

FIND THE HUB FOR YOU...

Health Hubs deliver activities from various locations in the communities listed below. To find out what's on in your local hub contact.....



Barlanark Community Centre, 33 Burnmouth Road, G33 4RZ
TEL: 0141 357 6747

Camlachie, G31 Centre, 67 Yate St, G31 4AQ
TEL: 0141 336 7000

Parkhead/Dalmarnock, c/o North Glasgow HLC, 59 Charles Street, G21 2PR
TEL: 0141 336 7000

Barmulloch/Balornock, c/o North Glasgow HLC, 59 Charles Street, G21 2PR
TEL: 0141 336 7000

Milton, Community Campus, 204 Liddesdale Road, G22 7QR
TEL: 0141 336 7000

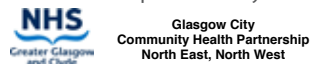
Possilpark/Ruchill/Lambhill, c/o North Glasgow HLC, 59 Charles Street, G21 2PR
TEL: 0141 336 7000

Drumchapel, c/o Annexe Communities 9a Stewartville Street, G11 5PE
TEL: 0141 357 6747

Wyndford, The Maryhill Hub, 186 Wyndford Road, G20 8HF
TEL: 0141 336 7000



Axis Partnership is funded by:



www.axishealthhubs.org.uk
info@axishealthhubs.org.uk



GET ACTIVE

GET INVOLVED

GET COOKING

Your local AXIS Health Hub is here to support you to improve your health & wellbeing

HEALTHY EATING
BUDGETING

SHARED LEARNING
INCREASED CONFIDENCE



TRAINING COURSES
SUPPORTING VOLUNTEERS

HEALTH WALKS
CONNECTING COMMUNITIES

WHO ARE WE?

Axis is an exciting new partnership between North Glasgow Healthy Living Community and Annexe Communities. Its aim is to create community led healthy living activities by supporting people to make healthy choices to improve their health and wellbeing.

We will do this in a number of ways:-

GET ACTIVE

Join one of our local volunteer led Health Walks.

GET COOKING

Come along to one of our cooking workshops to learn about cooking on a budget and how to cook healthy meals.

GET INVOLVED

Join courses, volunteering & shared learning.

THE POSSIBILITIES ARE ENDLESS

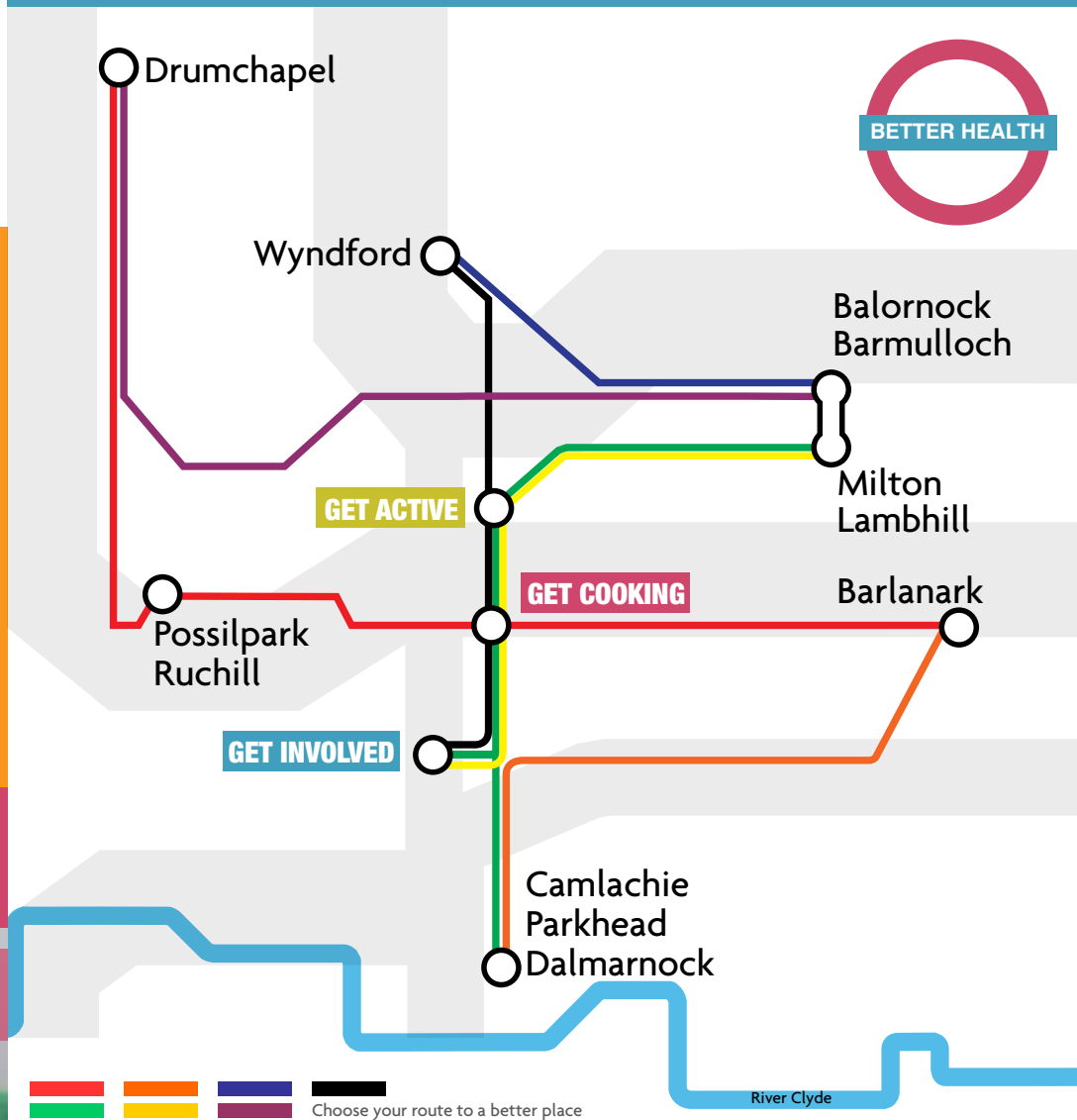
GET COOKING



"I'm now trying to cut out takeaways and snacks."

Your journey to better health starts here....

A healthy life is closer than you think



We aim to support lifestyle changes that will encourage healthy eating, boost physical activity levels and better equip local residents to tackle health issues through training opportunities.



GET INVOLVED



"I enjoy being able to give something back to the community."

GET ACTIVE



"I love meeting new people, being outside and keeping fit."