



# Finn's Place

## Annual Report 2019



FINN'S  
PLACE

Finn's Place  
Langside Church, 167 Ledard Road,  
Glasgow, G42 9QU  
[www.finnsplace.org](http://www.finnsplace.org) | 0141 6327520  
SC045350

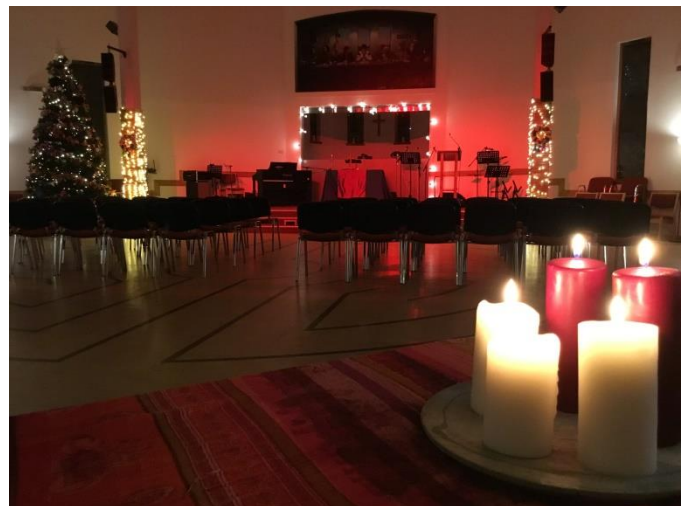
# Chair's Report

2019 has been another successful year. The Finn's Place family continues to grow with more sessional workers delivering a varied and well received programme. In addition our network of contacts and partners has expanded which helps us reach more individuals who benefit from our activities. We were delighted to have been asked to organise a 'Men's only Yoga group' which has proved popular and we would welcome other suggestions for groups.

Fund raising is always on the agenda for Finns Place Trustees and Ruth our Community Development Director has been very successful as you will read in this report. I want to say a special thank you to the Big Lottery for their confidence in our work when they awarded us a substantial continuation grant over the next 3 years. We are indebted to Langside Parish Church for their unwavering support over the last 7 years.

However we don't just rely on others for funding and in January this year we held a 'Finn's Haggis Bash' attended by over 80 people at Langside Church. Those attending were treated to a 4 course meal and excellent entertainment. Between ticket sales, a raffle and a silent auction we raised £ 3600. Thank you to all who supported this event. One to be repeated I think!

The work at Finn's Place is important in our community and in our present world. I want to thank our staff, sessional workers and volunteers who make Finn's Place the safe haven for all. '



A handwritten signature in black ink, which appears to read 'Linda Watt'.

Dr Linda Watt MBChB FRCPsych  
Chair of Finn's Place Board of Trustees



# Finn's Place



The Finn's Place weekly programme of activities continues to be at the core of Finn's Place. This consists of massage, Alexander Technique, counselling, meditation, mindfulness, yoga, Pilates, exercise, creative writing, Capacitar wellbeing practices, two singing groups – one especially for men, and an ESOL class. We also have a children's theatre group session.

During 2019 in response to requests from attendees we started some new classes and ran some short courses. The new classes included a men's yoga class and spontaneous movement which are now a part of our weekly programme. We also ran Creative play for babies (6 weeks), art class (6 weeks), mindfulness for health (8 weeks).

The Finn's Place board meets monthly to discuss the ongoing work and management of the organisation. In June the board met for a strategy day to explore some future developments.

Finn's Place continued to receive funding from the Lottery Community Fund and was also successful in securing funding from the South Adult Learning partnership for our ESOL class and from Langside Area Partnership for the Square Yard Garden. We were also successful in getting funding from the Foyle Foundation and the Endrick Trust for small parts of the programme. We appreciate the support of all of these funding bodies which means we can continue to provide a place of wellbeing for the community.



# Partnerships & Associations

**Langside Community Heritage** – hosting series of evening talks on a wide variety of topics: Allotments in Glasgow, 'Our War is Over' WW1 project report, Suffragettes in Glasgow and Agnes Climie – WW1 nurse. The work on 'Our War is Over' display was placed in Langside Library for a period of time.

**Battlefield Community Project** – we continue to work with BCP and support their community events providing venue, refreshments, workshop space, admin, printing etc. In 2019 we shared in a Wassailing event, Spring clean, 'Plot to Plate' six week cooking course, Street Party, Lantern Parade and Community Christmas Carols

**Lapidus** – over the year Lapidus ran 4 courses on Art & Writing therapy for those recovering from trauma.

**GAMH** – we maintain good connections with GAMH and in 2019 our Community Development Director was invited to visit to the Pollokshaws men's group, women's group and mixed group to give a presentation on Finn's Place. The 'later life' group visited Finn's Place for a workshop and FP provided venue space for an 8 week course for clients.

**Capacitar Scotland** – Capacitar, a collection of wellbeing practices from around the world, is quite central part to Finn's Place and in 2019 Finn's Place hosted a formation day for current practitioners, and also a training weekend for new practitioners.







**New Young Peers Scotland** conference – NYPS is an organisation that supports unaccompanied asylum seekers through the asylum process and encourages them to mentor their peers. This conference was to show-case their work and was planned in association with Social Services and ESOL Glasgow

**Faith in Community Scotland** works and supports organisations that work in some of the most deprived areas of Scotland. FP hosted and presented at an event that encouraged churches to engage with people in their community who are dealing with mental ill health.



**Place for Hope**, an organisation that provides mediation and facilitation for faith groups invited FP to bring its canvas labyrinth to their 10<sup>th</sup> anniversary gathering.

**Glasgow Life walking group** – finish their weekly walk with a cup of tea/coffee at Finn's Place.



**Fair Deal gardening group** – are with us 4 days a week looking after our garden at the front and back of the building and use the garden room for rest and refreshments and when the weather is inclement.

# Events



A Fundraising Burns supper in January raised over £3600.

Other events over the year included:

- Writing events for International Women's Day, a summer seminar, and event that showcased the writers' satirical plays,

- Our Annual Wee Gathering on the topic of Resilience led by Di Murray,

- Pilgrimage from Stirling to Dunblane Cathedral,

- A Russian Christmas acapella performance by Russkaya Capella,

- SS Fringe events: included a spring retreat, a writers' event, and a play written by a local playwright.

- A Climate change workshop run by Southseeds to encourage people to engage with the Climate change challenge,

- Midwinter Solstice Labyrinth – a time for quiet reflection

- 'To absent friends week' when we had a display for people to record the name and a memory of a loved one they had lost and also held a reminiscence café.



Our Square Yard garden was well attended by adults and families throughout the growing season with new fruit trees and exotic vegetables added to the growing space. A summer BBQ gave everyone a chance to enjoy the garden space.



# Out and About



Finn's Place was asked to provide a stand at the wellbeing event at Glasgow Caledonia Freshers' week at the start of the new term. We distributed over 100 finger labyrinths to help students deal with stress. We also had a stand at Pollok Health Centre Wellbeing event and at Clincarthill Church pamper evening.

Our Community Development Director was invited to participate in a presentation by the Scottish Church's Parliamentary Office before Christina McKelvie, Minister for Older People and Equalities, to showcase work being done by various church denominations and partner organisations in support of those dealing with loneliness and social isolation.



Our CDC attended an event at a University of Glasgow to explore the possibility of a collaborative research student doing some work at Finn's Place. We were delighted with the work of Chenai Chikosi who did an evaluation report on the impact of Finn's Place on the health of those who attend regularly. The resulting report was helpful in providing evidence for Finn's Place to show the impact we are having in the lives of those who attend.



Our CDC has been to visit other projects and attended workshops to explore ways of developing Finn's Place. We visited the Annexe Project at Partick to learn about their community engagement, attended a workshop on using research for evaluation, and participated in the yearlong research by the Carnegie Foundation exploring what it means to bring kindness into policy and practice.

# Feedback

Our regular feedback shows the impact that attending activities and events makes in people's lives.

**Men's Yoga:** Before starting this activity earlier this year, it had been thirty years since I last attended a yoga class. Any fear I had about 'Men's' yoga being too strenuous or muscle intensive was quickly dispelled. Karen is an excellent teacher and treats her charges with understanding and humour. (Particularly more senior participants like myself!) Over the weeks I have found an increase in suppleness, depth of breathing and an overall feeling of wellbeing. A class that I enjoy greatly - it deserves more men to join us. Thank you.

**Capacitar:** I recently discovered this class through a friend and it has been wonderful. The class itself has lifted my spirits while encouraging me to let go of negative thoughts and emotions while also doing mild physical stretches and movements. Also the group of women who attend are now part of a strong support group. Can't praise it enough.

**Yoga:** Previously I had never been to yoga classes but it had been recommended by friends and health care advisors that it would be helpful for me (I suffer from a rare syndrome diagnosed a number of years ago.) I have been coming since January and have found it very good both physically and mentally. Particularly helpful for breathing and stress relief.

**Voicemale:** Such a good experience, whether difficult or easy songs we learn. Always enjoyable and enhancing. Great camaraderie contributes to wellbeing also.

**Massage:** I felt a huge benefit from my treatment today. My pain levels have reduced and I have less tension in my body. I feel less anxious and relieved from some of the stress from chronic health conditions. Thank you



**Creative Writing:** This class is fantastic for supporting my emotional well-being. I feel in touch with my creativity and this in turn helps me deal with my life in different ways.

**The Alexander Technique:** has been a wonderful help to me in mind, body and spirit. I'm much more aware of my body physically, especially my joints and posture and this has helped my back greatly. My back pain has almost disappeared. It has also made me more mentally alert and aware and this in turn has improved my spirits. A.T is great for mind body and spirit

**Mindfulness:** Really enjoy the sessions - a whole undisturbed hour to wind down. Find it reduces my anxiety and generally increases my peace of mind. It is also good just to experience silence in a very busy, noisy world.

**Christian Meditation:** I so benefit from the sense of community as we meditate together in what is a very special place of peace and tranquillity. I am so often moved by the whole experience and love to attend. The music and prayer/reading is very much appreciated.

**Active Age:** The exercises and stretches provide a good workout and has improved my strength, balance and posture. Coming to the class has encouraged me to make some other lifestyle changes and I have lost weight. I can now exercise and walk without feeling breathless, I have fewer aches and reduced joint pain. Remembering the simple dance sequences gives my brain a workout too! I also enjoy meeting and chatting to others in the group. Coming to this group gives me a feeling of improved physical and mental wellbeing.

**Pilates:** Odile, the class teacher, is great, enthusiastic, very good instruction, good music. Makes me feel set up for the day and as though I've stretched and strengthened all of me!

# Accounts

## Finn's Place

### Receipts and Payments Account For year ended 31st December 2019

		2019	2018
Receipts	Note	£	£
Donations	3	<u>6,515</u>	<u>1,719</u>
		6,515	1,719
Grants	4	45,752	35,060
Fees		<u>45,874</u>	<u>35,507</u>
Total Receipts		<u>98,141</u>	<u>72,286</u>
Payments	5		
Costs of generating funds		-	-
Charitable activities		83,739	79,256
Governance costs		<u>-</u>	<u>-</u>
Total Payments		<u>83,739</u>	<u>79,256</u>
Excess of Receipts over Payments in year		<u>14,402</u>	<u>(6,971)</u>

## Statement of Balances

	2019	2018
	£	£
Bank & Cash balance b/fwd.	<u>17,633</u>	<u>24,604</u>
Excess of Receipts over Payments in year	14,402	(6,971)
Bank & Cash Balance carried forward	<u>32,035</u>	<u>17,633</u>

Approved by the Trustees and signed on their behalf by Dr Linda Watt, Chair





