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Welcome

WELCOME to the first edition of Woodside Connect.

Our popular series of Connect magazines are brought to you by Newsquest Clyde and Forth and Herald and Times magazine, the publishers behind trusted titles such as The Evening Times and High Flyer.

Woodside Connect is your community magazine, keeping you in the loop with news and events from the local area.

Our first issue is packed with stories. Inside we have news of the Woodside Community

Council urging people to speak up for the community parks on page 8 and those eager to experience the rainforest now have the chance with more information on page 12.

Also inside you'll find a what's on guide on page 6, making sure you don't miss out on local events.

We'd like to extend a big thank you to everyone who has supported our first edition, we hope you enjoy.

Until next time,

Team Connect

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Inside you'll find...



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12 Experience the rainforest at Kelvingrove



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Handy Numbers

North Lanarkshire Council

Contacts

General enquiries: 01698 403200
Make a Complaint: 0845 600 9527
Housing repairs: 0800 6781 166
Antisocial enquiries: 0300 1231382
Report a dangerous building: 01236 812440

Emergency

Police Scotland: 101 (999 in emergency)
Scottish Water: 0800 0778 778
Shelter Scotland: 0808 800 4444

Schools

Glasgow Gaelic School: 0141 276 8500
Woodside Nursery School: 0141 332 7661
The Park Nursery: 0141 204 3399
St Joseph's RC Primary School: 0141 332 7836
Hillhead High School: 0141 582 0100

Libraries

Woodside Library: 0141 276 1609

Community

Garrell Vale Community Centre: 01236 828160
North Woodside Leisure Centre: 0141 276 1510

Health

Dr Love and Partners: 0141 531 9560
Woodside Health Centre: 0141 531 9200
Dr Webster and Partners: 0141 531 9570
Woodside Dental Practise: 0141 332 0793
Woodside Crescent Dental Practise: 0141 332 4622

If you'd like your organisation, club or society included in this handy numbers page don't hesitate to get in touch.

Email: maxine.mccreadie@newsquest.co.uk or nicola.brown@newsquest.co.uk and we'll be sure to include them in a future edition.



*Letting - Weddings, socials,
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CCH prides itself on hosting all types of events from small intimate occasions to larger scale events and performances. There are various different halls & rooms available to suit the bespoke needs and nature of your event.



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What's on

Now that the chillier weather has kicked in and crunchy leaves scatter the pavement, thoughts turn to how best to enjoy the autumn season. From an afternoon choir concert to a makers market, there's lots happening in the local and surrounding area.

So grab your diaries and prepare to jot down some important dates, as we've rounded up some of the best upcoming events.

EVENT: Woodside Library Club

Date: Every Thursday

Location: Woodside Library

Time: 5-6.30pm

Cost: Free

What's on: The lunchtime series winds up for this semester with a programme of Christmas music in the beautiful setting of the Memorial Chapel. Funded by the Ferguson Bequest, all are welcome.

EVENT: Chapel Choir Christmas Concert

Date: Thursday 1 December

Location: University of Glasgow Memorial Chapel

Time: 1.10-2pm

Cost: Free

What's on: Take part in this non-competitive, friendly, timed, 5k run in Rozelle Park. Taking place every Saturday at 9.30am, it's the ideal chance to keep track of your progress and beat your personal best times.

EVENT: Byres Road Makers Market

Date: Saturday 26 November

Location: Hillhead Library

Time: 11am-4pm

Cost: Free Entry

What's on: Pop into Glasgow's monthly boutique craft and design event. Peruse an eclectic mix of handmade crafts and original designs brought to you by talented artists, crafters and designers from throughout Scotland.

EVENT: Stars over the Botanic

Date: Thursday 15 December

Location: Glasgow Botanic Gardens

Time: 7.30pm

Cost: £2-£4

What's on: Enjoy an evening of stargazing with the Astronomical Society of Glasgow. Stars over the Botanic offers the public the chance to talk to astronomers and look at some of the wonders above. A number of telescopes will be available to look through, with the Astronomers helping you find the Moon, planets, or some deep sky objects. If the weather is cloudy, a programme of lectures and talks will substitute. Tickets purchased on the gate.

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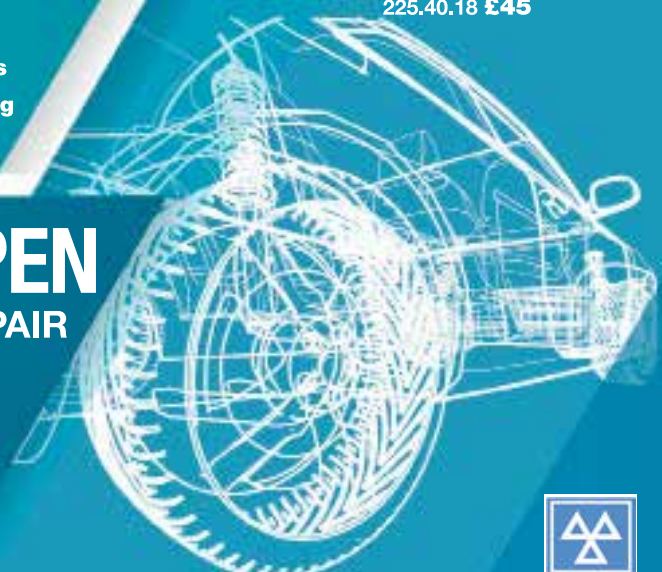
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Make your voice heard

WOODSIDE residents are being urged to attend the last of four park consultation workshops to make sure their voice is heard.

Woodside Community Council issued the plea to ensure they don't miss the opportunity to influence Council parks policy to preserve wooded areas and stop their destruction.

Glasgow City Council held workshop on the 1, 11 and 25 of October with the last taking place on 5 of November. The event will take place in Exchange House, 231 George Street, G1 3RX, which is right beside the City Chambers at George Square.

The initial consultations will take the form of four informal creative workshops exploring four key themes which affect all of Glasgow's parks and green spaces. The four themes are:

- Your spaces – Sat 1 Oct, 10am to 1pm
- Community spaces – Tue 11 Oct, 5.30 to 7.30pm
- Ecological spaces – Tue 25 Oct, 5.30 to 7.30pm
- Connected spaces – Sat 5 Nov, 10am to 1pm



The workshops offer an important opportunity to influence Council parks policy to preserve wooded areas and stop their destruction. These consultaion workshops are free to attend, children are welcome and tea and coffee and even a light lunch are provided.



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Food for thought

WOODSIDE residents are encouraged to donate what they can to the Glasgow North West Foodbank.

The local foodbank's last collection was held at Tesco in Maryhill on 18 and 19 October, yet they are always seeking to replenish stock and keep ahead of the demand.

As the holiday season approaches, for most it brings an appreciation of what we have and a desire to help others less fortunate.

Sumptuous Christmas dinners are a treat of the season shared with nearest and dearest, yet for some people experiencing financial hardship, a feast just isn't feasible.

Working as part of a nationwide network of foodbanks supported by The Trussell Trust, the Glasgow NW branch provide three days of nutritionally balanced emergency food and support to local people in crisis.

Those who would like to help can do so



by donating money, however big or small, volunteering and donating food items. Urgently needed food items are tinned or packets of potatoes, rice pudding/ custard, jam, tinned meat, tinned tomatoes, diluting juice, rice (basmati/ white), biscuits, tinned vegetables and toilet roll. They do not currently need beans and pasta.

For more information about how you can help, visit glasgownw.foodbank.org.uk.

Dress to impress for hospice

WOODSIDE ladies are being urged to look out their glad rags all on the name of charity.

The Prince and Princess of Wales Hospice will host the stylish Handbags and Gladrags event on Sunday, November 20 at Glasgow's Urban Bat and Brasserie.

Guests can enjoy an evening of good food, great company and of course entertainment at the ladies only event which will include a mouth-watering two course meal and entertainment Jamie McArthur.

This year's theme is Gatsby offering the ideal opportunity to indulge in a truly glamorous look.

As well as dressing to impress, ladies are also asked to bring along 'pre-loved' handbags that can be donated to hospice shops and there will be a silent auction, hospice shop and a raffle.

Tickets cost £40 and the event kicks off at 12.30pm. The Prince and Princess of Wales Hospice offers palliative care needs to people living in and around Greater Glasgow.

According to figures, the cost of looking after patients, their carers, and their families, is £5 million a year, with £1.9 million coming from the National Health Service.

In order to keep its doors open, and care for those in need of support, the hospice needs to raise the remaining £3.1 million shortfall.

Events, such as the Handbags and Gladrags afternoon, put the fun in fundraising to help the team continue their work.

For more details about Handbags and Gladrags or for more details about hospice services, visit www.princeandprincessofwaleshospice.org.uk

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The rainforest is brought to life

EXPERIENCE the rainforest by stepping inside Kelvingrove Gallery and Museum's new Object Cinema.

Using film and sound to bring the rainforest to life, experience this unique and atmospheric place close-up and in action. Objects on display include exotic animals, colourful clothing and even a giant anaconda snakeskin.

The South American rainforest is the largest tropical rainforest on our planet. More than half of the world's plants and animals live there. It is also home to many indigenous people who have lived in harmony with the forest for thousands of years.

Glasgow Museums' staff recently made expeditions to the rainforests of the Ecuadorian Amazon and Trinidad. Working with local people, they have gathered knowledge, footage, images and objects especially for the Object Cinema.



New Rainforest Explorer activity backpacks for families are now available. Follow the trail and there's even a special prize for young explorers.

**For more information visit
www.lifeintherainforest.org**



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EXPERIENCED dispensing opticians Scott Currie and Gordon Quirk have one vision – to offer customers a professional and stylish service.

The duo boast almost 30 years of experience in eye care and are delighted to welcome clients old and new to their practice in the heart of Glasgow's West End.

Scott, Gordon and the team pride themselves on offering a professional and caring service to ensure that people receive the best possible care and advice.

Committed to continually keeping up with the latest trends, the team regularly source new and exciting frame ranges from around the world – some of which are exclusive to Currie and Quirk.

This allows them to offer some of the most inspiring and tantalising ranges of styles, colours and materials to suit all budgets as well as satisfying the average style conscious Glaswegian.

As well as helping locals stay in vogue with their eyewear, the team offers:

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- Designer Ranges of frames and Sunglasses from around the world
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At Currie and Quirk's the view is that: "Having an eye test shouldn't be just about selecting new glasses or contact lenses" and as optician Gordon goes on to point out that: "many different and potentially serious conditions can be detected through regular eye examinations ... everyone should make a point of having their eyes tested regularly."

For further information about Currie & Quirk and to find out more about the styles available in store, visit www.currieandquirk.co.uk

Alternatively, to make an appointment call 0141 339 2900.



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From the community for the community

AT the heart of the local community, Community Central Hall (CCH) plays an integral role.

A local charity based on Maryhill Road, CCH provides services including pre-school Nursery, after-school care, Home Care, youth work, older peoples activities and even a print shop.

CCH is responsible for the operation of the 24,000 sq ft building and a range of services covering babies to older people.

Established nearly 40 years ago as a community trust, it has continued to provide a vital space and services for local organisations to hold a number of diverse services and extra-curricular activities. Today the local community-based charity allows groups as diverse as Zumba classes, Tai Chi, Chinese Opera, Slimming World and even ballroom dancing to use the space.

CCH is a leading part of the Development Trust Association Scotland, a national network of 240 community trusts.

The CCH ranks as the 8th largest local community development charity in



Scotland.

And it's no wonder when so many members of the community rely on the space. This space is available for functions, birthday parties, weddings, and all forms of celebrations

or events. All CCH does can be summed up in its mission statement to "be at the heart of the community"

Find Community Central Hall at 292 - 316 Maryhill Road, Glasgow, G20 7YE or call 0141 331 7676 for more information or to hear whats on everyday.

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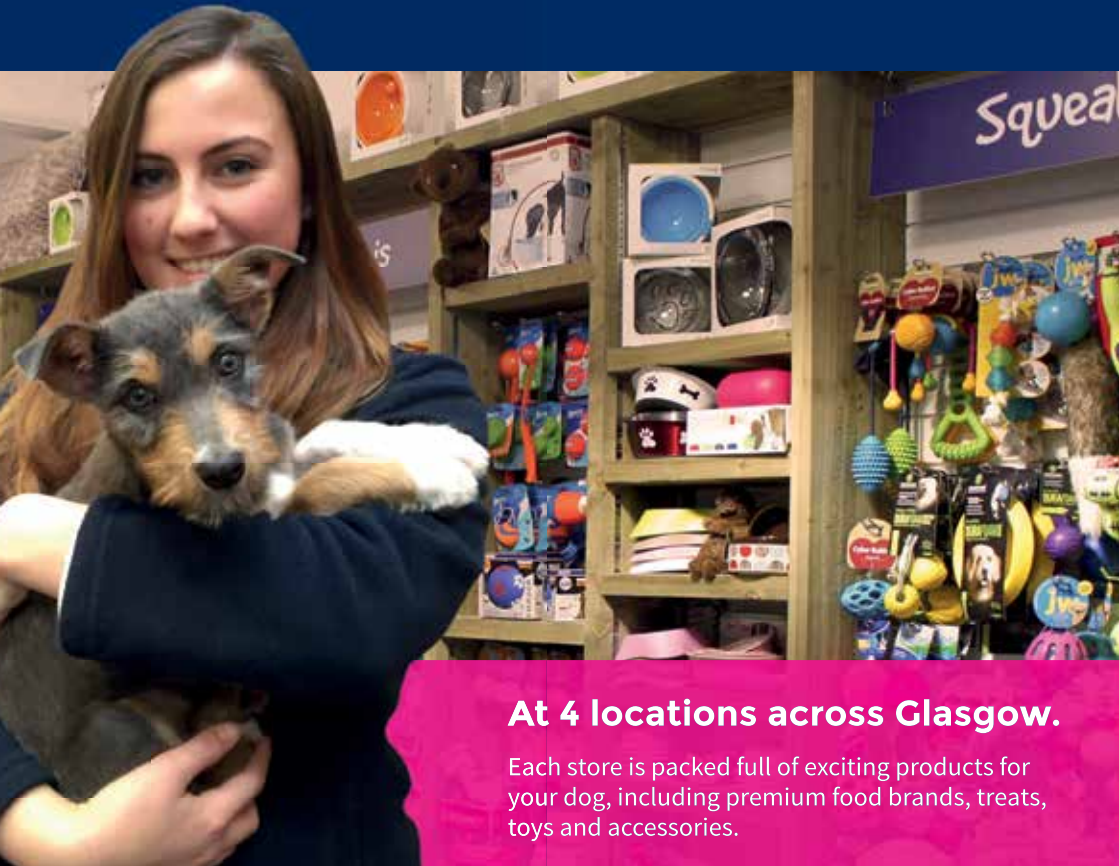
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Support when you need it most



WOODSIDE residents living with cancer can find support at Woodside Library.

If you're affected by cancer you may want to know there's someone you can turn to for help. Someone who can help find answers to your questions, whatever they may be.

The Macmillan information point at Woodside Library can help you find information you need on living with all aspects of cancer, as well as

signposting you to the nearest Macmillan @ Glasgow Libraries drop in centre.

Macmillan's local centres offer free, confidential information and support. If you or a loved one has questions about cancer, they provide value information.

For more information, contact Craig Tobin on 0141 287 2911, email macmillan@glasgowlife.org.uk or visit www.glasgowlife.org.uk.

Animal lovers urged to be aware of where to find help

WOODSIDE residents concerned about animal welfare in their community are being urged to make sure they call the correct number for help.

The call comes as the Scottish SPCA (SSPCA) has released research which reveals 31 per cent of Scots are calling the wrong animal helpline.

A recent study has shown that although 69 per cent of people would call Scotland's animal welfare charity if they discovered an injured or distressed animal, 25 per cent of people would contact the RSPCA and 6 per cent per cent would contact other organisations.

Chief superintendent Mike Flynn said, "Although awareness of our helpline has increased by an incredible 283 per cent since 2009, and last year we received an incredible 240,000 calls, it is concerning that some people would contact the wrong organisation if they come across an

injured or distressed animal."

He continued: "You should call our helpline if an animal is in danger or distress or if you need animal welfare advice.

"If someone calls the wrong telephone number it will delay rescues and could cause animals more suffering.

"By making our animal helpline your immediate point of contact for any animals in distress it will help us save more lives.

"All calls to our animal helpline are in strict confidence and can be made anonymously if necessary."

Figures also reveal that in 2015 inspectors and animal rescue officers were able to help over 80,000 animals thanks to the people who contact the SSPCA with concerns about animals in distress.

Anyone with information about an injured or distressed animal should contact our animal helpline on 03000 999 999.

Home Care



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Save the date for school registration

WOODSIDE families are being reminded that school registration in Glasgow will again take place in November this year for parents to register their child early for P1 entry in August 2017.

The earlier November registration date - which this year runs from 7 - 11 November - was introduced three years ago to allow schools and the authority to effectively manage the allocation of children to schools and particularly for those living in the catchment area.

The additional, early registration date has proved very successful with only a small percentage of families now opting to wait until the later January enrollment date.

This means parents and carers of children who are due to start primary one in August 2017 can register their child during the early school registration week - the aim in the future is to only run the November registration week.

Starting school is a significant step in a child's life and parents are being urged to visit their local school and see what it has to offer for their child and family.

Over the last few years Glasgow has made some major improvements to our primary

schools as part of the council's ambitious £255 million 4Rs programme to rebuild or refurbish every primary, ASL and nursery school in the city.

Baillie Liz Cameron, executive member for Children, Young People & Lifelong Learning, said: "We have some of the best schools in Scotland and it is important for families living in the area to check out and research their local school and register there - local schools for local children.

"Of course, parents still have the right to make a placing request for personal reasons but we would always encourage them to consider their local school first."

If submitting a placing request parents must register their child at their catchment school in the first instance.

Having an early registration week in November also allows the council to comply with legislation and advise parents, in writing, of the school their child will be going to in plenty of time before the start of the new school term in August.

There will be a further opportunity for parents to register their child in January 2017 with a second enrolment week taking place from Monday 9 - Friday 13 January 2017.





A new name in town

Jones & Hoyland Opticians at 7 Main Street, Uddingston, has now changed their name to Currie & Quirk Opticians, along with our other practices at 318 Main Street Bellshill, and at 142 Byres Road in the heart of Glasgow's West End.

The only thing that will change – is the name. Our resident Optometrists, Ciara Weinberg and Richard Davison, and Dispensing Optician Lynn Kinnear, will be looking forward to seeing our clients, old and new, at our Uddingston practice, when you are next due for your NHS eye examination.

We have a large selection of frames to suit all budgets, including the new ranges from Ray-Ban, Tom Ford, Hugo Boss Orange, and Prada to name a few. Pop in to see our new ranges and look out for our special promotions over the coming months.

We also do home visits covering all of the Lanarkshire and Glasgow



areas– if you or a relative are unable to leave home without assistance, we will come to you, and carry out a full eye examination in the comfort of your own home. The cost of the home visit is fully funded by NHS Scotland. If this is part of our service you are interested in, please call us on **01698 813 318** to arrange a visit.



For the love of books

MORE than 1,000 schools across Scotland have signed up to an initiative to get children reading for pleasure.

Backed by the Scottish Book Trust, the First Minister's Reading Challenge, which encourages youngsters to enjoy books, has so far been rolled out in 1,277 primary schools.

Children can read from a selection of 100 books chosen by a panel of teachers, librarians, booksellers and parents or from other books or texts they are interested in.

Prizes will be awarded for schools and pupils who provide inspiring accounts of their rewarding reading journeys, which in turn can encourage more young people to take part.

First Minister Nicola Sturgeon launched the Reading Challenge in August. Schools can sign up by visiting www.readingchallenge.scot

Culture Secretary Fiona Hyslop said: "In less than two months, 60 per cent of primary schools across the country have signed up to the First Minister's Reading Challenge, and I would



encourage more schools to get involved."

"It is encouraging children to embrace the joy of reading from an early age, and will enrich their lives as they travel on their journey through school education and beyond.

"Every child in Scotland should have an equal opportunity to experience the lifelong advantages that reading for pleasure brings."

www.scottishgardener.co.uk www.scottishwalks.com www.scottishcyclingmag.co.uk www.familyfocus.scot

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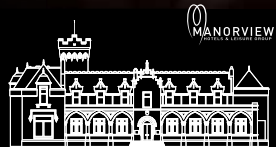
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Kick start your



day with a hearty breakfast from Grove Café.

It's also worth taking a trip to Grove Café for lunch.

The quaint but stylish café is the ideal spot to catch up with your nearest and dearest or

simply hide away from the hustle and bustle of everyday life.

Fish and chips, enchiladas, packed subs and salads are just a few of the tasty treats sure to make your mouth water. Or if you're just looking for a little solace from the harsh winter weather, the star bakers from the Grove Café team are more than happy to serve up warm and cosy drinks with truly stunning homemade cakes.

There really is something for everyone.

For more details about the café and to keep up to date with the latest offers, like Grove Café on Facebook.

Or for fans of a good old hashtag, follow [Grovecafemaryhill](#) on Instagram!



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More than 3,000 smokers stub out habit

WOODSIDE residents are amongst 3,000 people who have successfully stopped smoking with help from NHS Greater Glasgow & Clyde Smokefree Services in the last year

Each year, the Scottish Government sets the health board a target for the number of people it helps to successfully quit their habit.

Over the 12 months up to March, the board's smokefree services surpassed that target by 42 per cent.

It helped 3,084 to quit with 1,884 coming from the most deprived areas in the board.

Dr Linda de Caestecker, Director of Public Health, NHSGGC, said: "Stopping smoking is very difficult. Every single person who made the life changing decision to stop deserves real praise for successfully quitting.

"We are committed to providing the very best support to everyone who wants to stop smoking. Every year the government sets us a target for smoking cessation and it's a real testament to those who gave up, and to our staff who supported them, that we surpassed our target by 40 per cent.

"Our Smokefree Services are here to help people quit the habit and improve their health and bank balances. We offer support to people for as long as they need it. Much of our stop smoking support is through community pharmacies.

"It is very easy for people to go to a local pharmacy and get quick and effective support to help them quit.

"People who have used our service to stop smoking are recommending us to friends and family which is a great endorsement of what we're doing. When you look beyond the numbers and percentages you see the human stories involved. Each and every person who stopped smoking has their own personal story and what it means to overcome addiction. While we as a Health Board celebrate our achievement, we maintain our focus on providing high quality services that people want.



"As well as this, the benefits are being felt not only by those who have quit, but clearly also by those who are no longer exposed to their second hand smoke which is especially harmful to babies and children. I'd urge those looking to quit smoking to join today – you don't need to struggle on your own."

All NHSGGC Smokefree Services are completely free and offer:

- The best tried and tested methods available to help you stop.
- Access to specially trained stop smoking advisors.
- Free Nicotine Replacement Therapy and other stop smoking medications.
- Accessible venues for all.
- Access to extra support and information through our Facebook and twitter communities.

Smokers looking to quit can visit www.nhsggc.org.uk/smokefreeservices and book directly into a local service using our handy postcode search facility; call Smokeline on 0800 84 84 84 for information.

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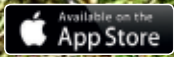
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Are you paying more for basic goods?



PEOPLE on lower incomes pay more than average costs for basic goods and services, according to new research by Citizens Advice Scotland (CAS).

The new CAS report, 'Paying More to be Poor' reveals some poorer Scots are paying a poverty premium for their energy, telecoms, credit, loans and insurance. This premium exacerbates the problems experienced by those living at or near the poverty line and can force those on a low income to cut back on essentials like food.

This in turn adversely affected their health and relationships.

Research found:

- Energy: Low income families are more likely to use more expensive pre-payment meters (PPMs) and 24 per cent of those using PPMs spent over £100 per month on their energy. Only 24 per cent switched their energy supplier in the past three years, with those living in the most deprived areas of the country less likely to do so.
- Telecoms: Those with mobile phones tend to use more expensive Pay As You Go payment methods. They are also more likely to be without mobile phones, and so are hit hardest by the rise in landline costs. Low income consumers are also less likely to switch phone suppliers.
- Financial services: 53 per cent said they were not using credit or loans, indicating a possible difficulty in accessing these products. Of those who had used credit or loans, 11 per cent were repaying over £100 per month. There is also evidence that low income consumers take out credit or loans without understanding the full costs involved. Others told us they had no home contents insurance, as they find it unaffordable, leaving their home vulnerable in

case of accident or theft.

CAS also asked these lower-income Scots what impact their financial situation has on them:

- 43 per cent said it had made them cut back on food
- 24 per cent revealed they cut back on gas and/or electricity used
- 22 per cent said they cut back on social activities
- 19 per cent reported that it increased stress and anxiety

Publishing the report, CAS spokesman Patrick Hogan said: "We and other charities have published evidence in recent years showing that there are too many people in Scotland who are struggling on low incomes.

"What this new research shows is that many of those peoples' financial situations are actually being made even worse because the poverty they are in.

"So if you are poorer in Scotland today you end up paying more for basic services, and so become even poorer. This cannot be right, and needs to be addressed.

He added: "We pledge that we will work together with those who supply essential services, to persuade them to bring down costs and offer better deals to those on low incomes, and also to raise awareness of cost traps and consumer choices.

"The market must offer better value for consumers of all income levels, but it is clear that we need to target information more at those on the lowest incomes.

"Poverty should not breed even more poverty."

Anyone looking for financial advice can speak with Glasgow Citizens Advice Bureau on 0141 552 5556.




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NIFTY FIFTIES

A Friday afternoon group that meets from 2-4pm in CCH.

No booking required but contact us on

0141 331- 7676

for more information about the classes.

Each class has a small charge of £2.50 per week.

Come along, join in the fun & learn new skills!

BREAKTHROUGH

YOUTH SERVICES

Drop in activities, Playschemes, Residential's and much more for young people aged 11-16 years.

Breakthrough is on Monday-Wednesday evenings 6-8pm at the Youth Base in CCH.

Drop in or phone us on

0141 331-7676

to find out more information about how to get involved.

CHILDCARE

SERVICES

Provides nursery and out of school care services for pre-school and older children aged 5-14 years.

Activities include messy, creative and active play in a safe stimulating community based environment.

Contact us on

0141 331-7676

to enquire about this service.

PRINCE'S TRUST

12 week personal programme aimed at 16-25 years olds.

The course is designed to increase young people's confidence, motivations and communications skills.

The programme runs three new teams per year & focuses on working together, building new skills and progressing to positive destinations for the future.

Contact us on

0141 331 7677

to find out more information about an upcoming team.



Prince's Trust