

# West End Connect

January/February 2019



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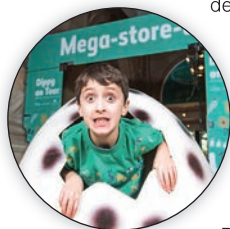
## Welcome to the latest edition of West End Connect.

We're delighted to be back for 2019, bringing the latest news, events and features happening in Glasgow's West End. A vibrant and exciting place to live and visit, there's never a shortage of thrilling things taking place.

Inside this issue we bring news of a Burns-inspired mural that has been erected in Òran Mór. There's also details of a new vegan restaurant that's opened up shop, what to expect from this year's Glasgow International Comedy Festival and you can find out what to expect from Kelvingrove Museums latest touring feature - Dippy the diplodocus.

There's also an events guide to browse, news from the spring/summer A Play, A Pie and A Pint season, and much more.

We hope you enjoy this issue and will be back again soon.



*Dippy has arrived  
Page 24*

**Until next time,  
Team Connect**

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# Òran Mór unveils painting series of famous Scots tale

**A series of murals depicting Robert Burns' epic poem Tam O'Shanter has been unveiled at Òran Mór.**

The impressive installation was created by renowned Scottish artist Nichol Wheatley. Almost 300 people turned up to the launch on Monday, 14 January to witness the unveiling of the ten paintings portraying the famous Scots tale.

The current President of the World Burns Federation, Bill Nolan opened the unveiling with a short rendition of Tam O'Shanter. Bill

thanked Nichol Wheatley for "his spectacular contribution to the canon of art celebrating Burns."

Anita Manning of Antiques Roadshow fame joined the star-studded event in celebrating the occasion. She spoke of her admiration of both Colin Beattie and Òran Mór. She said "Òran Mór is a wonderful centre of culture for Glasgow, it brings together the visual arts, theatre, literature and music, making them available to us, the ordinary guy."

Nichol Wheatley is best known for large-scale murals, landscapes

and his collaborative work with Alasdair Gray and other artists. Nichol said: "This story has been in my head since I was taught the poem as a kid. I've always wanted to make these paintings and this commission has been a challenge and a delight."

Owner of Òran Mór Colin Beattie finished off the proceedings by thanking Nichol for his "magnificent creations" that will now adorn the walls of Òran Mór and further cements Òran Mór's philosophy of 'Arts for All – All Year Round.'





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# Small businesses thriving in Glasgow hotspots

**The West End has played a huge contributing factor to the recent news that Glasgow is the number one city in the UK for independent businesses, new research has revealed.**

The city has come out on top in a study to determine which areas are most supportive towards small local companies.

It ranked first for the highest number of independent pubs and newsagents and second in the food and restaurants categories.

The news has been welcomed by the Federation of Small Businesses (FSB) in Scotland, which urged the people of Glasgow to continuing backing independent firms.

Hisashi Kuboyama, the

organisation's development manager for Glasgow, said: "Anyone that knows Glasgow would recognise this research showing that our city is a small business hotspot.

"From the city centre, to the up and coming Southside, to the leafy West End - in all of these areas we see fantastic local operators delivering brilliant products and service while injecting character and culture into our neighbourhoods."

The research, conducted by business finance provider Liberis, looked at the number of local businesses per capita in 20 major cities.

It analysed the number of independent stores per city

combined with a penalty score for the number of big chains.

Mr Kuboyama said: "If we want Glasgow's smaller firms to thrive, people need to support them.

"This needn't be a chore and might mean going for a pint in the local pub or buying something nice for tea in the local deli, butcher or fishmonger, or even seeking out the independent book or music shop.

"Further, political decision-makers need to do everything in their power to help smaller firms' thrive - like ensuring their needs are considered when transport changes are proposed or doing what they can to keep down business overheads."

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## West End Connect

# Plant-based eatery opens in Finnieston

**A new restaurant that champions plant-based eating has opened in the heart of Finnieston.**

Soul Food Kitchen serves up delicious vegan food and welcomed the first diners on Monday, 14 January. Open from 5-10pm every day excluding Sunday's, the new restaurant is set to be a hit with those opting for a meat-free diet.

The menu includes delicious soups and Artisan sourdough bread, a Thai Soul Bowl, African Peanut Stew, ramen, burgers and much more. For sweet treats, the dessert menu offers up a 'Cheezecake' of the day, protein balls, raw bars and Instagram-worthy smoothie bowls.



Veronica from Soul Food Kitchen said: "We are a 100 per cent vegan restaurant with health and wellbeing at the heart and soul of everything we do. Our aim is to inspire, motivate and create a space where people can come together to form a community of like-minded souls, whose aim is to live in a more balanced and healthy way."

The new eatery will be led by the former chef of Southside favourite Soy Division, with help from the team at Wild at Heart Cakes.

Find Soul Food Kitchen at 973 Sauchiehall Street.



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## WHAT'S ON

Discover some of the best upcoming events taking place in the West End.

### EVENT: PARKRUN

Date: Every Saturday  
Time: 9.30am  
Cost: Free  
Location: Victoria Park

**What's on:** Parkrun events are free, weekly, timed 5k runs that take place around the world. They are open to everyone and offer a safe way to get on your running shoes. From those taking their first steps in running to Olympians, from juniors to seniors, everyone is encouraged to take part.

### EVENT: BUTTERFLIES, BATS AND THINGS THAT FLY

Date: Saturday, 23 February  
Time: 1.30-4pm  
Cost: Free  
Location: Riverside Museum

**What's on:** Glasgow Museums welcomes families and children of all ages to make flying creatures that have inspired past inventors. This arts and crafts workshop for kids will be fun and informative

### EVENT: KELVIN HALL BUILDING TOURS

Date: Saturday, 15 February  
Time: Tuesdays and Thursdays 11am, Saturdays and Sundays 1.30pm  
Cost: Free  
Location: Kelvin Hall

**What's on:** Embark on a free 45-minute volunteer-led tour to discover the history of Kelvin Hall. This exciting centre of cultural excellence provides collections' storage, teaching and research and a Glasgow Club health and fitness centre.

### EVENT: INSIGHT TALKS AT THE HUNTERIAN

Date: Tuesday, 26 February  
Time: 1pm  
Cost: Free  
Location: Hunterian Museum and Art Gallery

**What's on:** The popular series of lunchtime talks, given by experts from The Hunterian and the University of Glasgow offer insight into the world-class collections and current research. The talks last approximately 10 minutes, admission is free, and everyone is welcome.

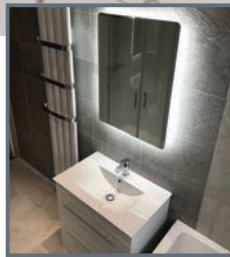
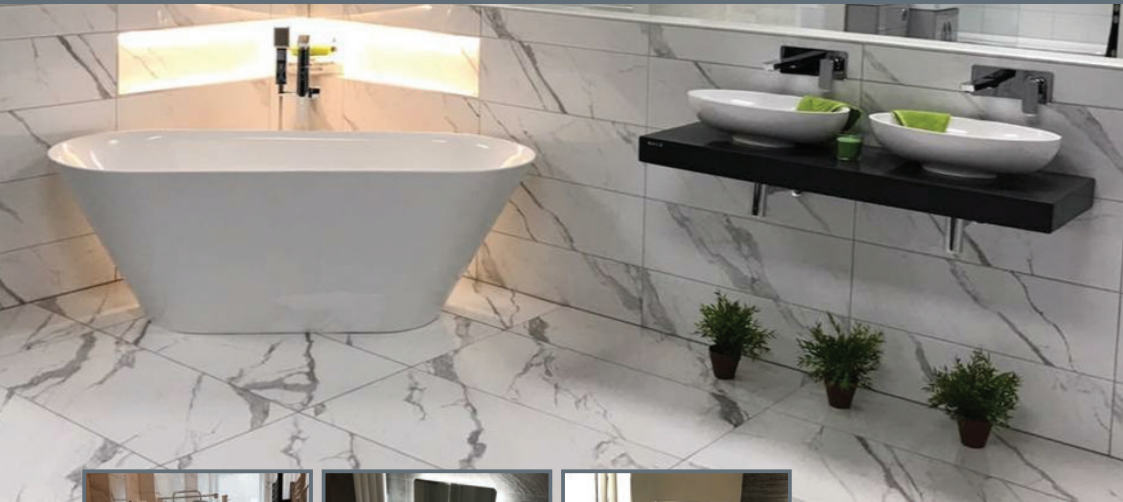
### EVENT: BYRES ROAD MAKERS MARKET

Date: Saturday, 23 February  
Time: 11am-4pm  
Cost: Free  
Location: Hillhead Library

**What's on:** Visit Glasgow's monthly boutique craft and design market to browse an eclectic mix of handmade crafts and designs from talented artists. With great gift ideas, jewellery and homewares, there is always an exciting collection of products to buy.



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# Poppy's sugar-free products are the icing on the cake

**Poppy Muricane was laughed at in school when she admitted to the career advisor that her goal was to establish her own coffee shop.**

At 16 she walked out of her private school with a few, average grade higherers, in stark contrast to her high achieving siblings, who had all gone to university.

Fast forward 13 years and the 29-year-old now owns a thriving business and cafe in the West End selling 'sugar free' raw cakes and has catered for celebrity vegan Stella McCartney – all in the space of two years and with no catering training.

She said: "It's a lot of hard

work, because I'm having to juggle making the cakes, running a wholesale cake business and running a cafe. I have to get up at 5am and work 10-hour days but I love it."

Things really took off for Poppy after she landed a slot at the Let's Eat Glasgow food festival, through a family friend, giving her the exposure of up to 10,000 potential customers.

She says: "I basically Googled how to start your own food business and that night I registered, did a little mind map and came up with the name.

"I had two months to prepare for the stall.

"My stall was the busiest there - I sold out and then people approached me, restaurateurs asking if they could stock my cakes."

Poppy now makes cakes for Piece in Finnieston, Grassroots Cafe and Rose & Grants, Purple Cat Cafe and other cafes in Dalkeith and Oban. A far cry from when she started out in her mum's kitchen.

She was asked to supply a vegan cake for a photo shoot by fashion designer Stella McCartney and has also been approached by Cancer charities to supply cakes for patients who are restricting refined sugar from their diet.

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## West End Connect

# West End venues acquired in new deal

**In a deal worth £15 million, a Glasgow entrepreneur has acquired control over seven popular city and West End venues.**

Oli Norman, who built a successful group of seven major bars and restaurants with partner Stephen White, has now taken sole charge of Sloans, Brel, Maggie May's and The Griffin.

Oli, 40, who is founder of deals site itison, has also taken sole ownership of Epicures of Hyndland, nearby Nick's Italian Kitchen and Bar and the newly-launched Jacques in Finnieston, which recently underwent a major refurbishment.

The group, which employs over 200 staff, has grown rapidly under the joint ownership of Oli and Stephen, who launched their partnership in 2010,



with Sloans.

Stephen, 58, who recently sold his 50 per cent share to Norman, said: "Oli and I have complemented each other very well and the growth of the business is something we're both extremely proud of.

"We've achieved strong, sustained growth in a very competitive market and I felt it was the right time to sell my share of the business to Oli and move on to my next venture."



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## West End Connect

# Raise a pint (and a pie) to a new season of shows

**Fans of the theatre can rejoice as the new spring/ summer programme for A Play, a Pie and a Pint has been unveiled.**

The successful event has grown in popularity since starting 15 years ago, with 2019 marking 500 plays produced since its inception. Held at Oran Mor, this year will see much loved old plays returned to the stage as well as exciting new ones brought by emerging writers.

This season kicks off with 'Tartuffe', a lively version of Moliere's classic translated into Scots by Liz Lochhead. Following



this will be another 19 plays delving into subjects including the farcical levels of airport security, Charles Rennie Mackintosh, corrupt police and cool dads.

In the week that will mark the 500th play, the play voted by audiences as the one they'd most like to see will be shown again – Casablanca, the Lunchtime Cut.

To raise a pint and a pie and celebrate the 500th show, head along from Monday, 11 February.

To browse the spring/ summer programme and plan your next visit, head over to [playpiepint.com/plays/](http://playpiepint.com/plays/)



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## West End Connect

# Festival will be a right laugh

This March, the West End will experience a dose of hilarity as the city gears up for the annual, and highly popular, Glasgow International Comedy Festival. Limmy will be joining Al Murray, Elaine C Smith, Jerry Sadowitz and Russell Kane at this year's festival.

More than 500 shows are scheduled to take place from Thursday, March 14 to 31 at 56 venues across the city and tickets are now on sale.

Some of the scene's most innovative and creative comedians will be appearing at the Vacant Space in Finnieston including Josie Long and John Luke-Roberts.

The organisers of the 18-day



festival, which is now in its 17th year, have promised something to suit every taste and budget with Jasper Carrott, Des Clarke and Scot Squad star Cameron Miekelson also booked to appear.

The Glasgow Women's Library will present the Women of Colour Comedy Collective, while Phil

Differ and Janey Godley will be in conversation in two evenings at the City of Glasgow College.

Sarah Watson, Festival Director, said: "Whether you're a dedicated comedy fan seeking out the next big thing, or you're thinking of catching some live stand up for the very first time we've got some great shows for you this year."

Councillor David McDonald, Chairman of Glasgow Life, said: "Having so many local comedians among the headliners makes this festival so special and I am looking forward to some great nights out and some unforgettable performances."

For the full programme go to [www.glasgowcomedyfestival.com](http://www.glasgowcomedyfestival.com)



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## West End Connect

# Have your say on Govan/ Partick link



**Feedback is being sought from residents in Govan and Partick for their views on plans that could transform the two city districts.**

Glasgow City Council's Strategic Development Framework (SDF) provides an update on the development of a bridge that would connect Partick and Govan as well as develop Govan as a residential area.

If plans are approved it is hoped the work will improve access to wider economic, social and cultural opportunities north and south of the river.

The SDF aims to introduce the Govan and Partick area as a vibrant, world class city with a thriving, inclusive, economy where everyone can flourish and benefit from the city's success.

A plan will be put in place to ensure museums, parks, entertainment venues and third sector organisations can develop as a world class "culture cluster" encouraging tourism and visitors.

The Govan-Partick bridge could link the Riverside Museum, Govan Old Church and Central Govan for the first time.

The local authority is also looking for feedback on plans to create 202 new homes, restaurants, cafes and shops which would take advantage of the proposed bridge link.

The consultation process will last until Friday, February 8. To take part visit:

[www.glasgowconsult.co.uk/KMS/dmart.aspx](http://www.glasgowconsult.co.uk/KMS/dmart.aspx)

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# Dino-mite display at Kelvingrove

### **An iconic 111-year-old dinosaur has arrived in Glasgow.**

Dippy, the famous diplodocus who usually resides within the Natural History Museum's central entrance hall, is currently on a UK tour and arrived at Kelvingrove Art Gallery and Museum on Tuesday, 22 January where he will remain until Monday, 6 May.

As the only Scottish stop of the tour, Dippy's temporary home in the West End will give visitors the chance to get up close to this impressive dinosaur cast.

Dippy on Tour is on a mission to inspire five million natural history adventures and encourage families to explore nature on their doorstep.

Glasgow Museums will use Dippy's visit to showcase the



city's natural history collection and stunning local natural habitats.  
Chair of Glasgow Life,

Councillor David McDonald, said: "We are absolutely thrilled that Dippy will be visiting Kelvingrove Museum as part of the Natural History Museum's 'Dippy on Tour'.

"As an area just inside the main entrance is transformed into something resembling a scene from Jurassic Park, it's clear the anticipation is growing. There is a real air of expectation as we eagerly await the arrival of the biggest thing to come to Kelvingrove in an age – quite literally.

"Many of our visitors are excited to see the spectacular 111-year-old dinosaur cast up close and we are keen to use this wonderful opportunity to engage people in the way we think about and protect our natural world."

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# West End Connect



## A cultural celebration

To celebrate Chinese New Year, Glasgow Museums will be marking the occasion with special displays and exhibitions.

Taking place on Sunday, 17 February from 11am -5pm at Kelvin Hall, Riverside Museum and Kelvingrove, families

and children of all ages are welcome along for free.

Working with Ricefield Arts, the museums will host an afternoon of dance, games and play from Chinese and Scottish cultures.

The displays and exhibitions are designed with families in mind, so you'll always find

something interesting to explore when you visit.

With 2019 marking the year of the pig, be sure to head along for a cultural celebration. To find out more information about Glasgow Museum's Chinese New Year, visit [www.glasgowlife.org.uk](http://www.glasgowlife.org.uk)



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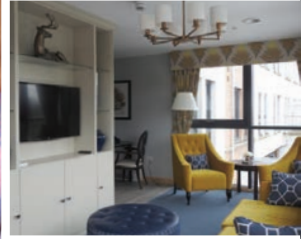


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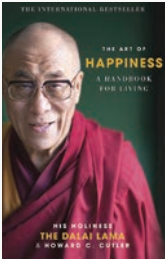
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# Read your way to happiness

While none of these books are a quick-fix to all of life's problems, they can suggest helpful hints, cognitive strategies and straight-talking advice for living more optimistically...



### The Art Of Happiness: A Handbook For Living

by The Dalai Lama and  
Howard C. Cutler, Hodder

**Paperbacks,  
£7.19**

There's something reassuring about reading a self-help book that's been penned by His Holiness The Dalai Lama, who is probably one of the happiest men on the planet. In this classic book, the Tibetan monk explains that happiness is determined more by the state of one's mind than by external conditions, circumstances or events - meaning you can still be happy even in the face of hardships.

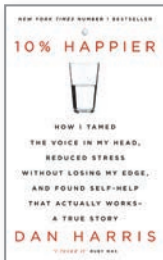


### Happiness By Design: Change What You Do, Not How You Think

by Paul Dolan, PhD.

**Penguin Books,  
£9.99**

In this book, behaviour expert Paul Dolan argues that happiness isn't a one-size-fits-all equation, and we need to reject habits that pull us toward what we think ought to make us happy, rather than what truly makes us feel alive. In doing so, we can work out a design for pleasure that is uniquely wired to our own personal desires.

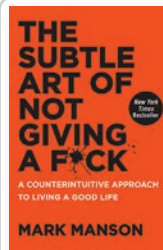


### 10% Happier

by Dan Harris,

**Yellow Kite,  
£7.99**

After having a panic attack live on air, TV host Dan Harris turned to meditation to help get him back on his feet. As a deep sceptic of anything spiritual, he was astounded to discover that practising daily relaxation techniques actually works; not only does it relieve stress, it can also make you happier.



### The Subtle Art Of Not Giving A F\*ck: A Counterintuitive Approach To Living A Good Life

by Mark Manson,

**HarperCollins,  
£17.99**

Most self-help books will tell you that a positive state of mind is all you need to achieve happiness, but Mark Manson rips up the rule book in this radical read, suggesting that caring less is actually the key to true fulfilment. That involves filtering out the things of perceived value that actually don't matter - like buying a new car or a designer wardrobe - and finding out what you really care about. According to Manson, working out what's important and meaningful in your life means you'll productively use your time and energy on the things that matter, and stop wasting it on the things that don't.



# Bright ideas to use 2019's Pantone Colour of the Year

If you're hankering after some winter sun and desperate to get your glow on without having to leave home, Pantone's new Colour of the Year - Living Coral - could be the next best thing to basking in some natural warmth.

A gorgeously rich coral hue with a golden undertone, we can't think of a better way to welcome in 2019 than by brightening up the home with this happy, sunny shade.



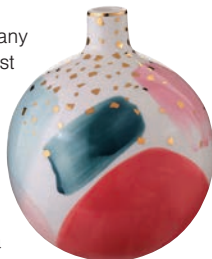
*Matthew Williamson  
Monkey Light,  
£85, Debenhams.*

Every year, design company Pantone look at the latest trends influencing our lives, before revealing the shade taking top spot.

The colour experts cite Living Coral as a release from digital technology and social media, and a nod of recognition towards our increasing concern over environmental issues, the



*Bed Linen - Coral Ombre, from £19-£125,  
Lambsool Throw - Coral Ombre, £150, Clarissa  
Hulse*

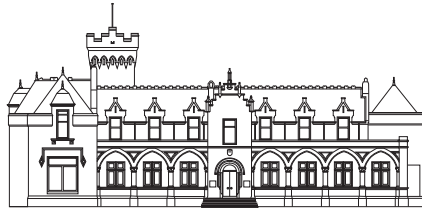


*Bud Vase, £15, Debenhams; wall  
mirror, £95, Oliver Bonas.*



energising aspects of colour found in nature, and our desire for playful expression. All sounds good to us.

To celebrate everything coral without having to be 'sur la plage', we've rounded up the latest must-have decos and homewares inspired by 2019's hottest shade...



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