



Partick Community Association  
The Annexe HLC  
9a Stewartville Street  
Partick  
Glasgow G11 5PE

Phone: 0141 357 6747  
Email: info@theannexehlc.org.uk  
Web: www.theannexehlc.org.uk

Company No. 215070  
Registered Charity: SC 002491

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2 more Health Improvements at the Annexe

1 Annexe Café now serves Breakfast 10am-11.30pm.

As part of the Healthy Living Award scheme the café would like to introduce a healthy start to your day with

- Muesli with fresh fruit and greek yoghurt  
Orange juice or coffee
- Slice of toast

All for only £1.75 (Financially healthy too!!)

2 Do you want to be HIP?

Come in and make an appointment for a Health Improvement Plan where we will support you efforts towards a healthier lifestyle. Small changes make big differences!

Annexe Café working towards Healthy Living Award!

Women's Day at the Annexe, Friday 26th October'07 saw the launch- or should I say lunch!- of the cafes bid towards a Healthy Living Award.

The award is an initiative by the Scottish Consumer Council and the Scottish Executive which encourages and supports the easier access to healthier eating in many eateries around Scotland. Wherever you see the apple sign you are safe in the knowledge that you are choosing the healthier choice.

Rosie and Tony led the way with the much appreciated help from



Rosie and Tony at Women's Health Day with help from volunteers Christine and Vanya

volunteers Vanya and Christine.

Most of what the Annexe Café has on offer is of the healthier and tastier choice already but working towards the **Healthy Living Awards** gives Rosie et al the recognition for their inspirational efforts and Rosie said herself that she is more than happy to learn more so that she can pass on this health to the many staff, customers and groups who benefit first hand from the range of healthy and delicious menus that are served up daily. **So look out for the apples and Good Luck with the Award Annexe Café!!**

All at the Annexe and the many more who knew Mick are saddened and shocked to hear of his sudden passing on Friday 26th October 2007.

He always cleaned passed you on his Green Machine with either a smile, wave, nod or hello as he went about his job making Partick a nicer and cleaner place to live. He was out there in all weathers and popped in for a wee cup of tea to warm himself up. Our love and heart felt condolences go out to his family and friends. He was very well thought of and will be missed.

Rest in Peace, Mick.



In Fond Memory of Michael Gollogly



# Anderston Annexe Opening Day

Smoothies all round!

Councillor Philip Bratt adds his support

Signing up for Literacy and computing classes

Nicola made a star for her daughter

Thursday 1st November'07 saw the Grande opening of the Anderston Annexe. 40 local people came along and took part in the day tasting and making smoothies, relaxing and distressing with complimentary therapies and hand massages, signing up for Adult Literacy and computer classes, getting creative with arts and crafts, signing up for Health walks and generally getting to know each other and picking up Health and Learning Improvement information.

One woman had never been so pampered in her life, one chap couldn't get over how good smoothies were for you and Ryan and local boy made up a new and delicious smoothie now called a "Ryan Special" consisting of strawberries, bananas and apple juice. The day was a great start for health improvements in Anderston and was well organised by our very own Sandra MacDowall and David Simpson with support from local Councillor Bratt.

Anderston Annexe is situated at  
78 St. Vincent Terrace  
Glasgow G3 8DX

## Café Favourite Recipes all in the one Booklet!

Feedback from one of our Health Days asked if we could make a recipe booklet full of Rosie's delicious foods on offer in the café like the one aside. Well you lucky people, look out for a 32 page hand illustrated recipe booklet no less, which the café hopes to have on sale in time for a lovely Christmas present for friends and family who unfortunately live too far away from the Annexe Café to sample said wares.

## ANNEXE CAFE MUCH LOVED AND REQUESTED RECIPE

### Smoked Mackerel Pate on Oatcakes with Salad

#### Ingredients

- 180g smoked mackerel, skinned
- 2 spring onions, finely chopped
- 2 tablespoons chopped flat-leaf parsley
- 4 tablespoons sour cream
- 1 tablespoon horseradish cream
- Squeeze of lemon

#### Method

Mash the mackerel flesh in a small bowl, stir in spring onion, parsley, sour cream and horseradish.

Plop on oatcakes with a side salad and there you go. Tasty!!!

( you can make your own horseradish cream, if you wish, by mixing 2 tablespoons grated peeled horseradish root with 100-150ml crème fraiche)

NB Oatcakes are an excellent source of slow-release carbohydrates. Keep you going longer!

## New "Loop System" installed at Annexe.

Hear at the Annexe we can celebrate the installation of our brand new "Loop System".

The Loop has been installed in all 3 public halls and is for anyone with a hearing aid and a hearing impairment. The system is available to any group or individual who is using the building and even if there is only 1 person who is hard of hearing, the system is of great benefit.

So far the "Lip Reading" class, who meet every Wednesday morning 10am -12pm, have been giving it a try for us. Most of the group is hard of hearing and almost all of them have a hearing aid. Some of the group thought that it was the best system they have tried!

**All you have to do is turn your hearing aid to the "T" position to enjoy clearer hearing.**

Contact **Lainey** for more information or if you or your group could benefit too.



Lip reading class already benefiting from the "Loop System" addition at the Annexe

## Smoothie Recipe

### Veggie Delight

- 2 Beetroot
- 1 carrot
- 2 celery sticks
- 1 carton tomato juice
- Blend together
- Beautiful colour!
- Great supply of vitamin A,C and E
- essential for good health

## Thought for Today

If we could shrink the Earth's population to a village of precisely 100 people, with all existing human ratios remaining the same, it would look like this:

There would be 57 Asians, 21 Europeans, 14 from the Western Hemisphere and 8 Africans.

70 would be non-white:30 white

70 would be non-Christian; 30 Christian

50% of the entire world's wealth would be in the hands of only 6 people.

All 6 would be citizens of the USA

70 would be unable to read 50 would suffer from malnutrition

80 would live in sub standard housing

Only 1 would have a college education

When you consider our world from such an incredibly compressed perspective, the need for both tolerance and understanding becomes glaringly apparent.

Source:Young Scientists' Network



## Calling All Men!!

Health day at the Annexe.

Please see aside or pick up leaflet from Annexe reception.

Doors open at 11am for a cup of tea. After talk, at 12pm you can book in for a relaxation and distress session in Indian Head Massage, Reiki or Reflexology.

Men's health Forum Scotland will be on hand to answer any questions and also provide a health quiz.

C-Level will provide freebies and information on Hep C. Health checks will record you height, weight, BMI and blood pressure with health improvement suggestions if needed.

Martin is also involved in the Exercise Referral Scheme based at the Kelvinhall

Open to all men so spread the good health and bring a friend.

## Men's Health Day @ Annexe

Friday 30th November '07  
11am-5.30pm

Free

- Prostate Health talk 11.30-12pm
- Tai Chi 12-1pm
- Healthy Lunch 12-2pm
- Complimentary Therapies 1pm-4pm
- Brain Gym talk + exercise 2-3pm
- Health Checks 12-3pm
- Health Walk 3-4pm
- Yoga 4.30-5.30pm
- Men's Health Quiz,
- Art Class 4pm-6pm
- C Card Services, Smoothies
- ALN and ESOL Support



# Stained Glass classes



Stained glass Classes still run on a Monday night in the Arts and Crafts room at the Annexe 7.45pm-9.30pm for £2 till mid December'07 or how long it takes the group to finish the window! Because of the popularity of the class, the fun social aspect and the quality and quantity of glass pieces of art made we would love to fund another year of these classes. So if anyone out there would like to commission a community made stained glass window then please do get in touch.

Just how far reaching art gets, please see above photo of a peace sign made in the Partick stained glass class that has found it's way to colour a window in Boston, USA!!!

## Quote for the Month

"Whatever you dream you can do, begin it. Boldness has genius, power and maic in it. Begin it now."

By Goethe

Editor

The Annexe

9a Stewartville Street

Glasgow, G11 5PE

0141-357-6747

www.theannexehlc.org.uk

## 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



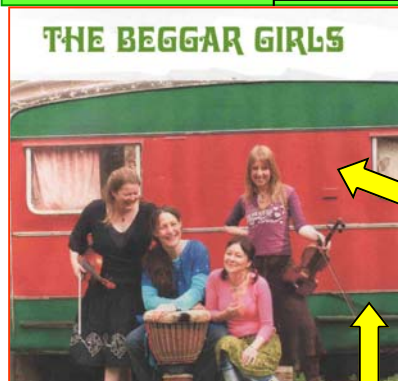
## Partick Health Walks Booklet on sale for £1 donation

Partick Health Walks booklet is on sale now at the Annexe Healthy Living Centre for at least a £1 donation to support the raising of funds for a Health Worker to work in the People's Centre in The Gambia.

The Serakunda People's Centre is like the Annexe but in Africa and the funding idea came about after Faye Suso from The Gambia undertook a student's placement at the Annexe last year. During his placement he ran a Men's Health Day, took part in the West End Festival carnival parade as a Strawberry, joined Partick Health Walks and collected old mobile phones and computer equipment which he shipped back successfully to his centre in The Gambia. Faye, on behalf of The People's Centre, is very much appreciative of Partick and the continuing support they will receive from the Annexe staff and PCA Board members and he is looking forwards to a successful "twining" of Partick and The Gambia. So pop into the Annexe and pick up your copy of Partick health walks and give your health and the health of The Gambia a boost, knowing that your money is actually reaching and supporting the good health of other folk in Africa. Thanks for your support!! Partick Health Walks booklet was produced by Ann Cowie and funded by Paths to Health and consists of 8 mapped walks with lots of interesting facts and information about Partick.



## Alternative Saturdays Nights



Saturday 17th November'07



Alcohol free Saturday night entertainment @ Annexe

Funded by Glasgow Community and Safety Services

Free  
Doors open 6.30pm.  
Food served 7pm,  
entertainment till 10.30pm

Saturday 15th December'07

Free

Doors open 6.30pm

Food served 7pm

One woman play called "Acceptance" by Lisa Nicoll 7.30pm- funded by NHS

9pm-10.30pm entertainment TBC

