



FINN'S PLACE

● ● ● ● ● *PEOPLE CONNECTION WELLBEING* ● ● ● ● ●

www.finnsplace.org



**Finn's Place:
Living our lives to the full**

Our project takes its name from a cat called Finn. Finn was beaten and left for dead but he was also found and rescued.

He was given a safe home where, thanks to some love, care and attention, he was healthier and happier.

Finn lived the remainder of his life in a place of safety. In his new surroundings he was able to move on from the bad experiences of the past.

What works for cats also works for people!

A supportive environment enables all of us to grow, make friendships and tackle isolation and

Wellbeing at Finn's Place

The aim of Finn's Place is to provide opportunities for local residents to improve and enhance their wellbeing through a weekly programme of activities and occasional community events.

Wellbeing is when we are living our lives to the full, no matter what circumstances we find ourselves in. At Finn's Place we support wellbeing in mind, body and spirit.

We use the New Economics Foundation 'Five ways to wellbeing' as a guide to all that we offer at Finn's Place.



Who Runs Finn's Place?

Finn's Place is a wellbeing project initiated by Langside Church for the people of our local community. Finn's Place is now an independent charity managed by a board of trustees.

Finn's Place is a registered Scottish Charitable Incorporated Organisation - Charity No SCO45350

Our current funders are:



Finn's Place Values

Kindness – the things that people do for one another (both practically and emotionally) in response to moments of perceived need when there is the option to do nothing.

Equality – actions which accept difference but make equal access and acceptance a real experience for those who attend.

Respect – actions which engender dignity and worth to others.

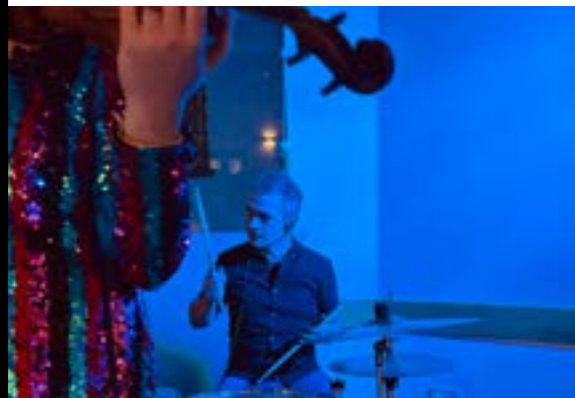
Wellbeing – a rounded approach to life which acknowledges the wide spectrum of experiences and feelings people live with and enabling them to make the best of what life offers.

Community – actions which make people feel they belong and have something to contribute to the world around us.

Connections – a realisation that we are better when we work with others in the community – individuals, organisations, institutions.



www.finnspplace.org



“This community place is a blessing for people like us.”

Every week Finn’s Place welcomes approximately 250-300 people into the building. It has become an meeting place for the community and a space known for its commitment to physical and social wellbeing. Finn’s Place creates a space for the whole community. **Ceilidhs** and eco friendly events such as **Swishing** is all part of the wider commitment to wellbeing and connection in our local community. We host these events in collaboration with local community groups and vendors.

At Finn’s Place we believe health and wellbeing should be available to all. Long waiting lists and high costs are often barriers for unwaged or vulnerable people to access necessary treatments.

This is why we offer concessions on all services and most classes.

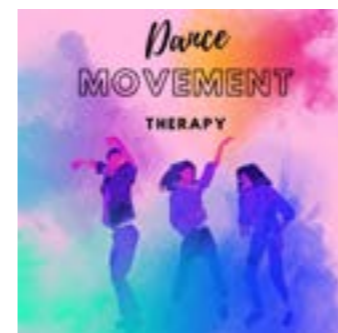
Counselling sessions are available in person or online and can be booked through contacting Finn’s Place directly. Our counsellors are accredited and always arrange a free initial consultation before booking a session.

Massage is offered at a very reduced concessions rate. This facility is used by people who would not normally be able to have a massage to help them deal with ongoing physical challenges or a difficult time in their lives.

Our massage therapist provides therapeutic massage, reflexology and the Alexander Technique, as well as basic nutritional advice.

Movement Psychotherapy is a therapeutic process which uses spontaneous movement and free dance as a way of expression and self-exploration. Most sessions usually have a combination of talk, movement and creative therapies.

This therapeutic approach can especially benefit with reducing symptoms of anxiety, depression, stress, and insomnia. It is also recommended for the treatment of eating disorders or traumatic experiences (sexual abuse in childhood, gender violence, violence in general).



Listening Service provides a safe non-judgmental and welcoming space for anyone to talk through what is going on in their life right now. This is not counselling or therapy, but simply a space for people to speak out loud what is on their mind and be encouraged to think through what is important to them. Finn’s Place volunteers are registered and trained listeners with Listen Well Scotland and will offer you a safe space and time to explore your concerns or worries in confidence.

Warm Space at Finn’s Place.

During the winter season Finn’s Place offers a space for those who are looking for a warm social or working space. We have a working space and a social space with facilities/games for children up to the age of 12.

Tea/coffee and snacks will be available for a donation, a microwave for heating food, and hot water for filling flask

Three days a week we we cook for the community at our premises and serve on a Pay what you can- basis and has seen up to 40 portions being served each day.



“Many people who are facing financial crisis find the service helpful and some people sitting with me are elderly persons.”

www.finnsplace.org



“So many activities at Finn’s Place- I’m really impressed with the range.”

The weekly schedule at Finn’s Place is varied and caters for people at different stages in life, be it Post Natal Yoga or Active Age Exercise classes. Though the schedule is varied it has been carefully designed with wellbeing in mind.

Some of the classes hosted at Finn’s Place are :

Capacitar- a blend of body-mind-spirit practices such as tai chi, meditation, mindfulness and acupuncture which support well-being and enable us to better manage stress, anxiety and depression, or simply boost levels of well-being.

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga is for anyone - if your mobility is limited, if you find standing tiring or you find getting up and down off the floor a challenge.

Postnatal yoga will support you to regain strength and flexibility after pregnancy and birth and give you the tools you need to stay calm and grounded whilst navigating the most meaningful transition of your life.

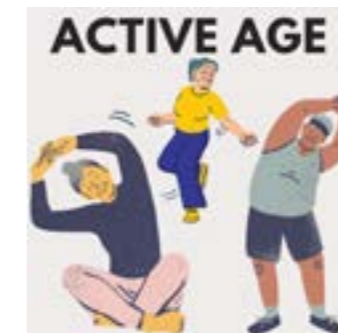
Tai Chi & Qigong are holistic body, mind, breath and movement practices originating from Chinese martial arts, health cultivation and meditation exercises.

Wellbeing Workout is ideal for anyone who wants to feel better and stronger - both physically & mentally. The workout is suitable all fitness & experience levels.

ESOL Class for those with English as a second or other Language, to gain confidence during conversation in English.

Pilates will improve posture, strengthen back, abdominal and pelvic floor muscles, improve flexibility and joint mobility and increase the feel good factor.

Creative Writing The class is suitable for those starting out as well as those who have done some work already. We will be working on a mix of prose and poetry. Pilates,



Battlefield Big Band play Jazz, funk and pop. Open to all ages and abilities who play brass, woodwind, guitar, piano, bass, drums. Recommended grade 3/4 and above with an ability to read music. There are not many spaces created for men especially to come and share their experiences and build community. At Finn’s we have three activities especially for men. **Men Talking** is a weekly meetup for men to come and talk about their mental and physical health. It offers fellowship and a sanctuary for men of all ages. **Men’s Yoga** is a popular class creating a space for men to learn and develop their wellbeing through yoga. **VoiceMale** is an accapella singing group, dedicated to welcoming

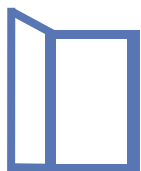
anybody, regardless of singing ability, to come and take part. Once a month Finn’s Place hosts a **Death Café**. A ‘death café’ gives us the chance to talk openly and honestly about our experience of death, both for ourselves and for our loved ones. At a ‘death café’ we come together to discuss something which affects us all. Whether you are recently bereaved, missing someone who died a while ago, or just have an interest in these topics, absolutely everyone is welcome! Finn’s Place is also proud to host a monthly **LGBTQ+ Meditation** for the LGBTQ+ community to come together, meditate and cultivate community.



www.finnspplace.org



Finn's Place,
Langside Church,
167 Ledard Road,
Glasgow, G42 9QU



We are open
Monday to Thursday:
9.30 am to 9 pm
Friday: 9.30-12 pm



info@finnsplace.org



Call us on: 0141 632 7