towards something for the kids for the Partick Fayre. So the Partick Half Stoners have raised £155 towards the Fayre which pays for a bouncy castle and the ponies. Well done Half-stoners, keep up the good health, keep off the excess weight!!!

Next Goal Date 16/06/06 — Keep focused!!!

Opening of the Betty McCartney Halls



The Games room, on the ground floor of the Annexe is now named "The Betty McCartney Hall"

Monday March 20th saw the official opening of the Betty McCartney Hall in celebration and appreciation of the life of Betty who was a great friend and supporter of the Path group for many years. Betty's friends and family were at the opening and cheered her son Ian on as he cut the red ribbon and announced the Hall officially opened. There was a lovely atmosphere in the Hall, a fitting tribute to a lovely lady! ♥

Betty's friends and family in "The Betty McCartney Hall"

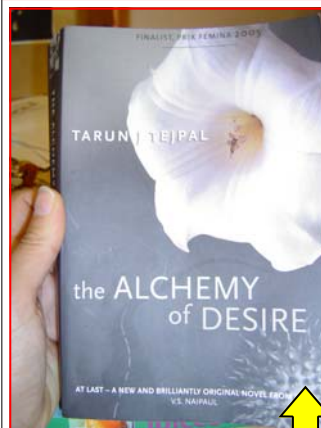
Yummy Smoothie Recipe

Delicious, refreshing and sooo easy to make!!!

- 1 Galia melon
- Organic apple juice
- Fresh ginger

Blend together and enjoy!!!

Book of the month



"Alchemy of Desire" by Tarun Tejpal is based in India and is a fab read and has some interesting slants to western living. Full of sunshine and passion. See what you think!

Men's Health Day!

Well done to Faye Suso for his efforts in organising his first ever Men's Health Day @ the Annexe on Friday 12th May '06!

Day went well with 22 men having a health check, and 20 men trying out an alternative therapy. Lunch was delicious and health and also on offer was an exercise class, smoking cessation with CO2 check, drumming session, free condoms, ALN information and 6 men ended the day as honorary members of the "Smoothie Operators" winning a blender to support more fruit and veg intake. More men needed next time!!!



Free Health Checks on Offer

The next free health checks are open to all @ the Annexe as part of our Healthy Open Day on Friday 23rd June '06 between 12-4pm

Thank you to the New Opportunities Fund



Julie and Faye pictured here with UK Healthy Living Centre Unit Delegates

Many thanks to the New Opportunities Fund—now The Big Lottery—for their funding, for the last 5 years, that has helped firmly establish the Annexe as a Healthy Living Centre for the community of Partick.

With the NOF funding the Annexe was able to match fund and raise over 3 times the initial amount bringing more resources and healthy activities into Partick for the community of Partick. Thank you!!!



Meet Woolieho, watch this space!!



Penpals

Thank you to

Mr James Caldwell Shanks for his suggestion for a Pen pal club for disabled/Elderly who maybe live on their own and or find it difficult to get out and about. James is happy to start the ball rolling with his address so if you would like to be pen pals drop him a line at

Mr James Caldwell Shanks,
28 Hayburn Street,
Partick, Glasgow,
G11 6DG

Thought of the day

“ Most people are as happy as they make up their minds to be”

Abraham Lincoln

Annexe Gig Guide

Friday 26th May'06

“Moonshiners”

£4 BYOB

Sunday 28th May'06

“Clive Gregson”

Only Scottish gig this year

£8 BYOB

Friday 2nd June'06

“One Glass Eye”

£4 BYOB

Editor

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Indian Art Classes

Women's
Fund for Scotland



Thanks to Scottish Community Foundation for funding to enable a series of Indian Art Classes for women to be held at the Annexe. Their funding covered a crèche that opened up the class to young Mums enabling them some rare creative time on their own.

Exhibition of the work finished in this class will be on show during the West End festival @ the Annexe and at our Open Day on Friday 23rd June'06. Well worth a visit. And we'd like to take this opportunity to thank Smita Verma the class tutor for sharing her talent, knowledge and her skills. It was much enjoyed and appreciated. Thank you, very much, Smita!!



Live life to the full!!!



Join us fruits for the West End
Carnival parade on Sunday
11th June'06

Rest in Peace, Scott.

Tragically a local man, Scott Morrison, was found dead in his flat after suffering a heroin overdose. He was attending rehab but unfortunately took one last hit and died alone. Scott came around the Annexe last summer and helped out for a couple of weeks and talked about getting his life back and being a proper Dad. He touched our lives and now he's dead.

Rest in peace, Scott and hopefully your death will not be in vain as someone reading this might think before they start. Also hopefully someone out there who sold you your last hit has a twinge of conscience.

Our thoughts are with your family and friends.

Take care out there, everyone!!



RED DOT ART ORGANISATION

Visit www.reddotart.org

0141-357-6747

Supporting local artists!!

Dates and venues for the next two Red Dot Art exhibitions are as below. Go enjoy a browse!!

- West End Festival Exhibition @ the Annexe from June '06 9th til July 1st'06
- Pollok House 3rd to 17th July'06