

Insider

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



CONTENTS

NEWS	3	PARTY SAFE, HOME SAFE	12
Summary of what's happening		Nitezone in Glasgow	
PEOPLE	6	YOUR HEALTH AND WELLBEING	13
Staff make a difference		Support for staff	
GLASGOW LOVES CHRISTMAS	8	WHAT'S ON	16
2018 Christmas programme		Events and activities this month	
HAVE A GREEN CHRISTMAS	10	COMPETITIONS	18
Help to Reduce, Re-use, Recycle		Enter now	

KEEPING YOU INFORMED



A year ago, the leader of the council established a Connectivity Commission; an independent group of experts charged with taking a fresh look at how the city moves – and what that means for our economy, environment and communities.

The expert Commissioners delivered the first of two reports at the end of the month. I was really heartened to learn that they felt so many things the city is already doing – from establishing Scotland's first Low Emission Zone, to creating city centre avenues – are taking us in the right direction. But it was also important that their findings challenge us – as a council and as a city – and it is clear there are some big questions to wrestle with in terms of allocating space in the city centre.

Colleagues from across the council are already looking very closely at the recommendations and will start to put together a response very soon. The Commission, meanwhile, is already working on a second report that will be less focused on areas the council has responsibility for; but looks at the wider city region and the role of Transport Scotland. You can find their first report at www.glasgow.gov.uk/connectivitycommission

Another area where we are showing real, life-changing ambition is in how the city can support people with HIV and eradicate its transmission in the near future.

Glasgow currently has a relatively high rate of HIV, but has just signed up to a global fast-track initiative which aims to help end the threat of AIDS by 2030. Becoming a fast track city means Glasgow will strive to deliver the UN's 90:90:90 HIV targets. These are to have 90% of people living with HIV know their status; to have 90% of people with HIV on treatment and to have 90% of people on treatment with suppressed viral loads.

To achieve this, an implementation plan will be put in place, including the setting up of a Leadership group made up of key partners and organisations as well as representatives of the community living with or at risk of HIV.

While the programme is focused on a local action, Glasgow will also be working in partnership with cities like Manchester, New York and Paris – along with the International Association of Providers of AIDS Care (IAPAC); the Joint United Nations Programme on HIV/AIDS (UNAIDS), and the United Nations Human Settlements Programme (UN-Habitat) and Paris. The potential benefits are huge. It is within our grasp to not only halt the increase in HIV infections among drug users in Glasgow, but to stop preventable deaths from HIV-related causes.

Finally, as we approach the holiday season, I am conscious that this has been an extremely busy and often challenging year for many teams across the Glasgow family.

I'm very proud of the job you do and I hope that, whatever you do over the break, you have a very happy Christmas and New Year.

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

Artist's impression of George Square at Christmas.

Courtesy of Glasgow Life.



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 7 January 2019.



GLASGOW - SCOTLAND'S FIRST LOW EMISSION ZONE



Traffic congestion in the city centre.

Glasgow is forging a path towards cleaner air, with the introduction of Scotland's first Low Emission Zone (LEZ) into our city centre from 31 December 2018.

By only permitting access to vehicles that meet strict exhaust emission standards, Glasgow's LEZ - managed by Land & Environmental Services, will help to reduce air pollution in our city centre, making it a healthier and more pleasant place to be.

To give everyone time to prepare, the Low Emission Zone will be phased in. When it's introduced at the end of the month, it'll only apply to local service buses entering the city centre zone which is the area bounded by the M8, River Clyde and High Street/ Saltmarket.

When the LEZ is fully in force at the end of 2022, its emission standards which are Euro 3 for motorcycles/mopeds, Euro 4 for petrol engines and Euro 6 for diesel engines; will apply to all vehicles driving into the zone. At this stage, enforcement will be by way of number plate recognition

cameras, with any vehicle entering the zone that does not meet the emission standard, dealt with by way of a penalty charge.

There is a continuing programme of publicity, public engagement and events to make sure that everyone potentially affected will know about the LEZ and have the chance to plan ahead, particularly when making vehicle purchase decisions if city centre driving is anticipated after 2022.

Andy Waddell, Director of Operations, Neighbourhoods and Sustainability said: *"Whilst much has been done to improve the quality of our air, for the oldest and youngest in our society and those with existing respiratory or cardiovascular conditions; air pollution remains an issue.*

"In some areas of our city centre, levels of pollutants are unacceptably high and the source of this is road traffic. Glasgow's LEZ is an essential measure to ensure that our vibrant city centre is a cleaner, healthier and safer place to live, work and visit.

"The success of the LEZ depends on us getting our message out there as early as possible and so we'll continue to engage with individuals and businesses in the run up to December 2022. I'm also encouraging people to find out more about the LEZ by visiting the dedicated pages on the council website."

Although Glasgow's LEZ covers our city centre area, its health benefits will be felt beyond the zone as cleaner vehicles travel into our city centre from outlying areas.

Glasgow's Low Emission Zone will be the first to be introduced in Scotland as part of Scottish Government plans to introduce LEZs into Scotland's four largest cities. By 2020, Edinburgh, Aberdeen and Dundee will have followed in Glasgow's footsteps and have in place their own LEZs.

More information

Find out more about Glasgow's LEZ, where it is and how it may affect you, at www.glasgow.gov.uk/LEZ

CLIMATE READY CLYDE



Following extensive research, a new report highlights the climate change risks facing Glasgow City Region (GCR) and the action required to tackle the issues highlighted.

Key findings were discussed at an event on 31 October, attended by over 60 key leaders and decision-makers from the GCR came together.

The aim of the event, organised by Climate Ready Clyde (CRC), was for key organisations to begin planning the action needed, from now until 2025, to build the city region's long term resilience to climate change.

Duncan Booker, Sustainable Glasgow Manager, LES, said: "This is the most in-depth study carried out for any city region in the UK.

"Over the last few years, we've been working with Climate Ready Clyde and other key stakeholders to assess the risks and opportunities posed by climate change. Work has also been undertaken to assess the economic implications for the region which could be as much as £400million a year, possibly more in the event of any large-scale extreme events."

Key findings

The study highlights that, by 2050 the area will be hit by far more powerful storms, by regular heatwaves and by heavy winter flooding, affecting up to 1.8 million people.

That could see hospitals struggling to cope with abnormal temperatures or flooding, long stretches of motorway closed by floods, the West Highland line at risk of closure from coastal erosion and bridges at greater risk from gale-force winds.

The report also warns that failing to adapt and

prepare for climate change could cost the Glasgow region several hundred million pounds a year by the 2050s from storm, flooding and heatwave impacts.

Five year action plan

In a new five-year plan for the region, recommendations include: better physical and natural flood defences, more air conditioning and ventilation systems, greater tree cover and greater use of green roofs, and wind barriers on bridges. Some councils could seek new powers to issue their own bonds, to raise money from investors to cover the extra costs.

If coastal erosion accelerates, several hundred metres of the West Highland line to Fort William will be threatened by the sea along the north Clyde coastline near Ardmore Point, Cardross and Dumbarton. Long stretches of coast have already been eroded significantly.

Duncan concluded: "The council is working with colleagues internally and externally to finalise its own climate impact assessment and subsequent action plan to be published in spring 2019. This will help fulfil the council's strategic objective of becoming a sustainable, liveable city.

Climate Ready Clyde is a cross-sector initiative funded by public and private member organisations and Scottish Government to create a shared Vision, Strategy and Action Plan for an adapting Glasgow City Region. Its funders are: East Dunbartonshire Council, East Renfrewshire Council, Glasgow City Council, North Lanarkshire Council, South Lanarkshire Council, Scottish Government, SEPA, SGN, SPT, Transport Scotland, University of Glasgow, University of Strathclyde and West Dunbartonshire Council. It is managed and delivered by sustainability charity, Sniffer.

More information

Read CRC's key findings and next steps report [here](#)
View the council's [Resilience Strategy](#).

<https://www.resilientglasgow.co.uk/>

Read more about [Climate Ready Clyde](#)

<http://climatereadyclyde.org.uk/>

Read more about [UK Climate Change Risk Assessment](#)

Read more about ['Weathering Change' community resilience project](#)

Read more about the [flood prevention work by metropolitan Glasgow Strategic Drainage Partnership](#)

Please note: if you have difficulty with any of these links please copy and paste to your browser, or to your personal device.

INSIDER REVIEW - WHAT YOU TOLD US

In August we invited you to have your say about Insider. Thanks to around 2,000 staff who took the time to tell us what you think.

The results highlighted that:

- **Over 90% of you receive Insider; over 50% read it all the time and would like to continue to receive it monthly**
- **The most read sections are: features, news and Chief Executive's Message**
- **Over half of you would like to see new sections on Executive Directors and Staff Achievement/Awards**

Kirsty Gillanders, Senior Communications Officer, Chief Executive's Department said: *"The feedback also revealed that around a quarter of respondents would prefer Insider in another electronic format. So, we've been working with our graphics and web teams to devise a new digital version using existing systems.*

"From January, Insider will be accessed through Connect - this new format is a more modern and interactive way of keeping our staff involved and informed.

"For staff who do not have access to Connect, our team of Internal Communications Representatives will continue to make the content available to staff in a way that works best for their local area."

Look out for our new format Insider

In January, if you are PC-facing, you will receive a corporate email as normal which will take you directly to the area of Connect where you can read Insider.

Following your feedback we have added some new regular sections – these include:

- **a 'day in the life of' focusing on the diverse roles across the council family,**
- **a dedicated area to showcase staff awards and achievements and**
- **a section to learn more about our senior management team – what they do at work and in their personal time.**
- **And for the first time, you will also be able to access corporate announcements all in the one place.**

INSIDER





GLASGOW MUSEUM
GIFT SHOPS
FOR THAT SPECIAL
CHRISTMAS GIFT





25%
Staff Discount

Glasgow Life, GCC
and ALEOs
Just show payslip
or ID badge.

Enjoy a unique shopping experience featuring an exclusive range of stunning gifts.

Jewellery • Accessories • Prints • Books • Ceramics • and more!

Inspired by the renowned art and objects in the Glasgow Museum collections.

Our Christmas range is available at Kelvingrove Art Gallery and Museum, Gallery of Modern Art and the Glasgow Museums Store, 1st Floor, St Enoch Centre

glasgowmuseums.com




OUR MENTORS MAKE A DIFFERENCE



Linsey Younger, a Lead Advocate with Community Safety Glasgow, is one of hundreds of council family staff who are making a difference as an MCR Mentor.

Linsey currently mentors a young person at Castlemilk High School - one of the schools new to the programme which still has many young people ready to be matched to a suitable mentor.

Here's what Linsey has to say about her involvement.

Why did you choose to become a mentor?

When I lived at home we had foster children living with us for a number of years and my interest in working with young people probably developed from there. I also identify with these young people. I had to go to college for a year because I messed around in my sixth year of school and failed all my exams!

I chose to become a mentor at Castlemilk because the programme is new to the school, making it an exciting time to become involved. Castlemilk High School is also easy to get to and I've been made to feel very welcome at the school.

What changes have you seen in the young person you mentor?

I feel she is becoming more confident around me and she seems to just talk freely about everything and anything.

What do you find most enjoyable about mentoring?

I'm going down memory lane talking about school again and sharing my experiences. My young person is very interesting to talk to and her own resilience is already very visible.

What would you say to someone who was thinking about becoming a mentor?

If you have a genuine interest in working with young people and using your own knowledge and skills to help them make decision about their future then do it.

This is a great programme to become involved with, the enthusiasm of the MCR Pathways team definitely rubs off on you. I think it makes a big difference that the young person is offered a mentor and that they choose to be a part of this.



Linsey Younger, a Lead Advocate, Community Safety Glasgow.

MENTORS MAKE A DIFFERENCE



Could you become an MCR Mentor?

Can you make the time to volunteer with a young person and help them reach their goals? Schools in the south side of the city have an especially great need for mentors, so we'd love for you to get involved.

The council aims to support staff who wish to become involved. Could you give an hour a week to help a young person? Full training and support is provided. Find out more on **Connect**.

Council Staff Raise Over £14,000 for Sleep in the Park



Some of the staff and councillors who are raising funds for Social Bite and taking part in Sleep in the Park.

Council staff have raised more than £14,000 in sponsorship to help homeless people.

A team of around 60 volunteers, including staff and councillors, will brave the cold to support Social Bite's first Sleep in the Park Glasgow event at Kelvingrove Bandstand.

As the Insider was being finalised, the team had raised more than £14,000 in sponsorship, including gift aid - and the total was still rising. The council has also donated a further £10,000 to the charity.

Sleep in the Park events will take place in Dundee, Edinburgh, Aberdeen and Glasgow on 8 December, 2018. Social Bite hope up to 12,000 people will take part across Scotland.

The council team will be led by Council Leader, Councillor **Susan Aitken** who said: "All credit to the Social Bite team who have made the Sleep In The Park a mass participation charitable event which is now on a national footing.

"There is a real willingness within the public to do something about homelessness and rough sleeping as the response to these events shows.

"The response we have had from staff, over and above the council's £10,000, is a further indication of what this issue means to individual elected members and staff. A huge thanks to them for all their efforts.

"Homelessness is a pressing social issue we at the council are engaged with every single day and which the wider austerity agenda does nothing to improve.

"It is hard for any of us to imagine the lived experience of those who are homeless or rough sleeping but Sleep In The Park allows us to do

something as individuals. It will be amazing to see so many people from all walks of life come together to do their bit."

Lord Provost, **Eva Bolander**, donated a bottle of limited edition whisky to be raffled for the fundraiser. The raffle raised £412 and the winning ticket belonged to Brian McHugh, a Senior Mechanical Engineer in DRS.



Brian McHugh receiving his prize from the Lord Provost

Josh Littlejohn, Co-Founder of Social Bite, thanked the council for its support.

He said: "Glasgow City Council has done something amazing by supporting this campaign to help vulnerable people. Staff and councillors are giving up their beds on a cold Scottish winter's night to raise money for, and awareness of, homelessness. Staff have also more than doubled the council's £10,000 donation through sponsorship. Thank you for your support Glasgow City Council."

How to donate

Staff fundraising is ongoing and anyone who would like to contribute can donate at <http://uk.virginmoneygiving.com/fund/lasgowCityCouncilSleepinthePark>

Still time to get involved

A few places are still available for the event. If you are a council employee who would like to take part and are committed to raising at least £50 in sponsorship by **8 December**, please email clare.holland@glasgow.gov.uk The council will pay your £50 registration fee.

GLASGOW LOVES CHRISTMAS

Explore a Winter Wonderland with the annual 'Glasgow Loves Christmas' programme of events and activities sure to get you into the Christmas spirit.



Fireworks at the 2018 Christmas Lights Switch on in George Square.

With Christmas fast approaching, teams around the council family have been working hard for months to transform the city into a glittering, magical place for everyone to enjoy.

This year's programme kicked off in November with the opening of the St Enoch Square Christmas Market and annual Christmas light switch-on. Once again, it provides a wide range of events and activities for Glaswegians - and for the thousands of visitors from far and near who are expected to visit the city over the festive period.

Work on the 2018 'Glasgow Loves Christmas' campaign began long before the start of winter. Teams from across the council, including Land and Environmental Services and Development and Regeneration Services, have been working with teams at Glasgow Life on the programme.

From organising the George Square Christmas tree and lights installation; managing the Christmas markets; managing traffic flows during the Style Mile Christmas Carnival; managing the ballot for the Christmas lights switch on and co-ordinating the marketing and PR plan across Scotland and beyond – it's been a busy time for many teams.



CHRISTMAS SHOPPING ON THE STYLE MILE

Glasgow has the best shopping in the UK outside London and with more than 1,500 shops catering for all tastes and budgets, it is the go-to place for all your Christmas needs. From the biggest high street brands to vintage wares, quirky finds and exclusive designer gear – you will find it all in Glasgow.

Shopping malls and department stores such as Buchanan Galleries, John Lewis, Argyll Arcade, House of Fraser, Princes Square and St. Enoch Centre make it easier for you to buy for everyone in one fell swoop as they have near enough everything you can think of!

Glasgow is a shopper's paradise; the glittering backdrop of the city at Christmas matched with an enchanting atmosphere and a pit-stop at one of the incredible cafes, bars or restaurants, makes searching for gifts a jolly day out for all.

Give the gift of the city!

A great day out in the city makes the perfect gift – treat a loved one to 'The Glasgow Gift Card' – valid at a fantastic selection of over 80 shops, restaurants, attractions and more. Buy now online at www.glasgowgiftcard.com or at The Gallery of Modern Art, The Glasgow Museums Store at St Enoch Centre or the Riverside Museum.

**GLASGOW
GIFT
CARD**



KEY DATES FOR YOUR DIARY



Glasgow's Christmas markets are always hugely popular. With a tempting array of food and drink as well as a fabulous selection of gifts, artisan products as well as fairground rides including a helter skelter and vintage carousel, there is no better way to get into the festive mood!



St Enoch Square - Friday 9 November to Sunday 23 December

Mon - Wed, 10am - 9pm

Thu - Sun, 10am - 10pm (finish at 6pm on Sun 23 Dec)

George Square - Sunday 25 November to Monday 31 December

Sun 25 Nov - Mon 31 Dec (closed Christmas Day).

Mon - Wed, 10am - 9pm

Thu - Sun, 10am - 10pm (finish at 6pm on Sun 31 Dec)



Blessing of the Crib – Wednesday 5 December, 6.30pm, free

The traditional Blessing of the Crib takes place in George Square beneath the twinkling lights to a chorus of singers from 6.30pm. The event is free and all are welcome – a beautifully authentic and meaningful event.



Saturday 8 December

This annual event sees hundreds of the city's newborns invited to a very special celebration. Registration for the event is now closed and the first 250 babies to be registered have been invited to meet with the Lord Provost at the City Chambers.



Sunday 9 December, - 9.30am for 10am start

Building on the success of 2017 when a record 8,000 runners took to the streets to run, jog or walk the 5k route through the city, all in the name of charity. A hilariously uplifting sight to behold, the event sees entire families and even dogs dressed in Santa suits making their way round the course from the start line on George Square! Sign up now to secure your place and join in the fun. Apply [here](#)

Festive Family Fun

Take in a show, go out for dinner, catch a Christmas film, shout 'he's behind you' at panto – Glasgow is brimming with things to do over the Christmas season.

Stay up to date with what's happening on the Glasgow Loves Christmas social media channels, Facebook: [glasgowloveschristmas](#) Twitter: [@GlasgowXmas](#).

Have a very Merry Christmas – and a good New Year.

More information

To find out more about this year's festive programme, visit www.glasgowloveschristmas.com.

Visiting the city? For all travel information on how to get to Glasgow, parking and road closures visit www.glasgowloveschristmas.com/visiting.

HAVE A GREEN CHRISTMAS



We're all doing our best to follow the three Rs - Reduce, Re-use, Recycle. With larger than normal consumption and disposal of almost everything, Christmas is the ideal time to get involved.

Following these three steps will help us to meet recycling targets and will help to reduce carbon emissions and improve the environment for everyone in the city.

Every local authority operates its own programme. But if you are a Glasgow city resident, here's how you can support our commitment to recycle more.

Bulk and Excess Festive Waste

To help manage waste during the busy festive period you can take your bulk and excess festive waste to one of our four Household Waste Recycling Centres (HWRC). The centres are open seven days a week from 8am to 8pm (last entry 7:45pm) - but close early on Christmas Eve and are closed completely on Christmas Day and New Year's Day. Find details of the locations at www.glasgow.gov.uk/recycling

Recycle your real Christmas tree



Around 68,000 Christmas trees will be bought this year in Glasgow, most of which will be thrown away generating approximately 1,360 tonnes of additional rubbish. Glasgow has facilities to recycle your real Christmas trees after the festive season.

For households with a brown bin, real Christmas trees can be placed in your bin for kerbside collection.

Please cut the tree into manageable pieces and make sure that the lid will close and the tree is not wedged into the bin.

Recycling Centres

Real trees can also be taken to your local Household Waste and Recycling Centers at Dawsholm, Easter Queenslie, Polmadie and Shieldhall.

Real trees can also be taken to the following locations from 3 January until 18 January:

Pollok Park, Burrell Car Park; Alexandra Park, off Alexandra Parade (car park next to the golf course); Kelvingrove Park, Kelvin Way (grass area opposite the bandstand).

What happens to the trees?



Trees collected in the brown bins or taken to the recycling centers are sent for composting to our re-processing partners and the trees taken to the parks are chipped and shredded on site for use within the parks. Chippings will be available for the public to take free of charge from Pollok Country Park.

Both disposal routes help to divert waste from landfill and assist residents achieve a more sustainable Christmas.

Recycle Christmas Paper and Cards

Plain Christmas cards can be placed in the blue recycling bins; cards decorated with glitter cannot. Some retail outlets provide 'take back schemes' - check with your local high street retail outlets and supermarkets.

Please remove any ribbons, bows, or other adornments from wrapping paper before placing in blue bin. Metallic shiny paper/foil should not be placed within the blue bin. Shiny metallic wrapping paper is made from plastic film and this type of material is not currently recycled. The scrunch test is a simple way to determine whether wrapping paper is made from plastic film. Simply scrunch the item in your hand - if it remains 'scrunched' it can be recycled; if it springs back it is probably plastic film and not recyclable.

Recycling – items for blue and purple bins



In addition to mixed papers, plastic bottles, and food and drink cans, cardboard and cardboard packaging can also go into the blue bins. For glass bottles and jars, please use your purple bin or your nearest glass public collection point.

Reduce Food Waste

Over the festive period it is likely that we will consume more food and drink than at other times of the year. This Christmas, a whopping 80,000 turkeys will be sold in Glasgow.

By planning meals and making shopping lists there is less chance of food being wasted. The **Love Food Hate Waste** (Scotland) website provides plenty of ideas and suggestions to reduce food waste and also provides lots of tasty leftover recipes.

For any festive food waste that is generated, please use your grey kitchen caddy to dispose of it. Your caddy can accept all cooked and uncooked food, even eggshells and bones. Please see attached films on how to use the food waste collection service and what happens to your food waste after it is collected. Find out more [here](#)

Festive Waste Collections

Due to the Christmas and New Year holidays bins scheduled for collection on Christmas Day, Boxing Day, New Year's Day or 2 January will be changing date. Residents affected will receive a letter with their new collection date. Bin collection dates can also be checked online.

More information

Information on all the council's recycling services, including collection days and locations of HWRC are available on the council website

www.glasgow.gov.uk/recycling

For more information about recycling [visit](#)


Find out how to be energy efficient in your home, [visit](#)


Find out more about composting, [visit](#)


For seasonal festive recipe ideas, [visit](#)


Use energy wisely this Christmas


The Carbon Management Team in Land and Environmental Services wants you to 'Get Clued on Carbon' throughout the festive period. Here are some top tips to help you reduce energy, CO² emissions and save money.


 Switch from conventional Christmas lights to LED lights, this will reduce your energy consumption by 90%. Remember to turn off lights when you go out or go to bed.

 When cooking avoid repeated opening of the oven door as this lowers the oven temperature, wastes energy and increases cooking time. If you use a dishwasher, only wash full loads and use the energy-saving cycles.

 Turn off room lights when the tree is lit. The lights on your Christmas tree should provide more than enough lighting to navigate around the room.

 Turn your thermostat down when you have guests. Extra bodies in the house mean extra warmth at no cost to you.

 Avoid buying gifts that use electricity or batteries. There is a lot of money spent on batteries and a lot of energy used! Make a pledge to buy energy-free gifts, and skip the expense entirely. If you must buy these, invest in rechargeable batteries or choose energy efficient appliances.

 Switch appliances off at the wall. TVs, DVD players, computers, printers, radios and many other electronics use energy even when they aren't turned on.



Party goers in Glasgow are being urged to plan ahead this festive season and to make sure they have a perfect end to a perfect night.

Stay safe this festive season, plan your night out, plan your journey home and always use a badged taxi.

That's the advice of organisers of the Glasgow Festive Safety campaign as this month's party fever sets in.

As hundreds of thousands of people are drawn to the city's top quality bars, clubs, pubs and restaurants to celebrate the festive period to the full, the Party Safe, Home Safe initiative encourages people to think ahead and organise your journey home in advance.

Use a Nitezone

Glasgow's bustling nightlife will be even busier than ever and, as one of the campaign organisers, Community Safety Glasgow recommends using one of the city's six Nitezones where Home Safe Marshalls staff the taxi ranks and help keep the queues in order.

The city's six Nitezones can be found at:

Albion Street	(outside Café Gandolfi)
Byres Road	(next to Hillhead Subway)
George Street	(outside Millennium Hotel)
Gordon Street	(outside Central Station)
Sauchiehall Street	(adjacent to The Garage Nightclub)
Shawlands	(Pollokshaws Road adjacent to The Butterfly and the Pig)

Nitezones operate from 11pm to 5am during the festive period weekends - with the exception of Shawlands and Byres Road which both operate 11pm to 4am and 11pm to 3am respectively.

Safe Zone

Volunteer Street Pastors, Police officers and staff from Community Safety Glasgow be out patrolling the city centre to offer help to anyone in need.

Glasgow Street Pastors operate a Safe Zone in the former St George's Tron Church on a Friday and Saturday night during the festive period, for more info visit: <https://gsp.scot/>

Best Bar None

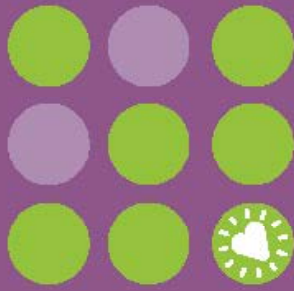
We want everyone to enjoy themselves throughout the party season, but to stay safe. And in a city which boasts 98 award-winning Best Bar None venues where staff and stewards are trained in customer safety, you know you're in good hands.



Please watch our Festive Safety Video at <https://vimeo.com/300511750> and for more information visit for details and links to Best Bar None Glasgow venues.

A partnership approach

Glasgow Festive Safety campaign is a partnership involving Glasgow City Council's Alcohol and Drug Partnership, Police Scotland, Community Safety Glasgow, Glasgow Street Pastors, NHS Greater Glasgow and Clyde, Strathclyde Partnership for Transport, Network Rail, British Transport Police and Glasgow Taxis.



YOUR HEALTH AND WELLBEING

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



Get tips and advice to support your health and wellbeing.

Find out how to make savings over the festive period and get tips and advice to support your health and wellbeing.



Enjoy discounts and savings – Perks at Work

Christmas is coming and it can be an expensive time of year. Our Employee Assistance Provider, Workplace Options, offer counselling, support and information to help us better balance our busy lives. They also have their own Savings Centre called 'Perks at Work' - packed full of great offers from many high street retailers including:

- Discounts from 4% upwards on shopping cards from retailers such as Argos, B&Q, Boots, Currys and Marks & Spencer.
- 20% off National Express Coaches and Virgin Trains, West Coast Main Line.

On many purchases you can also earn WOW Points - an online currency that you can earn and spend when doing your online shopping through 'Perks at Work.'

WORKPLACE OPTIONS WORKPLACE OPTIONS UK PERKS AT WORK PRESENT:

Save up to 50% on Cinema Tickets*!

CinemaPerks gives you exclusive access to employee pricing on cinema tickets, as well as the ability to easily redeem your WOWPoints on your purchase.

Featuring 10 cinema brands nationwide, including:

cineworld ODEON vue IC CINEMA TICKET SHOWCASE

E-codes also available on the mobile version of the site.

LOGIN TODAY TO SAVE MORE ON CINEMA

perksatwork.com

Find out more / how to register

There's something for everyone so why not log in and have a look. To register and take advantage of these discounts:

- Visit www.workplaceoptions.com/ and click on MEMBER LOGIN at the top of the home page.
- Enter: User name: **GCC** Password: **employee**
- In the menu select **Savings Centre**.
- Use the company code **WPOUK** to register.

Save up to 55% on cinema tickets

Fancy a festive film for the whole family? You can save up to 55% on tickets at VUE, Odeon and Cineworld cinemas - at the touch of a button with the new cinema app for iPhone or Android. All you have to do is:

- Download the "Cinema - Perks at Work" App from the **Apple App Store** or **Google Play Store**.
- Log in using your Workplace Options UK Perks at Work account details
- Your Workplace Options UK Perks at Work payment details are saved in the app
- Buy your e-code through the App
- Redeem your e-code at the cinema or online



Help and support – when you need it

For some Christmas can be a challenging time both financially and emotionally, Workplace Options, our Employee Assistance Provider (EAP) can help. They offer counselling, support and information on a range of matters from financial planning to work, personal or family issues.

The Employee Assistance Programme is a free, confidential and independent resource and can be accessed all day every day by phone, e-mail or online:

- Freephone **0800 247 1100**
- e-mail assistance@workplaceoptions.com
- online at www.workplaceoptions.com

As part of the council's equality outcomes to provide additional support for staff, we now have the following dedicated helplines, managed by our EAP:

- Black and Minority Ethnic (BME):
0800 288 4950
- Lesbian, Gay, Bisexual, Transgender, Intersex + (LGBTI+):**0800 138 8725**



Christmas can be an expensive time of year, so why not plan ahead and start saving for 2019 now.

Glasgow Credit Union is the largest and most successful credit union in the UK. They offer loans, savings and mortgages and their services are exclusively available to people who live or work within the Glasgow 'G' postcode area.

For more information on Glasgow Credit Union including how to apply [visit](#)

A number of credit unions operate in the Glasgow area. To see what's available, and choose the one that suits you best, [visit](#)



Keeping Safe this Christmas

With the festive season fast approaching Police Scotland have lots of helpful tips and advice to keep you safe whether you are out partying, shopping, at home or on the road.

For more information visit [Festive Safety - Police Scotland](#)



Health and Wellbeing Activities – find out what's happening

As part of our commitment to assisting you to improve your health and wellbeing we will be running a number of activities, events and workshops over the coming months.

Activities will include table tennis, mindfulness and yoga along with awareness raising workshops from organisations such as Drink Wise, Age Well, and Bowel Cancer UK.

To keep an eye on what's happening, and how to book, visit [Connect](#)

Webinar

The December webinar is 'Just Ask' which looks at healthy forms of communication and how you can use this to strengthen relationships.

It will be screened live on 18 December 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 here](#)



BOUNCE BACK TO NETBALL



Whether you're a complete beginner, or want to brush up on your netball skills – council staff are invited to join weekly netball sessions organised by Scottish Netball.

Sessions this month will take place on 3, 10 and 17 December – with more in the new year.

- Monday evenings from 6 till 7pm (first session of the year on Monday 7 January)
- City of Glasgow College, 190 Cathedral Street, G4 0RF (report to main reception)

Participants are expected to pay £10 membership – which gives you access to all weekly sessions up to 3 June, 2019 (no weekly fees).

More information

To find out more, please email the Sports Co-ordinator:

Andrew.Kirk@cityofglasgowcollege.ac.uk or [visit](#)

Competition - Win a 12 month Glasgow Club Membership

This month we are giving you a chance to win a year's Glasgow Club Membership courtesy of Glasgow Life

Glasgow Club has a huge range of facilities across the city including 12 swimming pools, 21 fully-equipped gyms, indoor and outdoor tennis courts, football pitches and over 1,400 fitness classes a week. Venues include the fantastic Glasgow Club Kelvin Hall boasting an impressive 1000 sq metre gym, the Emirates Arena, and Glasgow's only 50 metre pool at Tollcross. To find out more about Glasgow Club, [visit](#)

Q. How many fully-equipped gyms does Glasgow Club have?

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 2.27, City Chambers East Building, 40 John Street, Glasgow, G2 1DU.

Deadline for entries is Friday 31 December 2018

Congratulations to Laura Divers, Social Worker, Glasgow City Health and Social Care Partnership who won a Nike Sports Bag in our October competition.

DOWNLOAD THE FREE GLASGOW CLUB APP
Make bookings, check schedules, get news, all the latest offers and more...
[DOWNLOAD NOW](#)

Fitness Classes

Until Monday 31 December
George Square Christmas Market
George Square. FREE

Christmas isn't Christmas without a visit to the traditional markets for a gastronomic treat, a warming glass of festive cheer or a unique festive gift.

The Christmas Markets return to George Square offering a wide selection of festive gifts and delicious street food. A warm and welcoming bar will add to the festive atmosphere, offering



Saturday 8 December
Children's Classic Concerts – A Christmas Carol
Glasgow Royal Concert Hall
Tickets: £11.50 to £16.50

'Tis the season to be jolly, so help is needed in saving Scrooge from his surly ways. Can he be convinced of the joy and wonder of the festive period?

Find out as the RSNO perform plenty of beloved Christmas classics! Featuring some sweet singalongs (no bah humbugs allowed!) and actors from the Royal Conservatoire of Scotland. This will be a celebration of CCC's Christmas past, present and future.



Wednesday 12 December to Saturday 5 January
Cinderella
SEC
Tickets: from £16.00 to £28.50

Much loved stars, The Krankies return to the Armadillo to star alongside funny men Gavin Mitchell, Jonathan Watson, Keith Jack and actress and singer Francis Thorburn in Cinderella.



Until Monday 7 January, 2019
Visaurihelix
The Lighthouse
Free Entry

Celebrating the 150th anniversary of Charles Rennie Mackintosh's birth, sound and audiovisual artist Louise Harris takes inspiration from the many geometric forms found in Mackintosh's architecture to transform the Tower of The Lighthouse.

Ascend through an interactive sound installation, which sees rods, reminiscent of piano strings strung across the staircase. Pluck and play your accompaniment to a new electronic composition, which is enhanced by visuals emanating from the Tower base.

In conjunction with Sonica, the festival of visual sonic arts, Louise Harris presents a soaring celebration of the great man who gave us 'The Glasgow Style.'



Many council family venues, including our museums, libraries and parks, will be hosting festive events and activities for us all to enjoy.

Join the team at **The Lighthouse**, in the heart of the city centre, for family-friendly activities on the 8th, 9th, 15th and 16th December – including lots of family-friendly activities, craft workshops, and Christmas movies from **2pm to 4pm** each day:

The Lighthouse

<http://www.thelighthouse.co.uk>

Saturday 8th, Jingle all the Way

Sunday 9th, Home Alone

Saturday 15th, Home Alone

Sunday 16th, Frozen

FARMERS' MARKETS

www.citypropertyglasgow.co.uk/markets/farmers-markets/

PARKS EVENTS

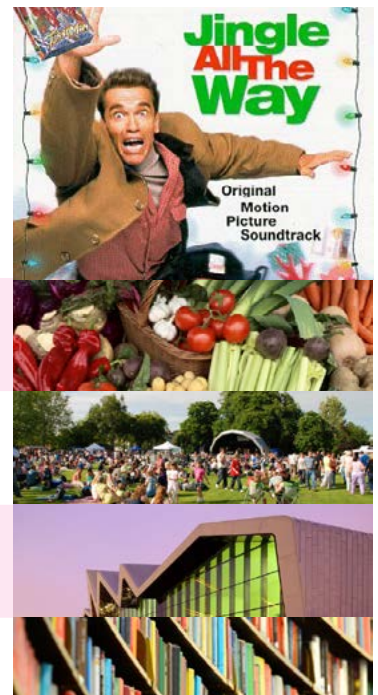
www.glasgow.gov.uk/parks

GLASGOW MUSEUMS

www.glasgowlife.org.uk/museums

GLASGOW LIBRARIES

www.glasgowlife.org.uk/libraries



CITY VOICE - COUNCIL CHOIR



Choir member **Katrina McDiamid** said: *"We are also planning to sing under the Christmas tree in George Square on Wednesday 19 December around 6:45pm, weather permitting."*

Join the Choir

City Voice Choir was established for council staff in 2014 as part of our support for the Commonwealth Games celebrations.

Katrina said: *"Five years later, we're still going strong with members from across the council family with one thing in common – we all love to sing. And we're always looking for new members."*

Members meet once a week to rehearse for performances at a range of council and other Glasgow events throughout the year. There are no auditions and no joining or membership fee. There are also regular coaching sessions with a professional singing coach throughout the choir year.

Join now – or enjoy a taster session

Why not come and enjoy a taster session and coaching session on **Wednesday 19 December at the Burgh Court Hall from 5.30pm to 7pm.**

Or if you'd rather wait until the new year, rehearsals begin on **Wednesday 9 January**, in the same venue and at the same time.

More information

Enquiries to: Katrina.McDiarmid@glasgow.gov.uk

This is a busy time of year for the council's choir. If you would like to hear City Voice sing a programme of Christmas favourites, here's where you can find them:

Friday 7 December, 7pm

Partick South Church, 259 Dumbarton Road, Partick
A collection will be made for St Mary's Cathedral Organ Fund

Monday 10 December, 7pm

The Atrium, Queen Elizabeth University Hospital (QEUH)

Wednesday 12 December, 7pm

Horatio's Garden, National Spinal Unit, QEUH

Email your answer by **Monday 10 December, 2018** to **Insider Competitions**, or mail to **Insider, Room 10, City Chambers, George Square, G2 1DU**.

WIN A FAMILY TICKET (for four) TO SEE ALADDIN AT THE KING'S THEATRE WEDNESDAY 12 DECEMBER, 7PM

This year's King's Theatre pantomime, **Aladdin** flies on to stage from **Saturday 1 December 2018** until **Sunday 6 January 2019** with **Elaine C Smith** as Widow Twankey, **Johnny Mac** as Wishee Washee and **Paul James Corrigan** as The Palace Guard.

Packed with all of the traditional ingredients King's Theatre audiences have come to expect, **Aladdin** will be sparkling with laugh-out-loud comedy, stunning scenery, beautiful costumes and plenty of boos and hisses - oh yes it will!

Featuring a wish-granting genie, an evil sorcerer and the timeless tale of the Twankey family, hop aboard a flying carpet to the box office today to book this *genie-us* family pantomime.

How to enter

To be in with a chance of winning, just answer the question below and return your answer (details above), with your work contact details.



Q: Which actress will play the Widow Twankey?

More information / buy tickets

If you are not our lucky winner, you may still be able to purchase tickets for a performance between **Saturday 1 December and Sunday 6 January**.

For more information, or to buy tickets, [visit](#)

Or phone the Box Office, **0844 871 7648*** calls cost up to 7p per minute plus your phone company's access charge.

WIN TICKETS TO SEE SEE WAR HORSE HORSE AT THE SEC ARMADILLO ON TUESDAY 15 JANUARY, 7.30PM

The National Theatre's acclaimed production of **War Horse**, based on the beloved novel by Michael Morpurgo, arrives at The SEC Armadillo Glasgow from 15 January to 2 February 2019 as part of its national tour.

The incredible story about a young boy (Albert) and his horse Joey is set against the backdrop of the First World War. **War Horse** has been seen by over seven million people worldwide, completed eight years in London's west end, and is National Theatre's most successful play ever!

War Horse is a breath-taking show filled with ground-breaking puppetry work which brings breathing, galloping horses to life on stage. It truly is an unforgettable theatrical event not to be missed!

Warhorse gallops into the **Armadillo** from **15 January to 2 February 2019**.



To have the chance to win two tickets to this spectacular production, just answer the question below and return your answer (details above).

Q: What is the name of Albert's horse in War Horse?

More information

Tickets which are already on sale and selling fast are priced £14.20 - £69.25 (inc. admin fee) and available from www.sec.co.uk or **0844 395 4000**.