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Welcome

Welcome to the first edition of West End Connect in association with the Evening Times.

Our new compact community magazine has one simple aim - we are here to celebrate all the positive people and things going on in your area.

Packed with feel good news stories, features and events, West End Connect is delighted to be at the heart of the local community.

As well as local news, Connect also highlights the best that local businesses have to offer.

If you have a story or event you'd like us to cover or a suggestion for future editions, please don't be shy and get in touch. There's nothing we love more than hearing from our readers and want you all to be involved.

Interested in advertising? Our sales team is on hand to offer bespoke multimedia packages that will tell our readers

what you do best. We hope you enjoy.

Until next time, Team Connect



Sleep in the Park
page 6

Contacts

Editorial

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Mass sleepout at Kelvingrove aims to tackle homelessness

SOCIAL BITE

Glasgow's first Sleep in the Park event, hosted by Social Bite, is gathering momentum as the countdown begins.

Following a hugely successful inaugural event last year, the mass sleepout will take over Kelvingrove Park to raise money to help eradicate homelessness in Scotland.

Josh Littlejohn MBE, founder of Social Bite, is calling on the people of Glasgow to get behind the event which aims to help people off the streets and into permanent homes.

Sleep in the Park, which is being supported by the Evening Times, was launched to fund the social enterprise's Housing First project, which aims to create 800 mainstream flats for rough sleepers and provide wraparound support for tenants.

So far, Glasgow has pledged the most flats of any Scottish city.

Private landlords, the local authority and housing associations in Glasgow have already pledged 300 properties for the programme, which will be used to house people who would otherwise be homeless.

Josh told Connects sister title the Evening Times: "This is an opportunity for people you see sleeping rough or in hostels to get their



own flat and basically the money is going to providing wraparound support for people, so they don't just get their own place, they get to support along with it.

"We are aiming to fund that support for a two-year period alongside the Scottish Government who have also committed funds to it and on that basis then we can help get 830 people off the streets and move the structural responses in the cities."

In Glasgow, Sleep in the Park will take place with performances from Amy Macdonald, KT Tunstall, Frightened Rabbit and a bedtime story by Loki (Darren McGarvey).

Sleep in the Park will be taking place in Kelvingrove Park on December 8.

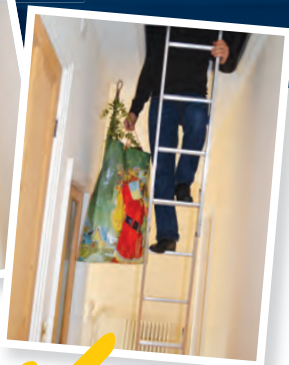


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clients, although based in the Westend of Glasgow, we cover all areas in Glasgow and for extreme jobs we are happy to travel further afield.

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How did your start your career in property?

My father was a chartered surveyor, so this sparked my interest in property from a young age. I then moved to Glasgow once I graduated from Stirling University, and started working as a viewing agent at Merchant Lettings, where Ross Macleod was also one of the directors. I moved on from Merchant Lettings when the business was sold and became a Sales and Valuations Manager at an auction house. Ross offered me an opportunity to come back and work for him, and I have worked my way up to become an Associate Director in my past four years with Macleod Lettings.

Helen Hall
Associate Director,
Macleod Lettings

What are your goals?

I hope to excel and become a prominent woman in the property industry. As a previous tenant and current landlord myself, I have first-hand experience of all aspects of the industry, so can help play a valuable part in changing this for the better. We are always looking for ways to improve our service to ensure that both our tenants and landlords are always happy. I continue to learn about the industry every day and look forward to seeing what the future holds.

Tell us about your role at Macleod Lettings?

We are a small team at Macleod Lettings and my role involves everything from taking on a client on day one to letting and managing the property throughout the tenancies. Tenant and client relationships are important to us and it's great that our tenants and clients know exactly who they are dealing with. My time is split between the office and the properties that we manage so every day is different.

What are your interests out of work?

I enjoy living an active lifestyle and my spare time is spent between the city and the countryside. Weekends are spent walking in the countryside, discovering hidden gems or socialising with friends and family. I like finding new hot spots for shopping, eating and drinking, and of course that well deserved Friday evening vino!



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Crafted with beauty and love

Nancy Smillie's first venture into life as a self-employed artist was in a little pottery studio, Saltoun Pottery, just off Byres Road.

It was in this little pottery studio that she first made a living from her years studying art at GSA, graduating in ceramics. The pottery was a success and after a few years she was exporting her pots to Japan, Singapore, Paris and the London design centre among others.

When Princes Square opened in Glasgow, Nancy was approached and offered a shop.

"I was totally seduced by this idea. The square was beautiful, and I was very excited about bringing the best of ceramic pieces and glass, right into Glasgow's city centre," beams Nancy.

Nancy had to mortgage her house to pay for the shop, installing a sprinkler system, tiling the floor and everything else in between.

Though two years on, after struggling to pay the bills, Nancy focused her energy sourcing things she thought friends and customers would like and could afford. It was a great success, and the shop went

from strength to strength, upholding the original ethos of providing beautiful handcrafted ceramics and hand-blown glass.

Yet when an opportunity to move to the West End came up, Nancy grabbed it and Princes Square retook her shop to extend the courtyard.

"It has been the best move yet," she smiles.

This month The Nancy Smillie Shop are launching a new website to celebrate the store's 30th birthday. Visit www.nancysmillieshop.com to browse

the beautiful selection of products or pop into 53 Cresswell Street, Glasgow, G12 8AE.



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WHAT'S ON

Keep up to date with all the events going on in and around your area with our handy what's on guide.

RIVERSIDE CHRISTMAS FESTIVAL

Location: Riverside Museum
Date: Saturday 1st & Sunday 2nd December
Time: 11am - 5pm
Cost: Free

WHAT'S ON:

The annual Christmas Festival returns to Riverside Museum promising festive fun for all the family. Enjoy a traditional Christmas market in the Victorian street where you can get into the festive spirit as you browse the stalls for stocking fillers and unusual gifts. The event square will be transformed into a traditional fairground with free rides and carousels and Santa will be in the Tall Ship Grotto.

I LOVE THE 90'S - XMAS PARTY

Location: SWG3
Date: Friday 21st December
Time: 6.30pm
Cost: £10

WHAT'S ON:

Dance your way into Christmas with this party celebrating the festive hits of the 90s. Think Mariah Carey's All I Want for Christmas and Cyndi Lauper's Rockin' Around the Christmas Tree. To book tickets visit swg3.tv/events/2018/december/i-love-the-90s-xmas-party.

BOOKS AT THE BOTANICS

Location: Glasgow Botanic Gardens
Date: Saturday 17th November
Time: 10am - 5pm
Cost: Free

WHAT'S ON:

Head along to this monthly book stall and peruse the varied selection of books from diverse sellers. Browse at your leisure in a family friendly setting.

CHRIS RAMSAY - JUST HAPPY TO GET OUT OF THE HOUSE

Location: The Stand
Date: Sunday 18th November
Time: 4.40pm & 8pm
Cost: £22.40

WHAT'S ON:

Enjoy an evening of laughter as comedian Chris Ramsey dispels some of the greatest life advice ever to be recorded (he hopes), as he sets out the rules of the modern world for his infant son. Visit www.thestand.co.uk/whats-on/Glasgow to find out more.

EPILEPSY SCOTLAND CHRISTMAS MARKET

Location: The Dockyard Social
Date: Sunday 25th November
Time: 12pm - 3pm
Cost: £5 entry, kids go free

WHAT'S ON:

Make a start on your Christmas shopping by checking out the stalls at this festive market. Exciting and unique products will be available from stallholders including Sparkles & Surprises. There will also be some prizes to win in the raffle, a kids tombola and Santa will be popping by to pay a visit.



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Yoga benefits recovering addicts

A yoga studio in Finnieston was recently awarded a £25,000 boost for their efforts in helping recovering addicts.

The BodyMind Studio has scooped the business award from social enterprise funder Firstport, to celebrate owner Lou Prendergast's commitment to working with those in recovery through the Namaste Off It programme.

Lou has been donating Bikram Yoga classes to residents at Phoenix Futures Scotland's rehabilitation centre and has also secured work with the Mungo Foundation, providing Bikram classes for those accessing the services of the South Glasgow Drug and Alcohol Recovery Hub.

She told Connects sister title the Evening Times recently: "I had heard Bikram Yoga was particularly good for people in recovery and knew I wanted to get involved, so we set up Namaste Off It.

"It's good for anyone who has been through a

trauma with their bodies, which addiction really is, but psychologically too. You're using the mirror so they're forced to face themselves – you find with addicts they don't want to do that but that begins to change."

Since starting the programme in November of last year, many of Lou's students have gone on to complete their rehab stays but have returned to the studio in a bid to keep up their sobriety.

One such pupil, is Jake Freeman, a former resident of Phoenix House who now works at the studio in a Karma Yogi capacity, meaning he receives free yoga classes.

Lou has undergone the first stage of two-part Y12SR training – the Yoga of 12 Step Recovery – and will soon be qualified to hold sessions at her studio for anyone who has been affected by addiction.

Next year, the BodyMind studio will be hosting Scotland's first ever Y12SR leadership training in March.



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West End Connect

A tasty twist on American cuisine

The West End has welcomed a new eatery that has captured the attention of carnivores, pescatarians, vegans and vegetarians with its inventive style of American cuisine.

Roosevelts Bar and Kitchen has taken residency in Woodlands after a popular VIP launch party, where a generous selection of canapé styled samples from the menu were offered.

Formerly an independently run branch of the TriBeCa Group, owners – brothers Scott and Graeme



McLean – combine delicious American food with the best Scottish produce, all mixed in with that friendly service Glasgow is famous for.

Bosses have promised diners that the menu has been crafted

with the best local ingredients - and will “pack a punch.”

Burgers, melt-in-the-mouth steaks, all-day brunches and hearty mains will be on offer, along with a varied drinks menu, including cocktails, Scottish craft beers and American sodas.

Local vegan blogger Adele, a.k.a. Vegan Burd, accepted a challenge in the run up to the big opening to create a selection of vegan dishes, especially for Roosevelts, including “the towering fricken burger”.

Co-owner Scott described how he and his brother are “really excited” about the new venue. He added: “It’s something Graeme and I have always wanted to do, bringing the best local produce and drinks to our customers.”





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West End Connect

Getting creative with veg challenge

West End businesses have helped to pave the way by making Glasgow become the first city in Scotland to cook and eat more vegetables.

Restaurants across the city engaged in the Veg Cities Chefs' Challenge, which is backed by celebrity cooks Jamie Oliver and Hugh Fearnley-Whittingstall.

During September, chefs from 16 restaurants received a "mystery" box of vegetables grown in and around the city to create a new plant-centred dish.

Judges then compiled a shortlist of eight finalists to take part in a live cook-off on October 10.

Ox and Finch, The Gannet, Alchemilla, Cail Bruich, Porter & Rye in the West End, Project Cafe and Red Onion in the city centre, Cafe Tibo in the



East End and Gnom and Balcony Cafe on the South Side took part in the challenge.

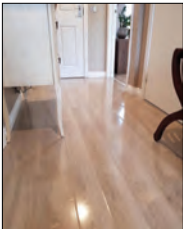
The Glasgow competition was organised by Glasgow Community Food Network (GCFN) in partnership with the UK-wide Sustainable Food Cities network, whose joint aim is to promote access to fresh, local produce for everyone.

GCFN chair Abi Mordin said: "If people see more vegetables on the menu they're more likely to emulate that when cooking at home. More demand will help develop a network of small-scale market and community gardens, which in turn helps us reconnect with the land."

"We believe there is potential for more small-scale urban farmers to supply local shops, restaurants and cafes."

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Lost medals returned to relative

A Second World War hero and former West End resident's lost medals recently resurfaced and were given to his closest living relative.

Lieutenant Colonel William French won an OBE, Distinguished Service Order (DSO) and various campaign medals whilst fighting with the The Glasgow Highlanders, 1st Battalion.

After the war, he spent 36 years as a partner at the accountancy firm French and Cowan, which is now called French Duncan, before dying unmarried in 1971 with no heir.

His lost medals were found in a safe tucked away in French Duncan's offices four years ago, sparking a quest to find one of his relatives.

The company eventually tracked down Helen Woods, 78, who was close to her uncle until his death, and gave her the medals at their offices in Finnieston.

In the 1970s, she contacted the Ministry of Defence and her uncle's battalion but failed to find his medals.

Helen, a retired doctor and mum of two who was born and educated in Glasgow but now lives in Nantwich, Cheshire, said: "When Uncle Willy died, I searched everywhere.

"I knew he fought in World War II, because our family albums were full of pictures of the boys going to war.

"He must have been quite a hero to the regiment, because they clubbed together to buy him a watch."

After discovering the lost treasures, French Duncan hired a private investigator to search for his relatives.



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West End Connect

Advertisement Feature

An independent store for quality products

CoLab Store was established in December 2017. It is a contemporary design and lifestyle store located in the heart of Partick, in Glasgow's West End, and very close to Kelvinhall underground station.

The quirky store offers a unique selection of goods from Scotland, Europe and beyond.

CoLab has a selection of homewares, jewellery, skincare, fashion accessories and more. Every product is carefully chosen to reflect their passion for design and style, and all products are of a high quality.



The in-house coffee shop further compliments CoLab's retail experience serving coffee, loose teas and a selection of freshly-baked cakes. CoLab's store offers a relaxed and friendly atmosphere and is child/pram friendly.

They also hire their space for events, workshops etc.

At CoLab Store they are constantly searching for new products to complement the space. Follow them on Instagram, Facebook and Twitter.

CoLab's online store is coming soon.



Giving Byres Road more room to breathe

One of the busiest West End streets is to be enhanced in an effort to boost walking and cycling.

Plans to create 1.5-metre-wide cycle lanes as well as reducing the speed limit to 20mph on Byres Road could be in place by autumn next year.

City bosses also want to remove half of the on-street parking spaces and narrow the width of the carriageway to six-metres.

Road officers have now been instructed to move forward with the plans, which will see a continuous cycle route created between Great Western Road and Partick Cross.

A report by Richard Brown, the council's executive director of regeneration and the economy, said: "A key component of the City Deal business case was the implementation of a comprehensive public realm scheme on Byres Road in order to improve place quality and physical connections with the university.

"These works aim to complement the significant capital investment proposed by the University of Glasgow through its campus re-development and to support the ongoing economic contribution of Byres



Road as a major retail and visitor destination.

"Council Officers have reviewed the consultation findings and are currently considering measures that could be introduced in order to improve the proposed cycle infrastructure and reduce traffic volumes.

"It is important that such measures do not adversely impact on the quality of the pedestrian environment which was identified as a strength of the existing proposals."

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HMRC's Making Tax Digital (MTD) for VAT April '19 deadline is fast approaching. For VAT registered businesses (above £85K threshold) this means they will be legally obliged to keep all VAT records digitally and report quarterly.

Surprisingly, one quarter of VAT registered businesses are still relying on paper and excel spreadsheets. If you leave it too late you risk hefty fines from HMRC.

There are a few simple steps you can apply and add to that to-do-list to meet the Making Tax Digital deadline.

Firstly, know your dates and take note of these in your calendar or diary. Review your bookkeeping software and make sure it's HMRC ready. Review your business processes and ensure you are ready for quarterly reporting. Speak to a tax expert.

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or 12:30pm- 7pm on Tuesdays, Wednesdays, and Thursdays.

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However, figures reveal that only five per cent of the population currently gives blood.

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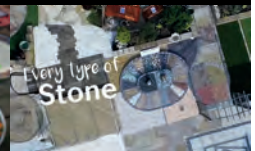


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The healing benefits of indoor plants

As the urban footprint becomes larger, more people are destined to be living in properties without a garden - yet houseplants can help bring the outside in.

Dr Tijana Blanus, principal horticultural scientist at the Royal Horticultural Society, offers suggestions as to how houseplants can benefit your body and mind:

They can reduce 'sick building syndrome'

Houseplants can help reduce the impact of 'sick building syndrome' which includes dry skin, itchy eyes, respiratory irritations and headaches.

They help moisturise the skin and alleviate dry eyes by increasing relative humidity inside the home or office. This happens via plants increasing air humidity levels through evapo-transpiration - the movement of water from leaves and soil into the atmosphere.



Some plants trap chemical gases

Cooking can make the kitchen smell wonderful, as garlic, wine and spices fill the air. But the aftermath of a good fry up or casserole is also a range of potentially harmful gaseous and volatile chemical compounds (VOCs). However, plants can capture these in three ways: via small pores in their leaves called the stomata, by diffusion through plant cuticle on the leaf surface and via the activity of soil micro-organisms.

They boost your mental health

Try pretty succulents or orchids to bring some flower power to your collection. Alternatively go for some large ferns for drama and impact. Additionally, groupings of plants often grow better as humidity tends to naturally increase around them, reducing stress on the plants as well as you.

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o p t o m e t r i s t s

Advent is coming - and the calendars are getting bigger and better every year. Blow the budget on something utterly extravagant or treat yourself to a tiny gift every single day. Here is some inspiration to suit every personality...



Wine Advent Calendar 2018 (£79.99, Virgin Wines)

Liberty London Beauty Advent Calendar 2018 (£195, Liberty)



Christmas Circus Advent Biscuit Tin, (£99, Biscuiteers)



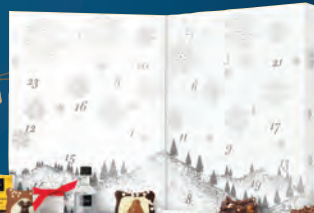
Craft Beer Advent Calendar (£69.95, Beerhawk)



Personalised Dog Treats Advent Calendar (£49.95, Pressybox)

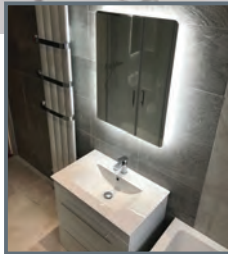
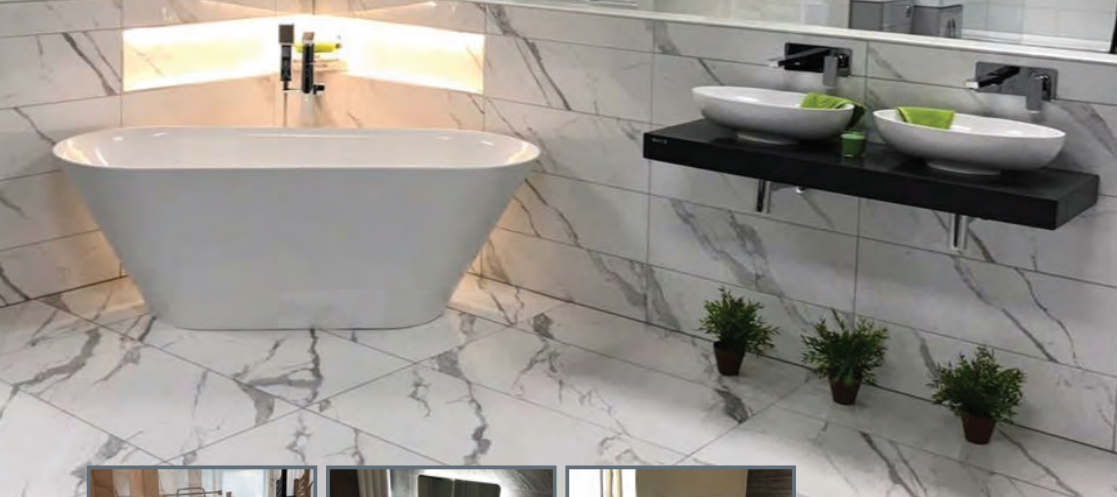


The Grand Advent Calendar (£68, Hotel Chocolat)



The Gin Advent Calendar 2018 (£124.95, 31Dover.com)

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