

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

Phone: 0141-357-6747
Email: info@annexecommunities.org.uk
Web: www.annexecommunities.org.uk
Charity No: SC002491 Company No: 21570

Gentle Exercise Class

Fridays 2-3pm at the Annexe

Suitable for

beginners

Only £2



Come along - give it a try!

**Just wear loose comfortable
clothing**

Thank you to the following for support and funding:

The Robertson's Trust, Big Lottery Fund and GCC



What's on

May 2012



Annexe Cafe

Winner of

Scottish Healthy Living Award!

Open: Monday - Friday 10.00am-2.30pm

Spring Deals

- ☉ 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
- ☉ Soup & Sandwich of the Day with a cup of tea or coffee £4.50



***If the weather is nice, we've even got a couple
of tables outside!***

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
	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—Raising Arizona	7.00-9.00pm	18th May	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.