

AKA
The Annexe!



Wellbeing on your doorstep

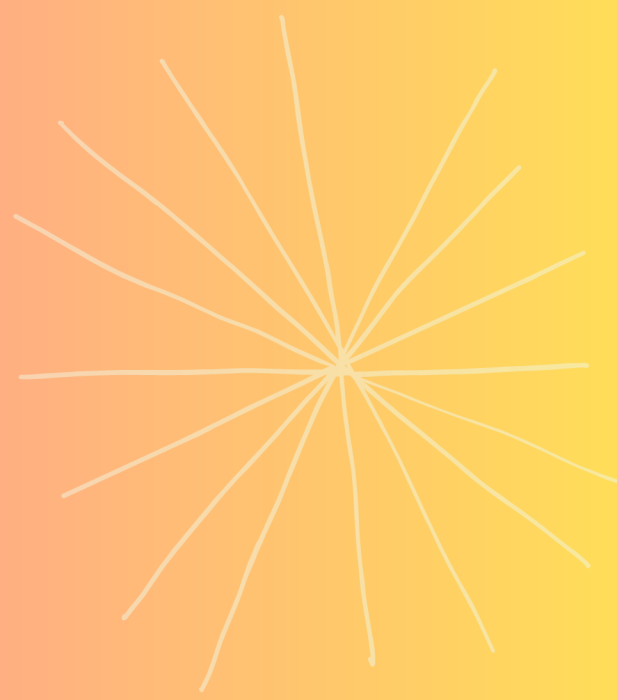
**Annexe
Communities**

PARTICK
HEALTHY LIVING CENTRE

ANNUAL REPORT

2023-24

TABLE OF CONTENTS



- Our Story so Far
- Chairperson's Remarks
- The Annexe Cafe
- Facilities
- Finance
- Social Prescribing Project
- Participatory Budgeting
- Yunity Project
- Let Partick Flourish Project
- Onwards & Upwards Project
- Acknowledgements

OUR STORY SO FAR

Our Background

Annexe Communities began life as Partick Community Association in 1986. Residents campaigned and secured the lease of The Annexe, a former school building in Stewartville Street in 1998 - from Glasgow City Council. In 2000 the charity established a thriving and enterprising Healthy Living Centre. Known locally as 'The Annexe' – a community-led charity.

1987

Registered as a charity:

PARTICK COMMUNITY ASSOC



Our Vision

A Glasgow where people are empowered and inspired to be healthy and flourish.

Our Mission

To connect and enable people to develop their potential.

Our Priorities

- To create **opportunities** for local groups and people to come together - to discuss local needs and get involved in shaping local community activity;
- To work with people experiencing **social isolation or poor health** to raise their aspirations, make informed lifestyle choices and reconnect with community life;
- To **support local volunteers**, to build their capacity to make a positive difference in their lives and communities

CHAIRPERSON'S REMARKS



We had another successful year, though budgets were tight. There is a lack of new funding opportunities. The NHS and Scottish Government still do not deliver support to communities that matches all they say about our importance in protecting health. Our **Younity project**, which worked to strengthen local community action, ended, replaced by '**Let Partick Flourish**', with National Lottery support. This also reaches out to the community, working especially to address the cost of living issues so many face, and to support new groups. We were continued to employ our own **Social Prescriber**, after a wider project ended, with some Scottish Government help. This work has gone from strength to strength, with growing links to many local doctors. It results in lots of positive changes to people's health and lives. We continued our successful **Partick and Thornwood Ideas Fund**, supporting many small local projects.

We are reaching the final year of research led by **Glasgow Caledonian University** which is showing the positive impact of organisations like our own across the UK. Several community members have actively participated. We are now planning a new partnership with the **University of Glasgow**, training and supporting local people to research issues.

A major development was preparation for **community ownership** of our building, which is gaining widespread support. Ahead of that we undertook an assessment of its **energy efficiency** and sought funding for improvements. I would like to thank the staff of the Annexe for their commitment, creativity and professionalism, and all our volunteers for their amazing efforts.

Peter Taylor, Annexe Board Chairperson



Supported by a grant from the Virgin Media Foundation and the HFD Charitable Foundation.

THE ANNEXE CAFE

Summary

The community café and lunch club services continue to be the heart of the Annexe and the first place people visit when new to the centre. Tony, our Cook has been at the helm for many years, preparing fresh, healthy meals. Tony is supported by a team of volunteer café assistants. In the past year we faced the challenge of increasing food and energy costs. Fortunately we secured a grant from the Bank of Scotland Foundation to help towards core costs of running the community cafe.



Team Cafe!

The lunch club service offers great value: a three-course meal for £5. This year, thanks to the Development Trust Association Scotland (DTAS) we were able to issue 1000 free £5 lunch vouchers to folk in need. Customers like to meet friends and enjoy lunch. Some take away the main course for re-heating later for tea. The ever changing menu keeps customers coming, Tony's Farmers Veg soup is always a favourite!



350

estimated individual
customers access cafe
this year

67

Folk enjoyed the social
cafe during 2023/24

4

Different volunteers helped
in the cafe throughout the
year



Festive Cafe

Further Info

The café is a member of **FareShare supermarket food surplus scheme**, reducing the cost of food supplies and using in-date food to cook healthy meals at affordable prices. This year we joined the Neighbourly scheme, linking with our local Sainsburys. Our energetic volunteer makes a daily collection of near dated foods using a customised hand cart. Food is diverted from landfill and used for the cafe, group snacks and for local people to collect: win-win! Our free Monday social café continues to be the place to meet new friends and find out what's on at the Annexe. Supported by staff, folk have a free cuppa and snack, enjoy an activity or just have a chat. A great place to start for those new to the Annexe!



FareShare Surplus Put to Use



During 2023-24 the Development Trust Association Scotland - supported 1000 x £5 cafe food vouchers - issued to folk in need



Festive Lunches

Feedback from Cafe customers:

Love Tony's Farmers Veg Soup!

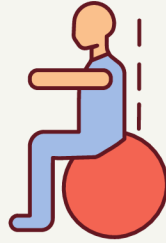
Great value, good choice and very friendly staff and volunteers

ZERO WASTE

I come to the cafe most days and always have a chat with somebody when I have soup and a cup of tea

Supported by funding from Bank of Scotland Foundation

ANNEXE FACILITIES



Our Centre Assistants

Summary

Our weekly and seasonal programmes at the Annexe include a range of popular free or subsidised classes and activities. Some are volunteer-led and others are supported by different funders. Activities during 2023/24 included:

Exercise: Walking Groups, Chair and Gentle Yoga, Jazzercise and Line Dancing

Creative: Community Art Workshops, Stained Glass, Westend Warblers Community Choir, Partick Pluckers Ukulele Group, Annexe Art and Stewartville Strummers Guitar Group

Social: Knit and Natter, Circle Dancing Group, Social Café, Friendship Group

Wellbeing: Meditation, Dreams & Aspirations Group, Branching Out, Healthy Cooking on a Budget, Health Issues in the Community, Digital Inclusion support and Cost of Living Support Group

Facilities Hire

When the Annexe is not used for our own activities, rooms are hired out to generate an income. Rooms were mainly hired for meetings, training, music workshops, events and sport therapies.

28

Hours of activities per week on average

22

Different activities offered

4

Different funders contributed to cost of activities

The Annexe is a charitable social enterprise and raises funds from room hire, cafe sales and donations. Thanks to all who donate and raise funds to help towards core building costs!

2023/24

FINANCE

We continue to strive for financial stability by generating income through café & rental and applying for charitable grants and donations.

Income

- Annual turnover in 2023-24 was **£322,122** (£396,299 in 2022-23)
- **£555,212** funds carried forward this year including £300,546 fixed assets
- We raised **£32,059** from donations
- We managed grants totalling **£238,180**.
- We generated **£44,584** from trading activities (cafe, room rental and courses)
- **Net Deficit £30,894**

Expenditure

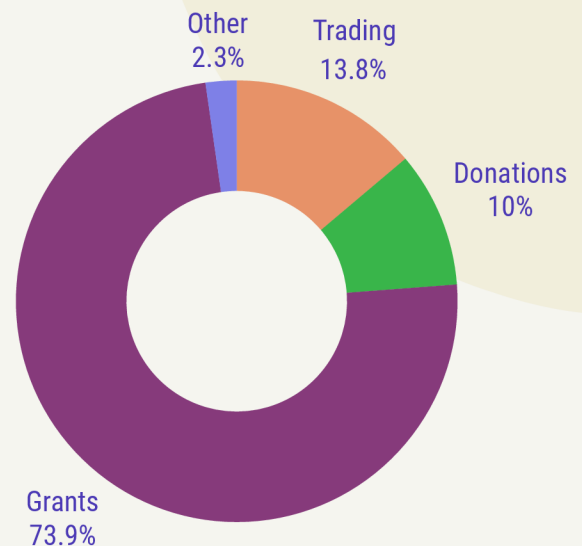
- Direct costs of charitable activities in 2023-24 was **£326,554**
 - Including **£219,014** on staff costs: wages, NI and pension
 - We are committed to paying the **National Living Wage**.
 - Annexe had 9 staff and a further 8 specialist sessional staff in 2023/24.

Plans for 2024-25

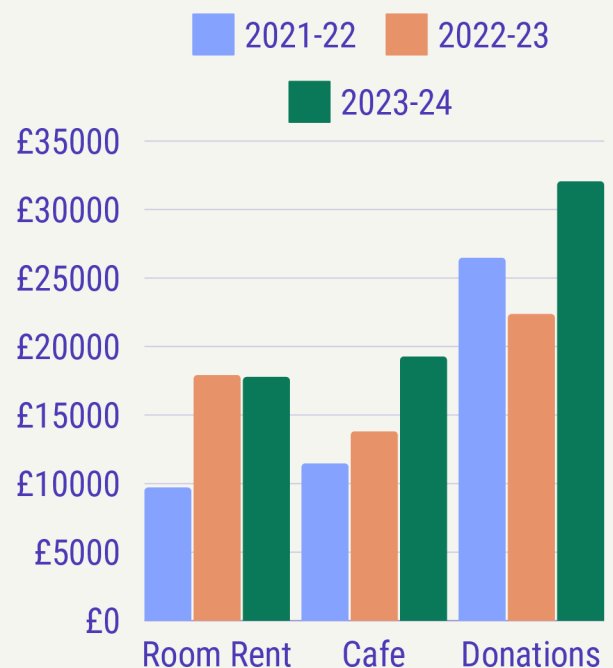
- Apply for funding to seek **Community Ownership** for the Annexe building
- Secure funding to install **Energy Efficiency Measures** - improve insulation heat source pump, solar panels
- Develop & deliver activities and services



Income source:



Income comparison: past 3 years:



SOCIAL PRESCRIBING

Summary

Annexe's Social Prescribing Project (SP) takes referrals from GPs, healthcare professionals and DWP to enable people to access non-medical, social support. Most people are new to community activities. **Each person has one-to-one support to set personal goals with the social prescriber** for up to 3 months and most go on to attend Annexe activities or other local projects.

Stats for 2023/24

94

People referred

64 FEMALE

30 MALE

Gender

20

Referral routes



Art Exhibition

Most folk referred want to **meet new friends, adopt a healthier lifestyle or join an activity group** and make positive changes to their lifestyle. They are given free membership to the Annexe Healthy Living Centre. Some also access other opportunities in the community and some try out volunteering.

The social cafe meets on Mondays and is often the **first place for new folk to visit** to find out what's on.

“

Good to get a blether and cup of tea and come and go as you please.

- Social Cafe user

”

“

The GPs are loving this service.

- local GP Practice Manager

”



The Friendship Group - getting creative

Activities

Friendship Group - started in November 2023 in response to some SP clients not feeling ready to join established Annexe groups.

Participants have enjoyed **Afternoon Tea** periodically at times to celebrate calendar observances i.e. Christmas, Valentine's Day, Easter.

Board Games: Playing Glasgow Taxi Game, Family Fortunes, Making Soup together.

Trips: Willow Tea Rooms, Burrell Collection, Glasgow Film Theatre, Kelpies/Falkirk Wheel, Glasgow Central Tours, Panopticon Theatre, Glasgow Police Museum.

The group also had talks from outside agencies – **Scottish Association for Mental Health, Scottish Fire & Rescue Service, Healing for the Heart, Creating Conversation.**

Support

Individuals were encouraged to share skills and talents they have with others and with support the following sessions planned and accomplished. All artwork was displayed in Annexe café exhibition.

Stencil Art Workshops

Diamond Art

Still Life Art Workshops



Visit to Willow Tea Rooms

“ Going to new places in Glasgow I would never go myself? ”

“ My family say it's the best thing that's happened to me ”

Monthly **Open book reading sessions** take place - part of SP Friendship group programme. Group members take turns to read aloud a short story and a poem and then encouraged to partake in a guided discussion.



Open Book Reading Session

“ Makes me feel human again ”

“ I built up more confidence I was asked, would I like to volunteer? ”

Funded by Scottish Government - Investing in Communities Fund



PARTICIPATORY BUDGETING

Summary

Partick and Thornwood Ideas Fund is a Participatory Budgeting (PB) initiative funded by the Scottish Government Investing in Communities fund. **PB is a democratic way for local people to have a direct say on how public money is spent in their community.**

Residents can apply to fund an idea that will benefit the local area. Ideas are limitless but must benefit the local community. **Ideas are put to public vote** and those with most votes get funding



Meet the Ideas - PB Event



Broken Voices Choir
"Building Friendships"



PARTICK &
THORNWOOD
IDEAS FUND



Three rounds of funding went to public vote during 2023-24. A total of £20,000, was disbursed to **31 local community benefit ideas.**

Grants awarded in 2023-24 ranged from **£300 to £1500**

Community benefit ideas included: south east asian tea ceremony, community gardens, community arts materials, live music, local planters, outdoor children's play, ceramics workshops, community choir, visual diaries, school holiday art and reading sessions, theatre workshops, Partick Film Festival, guitar group, new Partick ladies group and more...



79 Local Volunteers Involved in
project during 2023/24

Project Statistics:

42

Projects applied



1216

Volunteer hours



28

Projects Funded

“

Creating Visual Diaries - It has been a space to find myself, to develop my imagination and creativity. It helped to get more tools to work with my mental health.... very therapeutic, helps to overcome depression.

”

“

Broken Voices Choir "First time on a beach for over 30 years!
I am so happy with all my new friends.

”



Skeddadle - Live Music & Art

“

Skeddadle: 2 live art & music events in Partick: "I felt a bit stressed out from work but coming here to listen and play some music as well as paint, it made me forget about my problems for a couple of hours.

”

Funded by Scottish
Government -
Investing in
Communities Fund



YOUNITY PROJECT



Summary

In its final 6 months Younity, worked in partnership with other local organisations to secure funding to support our local community in many different ways. Local families enjoyed 6 free community summer events, Summer in the Plot and Chillout day at Purdon street allotments, Wee Partick Picnic in Mansfield Park, Thornwoodfest in Thornwood Park and new events space down at the Harbour. Thank you volunteers!

Highlights included canoeing on Loch Ard, table making workshops at shugwood studios, planting trees in Victoria park, spotting an otter family in the river kelvin, Health issues in the community courses were hosted and local artists got the chance to exhibit their crafts in the new Clarice Pears - School of Health and Wellbeing at Glasgow University.

“

My family had the best time. First time out as a family in ages cause the event is free. Thank you so much for organizing these events for the community.” local family

”

“

I feel more confident with filling in applications now. It was cool to get this funding in for the plot and my community

- Participatory Budgeting support

”



John Muir Award Ceremony
in John Muir Suite



New event space at Harbour

“

What a very special event. I feel really chuffed with myself and really enjoyed receiving my John Muir conserver award in such posh surroundings. The buffet was wonderful too.

Partick John Muir member

”

Other Activities

19 people worked hard to gain their **John Muir Awards** undertaking conservation tasks including litter picks to support the otters in the River Kelvin, planting 750 tree in Victoria park and applying for PB funding to host their awards ceremony.

Dreams and Aspirations summer magical mystery tour, driven by our tour operator extraordinaire, Anjay. Big thanks. Rob Roy country and a sail down Loch Katrine in the Sir Walter Scott was enjoyed by all.

Supported several **Participatory budgeting ideas** into fruition including Hong's Cultural Tea Ceremonies, Sofia's Centurion Way Sports Day, Chill out at Purdon Street Allotments, and minibus to take Partick John Muir Group to North Berwick beach, up windy North Berwick Law & Tantallon Castle!

10 local people achieved their accreditation for **Health Issues in the Community Course**. As part of their accreditation, they presented their findings, sharing their visions on topics including Teenage Violence, Domestic Abuse, Complaint Procedures for the NHS and Walking in the Great Outdoors for Health & Well-Being

Younity project was **externally evaluated** by Impact Funding Partners and a summary of the local impact can be read. A Younity in Photo booklet was also collated.

Angie, our long serving **Community Capacity Worker** moved on to a new job. Celebrations were had and all the best wishes for Angie's future endeavours were relayed.

£146K

Funding secure over 3 years

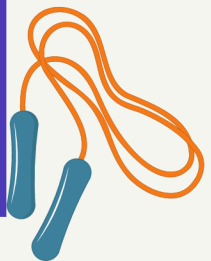


140

Beneficiaries supported over 3 yrs

200

Skipping ropes given to children at Younity events



“

That was a brilliant day, I loved every minute of it.
Dreams and Aspirations summer trip

”

“

Lovely relaxing day, thank you all and Leila,
amazing ring making workshop
participant at Chill Out at the plot afternoon

”

“

I am 64 years old and this is the first time I have ever flown a kite. So much fun, thank you.”

Participant at Harbour event

”

Funder:



COMMUNITY
FUND

LET PARTICK FLOURISH PROJECT



Summary

Let Partick Flourish (LPF) is a two year project funded by The National Lottery Community Fund Scotland and is a follow on from our Yunity project. LPF started in October 2023 and In its first 6 months has been developing further any, beneficial to Partick and Thornwood, links made previously. Funding needs to be sought and secured for all LPF activities and events. GCC Area Partnership funding was secured for Halloween and Diwali celebrations, a donation from Partick Housing Association enabled a pilot 4 weeks Cost of Living support group to start up.

The group has been sustained with funding from Glasgow City Council and Farrans bridge builders. Working in partnership with Behind the Scenes volunteers group they secured funding to support last year's Festive Food Boxes. Collaboration, starting in January, between SWG3 Yardworks and Dreams and Aspiration group got us all up a level, creatively. To get more people cycling - Cycling UK with local bike shop provided funding for 22 local people to get a brand new Raleigh bike and all accessories.

“ I am over the moon with my new bike. I can now go cycling with my daughter. one of the 22 bikers ”

“ First time in my life ever seeing a kingfisher...so beautiful....I am buzzing
- Participant at Branching Out ”



Let Partick Flourish collaborating with SWG3



22 local people received a new bike

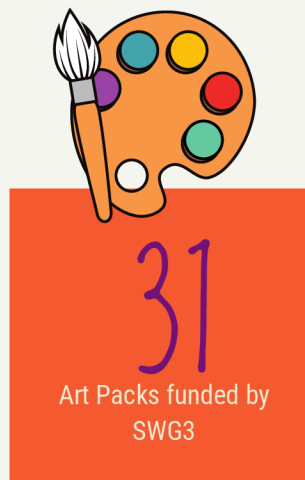
“ I love watching the local children enjoy themselves and some of the costumes are brilliant. Great fun, well done.” Local volunteer resident at Halloween celebrations. Local volunteer resident at Halloween celebrations ”

Other Activities

Cost of Living Support group was established through need in our community not only for financial help to buy food but also social support, sharing meals and tips on budgeting, dealing with rising energy bills and sharing out **Fareshare** foods that would have previously ended up in landfill

We followed up the initial links made by Younity with the **University of Glasgow** and local folk benefitted by taking part in different research projects culminating in a longer **Communiiversity** research-based opportunity. Watch this space!

Sinachandra hosted an upcycling fashion show that raised £350 towards Dreams and Aspiration class room rental together with £1300 generous donation from SWG3.



“This box made my Christmas.
Thank you for thinking of me.
Local recipient



“Let Partick Flourish right enough, loves these graffiti workshops and cant get over the quality of my art pack, thank you.
Visits and workshops with SWG3



10 weeks winter Branching Out course – thanks to Craig from **Operation Play Outdoors** - highlights included Kelly kettles and highland cows spotting in Dawsholm park, archery and canoeing sessions at Loch Ard Adventure Centre, 5k walk along River Kelvin to Maryhill canal, watching red squirrels at Aberfoyle Forrest Lodge Centre, learning to use compasses and visiting Pollok Park and the Burrell collection

Combined 200 revellers enjoyed two **Halloween and Diwali celebrations**, one at Purdon Street Allotments and a bigger one in Mansfield Park- thanks to Ward 23 Area Budget funding.

31 copies of “**the Artist Way**” creative coursebook funded by Glasgow City Council Area Budget Ward 23

“

This support is really helping me, I am putting on weight, can now think straight and am looking for work.”

Beneficiary of Cost of Living Support group foods and meals

”

Funder:



ROBERTSON TRUST

ONWARDS & UPWARDS PROJECT

Summary for 6 months - Oct 2023 to March 2024

Onwards & Upwards project started in October 2023. To date 20 volunteers have been supported and 11 have accessed accredited volunteer training. e.g. Food Hygiene & Safety, first aid, cycle training and City & Guilds level 3 training.

Onwards & Upwards **works in partnership with all other Annexe projects**, training new volunteers and supporting existing ones. This involves finding suitable training, identifying volunteer opportunities and securing volunteer placements as well as providing continuous support.

Volunteer Quotes:



“I didnt expect it to be quite so full on, but I love it! I enjoyed learning and teaching something new”
Young volunteer - teaching crafts at outdoor event”

“

A special thanks to reception volunteers: Cathie, Sandra, Elaine, Irene and Rynn our reception volunteers, who support us weekly and during busy periods.

”

20

Volunteers supported

11

Volunteers accessed training

£8K

Funding secured by Volunteers



Further Info

Volunteers got involved in the following tasks and roles:

Festive Boxes for families
Cafe Assistants
Reception Assistants
Events Assistants
First Aid Tutor
Arts Tutor
Cost of Living Group
Music Group



“

This is really good for me; I find that I'm doing a lot more with my day now that I've actually committed myself to something... I've more purpose.



Local Street Art Volunteer

”



Guitar Group Volunteer



Volunteer First Aid Tutor



Volunteer Food Collector

“

I have lots of different people to talk to and things to do every day and now I've even started my own group!

Volunteer

”

Funder:



ACKNOWLEDGEMENTS

The Annexe could not achieve all that it does without the support and hard work of our volunteers. To everyone who volunteered this year, including board members, we'd like to say a huge thank you for your dedication in supporting what we do!

Board of directors:

Peter Taylor - Chairperson

Sandra White - Vice-Chairperson

Cathie Connelly - Treasurer

Jennifer Jones - Director

Sandra Jackson - Director

Mary Lazou - Director

Colin Ross - Director

Contact Us

Tel: 0141 357 6747

Enquiries:

info@annexecommunities.org.uk

Twitter: @AnnexeComm

Facebook: @annexepartick

Address

The Annexe Healthy Living Centre

9a Stewartville St

Partick, Glasgow

G11 5PE

Scottish Charity number: SC002491

Registered Company number: SC215070

THANK YOU

FOR YOUR CONTINUED SUPPORT OF

THE ANNEXE!