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Welcome

Welcome to the latest edition of West End Connect.

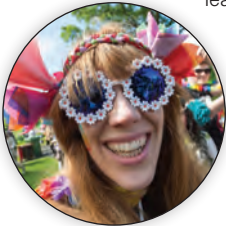
The West End of Glasgow is not only a fantastic place to live and work but also an ideal spot to appreciate the joys of spring and summer.

As usual the area is packed with lots of activity. Here we bring the latest news, events and features happening locally to you.

Inside this issue we bring news of a character leaving some large footprints around

Glasgow as Trix the T-rex has taken up temporary residence in Kelvin Hall. The West End Festival is also set to make its return this May, and we discover the reasons that led to Finnieston being named one of the top places to live in Scotland. There's also an events guide to browse, and news of Rioja restaurant's new head chef, as well some handy tips to help get children outside this season, plus much more.

We hope you enjoy this issue.



Festival fever
Page 10

**Until next time,
Team Connect**

Contacts

Editorial

If you have a story that you would like to be included in a future issue of West End Connect contact:

connect.mags@newsquest.co.uk

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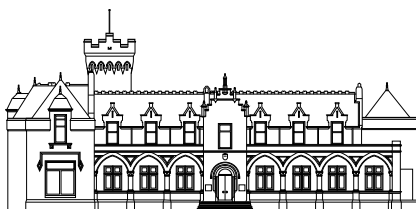
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Trix the T-rex stops in Glasgow on her roaring adventures throughout Europe

A 39ft-long Tyrannosaurus Rex skeleton weighing the same as four Mini Cooper cars has arrived in Glasgow's Kelvin Hall as the latest stop on its European tour.

Trix the T-rex will be housed in a bespoke, climate-controlled 600 square metre pavilion. It will be on display to the public until July 31 in an interactive exhibition which also includes a painted reconstruction of the 5,000kg dinosaur.

With her ferocious teeth and short arms, the Tyrannosaurus rex is probably the most well-known dinosaur in the world.

The 39ft long skeleton is an incredibly rare and important fossil. At Kelvin Hall it forms the centrepiece of T. rex in Town, a major interactive exhibition that will engage and educate visitors on the history of this iconic and ferocious dinosaur species.

T. rex in Town overlaps with the final weeks of Dippy on Tour from the Natural History Museum at Kelvingrove Art Gallery and Museum, just across the road from Kelvin Hall.

Steph Scholten, Director of The Hunterian, said:



"We are delighted to welcome Trix the T. rex to Scotland. She has travelled across Europe by road, sailed across the English Channel by ferry and has cleared border control, despite Brexit, to arrive safely with us in Glasgow.

"Bringing this major touring exhibition to the city will allow thousands of Scots, and visitors to Scotland, to see one of the world's most iconic dinosaur species.

"Tyrannosaurus rex skeletons are very rare finds and Trix is the only real touring T. rex fossil in the world. This is a major coup for Glasgow which is the only UK stop on her European tour.

"T. rex in Town offers a once in a lifetime experience for visitors to come face to face with a real T. rex and learn about her life through this superb interactive exhibition. We hope everyone who comes to see this incredible dinosaur specimen will be as excited to see her as we are."

Tickets for the dinosaur attraction and interactive exhibition are available now at kelvinhall.org.uk/trex/

Tickets cost £14, family ticket's are £39.50. Concessions are also available.



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Advertisement Feature



Make the most of every day

Westerton Care Home combines quality care and friendship within contemporary and comfortable surroundings. As a purpose built, luxury care home, they provide excellent nursing care to residents, with a specialist area in dementia.

Situated in the leafy suburbs of Bearsden, Glasgow, they put residents first by providing the highest standards of care, respecting their individual needs and giving them independence. In short, Westerton Care Home want to make the most of everyday which is why the attention to detail and exceptionally high standards makes everyone feel relaxed and at home.

Residents can take advantage of a wide range of activities including social events and entertainment – there's always something in the calendar to look forward to. The activities organiser will support and encourage you with any hobby, reminiscence sessions or shopping trips that take your fancy.

For those who enjoy a bit of pampering and 'me' time, they can provide everything from a head massage and aromatherapy treatment to a foot rub and a trip to their hairdresser. In addition to this, individual therapeutic treatments can be arranged to suit your needs.

The Care Home recently

opened a new state-of-the-art wing, offering 19 en-suite bedrooms and a range of luxury services including a cinema room where you can enjoy the classics, a coffee bar to relax with friends and family, and a bistro with bright and comfortable lounge and dining areas.

From the moment you arrive at Westerton, the staff will do everything possible to ensure that your stay will be welcoming and comfortable – their emphasis is on creating a true home-from-home environment with dedicated staff delighted to cater for every need.

If you would like to arrange a visit of the new wing, please call 0141 942 5834 today.



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West End Connect

A month of summer festivities

The West End Festival will return this summer, once again bringing the streets alive with performances, dance and exciting events.

From Friday, 31 May to Sunday, 30 June, the festival will celebrate Scotland's diverse cultural background by bringing local and international performers to various venues around Glasgow's West End.

Highlights this year include a family open air ceilidh on Sunday, 9 June at Kelvingrove Art Gallery; a silent disco on Saturday, 15 June at Vinicombe Street Piazza; Da Capo Alba Guitar and Mandolin Orchestra on Sunday, 16 June at Cottiers Theatre; and a closing outdoor ceilidh at Kelvingrove Art Gallery with tickets including pizza from Baffo.

The West End Festival has been running since 1996 and hosts community-orientated events as well as art, food and music. Last year it hosted more than 400 events in 80 venues with approximately one million visitors.



Michael Dale, director of West End Festival, said: "We are very excited about the programme this year and in particular the closing day outdoor ceilidh. Our outdoor ceilidhs at Kelvingrove have always been very popular and people often ask us to put on extra dates.

"We are looking forward to our usual eclectic mix of music, walks, talks, literary events and theatrical performances."

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West End hot spot named one of the best places to live

Finnieston, one of Glasgow's "trendiest" areas has been named among the top ten places to live in Scotland.

The West End spot was the only place in Glasgow to make the list, published by The Sunday Times, that looks at a range of factors, from employment, schools and broadband speed to culture, community spirit and local shops, in order to compile the definitive top locations to live.

The area, which was dubbed 'the hippest place in Britain' in 2016, is now listed among top destinations to live, along with the likes of Dundee and Leith, despite being significantly smaller in size.

Finnieston's popularity has been growing for over a decade and shows no signs of slowing down.

In 2011, the Finnieston and Kelvinhaugh area was home to around 6,900 people – by 2014, the figure was just over 7,500 and by 2017 (the latest available figure) just under 9,500.

Only a stone's throw away from some of Glasgow's main attractions like Kelvingrove Park and only a half an hour walk to Glasgow Central, Finnieston is also within commuting distance of five of the main academic institutions, making it a popular temporary home for students.

Nearby schools including the Glasgow Gaelic School, Hyndland Secondary and Notre Dame were all listed as the top in the city based on exam results – a major selling point for young families.

The local group have been vocal about the need to invest in



adequate social housing in order to attract couples and families – rather than focusing primarily on purpose-built student accommodation. They regularly hold public events to bring the community together.

keen interest in preserving its green spaces and fighting to have homes for residents.

"We must also celebrate the efforts of the many numerous independent businesses which now call our streets home."

Philip Braat, local councillor for Finnieston, added: "This recognition comes amongst many others for the City of Glasgow – including most recently being the best UK city for Millennials.

"Finnieston is an excellent example of this – being home to a vibrant café and bar culture, as well as being part of Glasgow's thriving knowledge economy. This recognition comes as a result of decades of leadership – investing in growing our economy and investing in Glasgow's people. Finnieston has the added advantage of having five world leading academic institutions within commuting distance, as well as some of the UK's premier music and events venues on its doorstep."



Lee Grant, secretary of the Yorkhill and Kelvingrove Community Council, said: "Finnieston, Yorkhill and Kelvingrove together are a strong local community that takes a



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WHAT'S ON

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

EVENT: SPICE-GIRL POWER ANTHEMS

Date: Friday, 10 May
Time: 10pm
Cost: £8
Location: SWG3

What's on: Dance the night away as DJs play all the best '90s and '00s girl power anthems from Destiny's Child to Madonna, Girls Aloud to Britney Spears. On the night there will be dancers, a best dressed giveaway, a laser show and massive light show.

EVENT: BYRES ROAD MAKERS MARKET

Date: Saturday, 25 May
Time: 11.00am-4pm
Cost: Free entry
Location: Hillhead Library

What's on: This monthly boutique craft and design market takes place on the last Saturday of the month and features an eclectic mix of items to buy. From handmade crafts to original designs brought by artists and crafters from all over Scotland, it's a great spot to pick up gifts or something for yourself.

EVENT: TREVOR SMITH'S FAMILY FUN FAIR

Date: Friday, 17 - Monday, 27 May
Time: Weekdays, 4-7.30pm; Weekend and holiday Monday, 1pm-8pm
Cost: All rides £1.50
Location: Kelvingrove Park

What's on: This fun fair has something for all ages of the family. From dodgems to the waltzer, thrill rides to kids roundabouts, stalls, bouncy castles, food, drinks and much more, there's something for everyone to enjoy.

EVENT: BOOKS AT THE BOTANICS

Date: Saturday, 15 June
Time: 10am-5pm
Cost: Free
Location: Glasgow Botanic Gardens

What's on: Browse a wide selection of second hand and vintage books at this monthly bookfair. Whether you're a collector of books or are simply looking for your next read, Books at the Botanics in The Hopkirk Building allows people to browse and buy at their leisure.

EVENT: BROADWAY IN THE BAR

Date: Sunday, 19 May
Time: 4pm
Cost: £15
Location: Oran Mor

What's on: A professional cast sing songs from Wicked, Les Miserables, Grease... and more. Brought to you by the same company that produced I Will Survive, Little Shop of Horrors and The Pure Amazing Wizard of Oz, enjoy an afternoon with the best of Broadway and banter. Visit oran-mor.co.uk to find out more or book tickets.



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West End Connect

Chef explores the exciting tastes of Spain

A new head chef from Spain has been adapting to his new role at a popular West End tapas restaurant and cocktail bar.

Enrique Ruiz Marcos from Bilbao, in northern Spain, has now joined the team at Rioja, on Argyle Street, Finnieston.

His arrival is being celebrated with new Spanish and spring dishes and drinks.

Bosses' aim for the menu is to show their guests they don't need to head to San Sebastian to enjoy a taste of Spain.

Trained in Basque Country and with experience seeing him work at Malaga's first gastronomic hotel, Malaga Premium, to the avant-garde Azurmendi restaurant in Bilbao, this is Enrique's first Scottish appointment on his culinary career.

With a wealth of cooking styles and experience, Enrique will bring his philosophy of flavour and

sustainability to Rioja.

The cooking master is developing tapas dishes that are simple, sustainable and captivate the essence of Spain, said the restaurant.

New to the menu are black rice with squid ink, coated in a lemon peel cream and sustainable Scottish hake with dressed potatoes and a zingy green sauce.

Enrique described his excitement at being in Scotland for the first time.

He said: "This is my first time in Scotland and I've been very excited to create authentic and sustainable Spanish tapas in Glasgow.

"Using Scottish products that are local is incredible, and I've enjoyed experiencing new ingredients every day.

"My dishes are simple and full of flavour, best shared over wine and I look forward to welcoming guests, old and new, through our doors."



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Shaking up the cocktail world

It's good news for whisky lovers as the world's first cocktail vending machine is coming to Glasgow and will be serving up drinks for free.

Old Fashioned cocktails have been given a modern twist with the launch of the world's first dispensing vending machine.

The unique contraption is hitting the road for a UK-wide tour and will stop off in Scotland's biggest city at the end of May.

Created by The Woodsman, the machine will be at The Dockyard Social on May 24.

Whisky cocktails are continuing to grow in popularity but are known to take a bit longer to put together when compared with other drinks. The creators of the machine have said they are on a mission to change this by delivering free Old Fashioned's served to drinkers in a flash.

Whisky lovers can build their cocktail by pulling levers and turning wheels. However, what happens inside the machine itself remains a closely guarded secret.

Rod Gillies, head of innovation at Whyte & Mackay, said: "Everyone loves a good Old Fashioned, and our maple syrup version is a cracker.

"But what would make it even better is being able to get hold of one wherever you are, on demand.

"So we're stripping away the rules and complexity which sometimes surround Scotch and making it quick and simple to get a brilliant drink."

The machine will come to Glasgow street food market The Dockyard Social on Haugh Road on May 24.



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West End Connect

A bold new direction for art gallery

An impressive painting by Glasgow artist Victoria Morton has gone in display at Kelvingrove Art Gallery and Museum.

The painting, entitled Soliton, has been acquired thanks to the Hamilton Bequest, a trust which dates back almost a century. It marks the ninetieth artwork of international importance gifted to Glasgow Museums since 1927.

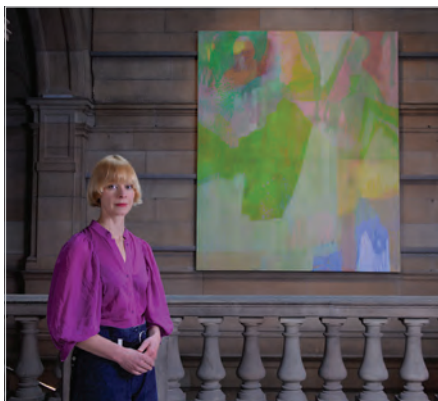
A second work by the same artist also acquired in 2018, Photosynthesis, will rotate with Soliton after three years.

A musician as well as an artist, Morton is interested in making connections between art and music in her large canvases, which resonate with colour and envelop and overwhelm the senses.

The large, vibrant canvas can be found on display on the south stairs at Kelvingrove Art Gallery and Museum next to Salvador Dali's Christ of St John of the Cross. The prominent location off the main hall was chosen by the artist, who fondly recalls sketching in the museum while studying at secondary school.

When choosing the painting for Kelvingrove, the Hamilton Bequest and Glasgow Museums wanted to champion a local, living and contemporary artist. A member of the selection committee visited Morton at her work space in Wasps Artists' Studio.

See Victoria Morton's Soliton now at Kelvingrove Art Gallery and Museum.

An advertisement for two magazines. The left side features 'scottish walks' with a woman looking at a smartphone. The right side features 'SCOTTISH cycling' with a woman wearing a helmet and looking at a smartphone. Both sides include text about digital editions and features like zoom, video, and interactive maps. A pink banner at the bottom contains subscription information and a price of £6 per year.

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Scheme is a driving force for good

A taxi firm has confirmed it helped over 150 students who were stranded without money last year.

The Student Taxi Scheme, led by Glasgow Taxis Ltd in partnership with the University of Glasgow, Strathclyde University and Glasgow Caledonian University, was launched in 2015.

The programme allows any university student in the city without cash to get home in a Glasgow Taxi, just by using their matriculation card.

Through the initiative, Glasgow Taxis Ltd can provide the students with access to a Safe Taxi by calling and quoting a code available from the university. The student then gives the driver their student card and repays the cost to their Students' Union when they collect their card after one working day.

A spokesman for Glasgow Taxis Ltd said: "We're very proud of the relationship we have with the city's universities and nowhere is that more important than through our Safe Taxi Scheme, which has now been running for almost four years.



"First and foremost, I'd like to thank our members and drivers for supporting this scheme and for their role in ensuring these 150 students all made it home safely last year, many of them new to the city of Glasgow.

"Two recent cases involved one student who had been admitted to hospital and another at a police station who had witnessed an incident. Thankfully they were aware of our scheme and able to get home safely and quickly, alleviating not only their own stress but that of their families and friends."



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West End Connect

Byres Road gears up for brand new look

Cyclists and pedestrians are set to benefit after the Council approved a £9million design project on Byres Road.

The Byres Road public realm project was given the green light on April 23 after revisions were made to previous suggestions. It is jointly funded by the UK and Scottish Governments through the £1.13 billion Glasgow City Region Deal.

Among the changes to be implemented are a 20mph speed limit, protected cycle lanes, upgraded footways, additional seating, bus stop bypasses and physical segregation at the Hillhead Subway taxi rank.

The revised designs will see road space reduced by 30 per cent and on-street car parking will be dropped from 117 to 42 spaces. It was noted, however, that after 6pm an additional 56 spaces would be made available.

Carol Connolly, Head of City Deal at Glasgow City Council, said: "The new public realm at Byres Road



will improve the experience of the area for all those who live there or use it for shopping, studying, or going out to eat and drink. Byres Road is one of the most popular destinations in the city for both Glaswegians and our visitors, and this public realm work will ensure it maintains this

position. The public consultation saw a wide range of views expressed, and the revised designs reflect this."

Work is expected to start in the summer of 2020, to be complete by the spring of 2022.

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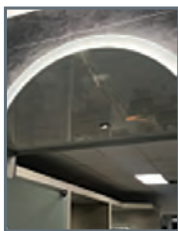
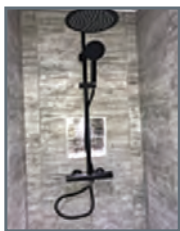
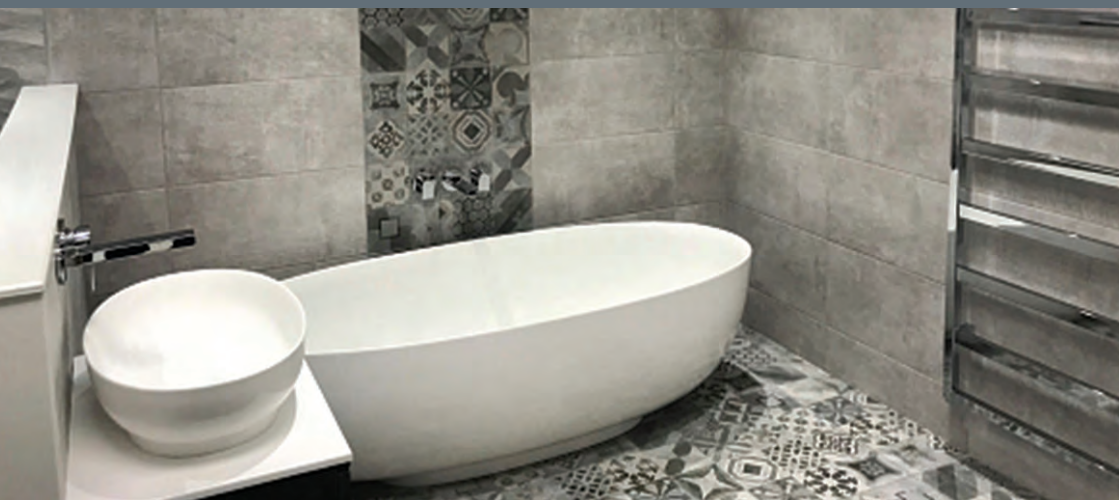
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The natural playground

It's easier to hand over the iPad than drag your kids kicking, screaming and suitably sullen, outside. But the great outdoors really is pretty wonderful wellbeing-wise - for you and the kids.

"Kids have a lot of energy, they need to burn it up," says Dawn Isaac, author of 101 Things For Kids To Do Outside.

"The first hurdle is trying to get rid of the competition," Isaac notes. So, once you've banished screen-time, enjoy some of this...

Whatever you do, don't go for a walk

"My kids were always allergic to walks," says Isaac. "A walk is the worst idea in the world, but there are lots of things you can do to trick them into one."

Do a scavenger hunt round the local park, go foraging (you genuinely can go blackberry-picking almost anywhere), visit a farm and make 'nature bracelets' out of double-sided sticky tape stapled to a loop of card, to stick on stuff the kids unearth along the way.

Or do what Isaac calls a 'penny hike', where every junction you come to, you flip a coin to decide what road to take next. "It has to be more than, 'Just go outside'," she explains.

"They're used to being sold



stuff really well these days, so as a parent, you've got to get very good at selling nature."

Embrace the dark

Don't just think about the fun to be had during daylight hours. "Kids love going out after dark because it feels quite naughty," says Isaac. "Anything that feels a little bit not allowed is so much more appealing."

Camp out in the garden, go stargazing, look at the moon (telescope optional), play torch tag, or set up a moonlight garden, "with lots of white stones setting pathways" that will show up in the light of the moon.

Or sign up to a bat walk at your local park. They'll give you a bat detector, which picks up the kissing sound the winged creatures' sonar makes.

Be prepared - and let them get messy

"You have to make sure you have clothes for every eventuality," warns Isaac. "And loads and loads of food. If you've got both those things, they'll keep going."

So, whether you're splashing in puddles, building dams out of mud, doing a soft toy bear hunt in the garden, or playing 'lose a limb' tag in the park with a tennis ball, she recommends carrying a flask of hot chocolate and stashing marshmallows in your pocket.

Eating outdoors in general is an easy win - even winter picnics work if you put enough layers on. "It's always more exciting having a sandwich outside," she notes. "Any chance to do something outside that you're not used to doing, that you're used to being restrained inside with, just becomes more interesting."



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West End Connect

7 Steps for kitting out a home bar if you're starting from scratch

While cocktails are synonymous with the high life, there isn't actually any secret or mystique to creating a beautifully balanced drink - you just need a few tools of the trade, and a suitably stylish setting always helps.

Here's how to lay the foundations for your own little black book of cocktails...

1. Presentation

A drinks trolley always makes a great showpiece. It's where you want to place your prized stemware, crystal decanter, ice bucket, tongs, and other bits and bobs. They can be pricey, but they certainly make a great investment piece if you can afford the outlay.

Charity shops are good hunting ground for vintage tea trolleys, which can be painted piano black or glossy white to look the part. A cocktail tray on a sideboard always looks attractive too, and the high street currently has some great options.

2. Bar tools

The bar essentials for making cocktails are a jigger (dual spirit measuring cup), Boston shaker, mixing glass, strainer, long bar spoon, sharp knife and a citrus juicer.

3. Stemware

Some of us would happily drink from anything, from a trendy jam jar to a candy-coloured crystal coupe, but ideally you should have at least four styles of stemware. And they should look as glamorous and exciting as possible - within budget - bearing in mind you need

to be prepared for breakages.

For short, mixed drinks on the rocks, you'll need an old fashioned or tumbler. A high ball for long, mixed drinks. Short drinks which are shaken, strained and served without ice should be poured into a martini glass or coupe. Champagne or wine cocktails should be served in a flute or a large wine glass.

4. Spirits

This is the fun bit, when you can really tailor your taste with reasonable quality spirits, good-looking labels and limited editions, such as ornamental cages which can be used as a fruit bowl when the bottle is removed.

For your building block to make the classics, you'll need a bottle of vodka, gin, white and dark rum, tequila, whisky, rye whisky, brandy and Campari. Then you'll need the most commonly used liqueurs, such as orange liqueur and sweet and dry Italian vermouths.

5. Syrups, bitters and salt

For cocktails such as a daiquiri, which call for sugar syrup, you'll need a bottle of Monin Pure Cane Syrup. For a Manhattan, Angostura Bitters and to salt the rim of a margarita, Maldon sea salt.

6. Juice

The golden cocktail rule is all citrus juice must be freshly squeezed, hence the juicer in your tools list.

7. Garnishing

Garnish is the cherry on the cake. Think of the meticulous care professional bartenders put into garnishing a cocktail. Not only does it make a drink look instantly more appealing, it smells good too and can be tweaked to complement or create a contrasting flavour profile. Whether it's a lemon, lime or orange, you'll need a sharp knife to cut a long, thin strip of peel to twist into a curly shape.



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