

Insider

A world class city with a thriving and inclusive economy where everyone can flourish and benefit from the city's success



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KEEPING YOU INFORMED



Welcome to October's Insider.

In the last few weeks I've written to you all to tell you about the council's financial forecast for next year. I have one small update about timing.

Just to reiterate, the Executive Director of Finance has produced an estimate of the savings we will be required to make in the coming year.

These figures are based on estimates and we will not have certainty about our financial position next year until the UK Government announces its budget and the Scottish Government has time to assess what that means for the Scottish budget, and therefore our budget.

Last week the UK Government announced that they will hold their budget statement on the 29th of this month. That means we can expect to hear from the Scottish Government around the beginning of December.

As I wrote to you last month, we have considered three likely scenarios – upper range, lower range, and

central range – with the central range thought to be the most likely.

This central range scenario estimates that our income is likely to fall by £20 million and our unavoidable expenditure is likely to increase by £41.7 million. This means that we would need to reduce our spending by £61.7 million, or increase our income by this much, or a combination of the two.

Obviously these are political decisions which will be taken at a full council meeting early in the new year and I will keep you informed as we move towards that.

One thing I would very much like you to read this month is the update on MCR Pathways.

The statistics are very impressive – for example the percentage of care experienced pupils who stay on past age 16 increases from 46% to 79% where a mentor is involved.

I want to be honest with you, as I was applying to be a mentor and going through the training I was nervous. Nervous that I wouldn't be able to make the time and nervous that somehow I wouldn't get it right.

Now that I've been doing it for a few months I have to say I was wrong to be nervous. Yes, this is an important task and one that you have to take seriously, but I have found it immensely personally rewarding and the support from the pathway coordinators in each school is incredibly useful.

So I know you might feel that mentoring is not right for you, or that you're not right for mentoring but I'm confident that each and every one of the incredibly dedicated people who work for the council have something to offer to a young person in our schools. I know you can do it, so please give some real thought to signing up as a mentor.

As always, I would like to hear from you if you have any comments or ideas. You can contact me by [email](#).

ON THE COVER

Left to right: Fraser Steele, Contracts Manager, Gordon Mullen, Training Officer, Lawrence Johnston, Health and Safety Officer, Stewart Vandal, Instructor, Christopher Lindsay, Joiner.



SOMETHING TO SAY

If you have a news story, feature idea or anything else you feel is interesting contact your service representative, email your ideas to Insider or phone **287 0924**.

Don't miss the next issue of Insider out on 1 November 2018.



Disclaimer: The views expressed in this publication are those of the contributors and authors and are not necessarily those of the editors or publisher (the council). Readers are encouraged to form their own opinions - any contributions are welcome. The editor reserves the right to modify or cut any material submitted for publication. Whilst Insider endeavours to ensure that all material is factually correct it cannot be responsible for any errors arising. This publication can also be made available in plain text.

HATE CRIME

AWARENESS WEEK

22-28 October 2018



The council family is again committed to raising awareness of Hate Crime, by supporting the fourth, Glasgow Hate Crime Awareness Week.

A hate crime is one where the victim is targeted because of their race, religion or sexual orientation, or because they have a disability or are transgender.

Glasgow Hate Crime Awareness Week aims to encourage agencies to work with communities, third sector and local organisations to:

- promote third party reporting and hate crime reporting
- raise awareness of the nature of hate crime and how to respond to it
- challenge attitudes and values that underpin offences motivated by prejudice
- improve service responses to hate crime
- consider the positive potential of bystanders.

To raise awareness of the campaign, posters will be displayed around the city and adverts will appear on the Glasgow Underground, backed up by a radio advert.

...help put an end to it.



REPORT IT

Don't stay silent about
Hate Crime

www.hatecrimescotland.org

Training

Supported by the council's **Equality Employee Peer Support Networks** we will be providing a Hate Crime Awareness Training Session in the City Chambers on 23 October, you can see more details and book your place [here](#).

Staff are also encouraged to complete the **GOLD** course on Hate Crime.

More Information

#Safe Glasgow-Keeping our citizens safe

To find out more about Hate Crime, and take the pledge, visit [Connect](#)

To find out more about the campaign, or to report a hate crime, **visit** www.hatecrimescotland.org

#Safe Glasgow-Keeping our citizens safe

SUPPORT OUR 2019 INTERNSHIP PROGRAMME

Services and ALEOs are being asked to support the 2019 internship programme.

The programme, now in its eighth year, has been popular with both the young people involved and also with managers and their teams.

Since 2011, almost 180 people, in full time further education, have been given an opportunity to spend three months over the summer to work on a specific project.

Beth McDonald, Internship Programme Manager, said: *“Each year we seek project proposals from managers across the council family. The Extended Corporate Management Team is keen that managers consider offering an internship opportunity.”*



Council officers from DRS and Financial Services with the summer 2018 interns

Managers have reported benefits of having an intern, including: *“We found the programme to be very valuable and allowed us to focus resources on key funding deliverables that we have struggled to get - given our current resources.”*

Call out for proposals - 2019 intern programme

Heads of Service across the council family will be emailed during October with full details about the programme. In particular the types of projects being sought, cost to the department, timetable, and more general information.

Beth continued: *“Please consider whether there is a piece of work that your team requires to be undertaken, which could be done by an intern (either a third year undergraduate, or an HND graduate), over 12 weeks during summer 2019.”*

More information

Any questions please email beth.mcdonald@drs.glasgow.gov.uk phone 0141 287 9728.

“

One previous intern said:
“It’s a great opportunity to help local young people, not only for the work experience but also to learn more about their city and how hard the staff work in the council.”

”

CORDIA SERVICES TRANSFERRED TO COUNCIL

All services delivered by Cordia and around 7000 staff who do these jobs were transferred to Glasgow City Council on 30 September. The vital services provided by Cordia will continue to be delivered under other council services and Cordia will cease to trade. The brand name also transferred to the council.



Cordia care services will be delivered under the management of Glasgow City Health and Social Care Partnership. The partnership will also manage Equipu and Linguistic Services. Facilities Management and Encore Hospitality Services will be delivered by the council's Property and Land Service, Development and Regeneration Services.

Annemarie O'Donnell, Chief Executive said: *"This restructure of the council family will allow the council to continue to deliver an efficient and effective*

operating model and best value services for the city. What won't change are the services being delivered to citizens and the people who do these jobs. All staff transferred to the council and terms and conditions have been harmonised."

All contact details are the same. Cordia's social media channels will close and move on twitter to [@glasgowcc](https://twitter.com/glasgowcc). For more information about services visit www.glasgow.gov.uk or www.glasgowcity.hscp.scot

FIRST PUBLIC PROTECTION EVENT



On 12 September, Glasgow's Adult and Child Protection Committees hosted the city's first Public Protection Conference in the City Chambers. The aim of the event was to highlight some of the public protection activity going on across the city and encourage communication and understanding across the different partners and agencies.

The conference was chaired by Colin Anderson, Independent Chair of the Committees and opened by Susanne Millar, Chief Officer Strategy

and Operations, GCHSCP. Susanne said: *"This collaborative event brought together staff, who work in many different fields across the public protection community, to share their knowledge and experience. Our staff from Social Work Services gained an insight into other organisations' practices and innovative approach to public protection. Particularly from partnership colleagues at the NHS, Police Scotland, Scottish Fire and Rescue Service."*

Jim McBride and **Liz Sherry** from the GCHSCP, delivered a presentation on Multi-Agency Public Protection Arrangements, alongside talks from People First, the Citywide Forum and The Advocacy Project.

The event also marked the launch of the Glasgow City Public Protection Newsletter which aims to keep a wide range of people and organisations updated with key challenges and developments.

For more information Visit www.glasgowchildprotection.org.uk and www.glasgowadultprotection.org.uk

Email sw_glasgowcpc@glasgow.gov.uk.

GORDON CYCLES FOR MACMILLAN

Gordon Macrae Smith, Social and Environmental Manager at City Property trained hard for months to prepare himself for a gruelling 620km cycle from Venice to Rome over five days in September this year.

Gordon, along with his son Simon, were cycling to raise funds for Macmillan Cancer Support, as part of McMillan Cancer Care's overall funding strategy.



Gordon Macrae Smith, Social and Environmental Manager and his son, Simon

Gordon said: "We were devastated when Simon contracted cancer a couple of years ago. Throughout that period we received a lot of support from Macmillan so this is our way of raising funds to help others receive similar support."

"After his recovery Simon returned to cycling which he enjoys and has really improved his fitness and stamina; he's now much fitter than me."

"When Simon decided to take on this challenge, he persuaded me to get involved. We trained really hard and took part in a number of cycling challenges to prepare ourselves especially for the 21,000 feet climb on the route!"

LINDA'S LATEST FUNDRAISING ADVENTURE

Linda Devenney, Secretary to the Director of Financial and Business Services, is a keen supporter of Breast Cancer Care Scotland (BCCS) and has raised over £7,500 through charity events in the last eight years.

Linda said: "This charity is close to my heart. I lost my mum to breast cancer when she was only 50. It's a horrible disease that affects so many families."

"I make jewellery for friends and family and over the years I've donated a percentage of the proceeds to the charity. I've been sponsored to do a few 10K runs."

Linda's latest fundraising venture, was to take part in a charity Zip Slide over the River Clyde on 15 September.

"I'd like to thank everyone who has sponsored us to complete the challenge and help us raise money for this very worthwhile cause. If anyone else would like to make a donation, we'd be very grateful."

How to donate

Gordon hopes to raise around **£2,000**. Donating through JustGiving is simple, fast and totally secure. Donations are sent directly to the charity.

If you would like to make a donation and help Gordon meet his target and support this worthy cause, you can make a donation at www.justgiving.com



Linda and her colleagues and friends who took part in the zip slide.

Linda continued: "I roped 16 of my friends and colleagues into doing the zip slide with me. It was a bit scary, but good fun. We all had a great day out and together we raised around £5,000 for BCCS."

NEW POST TO SUPPORT GAELIC DEVELOPMENT

Donna MacLean from the Isle of Tiree has joined the council as Project Assistant to our Gaelic Development Officer, Donald MacPhee in the Chief Executive's Department - until December 2019.



Donna MacLean, the new Project Assistant to our Gaelic Development Officer

Donna will support Donald in delivering projects linked to the council's Gaelic Language Plan such as the Aon Ghlaschu initiative and in particular supporting the organisation of the Glasgow Royal National Mod which is returning to the city – after 29 years - in October 2019.

Donald said: *"The Mod is a big event for the city and will attract thousands of visitors, many of them Gaelic speakers. Donna is a key addition to the team with a really important role in creating and delivering a special celebration of Gaelic language and culture throughout 2019. Her experience and knowledge will be invaluable to all the Mod partners - the council, Glasgow Life, the Local Organising Committee, An Comunn Gàidhealach and all the Gaelic organisations*

in the city. She will also support projects in the council's new Gaelic Language Plan, including a new website for Aon Ghlaschu - an initiative to collaborate and inform about the people and places where Gaelic is used in the city."

Donna, a graduate in Events Management from Edinburgh Napier University has joined the council having previously worked for a Development Trust on Tiree. Donna said: *"I'm very excited to be taking on this new challenge in a very different and busy environment. I've previously attended the National Mod and I'm very much looking forward to working with the Local Organising Committee to celebrate and showcase Gaelic music, culture and heritage."*

IT STARTS WITH YOUR HEART

To mark the one year anniversary of the passing of a colleague, staff in Claims Liability and Revenues and Benefits, Financial Services honoured his memory by raising a staggering £2,320 for the British Heart Foundation.

Pamela Colville, Team Supervisor Revenues and Benefits, said: *"Our friend and colleague, Chris Murray, sadly passed away last year from a heart condition - he was only 22 years old. He was a well-loved member of our team and is still sorely missed, especially his infectious laugh which made us all smile. We wanted to mark his anniversary and decided to fundraise for the British Heart Foundation with a local tombola, cake sales and a raffle. We raised a phenomenal amount and I would like to thank everyone who took part and helped organise it and for the donations received on the day."*



Staff involved in the fundraising activities.

Laura Stockwell, British Heart Foundation, said: *"We simply could not do our work to beat heart disease without the amazing support of individuals like you – thank you so much."*

Please donate today and help us beat heartbreak forever. bhf.org.uk/startswithyourheart

The Lighthouse

creative meeting venue



The Lighthouse, owned by the council, is a multi-purpose building located in Mitchell Lane just off of Buchanan Street. As Scotland's Centre for Design and Architecture, it is a unique venue steeped in history with a real creative buzz - making it a truly individual venue for exhibitions, workshops and events.

History

The Lighthouse is in the former Herald building, designed by Charles Rennie Mackintosh, and includes a gift shop* selling Mackintosh and Scottish merchandise, a café, eight exhibition spaces promoting Architecture and Design in Scotland.

The Mackintosh Interpretation Centre is a must for design lovers – with access to a helical staircase leading up the original tower designed by Mackintosh and an outdoor and indoor viewing platform with excellent views of the city.

The building is free to visit making it a great addition to a family day out in the city.

Venue hire

The building includes six flexible spaces available for hire over different floors, catering from small meeting spaces for 10 to 14 people, to larger event spaces holding up to 150 people.

As a council employee you are able to receive a discount on hiring the venue for a meeting, conferences or an event. To take advantage of this offer simply phone the events team on **276 5360** to discuss your requirements or visit the [website](#)

Staff Discount

*Remember to show your Glasgow City Council Staff ID Badge to get **10% off in the gift shop**.



For more information On exhibitions visit: www.thelighthouse.co.uk/visit/exhibitions
On Events and workshops visit: www.thelighthouse.co.uk/create/talks-events



Climate Week 2018 aims to raise awareness of climate change and to celebrate those taking action on climate change in Scotland.

This year, Climate Week takes place across Scotland from **1 to 5 October 2018**. It is an opportunity to showcase our role in Scotland's transition to become a low-carbon society by celebrating our efforts and achievements.

Duncan Booker, Sustainable Glasgow Manager in Land and Environmental Services said: *"The public sector plays a key role in driving forward positive actions to tackle climate change."*

"In Glasgow, we are supporting Climate Week by partnering with the University of Strathclyde, City of Glasgow College, Glasgow Women's Library, South Seeds, Take One Action and GUEST team at University of Glasgow to put together a number of events in the city. We aim to raise awareness about climate change and show staff how they can consider low-carbon behaviours both at work and at home."

"We would like to welcome all staff to come along to one of our events and feel inspired to make a difference."

Come along and get involved

1 October	Tweet
	Take part in our Twitter campaign to tweet about what you are doing to address climate change at #GlasgowClimateWeek2018
1 – 5 October	Schools activities
	Schools will be taking part in various tasks and activities set by each of the key partners – to raise awareness of climate change
4 and 5 October	River Change Installation
	A collaboration between designers Bespoke Atelier and Herriot Watt University this installation aims to engage with the public and raise awareness on climate change impact and how we could anticipate these impacts in our daily life in the workplace and at home. The installation is a portable sculpture which uses bold graphics to depict the water levels affected by climate change when you walk through it.
1 and 2 October	Glasgow City Centre Cycle Ride
	Register to take part in a cycle ride being led by Sustainable Strathclyde by emailing Sonia.milne@glasgow.gov.uk . Maximum of eight staff per ride. Starts 12.30pm.
4 October	Glasgow Women's Library guided walk
	Starts 12 noon at La Pasionara – through Glasgow Green and finishing with tea and a chat at Glasgow Women's Library. Take in six stops along the way hearing about unsung heroines from the Women's History Detectives. To register email Sonia.Milne@Glasgow.gov.uk

More information Visit **Connect**



CITY BUILDING SUPPORTING ARMED FORCES

Left to right: Christopher Lindsay, Joiner; Gordon Mullen, Training Officer; Stewart Vandal, Instructor; Lawrence Johnston, Health and Safety Officer; Fraser Steele, Contracts Manager.

City Building's ambition to deliver excellence to its customers, clients and stakeholders is supported by staff who are also Reservists with the Armed Forces.

As signatories to the Armed Forces Covenant, City Building have held a Silver Employer Recognition Scheme Award since 2014 and are proud of their work to support Reservist staff – who are essentially civilians with careers at City Building during military peacetime.

Sharing skills

As part of their Reserve Forces Policy, the eight army Reserves are still able to train throughout the year to enhance their military skills and are encouraged to bring back this key learning into the workplace. Valuable support is also offered when the Reservists are called up for active duty enabling them to share skills learnt in their civilian career with the regular Armed Forces.

Key role

Sharon McGrath, from City Building said: *"We are a leading employer of Reservists and have played a key role in helping to shape the Ministry of Defence's Future Reserves 2020 strategy - which highlights how employers can support our country's defence needs. Signing the Corporate Covenant and the Armed Forces Covenant reinforces our pledge and commitment towards members of the Armed Forces family by offering Reservists employment opportunities."*





Reservists – on tour in Cyprus, constructing roads - Lawrence Johnston, Health and Safety Officer (far left) and Stewart Vandal, Instructor (far right); with Alan Burns, Depute Executive Director of City Building (second from left) and Gavin Hay, Training Manager, RAF Akrotiri, Cyprus.

As part of Exercise PINESTICK the Lowland RFCA and 71 Engineer Regiment, Royal Engineers invited City Building to visit British Army sites to observe Royal Engineers Reservists' skills as soldiers and engineers in arduous and challenging conditions.

Alan Burns, Depute Executive Director said: *"This gave us a chance to meet our own employees who serve with the Army Reserve and see the military skills and training they receive as Reservists and how this experience can be applied in their civilian careers with City Building.*

"It gave us a real feel for what they do when they take time away from work to serve, and to say we were very impressed is a serious understatement."

Meet Stewart

Stewart Vandal is City Building's highest ranking Reservist. He is a Warrant Officer (WO) Class 1 with the 102 (Clyde) Field Squadron 71 Engineers Regiment - this is the highest group of non-commissioned ranks. Stewart has carried out many tours across the world including Cyprus, Iraq, France, Italy and the USA. In his civilian role, he is an Instructor with City Building - training colleagues on the safe use of civil engineering and groundwork systems, such as excavators.

Stewart said: *"I joined City Building over 10 years ago and during this time my Reservist roles have given me the opportunity to travel widely and do things I wouldn't normally get the chance to do. It has been invaluable as a Reservist to have the support of my employer and cross share all the skills I have developed in both roles.*



Stewart Vandal, Instructor training colleague Bruce Wilton, Telehandler, on how to use a fork lift.

"At City Building I also work closely with work experience school children from local ASL Schools, in our supported manufacturing factory RSBi, on the safe use of power tools. Alongside this I also recently trained staff on the heavy construction equipment being used to

build the new Elderly Care Homes and new School Campus at Sighthill."

Stewart's most recent Reservist activity in Scotland included the maintenance of the walkway and slipway for the recent launch of the Bluebird Project k7 the spirit of the lake.

SUPPORTING MCR PATHWAYS' NEW NATIONAL ADVISORY GROUP



Photographed round the table (left to right) are: Annemarie O'Donnell, Chief Executive, Glasgow City Council, David Hillier, Associate Principal and Executive Dean, University of Strathclyde Business School, Lena Wilson CBE, Non Executive Director – RBS Group, Intertek Group and Scottish Power Renewables, Kenneth Ferguson, Director, Robertson Trust, Maureen McKenna OBE, Director of Education, Glasgow City Council, Iain MacRitchie, Founder and CEO MCR Pathways, Chair of MCR Foundation, MCR Holdings

Our Chief Executive, **Annemarie O'Donnell**, and our Director of Education, **Maureen McKenna**, have joined MCR Pathways' new National Advisory Group.

The Group includes leaders from across business, education, the public sector and the third sector - with an aim to harness their expertise to spread mentoring across all Scottish local authorities.

Annemarie O'Donnell said: *"It's an honour to be part of the new group. I've witnessed first-hand the difference that the MCR mentoring programme can have on Glasgow's young people. For over 10 years the council has been in partnership with MCR to help develop, nurture and embed the mentoring principles and now in all 30 secondary schools in the city."*

Early this year, mentoring was established in selected schools in Aberdeenshire, Aberdeen and Edinburgh. The charity is aiming to reach 2,000 of the country's most disadvantaged young people and operate in 10 local authorities within the next two years.

Maureen McKenna OBE, Executive Director of Education said: *"The advisory group is an opportunity for us to come together to build on the great work in Glasgow schools that has such an impact on the attainment and destinations of some*

of our most vulnerable young people. By sharing experiences and skills the hope is to make this a national success story and available to every child who needs that extra support."

Iain MacRitchie, Founder and CEO MCR Pathways and MCR Holdings, said: *"We've been able to attract the support of some of the very sharpest minds in Scotland but, more than that, we've enlisted people who are as committed as we are to the expansion of the work we do across Scotland."*

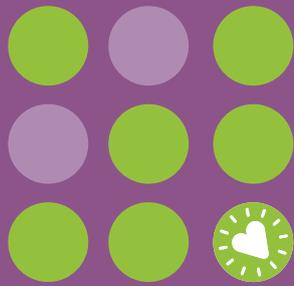
"We all want to live in a Scotland where every disadvantaged young person is defined by his or her potential and talent and never their circumstances."

Could you make a difference?

MCR is looking for another 750 mentors in the city.

Could you make a difference to one of Glasgow's young people by becoming a mentor? To find out what support is available to council staff, visit [Connect](#).





YOUR HEALTH AND WELLBEING

get active | health support | smoking | mental health |
alcohol and drugs | cancer | healthy eating and
weight management



Find out more about our Carer's Employee Peer Support Network and Alzheimer Scotland's new Purple Alert app. Get tips and advice to support your health and wellbeing.

Carer's Employee Peer Support Network

Balancing caring responsibilities with your own needs and work can be a challenge. As a Carer Positive organisation we will do everything we can to support our staff who are carers and our dedicated Carer's Employee Peer Support Network can help guide and support you.

If you are a carer, the network gives you the opportunity to regularly meet to share your experiences and learn from each other. You can also benefit from guest talks from specialist organisations such as Alzheimer Scotland and Together in Dementia Everyday (TIDE).

Next carer event - sign up today

Our next carers event is a catch - up for Carer's Right's Day on **30 November 2018**.

The event is being held in the
**City Chambers
East Building
from 12.15 to 1.15 pm.**

If you are a carer – why not come along for an informal chat over coffee and share your experiences with colleagues?

Email equality&diversity@glasgow.gov.uk to book your place.

For more information on our Carer's Employee Peer Support Network and events visit [Connect](#)

World Mental Health Day - 10 October

Adolescence and early adulthood are a time of life when many changes occur, for example changing schools, leaving home, and starting university or a new job. For many, these are exciting times, however, they can also be times of stress and apprehension and in some cases if these feelings are not recognised and managed they could lead to mental illness.

This year's World Mental Health Day looks to raise awareness among adolescents and young adults of ways to look after their mental health and to help peers, parents and teachers know how to support their friends, children and students.

For more information click [here](#).

Workplace Options Webinar

The September webinar is 'A Personal Guide to Building Resiliency and Coping with Change' which gives tips on how to bounce back and recover from stressful situations. It will be screened live on **16 October 2018**, from **12 noon until 1pm**.

If you miss the webinar, you can view a recording at a date and time that suits you. Find out how on **Connect**

ALZHEIMER SCOTLAND

PurpleAlert



In August **Kevin Black**, a Dementia Advisor with Alzheimer Scotland came along to our Carer's Employee Peer Support Network to talk about the work of the charity and the range of support that they can offer to both those living with dementia and their carers.

The safety of a loved one, living with dementia, was a key concern - particularly if they are out and about. Staying involved and independent within the local community is very important for the wellbeing of people with dementia, however with this freedom can come the risk of getting lost.

To offer support Alzheimer Scotland developed the 'Purple Alert' app. Working alongside those living with dementia, their carers, Police Scotland and Health and Social Care professionals the app allows carers to share the profile of the person

living with dementia if they lose their way – when out and about. This in turn allows for eyes and ears on the ground to immediately start looking out for them.

Purple Alert is the first app of its kind in the UK and Alzheimer Scotland are keen for staff to sign up and help support people living with dementia if they are lost.

Sign up now

Join the Purple Alert community in your area today and download the app for free – available on iOS and Android.

For more information on the Purple Alert app and the support available **visit from Alzheimer Scotland.**



Giving Something Back - Payroll Giving Award

Staff from across the council family who give to their favourite charities through our Give as You Earn scheme have helped us earn a Bronze Award for payroll giving.

The award is a symbol of excellence and is awarded to organisations that have succeeded in generating sustainable income sources for UK charities through Payroll Giving.

Find out more

If you would like to join our scheme and make a donation to your favourite charity, you can find out how to give in a tax efficient way on [Connect](#).



Awarded by



Competition

You can find this month's competition, and details of the last winner, on the back page.

Find out more about our Staff Health Strategy and the activities promoted as part of it.

Visit [Connect Employment Zone/Your Health and Wellbeing](#)

Wednesday 3 October**RAF in Concert presents the Centenary Tour****Royal Concert Hall****Tickets: £23 to £29**

Join BBC Radio Scotland's Tony Currie, the Central Band of the Royal Air Force, the RAF Squadronaires and the Salon Orchestra for a rousing centenary salute to the Royal Air Force. Enjoy an evening filled with classical military tunes including The Dambusters March and Spitfire Fugue alongside fantastic musical pieces such as Scotland the Brave and Highland Cathedral.

From rousing military marches, to toe-tapping big band numbers and timeless classical pieces, talented musicians will shine a spotlight on key RAF events throughout its history.

**Wednesday 19 October to Friday 21 October****Good Food Show Scotland****SEC****Tickets from £20.50**

The Good Food Show Scotland highlights the very best of Scotland's cuisine, featuring top chefs and experts and authentic local produce from across the UK along with live entertainment, cooking inspiration, shopping and plenty of tasting opportunities!

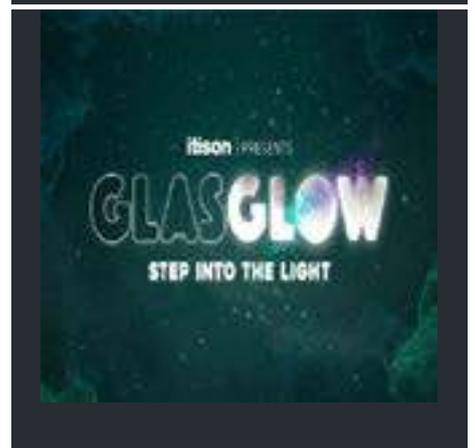
**Friday 19 to Sunday 21 October****RESONATE****SEC****Ticket price £15**

Resonate: Total Gaming, an eSports festival, is coming to Scotland again!

Purchase tickets now for your chance to see a professional eSports tournament, a junior 'gamer zone', a play hall and a retail zone where gamers can compete and mix with YouTube stars.

**Saturday 27 October to Sunday 11 November****GLASGLOW****Botanic Gardens****Ticket prices from £12.00 adults and £7.00 children (under 3s FREE)**

Glasgow's Botanic Gardens are set to be completely transformed into a magical world of light and fantasy. GlasGLOW will take event goers through an immersive landscape of light and sound weaving together spellbinding installations that will surprise and delight as the story comes to life. The event will have a uniquely Spielberg-esque twist with a nod to 80s nostalgia running throughout.

**Sunday 21 October to Sunday 28 October****Glasgow Cathedral Festival****Glasgow Cathedral****Tickets from £10 to £65**

The Glasgow Cathedral Festival returns for its third outing, with a week long celebration of music, art and history, contributing to Glasgow's reputation as a thriving cultural centre. There will be a special exhibition to mark Charles Rennie Mackintosh's 150th anniversary year, with sketches and photos showing the architect's lifelong connection with the Cathedral.



Email your answer by **Wednesday 31 October, 2018** to **Insider Competitions**, or mail to **Insider, Room ten, City Chambers, George Square, G2 1DU**.



WIN TICKETS TO SEE BILLY OCEAN

Insider has two tickets to offer to see Billy Ocean at the Glasgow Royal Concert Hall on **Wednesday 14 November**, at 7pm when the hugely popular singer brings his UK tour to Glasgow.

Billy Ocean has sold over 30 million records worldwide. With hits like *'When The Going Gets Tough, The Tough Get Going'*, *'Caribbean Queen'*, and *'Get Outta My Dreams, Get Into My Car'* his live show is always a triumphant one.

His most recent album is *'Here You Are: The Best Of Billy Ocean'*, featuring new tracks along with a selection of his greatest hits,



How to Enter

Just answer the question below and return your entry, with your name and work contact details, by the closing date (details above).

Q How many records has Billy Ocean sold?

More information

To find out more about the concert, and other events at the Glasgow Royal Concert Hall, visit www.glasgowconcerthalls.com

Competition - Win a Nike Sports Bag

This month we are giving you a chance to win a Nike Sports Bag.

Q. What is the name of the Alzheimer Scotland app to help find people who are living with dementia if they are lost?

Email your answer, with your name, service and workplace phone number, to YourHealthandWellbeing@Glasgow.Gov.uk or send by internal mail, to **Your Health and Wellbeing**, Corporate HR, Room 10, City Chambers East Building, 40 John Street, Glasgow, G2 1DU.

**Deadline for entries is
Wednesday 31 October 2018**

Congratulations to Kathleen Sinclair, Clerical Officer at the GCHSCP who won a Tennis Racket and Balls in our July/August competition.