Cost of Living Support

Let Partick Flourish Project If you're struggling with cost of
living, drop in Monday afternoons

3.00 to 4.45 for a chat, warm cafe & charge your phone - FREE

Free Social Cafe Mondays 10-12

New to the Annexe? Come along and find out what's on! Board games, art, chat, great company and refreshments! FREE



Annexe App now available!



Search "Annexe Communities" on your app store to download

Congratulations to all the community ideas taking place over the next few months!



Annexe Cafe

(e) Communities

Mondays 12-1.30

Tues to Fri 10.30-2.30pm

Daily menu \$£5 for 3 course meal

with Tea or Coffee

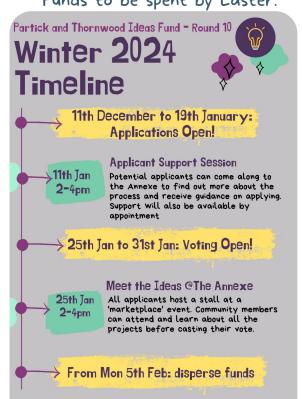


Partick & Thornwood Ideas Fund

Just finished round 9 with II excellent community ideas supported. Final round for 2023/24 now launched.

Smaller amount but big ideas welcome!

Funds to be spent by Easter.



| Day | Group/Activity | Time | Start Date | Finish Date | Donation | Information |
|--------------|---|-------------|-------------------------|-------------|--------------|---|
| Monday | | | | | | |
| McC Hall | Partick Pluckers - Volunteer led | 10-12 | 15.01.24 | 18.03.24 | £2.50 | Enquiries contact: 07896 125 247 |
| Café | Social Cafe ई Board Games, Chat ई T/C | 10-12 | 15.01.24 | 25.03.24 | Free | Drop in |
| Cafe | Cafe | 12-1.30 | | ongoing | • | Daily menu |
| McC Hall | Knit and Natter Group - Volunteer Led | 2-4 | 15.01.24 | 25.03.24 | £3 | Enquire with group |
| Pollock | Healthy Cooking on a Budget - Y weeks | 1.30-3.30 | 22.01.24 | 12.02.24 | £3 | Call 357 6747 \$ leave name \$ number |
| Cafe | Cost of Living Support Group | 3-4.45 | 08.01.12 | 25.03.24 | Free | All wecome |
| Tuesday | | | | | | |
| McC Hall | Circle Dancing Group | 10.30-12.30 | 30.01.24 | 26.03.24 | £3 | Enquire with group |
| Café | Café | 12-2.30 | ongoing | | Daily menu | |
| McHall | Jo Jingles - Early Years Music ई Movement | 12.45-1.45 | 09.01.24 | 26.03.24 | - | Enquire - Dorothy 07966 376772 |
| Pollock Room | Jazzercise | I-2 | 16.01.24 | 26.03.24 | £4 | Places available FCFS |
| McC Hall | Dreams ई Aspirations Workshops | 2-4 | 09.01.24 | 26.03.24 | Free | Just Drop in - no need to attend all! |
| Pollock Room | Line Dancing | 2.30-3.30 | 16.01.24 | 26.03.24 | £4 | Places available FCFS |
| Wednesday | | | | | | |
| McC Hall | Beginners Guitar | 10am - Ilam | 17.01.24 | 27.03.24 | £3 | Call 357 6747 and leave name and number |
| McC Hall | Chair Yoga Class | 11.05-11.55 | 17.01.24 | 27.03.24 | £4 | Places available FCFS - bring own mat |
| McC Hall | Gentle Yoga Class | 12-12.50 | 17.01.24 | 27.03.24 | £4 | Places available FCFS - bring own mat |
| Café | Café | 12-2.30 | ongoing | | Daily menu | |
| McC Hall | Community Choir | 2-4 | 17.01.24 | 27.03.24 | £3 | Places available FCFS |
| Pollock Room | Friendship Group | 1.30-3.30 | 24.01.24 | 27.03.24 | Free | Social Prescribing members |
| Thursday | | | | | | |
| Café | Café | 12-2.30 | ongoing | | Daily menu | |
| McC Hall | Partick John Muir Group | 2.30-4.30 | 3rd Thurs of month Free | | All welcome! | |
| Friday | | | | | | |
| Pollock Room | Art at the Annexe - Volunteer Led | 10.30-12.30 | 12.01.24 | 22.03.24 | £5 | Enquire with group |
| McC Hall | Group Meditation Class | II - 12pm | 19.01.24 | 22.03.24 | £2 | Drop in |
| Café | Café | 10.30-2.30 | ongoing | | Daily menu | |
| McC Hall | Digital Support Sessions I:l | 2-4pm | 19.01.24 | 22.03.24 | Free | Call 357 6747 leave name ई number |