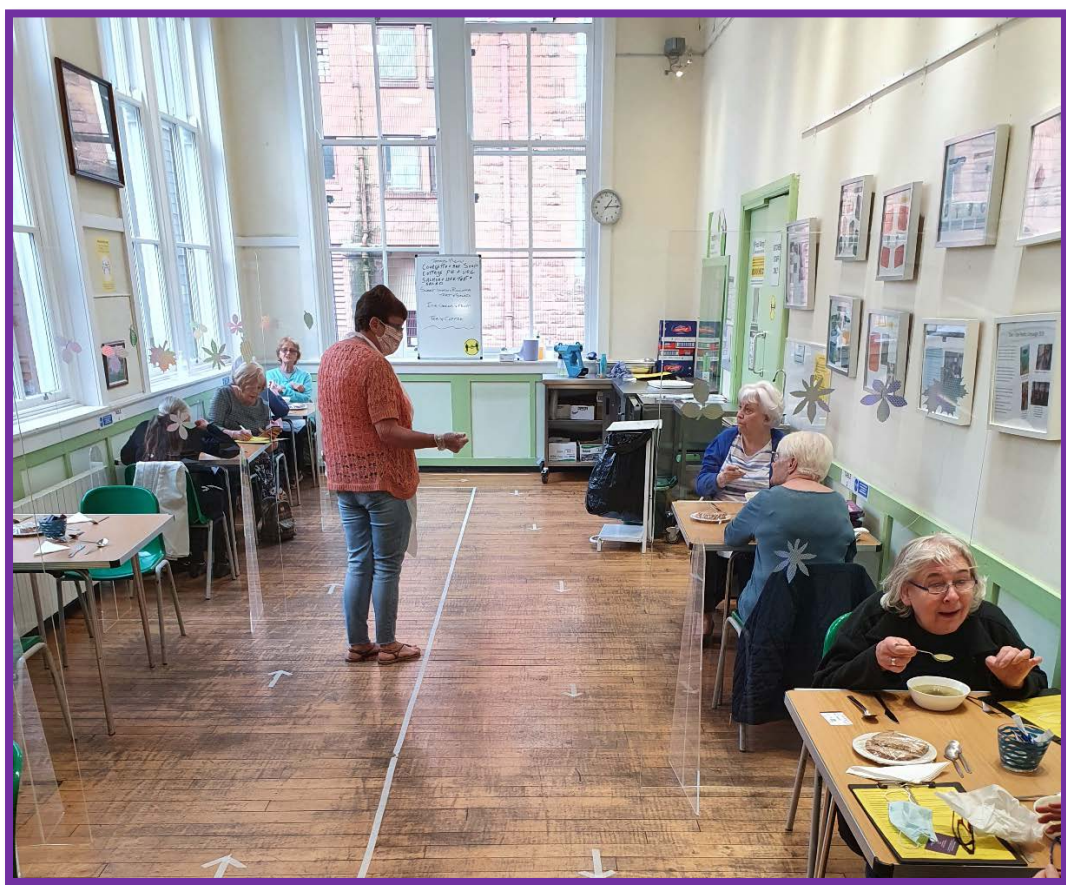


Annexe *Wellbeing on your doorstep* **Communities**



ANNUAL REPORT
2020 - 21

Contents

1. Background & Chairperson's Introduction

2. Café & Facilities

3. Impact

4. Finance

5. PATCH Emergency Support

6. SPRING Social Prescribing Project

7. Partick & Thornwood Ideas Fund

8. Step Forward Project

9. Younity Project

10. Annexe People

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’ – 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 experiencing social isolation, poor mental or physical 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 Introduction

This year we faced one of the biggest challenges that we have ever had to meet. The Covid-19 pandemic created greater need than ever for community action and social support to isolated and vulnerable residents, whilst making our usual ways of bringing people together almost impossible. When the Annexe centre closed to the public in March and all group activities were suspended, staff and volunteers immediately began coordinating a community food and befriending scheme. The scheme was rapidly expanded, and local partnerships, especially with Partick Housing Association, were strengthened.

Although some face-to-face activities started up again in the autumn, with strict health safeguards, we saw out the year that is under review in this report in lockdown again. But hundreds of people in Partick and Thornwood had been helped to get through the year with the practical and social support that we were able to provide. We were also able to continue making improvements to our building.

In spite of all the difficulties, the new Yunity Project, started in October 2020 and made an immediate impact with its new focus on bringing key stakeholders and community groups together to widen the scope of community action throughout the area. Local people twice got the opportunity to vote to decide on the use of an Ideas Fund, focusing in one case on opportunities for young people. Our SPRING Social Prescribers supported their service users through the year and responded to the difficulties of working directly with the under-pressure NHS by seeking to widen their referral sources.

I would like to thank the staff of the Annexe for their commitment, creativity and professionalism, and all our volunteers for their amazing efforts in helping to bring the community together in its response to a crisis. *(Peter Taylor, Chair)*

2. Café and Lunch Clubs 2020-21

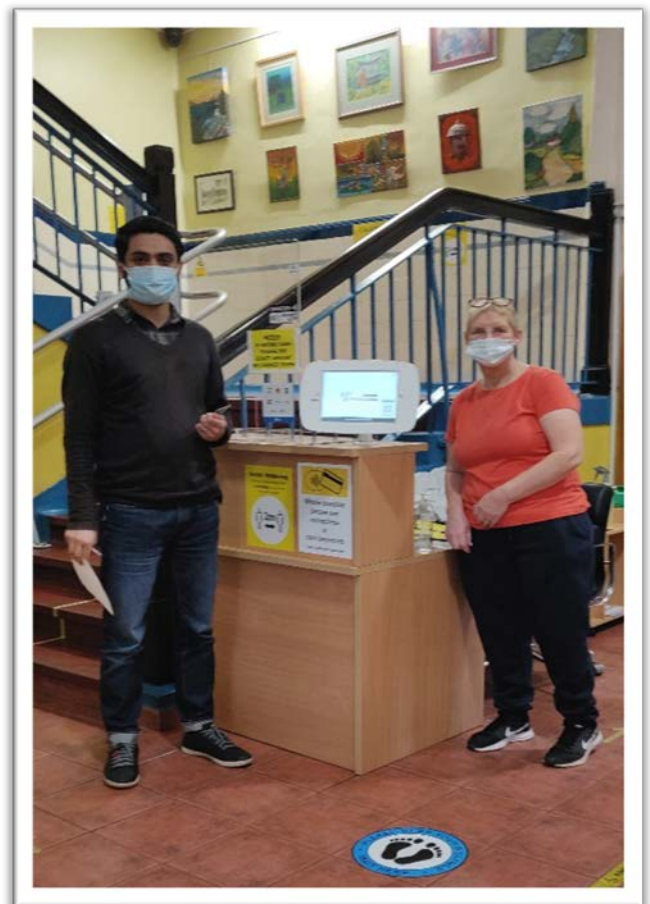
The Covid-19 pandemic meant the café and lunch clubs closed when necessary. However free Lunch clubs for vulnerable residents ran three days every week from September to December 2020, enabling folk to get out of the house after a long period of self-isolation during Lockdown. A total of 93 residents benefitted, and the highlight was the Festive lunches in December. Thanks to funding from Bank of Scotland Foundation.



Festive Lunch - Dec 2020

Facilities 2020-21

- Annexe facilities were unavailable for external groups during the year 2020/21 resulting in a loss of rental income. Fortunately, small business COVID grants were received to help with overhead costs.
- The building was used by staff and volunteers to organise emergency community support and Scottish Government grants were secured to fund this activity.
- We also managed to refurbish the main ground floor room during this difficult year. McCartney Hall was upgraded and on a positive note - due to Covid-19 this meant minimal disruption to groups who normally use the hall.



Reception Area - Covid Safe

3. Annexe Impact 2020-21

This was a year of two halves, the first 6 months all resources were dedicated to PATCH – the emergency community support scheme. The second half from August - staff prepared the building to be Covid safe to enable the Annexe to reopen to the public in September. Activities that were allowed - started back safely with Covid measures in place: lunch clubs, Knit & Natter, Partick Pluckers, social prescribing and cooking and art groups – running until December. Exercise group re-started for one week but unfortunately had to cease again – moving to online classes in mid-October. Online exercise classes ran through the next lockdown period from January 2021.

From September to December 2020 – 138 Annexe members participated in social wellbeing activities. A total of 698 attendances recorded.

Participants reported that they were very happy to be back, taking part in groups and safely meeting people again – helping them cope with the impact of the pandemic.

Data for specific projects are included in the individual reports.



A new contactless membership system was introduced, serving also as a track & trace tool. Contactless payment was also made available. Other measures introduced to improve Covid safety, included Perspex screens, one-way system and regular cleaning of public spaces with a new fogging machine. Mask wearing was also mandatory in-line with government guidelines.

The Annexe website was overhauled and updated during last year and social media was increasingly used to communicate quickly with residents and Annexe members.

Partnership working continued with members of Scottish Communities for Health and Wellbeing (SCHW) and the development of a national Blueprint for community-led health and wellbeing. Following an evaluation of SPRING social prescribing project, a further funding application was submitted by SCHW and the NI partner.

And as a result of the PATCH emergency support scheme developed in response to Covid – new local partnerships were established, and existing ones strengthened.

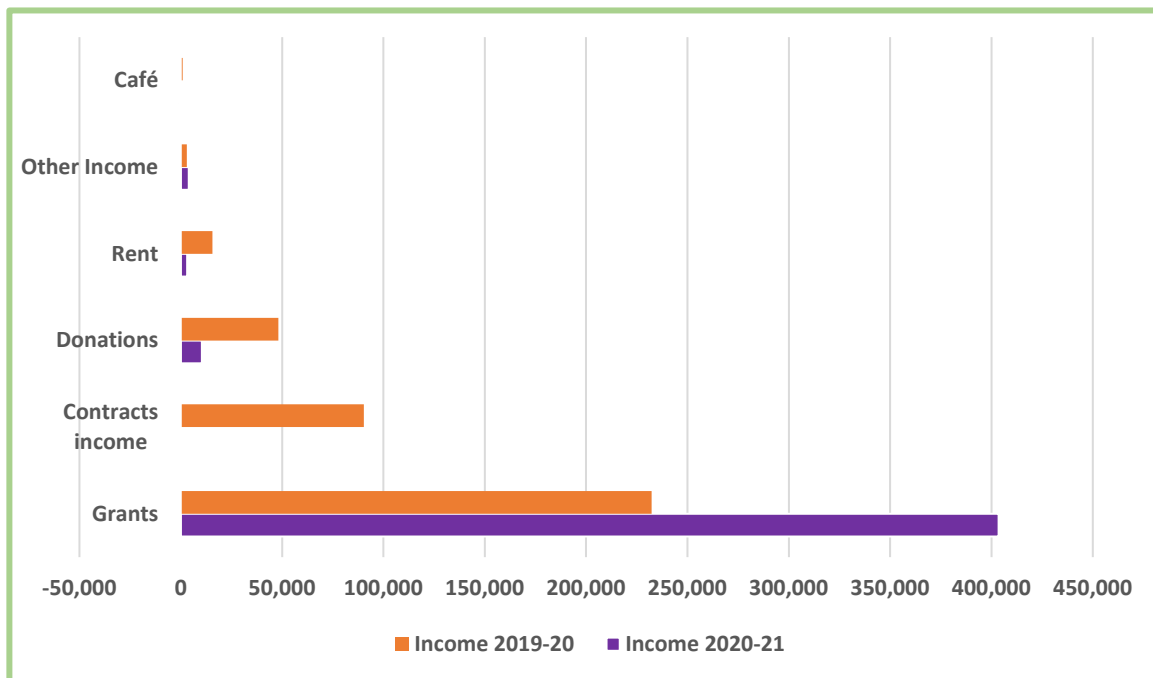


4. Finance 2020-21

We continue to strive for financial stability by generating income and applying for charitable grants and donations. During the pandemic income generation was non-existent, small business Covid grants helped mitigate the loss of income alongside specific Covid support grants.

Income:

- Annual turnover in 2020-21 was £424,396 (£412,381 in 2019-20)
- £609,332 funds carried forward this year including £331,326 fixed assets
- We raised £3,219 from rent income and £10,346 from donations
- We managed grants totaling £403,449



Expenditure:

- Total expenditure on charitable activities in 2020-21 was £334,547
 - including £214,797 on staff costs – wages, NI and pension
- We are committed to paying the Glasgow Living Wage
- Annexe Communities has 11 staff and a further 6 specialist sessional staff.
- £6,171 was spent on utilities and rent for the Annexe building in 2020-21
- Annexe Café made a loss of £940 this year

Plans for 2021-22:

- Continue to seek funding for ground floor refurbishment
- Develop and deliver the activities and services and review plans
- Continue Annexe Communities membership scheme and improve data collection
- Research community asset transfer options for the Annexe building

Partick and Thornwood Community Help (PATCH) - Covid-19 Response

Annexe Communities initiated Partick and Thornwood Community Help (PATCH) emergency support at the beginning of the Covid-19 pandemic in mid-March 2020: supporting residents who were identified as vulnerable and/or elderly and who needed support during the first Lockdown. We joined the city wide emergency response network, Glasgow Helps – which directed people by their postcode to local help schemes. PATCH served the Partick and Thornwood areas of Glasgow. Funding was secured from Scottish Government and other funders, and surplus food supplies donated from the FareShare scheme.

We achieved and delivered:

- 102 vulnerable or elderly people supported with food deliveries and wellbeing phone calls
- A further 30 vulnerable or elderly people supported with regular wellbeing calls only (no food deliveries), some had government parcels and others had online deliveries
- 3,445 bags of shopping/foods or 25,200 meals provided
- 122 wellbeing pack delivered
- 26 weeks of emergency support
- 30 local 'volunteer buddies' recruited and trained. Each buddy supported the same three or four people throughout the period

What & How?

Emergency support involved volunteer buddies delivering twice weekly food shopping and essential household items to residents referred to the scheme. Buddies also provided emotional support via regular phone calls. Some digitally connected participants also accessed our online exercise activities. Incidental support was also provided when needed, such as pharmacy pick-ups, cat litter, pet food and fuel top-up cards. Volunteers had a small cash float to purchase specific items such as restricted diet foods. Volunteers also delivered wellbeing packs these included: knitting materials, books, relaxation DVDs, puzzle books, adult colouring books & pencils – to provide activities to alleviate boredom and keep the mind active.



"I looked forward to the food deliveries and phone calls from SJ (his buddy) – to see a friendly face and hear a friendly voice – to have someone to talk to, helped a little to cope with the isolation".

Male 85

Partnerships

Annexe Communities strengthened local partnerships working with Partick Housing Association and forged new partnerships with local sheltered housing providers. All made referrals for vulnerable and elderly tenants to receive support.



For residents who were discharged from hospital during this period - PATCH liaised with housing providers to ensure food deliveries and telephone contact was maintained. Other referrers included local GPs, Glasgow Helps, churches, CABs and families/friends of residents. By contacting the most vulnerable and elderly residents, PATCH volunteers ensured they were linked and supported by local services. Additionally, sheltered housing providers identified folk who had never accessed our services. Now that relationships have been established with these isolated residents – folk have been encouraged to get involved in regular Annexe programmes. Residents who were mobile, were invited to our free community lunch clubs – running from September to December.

During that period 96 vulnerable residents enjoyed a regular weekly healthy 3-course meals free of charge. As the Annexe gradually returned to activities in April 2021 – many felt confident to attend classes and activities, such as Knit & Natter group, walking groups and chair yoga.

"I enjoyed having friendly chats with my volunteer and this helped me cope with isolation - being in contact with other people".

Female 77

6. SPRING Social Prescribing Project Year 3 - July 2020 to June 2021

- funded by National Lottery Community Fund UK



Key statistics:

- 41 referrals (Annexe) 15 (covid support longer term 2020)
- 44% male 56% female (Annexe) 20% male 80% female (covid support)
- Referrals from: GP Primary Care 92.6% Mental Health 2.4% Housing Assoc 4.8%
- Two main reasons for referral: **low level mental health and social isolation**

Month	Referrals
July (covid support)	15
August	1
September	1
October	0
November	0
December	5
January	9
February	3
March	1
April / May / June	21



Age range: Annexe ConnectWell

Age range	Annexe	ConnectWell
25-34	39%	
35-44	15%	26.6%
45-54	10%	
55-64	17%	26.6%
65-74	10%	40%
75-84	2.4%	
85+	7%	6.6%



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

Primary Domains	Annexe	ConnectWell
Mental health (anxiety/depression)	9%	6.8%
Social Isolation	94%	30.6%
Physical Inactivity	9%	
Nutrition Support	9%	62.5%

Most Attended Activities and Numbers: (total for year 645)

Activity	Attendances
1:1 Consultation	50
Lunch Clubs	114
Exercise	30
Cooking Workshops	72
SPRING Art	129
Personal Development	79
Covid Food Support	102
Covid 1:1 Support	45

SPRING Social Prescribing 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 July 2020 and Dec/Jan 2021.

Activity	Engagement
Food/activity donations and deliveries	102
Telephone/online support	45

SPRING engaged with individuals on a continuous basis in and outwith lockdown in 2020 and at the beginning of 2021. This included online interactive sessions as well as physical classes and 1:1 check-ins.

Spring had a very successful contribution to the Younity Art Exhibition celebrating the theme of Spring.

Spring introduced a new Wellbeing Wednesday class incorporating cooking and topics surrounding health.

Spring organised an outdoor engagement event at the local allotment to connect and network the SP referral agents with the clients.





Participatory Budgeting (PB)

PB is a democratic way for local people to have a direct say on how public money is spent in their community. Partick and Thornwood Ideas Fund (P & T Ideas Fund) was trialled in 2018 and was a great success, 100 people attended a community voting event in Partick Burgh Hall. Annexe Communities secured two years (2020-2022) funding to roll out a larger initiative and build on the success of the early event. The Community Engagement Assistant re-established the P&T Ideas Fund steering group and new representatives got involved.

The global pandemic meant new solutions had to be found to engage residents and get people involved in making applications and voting on their best community ideas.

Partick & Thornwood Ideas Fund:

First Round: October 2020 – open to all, £14,000 distributed

- 32 applications submitted and 27 put forward for voting
- 1504 online votes cast by 695 voters
- 80 phone votes cast by 105 voters
- Overall, 1684 votes cast by 800 unique voters
- 19 ideas voted by public

Second Round: January 2021 – aimed at young people, £6,000 distributed

- 14 applications submitted and all put forward for voting
- 740 online votes by 477 voters. 28 phone votes cast by 20 voters
- Overall, 768 votes cast by 497 unique voters
- 13 ideas voted by public

New Digital Solutions

After much deliberation it was decided to launch online promotions events and voting. Paper applications and phone voting was also made available to those who were not digitally connected – support was offered by Annexe staff to groups and individuals new to applying for grants.

Annexe staff researched and found a simple website based voting system. Applicants wrote a 30 word dragons den style pitch of their idea. Voters use this summary as a basis for casting their votes. Residents had three votes to cast for their best ideas – although not everyone used all three.



Writing Application Form

Partnerships

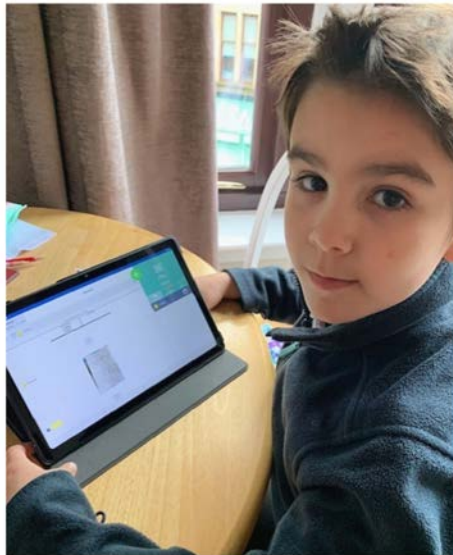
Local partnerships were built and strengthened during the PB process. The steering group met by Zoom to coordinate the process and involved local churches, the two local community councils, local residents and Partick Housing Association.



Plot to Pot Group – Gardening Equipment



BioLite in use – Partick Comm Growing Project



Tablet & Printer for Homeschooling



Outdoor Play Equipment

The first round was an overwhelming success, considering we were still in the middle of a pandemic. Successful ideas voted by the public included; equipment for an outdoor growing group, a men's group running costs and festive food boxes for vulnerable/elderly residents.

The steering group aimed the second round at young people – as this demographic had not engaged first time. Most ideas submitted were based on purchasing homeschooling equipment, but also some for fun and active outdoor play equipment.

"A big thank you for all your hard work with this funding, you will make a lot of people happy, when the bowling starts." Betty

"It was a success personally for me as my first time at getting funding for any idea. That inspired me and I am now more confident to apply another time or for other funding." Leila

8. Central and West Healthy Living Initiative - April 2020 to Sept 2020



After Lockdown and since classes and activities were no longer available from March 2020 to August 2020, CWHLI moved its resources and focus to organizing the schedule for 30 volunteers to safely pick up and deliver two bags of essential food twice weekly over 5 months to those shielding and most vulnerable in the local area.

A WhatsApp group was formed to keep in touch with all volunteers and buddy calls were also placed weekly to those most vulnerable to check how they were coping and to find out if they needed help.

From August 2020 the building reopened for staff, lunch clubs and limited activities. CWHLI concentrated on risk assessments, staff training including PVG and regulated work training and phoning vulnerable shielding and isolated P.A.T.C.H recipients to invite to lunch clubs.



Volunteers

Step Forward Project - Oct 2020 to March 2021 (Glasgow Community Fund)

Steps Forward Footcare sessions was not active from Oct 2020-April 2021. However, everything possible has been done during this period to ensure that when the time comes, we are ready to proceed: risk assessments, researching, sourcing and purchasing equipment including PPE and uniforms for footcare volunteers, floor plans and covid risk assessments, new sign-in facilities, return calls to enquiries, liaising with all volunteers, AC website page created for Steps Forward and another for volunteers, research and posting of training opportunities for volunteers, and staff training.



New Footcare Uniform

Volunteers: Steps forward VDW coordinated 4 x volunteers to help out with the Lunch Clubs on a daily basis. One new volunteer was registered to lead the meditation class. One volunteer took part in the Adult Achievement Award accredited course.

Live exercise classes ran for 2 weeks in early winter 2020 before we moved up to a higher level of restrictions. Although exercise activities could not take place in person during the period, we endeavoured to give members access through zoom classes. This was a process which we were quite unused to. However, we did set up a weekly Line dancing and Jazzercise class through zoom.

Exercise activities were provided through Zoom during February – March 2020

7 weeks Line Dancing 2 x live class & 7 weeks Jazzercise 2 x live class

26 registrations for live and zoom exercise classes

5 volunteers live engagement: 1x café - 1 x meditation



Jazzercise Class

Quotes:

Zoom Exercise Classes:

"Great class really enjoyed".

"Looking forward to class. Such a pity still cannot have indoor classes, hopefully will resume soon".

Tutor after first zoom class: "I'm really happy with how it went today and I'm looking forward to next week!!"

Volunteers:

"I wish to do the Adult Achievement Award to learn how society works and to learn new skills improve my handwriting and communication with other people, and to work better".

Case Study - Zoom classes

During lockdown zoom exercise classes provided people with access to exercise from the comfort of their own home. Unfortunately, this did not come without its challenges like; sound quality, bad connections, updating tutor insurance, people having difficult signing in, new online registration forms.

On one occasion a beneficiary who had just received the vaccine the day before had collapsed and split open her head. Thankfully, staff and tutor were able to stay online to advise them and keep them calm whilst an ambulance was called. With no one else in the house this was all very frightening for them during lockdown. In the event, it was propitious that we were there to make appropriate contacts and calls.

She wrote to us a couple of weeks later saying: *"Thank you so much for keeping my friend informed of what was going on, and for supporting me generally! I would like now to access to the class if that is possible? Whilst I may not participate in the whole session, I would like to be present and would like to thank you both once again for supporting me so well last week. I am feeling fine now, both the after-effects of the vaccination and fall seem to be O.K."*

Although a strange year, work has continued steadily throughout, with countless people benefiting from our assistance, support and determination to surmount any challenges.

9. Younity Project - 6 months Oct 2020 to March 2021



Younity Project is funded, for 3 years, by The National Lottery Community Fund. 3 posts are funded to work with the local community, 16 years old+, and local groups and organisations. Half of the first 6 months of the Younity Project was working from home which took a bit of getting used to, but quickly dived into a world of zoom meetings.

- **To date working with 68 local people on a regular basis**
- **41% male and 59% female**

Younity Project staff shares their years of experience and knowledge as community development workers, with individuals, volunteer and group encouragement and community spirit building. The three roles focus on 1. matching up local opportunities to local people who may benefit, 2. volunteer support, encouragement and growing of groups so to eventually be able to apply for their own funding and 3. Individual support and group formation through SOS- Solution Oriented Sessions and more informal chats and Health Issues in the Community groupwork. Younity's focus being more **"Unity in our Community"**.

Local opportunities matched up to local people, groups, or other local organisations: -

- Referrals 18 folk to **Well Fed food pantry**- *"I went 5 days a week for 3 months, really helped me out."*
- 32 budding and established local artists paint towards an exhibition-*"Was lovely to have a different focus."* Working in partnership with Annexe's **SPRING** project
- **PHA** secured a further £5000 funding to work with Younity volunteers to deliver out 100 new year resolution packs to give people a self-caring boost, including 20 more weeks of Outdoor Gym Movement – based at Mansfield Park
- A **Partick Community Council** member donated £250 in support of our activity
- Working alongside 11 local organisations and 17 local volunteers
- Secured 12 weeks of **Branching Out** programme, full of outdoor activities
- Annexe and Younity staff are the **Glasgow City Council** Ward 23 third sector representatives, keeping up with possible Area Budget Funding for Partick
- Younity secured a page in **Partick Housing Associations** quarterly newsletter
- **Behind the Scene** group of local volunteers starts to establish themselves
- Supporting 68 local people with phone calls, doorstep chats and SOS sessions
- Encouraged 15 applicants- 6 successful securing £7785 towards their ideas for Annexe Communities- **Participatory Budgeting Partick and Thornwood Ideas Fund**
- Supported 3 successful youth applications securing £1350, including **Sofia's Fun Surprise, Hyndland Secondary Food Bank** and a child's ipad for home schooling
- Worked in partnership with **Partick Community Growing Project** to secure £2000 funding from Enabling Neighbourhood funds: 50 cupboard essential packs, 50 soup packs and 50 smoothies packs using as many local businesses as possible
- £100 art materials, left over from **PATCH**, went to **Stravaig** for young homeless
- Through **"Pockets and Prospects"** secured £1300 worth of 60x creative and wellbeing arts packs to give out locally to families and young people
- Working towards **Health Issues in the Community** courses with taster sessions and one2ones for interested parties. Zoom at moment, but face2face ASAP
- Sharing and encouraging participation in two local Artists in Residence projects **In the Making** *"What anchors you?"* and **Tricky Hat** *"Round Our Place"*
- Younity Staff at zoom meetings with **North West Glasgow Voluntary Sector Network**
- **NW Health Improvement** donated 160 toothbrushes and 50 toothpastes 😊
- Total funding supported, and or secured for local activities **£19,485**

Quotes: - 1. *"I just want to give something back to Partick as a community that has supported me this year."* **Volunteer graphic designer lead on "Light Up Partick" Facebook group/event.**

2. *"It's really good. Think we were all super relaxed, we all went into meditative silence while creating. We also had a good laugh."* **Younity Partners with SPRING on a Zoom Art Class.**

3. *"It would boost my health and wellbeing and would be much appreciated, as my circumstances changed due to Covid and this affected my well-being."* **Pamper Pack recipient** **4. Festive Box recipient** *"Thank all of you for taking care of my family."*

5. *"Just to let you know that things were better just by being in today. So, thanks for listening to me moaning."* **Annexe Café volunteer**

6. *"Partick South Church has 18 children from 7 families, and we would love some of the packs to send out to the local kids – creative wellbeing packs would make a great additional Easter gift."* **7.** *"This is the best day of my life, free scooter, free skipping ropes."* **Youth at Sofia's Fun Day**

8. *"I received one of your festive food boxes, yesterday, hand delivered! A massive thank you to all involved, fair cheered up my week x."* **Ms H** *"These are wonderful*



Primordial Soup Pack Ingredients



Light Up Partick- stars & candle lights

Case Study: Example of Younity Partnership working.

Younity and Partick Housing Association partnered together to work on, and distribute, 100 Festive Food Boxes, to go out to local people in need of a bit of cheer or to help lift spirits in unprecedented times. Initial £1000 voted by our local community, through the Partick & Thornwood Ideas fund, with £2000 match funding from PHA. Deliveries were made by PHA and Younity staff and volunteers.

Appropriate measures were taken to maintain social distancing and comply with GDPR. Before, during and after the boxes were delivered, we received many expressions of gratitude from those receiving the boxes. There has been a real sense that the project has made a difference and brought some festive cheer to residents. It was also an opportunity for Annexe and PHA staff to work together, sharing resources, experience and contacts to deliver a successful project – *"hopefully something we can do more of in the future"*. **PHA staff** (PHA then secured **Glasgow City Council** funding to work together with Younity Project again on 100 Self-Care Pamper Parcels). *"My mum received hers today and she was delighted. Thank-you all so much for your hard work throughout this terrible year. You made my wee mum's day"*. **Delighted recipient**



Volunteer - 100 Festive Food Boxes

10. Annexe Information and People 2020-21

Company Information

Board of directors:	Peter Taylor (Chairperson) Yvonne Duffy (Treasurer) - resigned January 2021 Dr Euan Easton (Vice-chairperson) Bill Waller Tina Murray Cathie Connelly Alison Horner – resigned September 2020
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 W: www.annexecommunities.org.uk

Staff

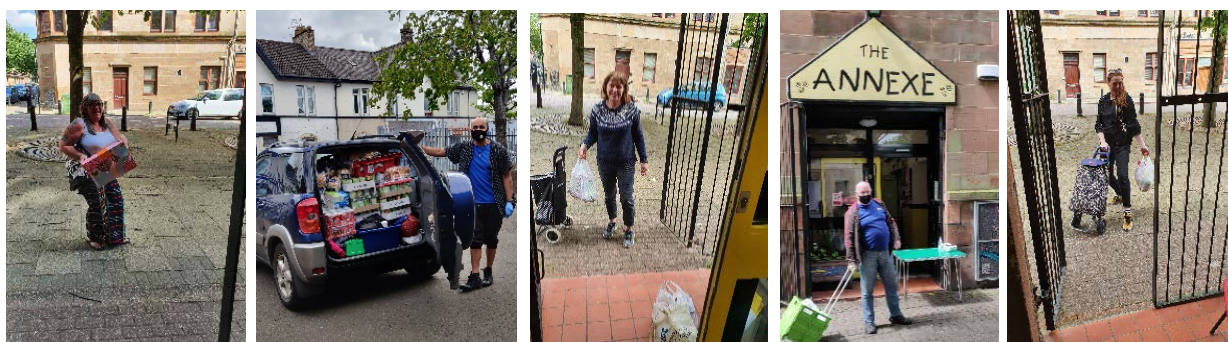
Julie Fox	General Manager/Company Secretary
Kashif Anwar	Comms Officer/Administrator
Margaret Halliday	PT Centre Assistant
Raymond Kelly	PT Centre Assistant
Tony Osborne	Café Cook
David Halliday	Community Engagement Assistant

Louise Taylor	PT Social Prescriber
Michele Keenan	Volunteer Development Worker
Jane Cowie	Project Coordinator (from Oct 2020)
Angie Wylie	PT Community Capacity Building Worker (from Oct 2020)
Marie Cairns	PT Social Prescriber (from Feb 2021)

Sessional tutors

Joe Mooney	Sessional - Health Walk Leader
Willie Brown	Line Dancing Tutor
Linda Brown	Yoga Tutor
Dawn Campbell	Jazzercise Tutor
Gwenan Davies	Art Tutor

To all Annexe volunteers, including board members: *“Thank you for all your dedication and hard work during a particularly challenging year!”*



Volunteers - PATCH & Activities 2020-21

Jean Broadley	Lucie Millar
Cathie Connelly	Jane Miller
Jane Cowie	Donald Morrison
Shane Fraser	Sharon Morrison
Tracy Galloway	May Nicol
Margaret Halliday	Tony Osborne
Sandra Jackson	Sandra Quadrelli
Raymond Kelly	Nan Roughan
Rosie Kelly	Collette Scott
Mary Lazou	Sara Smith
Billy Marshall	Fiona Stack
Jane McDuff	Fiaz Tariq
Jim McGinn	June Weir
Kenny McLean	Angie Wylie