



University
of Glasgow



MOVE MORE

PARTICK COMMUNIVERSITY

LET PARTICK MOVE MORE

JOIN US AT THE
PARTICK COMMUNIVERSITY



Wellbeing on your doorstep

**Annexe
Communities**



HOW DOES MOVEMENT IMPROVE YOUR HEALTH

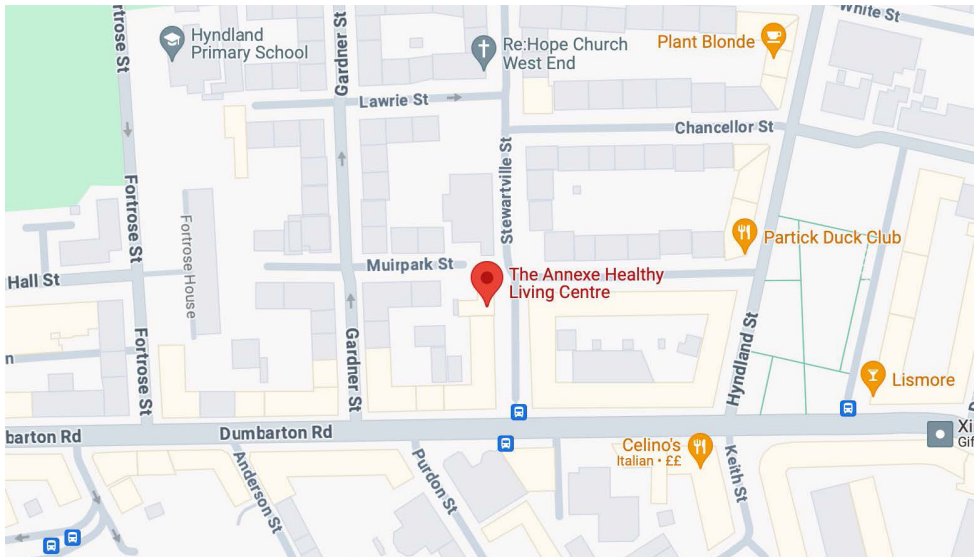
“Movement is Medicine” is a global movement that encourages people to see moving as a key part of their overall health. Just like taking medicine, regular movement can help prevent and manage many health conditions, improve your mood, and boost your energy. It’s all about making movement a natural and enjoyable part of your daily routine to keep you feeling your best!



WHAT IS THE PARTICK COMMUNIVERSITY?

The Partick Annexe is teaming up with the University of Glasgow on an exciting new project called Partick Communiversity! Our goal is to explore fun and easy ways for people in Partick to move more. Whether it’s getting off the bus a stop early for a walk or trying out a new class like chair yoga, there are many ways to get moving. We invite everyone to join “Let Partick Move More” and help shape ideas for getting more people moving in our community. Your involvement can make a big difference in supporting local wellness and development.

Partick Annexe is a community-led trust working with people living in the Partick and Thornwood. We work from our healthy living centre base in Partick.



YOU CAN GET INVOLVED AS MUCH OR AS LITTLE AS YOU WANT!



BENEFITS CAN INCLUDE:

- Engagement in various activities
- Socialising over a free lunch
- Attending workshops and meetings (coverage for expenses/ carer costs provided).



WHO CAN TAKE PART?

We would welcome people who live in the Partick area and are interested in finding out more about getting moving. People who are new to physical activity or have a little experience and want to do more are especially welcome.



HOW DO I GET INVOLVED?



Welcome Event at the Annexe

Come to one of our Information Sessions from 1-3pm at the Annexe on 14th November, 28th November, or 5th December.



Workshops

Share your thoughts and views about Moving More in Partick



Meetings

Attend meetings to develop plans for Moving More in Partick

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Contact us

We want to hear from you.

Your experiences, ideas and point of view are important to us.

If you are interested and would like to find out more about getting involved, please call the Annexe on 0141 2123987

Alternatively, you can email:

Jane Cowie at jane.cowie@annexecommunities.org.uk

or

Tracy Ibbotson at tracy.ibbotson@glasgow.ac.uk

