



Annexe Communities



ANNUAL REPORT
2019 - 20

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1. Background

Annexe Communities began life as Partick Community Association in 1986. Residents secured the lease of The Annexe building in Stewartville Street in 1998 from Glasgow City Council and established a thriving and enterprising Healthy Living Centre. Known locally as ‘The Annexe’ – we are a community-led, membership organisation and charitable company. Our current priorities are to

- *To create opportunities for local groups and local people to come together - to discuss local need and get involved in shaping local community activity*
- *To work with people with poor mental or physical health to raise their aspirations, make informed lifestyle choices, and improve their life chances;*
- *To work with older people facing social isolation to enable them to reconnect with their local communities, participate in positive activities, and improve their life chances;*
- *To support local volunteers, to build their capacity to make a positive difference in their lives and communities.*

2. Chairpersons Remarks

This year has been another very successful year for the Company, however with the finish of two major funding streams, it had been difficult to predict circumstances beyond March 2020, to enable our community programmes to continue at a similar volume.

The Company carried over several community initiatives supporting isolated and vulnerable residents in several areas of west and east Glasgow. Regrettably, two of these projects reached the end of their funding periods by early 2020. The Connects 2 project had benefitted over 800 isolated and vulnerable elderly people, while the Axis Partnership, funded by the NHS and delivering projects in Easterhouse and Drumchapel - ran for seven years. Both programmes are sorely missed, but Annexe Communities staff have lost no time seeking fresh sources of funding and Lottery funding was secured for the new Yunity Project – now scheduled to start in October 2020.

This report covers the period up to 31 March 2020, by which time the Coronavirus pandemic had begun the impact on the Company’s programme of activities and requiring the initiation of essential work to protect the public and our staff, who quickly rose to the occasion by finding innovative ways to continue essential support to the local community. One spin-off has been the Partick & Thornwood Community Help Scheme to provide emergency food deliveries and support to vulnerable members of the community. Finally I want to enter a note of thanks to all staff of the Annexe for their continuing commitment, creativity and professionalism both through 2019-2020 and into the early months of the pandemic.

3. Annexe Café Highlights 2019-20

- The café continued to maintain its **Healthy Living Award**
- Lunch clubs for older people served 4,700 lunches and ran 3 days a week
- Café sales plus Lunch Club income resulted in the café generating a small surplus of £1,000. Thanks to donations of surplus supermarket food provided by Fareshare.
- A big thank you to our cafe volunteers – Fiona, Sharon, Sandra, Sara and Bill!



4. Annexe Facilities 2018-19

- The two large room are 90% occupied during peak times – primarily by our own community activity programmes.
- Running costs for the Annexe building are around £45,000 per year
- Each year we face the challenge of ensuring running costs of our facilities are met by donations and recovered from grants, successfully achieved in 2019/20.
- We retain a facilities fund from any surplus we generate from rental income. This year these funds were used to upgrade the male toilets facilities
- Some groups have become volunteer-led – in preparation for their funding coming to an end. Partick Pluckers, Westend Warblers community singing group, Annexe Knit & Natter Group and Annexe Art Group – are all now striving towards self-sustainability.



5. Annexe Impact

Bums on seats:

- 1042 individuals registered and participated in ongoing health and wellbeing activities
- 13,133 attendances recorded across all projects in Partick and in outreach areas
- Axis Easterhouse and Axis Drumchapel – total 3,946 attendances
- Annexe has around 100 general members and 8 volunteer directors
- 30 regular volunteers helped deliver activities and services during the year



How well do we do?

Monitoring and evaluation are carried out for each Annexe Communities' project – this is reported individually to funders, these are available as supplementary reports. Outcomes for participants, statistics, equalities data, case studies and selections of quotes from beneficiaries are included in each project feedback. We feel each of these projects helps contribute to our current business goals of supporting:

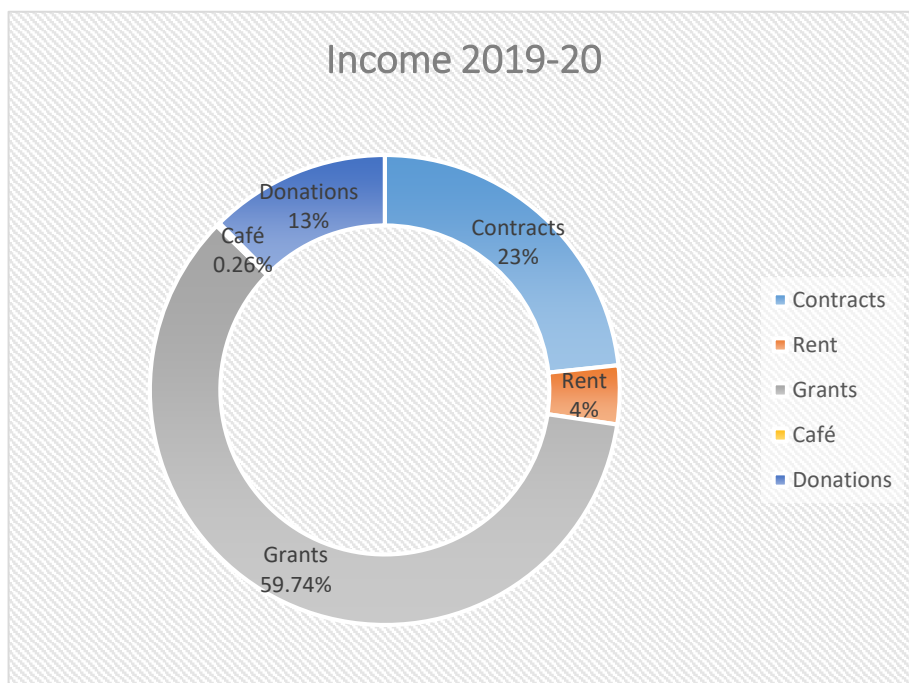
- People with poor mental or physical health to raise their aspirations, make informed lifestyle choices, and improve their life chances;
- Older people facing social isolation to enable them to reconnect with their local communities, participate in positive activities, and improve their life chances;
- Families, to counter disadvantage and influence decisions that affect them, their health and well-being, their relations, and neighborhoods;
- Local volunteers, to build their capacity to make a positive difference in their lives and communities.

6. Finance

We continue to strive for financial stability by generating income, bidding for contracts and applying for charitable grants and donations.

Income:

- Annual turnover in 2019-20 was £412,381 (£430,187 in 2018-19)
- £519,483 funds carried forward this year including £291,958 fixed assets
- We raised £15,611 from rent income and £48,136 from donations
- We delivered NHS contracts worth £90,333
- We managed grants totaling £232,249
- Annexe Café made a profit of £1,013 this year



Expenditure:

- Total expenditure on charitable activities in 2019-20 was £414,549
 - including £295,145 on staff costs – wages, NI and pension
- We are committed to paying the Glasgow Living Wage
- Annexe Communities has 10 staff and a further 19 specialist sessional staff
- £7,955 was spent on utilities and rent for the Annexe building in 2019-20

Plans for 2020-21:

- Continue to seek funding for ground floor refurbishment
- Start Annexe Communities membership scheme
- Continue social prescribing project
- Start new Yunity project

7. Central and West Healthy Living Initiative

- Funded by Glasgow City Council, Integrated Grants Fund



Health and wellbeing activities were delivered during the period in the areas of Partick, Anderston and Townhead – at: The Annexe Healthy Living Centre, Townhead Village Hall and Elderslie Sheltered Housing Complex

- 32 weeks Easy Exercise
- 26 weeks Line Dancing
- 2 weeks Cooking Workshops (*Connects2 Project Men's Group*)
- 8 X Monthly Volunteer Led Happy Toes Footcare Clinic (*Elderslie Sheltered Housing*)
- 32 individual Stress Management Therapies (Townhead)
- 34 weeks Jazzercise

103 residents actively engaged in activities - registering for one or more activity
1106 attendances over the year

Evidence, through evaluations and feedback, shows that these services and activities are crucial to the positive mental physical and emotional wellbeing of participants and promote social health and connections. The result of this early intervention and prevention, leads to a more positive outlook, better opportunities and a healthier lifestyle.

Testimonials from participants –

Men's Cooking Workshops: *"As someone who is not a very good cook, I found the class really helpful". "The tutor gave us a lot of good information, not only about cooking but about health and safety. I look forward to the next one"*

Stress Management Therapies: *"Thank you so much. I was completely away there. I'm usually going a hundred miles a minute and never stop. So lovely to just stop"*
"My right arm felt so much better after last week. I could lift it more easily and I slept great"

Exercise Classes: *"Health wise I notice a great difference- at 75 I'm stiffening and have arthritis. My body feels more open and supple (it's easy to hold yourself stiffly!) but a regular hour a week makes all the difference and encourages me to keep moving in between"*

"The group are all lovely and friendly & I'm meeting new people in my community"
"I'm getting fitter, more determined. It's given me confidence and a routine"

Quotes from Participants - Happy Toes Foot Clinic (Anderston):

"You come in hobbling and you leave with a wee spring in your step"

"I think this is the best service in the world, really"

"You all look after me"

"Hear, I'll be able to climb a Munroe now!"

Happy Toes Volunteer Quote: "I'm doing something I initially felt resistance to but see the need of it. It benefits me to something that really helps people (HT), to feel their thanks and appreciation makes absolute sense. I enjoy the contact"

Case study – Footcare Volunteer - The Annexe is always eager to welcome new volunteers. As luck would have it we had a lady phone to make a footcare appointment for her mother. When she heard that there was no appointment available for several months, she offered to volunteer. Training by NHS was set up and X now volunteers monthly. Needless to say she now cuts her mum's toe nails at home. X quotes: *"Initially I came along for my mum- I could see there was a need"*.



Jazzercise



Push Hands – Easy Exercise



Line Dancing Class

Testimonials from participants – Easy Exercise

"Learning and practicing Tai Chi Qigong has improved both my physical and mental wellbeing - given me a usually daily exercise regime which makes me more comfortable in my own body (Self).

"It has also moved me into some meditation and mindfulness practice – it's a pity I didn't discover it 20 years ago.

Over the short time it has improved my balance and I do not trip over uneven surfaces and (it has improved) my confidence in my body and its functioning.

The class is great, it overcomes the sedentary lifestyle – with the class being the trigger to other, usually daily, exercise with the opportunity to join other programmes.

Overall, it has become one of the most useful things I have done – think of all those who are no longer sitting on couches as a result."

"This year the project enlisted and trained 4 volunteers to deliver activities"

8. Connects2 Project April - Dec 2019

- Funded by TNLCF Scotland



Connects2Project “helping you to help yourself”- The aims of this project have been to reduce isolation, build up resilience and improve the health and wellbeing of the over 60’s residing in Central and West areas of Glasgow

The Last 6 months of funding focused on our exit strategy, as the project was coming to an end. This was also boosted by an extra 2 months funding, thanks to Annexe Communities Board, to help staff support activities and classes to self-sustain.

- ***440 beneficiaries registered + over 286 registered with Twinkle Toes***

Connects2Project delivered a weekly programme to help combat isolation:

One2one listening sessions are available, to work through life issues, in a welcoming and supportive space

Facilitated Positive Living Classes run 40 weeks a year where support for coping better with everyday life is discussed, in a positive, safe, and informal space. Dreams and aspirations are remembered, encouraged and inspire and are taken through to fruition by each other. Stories are shared, problems halved, life looked at with fresh eyes and a feeling of more contentment.

27% male and 73% female over the past five years

Positive social and personal development activities: -

Knit and Natter’s mission continued with donations going off from Drumchapel to Easterhouse- asylum seekers, Knit for Peace, trauma teddies for the Police, women’s aid, blankets to Hamish Allan Centre for homeless, 12 Christmas blankets to Turning Point, hats for premature babies, not to mention National Lottery’s CF 25th Birthday, knitted Ted. Bi -polar penguins reached their destination in Antarctica after a 40,000-mile journey from the Arctic and were auctioned off to raise over \$5000 for penguin conservation! Now “Having a whale of a time” are knitted Bi Polar whales, following in the flippers of their globe waddling penguins .Having been sent first to Iona Post office picked up by zodiac boat, then sailed on a research vessel to Greenland, they have now reached their destination in Antarctica and met with their real life counterparts!

April – Dec 2019 -20 weeks of positive activities –“Partick Pluckers”, Health Walks, Knit and Natter, Stained Glass Class, Beginners Art Classes, Circle Social Dancing, 2 Yoga classes, Sing Along Choir, Positive Living Class, Group Meditation, Complementary Therapies, Gentle Exercise and weekly one2ones when needed.

Many thanks to the “Lightbulbs”, our group of volunteers, leading activities such as Twinkle Toes, Friday Stitch-up, Men’s Group, Photos are fun, Creative Writing Group, Biannual Bring+ Buy Fundraisers, Free Sounding, Friday Night Film Clubs. Thanks also to café and general volunteers helping out with annual events. E.g. Margaret Thomson Talent Showcase” Bus Trip to Luss, intergenerational summer trips with Hyndland After School Club and shared baking, film club, gardening andlearning how to do the Floss!

From Oct - Dec 2019 the focus was on supporting groups to self-sustain and self-lead with the assistance of connects2 staff and volunteers.

Connects2Project's exit strategy included:

Intermediate Art Class moving home to be able to continue

Beginners Art class now self-lead

Film clubs funded by PHA moved back to the Annexe

Partick Pluckers began self-leading with volunteer John P at the helm

Knit and Natter self-leading and organising fundraisers with support of volunteer-Sandra J

Circle Dancing becomes an autonomous constituted group with support from Cathie C

Men's group moves to new premises at PHA's community room

Connects sing-along choir is supported to continue by a generous friendly donation

Health walks continue supported by the Partick Growing project

Quotes: *"I learned that it's worth it to start doing instead of saying. I learned what benefits a community has"*

"I find anything challenging! Being part of Connects2 has had a major influence in my life in a very great way. I'm so thankful to know the Annexe, Connects2 project and the volunteering group, the 'Lightbulbs'"

"The more you attend and get involved- the more confidence you gain- it is a very welcoming and supportive environment. It is great. No place like it"

"You Annexers are Just fantastic. The world would be a better place if such projects existed everywhere. Healthier and more joyful!"

"Have made friends and lots to look forward to- been on holidays and away days with connects members- improves everyday life when dealing with personal & family difficulties and problems"

"Helping others has helped us to be encouraged by seeing others gain confidence and then ...they go on to support and encourage others.... So it grows!"

All hands were on deck for Connects2 Project "FIESTA FOREVER" end of project party. This was a big "Thank you" party – live music- food- pinatas- salsa dancing -to thank all beneficiaries for contributing to make such a wonderfully successful project. A big thank you also goes to all volunteers who helped to make it such a success and to Alejandro, who previously worked with the Men's group, for volunteering his band for the occasion.



From Greenland icebergs to meeting the real McCoy in Antarctic!



Fiesta Forever Evaluation



Staff

9. CONNECTS 2 PROJECT ACTIVITIES APRIL- DEC 2019

| | Activity | No's |
|----------|---|------|
| 3 April | "Connects goes Dippy" Trip to Dippy the Dino and then Govan Stones | 15 |
| 15 Apr | Visit to Knit and Natter from Tricky Hat Productions | 14 |
| 15 Apr | 10 week block "Partick Pluckers" Ukulele Group | 22 |
| 15 Apr | Slower Health Walk – Ongoing till Oct 19 | 10 |
| 15 Apr | 10 week block Knit & Natter Group | 30 |
| 15 Apr | 10 week block Stained Glass Class | 16 |
| 16 Apr | Intermediate Art class moves to the studio | 8 |
| 16 Apr | 10 week block Circle Social Dancing | 16 |
| 16 Apr | Monthly Vol Led "Twinkle Toes Express" Vol Foot Care till Oct 19 | 120 |
| 16 April | Start of fortnightly Connects2 Men's group ongoing till Oct'19 | 10 |
| 16 Apr | 10 week block Wellbeing Yoga Plus | 24 |
| 17 Apr | 10 week block Slow and Gentle Yoga | 23 |
| 17 Apr | 10 week block Connects2 Sing-along Choir | 20 |
| 18 Apr | 10 week block Positive Living Classes | 14 |
| 18 Apr | Not so Slow health Walk – Ongoing till Oct 19 | 17 |
| 24 Apr | Start Volunteer led Monthly Photos are Fun group | 6 |
| 26 Apr | 10 week block Beginners Art Class | 14 |
| 26 Apr | 10 week block - Group Meditation | 20 |
| 26 April | 10 week block Relaxing Therapies | 90 |
| 26 Apr | 10 week block- Gentle Exercise | 14 |
| 26 Apr | 10 week block- Blanket Stitch up (supporting Knit & Natter) | 7 |
| 26 Apr | Monthly Friday Night Film Club moves to PHA | 12 |
| 30 Apr | Start of Monthly Volunteer Led Creative Writing Group till Oct '19 | 8 |
| 7 May | Monthly Volunteer led "Twinkle Toes" Footcare Clinic till Oct '19 | 166 |
| 14 May | Men's Group visit from Local Bowling Club | 5 |
| 17 May | Bi-Monthly Volunteer led "Free Sounding" workshops | 8 |
| 20 May | Knitted Goodies sent off to Dementia Café in Somerset | |
| 21 May | Knitted Goodies sent off to Drumchapel Baby Clothing Bank | |
| 6 Jun | "Lightbulbs" Group Volunteer Thank You and Evaluation Lunch | 12 |
| 7 Jun | Parcel of Knitted Whales sent off to Iona P.O to be picked up by Zodiac boat | |
| 11 Jun | Annual Partick Pluckers ukulele group "Seniors in the Park" Gig | 20 |
| 20 Jun | Delivery of Knitted Birthday Ted for C2 funders National Lottery's 25 th B Day | |
| 25 Jun | Annual Connects2 Bring and Buy Sale | 32 |
| 3 Jul | Knitted goodies taken to Maternity Hospital by Knit and natter | 6 |
| 4 Jul | Integrational Connects2 Summer Trip "Bus to Luss" with HASC | 57 |
| 5 Jul | Integrational Bake Off! class at Hyndland After School Club | 10 |

| | | |
|--------|--|-----|
| 11 Jul | Integrational Visit to "Losing the Plot" - Arts and Crafts with Hyndland ASC | 10 |
| 16 Jul | 10 week block Wellbeing Yoga Plus | 24 |
| 16 Jul | Package of Knitted Goodies sent off to "Knit for Peace" | |
| 16 Jul | Integrational "Ask your Granny" Story Swap and Cyber Share with HASC kids | 10 |
| 17 Jul | 10 week block Slow and Gentle Yoga | 23 |
| 17 Jul | 10 week block Connects2 Sing-along Choir | 20 |
| 18 Jul | 10 week block Positive Living Classes | 14 |
| 19 Jul | 10 week block Beginners Art Class | 14 |
| 19 Jul | 10 week block - Group Meditation | 20 |
| 19 Jul | 10 week block Relaxing Therapies | 90 |
| 19 Jul | 10 week block- Blanket Stitch up (supporting Knit & Natter) | 7 |
| 22 Jul | 10 week block "Partick Pluckers" Ukulele Group | 24 |
| 22 Jul | 10 week block Knit & Natter Group | 23 |
| 22 Jul | 3 x monthly visit from Hyndland After School Club to knit & natter | 29 |
| 22 Jul | Start 10 week block Stained Glass Class | 16 |
| 23 Jul | Integrational Trip to Ardrossan Beach with HASC kids | 57 |
| 23 Jul | Men's Club visit from Men's Mental Health student | 6 |
| 26 Jul | Monthly Friday Night film Club- at Annexe till April 20- PHA Funded | 144 |
| 26 Jul | Integrational Film Club with HASC kids and K&N showing Mary Poppins | 26 |
| 29 Jul | Integrational visit to Culzean Castle with HASC kids | 57 |
| 30 Jul | Fun Integrational Health Walk with HASC Kids | 10 |
| 2 Aug | 10 week block- Gentle Exercise | 14 |
| 6 Aug | Men's Group Cooking Workshop | 8 |
| 13 Aug | Start fortnightly block Circle Social Dancing | 16 |
| 13 Aug | 12 wk block "Branching out into Nature" outdoor workshops facilitated by OPO | 12 |
| 2 Sep | Nation Lottery Visit and Filming with Knit & N for 25 th Birthday | 21 |
| 18 Sep | Connects2Project Big Thank you Event "Fiesta Forever!" at Partick Burgh Hall | 120 |
| 14 Oct | Packages of Knitted Goodies sent off to Knit for Peace | |
| 17 Oct | 12 Knitted with Love blankets sent off to Turning Point for Homeless | |
| 21 Oct | Knit and Natter BB Lottery Film and "Bi-Polar Penguins" slide show | 14 |
| 28 Oct | 12 Knitted with Love Blankets for Sudanese sailors sent to Nautical So | |
| 29 Nov | Connects2Project Fundraising book published | |
| 6 Dec | Knit and Natter sale of works | 20 |
| 9 Dec | The return of NL Community Fund "Birthday Ted" | |
| 11 Dec | 7 th Festive" Margaret Thomson Talent Showcase" | 70 |

10. Connecting Up Project

- **Funded by The National Lottery Community Fund**



Connecting Up project is the culmination of many ideas from people and groups involved in Annexe activities over the years. The project secured three years funding in August 2017 from the National Lottery Community Fund Scotland - to develop a programme of community-led activities. The project also provided capital funding of £50k to replace a condemned incline stairlift and the single glazed windows on the ground floor. The project is now in its final year.

Due to the Coronavirus pandemic starting in March 2020 – some activities were curtailed.

Meditation

Relaxing and meditative sessions were delivered to enable participants to take time out for themselves and to recharge their batteries. A very popular class for the end of the week to reduce stress and anxiety.



Meditation Group

Stained Glass Workshops

Creative glass workshops were held in autumn and winter, introducing an evening activity to get local people creative and learning new skills.

Lipreading Classes

Lipreading classes were delivered for people experiencing hearing loss. These classes are a lifeline for people experiencing hearing loss for the first time. Early support makes a huge difference to confidence and communication for those involved. Participants support each other and continue friendship outwith the class setting.



Lipreading Group

Wellbeing Yoga

Combined yoga and relaxation (2 hour) classes were delivered enabling people to exercise and to learn relaxation techniques. This is a hugely popular activity with a great group dynamic. Participants support and encourage each other.

Out and About Support

Out and About buddy support was available for the most vulnerable and isolated members of our community for 40 weeks of the year. The buddy helps individuals to get involved until they are ready to attend on their own. Some individuals are referred by a family member, a health professional, a neighbour or support worker. New participants are usually introduced to the Knit and Natter group and quickly become part of the group. Others join the Lunch for Less lunch club and socialise while eating lunch, meeting old friends again or finding new ones!



Out and About

Complementary Therapies

Complementary therapy sessions were delivered to provide stress free, relaxation time for local people. Individuals benefitted from a one hour Reiki, Reflexology or Massage session. Most people attended 3 or 4 sessions for full relaxation benefit.

Numbers

| | No of Participants | No of Sessions | Total Attendance |
|-------------------------|--------------------|----------------|------------------|
| Lipreading group | 12 | 28 | 271 |
| Wellbeing Yoga | 19 | 36 | 360 |
| Out and About support | 35 | 4 per person | 138 |
| Meditation class | 12 | 35 | 300 |
| Stained Glass workshops | 15 | 24 | 315 |
| Complementary Therapies | 15 | 45 | 45 |

11. Aim for Less Project 2018 - 2020

- Funded by Climate Challenge Fund

Achievements

Reducing CO2e – Tackling Food Waste and Reduce Isolation

Over the past 2 years the Aim for Less projects aim was to reduce food waste within the community, increase awareness of climate change and promote positive carbon behaviour and reduce social isolation. Project funded by:

Lunch Clubs

Total of 234 lunch clubs were delivered to help vulnerable and isolated residents in the community. This would improve resident's confidence, met new people in a friendly environment and eating habits with a 3-course meal of homemade soups, main meal and dessert.

“Being able to take away my main meal means I have a hot meal for dinner that I can afford and improves my eating habits”

147 residents attended the lunch clubs weekly and improved their eating habits, made new friends and attend other classes in the Annexe.



Cook for Less Workshops

78 Workshops were delivered to give local residents the skill and knowledge to take leftover ingredients and make affordable, easy recipes at home and reduce food waste within the community.

“Every week now I attempt these recipes at home with friends and family. This has improved my cooking skills and confidence to try new things and avoid food waste”

59 residents attended the workshops and now have their own folders with recipes, tips and advice to reduce food waste and ways to improve carbon behaviour in the community.



Community Caddies

75 residents took part in caddy reward system. This was used as an incentive to encourage local residents to reduce their food waste within their household and improve their knowledge on recycling all waste.

Community Carbon Gatherings

68 residents attended monthly gathering to improve their carbon literacy behaviour through topics such as food waste, travel, waste and energy. We also worked in partnership with other CCF and non CCF organizations with the wider community on these issues such as:

- Bike for Good – Travel Workshops
- WSREC- Energy Workshops
- Home Energy Scotland – Energy and Food Workshops
- Partick Community Growing Project- Compost and Growing Workshops

Case Study - Female

Female lived alone and isolated in the community and didn't get out much so lacked confidence. Over time as female started to gain confidence, making new friends that she had made in the lunch clubs. Female also improved her eating habits enjoying a 3-course meal and brings her own tub to take leftover home for later. Participant has also gone on to attend the community carbon gatherings in order to find ways to reduce her food waste and energy usage.

“Having somewhere to come and not be at home alone has really benefited my mental health”

Volunteers- Aim for Less project supported 8 volunteers who gave up their time to make this project a big success. Volunteering 571 hours to collect Fareshare donations, lunch clubs, cooking workshops and gatherings. THANK YOU 😊

Statistics

- Project target 26.1 TCO₂e - Target Achieved: 111.31TCO₂e
- 5612 Attendees over 2018-2020
- 177 Participants over 2018-2020



12. SPRING Social Prescribing Project Year 2 - July 2019 to June 2020

- funded by National Lottery Community Fund UK



Key statistics:

- 101 referrals received
- 25% male and 75% female
- Referrals from: GP Primary Care 55% Primary Care Mental Health 45%
- Two main reasons for referral: **low level mental health and social isolation**

| Month | Referrals |
|--------------------|-----------|
| July | 10 |
| August | 7 |
| September | 6 |
| October | 16 |
| November | 16 |
| December | 5 |
| January | 12 |
| February | 8 |
| March | 21 |
| April / May / June | 0 |

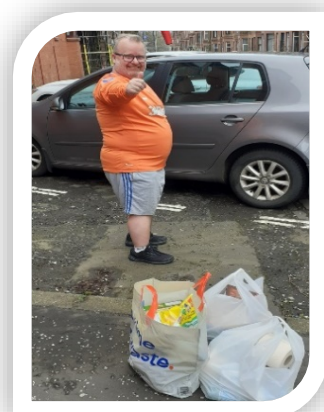
Age range:

| | |
|-------|-----|
| 18-30 | 7% |
| 31-40 | 8% |
| 41-50 | 17% |
| 51-60 | 20% |
| 61-70 | 29% |
| 71-80 | 13% |
| 81+ | 6% |



Prescriptions: Reasons for referral from health care professional (several can be selected for one individual)

| Primary Domains | Numbers |
|------------------------------------|---------|
| Mental health (anxiety/depression) | 41 |
| Social Isolation | 86 |
| Debt Advice | 1 |
| Physical Inactivity | 5 |
| Nutrition Support | 2 |
| Chronic Illness | 7 |



Most Attended Activities and Numbers: (total for year 655)

| Activity | Attendances |
|-----------------------|-------------|
| Relaxation Therapies | 91 |
| 1:1 Consultation | 96 |
| Lunch Clubs | 37 |
| Positive Living Class | 32 |
| Yoga | 25 |
| Cooking Workshops | 21 |
| Knit and Natter | 16 |
| SPRING Art | 15 |
| Stained Glass | 12 |



SPRING Social Prescribing has worked as part of the PATCH project within the Annexe to deliver support through covid and contributed to food donation/activity packs and telephone/online support for the period March – July

| Activity | Engagement |
|--|------------|
| Food/activity donations and deliveries | 196 |
| Telephone/online support | 91 |



SPRING also delivered online cooking and exercise activity to most vulnerable clients and through the Wellbeing Fund, assisted clients to help buy kitchen appliances to take part in cooking workshops. Helped clients with activity packs consisting art, puzzles and DVDs while shielding. Clients were also treated to an afternoon tea and the local GP surgery was delighted to receive one too for their hard work!

The Annexe SPRING Social Prescribing Project also met with medical students from University of Glasgow to answer questions and talk about the significance and importance of social prescribing and the impact it has on health within the community.



13. Axis Health Hubs

Drumchapel and Easterhouse



Outreach Community Capacity Building – with a focus on Community Health

- Funded by GGCNHS Health & Social Care Partnership

Drumchapel Neighbourhood Activity

138 residents participated and 1270 attendances at activities:

| Activities and number of sessions | |
|-----------------------------------|-----------------|
| Engagement events | 32 small events |
| Family holiday activities | 8 |
| Volunteer training | 6 |
| Groupwork Sessions e.g. cooking | 51 |
| Health Issues in the Community | 22 |
| Volunteer placements | 20 |



Men Matter

| Health & Wellbeing worker worked with the following groups: | |
|---|--|
| CHSS Community Hub | Weekly engagement sessions |
| Friendship House | Asylum seekers food & integration group |
| Drummy Diners | Community cooking group |
| Brunch Bunch | Community cooking group |
| Drumchapel Baptist Church | School holiday - family workshops |
| Community Centre | Men Matter and Women Matter Group sessions |
| Chance to Change Group | Health Issues in the Community training |
| Local volunteers | Trained and supported to volunteer with local groups |



Friendship House Cooking

Easterhouse Neighbourhood Activity

104 residents participated and 481 attendances recorded at following activities:

| Activities and number of sessions | |
|-----------------------------------|-----------------|
| Engagement events | 32 small events |
| Family holiday activities | 8 |
| Volunteer training | 6 |
| Groupwork Sessions e.g. cooking | 51 |
| Health Issues in the Community | 22 |
| Volunteer placements | 20 |

| Easterhouse | Number of sessions |
|---------------------------------|--------------------|
| Large engagement events | 2 |
| Small engagement events | 15 |
| Family holiday activities | 3 |
| Volunteers trained | 3 |
| Groupwork sessions e.g. cooking | 56 |
| Volunteer placements | 8 |



Wellhouse Cooking Group

| Health & Wellbeing worker worked with the following groups: | |
|---|--|
| Various community venues | Weekly engagement sessions |
| Easterhouse Baptist Church | Asylum seekers' food & integration group |
| Wellhouse Hub | Cooking groups |
| Pavillion Youth Cafe | Cooking groups |
| Eskdale House | Young men – homeless unit |
| Local volunteers | Trained and supported to volunteer with local groups |
| Forestry Commission | Asylum seekers' family activities |

Unfortunately, our involvement in Axis Drumchapel and Easterhouse outreach communities has ended after an amazing eight years. Thanks to all who participated and benefitted from the activities, including around 50 volunteers who were supported and trained over the years. Two of whom ended up as Annexe staff!



Eskdale Festive Cooking Group

14. Annexe Information and People

Company Information

Board of directors: Bill Waller (Chairperson)
Yvonne Duffy (Treasurer)
Peter Taylor (Vice-chairperson)
Tina Murray
Dr Euan Easton
Cathie Connelly
Alison Horner

In early August 2019 we were saddened by the death of John Galloway, who served as a director and volunteer for many years. His legacy as a volunteer will continue with the groups and activities he supported in Partick. A special mention to his initiative and determination to set up the Partick Men's Group.

Registered office The Annexe Healthy Living Centre
9a Stewartville Street
Glasgow, G11 5PE

Company No: SC215070

Scottish Charity No: SC002491

Bankers: Bank of Scotland
Business Banking
PO Box
BX2 1LB

Independent Examiner: Brett Nicholls Associates
63 Ruthven Lane, Glasgow, G12 9BG

Solicitors: Archibald Sharp
270 Dumbarton Road, Glasgow, G11 6TD

Contact details: T: 0141 357 6747
E: info@annexecommunities.org.uk
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Staff

| | |
|-------------------|--|
| Julie Fox | General Manager and Company Secretary |
| Kashif Anwar | Administrator |
| Margaret Halliday | PT Centre Assistant |
| Raymond Kelly | PT Centre Assistant |
| Tony Osborne | Café Cook (& Lunch for Less) |
| Jane Cowie | Project Development Officer (Connects2) |
| Sandra MacDowell | Health & Wellbeing Officer (Axis) |
| Angie Wylie | PT Project Development Worker (Connects2) |
| Michele Keenan | PDW (Connects2 and Central & West Community Health) |
| David Halliday | Community Food Worker (Lunch for Less) |
| Louise Taylor | Social Prescriber |
| Lainey McFarlane | PT Health & Wellbeing Worker (Axis) & Lipreading Tutor |
| Tracy Galloway | Sessional - Complementary Therapist/ Knitter Tutor |
| Joe Mooney | Sessional - Health Walk Leader |
| Grace Sergeant | Sessional - Complementary Therapist |

Sessional tutors

| | |
|----------------|-----------------------------------|
| Bob McCafferty | Gentle Exercise Tutor & Therapist |
| Jennifer Olley | Art Tutor |
| Jenny Oswald | Circle Dancing Tutor |
| Marlies Hyman | Meditation Tutor |
| Willie Brown | Line Dancing Tutor |
| Linda Brown | Yoga Tutor |
| Harry Campbell | Singing Tutor |
| Dawn Campbell | Jazzercise Tutor |

Volunteers

31 registered across all projects – Thank you!

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|--------------------|-------------------|------------------|
| Samira Abdollahi | Barbara Henderson | Sharon Morrison |
| Bahena R Alejandro | Carolyn Hicks | May Nicol |
| Katherine Archer | Mohamed Ibrahim | Lee Ann Norwood |
| Sadaf Aqeel | Sandra Jackson | John Paterson |
| Lisa Ballantyne | Mary Lazou | Sandra Quadrelli |
| Isabel Barrie | Kanwal Liaqat | Karen Quin |
| Angela Booth | Eileen Lonergan | Honest Sibanda |
| Gillian Booth | Margaret Steele | Lorna Smith |
| Jean Broadley | Jan McDonald | Sara Smith |
| Irene Cloggie | Jim McGinn | Fiona Stack |
| | | David Thomson |

