

Annexe Outreach Community Health Clubs

Free!

Anderston Health Club

Anderston/Kelvingrove Church

Tuesdays 11-4pm



Townhead Health Club

Credit Union Shop:

Tuesday 11-4pm



Netherton Health Club

3 Eyes Project

Wednesdays 11-4pm



Knightswood Health Club

Knightswood Community Centre:

Thursdays 11-4pm



In partnership with Greater Glasgow & Clyde NHS
NE and NW Community Health Partnership

Annexe Communities
Partick Annexe Healthy Living Centre
9a Stewartville St
Glasgow, G11 5PE

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Email: info@annexecommunities.org.uk
Web: www.annexecommunities.org.uk
Charity No: SC002491 Company No: 21570

Annexe Cafe

Winner of

Scottish Healthy Living Award!

Open: Monday - Friday 10.00am-2.30pm

Spring

- ☉ Bowl of porridge only £1
- ☉ Enjoy a bowl of delicious home-made soup with bread - only £1.70!
- ☉ Home-made scone with butter & jam & cup of tea only £1.50
- ☉ Soup, Main courses such and a cup of tea/coffee all for £5.00



Thank you to the following for support and funding:

The Robertson's Trust, Big Lottery Fund and GCC



What's on
April 2012

Updated!

Get Fit!

If you are thinking about getting a bit more exercise in 2012, then walking is a great way to start. Get out in the fresh air and just walk, building up gradually until you feel the difference. Why not join one of our weekly health walks led by an experienced walk leader. Each walk last one hour. Monday walks are for those who want to start gently. See below

Annexe Health Walks

FREE

Partick - Annexe: Mondays 11-12pm
and Thursdays 2-3pm

Anderston - Anderston/Kelvingrove
Church: Tuesdays 11-12pm

Townhead - Credit Union Shop:
Tuesday 11-12pm

Netherton - 3 Eyes Project:
Wednesdays 11-12pm

Knightswood Community Centre:
Thursdays 11-12pm

Annexe Healthy Living Programme

Day	Group/Class/Course	Time	Start Date	Length	Availability	Cost
Monday	Connects Ukelele Workshops	10.00-12.00pm	26th March	10 weeks	60+ and Carers only	£2
	Slower Health Walk - Partick	11.00-12.00pm	16th April	10 weeks	Drop in	Free
	Annexe Connects Easter Lunch Club	12.00-2.00pm	2nd April	One Day	Drop in 60+ or Adult Carers	£2
	Stained Glass Workshop	5.00-7.00pm	16th April	6 weeks	Drop in	£2
Tuesday	Art Class for 60+ and Carers	10.00-12.00pm	17th April	10 weeks	Connects waiting list	£2
	Circle Dancing	10.30-12.00pm	17th April	6 weeks	Best to do 6 week block	£2
	Art Class	1.00-3.00pm	24th April	6 weeks	Waiting list *	£2
Wednesday	Craft Class	1.00-3.00 pm	25th April	6 weeks	Waiting list *	£2
	Next Steps Course	2.00-4.00pm	16th May	4 weeks	60+ and Carers only	Free
Thursday	Positive Lifestyle Course	10.30-12.30pm	19th April	6 weeks	60+ and Carers only	Free
	Health Walk - Partick	2.00-3.00pm	19th April	10 weeks	Drop in	Free
Friday	Better Bones Class	11.00-12.00pm	13th April	10 weeks	60+ and Carers only	£1
	Gentle Exercise	2.00-3.00pm	20th April	10 Weeks	Drop in	£2
	Friday Film Club	7.00-9.00pm	20th April	monthly	60+ and Carers only	Free

***We operate a waiting list system for some classes - please put your name down for any class you wish to join at reception ***

Partick Annexe also has additional activities running on a weekly basis not listed above, these are organised by other community groups or by private groups, e.g. Yoga, Voicebeat Choir, In the Making Youth Studio or Parent and Toddlers Group. Details at reception.