



FINN'S
PLACE

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ANNUAL REPORT 2017

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FUNDING IN 2017

We received ongoing
funding from:

Langside Parish
Church

Go For It

We were delighted
to be awarded three
years funding from
the Big Lottery Fund.

And we have
received specific
funding from:

Langside Area
Partnership

South Adult Literacy
Network

ACTIVITIES/EVENTS

Our weekly activities programme continued with some minor changes, but still offered a wide range of activities from massage, Capacitar, yoga, pilates, Christian Meditation, ESOL, Voicemale, Mindfulness, Creative Writing and Active Age.



We held two Mindfulness courses and also one on Compassion, a follow-up course to Mindfulness.

We had a labyrinth walk at the summer and winter solstices and our annual end of season event. Our canvas labyrinth has had a couple of trips out to events – Susan took it to a women's retreat in Kilmarnock and we

were invited to bring it along to the Glasgow City Council headquarters for their wellbeing week of activities.

We had a pilgrimage to Inchcailloch Island with 16 people walking from Drymen to Balmaha and taking a boat over to the island. It started off wet, but we finished the day sitting in the sunshine enjoying a coffee at Balmaha. Then later in the year we had another pilgrimage to Lindisfarne, with a beautiful day with a visit to St Cuthbert's cave and then walking across the sand following the pilgrim route to the island.



We hosted a forum for James Dornan MSP on Social Isolation and then had our Wee Gathering later in the year looking at the topic of Loneliness.

Our writers' group published a booklet of their work and through sales raised money for Mary Meals.

As part of the SS fringe we hosted a writers' event, a children's event and an afternoon retreat.

We often trial new activities to see if they are worth doing on a regular basis – a singing workshop showed there was enough interest and so this became a part of our regular weekly programme.

Other events included:

- Community Meal with the Real Junk Food Project
- Screening of In Pursuit of Silence
- Series on the Enneagram
- Series on Improving your vision
- Forum on Social Isolation with local MSP James Dornan
- a winter yoga retreat



Voicemale singing at Christmas Fair

FRIENDS & PARTNERS

We continue to work regularly with other organisations either supporting their events or planning events together:

Battlefield Community Project – providing refreshments for the annual street party, supporting the Spring Fling clean up, hosting workshops for the lantern parade, hosting the annual Christmas carol sing-a-long.



East Renfrewshire Carers Centre – a wellbeing taster session for the Mental Health Carers group, a mini-retreat, a movie night and a presentation at the Dementia Carers course on Wellbeing and what Finn's Place has to offer.

Langside Community Heritage – we hosted the winter talks programme with topics as wide as Scottish Place names, Cathcart Old Church and graveyard, a virtual tour of Langside and a members night. We also helped coordinate an Ancient Skills Day where children and adults were able to sample various skills from the past.



Fair Deal – garden group now work daily in the church garden and also at the David Cargil Centre.

Good Moves walking group – finish their walk at Finn's Place with a hot drink and a biscuit.

We hosted several other organisations events: Lapidus – writing therapy; South Adult Learning Partnership – network event; South East Integration Network – network event; the Federation of City Farms & Gardens – session for volunteers.

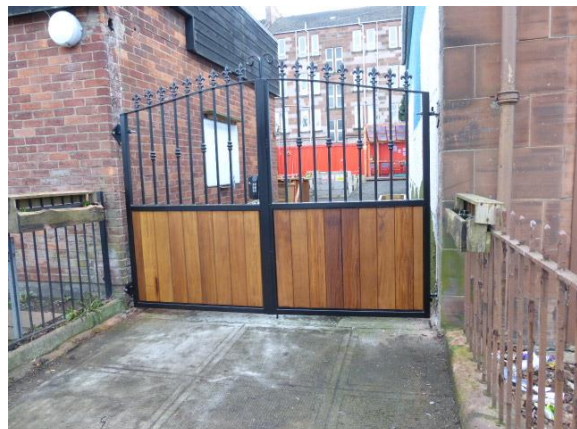


**East Renfrewshire
Carers' Centre**



SQUARE YARD

With funding from Tesco 'Bags of Help' we were able to complete the construction of a covered work space for the gardeners and also to construct an art work on the wall. With the gardeners we met and planned the year and participated in the fundraiser plant sale for Christian Aid and had a harvest meal in the garden at the end of the season. We applied for funding to replace the old gate and were successful in this with a new gate put in place just after the end of the year.



FINN'S PLACE BOARD

The Finn's Place Trustees meet monthly to oversee the development of the project. This year we were given 5 days consultancy by CEIS to look at the strategy of the whole project in conjunction with Langside Church. This resulted in a document that highlighted some ways of development in the next 5 years.

The board hosted a Burn's Supper fundraising night and through tickets, auction and raffle we raised over £3,600.



SAFE SPACE & WELLBEING HUB

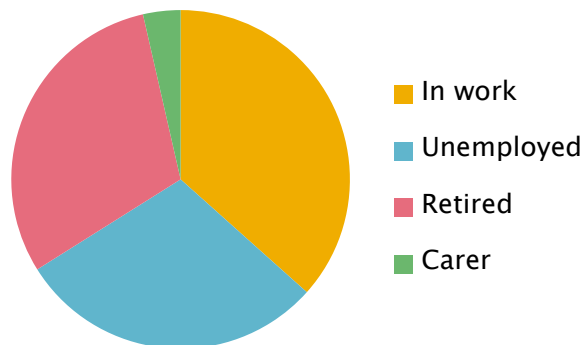
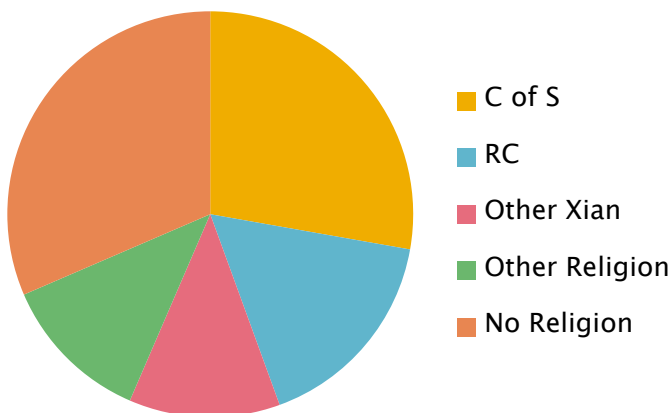
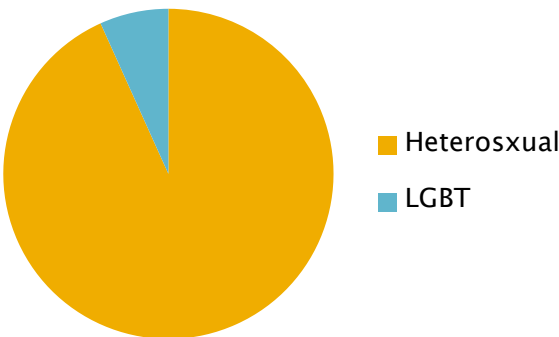
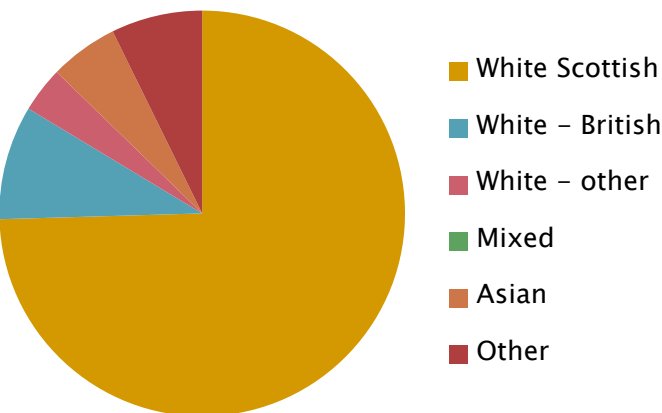
Finn's Place continues to be a community safe space with regular visits from other community health organisations. We have had referrals from the SEAL Community Health Project, St Francis Centre, GAMH, Pollok Health Centre,

Individuals come regularly to our lunch time drop in and our garden room is open most days for people to come in for a cup of tea or coffee. The Unity Sisters group for female asylum seekers and refugees continues to meet fortnightly for support and advice.

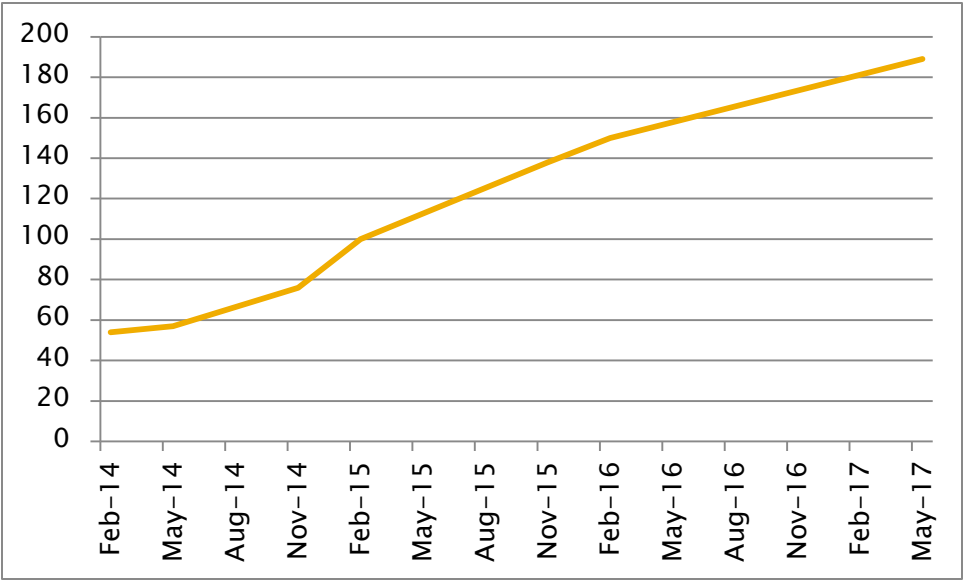
FINN'S PLACE CONTRIBUTORS

A big thank you to all those who deliver our activity sessions weekly and also at occasional events. Also to all the volunteers who welcome attendees, look after the refreshments and do a lot of preparing and clearing up after events. Finn's Place wouldn't be the same without all these people.

FINN'S PLACE ATTENDANCE 2017



In 2017 average weekly attendance was around 189, with at least 500 people who had attended either a weekly activity or an event.



FEEDBACK AT FINN'S PLACE

This is a small selection of the feedback we have received during 2017.

Voicemale: I've been coming to the Voicemale sessions for nearly three years since its inception. It has opened up a whole range of music and songs that I scarcely knew existed and which has in turn broadened my experience. I have met now such a diverse group of men who all have different interests in music genres. The tutor is excellent and extremely able to keep us encouraged even during the more difficult songs. I thoroughly enjoy the two hours which pass so quickly. Everyone gets on well and the whole sessions are relaxed yet busy!

Massage: Not only is the quality and range of massage offered excellent, but the way it is given in an atmosphere of deep caring warmth and subtle responsiveness to all my senses provides a wonderful holistic and heart-healing experience. Coming fortnightly has improved my general wellbeing greatly and has become an oasis of gentleness and comfort at times of particular stress and discomfort. I have recommend Finn's widely as a result of the wonderful care and attention here.

ESOL: I have learned a lot and I really appreciate that. For me, this class is a life saver in terms to be able to be more successful in everything that I do in this country and to have much better communication with people around me.

Capacitar: I enjoy the class very much each week (including last Wednesday) is a little oasis of calm. A peaceful spiritual space allowing a time for reflection and renewal. Nothing is forced, we are free to be who we are in the moment. Susan and the other teachers all have their own unique and individual approach to the philosophy. I find it healing and restorative. it is a positive force and helps me pass on good energy to other people. i love the candles and sometimes stones or flowers centre-piece. it is very calming in its beautiful simplicity. I enjoy the readings and Susan has a beautiful gentle presence.

Christian Meditation: I value this time as a time of quiet and tranquility. It provides a valuable punctuation to thought filled-up days. Very much appreciated.

Active Age: Love the class, excellent mix of low impact aerobics, bands for strength and mat for core etc. Great teacher. For someone who's not a fitness freak, I really benefit from this. Great leader.

Pilates: After a day's work when you're tired and stress and you feel your body is all crunched up, it's good to come to pilates. As Odile leads you in the warm up exercises where you breathe deeply and stretch I begin to feel alive again. The creases and crinkles accumulated through the day are ironed out as you go through the moves. i come out of pilates a new woman of renewed energy and I am so very glad I made the effort to come.

Yoga: This class has helped me improve my flexibility and balance (which is very important to me). It's also very calming and helps me cope at work and at home.



**FINN'S
PLACE**

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