

# Skyline.

Image: Video still from 'Above & Beyond' installation by  
Martina Morger & Giacinta Frisillo, The Department

**SAVE THE DATE: 30 AUGUST  
SKYPARK SUMMER EVENT**

**WIN TICKETS TO STILL GAME LIVE  
AND LOTS MORE IN OUR SUMMER  
CHARITY RAFFLE**

**GSA CURATORIAL FELLOWSHIP  
PROJECTS 2 & 3 UNDERWAY**

**LAUNCH FOODS APPEALS FOR HELP  
TO FEED GLASGOW'S CHILDREN**

**WIN LUNCH AT  
MUFFIN BREAK!**

**SkyPark.**

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# WELCOME

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## THE TEAM



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Angela Higgins  
Specialist Advisor



Malcolm McFetridge  
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Lynne Feighan  
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Catherine Davidson  
Admin Assistant

### *Hola and welcome to the summer issue of Skyline!*

In our summer Mariachi issue, we've just the ticket for party people to get you all in the mood before you all head off on summer holidays! Save the date, 30 August for this year's summer social for feel-good fun where you and your amigos, can Mariachi on down to the music of the people in Finnieston Square, for an afternoon of live music, food and fun family entertainment! Friends and family of all Skyparkers are welcome! See Brian our concierge at reception to sign up for tickets.

With our Skypark Curatorial Fellowship 2019 in partnership with The Glasgow School of Art in full swing, we welcome Guilia Coletti another outstanding curator showcasing her work here. Visit page 6 to find out more about Guilia's work and the other artistic events that are coming up in Skypark this summer.

In this issue, we're pleased to feature some Skypark tenants throughout. Launch Foods, in 12 months has prepared 40,000 meals to feed Glasgow's children that otherwise would go hungry. Read on to find out how you or your company could lend a hand. In June, Spire celebrates Women in Engineering Day, lifting the lid on engineering and the career opportunities.

Skyline summer is filled with tenant news, offers and dates for your diary. We hope you enjoy and of course, if there's anything you'd like to see featured, please let us know. Brian at reception is all ears!

Best wishes

Lisa Kirsop



# INSPIRE: WOMEN ENGINEERS



This month Women in Engineering Society marks International Women in Engineering Day, by highlighting 100 years of women's achievements and inspiring the next generation of girls into the sector.

Spire Global is one of the sector's leading companies taking part by encouraging more women to work in the sector. Gary Grantham of Spire said: "We design, build, test, and integrate satellites within one building. It's the most comprehensive facility of its kind in the world. The space sector is strong and growing quickly and offers a diverse range of career opportunities that are open to all, from modern apprenticeships, to design and electrical engineering to name but a few. Spire is perfectly placed for women to make the most of these opportunities that are offered by this innovative, hi-tech industry."

» Spire operates a nanosatellite manufacturing and test facility from Skypark 5, where four of Spire's women engineers lift the lid on how they made it happen. Read on to find out more.

## ZOE CLARK MODERN APPRENTICE ELECTRICAL ENGINEERING

"After leaving high school, I gained an apprenticeship with Spire and the company is putting me through college to obtain a higher education in electronic engineering.

"I hope that the engineering sector continues to grow and produce great things with very qualified engineers. Engineering is so diverse, there are so many different areas to explore and learn about. My advice would be to follow something that truly interests you, that way you are learning whilst working!"

## MAKENA FETZER INTERN

"I've always been curious about how the world works! My dad has been my greatest champion in inspiring me to look up at the night sky and ask questions. He made sure I always had electronics kits and DIY projects to tinker with growing up — lots of room and acceptance to break things and (attempt to) put them back together.

"I'm currently pursuing a BA in Astrophysics at UC Berkeley, with a focus in data and computer science. As a Brooke Owens Fellow with Spire, I am here to develop software tools for the company and learn as much as I can in twelve weeks. Throughout college, I've gained experience in robotics, embedded systems and data science.

"My mentor, Patricia Cooper with SpaceX is a shining example of a fearless and passionate leader. She inspires me with her work ethic and ability to make the most out of any opportunity. Find projects and experiences that pique your curiosity, because I believe that's the deciding factor of whether or not an experience is meaningful and successful".

## ELLIE EBRAHIMI SENIOR RF DESIGN ENGINEER

"I watched my dad building things and that inspired me to become an engineer! I received my PhD in Electrical Engineering from the University of Birmingham in 2011. I have worked as RF/Antenna engineer in various industries including automotive, smart phone and mobile backhaul. I have been with Spire since October 2016, where I am communication team lead.

"Anousheh Ansari the Iranian-American engineer is my inspiration. Ansari became the first Iranian in space, and the first self-funded woman to fly to the International Space Station.

"I hope that more and more companies in Scotland and the UK will realise the benefits of having a gender-balanced environment. Stay curious and question. Do not be afraid of trying and failing. You do not have to get it right in the first go."







For more on International Women in Engineering Day visit: [www.inwed.org.uk](http://www.inwed.org.uk)  
The theme for 2019 is #TransformTheFuture.

For more on Spire please contact [gary.grantham@spire.com](mailto:gary.grantham@spire.com) or visit [www.spire.com](http://www.spire.com)

Pictured (left to right): Ellie Ebrahimi, Makena Fetzer, Hina Khan, Nicola Patterson (Facilities Assistant at Spire)

## **HINA KHAN** **PROJECT CO-ORDINATOR**

"I have always been interested in science and engineering to the extent that I don't recall ever wanting to do anything else. Science fascinated me as a child and I was always keen to figure out how things worked. I was inquisitive and I was intrigued by science. I wanted to know more and I liked the fact that you could work through a problem to get to the answer. It made sense to me and I enjoyed the challenge.

"I studied Physics and Astronomy at Glasgow University and went on to do a PhD in Space Science. I followed an academically driven career path, by working as a research scientist at the University of Leicester, and then a fellowship at NASA Goddard Space Flight Center. I went on to work at the European Space Research Centre, ESTEC, returning to the UK to work on spacecraft operations at the Mullard Space Science Laboratory in Surrey. I was involved in the public understanding of science and engineering, and I moved my career path to informing industry of the commercial benefits of using satellite and space data to improve service and applications. This brought me back to Scotland, to lead the Scottish Centre of Excellence in Satellite Applications, where I worked with academics and industry to look at how satellite applications and data could be used to improve growth and economic return.

"I've been inspired by many people through my career at different stages. From my PhD professor who had unrivalled insight for scientific discovery and the ability to translate that to help young professionals in the field, to those with the mindset to go beyond the normal and look for opportunities in place where there might only be limited interest. One of these areas is the growth of the small satellite industry in Scotland, which was pioneered by a select few who were able to bring that vision to Scotland and nurture it with the support of the Scottish development agencies to the burgeoning industry area today.

"I think we have a great opportunity to continue the growth in high-tech engineering and science areas with Scotland and the UK. In terms of small satellite development, Scotland builds more satellites than anywhere else in the world outwith the US. This is squarely due to a handful of leading innovative companies that have realised the breadth of talent and resourceful mindset people in Scotland have to deliver and maintain excellence in engineering and science based environments.

"First and foremost, do something that you enjoy and that keeps you inspired. Never be afraid to ask questions to learn more about what you are interested in, or that you find fascinating. There will be opportunities that will cross your path as you progress through your career, so be brave and take them when they arise. Share ideas with other colleagues, but be mindful to stay in control of the work you are doing. And in all cases, work with people that inspire and encourage you. Have fun in what you do. If it isn't fun anymore then it is time to move on".



# **THE DEPARTMENT AT SKYPARK: THE SECOND GLASGOW SCHOOL OF ART CURATORIAL PROJECT**

The Department at Skypark by Giulia Colletti, is a project that invites selected Glasgow School of Art students to explore the aspects of care, intimacy, and warmth of Skypark and how these affect tenants' and staff's experience of work. The Department is the second of four projects taking place this summer as part of Skypark's Curatorial Fellowship 2019 with The Glasgow School of Art, to nurture artistic talent.

Giulia Colletti, Curator of The Department at Skypark said: "The Department is a fictitious temporary division of Skypark that is managed by the Glasgow School of Art students with the specific responsibility of taking the invisible labour in the building as the space of their research. The Department also represents an attempt to unveil unnoticed spatial and social boundaries and create benefits for everyone involved by injecting a more critical awareness of the realm of care within the one of business.

"Nowadays, new forms of labour are blurring the distinction between the realm of living and the one of working, both mingled into a common space. This is possible because the business communities are based on aspects typical of the domestic domain, turned into affection, sociability, and customer care. If one considers the high-tech corporations, the blurring of spatial and temporal boundaries of work is compensated by the increasing 'domesticity' and of the work environment. In the specific context of Skypark, a business centre described as 'Glasgow's most sociable workplace', evidence comes from the terminology adopted, where words such as 'corporate' and 'professional' are coupled with 'housing', 'tenants', 'hosts', 'residency', and 'office accommodation'."





Rosa Farber is a performing artist, who worked with the Skypark housekeeping team to produce a work song. Her aim - to explore the rhythmic sound qualities that are experienced in the building when carrying out this labour. She led a sound workshop whereby members of staff learned the song and sounds that she produced after observing their work.



On this occasion, Giacinta Frisillo & Martina Morger worked as an artistic duo. They collaborated with Skypark's personal trainer, Paul McArdle to investigate body labours within Skypark. Their research led to the creation of a workout/relaxation/wellness video.

Listen and view the final pieces on our website here:

**[WWW.SKYPARK-GLASGOW.COM/THE-DEPARTMENT/](http://WWW.SKYPARK-GLASGOW.COM/THE-DEPARTMENT/)**

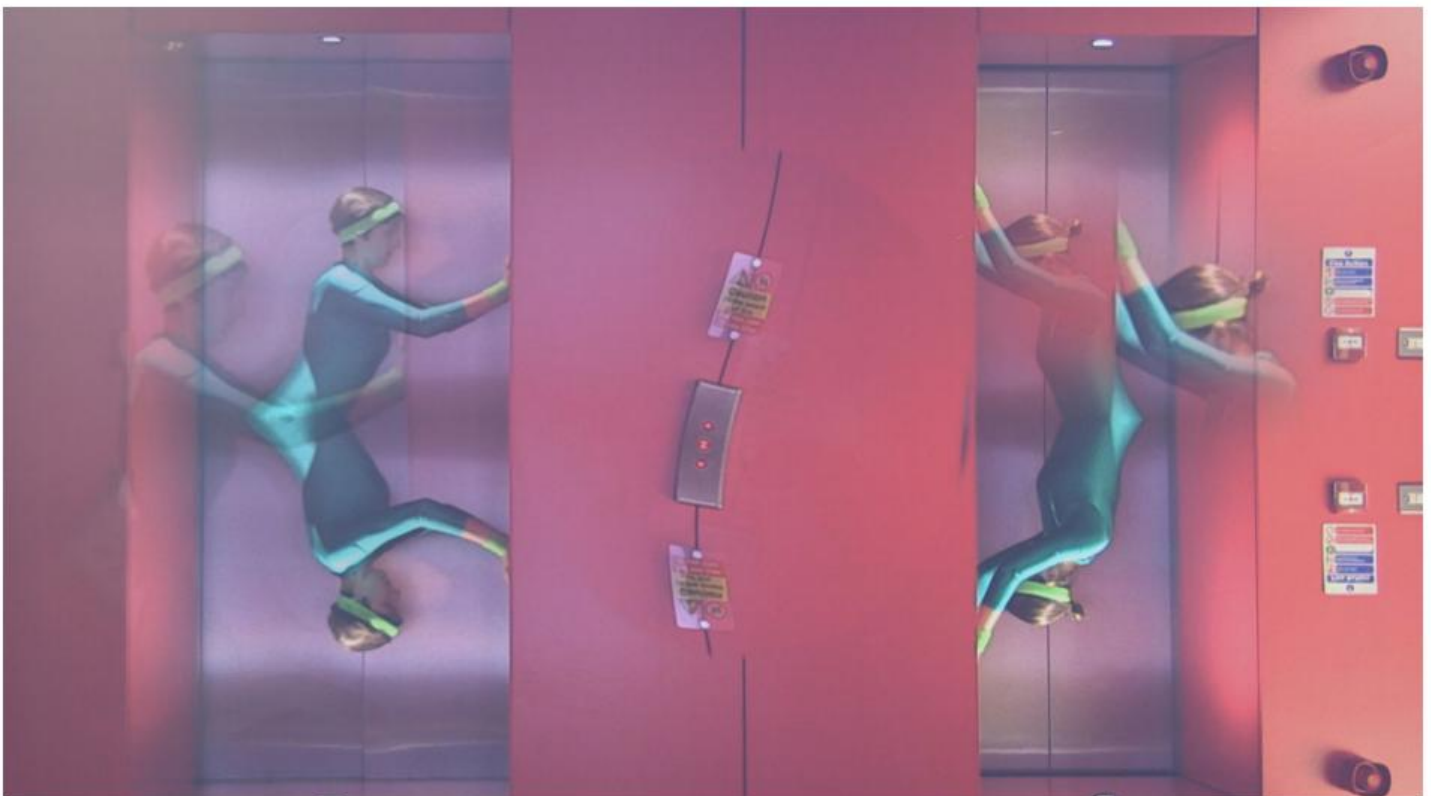


Images: A selection from the opening night of *Above & Beyond*, by Kris Kesiak Photography

Martina Morger & Giacinta Frisillo have developed an exhibition from their film work, that will be on display during the summer. Throughout their work with Skypark, the duo have explored body image, hidden labour, and corporate society, creating three distinct wellness-oriented videos as part of an installation. Here, they have taken, and abstracted, images from these videos to call to mind landscapes and natural topography, thus reinforcing their main tenets in this project:

- >> **HIDDEN LABOUR:** Hidden images abstracted within the photographs.
- >> **BODILY IMAGE:** How we see our bodies in relation to the world.
- >> **CORPORATE SOCIETY:** Work environments and wellbeing.

The exhibition will run up to 6th September 2019, in our donated gallery in Skypark 1 Reception.







# TAKE A BREAK...WITH OUR HOUSEKEEPING TEAM

Meet Karen Lackie, Daniella Cathcart, Maria Kolpaka and Charlene McMorrán. You will have seen these hard-working ladies around Skypark - the team of four keep every lobby, bathroom and public space in Skypark buildings 1, 3 and 5 spic span and spotless.

Maria is the longest serving member of the team, having been at Skypark for the last 8 years. Charlene is the newest, joining only 6 months ago.

They rise to every occasion – be it dressing up for Superhero Day (enter a team of Wonder Women) to raising money for Finding Your Feet when Karen won hands down for coming to work dressed as a baby! They also took part in a workshop with artist and performer Rosa Farber from the Glasgow School of Art, producing a song depicting their daily routine. This was unveiled recently at ‘Above and Beyond’ the second exhibition to come out our curatorial fellowships with the GSA.

Intrigued about this special foursome?  
Read on... >>>

Together with performer and writer Rosa Farber, Karen, Charlene, Daniella and Maria have produced a song called ‘Charlie 1234’.

## What do you like to do when you are not working?

Karen ‘I look after the grandkids – I have four, two boys and two girls. We always do things as a family and are off on holiday – all 10 of us soon!’

Charlene ‘I walk my dog – a lot – at least twice a day after I have finished my shift at Skypark.’

Daniella ‘We love to socialise together and go out at weekends. During the week I am in bed really early as I start work at 5am, so it is nice to go out on a Friday night.’

Maria ‘I look after my wee boy, he is nearly 6 - so I am in bed early too during the week!’

## What do you enjoy about working at Skypark?

Daniella ‘It really is the best place to work, there are high standards here – you are cleaning clean!’

Karen ‘Its taken ages to get a team that works as well together as it does just now. We all get on great and like to socialise’

Maria ‘I really enjoy going out with the girls too – there are a lot of lovely people here and management really look after us.’

## Describe yourselves!

Karen ‘hardworking and happy!’  
Daniella ‘loyal and reliable’  
Maria ‘flexible and helpful’  
Charlene ‘quiet and smiley’

>> To listen  visit: [www.skypark-glasgow.com/the-department/](http://www.skypark-glasgow.com/the-department/)





Bright Horizons  
supporting your  
child to develop  
the confidence  
and skills for  
starting school

# READY FOR SCHOOL WITH BRIGHT HORIZONS NURSERY



At Skypark we are proud that Bright Horizons Nursery is part of our community here and comes with an exceptional reputation for supporting children in getting them ready for school. The nursery rooms are welcoming, spacious and give the nursery a real home from home feel.

Lyndsay Kilpatrick, Nursery Manager explains how wellbeing and education are planned within the nursery's programme. Lyndsay said: "The nursery resources have been specially chosen, as they are renowned for their safety and the ways in which they support children's investigation and exploration throughout their play and learning. Every child is a unique individual and we take each child's individual needs into account when planning their day. We recognise each child's emerging development and interests, nurturing and guiding their development through warm, positive interactions."

"Within the learning and development section of the Curriculum for Excellence there are eight areas of learning and development which we use to shape the educational programmes in our nurseries.

"The transition from nursery to school is one that many children eagerly look forward to as a rite of passage and a step towards being grown up.

"The Bright Horizons Ready for School philosophy draws upon the respectful understanding of how children develop and learn and the pivotal role our trained nursery staff play as effective leaders of children's learning.

"All of our Growing enhancements are designed to support this pedagogical approach and strengthen the partnership between nursery staff and parents and as they guide children who leave Bright Horizons happy and confident with a passion for lifelong learning."

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e: [skypark@brighthorizons.com](mailto:skypark@brighthorizons.com)  
www.[brighthorizons.co.uk](http://brighthorizons.co.uk)

Leading Effective Preschool Pedagogy: Pedagogy comes from the Greek for child (ped) and to lead (ago) and literally means to 'lead the child'. Pedagogy is viewed as being the science, art and craft of teaching and learning.

Our nursery staff:

- Have an informed understanding of child development and how children learn.
- Have a genuine interest in children and how they learn and develop.
- Have respectful relationships with children and colleagues.
- Understand the immense value and importance of play and how play underpins learning and development.
- Understand the importance that child with child, and child with adult, interactions have on learning.
- Understand the importance of the environments in supporting effective learning and development.
- Value learning contexts that have meaning and purpose for children.
- Embrace the culture of reflective practice and commitment to continuous learning.
- Have fun and are creative and innovative in the way they think and work with children.

For anyone interested in a personal nursery tour this can be organised for you - Please contact our Nursery Manager, Lyndsay Kilpatrick on 0141 465 1873 & receive **10% discount** on child care fees to all parents of Skypark.







# ARTISTS TO UNVEIL OUTCOMES BEYOND PERFORMANCE ON 13<sup>TH</sup> SEPTEMBER 2019

The next exhibition from our Curatorial Fellowship 2019 with the Glasgow School of Art, will showcase Holly Knox Yeoman's OUTCOMES BEYOND PERFORMANCE on 13th September.

Over the 28-30th May 2019, Skypark hosted OUTCOMES BEYOND PERFORMANCE - its first micro-artist/curatorial residency, devised by curator Holly Knox Yeoman as part of the Skypark and Glasgow School of Art 2019 Curatorial Fellowship programme. Residencies offer creative people time and space away from their usual environment and obligations. They provide a time of reflection, research, presentation and/or production. Holly's project provided a framework for current students of Glasgow School of Art - Robert McCormack (painting and printmaking), Katerina Sidorova, Christopher Croucher and Roberta Howson-Janes (Performance Pathway MLitt) to explore ideas relating to visual cultures sustainability and relationship to investment, place-making and futurity. Using Skypark 1 meeting room as its base, Holly's project emphasised the need for time, space, resources, egalitarian exchanges and collaboration for visual arts practice to sustain in the current and speculative socio-economic landscape.

The advancement of technology and business versus what remains the same is a driving force in the OUTCOMES BEYOND PERFORMANCE project. Therefore, it was pivotal for Holly and the participants to visit Skypark tenants' Spire Global and Clyde

Space - two companies at the cutting edge of Satellites manufacturing and capturing data - who offered the group excellent insight into their work, ethos' and missions'.

Holly invited artists and curators Fritz Welch, Nikki Kane, Hussein Mitha and Naomi Garriock who led workshops opening up their practices to the students, prompting reflection and discussion. These included: science fiction and deep listening; the performance of roles and responsibilities; modernist architectural and interior colour theory; and ethical participation. Students also used the opportunity to test ideas, Katerina and Holly collaborated on 'Mourning: Micro-Gesture', provoking ideas on the "contemporary ruin", leading the group to Skypark 3 roof and to lush overgrown wasteland close by and Roberta Howson-Janes led 'Wake Up and Smell the Coffee', using waste coffee grounds from Cafe Deco to explore ideas relating to gender imbalance in the workplace and home.

The three-day residency and subsequent group meetings inform a public exhibition and project on the Friday 13 September 2019. Further details will be announced nearer the time.

**SAVE THE DATE:  
FRIDAY 13  
SEPTEMBER 2019**





# HELPING FUTURE GENERATIONS BECOME CAREER READY

Career Ready, a UK-wide charity, believes that every young person should have the skills, confidence and opportunity to enjoy a rewarding future.

Since 2002, Career Ready has connected disadvantaged young people with the world of work, in order to unlock their potential and level the playing field.

In Scotland, Career Ready's network of 2,000 volunteers sourced from 300 employers has in 2018 helped transform the lives of 1,250 young people from 125 schools, by providing one-to-one mentoring, paid internships, masterclasses and workplace visits.

One of these employer supporters is global technology firm Leidos, based in Skypark 1, who are preparing to welcome their latest group of 10 Career Ready students on paid summer internships in June.

Fiona Keady, Leidos' Career Ready Programme Lead, says "Working with Career Ready is a real privilege and one of the best parts of my job. Every year, I see the skills and confidence of young people transform with the support of our mentors and internship staff – who in turn develop their own confidence and coaching skills through their support of the students. By helping

young people in our local communities, we're demonstrating our commitment to social responsibility and to the industry and locations we work in, which is something our customers value, too. Career Ready allows us to improve our business, enjoy our time at work and help transform the lives of future generations."

These sentiments are shared by Dawn Forester, who works part-time for another of our Skypark companies – DC Thomson Media, based in their Dundee HQ – and part-time for Career Ready, allowing her to experience the programme from both sides. Dawn says: "DC Thomson Media is one of the leading media creators in the UK. The company's headquarters is in Dundee, Scotland, with a London base in Fleet Street. DC Thomson Media publishes newspapers, magazines and comics, and has an extensive e-commerce and events portfolio alongside interests in gaming and radio. Currently our mentors support young people in Dundee and Aberdeen P&J. This is such a valuable experience; it is fantastic to see the impact the programme has on those students engaged."

To find out more about supporting Career Ready, please contact Janine McFarland, Career Ready Regional Manager, Glasgow, ([janine.mcfarland@careerready.org.uk](mailto:janine.mcfarland@careerready.org.uk)) – or speak to Fiona ([fiona.keady@leidos.com](mailto:fiona.keady@leidos.com)) for a first-hand account of the benefits of being involved.







“ Before the programme I had little confidence, lacked self belief and I didn't enjoy talking to people. Without Career Ready and my Morgan Stanley mentor I may have left school and ended up doing a job that didn't reflect my true potential. Career Ready helped to see things like qualifications and work experience as opportunities to take hold of.

Ryan Thorne  
Holyrood Secondary School, Glasgow  
Now at St Andrews University

career ready

preparing young people for the world of work

Career Ready recognises that our country and people flourish when employers and schools successfully support and help young people move from education to work and achieve maximum career success, through raised aspirations and greater diversity and inclusion in the workplace.



Mentoring



Paid Internship



Masterclasses



Workplace Visits

1,000+ students

from 40% of schools

across Scotland

270 companies, from across all six growth sectors in Scotland, offer paid internships and mentors.



Anne Wexelstein  
Director for Scotland

## It's Who You Meet...

Career Ready transforms the life chances of young people from lower income backgrounds.

Our aim is that every Career Ready student progresses to a sustained, positive post-school destination and is well prepared for a happy and successful future. The two year programme connects them to people from the world of work and business, so that on leaving school they make more informed choices and are more confident and knowledgeable about their future career destiny.

Currently working in partnership with nearly 40% of Scotland's secondary schools, the passion of all involved with Career Ready is at the heart of our success. Employers provide quality, real experiences and access to networks, fostering young people's ambitions and boosting their social mobility. Developing the skills, confidence and behaviours to compete on a more level playing field, opportunities previously unknown or unexpected are opened up, alongside the growing confidence to explore them. Being part of a young person's story to lifelong career success is profound.

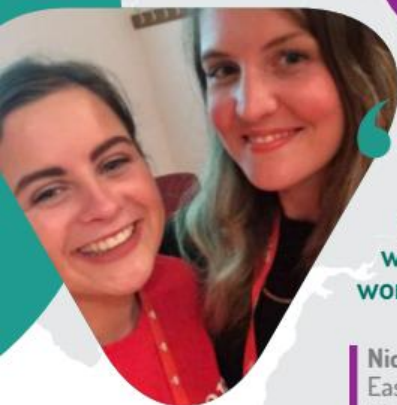
£450,000

injected into the economy through paid internships for Career Ready students in 2017.



Six sequential

masterclasses provide insight and learning around the skills for career success, and workplace visits to other employers which opens their eyes to the range of jobs and careers that exist.



“ My mentor helped me become a more mature person and taught me how to act in the workplace. Kirsty has made me feel ready to enter a working environment without being worried.

Nicole Doherty  
Eastbank Academy,  
Glasgow now at Abertay University

If you would like to know more about working with Career Ready, please get in touch.

Janine McFarland

Janine.mcfarland@careerready.org.uk  
www.careerready.org.uk





# FINDING YOUR FEET'S PAUL JOHNSON TURNS MOTIVATIONAL SPEAKER

>> NOW AVAILABLE TO BOOK FOR CORPORATE EVENTS



If you're looking for a motivational speaker for corporate events or business, then look no further than Finding Your Feet's Paul Johnson. Paul has an incredible life-changing story that he is now sharing with people across the UK, giving an insight into how one incident changed his life forever.

In 2013, when he was walking home from a night out, Paul took a short cut across a set of train. He came into contact with a live line and he was electrocuted, thrown onto the tracks and knocked unconscious for two hours. When Paul woke up he realized his legs were on fire and frantically sought to put the flames out.

From the damage suffered to his legs, Paul was told that both of his legs would have to be amputated. Paul said: "When I was finally able to leave hospital, my self esteem was so low that I wouldn't leave the house. It was an extremely dark time, and I didn't see it ending anytime soon."

Paul's turnaround really started when he responded to Cor Hutton, an amputee herself and founder of Finding Your Feet, who had asked him to meet for lunch.

"I started to grow self confidence and feel a lot better about myself, living in the real world, in reality. Things started to really

shift in terms of my mentality and I honestly couldn't have done it without Finding Your Feet Charity."

As Paul's self-confidence started to grow, he began to take on challenges: "I wanted to take on my fear of heights which stemmed from my accident. Finding Your Feet were doing an abseil off of the Titan crane, so I signed up and didn't look back. Feeling the wind through my hair and a wobbling feeling at the top was terrifying, but when I began to lean back and lower myself I was so thrilled. I spent months in hospital thinking I would never do anything exciting ever again, and that was all proved wrong in a matter of seconds.

Paul is now an integral part of the Finding Your Feet team, who are based in Skypark. He has started to visit schools, corporate events and businesses to tell his story, raise awareness of the charity and deliver strong messages of perseverance.

Paul's motivational talks cover the effects of depression and how he battled the illness himself. He also gives you a deep insight into his personality, struggles and how he has built back up to the person he is today. Paul has become an inspiration to many and was recognized for this when he was awarded the Young Scot Award. Skypark, who have been extremely important supporters of the charity, honoured Paul with a billboard which can be seen from the Clydeside Expressway.

Skypark's Strategic Lettings Advisor, Angela Higgins of Resonance Capital added: "Finding Your Feet is part of our tenant community and our Billboard recognises Paul's courage and efforts as a motivational speaker. Paul is now helping other people overcome their own barriers, raising awareness of the vital difference Cor Hutton's charity makes to the amputee community."

Paul is available to speak at your events and will bring a wealth of experience to share with your team/audience. If you would like to book Paul please get in touch at [info@findingyourfeet.net](mailto:info@findingyourfeet.net)



# LAUNCH FOODS APPEALS TO SKYPARKERS FOR HELP TO FEED GLASGOW'S CHILDREN

**COLLECT  
HIGHLAND  
SPRING  
BOTTLED  
WATER AND  
MAKE A  
DONATION TO  
LAUNCH!**

Did you know that Skypark tenant Launch Foods, (a community interest company and soon to be charity), in just 38 weeks has provided 40,000 free meals to feed Glasgow's primary school children in the communities that need it most? The organisation is appealing to Skyparkers to visit Craig and Kevin, the two man team behind Launch, and hear how donating just an hour of time or fundraising could make a big difference to feed Glasgow's children.

Launch Food truck is providing in excess of 300 meals each day to primary school kids immediately after their school day. Launch is a 365 day operation including school holidays when it works with the charity Achieve More to provide their kids lunch each day over the holiday period.

Craig Johnson who runs Launch said: "We've achieved a lot in 38 weeks thanks to Skypark for our donated unit, alongside support from Brakes Group, Simon Howie Foods, Highland Spring, Braehead Foods, SEC and IKEA are all helping to feed Glasgow's children.

"Every day hunger is a massive issue for children and families in many areas of Glasgow. Launch sets out to solve the issue of food surplus going to waste, throughout the year including school holidays to try to plug the gap.

"Every day, children spend their evenings hungry without a proper meal and the situation gets worse over summer with the absence of school meals. Meanwhile, food producers throw away surplus food and now we're connecting the two working with big brands to change this.

"Surplus food is obtained from food suppliers from which we create a menu of delicious treats that kids love. Scottish kids were consulted on the types of food they'd like to eat and all food on the menu is healthy, packed with (sneakily hidden) vegetables, and is low in fat and salt. We even make our own healthy ketchup. In line with the socially conscious cause, all of the packaging is compostable and biodegradable.

"We would love it if Skypark tenants could pop in to visit and see us action and perhaps see how they can get involved. Launch Coffee will open soon in Bothwell Street in the City where all profits will go towards ensuring children are fed. Launch is now Highland Spring's charity partner that has kindly donated bottled water. Anyone thirsty at Skypark, can pop in, make a donation and leave with a cold bottle of Highland Spring. The more money Launch Foods generates, the more kids we can feed - it's that simple. We have no government support for our work with the schools at present but hopefully that will change. In the meantime, I hope that proud Scots will step up and help Launch on its journey, ensuring our kids don't go to bed hungry", finished Craig.

Launch is offering Highland Spring bottled water for tenants in return for a donation. Please get in touch with Craig to arrange collection. If anyone feels they would like to contribute to feed children in Glasgow by giving an hour of practical and trades help with the fit out of Launch Coffee or fundraising, please get in touch by emailing: [craig@launchfoods.org](mailto:craig@launchfoods.org).

Visit [www.launchfoods.org](http://www.launchfoods.org) to see who is involved. To donate directly to Launch Foods and help to feed Glasgow's children please visit [gofundme.com/feeding-glasgow039s-kids](http://gofundme.com/feeding-glasgow039s-kids)



# SKYPARK'S SUMMER RAFFLE IN AID OF FINDING YOUR FEET



**RAFFLE  
TICKETS ON  
SALE AT  
SKYPARK 1  
RECEPTION!**

Available up to  
30<sup>th</sup> August, 2019

## WIN TICKETS TO STILL GAME LIVE!

Don't miss your chance to win tickets to see Jack and Victor for the last time when they take to the stage this Autumn for the final run of Still Game. The live show 'The Final Farewell' brings the nations favourite sitcom to life, featuring well-kent faces from the long running series.

We have a pair of tickets for two lucky winners to enjoy the show on 5th October, as well as a host of other fantastic prizes including £100 vouchers for Slater Menswear and more to be announced!

Raffle tickets cost £1 – please get yours from Brian on the Concierge Desk. The draw will be done after our summer event on 30th August, with all proceeds going to our on-site charity Finding Your Feet.

Good luck!





# MARIACHI STREET FESTIVAL

30 AUGUST 2019

REGISTER TO RECEIVE A  
COMPLIMENTARY MEAL & DRINK

4-8PM | FINNIESTON SQUARE

**A FREE** EVENT FOR THE SKYPARK  
COMMUNITY, FAMILY & FRIENDS

CONTACT BRIAN TO RESERVE YOUR TICKETS  
0141 221 5164 • [RECEPTION@SKYPARK-GLASGOW.COM](mailto:RECEPTION@SKYPARK-GLASGOW.COM)

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[www.skypark-glasgow.com/events/](http://www.skypark-glasgow.com/events/)





# Lease a brand new car for less than you think.



## Range Rover Evoque 2.0 P200 R-Dynamic 5dr Auto

**Selected features:** 17" split spoke dark grey satin alloy wheels, 10" Touch Pro, Leather steering wheel, LED headlights, heated front windscreen, 8-way heated manual front seats, retractable exterior door handles, front and rear parking aid, rear camera, lane keep assist.

# £298.<sup>99</sup>

Per month including VAT. Initial rental £2,690.91  
Personal Contract Hire.

## And enjoy a Skypark into the bargain!



12 month Netflix subscription



A stay at Radisson Red Glasgow  
Up to a value of £150



£150 Amazon gift card



Sony Wireless headphones  
Sony WH-CH700N or equivalent

Quote 'Skypark' when enquiring and choose one of the great Skyparks above. That goes for friends and family too!

**Fancy a Skypark, but don't want an Evoque? Our website is packed with 1000's of other great leasing deals, all with free delivery!**

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CAR LEASING

**intelligentcarleasing.com**  
**0344 387 2727**

**Skypark terms and conditions:** Choice of one Skypark will be provided 3 months after successful delivery of vehicle only. Cancelled orders or contracts terminated within the first three months after delivery do not qualify for Skypark offer. A cash alternative is not available. Range Rover Evoque offer based on a 36 month 5,000 miles per annum customer maintained Personal Contract Hire agreement with 9 monthly rental payments in advance followed by 35 regular monthly payments. A handling fee of £250 including VAT applies. Offers valid while stock lasts or until 04/07/2019 and are subject to change at any time. Offers subject to availability and credit acceptance. Pricing correct at time of going to print. Vehicle images for illustration purposes only. Failure to repay monthly instalments may lead to repossession of the leased vehicle. A fee for early termination of the lease contract applies. Intelligent Car Leasing is authorised and regulated by the Financial Conduct Authority. Reference number 673209. Not all types of business undertaken are authorised and regulated by the Financial Conduct Authority. Registered in Scotland number 445572. Registered Address: Intelligent Car Leasing Limited, Skypark 1, 8 Elliot Place, Glasgow, G3 8EP. Intelligent Car Leasing is a broker and not a lender.





# FLEET ALLIANCE RAISE HALF A MILLION FOR CHARITY!

Fleet Alliance has been providing award-winning fleet management and leasing services to business and personal customers throughout the UK since 2002. For the last five years we've been doing it whilst enjoying the never-ending views over Glasgow and beyond from our vantage point on floor nine of Skypark 1.

The Fleet Alliance Group comprises Fleet Alliance, Intelligent Car Leasing, Intelligent Van Leasing and Neva Consultants – group of companies all united under a group ethos that business should never be about profit alone. As part of the Fleet Alliance Loves initiative, supporting charitable causes and those in need has become a fundamental aspect of how we do business. We encourage our core values of Engagement, Trust, Fairness and Respect through charity and community support and we place a strong emphasis on both, with a dedicated team who plan our annual fundraising calendar.

## OUR CHARITY MISSION

Over the last 11 years, our dedicated volunteer FABS (Fleet Alliance Benefits and Social) team have organised numerous charitable events for many worthy causes including Maggie's, Achieve More Scotland, Glasgow NW Foodbanks, Siloam Orphanage in Nairobi and Anderston Primary School. Their success to date encouraged them to set them-

selves the lofty target of raising £100K for charity in just 18 months. It seemed like a real stretch, but just 15 months of incredible fundraising later, they've already smashed their target having raised **OVER £101,000!**

This brings us to our **BIG** announcement. After our recent annual Stars in Their Eyes charity event, which featured wonderful performances from our friends Donna Gray and David Burke from Skypark 5, we're

delighted to announce that our overall total fundraising to date now stands at **£500,000!** This is an amazing achievement which would not have been possible without your support. Together we've all helped make a real difference to the lives of those less fortunate than ourselves.

Jenna McGhie, **FABS team member**, said "When Fleet Alliance started fundraising 11 years ago, our ultimate goal was to not only do something memorable but also benefit our local charities and wider community. I think it's safe to say that we've achieved something both spectacular

and special at Fleet Alliance and I would like to take this opportunity to say thank you to all our staff, customers, suppliers and friends at Skypark for their support over the years. We're not resting on our laurels though. Half a million is just the half-way point. One million – here we come!"



Pictured: (back row, left to right) Fiona, Nicola McF, Lindsey (left to right) Jenna, Tommy (Stars in Their Eyes winner 2019) and Nicola F.



# TRAVEL 2 SIGNS UP TO SKYPARK 1

We're pleased to announce that our long established tenant Travel 2, one of the UK's leading trade-only tour operator, has signed a new 5 year lease to remain at our business campus!

A Skypark tenant since 2004, Travel 2 has agreed a new 5 year lease on 17,936 sq. ft. of existing office space and will remain in Skypark 1.

Travel 2 is a subsidiary of dnata which is part of the Emirates Group, travel and tourism operation. Established for 37 years, Travel 2 works with all of the world's top airlines, over 100,000 hotels, tours and rail suppliers, car hire companies and more than 45 cruise lines, to plan and book everything from flights, accommodation, cruises, tours and excursions to luxury getaways and group travel.

Lisa McAuley, Managing Director of dnata Travel B2B Europe said:

*"As a proud Glasgow business, Travel 2 is looking forward to continuing its success in its Skypark home."*

For further information on Travel 2, please contact [rhona.jenkins@travel2.com](mailto:rhona.jenkins@travel2.com), and follow them on Twitter:

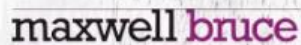


**Leading industry experts discuss the challenges and opportunities faced in the property sector**

**TUESDAY, JUNE 25, 2019  
SKYPARK, GLASGOW**

**BOOK YOUR PLACE**

{SPONSORS}



## PROUD SPONSORS OF THE FIRST HERALD PROPERTY BUSINESS BREAKFAST

We're proud to announce that Skypark is a sponsor and the venue for the first Herald Property Business Breakfast 2019. The event is an opportunity to network with sector leaders and to discuss the future of the industry. It takes place in Suite 6, Skypark 1 on Tuesday 25th June from 8.00 to 11am.

For more information and tickets, visit: [newsquestscotlandevents.com/events/property-business-breakfast/](http://newsquestscotlandevents.com/events/property-business-breakfast/)





**CALLING ALL DIY ENTHUSIASTS, ARTISTS & GARDENERS!**



**TOOL DROP OFF AT OUR AUGUST SITE SOCIAL (WEDNESDAY 7<sup>TH</sup>) AND FROM 12-16 AUGUST**



## GLASGOW TOOL LIBRARY APPEALS FOR TOOL DONATIONS AND NEW MEMBERS

The City's first dedicated tool library has teamed up with Skypark to run an appeal for tool donations and new members, so as anyone from a gardener to an artist, to a new home owner or trades worker, can sign up to access a range of tools without having to buy them.

The Glasgow Tool Library appeal follows its introduction to Skypark through 'Strange Weather,' a curatorial programme by Rosie O'Grady that places environmental values at its core. The project is the first of four this summer within Skypark's Curatorial Fellowship 2019 and The Glasgow School of Art to nurture artistic talent.

Chris Strachan a founder of the Library said: "Glasgow Tool Library works like a normal library, but instead of sharing books we share tools. Becoming a member of the tool library can save you money and provide

you with access to hundreds of tools. Instead of buying new tools, for a small annual membership donation, you can book your tools online and then pop in to our depot to collect them.

"We want to challenge the perception of value and build a sustainable economy based on collaboration, inclusivity and sharing. We collect tools from those that no longer use them, repair and care for them and save them going straight to landfill. We also hold talks, workshops and events on topics such as DIY, the sharing and circular economy and sustainability. Tool donations can be dropped off on X August at Skypark reception. To find out about membership and more with the Library please email [hello@glasgowtoollibrary.com](mailto:hello@glasgowtoollibrary.com). "

The Glasgow Tool Library is a social enterprise based at Civic House in Glasgow.

For regular updates please visit [www.facebook.com/glasgowtoollibrary/](https://www.facebook.com/glasgowtoollibrary/)



# CAPITA SOCIAL MEDIA TEAM SCOOP AWARD!

A massive congratulations to the Capita Social Media team who won the Bronze award for the Digital Team of the Year at the CCMA Awards. This is fantastic news for the Three powered by Capita account.

It was a glamorous event in London and the team scrubbed up well and waited in anticipation to find out if they had won. Keith Duffy from Boyzone was there to help hand out the Awards.

John Fyfe, Operations Director said: "It was a fantastic evening. For the team to get onto the podium two years running is an outstanding achievement, particularly given the competition at both entry and shortlist stage. Everyone should be super proud of what's been achieved".

Meanwhile in Glasgow, the team had an unofficial awards party with their very own VIP gift bags to watch the livestream.

Well done!



## MENTAL HEALTH AWARENESS WEEK WINNERS

The Capita team took part in Mental Health Awareness week and held a number of events to help end the stigma and to raise awareness.

There were stalls and information on What is Mental Health, where to get support, wellbeing colouring, stress awareness, nutrition and financial wellbeing. In addition there was free fruit on offer, fitness trainers on site and everyone wore something green on the Friday to help raise money and awareness for SAMH, a local mental health charity. Well done for raising £115!





# SUPPORTING YOUR BUSINESS AND COMMUNITY WITH MCR MENTORING

“Research has shown that the best leaders are those who can empathise with people. The best way that you can really learn to empathise with people is to work with others in a non-judgmental way.”

David Hillier, Dean of Strathclyde Business School

MCR Pathways is a Scottish charity supporting care-experienced young people to achieve positive futures through education. They recruit and train volunteer mentors to meet with a young person in school for an hour a week.

Founded in 2007, MCR Pathways are now supporting more than 2000 young people across Scotland. Before mentoring, where only 48% of care-experienced pupils went on to a positive destination after school, now 86% of mentored pupils do.

Besides making a huge difference to the young people involved, becoming an MCR mentor can have a hugely positive impact on your organisation.

**Create a dynamic team:** Workplaces are constantly evolving. Your team needs to be able to adapt, listen, build on feedback and constantly grow. Through mentoring, you and your workforce will develop vital skills and receive training – at no cost. From improving staff motivation, to developing essential skills, MCR mentoring is ideal for personal and professional growth.

“I’ve learned a lot from mentoring in terms of active listening and the different communication styles that are needed. The learning around communication and action can be carried into the workplace.” Alison MacLachlan. UK Director at Wood Foundation

**Build positive community links:** Mentoring is a great opportunity to build connections with the local community and demonstrate your business’ socially responsible practice. MCR partners with organisations to offer Talent Tasters - half day sessions where pupils experience the behind the scenes of businesses - and this networking opportunity allows organisations to connect with the bright minds of the future.

“I often leave my weekly mentor meetings feeling that I have gained something – it is regularly the high point of my working week and that’s from someone who really enjoys her job and work!” Suzanne Burns, HR & Communications Director STV Group Plc

## Develop leadership

Through mentoring, you and your team will learn how to coach, give feedback and manage relationships. These are qualities needed in your future leaders. Several of Scotland’s top managers have become mentors and have seen the difference it’s made, both in their young person and in their own professional lives.

“Being a mentor has helped me to develop some of my core leadership skills. At work I have power to make things happen – with my mentee I have none. As a result I have to stretch my skills to make headway – especially listening skills and persuasiveness. It tests my creativity and problem solving.” Scott McCroskie, CEO of Edrington



## HOW YOU CAN GET INVOLVED

Your business can join the MCR network today. Visit [www.mcrpathways.org/our-partners/](http://www.mcrpathways.org/our-partners/) to find out more information about the benefits of mentoring and MCR partnership for your business and how you and your staff can sign up.



# Book by the hour

## CAR RENTAL AT SKYPARK

JOIN FOR  
**FREE**



24/7 ACCESS  
YEAR  
ROUND



REDUCE  
YOUR CARBON  
FOOTPRINT



BOOK AND  
UNLOCK WITH  
YOU PHONE



NO WEAR &  
TEAR ON YOUR  
OWN VEHICLE



ACCESS  
VEHICLES  
NATIONWIDE

Our hourly car rental scheme with Enterprise Car Club is off to a great start. Launched in May we now have a hybrid car located in the visitor car park, available for pay per trip rental.

The car can be booked from £4.50 an hour and Enterprise offer free membership to Skypark staff. Our on-site car adds to the 20+ vehicles accessible across Glasgow, and 1,100+ cars and vans across Scotland and the UK.

**How do you book it out?** Here's the lowdown on joining the Car Club:

**JOIN** – To join, visit the website and complete the application form, upload a selfie, a picture of your driving licence and add in payment details. Follow the link:

[www.enterpriseclub.co.uk/SKYPARK](http://www.enterpriseclub.co.uk/SKYPARK) to join for free (saving you £20).

**RESERVE** – Using the booking platform on the Enterprise Car Club website or top-mobile app, you can choose from any of the vehicles, including small to large cars, vans, hybrids

and fully electric vehicles and select the start and end times of your reservation.

**UNLOCK & GO** – Vehicles can be unlocked/locked 24/7 using a contactless card or using the unlock feature available on the app. The vehicle keys are in the glovebox and are obtained by entering your personal 4-digit code into the PIN pad.

**RETURN** – The vehicle must be returned to its original location when the reservation has ended.



Enterprise also offer Skypark businesses the opportunity to open a corporate account with the Car Club. Benefits of opening a business account include:

- Preferential rates and fees
- Reduce per mile reimbursement
- Alternative to taxi spend
- Meet sustainability goals
- Increase in productivity
- Centralised billing

To find out more and apply for a corporate account, check out the business section of the Enterprise Car Club website:

[www.enterpriseclub.co.uk/gb/en/contact-us/business.html](http://www.enterpriseclub.co.uk/gb/en/contact-us/business.html)

\*Standard terms apply. Valid on Standard Annual membership plan only. Save £60 on your first year's membership fee. After the first year, membership will be charged at the standard price of £60. Not valid for under 22s. Visit [www.enterpriseclub.co.uk/legal/terms](http://www.enterpriseclub.co.uk/legal/terms) or call the Clubhouse on 0345 266 9290 for more information. ©2019 Enterprise Car Club.



# IF ONLY WE HAD...

## DRY CLEANING, LAUNDRY & IRONING PICK-UP & DELIVERY

Be prepared for that important meeting or social event with a handy dry cleaning and laundry service! Majestic Laundrette provide a daily (Monday – Friday) pick-up and delivery service direct to your office.

Collection and delivery will be made directly to your office reception by calling 0141 334 3433. Card and cash payment available. Simply quote 'Skypark' when booking a collection. We have secured exclusive discounts for everyone at Skypark! Visit MySky for a price list.



## PRESCRIPTION DELIVERY

A prescription delivery service is available, free for Skypark occupiers, by the innovative Reach Pharmacy group. Simply complete the envelope provided at our Concierge desk in Skypark 1 and pop it in the prescription box by the desk before 10am for same day delivery. Ask Brian for more information.

Other proactive health services such as smoking cessation, discounted flu shots, travel clinic and weight loss programmes are also available through Reach. Contact the pharmacy for further information: [argylest@reachpharmacy.com](mailto:argylest@reachpharmacy.com)

## FEAST THURSDAY

Feast Thursday is our weekly rotation of street food traders at Skypark.

Each week features a new and exciting trader from our pick of the best street food slingers in Scotland!

Expect some mouthwatering menus – ditch the packed lunch and plastic wrapped meal deal & come feast with us!

11:30am - 2:30pm | Finnieston Square | Every Thursday



Don't forget to pick up a loyalty card – available in lobbies throughout Skypark and from the food trader each week – get your 10th Feast Thursday meal for FREE!



**FOR A FULL LIST AND MORE INFORMATION ON ALL OUR ON-SITE AMENITIES VISIT: [WWW.SKYPARK-GLASGOW.COM/AMENITIES/](http://WWW.SKYPARK-GLASGOW.COM/AMENITIES/)**



# WELLBEING SERVICES



## KINETIC CHAIN RELEASE THERAPY & MASSAGE

**EVERY WEDNESDAY**

Kinetic Chain Release and Connective Tissue Release Therapy. Also available: Hot Stone, Deep Tissue, Aromatherapy, Indian Head and Natural lift facial massage.

For bookings please email or call Gwen on 07966892794. [www.facebook.com/tranquillife/](https://www.facebook.com/tranquillife/)



## BEAUTY TREATMENTS

**EVERY THURSDAY**

Treatments for both ladies and gents - waxing from £5 and manicures from £10. Appointments are available all day in our treatment room at Level -2, Skypark 1.

Contact: [doreensinc@gmail.com](mailto:doreensinc@gmail.com) for more information and bookings. A full list of treatments and prices is available on MySky.



## ACUPRESSURE MASSAGE

**EVERY SECOND FRIDAY**

Anna from Pressure Drop Massage offers 30 minute seated acupressure massages, with no need to remove any clothing and no use of oils – the perfect express massage to fit into your busy schedule and get you ready for the weekend!

Appointments available from 11am to 3pm. Contact Anna at [pressuredropglasgow@gmail.com](mailto:pressuredropglasgow@gmail.com)



## SPORTS & REMEDIAL MASSAGE

**BY APPOINTMENT**

Anyone can benefit from sports & remedial massage. If you have any aches and pains you may feel the benefit of regular massage.

Contact Paul for more information and bookings: [info@paulmcardlefitness.co.uk](mailto:info@paulmcardlefitness.co.uk). Don't forget to mention you work in Skypark to redeem your exclusive discount!



## HOLISTIC THERAPIES

**BY APPOINTMENT**

Sacha McKenzie offers a range of individual therapies tailored to your needs, from reiki to reflexology and energy balancing. Group workshops for businesses are also available to help improve creativity, energy flow and boost performance.

To book a treatment or enquire about group workshops email: [Sacha@high3.co.uk](mailto:Sacha@high3.co.uk)



## 1-TO-1 & SMALL GROUP YOGA

**BY APPOINTMENT**

A Yoga and Mindfulness program brought to you by Patricia Galavis. The program can be tailor made depending on individual needs. One-to-one and group sessions available.

Contact Patricia for more information and bookings: [patricia.galavis.yoga@gmail.com](mailto:patricia.galavis.yoga@gmail.com)

**VISIT: [WWW.SKYPARK-GLASGOW.COM/AMENITIES/](http://WWW.SKYPARK-GLASGOW.COM/AMENITIES/) FOR FULL DETAILS**



# PHYSIOTHERAPY CLINIC, PHYSIO FOCUSED, ARE BRINGING THEIR EXPERTISE TO SKYPARK

PHYSIO  
FOCUSED

Physio Focused's team of highly experienced Chartered Physiotherapists can treat various injuries including: back pain, hip, knee and ankle pain, shoulder pain and many different sports injuries. Aiming to provide every client with the highest possible level of care. Whether you're in need of an initial assessment, are on the road to recovery or looking for injury prevention tips, Physio Focused's dedicated team of experts are here for you.

A number of different treatments are on offer, including: manual therapy, exercise rehabilitation, deep tissue massage and ergonomic assessments. We also focus on aftercare and injury prevention, and offer strength and conditioning services to further your return from injury.

All this is in on offer right here in Skypark with a 10% discount. Physio Focused's Skypark clinic runs every Monday here in the building for Skypark employees. To book an appointment visit our website [www.physiofocused.com](http://www.physiofocused.com) or give us a call on 0141 237 2721.

At Physio Focused we also work will all major insurance providers including AXA and Aviva.



PHYSIO CLINIC  
EVERY MONDAY  
10% OFF

## ATHLETE FOCUSED FOCUSED INSIGHTS

At Athlete Focused, we believe that the support we give to athletes is transferable to everyone. We are taking the knowledge we've gained from our years of experience supporting elite athletes and applying it to supporting people achieve their best in the workplace.

Our workplace wellness programme, Focused Insights, is designed to provide educational content on our four pillars of performance: Psychology, Nutrition, Training and Physiotherapy, enabling staff to make informed lifestyle decisions.

We can deliver Focused Insights in a number of ways depending on the needs of your workplace, including an online educational platform which delivers new content each month,

one-off seminars and delivering events such as wellbeing weeks.

As a Skypark tenant we are delighted to offer a **20% discount** on subscription rates to employers offering the Focused Insights programme to their employees.

For more information and access to our taster site contact [amy.macleod@athletefocused.com](mailto:amy.macleod@athletefocused.com)



## FEATURED SKYPERKS

### EMIRATES EXCLUSIVE FARES

Emirates, the largest international airline in the world, with an office in Skypark, has recently started a new service between Edinburgh and Dubai and the Airbus A380 is currently operating on the Glasgow to Dubai route until 30th September this year.

Emirates have a brand new offer exclusive to Skyparkers! Enjoy exclusive Business Class and Economy Class fares. Save £100 on Business Class bookings and £25 on Economy Class bookings\* when you fly from Glasgow or Edinburgh to all destinations on their network. Terms and conditions apply - please visit MySky for full details and discount code.



### THE PRINT BOX 20% OFF

Just across the road from The Sandyford Post Office, The Print Box are delighted to service your printing requirements large or small, personal or business. They offer Skypark businesses and employees an exclusive 20% off retail prices - and free delivery to your office!

They supply a wide range of printing, design and large format services. Whether it's business cards, posters large or small, letterheads, flyers, stickers, die cut, menus, POS, or pretty much anything else you can print, The Print Box is your perfect printing partner.

### M&D'S EXCLUSIVE RATES

M&D's Scotland's Biggest Theme Park is offering all Skypark employee's discounted ticket prices!

M&D's is the biggest and best value theme park in Scotland with a range of rides, attractions, restaurants and indoor and outdoor activities. With over 40 major rides and attractions including the Big Wheel, Dodgems, Flying Jumbos, Disco Boats and the Big Apple to name a few. Plus the pirate-themed Devil's Island adventure golf, Scotland's only indoor rainforest Amazonia, Cosmic Bowl ten pin bowling and Krazy Congo Soft Play making the park suitable for everyone.



VISIT [WWW.SKYPARK-GLASGOW.COM/MYSKY/SKYPERKS/](http://WWW.SKYPARK-GLASGOW.COM/MYSKY/SKYPERKS/) FOR A FULL LIST OF ALL OUR SKYPERK DEALS AND SIGN UP TO OUR MAILING LIST FOR ALL THE LATEST UPDATES  
[WWW.SKYPARK-GLASGOW.COM/SIGNUP/](http://WWW.SKYPARK-GLASGOW.COM/SIGNUP/)





Skypark is at the heart of Glasgow's trendiest neighbourhood – Finnieston. The Hidden Lane off Argyle street epitomises the eclectic and exciting buzz of the area. It's a vibrant community of artists, designers, independent businesses, yoga studios and more, working across 100 studios and workspaces tucked away behind the main thoroughfare. What's more as a Skyparker you enjoy a range of offers and discounts through our very own "itison", our Skyperks scheme, so if you are looking for team building event with a difference or to try or buy something new read on!

## DAMN HOT YOGA

Damn Hot Yoga and Pilates, located at 24a in The Hidden Lane, is more than just a yoga studio. With its range of classes in the hot room, the aim is to get your body moving and mind centred. Whether it is Bikram Hot Yoga, Fierce Grace, Vinyasa, Power Yoga or Inferno Hot Pilates, all classes are suitable for beginners and a challenge for all fitness levels. Partner and Bikram teacher Sherand Esser says the business is about building a community dedicated to positive change. "What makes our studio unique is the amazing vibes of our students and the dedication and encouragement of our teachers. Every class is just what you need it to be. There's nothing like the feeling of accomplishment and exhilaration you get after you finish a class in the hot room."

Skypark employees are in excellent hands at the studio - Sherand has been teaching Bikram Yoga for 9 years, has just completed a month-long advanced Bikram Yoga teacher training and has a solid reputation for development and safety. **Enjoy your first class for free as well as an exclusive discount** on 30 day packages and membership.



## SPIN POTTERY

If you are looking for a nice coffee mug to make those Monday mornings even better, planning a team building event with a difference or fancy learning something completely new then Spin Pottery has you covered. This one stop pottery shop is a retail and learning space run by Leah Blackburn. The trained ceramicist offers wheel lessons and group events and has a gorgeous selection of ceramics for sale. She says "Spin offers a relaxed and fun approach to learning a new skill and with the added bonus of BYOB, laughter is guaranteed! Leah offers **20% off** private wheel or hand building lessons, group classes, private parties, corporate, team building events or gift vouchers of £50 or more.

## BELLA'S BAKERY

In the heart of The Hidden Lane lies Bella's Bakery and Cooking School, a new boutique bakery and small cooking school run by cake aficionado Sydney Johnson. The business is named after her grandmother whose recipes she grew up on. Bella's makes cakes to order, for any occasion and has a range of special dietary desserts such as gluten free and vegan cakes. Enjoy **10% off** classes when booking online – use code Skyperks2019 at checkout. If you are looking for a team building day with a difference, maybe a day of having fun in the kitchen is in order!



**WANT TO FIND OUT MORE?  
CHECK OUT THE SKYPERKS SECTION OF MYSKY!**



# DIARY DATES

For all the latest event & workshop listings visit: [www.skypark-glasgow.com/events/](http://www.skypark-glasgow.com/events/) and [facebook.com/skyparkglasgow](https://facebook.com/skyparkglasgow)

## 25 JUNE HERALD PROPERTY BREAKFAST

SEE PAGE 20 FOR DETAILS  
8-10-30AM, SUITE 6/1, SKYPARK 1

## 26 JUNE ESSENTIAL OILS WORKSHOP

LEARN ABOUT ESSENTIAL OILS AND HOW THEY CAN HELP YOU WITH NATURAL HEALTH SOLUTIONS  
6-7PM, SKYPARK 1 MEETING ROOM

## 27 JUNE PRETTY LINKS POP-UP

FASHION JEWELLERY & ACCESSORIES  
11-30-2-30PM, SKYPARK 1 RECEPTION

## 2 JULY DR BIKE

1-4PM, FINNIESTON SQUARE

## 3 JULY STUART'S TABLET POP-UP

ARTISAN SCOTTISH TABLET POP-UP SHOP  
11-2PM, SKYPARK 1 RECEPTION

## 16 JULY NAUTICAL & NICE POP-UP

FASHION JEWELLERY & ACCESSORIES  
11-30-2-30PM, SKYPARK 1 RECEPTION

## 24 JULY MACS ADVENTURE BAKE SALE

FOR GLASGOW CHILDREN'S HOSPITAL CHARITY  
11-30AM-2PM, SKYPARK 1 RECEPTION

## 6 AUGUST DR BIKE

1-4PM, FINNIESTON SQUARE

## 7 AUGUST THE SOCIAL

POP-UP SHOPPING, LIVE MUSIC,  
COMPLIMENTARY FOOD & DRINKS  
12-2PM, SKYPARK 1 RECEPTION

## 13 AUGUST THE GLASGOW TOOL LIBRARY

TOOL DONATION & MEMBERSHIP REGISTRATION  
SKYPARK 5, SEE PAGE 21 FOR DETAILS

## 19 AUGUST FASCINATOR WORKSHOP

WITH ANA MARIA FROM ULTIMATE DESIGN HATS  
6-8PM, SP1 MEETING ROOM

## 30 AUGUST MARIACHI STREET FESTIVAL

SEE PAGE 19 FOR DETAILS  
4-8PM, FINNIESTON SQUARE

## 3 SEPTEMBER DR BIKE

1-4PM, FINNIESTON SQUARE

## 4 SEPTEMBER THE SOCIAL

POP-UP SHOPPING, LIVE MUSIC,  
COMPLIMENTARY FOOD & DRINKS  
12-2PM, SKYPARK 1 RECEPTION

## 13 SEPTEMBER OUTCOMES BEYOND PERFORMANCE

SEE PAGE 10 FOR DETAILS

MACS  
ADVENTURE

# WEST HIGHLAND WAHEY

on the  
**3RD AUGUST**  
Macs Adventure staff will undertake a  
**40 MILE HIKE**  
from INVERORAN to MILNGAVIE  
to RAISE FUNDS for the  
**GLASGOW CHILDREN'S HOSPITAL CHARITY**

to donate please visit - <https://uk.virginmoneygiving.com/WestHighlandWahey>

  
Glasgow  
Children's  
Hospital  
Charity  
Supporting the care of  
Scotland's youngest children

## MACS ADVENTURE FUNDRAISE FOR GLASGOW CHILDREN'S HOSPITAL

### BAKE SALE: WEDNESDAY 24 JULY, SKYPARK 1

The Glasgow Children's Hospital Charity has had a huge impact on Macs Adventure, the leading self-guided holiday experts based in Skypark 5. In the last 2 years their office of 50 staff members have proudly brought 10 smiling babies into the world (with 1 more on the way). All their parents are over the moon with their new families, albeit a little more tired.

For a couple of the parents there were some complications and their little ones stayed in the babies Intensive Care Unit of the hospital for some time. The tough time they went through has boosted their motivation to do all we can to help. So, not one's to do things by half measures, they have set themselves an almighty challenge. On Saturday 3rd August they will be taking on... The West Highland Wahey!! A 40 miles trek along the West Highland Way from Inverarnan to Milngavie in one day!

The will be hosting their second bake sale in Skypark 1 Reception on 24th July to add to their fundraising efforts - we can't wait!

You can support the team and The Glasgow Children's Hospital Charity by donating here: [uk.virginmoneygiving.com/WestHighlandWahey](https://uk.virginmoneygiving.com/WestHighlandWahey)



Thanks to our Partners for helping to make this possible





# WIN LUNCH FOR TWO AT MUFFIN BREAK

*Have you tried our new coffee bar in Skypark 5?*

Muffin Break is open Monday to Friday, 7:30am - 3pm. Offering freshly baked goods daily, premium Arabica coffee and breakfast and lunch specials – there is something to suit everyone's taste!

Muffin Break opened for business in May and already has new additions to the menu due to popular demand. Breakfast rolls, iced lattes, daily soup specials, Italian flat breads and a chocolate basket have all been added to the counter.

Manager Kathy is keen to hear from you and will add or adapt the menu to suit. If you don't have much time during your lunch break you can

phone your order ahead and have it ready for collection. Kathy can also cater for meetings, business breakfasts and corporate gatherings.

Say hello next time you pass – or if you would like to advance order your lunch, please call or text Kathy on 07576 912020 and **don't forget to pick up your loyalty card – every 8<sup>th</sup> coffee is free!**

Check out Muffin Break's daily specials on MySky in the news section and if you haven't tried their signature treat – the 'Duffin' give it a go... is it a filled doughnut or is it a muffin? You decide!



## ENTER TO WIN:

Email Brian at [Reception@skypark-glasgow.com](mailto:Reception@skypark-glasgow.com) by Wednesday 31st July.

Terms & conditions: One entry per person. Prize is for lunch for two to the value of £25 at Muffin Break Skypark only. Muffin Break will select winner. We do not share your personal data with any company outside the Foodco group of companies for marketing purposes. Please see our full privacy statement at [www.muffinbreak.co.uk/privacy/](http://www.muffinbreak.co.uk/privacy/)





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# HEY, YOU!



HAVE YOU JOINED OUR MAILING LIST YET?

**EVERY MONTH ONE LUCKY SKYPARKER WINS A PRIZE!**

What's more... We'll keep you informed of all the latest events, special offers & activities at Skypark!



SIGN UP HERE:

**WWW.SKYPARK-GLASGOW.COM/SIGNUP/**

WE VALUE YOUR PRIVACY. YOUR PERSONAL INFORMATION WILL BE KEPT CONFIDENTIAL AND WILL NEVER BE SOLD TO THIRD PARTIES. IT WILL ONLY BE USED FOR COMMUNICATIONS YOU REQUEST RELATED TO SKYPARK. YOU WILL HAVE THE OPPORTUNITY TO OPT OUT OF RECEIVING COMMUNICATIONS FROM US EVERY TIME WE CONTACT YOU.