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**Connect**  
Autumn 2017





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## Welcome!

### Hello and welcome to the autumn edition of Merchant City Connect.

Brought to you by the Herald and Times Magazine Group, this community magazine is proud to shine a spotlight on all the amazing people, places and events going on in the area.

Crammed with feel good news and features, Connect prides itself on highlighting all the great things happening in this exciting area.

From success stories to events you and your friends can become a part of, there is something for everyone to enjoy.

We wouldn't be able to do this without you and want readers to be as involved as possible.

If you have a tale to tell, an event to share or even fancy yourself a wordsmith and would like your own column in a future magazine, don't be shy and get in touch.

### Interested in advertising?

Hand delivered through letter boxes, Connect is the ideal platform to reach families in the heart of the community. Our sales team is on hand to offer bespoke multi-media support to help you tell our readers what you do best.

What's more, they're also happy to help with competitive advertising rates in our sister Connect titles offering you the chance to reach people up and down the country.

We hope you enjoy this latest edition and look forward to working on the next.

Team Connect

## Contacts

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# Community contacts

## Glasgow City Council contacts

### General:

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### Taxi complaints:

0141 287 4294

### Anti-fraud:

0141 287 3777

### Council tax/ housing benefit:

0141 287 5050

## Police and Emergency Services

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## Schools

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### Garnetbank Primary School:

0141 332 5158

### Puddleduck Nursery:

0141 552 7569

### Dalmarnock Primary School:

0141 554 3558

### Sacred Heart Primary School:

0141 554 5949

### Bridgeton Family Learning Centre:

0141 554 3719

### Rising Stars:

0141 274 3776

### St Anne's RC Primary School:

0141 554 2734

### University of Strathclyde:

0141 552 4400

### Performing Arts Academy:

0141 332 5192

### The Glasgow School of Art:

0141 353 4500

## Churches

### Sacred Heart Catholic Church:

0141 554 0806

### St Francis in the East:

0141 556 2830

### St Mary's RC Parish Church:

0141 554 0872

### Bridgeton Church Assemblies of God:

0141 556 7159

## Libraries

### Bridgeton Library:

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### Glasgow Women's Library:

0141 550 2267

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# Glasgow Pride Parade sweeps through city

**A SPLASH of colour burst through Merchant city as thousands descended for the city's Pride festival.**

Pride Glasgow, described by organisers as Scotland's largest LGBTI festival, took place at Glasgow Green in August to hundreds of enthusiastic supporters - and even the Duke of Wellington dressed for the occasion.

The event also featured a parade through the heart of the city on Saturday.

Around 5,000 revellers took part in the parade, with 10 times that number thought to have watched it snake through the city centre and Merchant City areas.

First Minister Nicola Sturgeon made an appearance too, addressing the crowds with a speech. This made her the first serving first minister to speak at a pride event.

A range of entertainment, headlined by 90s Irish pop sensation B\*Witched took place over the two days at Glasgow Green. X Factor runner up Saara Aalto and dance singer Kelly Llorenna also took to the stage.

A market, community stalls, family area, youth space and fairground rides were also on offer at the designated pride site.



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# Pubs heritage saved from demolition

**ONE of the oldest pubs in Merchant City narrowly avoided demolition when developers had to rethink plans to build a new student residence block in the area.**

Structured House Group agreed to retain and refurbish the Old College Bar on its existing site with its current interior reproduced in an identical form.

The building, parts of which are believed to date back to the late 15th Century, is not listed but there has been a pub on the site since the early 1800s and it retains a fond place in Glaswegians' hearts.

Developers originally felt that because of the poor state of the building, located on a site over a railway tunnel fraught with safety and structural issues, it would have to be removed.

The company plans to build a 12-story complex on the site to meet a burgeoning demand for student accommodation in the city.

The £40 million plan will create a 401-bed student complex on the corner of High Street and George Street that would also feature restaurants and shops.

Co-working offices will also be installed where locals and university start-ups can utilise the space

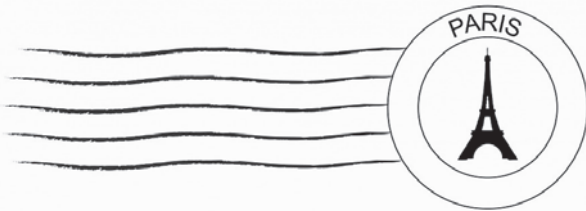


and raise start-up capital.

Craig Inglis, chief executive of SHG, said: "As a Glasgow-based company, we have enormous respect for the city's built heritage and we recognise the important place that The Old College Bar holds.

"We've worked with city council planners, universities and local businesses on our design for the past two and a half years to create an iconic building that will stand tall as an entrance to the city from the East."

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# Merchant City Connect

## THOUSANDS raised to help disadvantaged youths find employment

**MERCHANT city provides the ideal platform for fun filled charity nights.**

OVER £4,000 was raised for a charity which helps support young people from disadvantaged backgrounds.

Street League UK were handed a cheque for £4,065 after a charity comedy night was held in their honour in Glasgow.

The charity was formed aiming to see an end to youth unemployment in the UK as more than one in seven young people are found to be unemployed. Using the power of sport, Street League UK support unemployed 16-24 year olds to move into sustained employment.

Pundit Peter Martin hosted the 360 Sports Consultancy's charity comedy night at Wild Cabaret in Merchant City.

The inaugural event, which featured comedy stars Rob Kane, Allan Park and Eddie Cassidy, was created to raise vital funds for the firm's charity partner Street League UK.

The charity specialises in changing the lives of young people from disadvantaged backgrounds.



Elliott Fillingham, head of Football at 360 Sports Consultancy, said: "We went along to Street League and saw first-hand the work they do.

"A lot of our clients are a similar age bracket to the young people who use Street League, and we wanted to give back."

Kirsty Steven, of Street League, said: "This generous fundraising event will support local young people make a positive transition into employment, education or training. We are proud that across Scotland, we have supported over 2000 young people into positive destinations since 2015."

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All rooms are equipped with en-suite and range in size from singles and doubles to 14-person dormitories with many sizes in between. All rooms, apartments and suites can be booked privately.

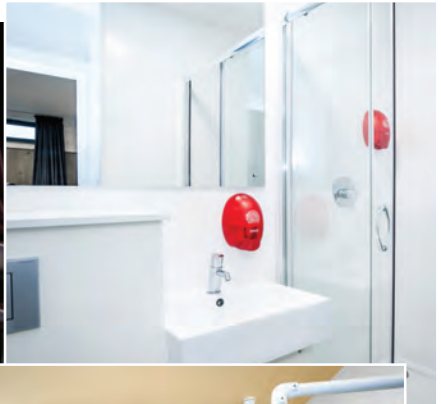
There are many additional facilities including fully licensed bars, guest kitchens, luggage storage, free wifi and 24-hour reception.

count sheep when you choose to budget stay – your way, at Euro Hostel.

Euro Hostel is only a stone's throw from Glasgow's Style Mile if you want to take in some shopping during your stay or if you're here for a gig or concert they are only a short walk from the Hydro and SECC. Travelling is easy as they are just five minutes' walk from Glasgow Central Station and 10 minutes from Queen Street Station.

Hostel Suites are now available at Euro Hostel Glasgow. The new trendy suites are best described as "VIP luxury", great for groups of all sizes, offering between two and 20 person bedrooms, complete with en-suite facilities, private lounges and an outside secret garden.

**For their best budget friendly rates book online or call on +44 (0)8455 399 956.**



Starting from just £10 per person per night, dorms are clean and modern and can accommodate up to 14 guests. This makes for the best setting to socialise and meet new people, and ideal if you're looking for group accommodation.

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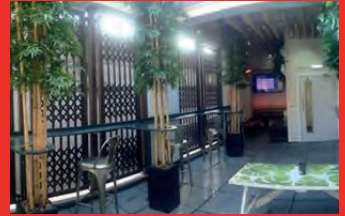




# EH!

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At Euro Hostels we appeal to all ages and markets. Everyone from backpackers, shoppers, sports fans, students, concert-goers, conference delegates and groups of all sizes agree that Euro Hostels provide a budget stay – their way! All our rooms in Glasgow are en-suite and range in size from singles and doubles to 14-person dormitories with many sizes in between. The great thing about Euro Hostels though, is that all of our rooms and suites can be booked privately. We have many additional facilities including fully licenced bar, guest kitchen, luggage storage, free wifi and 24 hour reception. In conjunction with Connect - we would like to offer anyone that has never stayed with us and curious to see our property or rooms to book a bespoke showround for yourself or company. The perfect choice for that corporate event or xmas party night.

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# Merchant City Connect

## What's on

Keep in the loop with events and exhibitions taking place throughout Merchant City over the coming months.

### EVENT: Weekend Craft & Design Fair

**Date:** Every Saturday and Sunday

**Time:** Saturday 11am- 6pm, Sunday 12pm- 6pm

**Location:** Merchant Square

**Cost:** Free

**What's on:** Browse through a host of stalls under the covered courtyard's atmospheric twinkly lights. From handcrafted jewellery, candles, cards and cupcakes through to artwork, aromatherapy products, baby clothes and photography all exhibitors hand-make their products in Glasgow.

### EVENT: Say It Ain't Sew!

**Date:** Every Tuesday

**Time:** 6:30pm

**Location:** DogHouse Merchant City

**Cost:** Free

**What's on:** Over the last six years Say It Ain't Sew has become one of Scotland's most popular sewing classes, bringing together people from all backgrounds and giving them the opportunity to get crafty for free.

### EVENT: Merchant City Music Tour: Past and Present

**Date:** Every Friday and Saturday

**Time:** Friday 2pm, Saturday 11am

**Location:** The Clutha Vaults

**Cost:** £10/£15

**What's on:** A musical history tour which visits famous venues in Merchant City. An informative guided walk exploring the fascinating places, people and performances which have shaped Glasgow's musical landscape.

### EVENT: Halloween Harry Potter festival

**Date:** Friday 27 October

**Location:** Darcy's Bar

**Time:** 6.30pm

**Cost:** Ticket prices vary

**What's on:** On arrival, you will be whisked away to the room of requirement where the sorting hat will sort you into your destined house and you will receive a cocktail based on your house. The night includes a three course meal alongside fellow wizards, followed by a potion masterclass and a Harry Potter quiz.





# Merchant City Connect

## **EVENT: Glasgow Horror Festival 2017 - 2 Day Horror Fest & Convention**

**Date:** Saturday 4 & Sunday 5 November

**Time:** 1.30pm-11pm

**Location:** The Classic Grand

**Cost:** £30

**What's on:** Horror fans will feel right at home at this year's Classic Grand Horror Fest. The bottom floor will be home to a convention style horror market, where you'll be able to pick up horror comics, merchandise, art, and gruesome snacks. A range of vendors for everything your black heart could desire. In the main hall, they will be showcasing the best of international horror. From scary short programs and feature films, to a fabulously gory drag show - there's a weekend filled with the best horror entertainment ahead.

## **EVENT: Trainspotting**

**Date:** Wednesday 18 October -  
Wednesday 11 November

**Time:** 7.30pm

**Location:** Citizens Theatre

**Cost:** £12.50 - £28

**What's on:** This classic favourite is full of innovative and entertaining material that defined a generation. Irvine Welsh's Trainspotting began its life as a piece of drama at the Citizens Theatre over 20 years ago and returned in 2016 with a critically-acclaimed sold-out run. In a world where work and opportunities are scarce Renton, Sick Boy, Begbie and Spud rail against the trappings of a successful lifestyle held out of their reach, and seek life through the point of a needle.

## **EVENT: Girly-Girls Unite!**

**Date:** Every Thursday

**Time:** 5:30pm

**Location:** Tinderbox, Glasgow

**Cost:** Free

**What's on:** This community group is for girls who just want to have fun and be girly-girls. If you love anything to do with makeup, hairs-styling, getting glammed-up up, or just meeting with some fellow girly-girls for a glass of wine or a cocktail then this group is for you.

## **EVENT: Glasgow Green Fireworks**

**Date:** Every Friday and Saturday

**Time:** Friday 5pm (Fireworks at 7.30pm)

**Location:** Glasgow Green

**Cost:** Free

**What's on:** Join in the fun to view the spectacular annual firework display. As usual, the event is free and open to all. Spectators are welcome on to the Green from 5pm, where they can buy a range of food and drink, and browse merchandise stalls. They can also enjoy a funfair.





THE GLASGOW ACADEMY

# Open Even

We look forward to meeting you and your family at one of our open events

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# ents

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# New students given a taste of Glasgow

**Students beginning their new courses in Glasgow were given a taste of life in the city after St. Enoch centre took it upon themselves to give a warm welcome to newbies by offering a free scoop of the city's culture.**

Students were given the warmest of wel-cone's with an iconic piece of memorabilia.

The St. Enoch centre has been greeting students with mini traffic cones famous for being placed on the Duke of Wellington statue.

The city shopping centre were offering a special welcome package to new students which included a £5 St. Enoch voucher inside the cone.

The infamous statue has adorned a cone since the 80s and regularly loses his hat only to have it returned a short time later.

Anne Ledgerwood, general manager of St. Enoch Centre, said: "September is a busy time in the city and there is a real buzz as students begin the new term. We wanted to give those new to the city something special to welcome them and a traffic cone seemed like the perfect option to sum Glasgow up while showing the city's sense of humour."



St. Enoch Centre's special 'Wel-cone package' was available to the first 200 students with valid student/matriculation cards.

As part of the celebrations, St. Enoch Centre encouraged students to share images of their cone in its new home on social media using the hashtag #StEnochStudents.

As a city boasting major universities and a vibrant college scene, Glasgow receives a significant boost each year from its student population.





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# The city came alive for the Inspiring City Awards



**GLASGOW can be an inspiring city, with many great people doing incredible work that make us proud to be part of such a place.**

The awards, in association with PEOPLE MAKE GLASGOW, paid tribute to the people and businesses who make the city great. More than 450 guests were at the DoubleTree by Hilton in Glasgow for a ceremony organised in conjunction with The Herald and Glasgow Chamber of Commerce.

Sir Billy Connolly was the toast of the town at the awards. Despite being unable to attend, he won the lifetime achievement award, supported by Glasgow Airport. Amanda McMillan, managing director of Glasgow Airport, said: "Billy Connolly is one of Glasgow's most famous sons and he has done so much to raise the profile of the city throughout his illustrious career."

Paul GK Little, City of Glasgow College won the Legacy Award, supported by Hacking & Paterson Management Services, with partner David Doran insisting they made a "positive difference" to the city while Martin Robinson of AHR Architects said it was a "privilege" to present the Art and Culture gong to the Centre for Contemporary Arts.

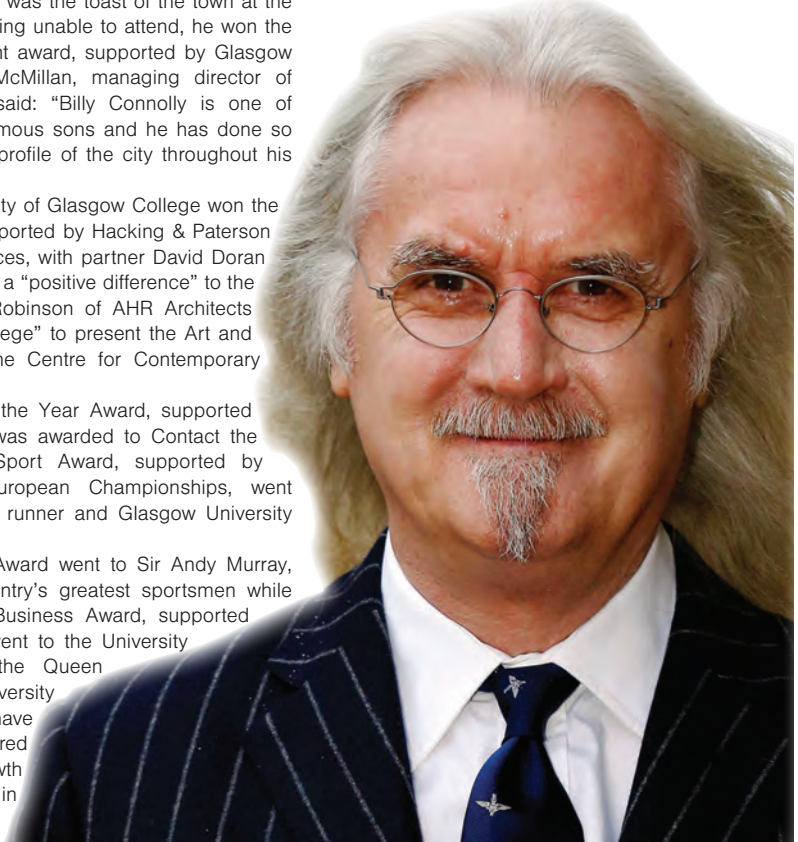
The Carer(s) of the Year Award, supported by Scullion LAW, was awarded to Contact the Elderly and the Sport Award, supported by Glasgow 2018 European Championships, went to middle distance runner and Glasgow University student Laura Muir.

The Inspiration Award went to Sir Andy Murray, as one of the country's greatest sportsmen while the Industry and Business Award, supported by City Building, went to the University of Glasgow for the Queen Elizabeth University Hospital which have encouraged, inspired and fostered growth and development in the city.

The PEOPLE MAKE GLASGOW award was presented to MCR Pathways for providing their school-based mentoring programme to over 400 young people.

Councillor Susan Aitken, leader of Glasgow City Council, said: "The Inspiring City Awards showed, once again, that Glasgow is creative, innovative and a city that cares."

**For further information please visit:**  
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# Is working from home driving you nuts?

If you run your business from home, you already know the perks - no commutes, no suits and no office politics.

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# New plans for luxury homes

**CANDLERIGGS is set for a revamp after former city centre student flats, which were closed following claims they were damp and mouldy, could be converted into luxury homes for sale and rent.**

In 1989, a 19th century warehouse in Candleriggs was turned into student accommodation but in recent years there were complaints the property suffered from damp, mould and rot.

Strathclyde University decided to close Patrick Thomas Court and moved the young residents elsewhere.

It is understood they paid them a total of almost £200,000 in compensation.

Kelvin Property has now applied to the city council for full planning permission to convert the student accommodation into mainstream flats.

There will be no major work to the exterior of the building but the interior will be substantially reconfigured.

A design brief from the developer says the plans will result in significant improvements in the quality of accommodation at Patrick Thomas Court.

It adds: "This in turn will have real benefits in maintaining and enhancing the Merchant City environment by improving the residential capacity of this part of the city, in turn providing security to evening street life and demand for local businesses."

The brief says converting the existing accommodation will significantly improve the quality of the flats with both external courtyards and internal layouts being fully refurbished.

Decoration, services and fittings will be upgraded and the existing 102 student rooms reduced to 69.

The developer says: "Those people wishing to stay in the heart of the Merchant City will not be expecting extensive views.

"As for the neighbours, there will be little difference between the previous occupation of the rooms by students and the new occupation by tenants.

"Indeed, the new tenants will be more likely to take care of the local environment and less likely to act as bad neighbours."



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## **Barlanark**

Calvan Centre, 16 Calvay Road, G33 4RE  
Monday - 5.30pm and 7.30pm  
Tel. Stacey 07775 434897

## **Bridgeton**

Heart For The City, 582 London Road, G40 1DZ  
Monday - 5.30pm and 7.30pm  
Tel. Sharon 0141 763 0084

## **Budhill**

The Carwood Centre, Budhill Halls, G31 1QW  
Saturday - 8am, 10am & 12 noon  
Tel. Alan 07823 860565

## **Carntyne**

High Carntyne Church Hall,  
358 Carntynehall Road, G32 6LW  
Friday - 8am, 10am & 12 noon  
Tel. Kathleen 07804 855689

## **Cranhill**

St Maria Goretti Chapel Hall, 259 Bellrock St, G33 3LN  
Wednesday - 7.30pm  
Tel. Lorraine 07960 363806

## **Dennistoun**

Our Lady of Good Counsell Hall, Craigpark, G31 2JF  
Thursday - 7.30pm  
Tel. Margaret 07775 614910

## **Duke Street**

Reidvale Neighbourhood Centre, G31 1QW  
Wednesday - 3.30pm, 5.30pm and 7.30pm  
Tel. Susan 07930 812115

## **Easterhouse**

St Benedict's, 755 Westerhouse Road, G34 9RP  
Monday - 3.30pm, 5.30pm and 7.30pm  
Tel. Carrina 07585 708637

## **Easterhouse**

The Bridge, 1000 Westerhouse Road, G34 9JW  
Tuesday - 9.30am & 11.30am  
Tel. Susan 07930 812115

## **Easterhouse**

Bishoploch Hall, Auchengill Road, G34 0LT  
(behind Lochend shops)  
Tuesday - 3.30pm, 5.30pm & 7.30pm  
Tel. Carrina 07585 708637

## **Garrowhill**

Garrowhill Community Centre,  
35 Maxwell Drive, G69 6HY  
Monday - 7.30pm  
Tel. Susan 07930 812115

## **Garthamlock**

Garthamlock/Craigend Church,  
46 Porchester Street, G33 5DB  
Monday - 7.30pm  
Tel. Aiden 07907 072014

## **Mount Vernon**

Mount Vernon Community Hall,  
Kenmuir Ave, G32 9LE  
Saturday 8am & 10am  
Tel. Stacey 07775 434897

## **Parkhead**

Parkhead Parish Church, Helenvale Street, G31 4NA  
Thursday - 9.30am, 5.30pm and 7.30pm  
Tel. Sharon 0141 763 0084

## **Provanmill**

St Philomena's Church Hall,  
1255 Royston Road, G33 1EH  
Wednesday - 5.30pm and 7.30pm  
Tel. Sandra 07765 910044

## **Riddrie**

St Enoch's Church Hall, 19 Smithycroft Road, G33 2RH  
Wednesday - 5.30pm & 7.30pm  
Tel. Angela 0141 781 9109

## **Sandyhills**

St Paul's Church Hall, 1651 Shettleston Road, G32 9AR  
Friday - 9.30am  
Tel. Alan 07923 860565

## **Shettleston**

Methodist Church Hall,  
1104 Shettleston Road, G32 7PH  
Tuesday - 3.30pm, 5.30pm and 7.30pm  
Tel. AnneMarie 0141 573 3580

## **Tollcross**

YMCA, 1161 Tollcross Road, G32 8HB  
Wednesday - 8am, 10am, 12 noon, 5.30pm & 7.30pm  
Tel. Gillian 07738 972226

## **Uddingston**

Broomhouse Community Hall,  
2 Baillieston Road, G71 7SB  
Saturday - 8am, 10am & 12 noon  
Tel. Joseph 07715 371311



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# Candle firm reveals the celebrities who love their products

**GLASGOW based candle firm is lighting up the city and catching the attention of some serious A-Listers.**

Madonna requested plain, unscented red and Ed Sheeran can't get enough of spicy Amber Noir.

The candle firm which is Glasgow's best kept secret will be blowing out 120 of its own creations this year as it celebrates a milestone birthday.

As well as helping create a relaxed ambience in the homes of the rich and famous, Shearer Candles helped light up the homes of families across the city during the miner's strike blackouts.

From modest beginnings in the Candleriggs area, Shearers now makes around 3.2million scented candles a year for hotels, restaurants and homes and the odd celebrity. The most famous they will disclose is Madonna.

The Govan-based company was asked to supply the candles for the pop legend's Highland wedding when she married Guy Ritchie at Skibo Castle in Dornoch in 2000.

Rosey Barnet, creative director, said: "One of my caterers phoned me up and said they wanted some red candles.

"It had to be a particular colour and he wouldn't tell me who they were for.



"When the security van came to pick them up and I said, 'you are going to have to tell me who they are for.'

"It was for Madonna's wedding. It was just plain red, they weren't scented.

"George Michael used to buy a lot of Persian Lime.

"When we had the old factory one of the hotels phoned up and asked, did we sell candles to the public.

"At that time, we were in the old factor, with a tiny reception area. The huge black limo pulled up and four big leather-clad bodyguards got out and then out popped Janet Jackson. "She bought sandalwood candles for her tour."



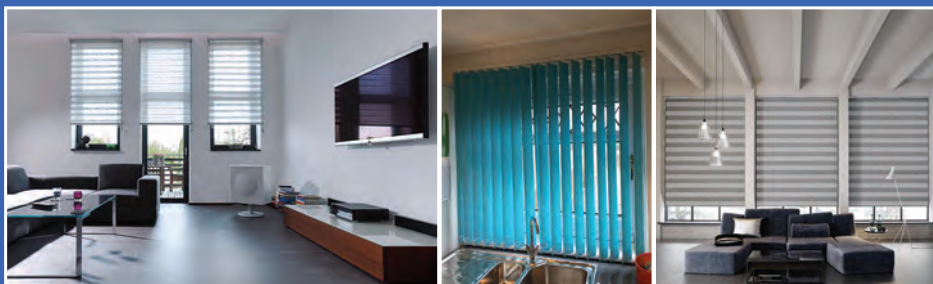
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# Cash boost helps to maintain the life of Barrowland Park

**WITH extra funding awarded, the life of the popular temporary park has been extended.**

Barrowland Park was created for the Commonwealth Games in 2014 at the site of the historic Schipka Pass in the Calton.

It was set up with Stalled Spaces cash as part of the Calton Barras Action plan with locals campaigning to have the space made a permanent feature.

Now council bosses have confirmed they are giving another £6000 to keep the park in place until 2018. But they said the stay of execution does not mean Barrowland Park will be kept.

A Glasgow City Council spokesman said: "We have extended maintenance funding for Barrowland Park into 2018.

"It should be remembered that while the park - by its nature as a stalled space - was always intended to be temporary, the artwork will always have a home in the Barras/Calton area.

"We are delighted by its continuing popularity with

local people and visitors."

Barrowland Park includes the Barrowlands Album Pathway - a brightly coloured walkway listing more than 2000 bands that have played at the famous Barrowlands Ballroom.

Sonic Youth, The Smiths and The Kinks have all earned their place on the walkway, which was created by former Turner Prize nominee Jim Lambie.

Prior to its transformation the space, bounded by the Gallowgate, London Road and Moir Street, had lain derelict.

It was transformed into a park on July 19 2014 thanks to £700,000 of funding and earlier this year music fans gathered to celebrate its third anniversary.

Fans of Barrowland Park have campaigned to keep it as a permanent greenspace.

The group said it is pleased to learn the council will continue upkeep of the park until next year but that the council pledge does not go far enough.



## Innovative boost for business

**BUSINESS opportunities boom in Glasgow with former council offices being used as a launch pad for hi-tech space companies.**

The Tontine Building in Trongate has celebrated its first anniversary of new firms moving in and the operators have declared the first year a success.

It has been turned into an incubation space for new small and medium size businesses to help them grow and move out into other premises.

The centre helps new businesses in the technology, design and manufacturing sectors have an office space with all the facilities they need.

It targets high growth potential businesses who will expand quickly then move out when they are ready, allowing new firms to move in and grow.

It has been funded with City Deal cash and is already at 90% capacity after its first year.

Susan Aitken, Glasgow City Council Leader, took a tour of the building and met with new and

growing businesses at the facility.

She said: "I am delighted by the ongoing success of The Tontine, creating high-quality jobs and growth in these key sectors of Glasgow's current and future economy.

"The performance in the first year is even better than expected, showing how effective this type of supportive environment for growing businesses is.

"The Tontine is undoubtedly a great success story for the Glasgow City Region City Deal, and is poised to play a key role in the city's economic growth over the next four years."

The council hopes that by 2021 there will be 134 businesses supported at the Tontine and each will be expected to grow by at least four staff.

If targets are met it would mean 536 new jobs and an increase in turnover of more than £50m.

The building where the Tontine is now, at one time housed the workshop of steam engine pioneer James Watt.





# Autumn fitness advice to see you through the season

**Autumn is nearly here, folks. The good news: time to dust off those glorious boots and jumpers. The not-so-good news: time for the annual onslaught of winter bugs and feeling generally under the weather.**

But it doesn't have to be that way - well not entirely, at least. While you can't completely avoid catching bugs and colds, you can give your immune system a helping hand (and no, that doesn't mean shoving a load of 'vitamin-boost' fizzy tablets in your drawer to guzzle when you're run down).

Here, Rob Hobson, Healthspan nutritionist and author of Detox Kitchen Bible Cookbook, and personal trainer Mollie Millington, share top tips for the exercise and diet tweaks to make now to keep you well through winter...



### 1. Embrace the season

A healthy, balanced diet is key for good health - but do you find it easier to eat healthily during summertime? Making the switch to winter doesn't have to mean letting all those healthy habits slip. "Swapping berries and salads for root vegetables, apples and pears is just as healthy," says Rob. "The problem is that the cold weather and dark evenings often leave us craving comfort foods that we find nurturing.



### 2. Be supplement savvy

Lots of us only think about packing in extra vitamins once we actually feel unwell, but our immune systems function best if they're supported continually, so consider starting to take a quality multivitamin now, if you don't already. "As a general all-rounder, a multivitamin and mineral is a good, cost-effective way to fill any shortfalls in your diet, and supply you with the nutrients typically associated with immunity, such as zinc and vitamin C.

*"There are some nutrients that are typically lacking in the diet during winter, such as vitamin D, so I would advise taking this from October onwards," he adds.*

### 3. Get spicy

'Tis the season of hearty soups, stews and casseroles, and spices are an easy way to add some oomph in the healthiness - as well as the taste - stakes. Take inspiration from your favourite coffee shop chains and add warming spices to hot drinks, porridge and breakfast smoothies. "I am a big fan of incorporating lots of spices into your diet all year round. There is always one for every occasion, dish or drink," says Rob. "Spices not only contain a good source of minerals, such as iron, magnesium and calcium, but many contain anti-inflammatory compounds, such as cumin, found in turmeric."



#### 4. Don't let the weather stop you getting outside

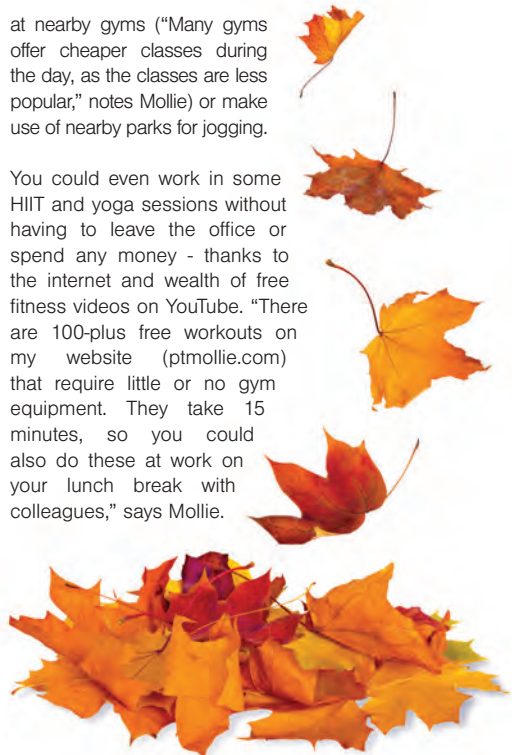
Invest in suitable footwear and a waterproof jacket and you'll never need to let the weather stop you from getting outdoors to walk. If walking to work isn't an option, or it's too dark, Mollie suggests getting in a little earlier "and then use 30 minutes before work to walk briskly around your office building".

#### 5. Switch to lunchtime workouts

Being physically active also plays a vital role in helping your immune system do its job. If you know the dark mornings and evenings are going to hamper your usual workout regime, switch things up and make the most of lunchtimes and early afternoons to fit in some exercise. Circumstances permitting, check out afternoon classes

at nearby gyms ("Many gyms offer cheaper classes during the day, as the classes are less popular," notes Mollie) or make use of nearby parks for jogging.

You could even work in some HIIT and yoga sessions without having to leave the office or spend any money - thanks to the internet and wealth of free fitness videos on YouTube. "There are 100-plus free workouts on my website ([ptmollie.com](http://ptmollie.com)) that require little or no gym equipment. They take 15 minutes, so you could also do these at work on your lunch break with colleagues," says Mollie.



# Festival takes the city by storm



**HUNDREDS of revellers embraced the carnival atmosphere at the Merchant City Festival this summer despite the rain.**

The event was in full swing and officially kicked off with an energetic carnival parade. Glasgow's streets were packed with curious spectators as the city came alive with cultural events.

The theme of the carnival parade this year was Glasgow's History, Heritage and Archaeology and the procession featured groups from across the city, as well as national and international performers, including the mesmeric stilt performers Carpetbag Brigade from the USA.

The Encontro Street Band Festival featured groups from around the country who staged pop-up performances in the Merchant City ahead of a blistering evening showcase event at the Old Fruitmarket.

Wilson Street and Miller Street hosted the Merchant City Festival's celebration of street food. Festival fans were able to try global cuisines, new ingredients and catch the outstanding entertainment.

This year the festival featured a whole host of entertaining events including, music, dance, street arts, theatre, comedy, design, family entertainment, circus, Gaelic events, walking tours, films and the continental markets.





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