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## CHRISTMAS COMES EARLY AT THE ANNEXE!

Friday 27<sup>th</sup> October '06 saw the Annexe Healthy Living Centre hold it's Annual Folk Halloween Party with many gools and witches in attendance. The night was great fun with some seriously great musicians tricking and treating. Dead folk turned up with electric harps, two, violin playing, mother and daughter witches turned up from Iceland and even Santa managed to drop in from his tight schedule and sang us a few songs. The night was helped along with poisoned fruit punch, very berry blood smoothies with super food goji berries and green snot mushy peas with vinegar. Fabulously enjoyable evening was had by all, dead and alive!



If you feel you have missed out, never fear- Next folk nights on the agenda from Traditional Arts Project Partick- are Sheila Kay Adams,

Her only British date, all the way from North Carolina! - 17<sup>th</sup> November '06 at the Annexe AND the "Partick Folk Festival the Third" starting on St Andrew's day 30<sup>th</sup> November '06 to Sunday 3<sup>rd</sup> December '06 Great entertainment for all the family! See inside for more details.



Great news for the Partick Folk Club- we have been nominated for "club of the year" by Scottish Trad Music Awards!!! So please get on line and geez your vote!! Many thanks



**Christmas lights switch on**

Sunday 3<sup>rd</sup> December '06  
5.30pm at Mansfield Park  
Entertainment on from 3.30pm- more inside!

**Relaxing with an Indian head massage**



## Women's Health Day

The Annexe received funding from Awards for All to set up the Annexe Health Farm which will hold a health event every month, exercise classes for Men and set up training opportunities in complimentary therapies- more on this inside. Last month's health event was for women and covered the following health issues- breast cancer awareness, mooncups, super food- goji berries, smoothies, healthy weight management, exercise, complimentary therapies. Everyone enjoyed a healthy lunch with live entertainment from a local sitar player. A crèche was also laid on to enable folk to take part in the activities and have a bit of "me time". The day was finished off with a session of yoga setting us all up for a chilled weekend.

"Total relaxation- best feeling of distress for years", "A most relaxing day and lunch, in a warm friendly environment.", "I don't keep well and felt great and relaxed after my treatment. I couldn't afford these treatments otherwise. Thanks." You are welcome!



## Hugs

It's wondrous what a hug can do.  
 A hug can cheer you when you're blue.  
 A hug can say "I love you so" or  
 "Gee! I hate to see you go"  
 A hug is "welcome back again!"  
 And "Great to see you!" or  
 "Where have you been?"  
 A hug can soothe a small child's pain.  
 And bring a rainbow after rain.  
 The hug! There's just no doubt about it.  
 We scarcely could survive without it.  
 A hug delights and warms and charms.  
 It must be why God gave us arms.  
 Hugs are great Fathers and Mothers.  
 Sweet for Sisters, swell for Brothers.  
 And chances are some favourite Aunts,  
 Love them more than potted plants.  
 Kittens crave them, puppies love them.  
 Heads of state are not above them.  
 A hug can break the language barrier.  
 And make the dullest day seem merrier.  
 No need to fret about the store of them.  
 The more you give,  
 The more there are of them.  
 So stretch those arms without delay.  
 And give someone a hug today.

By Anon

## ANNEXE CAFE- "RELUNCH!"



New chef, new menu, new furniture, new exhibition space.



New Menu includes daily-healthy- taste-sensations-dishes like:-

Spinach and coconut soup  
 Leek and Salmon savoury tarts  
 Chickpea and pepper curry  
 Omega 3 flapjacks  
 Three melon and mint desert  
 Homemade cheesecake  
 Not to mention the daily freshly made scones!  
 Try for yourself at "Partick's best kept secret!!"



## The Annexe Healthy Literacies Project

### What the Folk!? Film makers & Songwriters

Work began on a 12 week project to produce a 15 minute DVD of the forthcoming Partick Folk Festival. 8 volunteers have begun 6 weeks pre production training which includes learning how to use digital video cameras and developing a storyboard to help structure and script their activities during Partick Folk Festival. Learners will turn up to the gigs and shoot live acts as well as interview a few of the performers and gig goers! The group will come back in January refreshed and ready for the second 6 weeks training where they will learn how to edit their footage using computer software.

The second songwriters' workshops will run on Thursday 30<sup>th</sup> November, Friday 1<sup>st</sup> & Saturday 2<sup>nd</sup> December with local song smith Ian Davison again leading the proceedings. Participants will learn the basics of song writing and produce a piece of music in small groups over 3 afternoons. Saturday's workshop will include a master class session with Partick Folk Festival act George Papavgeris.

### Current timetable —Free Personal Trainer

Brush up your reading, writing, spelling and numbers. Monday, Tuesday & Friday 10am – 12pm

### Young Peoples' Free Personal Trainer

If you are aged 16 – 25 come along and improve your reading, writing, spelling and numbers skills to help you get a job perhaps or just to brush up on a few things.

### E.S.O.L

English as a Second Language. Free classes on Tuesday & Thursday mornings 10am – 12pm.

New in January PC: Flexible Learning Zone & Digital Photography Courses.

## Complimentary Therapy Training

Funding has been secured from **Awards For All** for the **Annexe Health Farm** and part of the funding is to train volunteers in Complimentary therapy- Indian head Massage, Reki1+2 and Reflexology. IHM training starts on Monday 20<sup>th</sup> and 27<sup>th</sup> November'06 from 10am-4pm in the Annexe, there are still a few places left for these sessions if interested phone Jane at Annexe. Reiki and Reflexology training will take part next year but booking early is advisable as there are only 10 places for each therapy. Also people in the Partick G11 area get place priority. The idea is that we train you up then you do a bit of voluntary therapy work for the local community to build up more experience once you have qualified, then this may lead on to paid employment.

# Annexe Planning Day

Annexe Staff, Stakeholders, the PCA Board of Directors, user groups and folk who regularly use the Annexe and Café all got together on Friday 13th October'06 in Partick Burgh Halls to discuss the way forwards for the Annexe. The day was facilitated by Duncan Wallace from GCVS and focused on two main issues. "What do you see as the future role for the organisation?" and "Have you got any key ideas for what you would like to see the organisation doing in the future?"

We started the day off by groups making a visual representation of what the groups thought of the Annexe in it's current role. Two examples can be seen here.

Ideas, discussions and group work took place after a lovely lunch supplied by Rosie and Tony of the Annexe Café. The days ideas and findings will all be taken into consideration and built into a future Annexe business plan for the way forwards. Constructive day had by all!

Thank you to all involved!



## Yummy Smoothie Recipe

### "Very Berry"

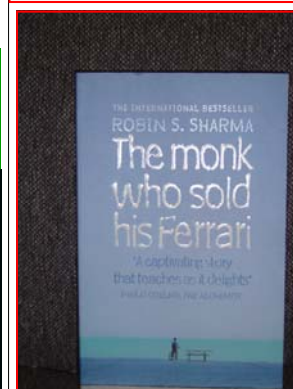
#### Blend together

1 punnet of strawberries  
1 punnet of raspberries  
1 punnet of blueberries  
1 carton of freshly squeezed orange juice  
Optional- add in pumpkin seeds and goji berries for a bit extra oomph!!

### Book of the month

#### "The Monk who sold his Ferrari"

by Robin S. Sharma



" Brilliantly blending timeless spiritual wisdom of the East with cutting-edge success principles of the West, this inspiring tale shows you a step-by-step pathway for living with greater courage, balance, abundance and joy."

This book and many more titles are available for loan from the Annexe Healthy Reading Library-

open 9am-5pm week days in the upstairs wee office in the Annexe.

# Partick Folk Festival 111

## Thursday 30th November

The Annexe, St Andrew's Night Concert  
With Fred Morrison and Steve Byrne,  
Maeve MacKinnon + Support

## Friday 1st December, the Annexe

"Fallen Angles" presents

Dave Burland in concert + support

## Sat. 2nd December, the Annexe

11.30am- 1.30pm Guitar workshop with Frank McLaughlin,

11.30am-1.30pm Fiddle workshop with Stuart Hardy

2pm-4pm Songwriting workshop with

Ian Davidson and George Papavgeris

## Saturday 2nd in Partick Burgh halls

"The Big Day Out" 1.30pm-late with

The National Pipe band of Scotland,

Old Blind Dogs, Archie Fisher, Rallion,

George Papavgeris, Jonny Dyer, Vicki Swan,

Stuart Hardy and Frank McLaughlin

## Sunday 3rd December at the Annexe

1pm TMSA Singing Competition

2pm "The Big Sing" with Spiers, Watson and Shepheard, Sylvia Barnes, Mick West, Maeve McKinnon, Jonny Dyer and Vicki Swan.

7pm George Papavgeris and Spiers, Watson And Shepheard in Concert

## Partick Folk Festival 2006

Thursday 30th November - Sunday 3rd December  
The Annexe Healthy Living Centre / Partick Burgh Halls

**Fred Morrison**

**Steve Byrne**

**Maeve MacKinnon**

**Dave Burland**

**National Youth Pipe Band of Scotland**

**Old Blind Dogs**

**Archie Fisher**

**The Red Hot Chilli Pipers**

**George Papavgeris**

**Jonny Dyer & Vicki Swan**

**Rallion**

**Stuart Hardy**

**Frank McLaughlin**

**Mick West**

Tickets available from Tickets Scotland and  
The Annexe Healthy Living Centre - 0141 357 6747

FUNDED BY

**PARTICK FAYRE PRODUCTIONS**



## Sunday 3rd December in Mansfield Park

Victorian Christmas 4-5pm

Torchlight procession leaves Annexe at 5pm walks around Partick down to bottom of Mansfield for

5.30pm Switch On of Partick Christmas lights! The procession back into park for Burning of the Bogeyman at 6pm

# Health Tip 4 the Winter

Nuts and seeds have many great bits and bobs in them that your body really benefits from but only squirrels or hamsters are happy to munch their way through them! But never fear a solution is here! Take all you seeds-sunflower, pumpkin, flax, hemp, linseed, walnut- whatever mixture you like and grind them all in a coffee grinder. Put them in a bag in the fridge and every time you make soup, a sauce, a stew, porridge, smoothie, gravy, stuffing etc you can stir in a spoonful and you and your family will be filling up with goodness and omega 3 oils that help you keep happy in the winter and are contain essential fats for good weight management, without even knowing. One of these bit naughty but necessary things you can do to support a healthy family!

## Thought of the day



Change your mind,  
change your life.

Editor

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## Why not come and join us for a health walk!



Partick Health Walks leave the Annexe on

- Mondays at 11am
- Tuesdays at 5.30pm
- Thursdays at 2pm

Good for your health, your social life, your knowledge of the local area and all for free with a wee cup of tea to finish off.

## Want to Stop Smoking?



Smoking cessation classes are  
**"4 times more likely to succeed"**  
Classes start in the Annexe on  
Wednesday 24th January '07 at 1pm.  
To book a place phone  
0141-232-9154

## Are you ready to stop smoking?

The health benefits of stopping smoking start almost immediately

After:

**8 hours:** Nicotine and carbon monoxide levels in the blood are halved.

**24 hours:** The lungs start to clear out the build up of tar.

**48 hours:** There is no longer any nicotine in the body.

**56 hours:** Taste and smell are greatly improved.

**72 hours:** Breathing becomes easier, energy levels increase.

**2-12 weeks:** Circulation improves, walking and running become a lot easier.

## Date for Diary

### Men's Health Day at the Annexe

Friday 24th November'06

11am-5.30pm

Health information, Healthy lunch+ live music, exercise class, yoga, complimentary therapies, free condoms, Health Checks, health walk and health awareness talk on Hepatitis C-"Dispelling the myths"



# RED DOT ART ORGANISATION

Good news! Red Dot Art secured funding from West End Area Committee, to hold Community Stained Glass Classes. Learning the tricks of the trade and working towards a community stained glass window project called "Led by Example"-to be installed for all to see in the Annexe. Classes will start in January'07 on Monday nights 7.30-9.30pm. Anyone wishing to join should leave their name and number at reception. Thank you

Red Dot Art exhibition on now in the Annexe Café then from 17th November'06 there will be a Christmas exhibition featuring the artwork from the folk at The Coach House Trust. So pop in, view and buy a unique Christmas present. ♥ ☺

Visit [www.reddotart.org](http://www.reddotart.org) Supporting local artists!!