



# ANNUAL REPORT

2021



**Annexe  
Communities**



# TABLE OF CONTENTS

- 1 Background
- 2 Chairperson's Remarks
- 3 Cafe and Lunch Club
- 4 Facilities
- 5 Finance
- 6 SPRING
- 7 Participatory Budgeting
- 8 Step Forward
- 9 Younity

# OUR STORY SO FAR



## Our 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 charity.

## Our Priorities

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

**1987**  
BECAME A CHARTY  
IN THIS SPACE

# CHAIRPERSON'S REMARKS

**Throughout the year we had to work within changing rules to keep people safe during the continuing pandemic. But we managed to revive and expand a wide range of activities.**

We reopened the building to the public at the end of April 2021, starting with lunch clubs and café, then gradually classes and groups. We helped to build people's confidence to return to community activities.

New systems contributed to this, including the membership card, digital signing-in and contactless payments. As a result we have a much better idea of who is taking part in our activities and how many.

Much of our work focused on reaching out to the wider community. We continued our successful 'participatory budgeting' programme, the Partick and Thornwood Ideas Fund, enabling small community projects to be launched and delivered.

The Yunity Project, with its focus on widening community action throughout the area, got fully underway – including outdoor community events in the summer of 2021 and restarting the much-needed toenail cutting service.

Our SPRING Social Prescribers continued to support people to get involved in activities that meet their personal needs.

We welcomed three new board members and thanked Bill Waller on his retirement after eleven years as a board member and more recently as Chair.

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**



# THE CAFE AND LUNCH CLUB



## Summary

The café and lunch clubs are the heart of the Annexe and the first place most people visit when new to the centre. Tony the Cook has held **the Scottish Healthy Living Award** for many years and prepares fresh, healthy meals daily – supported by a team of volunteer café assistants. The lunch club service offers great value – a three-course meal at an affordable price.

Some customers enjoy meeting friends and eating their meal and others enjoy a healthy bowl of soup for lunch, taking away the main course for re-heating later for tea.



223

Customers attended lunch clubs and cafe

26

Folk enjoyed the social cafe and attended on avg. 5 sessions

2,037

Lunches served throughout 2021-22



## Further Info

The café is a member of the **FareShare supermarket food surplus scheme**. This reduces the cost of food supplies and uses surplus in-date food to create healthy meals at affordable prices. At the same time food is diverted from landfill - win-win!

The social café was launched as a new Monday morning activity this year. This free café session is supported by a staff member and offers a social space to meet new people, enjoy and activity or just have a chat. A great place to start for those new to the Annexe!



## Lunch Club Testimonial:

“Lunch Club is great, so uplifting meeting friends and that. So friendly and helpful much appreciated.”

“Love the lunch club to be with friends and the meals beautiful.”

“I come for a low cost meal and to eat in a nice atmosphere surrounded by lovely staff (& volunteers) who smile every day.”

“Coming to the Annexe Café is part of our weekly routine.”

“Feel the lunch club gets me outside the house and I very much enjoy the congenial company.”

### Funder:



# ANNEXE FACILITIES



## Summary

The Annexe offers a range of popular free or subsidised weekly classes and activities each year. Some are volunteer-led and others are supported by different funders. This year activities included:

**Exercise:** Walking Groups, Chair and Regular Yoga, Jazzercise, Tai Chi, Line Dancing

**Creative:** Community Art Workshops, Stained Glass classes, Partick Pluckers Ukulele Group, Annexe Art

**Social:** Knit and Natter, Circle Dancing, Social Café,

**Wellbeing:** Meditation, SPRING Wellbeing Group, Branching Out  
Other: Healthy Cooking on a Budget, Health Issues in the Community, Make Yer Ain Tea Workshops and Digital Training Workshops

## Facilities Hire

When the Annexe is not used for our own activities, rooms are hired out to generate an income. Rooms are hired for youth and adult dance classes, meetings, training and therapies.

During November 2021, the Annexe offered free and subsidised space for **COP26** seminars, meditation sessions and workshops.

28

Hours of activities per week on average

20

Different activities offered

7

Different funders and private donations subsidising classes



## Funders:



**COMMUNITY  
FUND**



Scottish Government  
Riaghaltas na h-Alba  
gov.scot



# 2021/22

## 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 2021-22 was **£400,162** (£424,396 in 2020-21).
- **£630,552** funds carried forward this year including £320,220 fixed assets.
- We raised **£9,709** from rent income and **£26,480** from donations.
- We managed grants totalling **£346,458**.
- Annexe Café made a profit of **£8,052** this year.
- **Net Surplus £21,220**

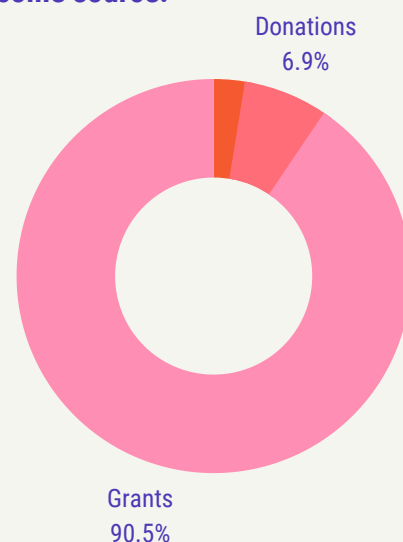
### Expenditure

- Total expenditure on charitable activities in 2021-22 was **£378,942**.
  - Including **£262,328** on staff costs – wages, NI and pension
  - We are committed to paying the **Glasgow Living Wage**.
  - Annexe Communities has 13 staff and a further 10 specialist sessional staff.
- **£5,320** was spent on utilities and rent for the Annexe building in 2021-22.

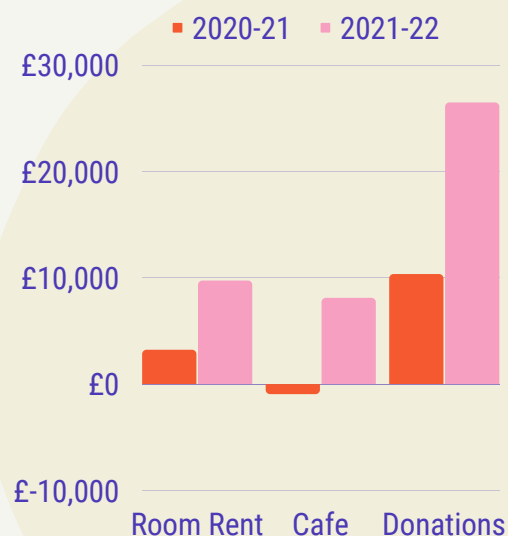
### Plans for 2022-23

- Continue to seek funding for **ground floor refurbishment**.
- Develop & deliver the activities and services.
- Continue Annexe Communities membership scheme.

### Income source:



### Income compared to last year:





# SOCIAL PRESCRIBING



## Summary

Our SPRING Project takes referrals from GPs, healthcare professionals and other agencies to enable people to access non-medical support at the Annexe. Most people are new to community activities. Each person has a one-to-one meetings with the social prescriber, is introduced to Annexe activities and offered support for up to 3 months.

Most want to get more active, meet new friends, adopt a healthier lifestyle or join an activity group and make positive changes to their lifestyle. Some also access other opportunities in the community and some try out volunteering. After three months people are given free membership to the Annexe.

57

People referred to  
programme

12

Different referral sources

15.6%

Average reported increase  
in wellbeing scale

“

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

- Social Cafe user

”



Boardgames at The Social Cafe

## 2021 Update

People complete two self-reporting monitoring tools: at their first meeting with the social prescriber and again after 3 months.

The social café was established as a introduction to Annexe activities and staff – as a result of participant feedback.

The project is in its final year of funding UK Lottery as part of a wider partnership across Scotland and Northern Ireland. Further funding is being sought for this much needed initiative.



Activity - Yoga class

## Spring Testimonial From Health Professionals:

“

As a result of SPRING, healthcare professionals are more aware of community led health initiatives

”

“

Patients are receiving high quality help and support services that otherwise may not have been open to them

”

“

Being community led makes services accessible to a wider range of patients

”

## Funders:



COMMUNITY  
FUND



# PARTICIPATORY BUDGETING



**PARTICK &  
THORNWOOD  
IDEAS FUND**

## 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 (individuals or groups) can apply to fund an idea that will benefit the local area and **grants range from £150 to £1,000**. Ideas are limitless but must benefit the local community.

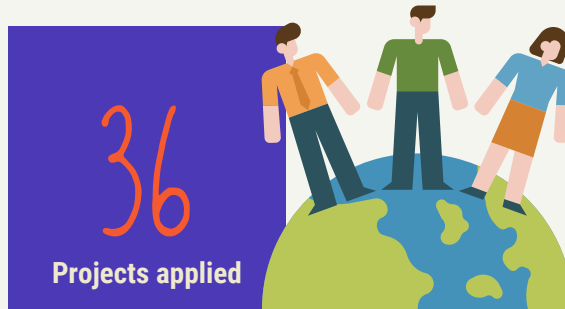
The first round of funding for this year, totalling £10,000, was launched with applications opening on the 1st of September 2021. At the end of the voting, **13 projects received funding**, ranging from gardening workshops to Christmas hampers for foodbank users.

A second round of funding totalling £12,000 was launched with applications opening on the 11th of January. At the end of the voting, **18 projects out of 20 received funding**, ranging from fabric dyeing workshops to a new toddler group. Funds totalling £11,337 were dispersed to the successful applicants.



Meet the Ideas Event

## 2020-21 Project Statistics:



“It was very easy to apply, supported by helpful literature. As we are a new community group it was great to see so many wonderful ideas and like-minded souls coming up with amazing propositions.”

“Very simple and easy to understand application form. Also if I did have any questions I knew Daisy would be happy to help!”

“Loved it. Met some wonderfully like-minded individuals who are invested in their communities to bring about positive change. Great for meeting new friends and networking.”

“Was great to meet other local projects. We have since kept in touch and have supported each other!”



### Funders:



Scottish Government  
Riaghaltas na h-Alba  
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# GLASGOW COMMUNITY FUND PROJECT

## STEP FORWARD

### Summary

**Step forward Footcare Clinic** runs first and third Tuesday of the month. One experienced volunteer supporting one newly trained volunteer, overseen by NHS podiatry until new volunteers fully confident. Volunteers received **certificates of completion in Personal Footcare** before Christmas and were presented with a token of gratitude for their hard work. Coincidentally all footcare volunteers happen to be ex-nurses!

Steps Forward Footcare was not active till August 2021 due to restrictions. Up to this time preparations were in place to ensure guidelines adhered to, there was sufficient equipment, processes made simpler, and volunteers trained and ready to proceed. With the addition of **Covid-19 self-declarations, temperature checks** and **fogging between clients**. Clinic now runs as normal.

### 2020-21 Project Statistics:



4

New footcare  
volunteers trained

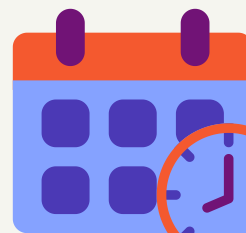
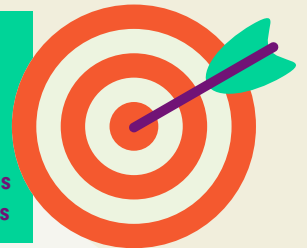
68

Unique registrations  
for Footcare



79

Unique registrations  
for exercise classes



124

Appointments in 5  
months



## Further Info

Months were spent clearing the covid back log. Sadly, we still see a great number of people who have not had their feet attended to in months, many have difficulty walking as a result. This impacts their sense of self-esteem. They are often embarrassed and apologetic in the first instance but laterally **extremely grateful for the friendly service we are provide**. All clients relieved, to say the least, as many endured lockdown months of being uncomfortable due to poor foot health.

We took referrals from Local GP's, Health Centres OT's, Enable Scotland, GAMH, SAMH, Carr Gomm, WOM and others. We also regularly endeavoured to call out for more volunteers through FB, Volunteer Glasgow, NWVS, Govan Volunteer Bank, Annexe and PHA newsletter.

SF NHS Podiatry support worker submitted a report on best practise, challenges, measures, process, outcomes and next steps, to the Scottish Improvement Foundation Skills Programme. She has used **the Steps Forward Footcare Clinic as a template and good example** recommendation to this programme for developing more volunteer led clinics in other areas of GGC under Footcare Guidelines issued by the Scottish government 2013.

Exercise classes ran with restrictions until August 2021. Each class ran for two sessions to accommodate need. **Exercise classes were fully attended**, and after restrictions lifted, given the popularity of each class, it was decided to maintain running two classes of **Jazzercise** and **Line Dancing** back-to-back.

**“ I'm feeling brilliant. I can get my feet into my shoes now. I was so sore before, and now I can walk. Thank you so much. ”**

**“ Was at your place today with my mum to get her toenails cut. What a fantastic service you provide. Mum is delighted and would like another appointment. ”**

**“ That's an excellent service, very pleased. So glad to get it done. fantastic organisation. ”**

**“ This is a brilliant example of how a voluntary footcare clinic works. ”**  
**- NHS Podiatry**

**“ That is absolutely amazing, honestly, great news and well done. Steps Forward is the place to work! It will be great to work with you again soon. ”**  
**- NHS Podiatry**

**Funder:**



# YOUNITY PROJECT



## Summary

Younity worked in partnership with 20 local groups to provide and match up opportunities for local people to benefit themselves in an array of different ways. People needing phones or computers got digitally included. People needing food got food. Community events were volunteer-organised to bring everyone together again out in the fresh air.

One2One were chatted through to enable themselves to take their first steps back towards their confidence. Year highlights were an introduction to Archery with Operation Play Outdoors, February volunteer packed 100 food bags with Partick Housing Association and Silver jewellery workshops with Partick Community Growing Project

“ So great to hear and see all the children enjoying themselves. Did me a power of good. I feel that I am dealing with some form of PTSD with the pandemic.

- Park event ”

“ Great to be able to talk though stuff out to the other side.

- One2One sessions ”

”

“ This has been great, made a new friend, we just started chatting and clicked right away.

- Volunteers thank you lunch ”

”



Leila's photo exhibition



Younity participants



## Other Activities

**19** people attended HIIC intros with 5 people completing a 10 weeks Health Issues in the Community course, now working towards their accreditation.

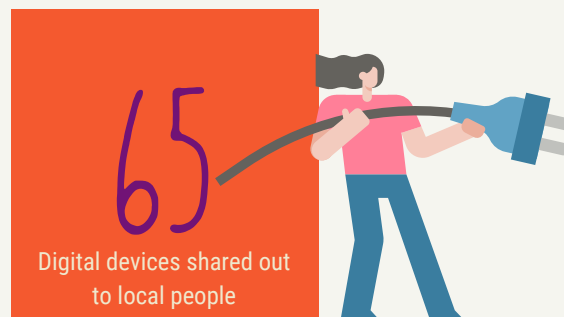
Supported **41 volunteers** in a variety of roles, Annexe Café, cleaning, gardening, local events, and activities. A Volunteer Thank you meal was enjoyed by over 20 volunteers

**10 volunteers** supported to pass Food Hygiene and Safety training and **9 volunteers** took governance training, helping them constitute groups.

£860 worth of £20 vouchers secured, with PHA, distributed to **43 individuals and families**. Yunity shared this out and a further £1320 were secured for another **66** people attending recovery groups.

**180 festive chocolates**, with Annexe programme delivered by volunteers through the letterboxes of local isolated or vulnerable households

**18** people exhibited at "Light A Day" lockdown photography in Annexe Café and Mansfield Park basketball courts.



**“Brought my daughter, really enjoyed God’s Eyes. We now do them together at night because they are so calming.**  
- Spring Event crafts. **”**

**“I feel I have a purpose in life - having to get up and get ready to come into the Annexe and volunteer. Also, a sense of pride that I can pass my skills onto others and learn from others. It just makes my life worthwhile!**  
- Volunteering **”**

**“This course is sincerely changing my life! So grateful to all the support and the IT equipment to help with that, appreciated!**  
- HIIC **”**



# 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  
Dr Euan Easton - Vice-Chairperson  
Catriona Murray – Treasurer  
Cathie Connelly – Director  
Sandra White – Director  
Jennifer Jones – Director  
Sandra Jackson – Director

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Registered company number: SC215070

# THANK YOU

FOR YOUR CONTINUED SUPPORT OF

# THE ANNEXE!