



Wellbeing on your doorstep

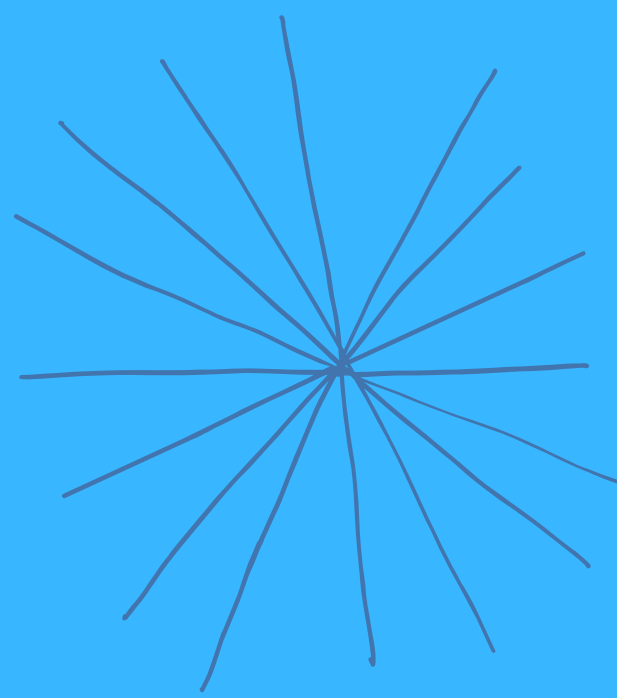
**Annexe
Communities**



ANNUAL REPORT

2022-23

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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 need 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 have had another successful year, despite the growing pressure on the funders that we rely upon to support our work.

Much of our work was about reaching out to the wider community. The Yunity Project worked to strengthen community action throughout the area. It mounted seasonal outdoor family events across Partick and Thornwood with lots of volunteer support; delivered successful 'Health Issues in the Community' courses, introducing people to the wider implications of health issues; and provided cost of living support for local families, funded by a one-off lottery grant.

We continued our successful 'participatory budgeting' programme, the Partick and Thornwood Ideas Fund, enabling small community projects to be launched and delivered.

Our SPRING Social Prescribers continued to support people to get involved in activities that meet their personal needs and improve their health prospects, with a success rate,

described in this report, which has led to us seeking support to carry on doing this work in future.

We welcomed two new board members, Mary Lazou and Colin Ross, and thanked our longest serving member Euan Easton, who left the board after 16 years.

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 Annexe

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 the 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 a donation made by a local organisation helped alleviate the impact.



Tony - Cafe Cook

The lunch club service offers great value – a three-course meal at an affordable price. Some customers meet friends and eat their meal and others enjoy a healthy bowl of soup for lunch, taking away the main course for re-heating later for tea. And Tony's Farmers Veg soup is always a winner alongside his homemade savoury tarts!



300

Around 300 different customers attend cafe each year

42

Folk enjoyed the social cafe and most attend weekly

10

Different volunteers helped throughout the year



“

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 continues to be the place to meet on Monday mornings. This free café session is supported by a staff member and offers a social space to meet new people, have a free cuppa, enjoy an activity or just have a chat. A great place to start for those new to the Annexe!

”



Feedback from Cafe customers:



Festive Lunch Preparations!

“ **Brilliant, tasteful and healthy food..... very good value for money. Good quick service and always extras to take home too.**
Thank you! ”



“ **Cheap food and good service, healthy food!** ”

“ **Coffee and cake with all my mates!** ”

“ **Very good value, nutritional, very friendly, lots of choice.** ”

During 2022-23 the Cafe and lunch club service was partly funded by the Robertson Trust. Many thanks for their support!

Funder:



ANNEXE FACILITIES



Knit and Natter Group

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 drama and dance classes, meetings, training and therapies.

28

Hours of activities per
week on average

20

Different activities offered

7

Different funders
subsidising classes

The Annexe is a charitable social enterprise and raises funds from room hire, cafe sales and donations. Thanks to funders who contribute to core costs.

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

2022/23

FINANCE

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

Income

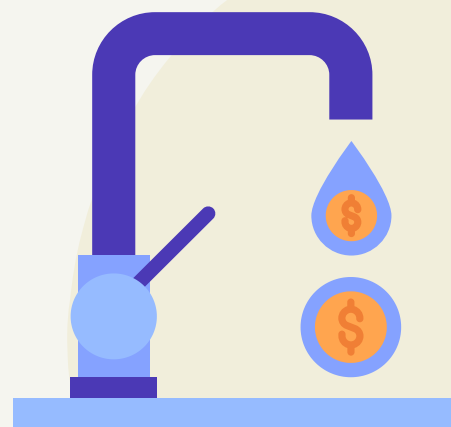
- Annual turnover in 2022-23 was **£396,299** (£400,162 in 2021-22).
- **£586,106** funds carried forward this year including £306,768 fixed assets.
- We raised **£17,915** from rent income and **£22,373** from donations.
- We managed grants totalling **£331,580**.
- Annexe Café made a profit of **£344** this year.
- **Net Deficit £44,446**

Expenditure

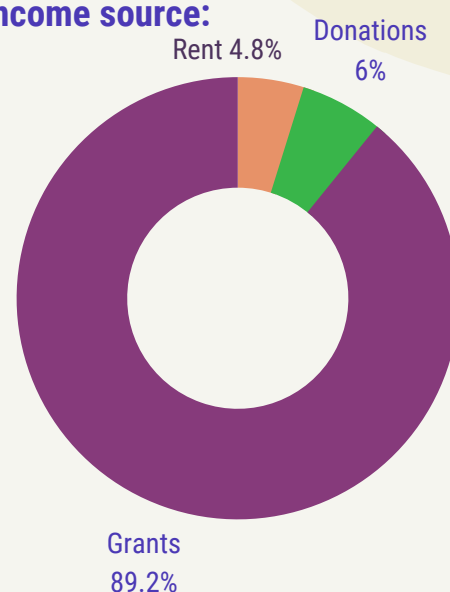
- Total expenditure on charitable activities in 2022-23 was **£440,745**.
 - Including **£253,373** on staff costs – wages, NI and pension
 - We are committed to paying the **Glasgow Living Wage**.
 - Annexe Communities has 14 staff and a further 8 specialist sessional staff.
- **£40,000** was spent on refurbishing the ladies toilets and cafe space

Plans for 2023-24

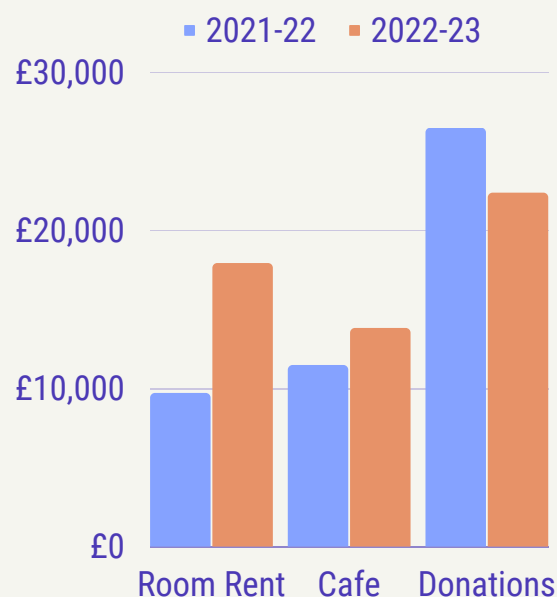
- Consider the option of a **Community Asset Transfer** for the Annexe building
- Continue to seek funding for **ground floor refurbishment**
- Develop & deliver activities and services



Income source:



Income compared to last year:



SOCIAL PRESCRIBING



Summary

Annexe 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.

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

”

70

People referred to
programme

50% MALE

49% FEMALE

1% NON BINARY

Gender

7

No of different GP
practices making referrals



Art at The Social Cafe

2022-23 Activities

SPRING participants benefitted from accessing the personal and social development activities at the Annexe, some list below:

Healthy Cooking on a Budget

Beginners Art Workshops

Yoga

Beginners Guitar Group

Walking Group

Health Issues in the Community

Branching Out

Group Meditation

Circle Dancing

Community Choir

Dreams and Aspirations Group

Jazzercise

Social Cafe

Knit and Natter Group

Line Dancing

Digital Support Sessions

Partick Pluckers

And volunteering opportunities

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



Beginners Guitar Group



Westend Warblers Community Choir

SPRING partnership project has now ended. It was funded by the UK Lottery until June 2023 and involved over 30 community initiatives across Scotland and Northern Ireland.

Fortunately the Annexe secured 3 yrs funding from the Scottish Government (Investing in Communities) to continue to develop the Social Prescribing Project.

“ I am not sitting in the chair all day, I mean I am actually getting up and getting out. And you have got company, you have got activity, you are socialising, you have got stories to share

- Client

Funders:



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 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

Three rounds of funding went to public vote during 2022-23. A total of £20,000, was disbursed to **31 local community benefit ideas.**

Grants awarded ranged from **£300 to £1500**
Community benefit ideas included: community growing projects, arts workshops, dance workshops, bee garden planting, outdoor childrens play, baby & toddler group equipment, streetside planters and support to set up a Partick John Muir group.



Partick Pluckers -
New Red T-Shirts

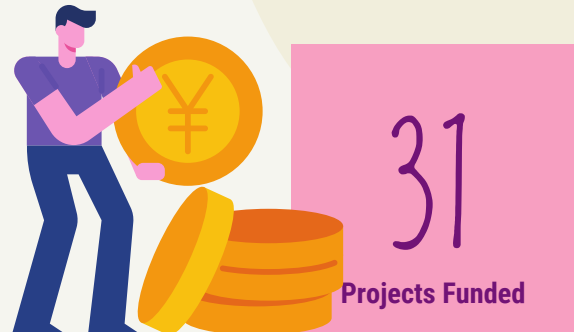
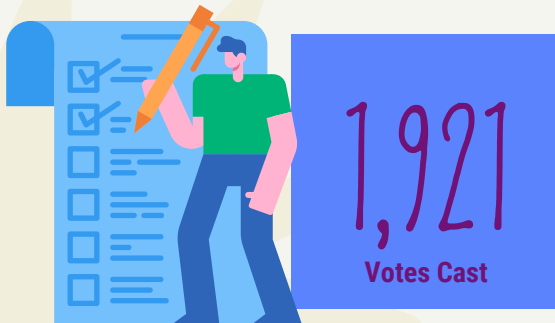


Meet the Ideas Event @ the Annexe



Plot to Pot Group at Dirleton Castle

2022-23 Project Statistics:



“

"I haven't enjoyed walking so much in years"
I had a fantastic day out in the countryside with some like minded
friends" Partick John Muir Group

”

“

"It is wonderful to take photos with other people, and to get the
opportunity to learn from others" Partick Camera Club

”



John Muir Group - Enjoying Outdoors

“

"Feedback from care homes is very
positive - residents are certially happy
and enjoy joining in - signing and
playing musical instruments"
Partick Pluckers Ukulele Group

”

Funders:



Scottish Government
Riaghaltas na h-Alba
gov.scot

GLASGOW COMMUNITY FUND PROJECT

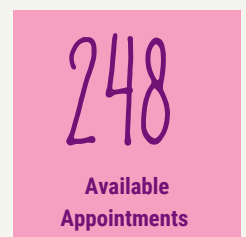
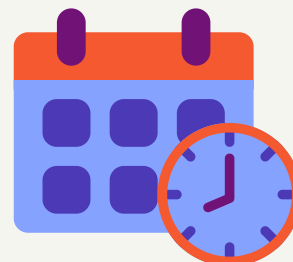
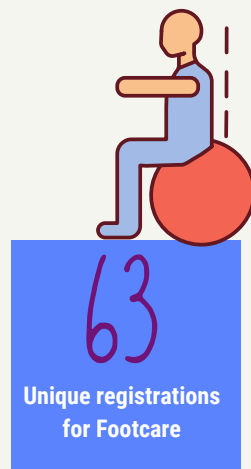
STEP FORWARD

Summary

Step forward Footcare Clinic operated first and third Tuesday of the month. One experienced volunteer supported one newly trained volunteer: overseen by NHS podiatry until new volunteers fully confident. Volunteers receive **certificates of completion in Personal Footcare** and are presented with a token of gratitude for their hard work.

Step Forward Footcare resarted in August 2021, having closed in March 2019 due to Covid. **This year we had a long waiting list of folk needing to get their toenails sorted.** Many complicated cases - with some experiencing some impairing mobility - due to length of time.

2022-23 Project Statistics:



Step forward Footcare Clinic Case Study

A female client living with diabetes and using a wheelchair came to us after having tried every conceivable avenue to have her feet attended to. The volunteer footcare assistant arranged a longer than usual appointment due to the poor condition of her toenails: layers of hard skin and lengthy curled nails. The footcare assistant spent some time getting her feet to a comfortable level and advised regular return visits to keep things in control. The client was delighted at the result. She mentioned that she had been initially so embarrassed about the condition of her feet, that she could do nothing about, and now was pleased that she could come back with confidence to have them attended to.

CASE STUDY



Further Info

Referrals to the footcare service came 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 Partick Housing Assoc Newsletter.

“

That was almost like surgery.
Thank you so much and so
glad to get it done. What an
excellent service, very pleased.
Fantastic organisation!
Footcare beneficiary

”

“

It benefits me to do something to
help people. To feel their thanks and
appreciation makes absolute sense.

I enjoy the contact.
Volunteer Footcare Assistant

”

“

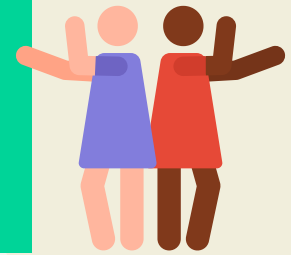


I am a walking miracle
Footcare beneficiary

”

Physical Activity Classes

All groups ran as normal during 2022-23. A total of **188 people attended classes** over the year - totalling **2000 attendances**



2 x Walking Groups
Line Dancing
Circle Dancing

Jazzercise
2 x Yoga Classes
Tai Chi



Footcare Clinic Volunteers & their Oscars!



“

What a difference, wonderful!
Great service, well happy!

”

Funder:



YOUNITY PROJECT



Summary

Younity worked **in partnership** with other local organisations, enabled funding to be secured to support our local community in many different ways this year. Local families and individuals were supported with food and fuel through the **Cost of Living Support Funding from the Lottery** and Household Hardship funds. Local artists were supported to host arts and craft session for their local community.

Years highlights were an introduction to canoeing on Loch Ard, table making workshops, the formation of Partick John Muir Group, community photographic exhibitions on any available surface, **Dreams and Aspirations** group and Partick sailing doon the water on the Waverley to help celebrate her 75th Anniversary year. **HIIC courses** were hosted and free community events ran for the community by the community, big thanks to our merry band of volunteers!

“

I'm so glad I got off the couch today, loads of lovely people thanking us.

- Litter pick along the banks of the River Kelvin- Partick John Muir Group

”

“

This is the first boat I have ever been on in my life, I love it!”.

- Partick Waverley trip doon the water.

”

“

Thanks for bringing another great food bag today, so kind knowing folk care about me”

- Local man receiving cost of living support

”



Cost of Living Support



Canoeing at the new Loch Ard Adventure Centre

Other Activities

Partick John Muir Group started April 2022 to celebrate the legacy of this amazing explorer and conservationist. Activities undertaken -Litter picks along the River Kelvin, tree planting, walking sections of the John Muir Way and working towards John Muir Conserver awards.

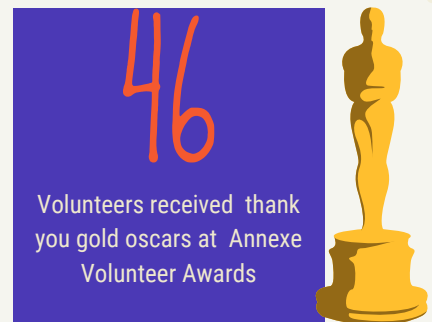
Working in partnership with **Partick Community Growing project** enabled winter creative workshops, cosy winter crafternoons in seasonal crafts, sewing classes, stained glass panels and the making of personal silver rings.

Branching out 12 weeks course in partnership with Operation Play Outdoors. Big thanks to Craig and all the best for his dream of Loch Ard Adventure Centre where we amongst the first to enjoy archery and canoeing

Working in partnership with **Partick Housing Association, Dowanvale Church food pantry, Partick Community Growing Project, Hyndland Secondary School food bank and Partick South Church**, local people on low income or struggling with the cost of living got support with fuel cash, food bags, clothing and food vouchers, soup pot packs and Annexe café free hot meal tickets.

14 Younity volunteers they sorted at least 2700 items to fill 100 Festive Treat Boxes!! Same with 100 trick or treat bags for children for our Halloween celebrations.

Five celebrations for Spring Equinox, Summer in Mansfield and Thornwood parks, Halloween and Winter Light Up free community events attracted between 200- 300 local revellers. Fun was had!



“Can't thank you enough, an understatement to say that this has been a life saver, got a new “family” that I have chosen to be around, made good friends.
Dreams and Aspirations class”

“Thanks to you all for everything you've done! These events are great, and the kids really need them... thank you for organising and all the helpers for bringing this together. I have lived in Partick for years and these fun days are amazing and much needed! They are very appreciated...” Dad at Spring fr
- Spring Event crafts.

“Meeting you people and coming to the Annexe has changed my life. Last year I was sitting around the house doing nothing and totally miserable. There's no stopping me now. Watch this space. I will be unstoppable by next year - Volunteering”



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

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Scottish Charity number: SC002491
Registered company number: SC215070

THANK YOU

FOR YOUR CONTINUED SUPPORT OF

THE ANNEXE!