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KEVIN KEEGAN TRAINS PARTICK YOUTH

Only the best for Partick Boyz Youth Sports Club as they were bussed off to Xscape in Braehead to take part in a Soccer Circus training session with the one and only Kevin Keegan.

"Who?" asked all the kids but the Mums and Dads were all standing about well impressed! Kevin put the children through their paces with warm ups, football skills and team games. The day was split into two session, one each for the older and younger groups with Kevin Keegan then two shots at the interactive computerized football



games. They all had a great time and gleamed a lot of fitness and football tips from Kevin. Joseph Mooney, team manager, would like to thank Partick Fayre Productions who funded the experience, the Mum's and Dad's that came along to help and last but not least the Partick Boyz Youth Sports Club- all the boys and girls that took part in the day. **"I just like to say well done to all, they had a ball and were really well behaved. A total credit to Partick!"**

Joseph is currently raising funds for a weekend tour for the club so any financial help would be much appreciated. Please phone Joseph on 07958334167. Thanks.



Penguins Wanted!

West End Festival Carnival Parade will take place Sunday June '07!



The Annexe is looking for folk to come and make their own penguin costumes in workshops run in the Annexe. The idea behind the penguins is global warming so much so Penguins are in Byres Road! So if you've ever fancied waddling down Byres Road well now's your chance!!

International Women's Day

Here's an invitation to all you women out there to come along and join us all at the Annexe in a celebration of International Women's Day on Friday 9th March'07. In celebration will be an inspirational talk on NLP, Tai chi class and body toning session, healthy lunch with live sitar music, arts and crafts, complimentary therapies in reiki, Indian head massage and reflexology, drumming workshop or health walk and finishing all off with a good stretchy yoga session! On a more thought provoking note here is a bit of history of why we celebrate this day.

International Women's Day is the story of ordinary women as makers of history; it is rooted in the centuries-old struggle of women to participate in society on an equal footing with men. In ancient Greece, Lysistrata initiated a sexual strike against men in order to end war; during the French Revolution, Parisian women calling for "liberty, equality, fraternity" marched on Versailles to demand women's suffrage.



Affirmation

"You who are the source of all power and good, Please show me what I need to know when I need to know it.

Help me to listen with understanding and speak with wisdom.

Grant me the serenity to accept the things that I cannot change,

And the wisdom to change the things that I can change. The world is an abundant place.

I am grateful for those gifts I have been given, And I am open and ready to receive those gifts that are waiting to come to me."

Try reading this into yourself every day for a few weeks and see if anything starts to change for the better for you. Go on, give it a go!



Date for Diary Men's Health Day at

the Annexe

Friday 30th March'07

11am-5.30pm

Health information, Healthy lunch+ live music, exercise class, yoga, complimentary therapies, free condoms, Health Checks, health walk and more

ANNEXE CAFE MUCH LOVED AND REQUESTED RECIPE

Moroccan Chickpea and Spinach Soup

Ingredients, prep+cooking time 1 hr serves 6

2 tablespoons extra virgin olive oil

3 medium onions, finely chopped

2 garlic cloves, crushed

1 1/2 teaspoons ground cinnamon

1 teaspoon chilli powder, or to taste

2 tablespoons tomato puree

150g (5oz) dried apricots, chopped

Finely grated rind of 1/2 lemon

4 teaspoons lemon juice

1.5 litres (2 1/2 pints) vegetable stock

250g (9oz) chickpeas

200g (7oz) fresh spinach, shredded

Salt and freshly ground pepper

Garnish- 150ml (1/4 pint) natural yoghurt

Method

Heat the oil and cook the onions gently for 5 minutes in a covered saucepan, without colouring. Add the garlic and spice and cook, stirring, for 1 minute. Add the tomato puree and cook for 3 minutes. Add the apricots, lemon rind and juice and stock. Cover, bring to the boil and simmer for about 15 minutes until the vegetables are tender. Cool a little, then puree in a liquidiser. Return to a clean saucepan. Add the chickpeas and simmer gently for 10 minutes, add more water if necessary to achieve the desired consistency. Stir in spinach, cover pan and simmer for a further 5 minutes until the spinach has wilted. Season to taste and serve garnished with a swirl of yoghurt

ENJOY!!!!



The Annexe Healthy Literacies Project

Men only cooking classes!
Spaces available – starts soon!
By referral only.
Please contact David Simpson for more information.

GET COOKING!

6 WEEK COURSE

Learn how to cook yourself a range of healthy meals from scratch - in *only six weeks!*



Adult Literacy & Numeracy Sessions Informal and fun! All welcome

Monday	10am – 12pm
Tuesday	1pm – 3pm
<i>For young people aged 16 - 25</i>	
Wednesday	10am – 12pm
Friday	10am – 12pm

Annexe Health Farm Update

Second block of Reiki training is underway at the Annexe with Reiki Master, Carol Deans. There has been loads of great feedback with all going off on different healing tangents. I for one really enjoyed the course and got a lot out of it, Reiki is a bit of an oxymoron, a very subtle power which once attuned I reckon stays with you for life. So sit back and enjoy the Reiki ride!

Indian Head Massage—third training block takes place at the Annexe 19th and 26th March'07 and unfortunately is fully booked. But if you would like a de-stress session, phone 0141-357-6747 and book an appointment

Both complimentary therapy trainings have been funded by CHCP- Glasgow West Community Health and Care Partnership. Much appreciated, thank you.

Who's that Girl?



Hi, I'm Joanne Dickson, 18 years old from Broomhill and I'm currently studying Health Care at Anniesland College. As part of my placement I attend the Annexe Health Living Centre twice a week. Here I help out with various classes such as the Adult Literacy and Numeracy class and I assisted in a six week men's cookery class as healthy eating is my main interest. I've also attended one of the Annexe Health events, helped out with some "smoothie" workshops and have taken part in an Indian Head Massage course which was interesting and relaxing! I'm enjoying my time here as the staff are friendly, I'm learning a lot and doing different activities.

Hi I'm Tracy - you may have seen me in the Annexe before (if you haven't I'm the one in the picture with the short hair). I'm one of the Annexe Health Farm therapists - and have also been involved in a few of the art projects at the Centre. At the moment I'm working on a twelve week project to let people know about the Public Partnership Forum - so, here goes... Last April local community health, primary care and social work services were joined together in one organisation called a Community Health and Care Partnership (CHCP for short - if you live in Partick you are part of the West Glasgow CHCP). In order for the CHCP to do its job properly, and in order for local people to be fairly represented the Public Partnership Forum (PPF) is being set up. In short the PPF will provide an opportunity for service users and the public (that's you!) to be involved in having a say in the plans and objectives of the CHCP (that is community health and social work services). If you want to find out how you can be involved in the PPF or if you would just like to know more about the changes that are taking place you are invited to attend an information event on Saturday 17th March in Woodside Halls, 12noon - 2pm or you can call Sheena McDonald on 0141 276 2550 or visit the website at www.chps.org.uk/westglasgow. See you there...

Yummy Smoothie Recipe

"Turbo Charger"

Blend together and enjoy:-

Handful spinach

1/2 pineapple

1/4 lime

1 stick of celery

1/2 an avocado

1/4 cucumber

1 carton of organic apple juice

Book of the month

"The Power of Now" by Eckhart Tolle

The meaning of life has been something that many have pondered on for years. This book answers the age old question-what is life? With a three word answer-"Life is now"

"The Power of Now can transform your thinking. The result? More joy, right now"-

Oprah Winfrey

Like Minded?!

Do you write poetry? It's time to gather all those pieces of paper that never see the light of day. Poetry is for sharing, we want to hear them. Never written poetry but would like to try, help will be given.

Storytelling is part of our Scottish tradition, let's keep it alive. If you have the "gift of the gab" then share with us your stories. Old, new, funny, true, traditional etc, Come along and meet like minded folk and be inspired.

Phone Vanya on 0141-944-6760

"The Studio"- Welcomes funding for Jen!



Supported by



The Studio, the Annexe's very own young persons design and sewing club, is getting tastier by the week! The club is currently working on a 'cake project' and is hoping to show and sell their creations at the Partick Farmers Market at the end of March. Inspired by their own crazily decorated cakes, the studio gang are making printed and embroidered shopping bags, aprons, tea cosies and lots of other things to brighten up your kitchen. Helping them is Jenny Olley, textile graduate of the Glasgow School of Art, who, thanks to Lottery Funding is one of the Annexe's newest members of staff. Though Jenny has been working with Lynsey in the studio since it began, the recent funding has meant that her job is now secured. So welcome Jen! There are still a few places left at the studio, which now meets on Wednesday's and Thursday's so if you know anyone who'd love to get making and learn loads of skills just:



contact the Annexe for further details. And don't forget to watch out for mouth watering, original designs that'll look good enough to eat!!!

Folk Night Diary Dates

Appearing **live** at the
Annexe Healthy Living
Centre

Friday 30th March '07

Staring

"The Duplets"

featuring 2 singers and harp
players

£4 BYOB

Doors open 7.30pm

Sunday 22nd April '07

2pm-4pm Intermediate Guitar
Masterclasses -£20

with **Tony McMannus**

"World Celtic Guitar Legend"

+

Tony McMannus

in Concert

7pm-10.30pm £8

Thought of the day

"If there is light in the
soul, there will be
beauty in the person.
If there is beauty in the
person, 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

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Come and join us for a health walk!



Kingfisher spotted in
Kelvingrove Park!

Partick Health Walks leave the Annexe on

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



Good for your health, your social life, and you never know
what you'll come across- on one walk we saw a glorious
kingfisher in Kelvingrove Park. All this and a cup of tea to
finish off! Can only be good for you!



Supporting people and families affected by Hep C and HIV virus

What is hep C?

Hep C is an illness that can make your liver sick

It is a blood virus called Hepatitis C (HCV)

Lots of people in Australia have hep C

Many people don't know they have it

How does hep C affect people?

Most people **don't** feel sick when they **first** get the virus.

Some people **never** get sick.

After about **10** years many people feel tired or sick.

A **small** number of people may get very **serious** liver disease.

Forthcoming event
Friday 23 March
Health and Wellbeing Open
day
The Annexe

Further information call
Alasdair Watt on
07935914256
E-mail: al.anam-cara@btconnect.com
Or call Anam Cara on
0141-336-8093

RED DOT ART ORGANISATION

Monday night - 7.30pm-9.30pm Stained glass classes going well with an absolutely fabulous design being pulled together for, us, the community to make for the Annexe front window. Only £2 a class. Watch that window!

Saturdays 1pm-3pm - Art Class- Jenny Olley from "The Studio" also takes this class in the Annexe. Art School graduate, only the best for you lucky people!!! Only £2 a class

After the success of Billy Docherty's solo exhibition, Red Dot Art exhibition will be next in the Annexe Café from Friday 9th March '07. Come along to the first viewing and opening on the Friday evening ♥ ☺

Visit www.reddotart.org Supporting local artists!!