



## Annexe Health Walks

Partick Annexe: Mondays 11-12pm

Anderston/Kelvingrove Church:  
Tuesdays 11-12pm

Townhead Credit Union, Kennedy Path:  
Tuesday 11-12pm

Netherton 3 Eyes Project: Wednesdays  
11-12pm

Knightswood Community Association:  
Thursdays 11-12pm

Partick: Thursdays 2-3pm

**A one hour walk leaving from and  
returning to local venues.**

Please call 357 6747 to get details of  
meeting places or routes or just pick up  
an Annexe Health Walks leaflet.



**Annexe Communities**  
The Annexe Healthy Living Centre  
9a Stewartville St  
Partick  
Glasgow, G11 5PE  
Phone: 0141-357-6747  
Email: [info@annexecommunities.org.uk](mailto:info@annexecommunities.org.uk)  
Web: [www.annexecommunities.org.uk](http://www.annexecommunities.org.uk)

## The Annexe Cafe

**Scottish Healthy Living Award!**

**Open: Monday - Friday**

**10.30am-2.30pm**

### **Winter Special Offers:**

- Enjoy a bowl of delicious home-made soup with bread - only £1.50!
- Home-made scone with butter & jam & cup of tea only £1.50
- Soup, Main courses such as vegetable chilli & salad 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, North West  
Community Health Partnership and Glasgow City  
Council**



# Annexe Communities



What's on  
December 2011



## Alcohol Free Night

**At Partick Annexe**

**Sat 10th December '11**

**Starring**

**“Mick West & Frank  
McLachlan”**

**Doors open 6.30pm**

**Food Served at 7.00pm**

**Food & Entertainment Free!**

**An evening of entertainment  
and food, without the alcohol!**



**Come along!**



Priority for Partick residents

# Partick Programme

| Day              | Group                                | Time           | Start Date           | Length    | Availability                        | Cost |
|------------------|--------------------------------------|----------------|----------------------|-----------|-------------------------------------|------|
| <b>Monday</b>    | Slower Health Walk - Partick         | 11.00-12.00pm  | Finishes 12th Dec    | 10 weeks  | Drop In                             | Free |
|                  | Annexe Connects Christmas Lunch Club | 12.00-2.00pm   | Mon 12th Dec         | One Day   | Drop In                             | £2   |
|                  | Annexe Connects Variety Club         | 2.00-4.00pm    | Finishes 19th Dec    | 11 weeks  | Phone Jane or Angie to book a place | Free |
|                  | Stained Glass Workshop               | 5.00-7.00pm    | Finishes 12th Dec    | 10 weeks  | Drop In                             | £2   |
| <b>Tuesday</b>   | Adult Art Class                      | 1.00-3.00pm    | Finishes 13th Dec    | 6 weeks   | Waiting List                        | £2   |
| <b>Wednesday</b> | Adult Sewing Class                   | 1.00-3.00pm    | Finishes 14th Dec    | 6 weeks   | Waiting List                        | £2   |
|                  | Annexe Connects Next Steps Course    | 2.00-4.00pm    | Finishes 14th Dec    | 6 weeks   | Phone Jane or Angie to Book a place | Free |
| <b>Thursday</b>  | Health Walk - Partick                | 2.00-3.00pm    | Finishes on 15th Dec | 10 weeks  | Drop In                             | Free |
| <b>Friday</b>    | Gentle Exercise                      | 2.00-3.00      | Finishes 16th Dec    | Ongoing   | Drop In                             | £2   |
| <b>Saturday</b>  | Alternative Saturday Night           | 6.30pm—10.00pm | Saturday 10th Dec    | One Night | Drop In on the night                | FREE |

- We operate a waiting list system for some classes - please put your name down for any class you wish to join at reception
- Health programmes also run from Anderston, Knightswood, Netherton and Townhead—please ask for info on current activities

In Partick the 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. Voicebeat Choir, In the Making Youth Studio or Annexe Parent and Toddlers Group. Details at reception.